

The Steel Sustainer

Vol. 1 Issue 2

Serving Soldiers And Their Families With Pride

November 1, 2012

Inside This Issue

Page 2 :

Words From the CG

Page 3:

Steel Sword

Page 4:

Chief Pinning

Page 5:

38th SB TOA

Page 6:

Barge Derrick

Page 7:

Riggers

Page 8 & 9:

Manas Team

Page 10:

8th HRSC Postal

Page 11:

Soldier Spotlight: SSG Loughran

Page 16 & 17:

Land, Sea, Air

Page 18 & 19:

Soldier Spotlight: Capt. Gryz

Page 20 & 21:

NCO Induction

Page 22 & 23:

Traveling the AOR



Spc. Anthony Jurich, 1462 Transportation Company, Michigan National Guard and resident of Willis, Mich., says goodbye to a member of the Kuwait National Guard at the end of the last convoy event during Operation Steel Sword at Camp Buehring, Kuwait, Oct. 24. Operation Steel Sword was a multi-day five-event exercise designed for exchange of ideas and to build upon the relationship between the Kuwait National Guard and the U.S. Army. "At first, almost two months ago, we planned for a partnership," said Lt. Col. James Groark, commander of the 191st Combat Sustainment Support Battalion, resident of Salt Lake City, Utah. "But today, I see that we also developed a friendship."

Together, Making Tracks in the Desert

Story and Photos By Spc. Michael Gault

CAMP BUEHRING, Kuwait – Transportation soldiers from the Kuwaiti National Guard and the 1462nd Transportation Company, a Michigan Army National Guard unit, joined together in a combined convoy exercise Oct. 22 - 24.

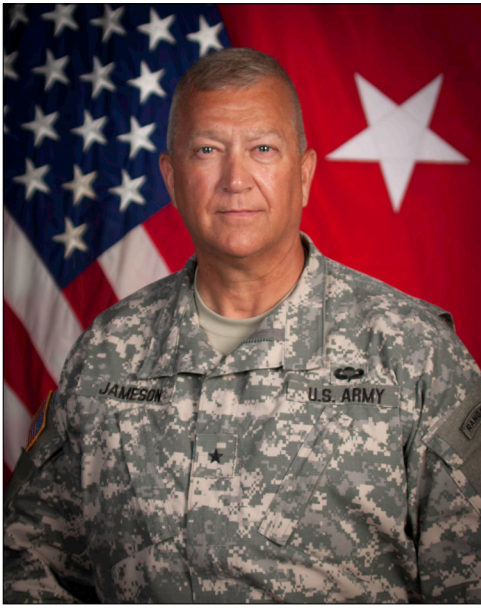
Throughout the long-standing relationship between the nations of Kuwait and the United States, never has there been an exercise fostering a partnership that involved transportation companies from each nation.

Every Tuesday over the last month, Kuwait and U.S. soldiers exchanged knowledge and information on how they conducted convoy operations. Visiting each others' base, soldiers gave briefings and hands-on driving experience, bridging an understanding of the two forces methods of operations. Later, what they gained from the partnership would be put to practice in the combined convoy exercise.

Part of strengthening any good relationship is learning how to work and play

See TRUCKIN', Page 3





As your commander and fellow citizen I want to thank each of you for your service as the Nation finishes celebrating another Veterans' Day. Our Nation endures because generation after generation of patriotic Americans has answered the call to serve and sacrifice in defense of our Nation, our families, and our way of life. Despite whatever hardship are ahead, I firmly believe the United States will continue to endure as the last, best hope for mankind as long as Soldier such as you continue to serve AND as long as our families support us in that service. I am humbled by your dedication and to be your commander.

We find ourselves in a unique situation where we are deployed forward but our thoughts and prayers are with those Soldiers and Families of the command affected by Hurricane Sandy on the home front. Special thanks need to go out to the Soldiers from the 401st QM Det who are working to support recovery efforts in New York City and to the 475th QM GP for alerting, deploying, and supporting them in their efforts.

I also want to thank the 316 MSE command and Family Readiness Group for reaching out to Soldiers and Families throughout the command and ensuring their wellbeing. Your actions in times of trouble are just one more reason why the US Military – and the Army in particular – continue to earn the highest level of respect from our fellow Citizens.

To everyone who voted, I commend you for your demonstrated concern for the future of our Nation and remind you that we must all work together – no matter how we voted – to protect our great nation as Soldiers and to re-energize our communities and economy as Citizens.

The last few weeks have been a busy time for all the Soldiers of Task Force Steel. We recently hosted a successful, first of its kind, transportation and partnership exercise with the Kuwait Nation Guard and also conducted a land, air and sea mobility readiness exercise involving Army watercraft, Abrams tanks and Apache helicopters. We continue to work and build relationships with our Kuwaiti partners with meetings and shared training events within our entire organization; including our IG, chaplain and public affairs. Soldiers of Task Force Steel are now serving and succeeding at a variety of missions not only here in Kuwait, but all across the area

of operations, from Afghanistan and Kyrgyzstan to Jordan and Oman. We are planning to also send teams for exercises to Saudi Arabia and Egypt before we leave.

As we continue into November, it is hard to believe we have already met with our replacements, the 135 ESC from Birmingham, Alabama, to plan our transition and departure. We are now on the down-hill stretch to our return date and are all realizing just how little time is left to accomplish all that is still before us. The holiday season will soon be upon us and then we'll be nearly into our transition period.

As always, my thanks for the hard work each of you do every day, for the sacrifices you and your loved ones are making for our Nation great, and for taking care of each other as a winning team. Specifically, I want to thank our Task Force Steel Soldiers for all they continue to do to make our deployment such a resounding success. I know everyone will retain their mission-focus and finish strong.

Steel Sustainer Six



Steel Sustainer

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316th ESC Surgeon Cell

From TRUCKIN', Page 1

together. On the final Tuesday prior to the convoy exercise, the 1462nd TC invited the KNG to Camp Arifjan, Kuwait for the first ever KNG-U.S. Truck Rodeo. A friendly driving competition, the truck rodeo, was set up so the U.S. and Kuwaiti soldiers would each drive the other's vehicles, and, in teams, would be timed to negotiate several driving challenges.

"The events [leading to] this exercise were designed to maximize the opportunities for the KNG to participate with our soldiers, fostering a stronger working relationship between our two forces," said 1st Lt. Timothy Washburn, operations officer for the 191st Combat Sustainment Support Battalion, resident of Draper, Utah.

For the final exercise, both the KNG and U.S. soldiers found themselves on a convoy driving lane at Camp Buehring. There, together as one, they would conduct a combined tactical convoy operation utilizing both American and Kuwaiti military vehicles and personnel. Overcoming challenges common to today's military convoys, together, they faced outside

vehicles disrupting the convoy, civilian protesters assaulting with rocks, choke point ambushes, obstacles on the convoy route, and a IED attack.

With a loud bang, the simulator for the improvised explosive device went off and members of the Kuwait National Guard and U.S. Army were quick to react. Mine resistant ambush protected gun trucks, crewed by U.S. soldiers, moved into position to establish a perimeter around the Kuwaiti 5-ton cargo truck which was now deemed damaged by the attack. Behind their .50-caliber machine guns, the gunners mounted on the gun trucks scanned their sectors of fire as the recovery team, crewed by the KNG, moved in for the extraction. With a tow bar, the recovery team quickly connects the vehicle to their own and in minutes the downed vehicle is in tow behind them allowing the rest of the convoy to continue.

"I am very satisfied," said 1st Lt. Khaled Ali Taresh, a transportation officer for the Kuwaiti National Guard who participated in the event, "It felt so life like and much more than what I had expected."

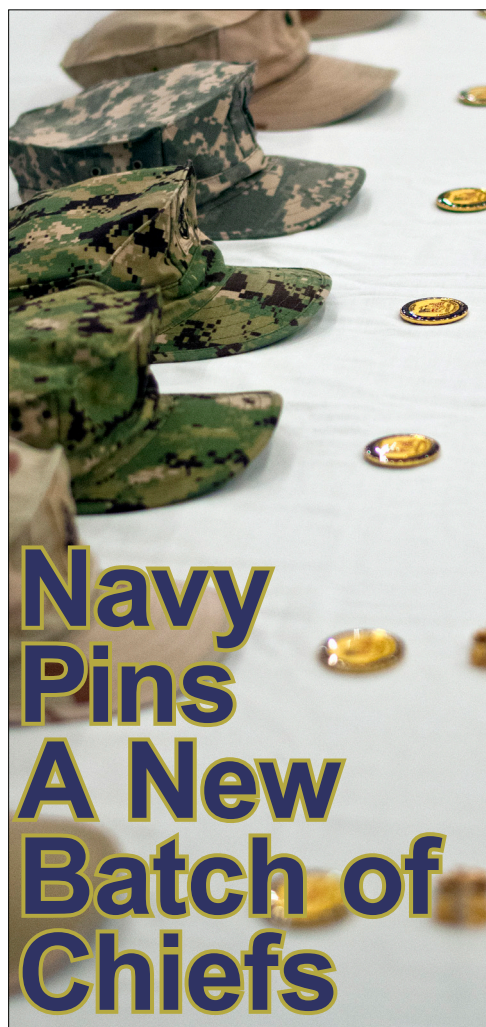
See TRUCKIN', Page 19



Kuwait National Guard and U.S. Army vehicles operate together, in the first combined convoy exercise at Camp Buehring, Kuwait, Oct. 24. Operation Steel Sword was a multi-day five-event exercise designed to build on the relationship between the Kuwait National Guard and the U.S. Army. "We made friends with them," said Howell, Mich. resident Sgt. Brande Oates a mechanic/driver for the 1462nd Transportation Company, Michigan National Guard. "We had a blast trucking together."

(Below) The 316th Sustainment Command (Expeditionary) during mobilization training at Fort Hood, Texas, prior to deploying to Kuwait





Part of Task Force Steel's mission involves many different units. The Navy Expeditionary Logistics Support Group (Forward) conducts customs inspections for all personnel leaving theater. NAVELSG reports to the 1st Sustainment Command (Theater) and TFS works in conjunction with these sailors as part of the overall 1st TSC mission.



All Photos This Page By U.S. Army Staff Sgt. Peter J. Berardi, 316th ESC

Chief Petty Officer Alfredia DeVita, a member of Naval Forces Kuwait, was pinned with the rank of chief petty officer at a ceremony held at Camp Arifjan, Kuwait, Sept. 14. "There is not a problem anywhere on the deck plates of a ship or in the sand dunes of the desert that cannot be solved by a chief petty officer, that's the value the chief petty officer offers to our Navy," said Rear Adm. David F. Baucom the director of the U.S. Central Command Deployment and Distribution Operations Center and commander of the Defense Logistics Agency Troop Support.



Three sailors from Naval Forces Kuwait and four sailors from Naval Expeditionary Logistics Support Group Forward took a step forward in their career by being pinned with the rank of chief petty officer at a ceremony held at Camp Arifjan, Kuwait, Sept. 14. "For our chief selects this is no longer 'The Navy' for you, you are now the solution, you are now part of 'Our Navy', you are now the chief," said Rear Adm. David F. Baucom the director of the U.S. Central Command Deployment and Distribution Operations Center and commander of the Defense Logistics Agency Troop Support.



Chief Petty Officer Upton Wallace, a member of Naval Forces Kuwait, was pinned with the rank of chief petty officer at a ceremony held at Camp Arifjan, Kuwait, Sept. 14.



Photo by Sgt. 1st Class Tina Eichenour, 38th SB

During the 38th Sustainment Brigade's Transfer of Authority ceremony, Thursday, Oct. 18, 2012, Col. Deedra Thombleson, commander, and Command Sgt. Maj. Karolyn Peeler, unrolls the brigade flag after uncasing. The uncasing of the flag represents that the brigade is taking over for the 113th Sustainment Brigade to continue the logistical mission in support of Operation Enduring Freedom.



Photo by Sgt. 1st Class Tina Eichenour, 38th SB

North Carolina Army National Guard Col. David L. Jones, commander of the 113th Sustainment Brigade, rolls the brigade colors with the help of Command Sgt. Maj. William P. Gill, of the 113th, during transfer of authority ceremony, Thursday, Oct. 18, 2012. The rolling of the flag signifies the closing of the brigade's year-long deployment in support of logistical operations for Operation Enduring Freedom.

38th Assumes Command

By Sgt. William Henry

CAMP ARIFJAN, Kuwait – The Indiana Army National Guard's 38th Sustainment Brigade uncased their colors and assumed command of sustainment operations at a transfer of authority ceremony held at Camp Arifjan, Kuwait, Oct. 18.

The 113th Sustainment Brigade, North Carolina Army National Guard, relinquished command to the 38th. The 38th's mission will be to oversee supply and support operations across the Southwest Asian theater in support of Operation Enduring Freedom.

The 113th has spent nearly a year sustaining forces for Operation Enduring Freedom and retrograding equipment from Iraq during the drawdown and closeout of Operation New Dawn. The commander, Col. David Jones said, he is proud of the work his soldiers have accomplished during their deployment.

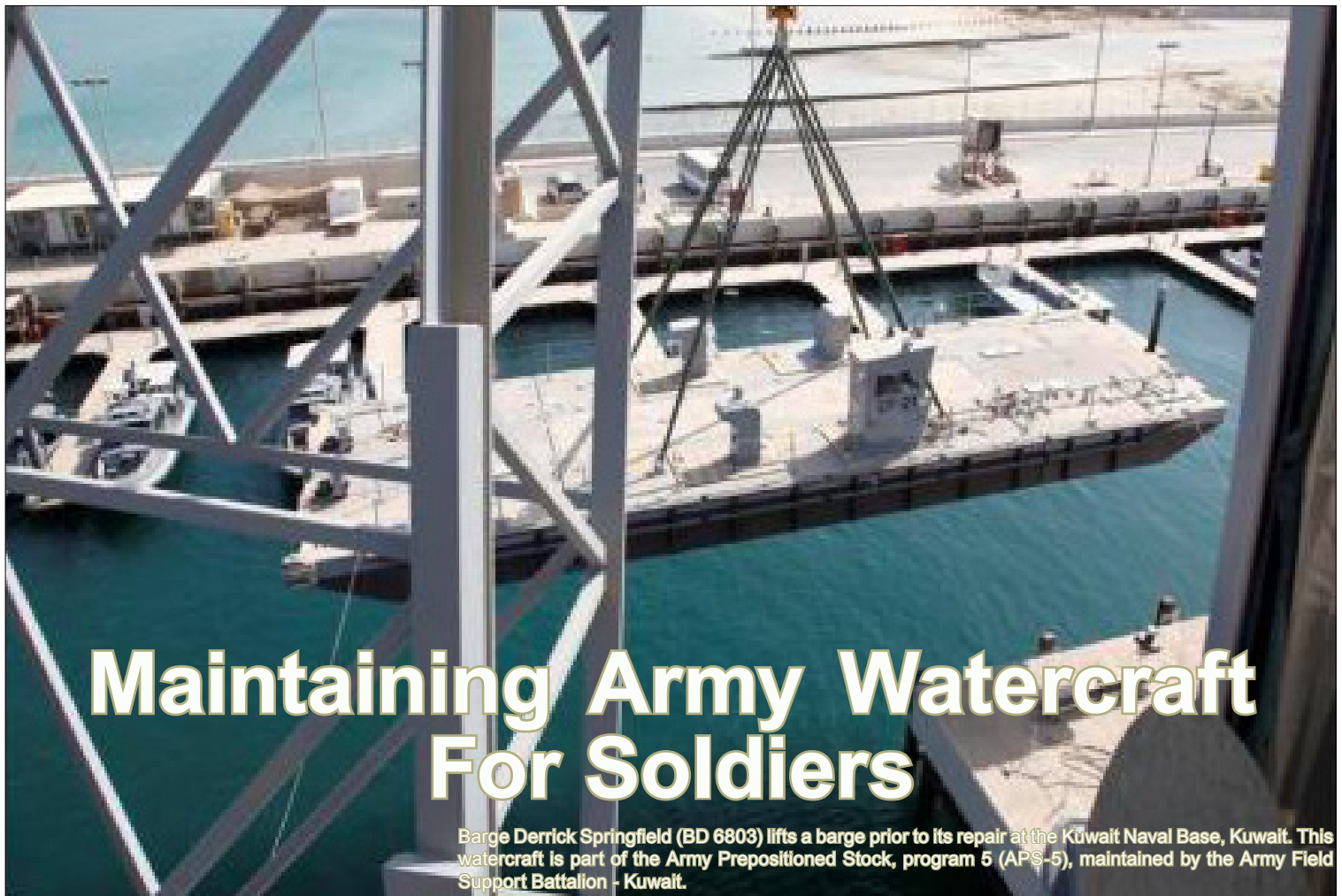
"It is overwhelming to witness what a team effort can accomplish," said Jones. "Let there be no question that the accomplishments of the brigade cannot be highlighted by any one officer, NCO, staff section or groups of soldiers ... It must be a team effort from start to finish, top to bottom."

Brig. Gen. Bud Jameson, 316th Sustainment Command (Expeditionary) commander, spoke during the ceremony and praised the 113th for their work and spoke encouraging and defining words to those in attendance.

"The soldiers of the Steel Brigade will not be known for doing what they were trained to do, but for accomplishing everything they were asked to do," said Jameson. "By your hard work, sweat and sacrifice, you've enhanced the reputation of citizen-soldiers and proven beyond a doubt, by any measure, by anyone, that as National Guard soldiers you can perform as well, or better, than any U.S. soldier in any component of the Army."

The 38th commander Col. Deedra Thombleson said her team may smaller, but they're ready for the task at hand.

"The sustainment brigade is coming in lean and strong. The motto of the 113th is 'One team, twice as strong,' we like to joke at being half the team, but four times as strong," said Thombleson. "We remain ready and focused to take on the ever-changing mission."



Maintaining Army Watercraft For Soldiers

Barge Derrick Springfield (BD 6803) lifts a barge prior to its repair at the Kuwait Naval Base, Kuwait. This watercraft is part of the Army Prepositioned Stock, program 5 (APS-5), maintained by the Army Field Support Battalion - Kuwait.

KUWAIT NAVAL BASE, Kuwait – Soldiers and civilians from the Army Field Support Battalion – Kuwait, headquartered at Camp Arifjan, Watercraft Equipment Site (WES) team, is responsible to maintains accountability for Army Prepositioned Stock Watercraft. Watercraft prepositioned stock, or APS-5, consists of LCUs, LCMs, Barge Derrick Craine, tugs and ferries.

The WES team provides APS-5 watercraft in support of contingency operations and exercises in Southwest Asia. Sgt. 1st Class Robin Blair with ASG-K FSBn said, “We keep these vessels at a high state of readiness to issue to a gaining tactical unit.” Adding, “The HEISCO (Heavy Engineering & Industries Shipbuilding Company) team along with Army and DAC take great pride in the product that comes from this facility.”

The WES team performs Care of Supplies in Storage (along with maintenance of four Army watercraft. The WES team, consisting of CW4 Garnette Mosley, SFC Robin Blair, Cramer Claxton, Charles Jackson, and Kevin Delaney working jointly with the HEISCO

consisting of both US and foreign national contractors, has accomplished many high-impact missions over the last six months.

A first for the WES team was the recent activation of the Barge Derrick Crane and two Small Tugs for limited use to dock and undock small watercrafts for annual inspections and maintenance. According to Blair, “The BD crane was essential as it has lift capability. We cannot always use the synchrolift. With the use of the BD crane, we only require use of the rail system.”

The synchrolift is a submersible rail and pier system. It can be lowered by a system of pulleys and cable into the water. The vessels can then be chocked by divers on mounts that are on a rail system and raised back up.

Being able to utilize the BD crane is only half the process. Getting the vessels into position is the other half. “Small tugs are used to position the BD for use. The small tugs position vessels in port that are being ‘put in’ and retrieve vessels from their berth to be ‘brought out’ or dry docked” said Blair.

This allowed the team to undock, two Landing Craft Mechanized (LCM) Mod 1

vessels weighing 60 tons each, one LCM Mod 2 weighing 85 tons and one Causeway Ferry (CF) weighing 90 tons. Docked, were two LCMs Mod 1, one LCM Mod 2, and one Warring Tug (WT) weighing 94.5 tons..

The amount of man-hours and man-power to complete this mission was well above and beyond the stan-dardBut throughout the entire process safety and communication were always a priority in getting the vessel from the crane to the synchrolift. “Safety is the biggest aspect. Think of 95 tons hanging over your head, everyone has to be alert and on point,” said Blair.

This process is time consuming, comprising of eight lifts over two days, but essential to keep vessels on the water supporting logistics missions said Blair, adding, “It is the maintenance cycle that we are concerned about. These watercraft must be rotated in and out of the wet and dry storage to exercise all the pumps, motors, etc onboard.”

Blair concludes with, “The HEISCO team along with the Army and DAC take great pride in the product that comes from this facility.”

421st Riggers Supporting From Afar



Sgt. Jack Arnold (right), a resident of Macon, Ga., and Sgt. Craig Patrick (left), a resident of Kennesaw, Ga., both member of the 421st Quartermaster Company rigger detachment, inspect the webbing on a bundle being prepared for aerial delivery in Southwest Asia, Sept. 29.



Spc. Warren Bishop moves bundles into a clamshell tent to have chutes attached and webbing tied down prior to being moved to the airfield and loaded onto a plane for aerial delivery in Southwest Asia, Sept. 29. "The Soldiers are constantly working," said Sgt. 1st Class Richard Davis, a resident of Water Rapids, Ga. and the non-commissioned officer in charge of the 421st rigger detachment. "The Soldiers work long hours but they enjoy it. They don't fuss, we are down here to do one thing, put stuff down range, and we are not going to miss any mission at all."

*Story and Photos By
Staff Sgt. Peter J. Berardi*

SOUTHWEST ASIA – Around noon while most units are taking a break from the day's work, Army riggers with the 421st Quartermaster Company are still hard at work in the 105-degree sweltering humidity.

In and around a dust, dimly lit clamshell tent more than 20 soldiers are working on several different tasks with many different pieces of equipment. Inside of the tent, a group of soldiers is tying off webbing and inspecting bundles while another group is cleaning up excess material. Outside, under the blazing sun, a group of soldiers is organizing bundles of parachutes while others are driving around on forklifts moving completed bundles into and out of the tent. The scene looks very chaotic but is surprisingly organized.

"The soldiers are constantly working," said Sgt. 1st Class Richard Davis, a resident of Water Rapids, Ga., and the non-commissioned officer in charge of the 421st Rigger Detachment. "The soldiers work long hours but they enjoy it. They don't fuss. We are down here to do one thing, put stuff down range, and we are not going to miss any mission at all."

Over the last 11 months, riggers with the 421st, an Army Reserve unit from Fort Valley, Ga., currently assigned under the 316th Sustainment Command (Expeditionary), have helped move more than 10 million pounds of supplies during more than 380 aerial delivery missions. The supplies have been air dropped to Afghanistan and other

countries in the Central Command area of responsibility in support of Operation Enduring Freedom.

"The mission the riggers do is vital," said Capt. Phil Gryskewicz, a resident of Franklin, Pa., and the 316th support operations section field services officer in charge. "The thing about aerial delivery is you can extend your footprint on the battlefield and Afghanistan is a perfect example of that."

With it being landlocked, spread out and having mountains and other very rough terrain it's hard to have forces as far away from main bases as the enemy operates, explained, Gryskewicz who helps the riggers with logistical support they may need while reporting missions and status updates to higher. "Aerial delivery allows us to take the fight closer to the enemy and the riggers are a very important part of that."

Since arriving in Southwest Asia more than 11 months ago, the riggers of the 421st have moved everything from food, laundry detergent and hand sanitizer to fuel, construction materials and other vital items soldiers down range need.

The drops have mainly been to forward operating bases in Afghanistan. More than 20 forward operating bases, including an emergency resupply to a United Kingdom forward operating base, have received bundles prepared by the 421st, said Davis.

The amount of work done by the riggers of the 421st has been very important.

"They have most definitely done a great job with their mission," said Gryskewicz. "As of recently they have been delivering a larger amount of supplies than the riggers

at Kandahar Air Base, Afghanistan and Bagram Air Base, Afghanistan."

To accomplish this seemingly overwhelming task, the riggers have worked 60 days straight for 10 to 12 hour days in heat up to 130 degrees, rain and sandstorms, said Davis.

"They haven't missed a mission yet and have yet to complain about the workload," he added.

During the workday, the riggers take care of everything to prepare bundles for aerial delivery. The soldiers build the bundles, tie off all of the webbing and straps, inspect them, load them onto trucks, transport them to the airfield, load them into the aircraft and hook them up and inspect them one final time, explained Davis.

Wanting to show the riggers how important their mission really is, each soldier was given the opportunity to fly with a delivery to its drop point, said Davis. Every one of the soldiers seemed appreciative of the chance to see where the deliveries went.

"They got to see the process from start to finish, now they have a broader picture of what they do. They realize that the stuff we are doing really affects people," he said.

"The stuff we are doing may seem simple to us, but we play a big role in people being enablers and disablers down range," said Davis. "That's the biggest message I wanted to get through to my soldiers."

Nearing the end of their tour, riggers with the 421st still place the mission first.

"We've still got a mission and I've got 23 other guys to worry about," said Davis. "We left with 24 and are gonna get home with 24."

316th Beating Goals At Manas Transit Center

Story and Photos by
Staff Sgt. Peter J. Berardi

During the last two months, a team of Soldiers from the 316th Sustainment Command (Expeditionary) was hard at work at Manas Transit Center, Kyrgyzstan, helping to achieve President Barack Obama's objective on the draw down the number of Soldiers in Afghanistan to 68,000.

The Army mission support team was composed of Lt. Col. Eric Johnson the officer in charge, Master Sgt. William Brown, Sgt. Phong Le and Spc. James Washington, took control of more than 70 other Army Reserve, National Guard and active duty personnel on the ground and took responsibility for all Army personnel passing through Manas Transit Center.

The Manas Transit Center has been in use since 2001 helping Service Members heading to Afghanistan go through final checks, including convoy operations, improvised explosive device lanes and equipment issue, before leaving. It also serves Service Members going home.

"We were responsible for everything any Army Soldier did on this post," said Brown, the team non-commissioned officer in charge and a member of the 316th. "Even if they were three day transients, the Air Force made them our responsibility."

By working long 12-hour, the team helped move more than 30,000 Soldiers through Manas, before the commander in chief's Oct. 01 deadline. After the deadline, the team has continued their hard work daily as more and more Soldiers transition through Manas Transit Center.

The mission entailed a diverse range of duties that the Soldiers of the team had to accomplish. "We were here to help facilitate the movement of all the Soldiers who come through the Manas Transit Center," said Washington. "Whether it be briefings, pulling info from different systems or driving a DV [distinguished visitor] to give them a tour, whatever the mission required and whatever we needed to do to accomplish it, we did."

Other tasks varied by the unit or individual

that was traveling. "Our job is more than just scanning ID cards," said Le. "We track units while they are traveling, work with the Air Force to move personnel and units, place service members in tents during their transition period, work with custom and help with problems such as emergency leave."

The team accomplished the main objective of Soldier drawdown and then transitioned with the 113th Sustainment Brigade, who has redeployed to the United States. "We transitioned with the 113th Sustainment Brigade and at the same time were working on facilitating moving Soldiers from Afghanistan, out of theater in order to meet President Obama's goal," said Johnson, a member of the 316th. "We met that goal and it's totally credited to the Soldiers, Sailors, Airman and Marines that work here at Manas. They are the ones that really facilitated getting these folks out of here well within the average time frame of 72 hours."

During the surge, the main drawdown

of Soldiers, things were challenging for the team as they moved over 20,000 Soldiers through in September alone. "It was real busy," said Spc. Christopher Dean, a resident of Lubbock, Texas and member of the 82nd Sustainment Command tasked under the 316th for this mission. "We would have tons of flights, day and night, working 12-hour shifts with only three people. It was a lot of work, but if we weren't here how would the Soldiers have gotten home."

"During the surge the workload could be very sporadic," said Brown. "I worked mainly during the day but was on call 24-hours a day in case something happened or problems arose."

Day to day during the surge, the team was kept very busy. "We helped 1000's of Soldiers a day get through this place," said Le, the team day shift representative and a member of the 316th. "We were the first line of support for Army Soldiers, civilians and many NATO forces including Poland, England and South Korea while they were



A member of the 25th Infantry Division collects ID cards from Soldiers that have just arrived at Manas Transit Center, Kyrgyzstan Oct. 10. Having the ID cards turned in before entering the briefing room speeds up the inprocessing, getting Soldiers to their transient housing faster.

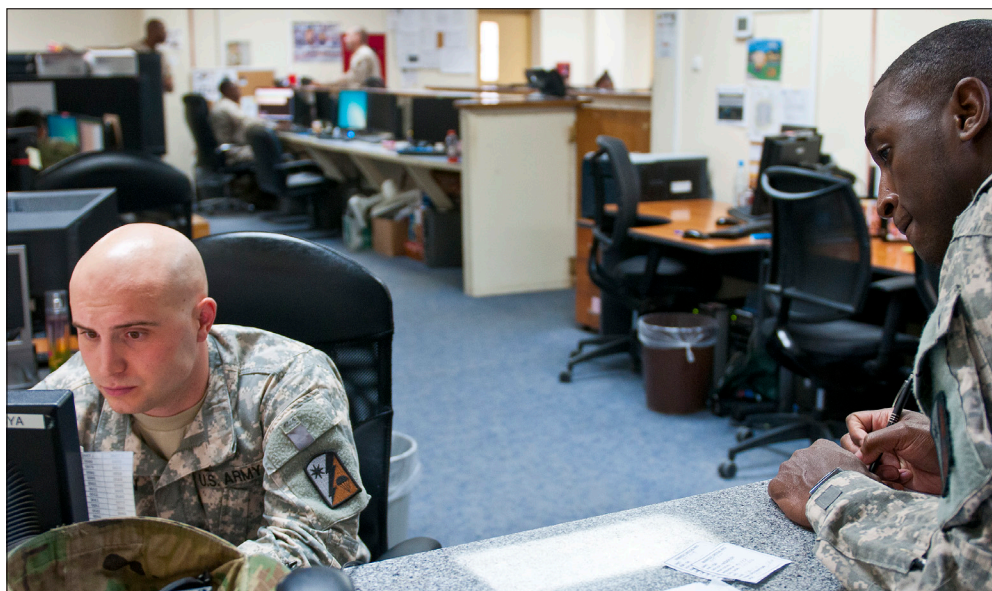
at Manas and our key goal was that a large amount of Soldiers could be in processed or out processed quickly, comfortably and safely.”

The team was also responsible for getting lodging for all incoming Soldiers, fixing travel plans and making sure the transitioning Soldiers would be comfortable and safe during their stay at Manas. “For this operation we basically we fixed issues,” said Le. “Every time we got a flight in we coordinated with the Air Force and lodging and everything came together like a puzzle.”

The Soldiers of the team accomplished their mission under the pressure of the surge and after. “I think our team did great,” said Brown. “Washington did a great job and got to do an incentive refueling mission.” Le did an outstanding job, taking on any and all additional duties with no problems. He has come a long, long way, Brown added.

As the officer in charge, Johnson was responsible for everything the team did, good or bad, and he couldn’t have been happier with their performance and how they represented the 316th at Manas. “They performed far beyond my expectations,” said Johnson. “I’m very proud to have worked with them, they are a majority of the reason we were so successful here.”

Keeping the mission moving forward



Spc. Christopher Dean (left) and Spc. Billy Phillips (right), both members of the 82nd Sustainment Brigade, inprocess a unit that has just arrived at Manas Transit Center, Kyrgyzstan Oct. 10. Inprocessing involves a short briefing, transient housing assignment and an ID card scan.

at the Joint Movement Control Center took teamwork between all of the branches. “We were a team, we were one,” said Le. “It doesn’t matter if your Army, Air Force, Navy or Marines, we all worked together and we all learned from each other so that everyone could benefit.”

Moving such a large number of Service Members was an intricate, joint forces process. “The goal was no more than 72 hours

for units to be on the ground,” said Johnson. “The mutually supportive relationships that we have built with the Air Force and our other counterparts have probably been the key component to the success of the mission.”

Working in a joint-service environment isn’t something every Soldier gets a chance to do. “It’s great to learn from another service, what their structure is and what

See MANAS, Page 29



Sgt. Phong Le, a resident of Mechanicville, N.Y. and member of the 316th ESC Manas team, inprocesses Soldiers the have just arrived at Manas Transit Center, Kyrgyzstan Oct. 10. Le starts by giving the Soldiers briefings on Manas while other team members scan ID cards to account for all of the arriving Soldiers.

Postal in Action

Story By Maj. Elizabeth Powers

CAMP ARIFJAN, Kuwait – There is an Army adage that the three things Soldiers need are food, pay, and mail and for many servicemembers mail is the only connection to home in remote combat outposts and forward operating bases. “The 8th Human Resource Sustainment Center (HRSC), Postal Operations Division (POD) provides critical support of mail operations sustaining the morale of all servicemembers, Civilians, and Contractors throughout the ARCENT and CENTCOM Area of Responsibility,” said Capt. TiCondra Swartz, 8th HRSC Postal Operations Deputy.

The Postal Assessment and Assistance Team (PAAT) and the Postal Finance Officer (PFO) are the Soldiers ensuring all postal operations are conducted correctly and efficiently ensuring mail is delivered across the CENTCOM AOR. “We are the military version of the Post Office,” explained Swartz.

As an extension of the United States Postal Service, the 8th HRSC POD is the conduit from stateside to the deployed area of operations; with the PAAT and PFO conducting inspections, audits, and Staff Assistance Visits (SAVs) to make certain postal operations run smoothly. This year postal operations have additional significance to servicemember’s as it is an election year. Absentee voting gives service

member’s an opportunity to help determine the Commander-in-Chief and other elected officials this election.

Starting in April 2012, the PAAT and PFO conducted 16 inspections and audits to Army, Air Force and Navy postal units; providing postal expertise across the countries of Kuwait, Afghanistan, Egypt, and Qatar. During their inspections and audits, they conduct desk side training to ensure their fellow service members receive the highest level of training. Additionally they validate the APOs understand how to perform their functions in ten areas of the post office: Administration/Supervision, Custodian of Postal Effects (COPE), Finance, Parcel Inspections, Claims/Inquiries, Postal Operations, Accountable Mail, Directory Services, Technical Inspection, and Postal Supply.

“I believe we play a major part,” Sgt. 1st Class Seymour, PAAT NCOIC, said, “Because our job as postal inspectors is to ensure that the post offices downrange are doing their jobs as far as delivering the mail on time to Soldiers.”

The PAAT continues to train, inspect, and provide technical guidance to APOs in the CENTCOM AOR to ensure that mail keeps moving. “The morale of both servicemembers and loved ones back home is the heart of the postal mission,” said Swartz, adding, “The 8th HRSC, Postal Operations Division will make certain they stand by and fulfill their Division motto, We Deliver!”



Postal Assessment and Assistance Team and Postal Finance Officer arrives at FOB Shank, Afghanistan; from left to right: PAAT NCOIC - Sgt. 1st Class Michael Seymour, PFO - Sgt. Randall Myers, PAAT OIC - Capt. TiCondra Swartz, PAAT - Spc. Colby Garrett, and PFO - Sgt. 1st Class Dawn Ramos

The 316th's Fittest

The 316th took a record PT test earlier this month here at beautiful Camp Arifjan, Kuwait. We'd like to congratulate those who earned their Army Physical Fitness Badge along with those who got to keep it. Wearing the APFB is of course at the Soldier's discretion, but at all times conform with AR 670-1.

LTC CHRISTINE ADAMS

CW2 SCOTT BECKER

MAJ STEPHEN BOHMAN

CSM MICHAEL BOLDOC

MAJ JOHN BOWMAN

CPT WILLIAM BRINE

MAJ LISA BROWN

SFC JOSE BRUJAN

ILT WILLARD BUCHNA

SPC BRITTANY CARROLL

LTC TINA COLSTON

SSG JONATHAN COUPAL

CW4 RAYMOND DAVIS

CPT JEFFREY GRUIDL

CPT PHILIP GRYSKEWICZ

CW2 DANIEL GUIENT

ILT MIKEL HERNANDEZ

COL ANDREW KEIRN

SGT DAWN KINCER

CW4 KENNETH HOSBY

WO1 HEATHER MARTINEZ

CPT YAO PONE

SPC CAROLINE SHAW

CPT ANDREW STEIMER

SFC KIMBERLY TAYLOR

SSG KRISTIN WALKER



My First Deployment: Staff Sgt. John Loughran

conflict on this deployment. “We waited for something to pop off but it was kind of an air war, it was over in like a day and a half,” he said. “It was a bit of a letdown.”

Changing his MOS in 1994 to helicopter crew chief Loughran got to experience life in the air on two separate deployments to Somalia. During the first deployment he was with the Marine Light Attack Helicopter Squadron-369 from late 1993 through early 1994. Upon their arrival the main objective of the unit was to control Mohamed Farrah Adid because of his large militia and the amount of armaments it possessed, said Loughran. “When we first got there things were pretty hot so we flew sorties 24 hours a day,” he said. “And after we came back from missions we had to do maintenance on our aircraft, so we were on call 24/7.”

“We finally got him [Adid] to keep his militia and weaponry in compounds and things calmed down,” said Loughran. And then the incidents that inspired the book “Black Hawk Down” took place. Loughran’s unit provided over watch and security for the task force that was sent in to rescue those that were trapped inside the city. “It was pretty messed up, I don’t think anyone was ready for that,” he said. “We didn’t think they had the capabilities to do it, it was crazy.”

Proper training is of great importance during those kinds of high stress situations. “It went by real quick,” said Loughran. “All of the training comes in and it just became second nature, you’re ready to go.”

In 1998 Loughran decided to get out of the Marines because of the high volume of deployments he had participated in. During his time as a civilian Loughran moved to Florida and worked as a mortgage broker. He moved back to New York to be closer to family before joining the Army Reserve in 2007 as a truck driver. “I came back in cause of the things that were going on with the war,” he said. “I really wanted to serve again.”

Within a few years of reenlisting Loughran was sent to yet another conflict. This time he deployed with the 220th Transportation Company from New Hampshire, to Iraq in 2010 through 2011. During this deployment he conducted convoy operations from Baghdad to as far north as Mosul. The 220th

conducted over 150 missions transporting everything from tanks to housing units across Iraq. In all, the 220th moved over 20,000 tons of cargo driving more than 350,000 miles.

Currently deployed with the 316th during the units mission at Camp Arifjan, Kuwait, Loughran is getting to experience things at a command level unit. “This is my first non-combat deployment, my first logistical job,” he said. “I think my previous experience gives me a better oversight on how everything works as far as the logistical side. I can relate to why we are doing the things we are doing.”

Master Sgt. Michael Williams, a resident of Hampton, Va., and Loughran’s noncommissioned officer in charge, thinks Loughran is a great asset. “He is a self starter and shows a lot of initiative. He is always ready to learn, I would have him on my team anytime.”

Leadership experience and mentoring are just a couple of things Loughran feels make him an asset for the 316th. “I feel that my active duty time in the Marine Corps gave me leadership qualities and basic soldiering skills,” he said. “Things that I can use to help out younger soldiers that have always been reservists and have never done this as a full time job. I know what the higher ups expect from us now versus our once a month drill and can help the younger soldiers stay on track.”

Mentoring young soldiers is very important, showing them what’s right and leading them down the correct path, said Loughran. “Active duty experience, with all of the knowledge you get from it, definitely helps. You mentor soldiers and sometimes don’t even realize it because it’s stuff that you do naturally on active duty.” Setting the example and looking right is always important for someone leading soldiers.

Compared to the other deployments Loughran has been on, this one is pretty nice. “It’s pretty laid back and the stress level is definitely down,” he said. “The foods decent and there’s lots of MWR activities, there’s enough to keep your mind of things like missing your family. I spend most of my free time at the gym, going to the movies, or

See LOUGHRAN, Page 19

Editors note: This is the third story in a series about Soldiers of the 316th Sustainment Command (Expeditionary) and their prior overseas deployment experience. By Staff Sgt. Peter J. Berardi

CAMP ARIFJAN, Kuwait – Since 1990, Staff Sgt. John Loughran, a native of Amherst, N.Y., and member of the 316th Sustainment Command (Expeditionary) support operations watercraft section, has deployed six times gaining experience on land, on sea and in the air. He served as a Marine during Operation Desert Storm and Operation Gothic Serpent and as an Army Reservist during Operation Iraqi Freedom and now Operation Enduring Freedom.

Throughout this period many things have changed including Loughran’s military occupational specialty, the command level of units he has worked with and the basic living conditions and amenities Soldiers have access to during deployments.

Starting his career as infantry in the Marine Corps in 1990 Loughran was exposed to the life of a line unit. He deployed During Operation Desert Storm with the 2nd Battalion, 5th Marines from 1990 through 1991 in preparation for a ground war with Iraq.

During his time on the ground Loughran and his unit had things pretty rough. “We lived in large GP [general purpose] tents with no A/C,” said Loughran. “We got two MREs [meals ready to eat] a day and one hot meal that was t-rats because there was no permanent chow hall.”

The days were long while the Marines waited. “I was a grunt so we just kinda stood by waiting for something to happen,” he said. “We practiced wearing full MOPP gear [mission oriented protective posture], pulled security and even had some down time.” In the end the Marines would not find any

3 Soldiers Volunteer to Teach Spanish Class to Comrades



By Staff Sgt. Kristin Walker

Many Soldiers take advantage of available down time to develop themselves both professionally and academically during deployments. Camp Arifjan offers many opportunities from certificate-yielding programs to wood shop classes. Three Soldiers from the 316th ESC have volunteered their time to instruct a Spanish language class every Tuesday evening beginning at 1900.

Master Sgt. Francis Hernandez, Sgts. 1st Class Nancy Rexach and Maria Vera-Garcia work together to present what they feel is relevant and necessary training for their fellow Soldiers. All three were born in Puerto Rico, but only Hernandez still lives there. Rexach met Hernandez in March at the units Yellow Ribbon event and Vera-Garcia met during the predeployment phase of the mobilization at Fort Hunter-Liggett, Calif in April.

Vera-Garcia recalled seeing Rexach's name appear on a sign-in roster and saying to herself, "Rexach? That's a Puerto Rican last name." In addition to a shared heritage and language, the two have similar family structures and have a common religious background. "We hit it off right from the start," Vera-Garcia mused recalling their initial encounter.

The language classes began when a Soldier from another unit approached Rexach after the Spanish Bible study about giving lessons. "He wanted to be able to speak Spanish to his girlfriend when she came back from Afghanistan," recalled Vera-Garcia. The three have been instructing the class from the end of August to the present.

Language is one of the first things that people come in to contact with when interacting with someone for the first time, says Rexach. The mission of the class is to increase understanding of cultural differences through language. "It is a tool to help understand each other better. When people understand each other, they feel more at ease and comfortable," Rexach said.

Although the class averages 3 to 5 students each session, over 20 members of the unit have attended at least one class. The headquarters company commander, sergeants major from two different sections, and an array of enlisted Soldiers and officers from the 316th are among the attendees.

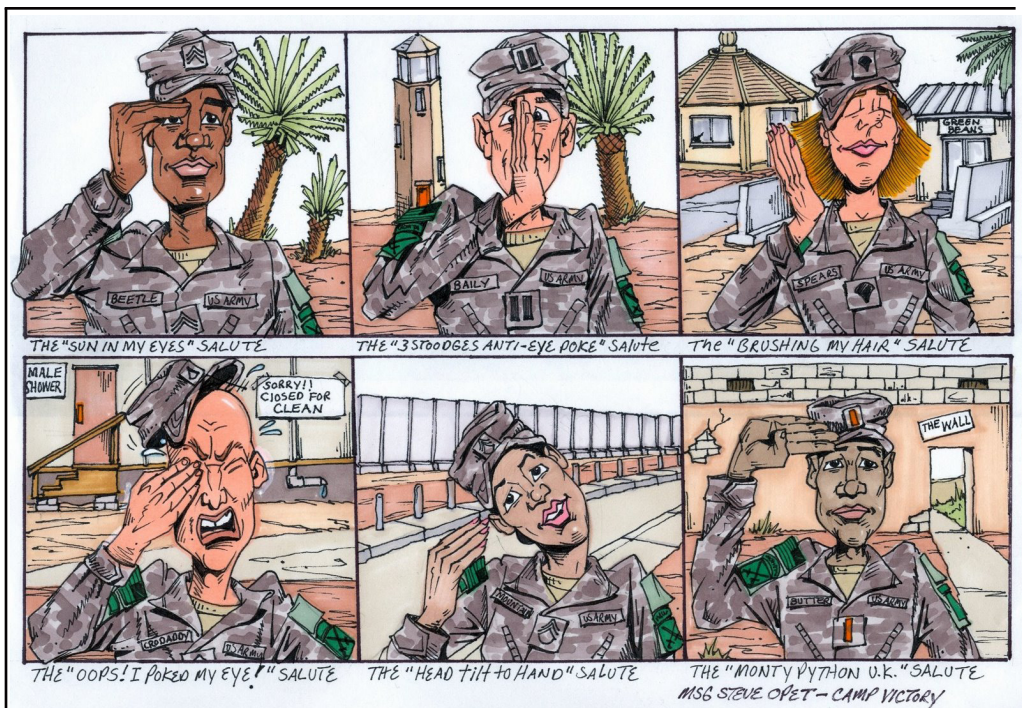
The class covers verb conjugation, numbers, colors, and conversational Spanish. At the end of each class, students are encouraged to hold conversations with each other and the instructors using the Spanish that they learned that night and

previous weeks.

"It [the class] is helpful, but it all depends on the student and if they're willing to learn," said Vera-Garcia. Hernandez commented that they would continue to give the class as long as at least one person showed up. Vera-Garcia says they will know that their mission has been accomplished if at least one student leaves the deployment with the ability to converse in Spanish. "She is a good example," she added gesturing to one of the female students. "She has been to every class, sends me emails in Spanish, and stops by my office several times during the week and talks to me in Spanish," says Vera-Garcia

Hernandez, Rexach and Vera-Garcia all commented on how their students as well as those who do not attend the class have begun greeting them in Spanish or attempting to hold small conversations with them during the day. Rexach states, "A lot more people are more relaxed. It's good to see people accepting the language."

Staff Sgt. Kristin Walker is a 27D, Paralegal, in the US Army Reserve. She hails from the Washington DC area and considers herself an avid fan of the theatre. She writes for the 316th from Kuwait on a regular basis.





Our New Family: Celebrating Hispanic Heritage in the 316th

By Capt. Jeffrey Gruidl

CAMP ARIFJAN, Kuwait – Five noncommissioned Officers in the 316th Sustainment Command (Expeditionary) have a combined time-in-service of almost 100 years and 12 deployments among them. Master Sgt. J. Carlos Ramirez, Sgts. 1st Class Nancy Rexach, Maria Vera-Garcia, Dominique Allbritten and Staff Sgt. Ginel Caban agreed to sit down for an interview to discuss their experiences in the Army and their connection being of Hispanic heritage. The 316th ESC is an Army reserve unit based out of Coraopolis, Pa., is currently deployed to Kuwait and is made up of soldiers from 27 states, Washington and Puerto Rico.

The first question asked to the group was, 'Why did you join the Army'. All the Soldiers agreed that a sense of patriotism and to better themselves were primary reasons. Rexach, a resident of Willow Group, Pa., and Allbritten, from Westminster, Md., and a self identified military brat, come from military families and a sense of tradition that bound them to serve.

Allbritten recalled the first time she put on her uniform saying, "It's a special thing. You feel different, prideful, like you are doing something. You stand out, you are an example."

Ramirez, a native of Piscataway N.J., said he joined the Army because "I didn't want to just hang out on the corner, I know people who that's all they have done with their life." Ramirez also was able to benefit from Army sponsored educational opportunities to improve his life, adding, "I graduated from Georgia Tech in 1998 with a degree in computer engineering and work for the Port Authority of New York and New Jersey."

Over the years, the soldiers feel the Army has become more accepting of speaking Spanish during off-duty time. This has allowed several members of the group, along with other Spanish speaking soldiers here on Camp Arifjan, to hold weekly bible study classes. In addition Rexach, Vera-Garcia and Master Sgt. Francis Hernandez Del Toro have started weekly Spanish language classes. These classes originally started after a soldier approached Rexach to help him

better communicate with his girlfriend and it has grown into weekly classes for any soldier wanting to learn.

Family was another topic that all soldiers felt was important to them and part of their culture. Creating to their camaraderie Rexach, Vera-Garcia, Allbritten and Caban all have military spouses. Rexach added, "My husband is in the military and so he understands and makes it less traumatic," but all agree it's never easy being away from your family. Caban, a resident of Coraopolis, Pa., saying, "In the Hispanic community family is very important and we are like a family, we understand each other."

Even though they are separated from their family back in the U.S., Puerto Rico or even as far away Colombia, they found they still have family in Kuwait.

These are a group of Soldiers that honestly like each other and enjoy their work and mission. Vera-Garcia jokes that, "I found a mother in Sergeant Rexach and a grandfather in Sergeant Hernandez."

These soldiers are bound by culture and patriotism, but also friendship.

RESST Gives Soldiers Tools for Lasting Relationships

Chaplain (Capt.) Demetrius Walton, a resident of Scranton, Pa., and the family life chaplain of the 316th Sustainment Command (Expeditionary), leads a discussion on the importance of choosing the right partner during a relationship enhancement single soldier training event at Camp As Sayliyah, Qatar, Sept. 27 through Sept. 30.

Story and Photos By Staff
Sgt. Peter J. Berardi

CAMP AS SALIYAH, Qatar – Is deployment the right time to think about marriage? Over 20 soldiers with the 316th Sustainment Command (Expeditionary) and its down trace units attended relationship enhancement single soldier training at Camp As Sayliyah, Qatar from Sept. 27 through Sept. 30.

“The RESST program’s goal is to help teach single soldiers time proven skills on how to select the right partner,” said Chaplain (Capt.) Demetrius Walton, a resident of Scranton, Pa., and the family life chaplain of the 316th. “We are trying to increase awareness and get them to think outside of the box,” explained Walton. “We use research based techniques by the leading psychologists in the field and show soldiers that there’s another way to choose a spouse based on knowledge, trust, commitment, reliance, communication, expectations and family.”

RESST teaches soldiers to take things slowly, following the relationship attachment model. The RAM protects you from blinding love and provides you with a map for pacing the relationship. RAM shows that you should begin by getting to know someone, then trusting them, followed by relying on the, committing to them and finally moving to the physical aspect of the relationship. Staying in the safe zone is key, meaning that your progress in one aspect should not exceed the previous one. “Your goal should be to balance all of these,” said Walton.

“My expectations were high because

being an older soldier I wanted to find out what my shortcomings were in the dating scene,” said Sgt. David Schermerhorn, a resident of Catskill, N.Y., and member of the 316th judge advocate section. “Overall my expectations were met, the tools I learned will become very instrumental to my mind, body and soul when seeking out the proper soul mate.”

Learning RAM shows you how “infatuation lowers your defenses,” explained Walton. “You can’t see someone’s faults, you can only see the positives. It is unwise to make important decisions during this phase of the relationship.”

“I learned the pros and cons of starting a relationship with the long term goal of getting married again,” said Schermerhorn. “You gotta weigh out everything before making a commitment.”



Pfc. David Wolf, Spc. Patrick Claybaugh and Sgt. David Schermerhorn, all members of the 316th Sustainment Command (Expeditionary), share what values they find important in a partner to a group of more than 20 soldiers relationship enhancement single Soldier training.

The program teaches soldiers that family shapes you, the way you handle emotions and the way you learned about power.

“Everyone brings baggage to a relationship,” said Walton.

Talking about these things and making sure they are out in the open prior to marriage is easier and can cause fewer problems in the future.

It also showed that when you marry someone, you marry his or her family also. Using the example that you can’t marry Jethro without getting the Clampetts explained that you should know your partner’s family well because they will become your family after marriage, their problems will be partially yours.

“I learned to look at the opposite sex as family,” said Pfc. Karina Fierro, a resident of Los Angeles and a member of the 420th movement control battalion. “You have to think of them as becoming part of your family in the long term.”

Spc. David Wolf, a resident of Pittsburgh and member of the 316th, agreed, “Families have a lot more influence over relationships than I previously thought, because they shape who we are.”

One of the final sessions of the program gave soldiers some ingredients for a lasting relationship and that it’s important to avoid bad relationship patterns. In a successful relationship partners should have a blend of similarities and differences in personalities, backgrounds and lifestyles.

Walton said, “If we can help mold healthy families, healthy communities and healthy soldiers all the way around that means we are going to have a stronger Army.”



The Different Faces of Fitness:

Soldiers have different ideas and different driving forces for why they stay physically fit. Staff Sgt. Jonathan Coupal, a resident of Rouses Point, N.Y., Spc. Patrick Claybaugh, a resident of Belle Vernon, Pa., both members of the 316th support operations section, took some time from their day to talk about their friendly competition that drives them to work harder and why they think fitness is important.

Reasons:

Coupal:

There is a significant difference between being strong and fast, and being fit. Being fit encompasses all aspects of working out: Cardiovascular endurance, muscular strength and endurance, and flexibility. To accomplish these aspects of fitness I've always done whatever has been offered or available to me. I've never been one to have a distinct weekly workout routine. Instead I jump into things here and there, learning new workouts and different ways to focus on muscle groups. In a way, it's like being mentored when becoming a leader. One has to listen to those with experience and watching how people work and utilizing what you think is most effective as how you're going to lead. I've taken the aspects of different workouts and combined them into something that's fun and interesting that, for me, is most effective.

Claybaugh:

Fitness is one thing in the army that you can completely control yourself. You can take it upon yourself to make your body physically fit, which has many benefits that we all know. So my question is, why don't people strive to be active and live a healthy lifestyle? The answer to that, plain and simple, is excuses. Most commonly, "I don't

have time," "I just want to relax after work," and "I will work out tomorrow." This is a problem that everyone, at some time in their life, has to overcome. I have had days where all I wanted to do is call my girlfriend and sleep, but I pushed myself to do something. It is all about motivation, to visualize an end goal. My motivation is thinking about coming home better than when I left, physically and mentally. Another thing that motivates me to get up and stay active is beating coworkers (Staff Sgt. Coupal) in friendly competition. All it takes is effort and a small amount of time to stay healthy. If you don't think you can be active after work be active during it. I do pushups throughout the day and plan on reaching 50,000 by the end of the deployment.

Motivation:

Coupal:

When I was training for the unit's Army Physical Fitness Test at Ft. Hood, people noticed my Speedy Gonzales tattoo on my right calf and commented that I must be a fast runner. I knew that people were expecting me to be fast and I wanted to meet their expectations and not let down Speedy. After all, I can't have a Speedy tattoo and not be fast. So, I use my tattoo as motivation. I trained with my guys a few times, getting them into shape, and did some workouts alone where I could push the pace and get into the mindset I had in high school on cross-country. I ended up having the fastest time in the unit on that test.

For this deployment I've had many people throw down the challenge of beating me in the two mile run portion of the PT test. At Ft Hood I set the bar for the unit with a 12:19 two-mile. From one of the guys in my section, Spc. Claybaugh, to the unit first sergeant, 1st Sgt. Robert Frank and a few officers, I've been told my time and I will be beaten. I've accepted all challenges and use them as motivation to keep the title of fastest soldier in the unit. When I run and get tired, I say to myself, "What if someone were on my heels?" or "Are you really going to let someone beat you when you get tired during the PT test?" My friends at home laugh and call it the "Coupal mindset."

Claybaugh:

My entire life I have been as active as I could be. I played ice hockey for about 15 years and had a blast every second of it. Hockey is what set my fitness level high at the get-go. I wanted to be the best I could be and I enjoyed playing so it made being fit that much easier.

I work out six days a week usually and play multiple sports. My workout routine includes weight lifting, running, biking, rowing, plyometrics, yoga, crossfit, and body weight exercises. It is great to mix up the workouts because it trains different muscle groups in different ways. Also, it breaks up the monotony of going to the gym and doing the same exact thing every time. The hardest workouts that I do are the sealfit and Spartan Race Workout of the Day's. These programs involve a lot of running (4 miles plus), body weight exercises (the deadly burpees), and sprints. An Olympic athlete can do these workouts and still be dead tired afterwards. The good thing about these exercises is you make the workout as hard as your fitness level can handle.

Also, did I mention that I beat Coupal the former track star in a 5k run? And that's the best workout that I can recommend, beating Coupal aka Speedy Gonzalez in a 5k race.

Final Thoughts:

"Just have persistence and endurance towards anything you set your mind to," said Coupal.

"Stay motivated, be active, and eat right. That equals the key to being a stud/ studette by the time you leave Kuwait," said Claybaugh.



A 35th Combat Aviation Brigade Apache flies by the 420th Movement Control Battalion's vessel USAV Five Forks (LCU 2018) and its cargo, two M1A2 Abrams main battle tanks during a communication and integration exercise on the Persian Gulf, Oct. 24.

Land, Sea, Air The Army Does It All

*Story and Photos By Staff
Sgt. Peter J. Berardi*

KUWAIT NAVAL BASE, Kuwait – Cruising through the calm, vibrant blue waters of the Persian Gulf aboard the USAV Five Forks (LCU 2018) at close to 12 knots, the nearly 140 tons of two M1A2 Abrams tanks did not slow it down at all. The soldiers aboard the vessel were participating in a communication and logistics exercise.

The exercise involved soldiers and equipment from several units, including M1A2 Abrams main battle tanks from the 3rd Armored Brigade Combat Team, 3rd Infantry Division, AH-64D Apache helicopters from the 35th Combat Aviation Brigade, the Five Forks from the 420th Movement Control Battalion and logistics support from the 316th Sustainment Command (Expeditionary).

The goals of the exercise were to drive Abrams tanks directly onto the Five Forks and sail around the Persian Gulf while conducting multiple drills and cross-training for the soldiers aboard. Included in the training, was a communication portion involving Apache

helicopters assisting the vessel with possible threats.

The main intent of the mission was logistics-in-motion and integrated Army watercraft, armor and aviation assets, working on communication and sustainability. “I think it was a great experience for all,” said Lt. Col. Jon Comis, a resident of Pittsburgh and the 316th mobility officer in charge. “The 3rd ABCT and 35th aviation integration and communication went really well. We also got some training with the vessel crew and tank crews.”

The exercise took more than two months of planning and coordination before it could even begin. The movement of the M1A2 Abrams tanks from Camp Beuhring, Kuwait to Kuwait Naval Base, Kuwait, ended with the tanks being loaded onto the Five Forks, the first time in more than seven years that tanks have been driven onto a boat in Kuwait, said Sgt. 1st Class Joseph D. Sherling, the noncommissioned officer in charge of the 492nd Harbor Master Detachment.

In the heavy, humid night air of Oct. 23 at Kuwait Naval Base with the tide rolling in, the

tanks arrived from Camp Beuhring ready to be driven onto the deck of the Five Forks. “It’s what we call ro ro, or roll on roll off, and it’s to actually simulate a theater support to another beach,” said Sgt. 1st Class Mark Dempsey, a resident of Sebastian, Fla. and the assistant chief engineer of the vessel.

Loading the tanks at night provided a little more of a challenge, but things went smoothly for the soldiers of the 3rd ABCT. “It’s the first time any of us have ever done it,” explained 1st Lt. Jacob Glover, a native of Akron, Ohio and the tank platoon leader. “The opening of the boat leaves only a couple of feet on each side for the tank, but I have such experienced drivers and crew that they were able to get it in with no problems.”

With the water level rising from the tides, one of the Abrams drivers got a little wet getting his tank onto the Five Forks. “It was scary at first, cause I had to back up the ramp onto it and all of this water came up into the drivers hole,” explained Pfc. Andrew Meister, a native of Philadelphia. “But it went really smooth. I’ve never gotten to do anything like that before, it’s a good opportunity for any driver to get to do.”

Early the following morning, Oct. 24, the vessel was underway. The crew and the additional soldiers aboard were ready for the training to begin.

The crewmembers of the ship performed



The crew of the USAV Five Forks (LCU 2018) help Spc. Robert Agwayo, a tank driver with the 3rd Armored Brigade Combat Team, 3rd Infantry Division, guide an M1A2 Abrams main battle tank up the ramp and onto the deck of the vessel at Kuwait Naval Base, Oct. 23.

several drills. “The three more critical drills are man overboard, simulated with a dummy named Oscar, a fire drill and an abandon ship drill,” said Sgt. 1st Class Charles Gamba, a resident of San Antonio and mate of the vessel.

After the drills, there was an opportunity

for cross-training. The tankers gave tours of the Abrams and taught the vessel crew about the tanks capabilities. “The cross training with the crew of the Five Forks has really been a wonderful, educational experience for my guys, and me” said Glover.

After nearly 10 hours aboard, with the sun dropping towards the horizon, the Apaches of the 35th arrived on station to conduct the communications portion of the exercise.

“Initially it was kind of hard to get an accurate position to the aircraft from the ship,” explained Sgt. 1st Class Darryl Honcik, a resident of Pittsburgh and the 3-159th Attack Reconnaissance Battalion, 35th CAB fire support non-commissioned officer. “But we worked through that, they got a good position and found us. I’d have to say it was a huge accomplishment on the aviation side for them to be able to come out identify us, find our exact location and be able to broaden the situational awareness of the vessel.”

The vessel crew also appreciated the experience of communicating directly with the Apaches. “The communication portion was really good,” said Staff Sgt. Christopher Plummer, a resident of Elk Grove, Calif. and the vessel boatswain mate. “To talk to the aircraft, get them to go check out a target, ID if it’s hostile or not, deal with the situation and come report back, that was pretty cool.”

“It was great to get to see other perspectives,” said Honick. “It heightens your overall situational awareness of the entire scheme of maneuver and how everyone comes together. It was a huge success to get the cross level experience that can significantly improve everyone’s career.”



Oscar, the man overboard training dummy, is recovered by the crew of the USAV Five Forks (LCU 2018) during an exercise on the Persian Gulf, Oct. 24. There are several drills the crewmembers of the ship performed. “The three more critical drills are man overboard, simulated with a dummy named Oscar, a fire drill and an abandon ship drill,” said Sgt. 1st Class Charles Gamba, a resident of San Antonio and mate of the vessel.



Prior to a communication integration exercise, Chief Warrant Officer 3 Timothy Snyder, a member of the 420th Movement Control Battalion, sits in the pilot’s seat of an AH-64D Apache helicopter while being briefed on its capabilities by Chief Warrant Officer 2 Randall Turner, a pilot with the 35th Combat Aviation Brigade, at Kuwait Naval Base, Oct. 18.



My First Deployment: Around Iraq

Editors note: This is the fourth story in a series about Soldiers of the 316th Sustainment Command (Expeditionary) and their prior overseas deployment experience. Story By Staff Sgt. Peter J. Berardi

CAMP ARIFJAN, Kuwait – There I was, at an outpost in a little town called Karma, a suburb of Fallujah. I was the acting company commander for B Company, 3rd Battalion, 509th Infantry Regiment, 4th Brigade Combat Team, 25th Infantry Division.

Our commanding officer had gotten hit with a daisy-chained improvised explosive device. He was OK, just in a state of shell shock, he couldn't tell you which way was up or down let alone lead a counter attack and with that Capt. Phil "Gryz" Gryskewicz, a resident of Franklin, Pa., and the 316th Sustainment Command (Expeditionary) support operations section field services officer in charge, became acting CO as a first lieutenant.

We had been receiving small arms fire from that area so there was clearly more than just one person setting up improvised explosive devices there and we needed to flush them out, one way or another. So, as acting CO, I made the decision that we were going to go and clear out that section of town.

We move in with two platoons and start receiving small arms fire. Then two dump trucks drive up from the front while another vehicle pulls up from the rear turning sideways and blocking us in on this road. A sister outpost calls us on the radio warning us that about 30 vehicles were moving in from the east and now the vehicles blocking us were flashing their lights at each other.

I'm thinking these approaching vehicles are going to use the east to west running road to hit us while we are blocked by the dump trucks. I grab one of the platoon sergeants and tell him to shoot a star cluster flare straight down the road at the dump trucks,

figuring it'll scare them and they'll high tail it out of here. He aims it and fires, sparks and flames shoot out followed by a pretty big fire ball flying down the street, confusing many and definitely scaring the drivers because they drove out of there as fast as they could.

My older brother, 1st Lt. Allan Gryskewicz who served in the same company with me for around six months, got a Marine AH-1 Cobra helicopter on station scattering the approaching vehicles almost immediately.

That's how Phil Gryskewicz remembers one of the most memorable incidents to happen on his previous deployment to Iraq from Sep. 2006 through Dec. 2007. "It was one of the coolest things that happened over there," said Gryskewicz. "I'm on a radio maneuvering these two platoons and I turn to see my big brother on another radio coordinating air assets for the same fight. There was like half a second, not even half a second, a millisecond where everything just stopped. I was thinking, hey that's my big brother over there, it was like we were kids again playing war in the backyard."

Many soldiers of the 316th have prior deployments that they learned and experienced many things, dealt with different kinds of situations and a lack of amenities. Lt. Col. William Cacciotti, a resident of Johnstown, Pa., and the 316th SPO supply services OIC, says this prior experience and the lessons learned from it make Gryskewicz a great asset for the unit and its soldiers. "Being on the ground at the war fighter level and seeing the logistics that are involved gives him a great perspective at the theater level," said Cacciotti.

Gryskewicz went through Army ROTC at Slippery Rock University, Pa., from 2000 through 2004, was branched infantry and completed Ranger school before being assigned to the 4th BCT, 25th Inf. Div.

In 2006 while deployed to Iraq. "We started off south of Baghdad monitoring a bridge for a few months before moving to Karma, Iraq," he said. "This area [Karma] had a lot of through traffic from insurgents traveling back and forth between Fallujah and Baghdad."

This heavy amount of activity gave much insight to the soldiers on that deployment.

"A lesson that I learned as a lieutenant was you can always improve your position. Add more sandbags, put more camo around it, put more overhead cover, until you've got Fort Knox made out of a foxhole. That's what this command [316th] is trying to do, they are always constantly trying to improve their position, and I can see that not just in the SPO but throughout the rest of the command too," said Gryskewicz, during the 316th's current deployment to Camp Arifjan, Kuwait. "People are staying engaged, trying to provide the best products they can."

The field services section of SPO is broken down into three different sections; aerial delivery, mortuary affairs and shower and laundry. "I manage all of the pieces and make sure they are run properly," explained Gryskewicz.

During his previous deployment to Iraq living conditions and workload were rougher and more sporadic.

"In the beginning we were in tents, 15 to 20 men per tent," said Gryskewicz. "They weren't insulated very well and you would sweat all night while trying to sleep." After moving to a different outpost things got even rougher. "Up near Taji we took over a farmer's building and the whole company just slept in the dirt," he said.

"You just laid out your foam sleeping mat you got from CIF [central issuing facility] and put your sleeping bag down on top of it and slept in the dirt. But, that's the airborne infantry way of life."

Even hot chow was a luxury in Iraq. "We had those heater meal things for the longest time, it was a while before we got hot chow out there and even then it was just MKT [mobile kitchen trailer] stuff," explained Gryskewicz. Having a chow hall available for nearly every meal is great. "I get three hot meals a day and eating at the DFAC [dining facility] is like a treat for me," he added.

While in Iraq there was not specific battle rhythm to follow. "You were working 24 hours a day seven days a week," explained Gryskewicz. "You worked whenever the enemy decided to make you work." The semi-set battle rhythm of the current Kuwaiti deployment makes it much easier to set time aside for resiliency and self-improvement. "I'm having a great time on this deployment. I get to work out twice a day." Gryskewicz's older brother Allan is also currently deployed



First Lt. Phil Gryskewicz and his older brother 1st Lt. Allan Gryskewicz, both members of B Company, 3rd Battalion, 509th Infantry Regiment, 4th Brigade Combat Team, 25th Infantry Division, get together for a photo during the unit's deployment to Iraq in 2006. Capt. Phil Gryskewicz, a resident of Franklin, Pa., is currently deployed with the 316th Sustainment Command (Expeditionary) to Camp Arifjan, Kuwait, while his older brother Capt. Allan Gryskewicz is deployed to Afghanistan with the 82nd Airborne Division.

(Right) First Lt. Phil Gryskewicz, a member of B Company, 3rd Battalion, 509th Infantry Regiment, 4th Brigade Comat Team, 25th Infantry Division, getting ready for patrol during the unit's deployment to Iraq in 2006. Now a captain, Gryskewicz, a resident of Franklin, Pa., is the 316th Sustainment Command (Expeditionary) support operations section field services officer in charge during the units current deployment to Camp Arifjan, Kuwait.

as a brigade staff officer with the 508th Brigade Special Troops Battalion, 4th BCT, 82nd Airborne Div., in Afghanistan and the set schedule the 316th is working makes it easy for them to stay in contact. "I get to call my older brother about once a week," he said.

Things seem to be going well so far with the 316th's current mission in Kuwait. "From what I see yeah, I think we are doing good things," said Gryskewicz. "I think our command has a really good attitude, a can do attitude and a want to do attitude, they are not just here to check the block, I think they actually want to try to do something more. Even though our mission is a steady state operation there is always something more you can do, some other way of bettering yourself."



From LOUGHRAN, Page 11

playing poker at the MWR."

Staying in touch with families has also gotten much easier since Loughran's earlier deployments. "Back in the 90's we had sat-com phones that you weren't supposed to use, but if you had guard duty and were near the phone you could get a call out," he said. "But letter mail was pretty much the only form of communication back then." With so many options now like wireless Internet, phones devices for computers and regular phones it's easy to stay in touch.

With all of the amenities, activities and contact with home the transition when returning should be much easier, said Loughran. "You're up to date with what's going on, you can keep up with current music, movies and other stuff like that," he said. "You're not so detached from the rest of the world. It keeps the transition when you get home easier."

"Overall, deploying with this unit makes me very well rounded," said Loughran, who is currently in his junior year as a mechanical engineering student at Buffalo State, State University of New York. "I can do just about anything from logistics to infantry to aviation. Having so many MOSs and being in units from the line level to the command level gives me a lot of opportunities. It can open a lot of doors."

From TRUCKIN', Page 3

With the experience gained, working together on this partnership exercise the Kuwaiti and U.S. forces have made tremendous strides in gaining an understanding for how the other operates during various phases involved in convoy operations.

After the exercise, there were plenty of awards handed out. But beyond the handshakes and smiles, there was now camaraderie.

Soon the 1462nd will be returning back to the States. Their deployment is coming to an end, but this will remain a memorable event. "We made friends with them," said Howell, Michigan resident Sgt. Brande Oates, a mechanic/driver for the 1462nd. "We had a blast trucking together."

"Hopefully in the future we will conduct more exercises," said 1st. Lt. Khalid Ali Taresh, an officer for the Kuwait National Guard who participated in the event. "The way we do business and the way they [the U.S.] do business gives us both more experience."

NCO Induction: A Soldiers View

By Staff Sgt. Kristin Walker

“Y’all had better sound off! This is not about you. This ceremony is for your Soldiers seated in front of you! I’d better be able to hear their name and unit loud and clear all the way in the back row. And don’t think that I won’t have you get down and start pushing – I don’t care what rank you are!”

That was the instruction that my fellow NCO sponsors and I received from one of the Sergeants Major as we rehearsed for the NCO Induction Ceremony, Thursday, September 27. I don’t think I was the only one whose throat suddenly became parched and hands started to sweat a little after the Sergeant’s Major demand went out. Soldiers who have been in the Army for at least a week have likely run into at least one Sergeant Major who seemed a little bit crazy and made them question what they had gotten themselves into. Sergeant Major is the highest enlisted rank in the Army. After the amount of



Photo by U.S. Army

Command Sgt. Maj. Michael J. Bolduc of the 316th Sustainment Command (Expeditionary) speaks to the new NCOs.

time and dedication to the service required achieving that position, they often have a ‘bark’ intimidating enough to make you not want to bother to find out if it matches their

‘bite’. They also are not known to make hollow threats. Although I found the thought of watching someone senior to me in rank (and likely age) such as a sergeant first class

Sgt. Rachel Julien, a member of the 316th ESC, passes under the arch during the NCO Induction ceremony.





receive a punishment that is more common for Soldiers in the rank of specialist or private fairly humorous, I kept a poker face and reviewed exactly what I was required to say so that I wasn't the one who got "dropped". Besides, the sergeant major was right, as usual: the ceremony was about the Soldier that I was sponsoring and welcoming him into what is known as an "elite corps".

The Non Commissioned Officers Corps includes Soldiers in the ranks of corporal, E4, through sergeant major/command sergeant major, E9. It is our primary responsibility to train and take care of Soldiers whether they are seniors, peers or subordinate. We are also responsible for the execution of commands given by commissioned officers in order to accomplish the mission. If it sounds like a lot of responsibility, it is – but that is why we are also known as "the backbone of the Army". The NCO Induction Ceremony is for Soldiers who were promoted from the junior enlisted ranks to sergeant. I have never had the opportunity to be a part of this right-of-passage ceremony, and the only emotion that rivaled the honor that I felt for having been selected to sponsor one of my Soldiers was the sense of pride in him. Once he walked onto the stage and passed through the wooden gate which was adorned with each of the NCO insignia, it signified to all of us that we could count on him to help the team out however and in whatever way is needed. When the time came, I had no reservations

and didn't need a threat to motivate me to "sound off" so that everyone in the main post chapel could hear loud and clear that Sgt. Taylor Kline was my candidate for induction.



Photo by U.S. Army

The 316th Sustainment Command (Expeditionary) held an NCO Induction Ceremony for the Soldiers of the 316th ESC HHC, the 113th Sustainment Brigade, the 113th Special Troops Bn, 191st Combat Sustainment Support Bn, & the 420th Movement Support Bn. 34 sergeants were inducted into the time-honored corps known as the backbone of the Army.

Over 1,700 Miles in Three Weeks

*Story and photos by Staff
Sgt. Peter J. Berardi*

During September and October 2012, I was given the opportunity to see more of the world than I ever had before. Traveling didn't come without its frustrations and stresses, but in the end, it was most definitely a worthwhile adventure.

Leaving the arid desert of Camp Arifjan, Kuwait behind, my travels started with an early morning flight on an Air Force C-130 heading to Camp As Sayliyah, Qatar.

I'm not the biggest fan of flying, even on commercial airliners, and there's just something about flying in the back of a C-130 that always makes me nervous. It could be the nylon benches lining the sides of the plane with cargo netting as backs. It could be the slight, constant shaking that takes place the entire flight. Or maybe it's the fact that the inside looks as though it was never quite finished with exposed metal, wiring, pipes, random straps and things hanging from the walls and ceiling and only a couple of small windows for the crew to look out of.

What are they always looking at anyways? Probably just clouds, but who knows? I wish I knew.

I thought that Qatar would be nearly identical to Kuwait as far as weather and terrain, but as the saying goes don't assume it only makes... well you know.

Coming from Kuwait the first thing that you may notice after arriving in Qatar is the temperature is about the same, but the humidity is 70 percent worse. It feels like you left a 120-degree blow dryer for a 120-degree sauna. Another weather occurrence I was privileged enough to experience was a thunderstorm. Not something that most people would find refreshing while on a trip, but after having been in Kuwait for nearly three months with a 0 percent chance of rain it was a welcomed change.

The capital city, Doha, was a beautiful place filled with skyscrapers of various height, colors and shapes. I've never seen so many differently designed buildings anywhere. One looked like a giant block shaped "n" and the arch must have been 30-stories high, while another was coated with bronze mirrored windows and a large ball 20-stories high connecting its two towers.

After a short respite in Kuwait, to repack and resupply, I continued onward to my next destination, Manas Transit Center, Kyrgyzstan.

Before the second-leg of my journey could even begin my flight out of Camp Ali Al Salem, Kuwait, was cancelled. I waited, on stand-by, while more cancelled and full flights passed me by all day as my impatience grew. After waiting for nearly 24 hours and being thoroughly exhausted from lack of sleep and dragging heavy equipment around the camp, I was in route to Kandahar Air Base, Afghanistan on yet another C-130.

Now, if there's one thing that makes me more uncomfortable than flying in a C-130,

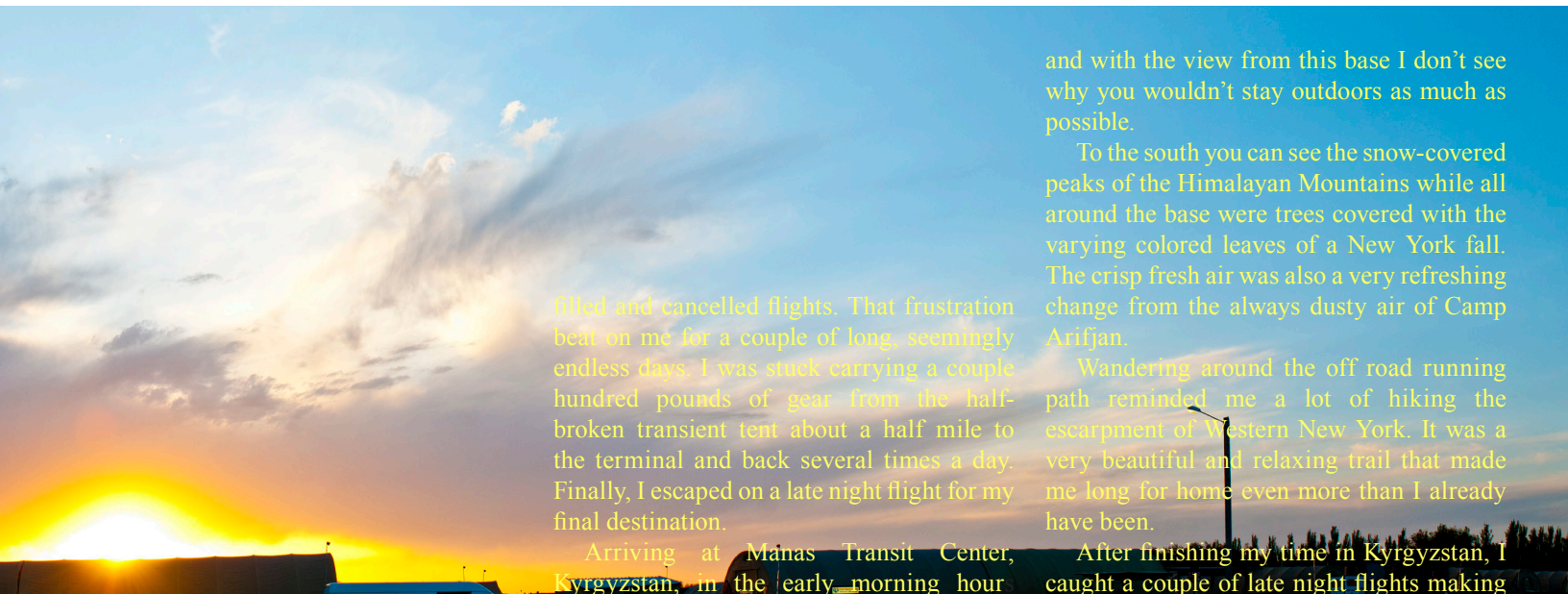
it is landing in a combat zone in a C-130. For the sake of safety, the plane does a few very hard bank turns while approaching, which is especially unsettling because you are sitting with your back to the outside wall, and then finally comes in for the landing at a pretty high angle with some speed hitting the ground with a jolting amount of force. I'm not sure I'll ever get used to that. No matter how many times I've been through it, I still get nervous and anxious to be anywhere but there.

My time in Kandahar was short seeing mainly long rows of T-walls hiding buildings and MRAPs (mine resistant ambush protected vehicles) cruising the streets. But I didn't have time for sightseeing and jumped on the next flight out of there to Bagram Air Base, Afghanistan.

This time I got to fly on an Air Force



Bob Williams Park is located at Manas Transit Center, Kyrgyzstan. The park is used for MWR events and also has basketball, volleyball and tennis courts available for Service Members to use during their off duty time.



filled and cancelled flights. That frustration beat on me for a couple of long, seemingly endless days. I was stuck carrying a couple hundred pounds of gear from the half-broken transient tent about a half mile to the terminal and back several times a day. Finally, I escaped on a late night flight for my final destination.

Arriving at Manas Transit Center, Kyrgyzstan, in the early morning hour

I immediately regretted not checking the weather before leaving the desert. The first thing I noticed were the stars of Orion's belt shining overhead, quickly followed by seeing my own breath and realizing it was freezing outside. I was ill prepared for this having packed all of my cold weather gear in my palletized bags.

Following my exhausting trip, I woke up from some much needed sleep inside my cramped temporary room and explored the base for a while. Apparently, it warms up pretty nicely during the day this time of year in Kyrgyzstan. It was in the 70's, pretty much the perfect temperature for being outdoors,

and with the view from this base I don't see why you wouldn't stay outdoors as much as possible.

To the south you can see the snow-covered peaks of the Himalayan Mountains while all around the base were trees covered with the varying colored leaves of a New York fall. The crisp fresh air was also a very refreshing change from the always dusty air of Camp Arifjan.

Wandering around the off road running path reminded me a lot of hiking the escarpment of Western New York. It was a very beautiful and relaxing trail that made me long for home even more than I already have been.

After finishing my time in Kyrgyzstan, I caught a couple of late night flights making my way back to Kuwait and putting an end to my excursion. The trip, which had taken me over 1,700 miles and through four countries was the experience of a lifetime and a welcomed break from the desert of Camp Arifjan, Kuwait.

I don't think commercial travel will ever be perfect, taking your shoes off while getting full body scans is inconvenient and isn't going away anytime soon. That being said, I would take it any day over getting removed from flights for no discernible reason, being stuck in places that no one wants to be and flying on planes that to me are frightening.

C-17, which I had never flown on before. Walking aboard, much of it looked the same except for the rows of normal seats running through the middle of the aircraft. Finally, I thought, some comfortable seats facing the right direction. Guess I shouldn't have been so enthused, because nearly immediately we were instructed to find a seat on the benches along the wall. I'm still not sure on the reasoning behind that move. Every single one of the nice seats was empty for the entire flight. I can't complain too much though, aside from the looks, the C-17 provided a much smoother flight and even had a restroom on board, another amenity that a C-130 lacks.

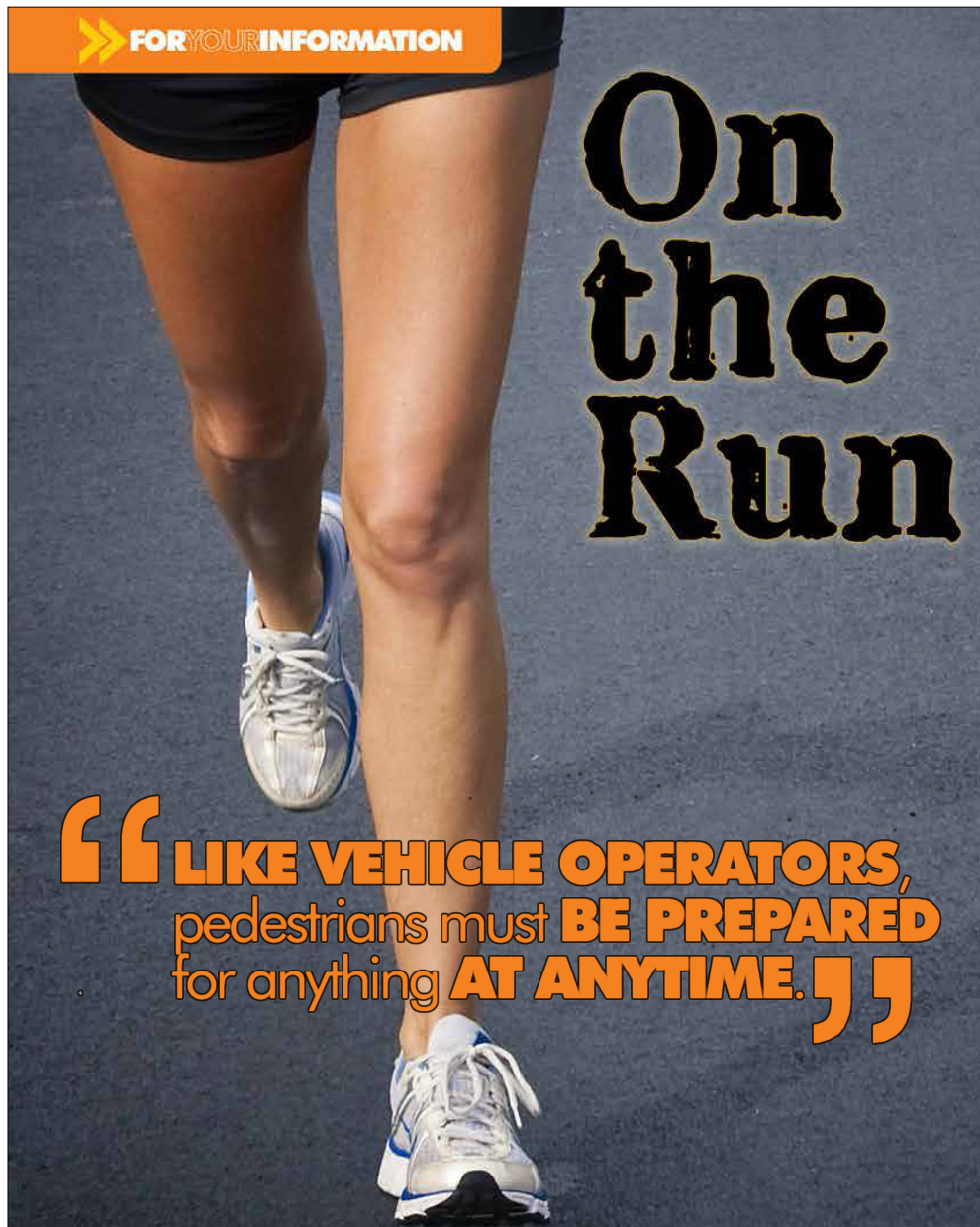
After landing in Bagram, I was once again stuck dealing with the frustration of



Master Sgt. Raymond Darr, a resident of New Hyde Park, N.Y. and member of the 316th ESC SPO section, arrives at Kandahar, Afghanistan Oct. 6.



Capt. Matthew Hoover, a resident of State College, Pa. and member of the 316th ESC SPO section, gets some shut-eye while waiting for the next available flight from Ali Al Salem, Kuwait, to Kandahar, Afghanistan Oct. 5.



By Joe MacFadden, Ph.D.

As I stepped outside, I was surprised how cool it was for an early morning in May. The weather this time of year was usually very warm and muggy. For any runner, when it's muggy outside, breathing difficulty is one of the biggest challenges. On this particular morning, the skies were overcast and the temperature was perfect for a new route I'd chosen to run. A close friend told me about the route, which had very little traffic in the early mornings. With a good mixture of hills and flat surfaces, this was sure to be a great alternative to my old route.

It was nearly 6 a.m. and the sun was peeking over the treetops. The only sounds were my sneakers pounding the pavement and birds chirping as they flew overhead. It was definitely a peaceful way to start the day.

The secluded country road in south Alabama was exactly as described — very hilly and desolate. In fact, I was nearly 20 minutes into my run before I saw the first car.

The pavement was smooth and seemingly free of potholes, making it an ideal place for future runs. Then I approached a sharp left-hand curve located on a downhill slope. Should a vehicle appear, I feared the driver might not see me. I asked myself, "Should I cross over to the opposite lane or abide by the rules of the road and remain running against traffic?" Since I'd only seen one car up to this point, I decided to continue on my path and run against traffic. As I neared the curve, I knew the potential risk of not being detected was greater since I also couldn't see beyond it. Still, I thought it was best not to cross over and continued to run.

When I reached the curve, my fear of

an oncoming vehicle was justified. Out of nowhere, a pickup truck came barreling around the corner. As I quickly moved off the road to prevent myself from being struck, the driver swerved into the opposite lane. Apparently, he was just as surprised to see me. Fortunately, an accident was prevented — but only because I was a defensive runner and prepared myself for a potential risk.

All too often, vehicle operators fail to plan for a pedestrian on the road. When one is spotted, the operator is usually startled. Unfortunately, many motorists are preoccupied with changing the station on the radio, singing along to their favorite song or talking or texting on a cellphone instead of doing what is expected of them — focusing on driving the vehicle.

Much like the operator of a vehicle, a pedestrian also has responsibilities. To be responsible behind the wheel, drivers must pay attention to their surroundings at all times, abide by traffic laws and limit distractions as much as possible. Like vehicle operators, pedestrians must be prepared for anything at anytime.

Here are some tips to help keep pedestrians safe whether walking or running:

Walking

- When crossing the street, use designated crosswalks.
- Establish eye contact when crossing the street. Never assume a motorist sees you.
- Walk on sidewalks or in designated walking areas. In the event sidewalks aren't available, walk facing oncoming traffic.
- Dress to be seen, especially if you are walking at night.

•Never drink alcohol and make the decision to walk home. While walking under the influence may seem safer than driving, you are

Still putting yourself and others in danger. Instead, call a taxi or a sober friend to take you home.

Running

- Be familiar with the route and be attentive to your surroundings at all times.
- Consider running only in designated areas for runners.
- Obey all laws for pedestrians.
- Do not use earphones or earbuds while running in areas not designated for runners/pedestrians.

Most importantly, always walk or run defensively. As a pedestrian, you may think you have the right-of-way, and many laws may support this notion. However, some motorists may not feel the same way.



Photo by Staff Sgt. Peter J. Berardi, 316th ESC

LTG Brooks Visits USAV LSV-8

Commanding General Third Army, U.S. Army Central, Lt. Gen. Vincent K. Brooks visited Army Reserve mariners of the 548th Transportation Detachment from Joint Base Pearl Harbor-Hickam, Hawaii, aboard the USAV Maj. Gen. Robert Smalls (LSV 8) at Kuwait Naval Base, Kuwait, Oct. 27. "The work that's done by our Army watercraft is very important," said Brooks. "You are unsung heroes, you make it happen time after time." and you make us proud."



Photo by Staff Sgt. Peter J. Berardi, 316th ESC

BG Jameson Gets First Stick

Brig. Gen. Bud R. Jameson Jr. and Command Sgt. Maj. Michael Bolduc lead the Soldiers of the 316th ESC by getting flu shots first at Camp Arifjan, Kuwait, Sept. 19. The members of the 316th Surgeon Cell administered shots to all of the 316th Soldiers starting with the command group. Soldiers received the flu shot in preparation for this years upcoming flu season.



Photo by Staff Sgt. Peter J. Berardi, 316th ESC

1LT Black Renews Marriage Vows

After 23 years of marriage 1st Lt. Dennie Black, currently deployed to Kuwait with the 316th Sustainment Command (Expeditionary), and his wife, Tammy L. Black, renewed their vows, Sept. 17. Using the Internet the two were able to renew their vows on video bridging the distance between Virginia Beach, Va., and Camp Arifjan, Kuwait. "This will be something very unique to remember this anniversary by," said Black.



Photo by U.S. Army

SPC Washington Flying High

Flying over the western Himalayan Mountains in an Air Force KC-135R Stratotanker, SpC. James Washington was given the opportunity to experience mid-air refueling first hand. Overall there were 25 Service Members from all branches selected for this incentive flight that was provided by the 376th Air Expeditionary Wing. "Seeing how much of a process it is doing something like that was really cool," said Washington.



Chief Warrant Officer 4 Raymond Davis, a resident of Rohnert Park, Calif. and member of the 316th ESC SPO section, participated in a shadow run of the Pittsburgh Great Race at Camp Arifjan, Kuwait Sept. 30. Exercise and a healthy diet are key good health.

Why Are We Talking About Men's Health?

By 316th ESC Surgeon Cell

“Know your enemy and know yourself and you can fight a hundred battles without disaster,” Sun Tzu, Chinese general, 500 B.C.

Life expectancy has increased dramatically in the past 50 years. How long we live is important, and so is the quality of life we have.

Most of the common diseases that affect men are potentially preventable. The ability to enjoy life to its fullest requires investing time and effort into health maintenance and disease prevention. Did you know that women are 100 percent more likely to visit

the doctor for yearly check-ups than men (CDC 2001) and that the life expectancy for children born in 2010 is almost six years more for girls than boys?

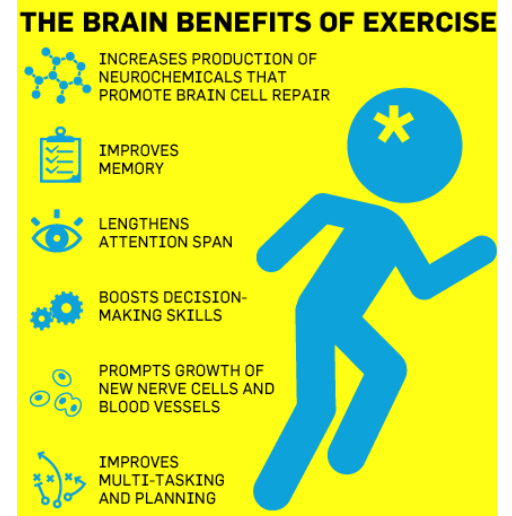
Do you know the top men's health threats? The list is surprisingly short:

No. 1: Heart disease

Heart disease is a leading men's health threat. Take charge of heart health by making healthier lifestyle choices: quit smoking, eat a healthy diet, manage your blood pressure and cholesterol, stay active, maintain a healthy weight and manage your stress.

No. 2: Cancer

Various types of cancer are of particular



concern to men, including lung cancer, skin cancer, prostate cancer and cancer of the colon and rectum. To reduce the risk of cancer, consider these general tips: don't smoke, maintain a healthy weight and activity level, make healthy food choices, protect yourself from the sun and limit alcohol (the risk of various types of cancer, including cancer of the colon, lung, kidney and liver, increases with the amount of alcohol you drink and the length of time you've been drinking regularly). Take early detection seriously.

No. 3: Accidents

Motor vehicle crashes are a leading cause of fatal accidents among men. To stay safe on the road, use common sense. Wear your seat belt. Follow the speed limit. Don't drive under the influence of alcohol or any other substances and don't drive while sleepy.

No. 4: Chronic lower respiratory diseases

Chronic lung conditions, which include bronchitis and emphysema, are also a concern for men. To protect your respiratory health don't smoke, stay clear of pollutants and prevent respiratory infections. Also, wash your hands and get a flu shot.

As in life, accidents happen but it is the “guts” of a car, the engine, transmission and brakes that will decide if it will be happily driving down the road or sitting on the sidelines of life. Learning to listen to the body's warning signs and symptoms is the same as paying attention to the check engine light. The single most important way you can take care of yourself and those you love is to actively take part in your health care.

Getting to Know 1LT Alan Eberhart

I'm 1st Lt. Alan Eberhart from Pittsburgh, PA and am currently deployed as a member of the 316th Sustainment Command (Expeditionary) support operations integration section. Basically my section coordinates and synchronizes all of the different efforts of the SPO branches.

I enlisted in the Army Reserve in 2008 and was then commissioned as a quartermaster officer in 2010. Having a father, grandfather, and several other family members who were career Army Soldiers made picking this branch an easy choice. I considered enlisting after high school and even did some ROTC in college but it just never seemed to be the right time in my life. It wasn't until a few years after graduating college that I finally decided it was now or never and went ahead and joined. I've loved every minute of it so far and hopefully they'll keep me around for a few more years.

The most memorable thing so far in my military career has definitely been going to Airborne school. From the time I was a little kid, my dad constantly told me stories about when he attended the school back in the day. It was obviously a lot easier back when he went through but he still impressed upon me

that being a Paratrooper was something special. It was awesome to be down there at Fort Benning and experience all the history and magic of that place. It was a memorable couple of weeks and a highlight of my young career. I'm still scared to death of jumping out of planes but I'm also completely addicted to it.

The most important thing the Army has given me is it has allowed me to meet such a diverse group of people. I've gotten to work with Soldiers from all different places and backgrounds who each bring their own unique talents and experiences to the team. Everyone has something to offer and you can learn an awful lot if you're open to new ideas and ways of thinking.

So far this deployment, my section's workload is steadily increasing. It seems every day there is something new going on and we've managed to stay busy enough to us keep out of trouble. I spend my free time going to the gym, playing sports, and doing a good bit of reading.

Staying in touch with home has been really easy. E-mail and phones keep me connected with what's going on and I usually have some time a few nights a week call or write a quick note home.

I'd like to say hello to all my fans back in the states and let them know I'll be home soon!



Getting to Know SSG John Coupal

I'm Staff Sgt. Jonathan Coupal from Rouses Point, N.Y. and am currently deployed as a member of the 316th Sustainment Command (Expeditionary) support operations munitions section.

I joined the Army Reserve in 2007 because I still wanted to be able to attend college. I'm enrolled at State University of New York, Plattsburgh working my way towards a bachelors degree in psychology and eventually a masters degree in counseling. I would like to be a high school counselor once I'm finished with college.

Since joining the Reserve I've had a definite increase in personal drive and motivation. There are a lot of things that I probably wouldn't have been able to push myself to do if I had not joined. Basic training for example, it doesn't seem like it was hard looking back at it but when your going through it you didn't know if you would make it, it taught me how to push myself.

Since I've been in the most memorable thing for me has been the Best Warrior Competitions that I've competed in. You get

to do things that Reserve Soldiers don't generally get to do a lot. Depending on how far you make it you can qualify with your weapon five times, go through day and night land navigation and take multiple physical fitness tests. I know some people might not consider that last one a good thing, but your getting paid to work out and I enjoy the exercise.

So far this deployment is going all right. Camp Arifjan is not a bad place to be stationed. There are lots of opportunities for military and civilian education as well as the movies and multiple sports leagues to participate in.

The worst part for me is being away from family and friends. You can never have enough contact with family and friends, but with the time difference you just have to figure out a schedule to stay in touch as much as possible.

I'd like to say hi to my Family, my second Family (Strekers), my friends: Scoth, Aaron, Alfie, Streker, Derc, Leta, McGibbon, Farva, Maxx and Josh, and finally my beautiful girlfriend Rachel. I miss all of you very much and I can't wait to enjoy my summer back home with all of you!





SEPTEMBER IS ARMY SUICIDE PREVENTION MONTH 2012

A HEALTHY FORCE IS A READY FORCE

By Staff Sgt. Peter J. Berardi

The Army has designated September as Suicide Prevention Month and joins the nation in observing National Suicide Prevention Week, Sept. 10-14, and World Suicide Prevention Day, Sept. 10.

Retired Maj. Gen. Mark A. Graham, who lost a son to suicide, said it's important to be safe, be smart and be compassionate. It's a sign of strength to get help, not a weakness. "Do not wait, let's stop suicide and prevent it

before it happens," he added.

The 316th Sustainment Command (Expeditionary) conducted suicide prevention training at Camp Arifjan, Kuwait, Sept. 25. Soldiers were given information and discussed risks, behaviors, warning signs and preventive measures.

"There are too many suicides in the Army," said Capt. Bronwyn Odhner, the 316th ESC headquarters headquarters company commander. "This training helps us learn how to take care of ourselves and

others."

The Army has expanded its Applied Suicide Intervention Skills Training efforts and developed and fielded a number of training tools to facilitate units' training. Other resources include Master Resiliency Training, ACE cards, Suicide Prevention Training Tip cards, Leaders' Guides and videos.

Soldiers and family members can contact The National Suicide Prevention Lifeline/Military Crisis Line anytime, at 1-800-273-TALK (8255).

Getting to Know CPT Anh Tran

I'm Capt. Anh Tran and I currently live in Killeen, Texas. Since joining the Army in 1997 as an enlisted personnel administrative specialist, I have done stuff that I never thought I would do. I switched over to finance before becoming a noncommissioned officer and eventually transitioned to being a finance officer in 2002.

I am currently deployed to Camp Arifjan, Kuwait, as the 316th Sustainment Command (Expeditionary) Deputy G-8 resource manager. We do the budgeting for the 316th and its down trace units. This is my first deployment and has been pretty interesting. I'm learning something new every day, right now we are learning a new system while still working with the old system.

During my free time I go see movies at the post theater, which is free, so I can walk

out if I don't like it. I also ran the Labor Day 5K and went to the carnival afterwards where I won a ridiculous hat. I've also participated in a USO program, United Through Reading, where you read a book for your kids and they record it, then you can send it to them. I've done that twice so far.

When I get back home I will be returning to First Army, Division West, where I'm a member of the active guard reserve program working from Ft. Hood, Texas. I give finance Soldiers with sustainment commands and sustainment brigades hands on training, helping to prepare them before they deploy.

I'd like to say hi and I love you to my family in California, Texas and Hawaii. After this deployment my goal is to go to Hawaii so my youngest daughter can meet her great grandmother.



Getting to Know SPC Faith Darnell

I'm Spc. Faith Darnell, from Coraopolis, Pa., born and raised. I joined the Army National Guard in 2004 and served until 2007 as a information assurance and networking technician.

In 2008 I decided I wanted to serve again and joined the Army Reserve keeping the same job. I initially joined for college money but have gotten much more than that from being in the military.

I have been given many education opportunities and have had the ability to get multiple certifications in the information technology field. The amount of certifications the Army has given me, including A+, Network+ and Security+, could take a civilian up to four years to obtain.

I am currently deployed with the 316th Sustainment Command (Expeditionary) during the unit's deployment to Camp

Arifjan, Kuwait. So far this deployment has been going pretty well. Some days the network will go down and we will be very busy, but some days it's nice and calm. Overall it's been pretty level, it's not to bad at all.

I spend a good amount of my free time at church and bible study. I also enjoy going to the gym and am playing on a basketball team right now.

I'm glad we went through all of the training prior to deploying here. Not only did being at Ft. Hood, Texas help get us used to the heat but the training overall helped prepare me mentally for being away from my family.

When I get home I am planning on going to school for child psychology because I would like to work with children.

Finally, I would like to say hi to my daughter, both of my sons, my family and friends. I love you all and will see you soon.



From MANAS, Page 9

their processes are, then relate that to ours," said Johnson. "It's been a huge career enhancement for me, I've learned a tremendous amount about how the Air Force operates, especially in this environment."

"I've seen how we do things differently from how others do things," said Washington, the team night shift representative and a member of the 316th. "Everyone has their strengths and weaknesses. It's been a challenge to know you have to approach

different situations, people and branches accordingly," he explained.

When working on a new unfamiliar mission many challenges can arise. "We did not have specific command relationships built within specific orders," said Johnson. "So we were challenged with gaining mission command of all these Soldiers to support the 376th [Air Expeditionary Wing] commander's intent of having a single Army LNO [liaison] that he could go to for solving and preventing issues."

The team tackled every challenge before it and continued to learn new things everyday, throughout the mission. "There's always different experiences, everyday there is a new dynamic or a new nuance," said Washington. "To know that we contributed and made it better, that we were able to help move 1000's of Soldiers through and get them back to where they needed to be on the battlefield or get them back home, that was wonderful."



Sgt. 1st Class Kevin Merrill, a resident of Barton, N.Y., was promoted to the rank of master sergeant at Camp Arifjan, Kuwait Sept. 8.



Pfc. Matthew Henderson, a resident of Irwin, Pa., was promoted to the rank of specialist at Camp Arifjan, Kuwait Sept. 10.



Maj. Jason Sklute, a resident of Blackstone, Va., was pinned with the rank of lieutenant colonel at Camp Arifjan, Kuwait Oct. 3.



Maj. John Schoener, a resident of Uniontown, Pa., was pinned with the rank of lieutenant colonel at Camp Arifjan, Kuwait Oct. 10.



Maj. Charles Ormand Jr., a resident of Harker Heights, Texas, was promoted to the rank of lieutenant colonel at Camp Arifjan, Kuwait Oct. 10.



Maj. William Molina, a resident of Chula Vista, Calif., was promoted to the rank of lieutenant colonel at Camp Arifjan, Kuwait Oct. 10.



Maj. Shawn McNabb, a resident of Grove City, Pa., was promoted to the rank of lieutenant colonel at Camp Arifjan, Kuwait Oct. 10.

316th Reenlistments



US Army Photo by Sgt. 1st Class Adam Stone, 316th ESC

First Lt. Willard Buchna, a resident of Franklin, Pa. and member of the 316th ESC, reads Staff Sgt. Kieran Lee Kong, a resident of Alexandria, Va., and member of the 316th ESC command group section, the oath of enlistment during Lee Kong's reenlistment ceremony at Camp Arifjan, Kuwait Oct. 9.



US Army Photo by Capt. Jeffrey Gruidl, 316th ESC

Capt. Bronwyn Ohdner, a resident of Wilkinsburg, Pa. and member of the 316th ESC, reads Sgt. Michael Weston, a resident of Philadelphia and member of the 316th ESC G6 section, the oath of enlistment during Weston's reenlistment ceremony at Camp Arifjan, Kuwait Oct. 18.



US Army Photo by Sgt. 1st Class Adam Stone, 316th ESC

Chief Warrant Officer 2 Michael Godfrey, a resident of Beaver, W.Va., reads Staff Sgt. Jonathan Coupal, a resident of Rouses Point, N.Y. and member of the 316th ESC SPO section, the oath of enlistment at Coupal's reenlistment ceremony at Camp Arifjan, Kuwait Oct. 27.



US Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

Video of Soldiers with the 316th was played during the National Anthem of Sunday, Sept. 16th, Steelers game. If you were unable to catch it live on television you can also see a clip of it at the following link:
<http://www.youtube.com/watch?v=WGZ5rSAJnww>

Thank you for all of the submissions. Keep them coming and maybe your photo will be featured in the next edition or on www.facebook.com/316thESC

If you would like to submit a photo please e-mail it to:

adam.r.stone@kuwait.swa.army.mil or peter.j.berardi@kuwait.swa.army.mil

Please submit your very best photos and on the subject line please put Photo of the Month.

Thank you again for your submissions and readership, it is greatly appreciated.