



STEEL PRESS

VOL 1 ISSUE 3

LETTER FROM THE

113TH SB PUBLIC AFFAIRS OFFICE

One Team!

Hello, Soldiers of the 113th Sustainment Brigade! Welcome to your April issue of the Steel Press! While this is a shorter issue than our last two, we've still packed it with some great information. This issue starts out with a big surprise guest in our usual Letter from Leadership page. We cover personal stories, such as one Soldier's amazing 24-hour run and a 113th SB Family fighting for both America and life of their family member. The



April Steel Press contains boats, your favorite place to eat here, voting and the great 1452nd Transportation Company and their trip to Afghanistan, to name a few stories.

We'd like to stress that the STEEL PRESS is YOUR magazine. We are always open to story ideas, pictures that you've taken or even poetry you've written! The STEEL PRESS is our deployment magazine - think of it as our yearbook in progress.

Please help us spread the word about our missions here by viewing and sharing information posted to our two social media web pages: <http://www.facebook.com/113thsb> and www.flickr.com/113thsb. Remember, these social media sites and newsletters are for YOU - so let's work together on making them the best! Our goal is to keep everyone back home linked and updated on what our brigade accomplishes throughout this deployment. We try to continue to improve our product each month, so we are open to suggestions for story topics. Our newest idea is a question and answer section, starting next month. Submit questions, whether it's instructions on how to fill out Army forms to proper latrine etiquette to how to ward off a werewolf from your living quarters, to "Ask Booger" at 113thusbdepao@gmail.com.

We look forward to hearing your suggestions and feedback. Please enjoy this issue of the "Steel Press!"

STEEL PRESS

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Do you have something you'd like to add to the magazine? Tell us! Contact your battalion UPAR for your story submissions, ideas, pictures, editorials, poems or art - become a published author/photographer/artist!

Interested in becoming a UPAR? Contact your battalion UPAR for training information.

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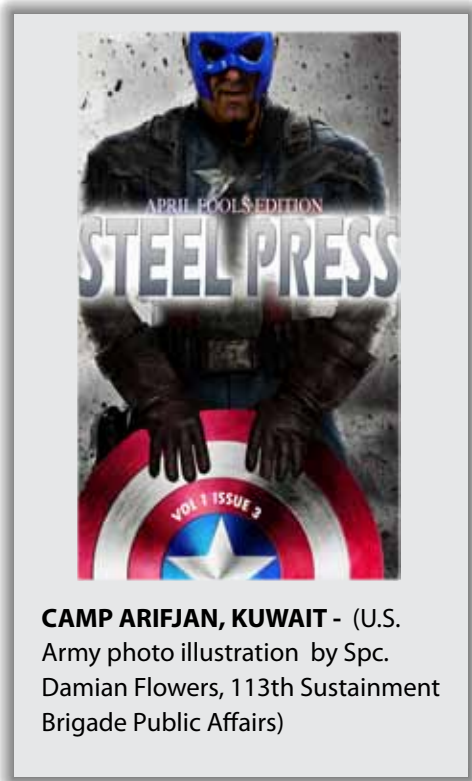
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LETTER FROM A CELEBRITY GUEST LEADER

Editor's note: Usually, we feature letters from our fearless leaders, Col. David Jones and Command Sgt. Maj. William Gill, in this section. However, we received a strange opportunity to get a few minutes with a guest to our brigade's area of operation. The reporter assigned to this interview quit her position with us shortly after the interview, leaving us one page of notes and the tape of the interview. We have decided to print this interview unedited.

The Interview

I am staring in the face of America. It's my second day at work here with the 113th Sustainment Brigade's public affairs office, and I've just started the biggest interview of my career. My uniform is starting to feel heavier and heavier. The breaths I'm taking are quicker than usual, and I can't seem to stop clicking my pen.

This interview could go many different ways. I could make it pleasant, or I could really hit this guy with some serious questions, thus shooting me into immediate media stardom. Thinking about the advice the PAO gave me shortly before the interview, I decide to go for it. I'm going to make this the greatest interview ever!

Steel Press: Thank you for this interview, Capt. America. I'm so excited to speak with you, and I mean it's just my sec-

Capt. America: You're very welcome. It's my pleasure to speak to you and the Soldiers of the "Steel Brigade." Let's just go ahead and start, okay?

SP: No problem. Is it true that you are a creation of scientific experiments attempting to make the perfect warrior?

CA: Yes and no. I have to give credit to my Mama. She made me what I am today. She was one tough lady, and she used to dress me up in red, white and blue every Fourth of July, Veterans Day and Memorial Day. Sometimes she would dress me up like that for no apparent reason at all. I was a walking American flag. And, naturally, when people don't understand something, they like to mock it. So the kids made fun of me, me in my patriotic uniform. Inevitably, I would punch one or two straight in the nose, just to remind them of the amount of patriotism in my fists.

SP: I see. Just to clarify, are you genetically altered to fight for American justice or just a mama's boy in Fourth of July colors?

CA: *(Looks around, jumps out of his chair)* Do you wanna go? Right here? Right now? I'll cut ya, lady. Steel Brigade Soldier or not, I'll get all U-S-A on your butt!! *(Capt. America sits back down)* Look, I'm sorry. I'm very sorry. It's just been a long day fighting the enemies of America, and on top of that, keeping the sustainment brigade safe from some group that goes by the name "ESC."

SP: I'm sorry for insulting you, Capt. America, it's just that – well, your shield is made of plastic, that cape you are wearing is obviously a shower curtain, and I can tell that your mask is a cheap knock-off. I mean, it's hard to take you seriously. But, I digress. Capt. America, do you have any words of support or guidance for the Soldiers of the 113th Sustainment Brigade?

CA: Umm, not really, lady, you hurt my feelings and I'm getting out of here. I'll have you know that I'm a command sergeant major for goodness sakes! You had better watch your tongue and get at parade rest when



CAMP ARIFJAN, Kuwait - The "secret" American Command Center, used as an office by Capt. America. (U.S. Army photo by Maj. Matt DeVivo, 113th Sustainment Brigade, Public Affairs.)

LETTER FROM A CELEBRITY GUEST LEADER

you are speaking to me and-

SP: What?! Who are you? Who is that man under the mask and behind that shield? Are you really Sgt. Maj. Santiago?

CA: Nope. Santiago is with Sgt. Maj. Peffer. They've started a local taxi business in country. It keeps them out of the office and away from any support operations work. It's a win-win for them and the unit.

SP: Okay, so you must be Sgt. Maj. Webster. Am I correct?

CA: Wrong again, darling. Webster is going through the ACAP Army retirement process right now, and before you ask, I'm not Sgt. Maj. Stoddart, either. He's back at the Fort Bragg hospital, getting a double hip replacement and is also retiring.

SP: Well then, Capt. America, that narrows it down to only a few other sergeants major in the 113th Sustainment Brigade. Wait, I've got it. You are the Special Troops Battalion's command sergeant major, Sgt. Maj. Scott, right?

CA: Close, but no cigar, newspaper lady with the fancy-smansy camera. Sgt. Maj. Scott has also left the unit. He started a photography business with a fellow Steel warrior. They photograph still and moving objects, not people. It's actually some pretty decent stuff. I have a few of their pieces in my house, er, I mean, my American Command Center.

SP: Command Sgt. Maj. Gill, your secret will be safe with me and our readers. Keep fighting the good fight, sustaining our troops with words of encouragement and motivation, and staying ready, proactive and flexible in protecting the 113th SB and America.

CA: That's my job, sister! The red, white and blue will always come through to victory! Hey, what time is the BUB? Do you think Col. Jones will mind if I wear my mask to it?

SP: This interview is over, Sergeant Major.



CAMP ARIFJAN, Kuwait - "Here, I had completed the necessary pull ups," said Capt. America. "I can't help it if 1st Lt. Johnson and Lykins can't keep up with my muscles." (Photo submitted by Capt. America).



CAMP BUEHRING, Kuwait - According to Capt. America, this photo was snapped by an "adoring fan" who was present for medical evacuation training here at the Warrior Leadership Course April 6. "These Soldiers did an amazing job while practicing loading and unloading casualties," said America. "I knew they didn't need any more help, so I took off after the next 'victim.'" America also noted that after this exercise, a rumor was spread that the sand was too much for his eyes and allergies. America denies this rumor (Photo submitted by Capt. America).

SAFETY MESSAGE

Fire Safety

As Soldiers, we train to become proficient in technical and tactical tasks. We practice procedures to execute our task with precision in order to complete missions. As we continue our mission here at Camp Arifjan, we cannot overlook executing fire evacuation drills.

Fire-evacuation training is very important in all areas: work, recreation and living areas. Unfortunately, the building materials are not made with fire delay or preventive material, much like the structures in the United States. Practicing evacuations allows everyone to know where the nearest exits are and where to meet to ensure accountability of Soldiers and civilians.

In our work and living areas, we should also check the fire alarms and fire extinguishers for serviceability every month. Fire safety is very important and as the weather begins to change, we must be prepared to conduct a fire evacuation drill just like any other tactical or technical task.

ALWAYS SAFE
MSG Gregory M Greene

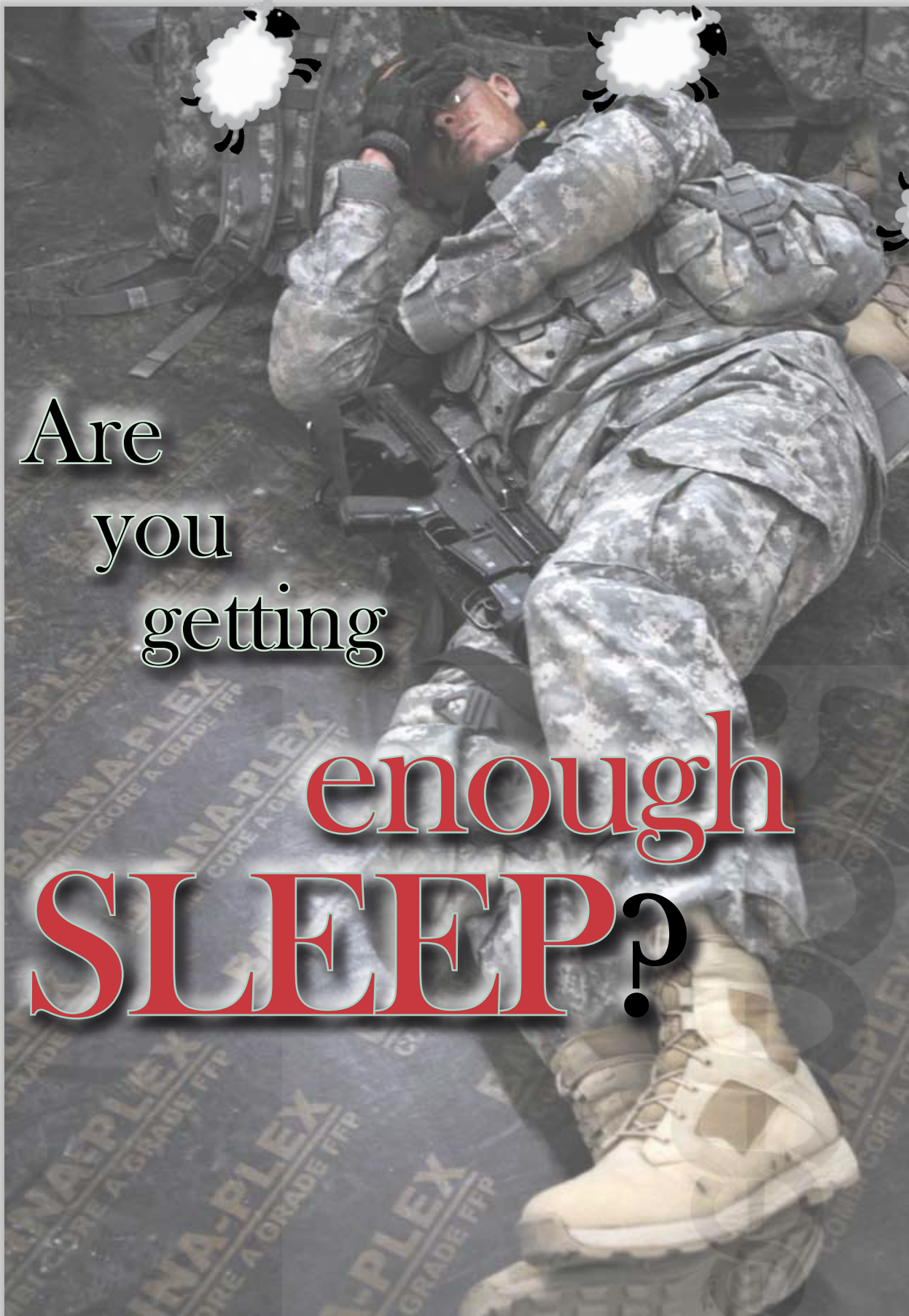
In preparation for a fire evacuation, leaders have to ensure of the following:

- Keep aisle ways clear
- Ensure emergency exit lights are illuminated
- Keep a neat and orderly work area
- Ensure all evacuation signs are visible and legible
- Ensure all Soldiers and civilians understand the fire evacuation plan
- Ensure all Soldiers and civilians know how to call the fire department

Steel
Safety is
Always
Safe!



FROM THE WHISKEYS



Are
you
getting
enough
SLEEP?

The amount of sleep you get each day can greatly affect your overall health. It is important to have good sleep hygiene. But **what exactly is “sleep hygiene?”** No, it’s not how clean you or your sheets are at night. It’s a term that is used to describe your sleep habits: **good or bad.**

There are many things you can do to improve your sleep hygiene. Start off by getting a routine established; go to bed and wake up around the same time each day. Second, try to avoid caffeine and nicotine about four hours prior to going to bed. They are both stimulants and can keep you from falling asleep when you want to. Lastly, use your bed for sleeping only. Doing this will help your body make the connection between your bed and sleep.

If you find that you are having trouble getting a good night’s rest, you can learn relaxation techniques offered here at **Camp Arifjan’s Behavioral Health Clinic**. They are located inside the **TMC annex building T-180**. The classes are on **Tuesdays from 1500 to 1600**. Call **430-1861** to sign up for the next class!

Sleep Deprivation:

- | | |
|-------------------------|--------------------------|
| 1. Irritability | 6. Slowed reaction time |
| 2. Memory lapse or loss | 7. Tremors |
| 3. Hallucinations | 8. Aches |
| 4. Growth suppression | 9. Risk of heart disease |
| 5. Risk of obesity | 10. Hallucinations |



Medic Challenge of the Month

Keep a diary of your sleeping habits. Include the number of naps you take, what you eat and drink before you go to bed and how many times you have to get up and walk outside to the latrine. At the end of the week, take a look at your patterns. You will be surprised how much sleep you are actually getting. If you are getting enough, keep up the good work! If you aren’t getting as much rest as you need, now is the time to re-evaluate your sleep hygiene.

AROUND THE BRIGADE



113th STB

Bravo Company network specialists supported the 160th Signal Brigade by greatly improving their information technology network here.



728th CSSB

Soldiers saved taxpayer dollars at the "cylinder yard" here. The Nittany team safely disposed of more than 6,000 cylinders, which would have cost more than \$100,000 if completed by contracted services instead.



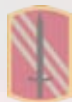
420th MCB:

Conducted their combat patch ceremony here on April 7.



821st TB

Specialist Norbert Mazgola of the 1452nd Heavy Equipment Transport Company became a US citizen in a ceremony attended by the US ambassador to Kuwait, Mr. Matthew H. Tueller and Maj. Gen. Gary Cheek, the ARCENT deputy commander.



Military Appreciation Day Inc. Presents

MAD 7

**Thanking Those Who Serve
America**

Morehead City

June 2

Southport Marina

Sept 15

**MAD will host our Nation's heroes
to a day of fishing, food and fun**

All free of charge to Active Duty, Guard and Reservists

Please help us spread our motto of

ONE. SIMPLE. THANKS!

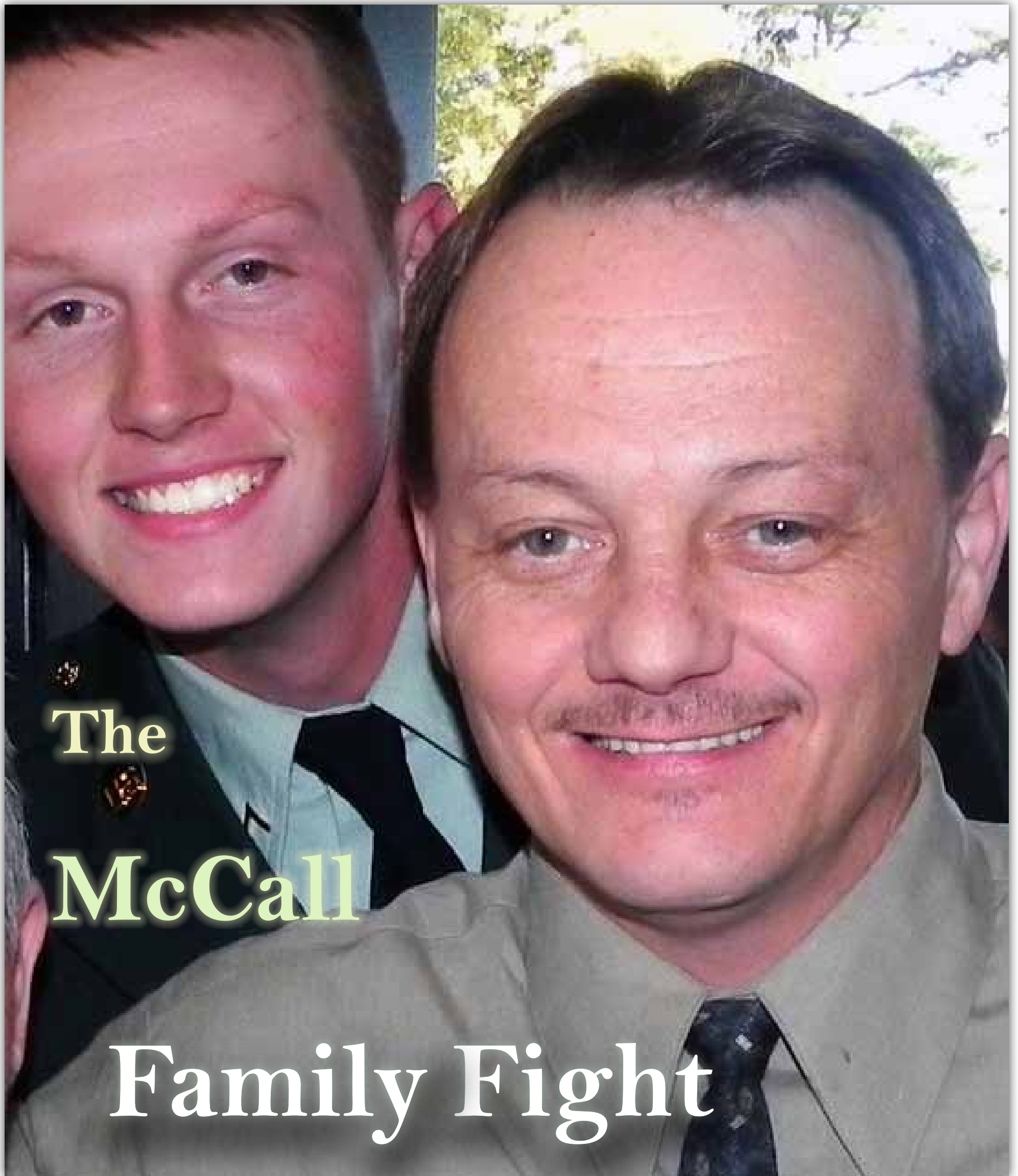
www.MilitaryAppreciationDay.org



**Military Appreciation Day, Inc. is a 501 (c) (3) Non Profit Company
PO Box 77453 Charlotte, NC 28271**

What is Military Appreciation Day?

Military Appreciation Day is an event organized by volunteers to provide a day of fishing for our Active Duty Military, Guard and Reservists. The event also includes activities for their families and a southern style cookout.



The McCall

Family Fight

CAMP ARIFJAN, Kuwait - The McCall family has family members on two different frontlines. Spc. Gregory McCall, a Soldier with Bravo Company, 113th Special Troops Battalion, is currently deployed here in support of the 113th Sustainment Brigade's mission to drawdown the U.S. military presence here and support the ongoing sustainment mission to Operation Enduring Freedom.

Gregory McCall's father, David McCall, is fighting a very different war. David's is the most important battle of his life, and it's happening in his own home: he has been battling Hodgkin's Lymphoma for two years and is in need of a bone marrow transplant to help end the war and save his own life.

Prior to developing cancer, David McCall was a small business owner. When he started battling cancer, chemotherapy began to take its toll and he was forced to sell his interests in the company due to his ailing health.

David McCall was told that he has a 70 percent chance of survival without a bone marrow transplant. With the transplant, David will have a 90 percent chance of survival, and will be able to avoid an additional eight to ten months of chemotherapy.

A bone marrow transplant has been estimated at \$60,000. Because of the steep price, David McCall's wife, Wanda, and her family have organized a car show fundraiser, scheduled for Apr. 28 at 322 W. Main St. in Gastonia, NC, to assist in the cost.

For more information, please check out the flyer on the following page.



BENEFIT CAR/TRUCK SHOW

Sat. April 28, 2012

Downtown Gastonia

322 W. Main St.

Registration 10a-2p

Awards at 3p

Best of Show Car/Truck
Best Classic Car/Truck
Best Paint Car/Truck
Best Domestic Car/Truck
Best Import Car/Truck
Club Participation



Raffle Tickets

50/50

Vendors on site

Raising money for a Bone Marrow Transplant for David McCall

For information call Billy 704-974-4080 or Wanda 704-691-7239



Feeding the Force



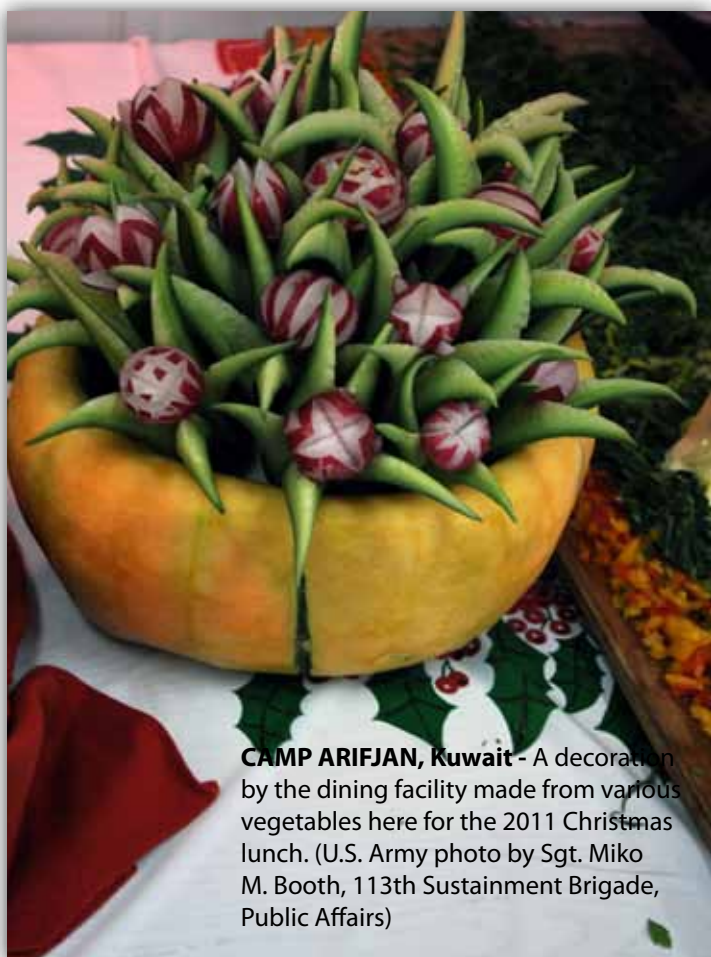
The Steel Chefs: (from left to right) Sgt. Dantae Lawson, Staff Sgt. Jacqueline Griffith, Spcs. Joseph Akers, Veronica Regis-Jenkins and Natalie Isley.

Story by 113th Sustainment Brigade Public Affairs

CAMP ARIFJAN, Kuwait - Its 4:00 a.m. here and in addition to Soldiers working the night shift centers across post, there is another group of dedicated Soldiers working around the clock.

That mission is to keep the Soldiers and contractors here fed.

“The Steel Brigade’s Zone 6 dining facility (DFAC-6) staff is another group of 113th silent professionals exceeding the standard and exemplifying our brigade motto, ‘One Team, Twice as Strong,’” said Col. David Jones, commander of the 113th SB.



CAMP ARIFJAN, Kuwait - A decoration by the dining facility made from various vegetables here for the 2011 Christmas lunch. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade, Public Affairs)

While there are other places here where Soldiers can get a meal, the DFAC is the only place where the meals are free and nutritionally balanced to ensure all the correct food groups are available. DFAC-6 can feed 6,000 people a day during four separate meal times. The brigade also has Soldiers working at another Army dining facility located at the Port of Shuaiba, close to Camp Arifjan.

“Midnight chow is one of the best meals served during the day, because it’s quieter and we get a lot of work done preparing for the next day’s meals,” said Sgt. Dontae Lawson, one of the DFAC’s cooks. Midnight chow is served from 11:30 pm to 1:00 am for those who work the night shift or simply wake up wanting a midnight snack.

The DFAC staff agrees that being a food service specialist involves more than just taking head counts or cooking. Here, Steel Brigade food specialists prepare foods and help cook them, manage the civilian staff, ensure hot and cold foods are served according to health and sanitary regulations, and are the customer

service representatives on the floor to assist Soldiers with comments or issues during mealtimes.

The food service Soldiers said their job entails long hours and working closely with the third-country nationals (TCN) working in the DFAC and interacting with Soldiers from every unit on post.

More than 100 TCNs work with the 113th’s DFAC-6 crew. Coming from as far away as India and the Philippines, they work closely with their U.S. military counterparts.

“They are very nice people,” said Staff Sgt. Jacqueline Griffith, the DFAC’s morning and afternoon shift supervisor. “They are hard workers and we have fun working with them.”

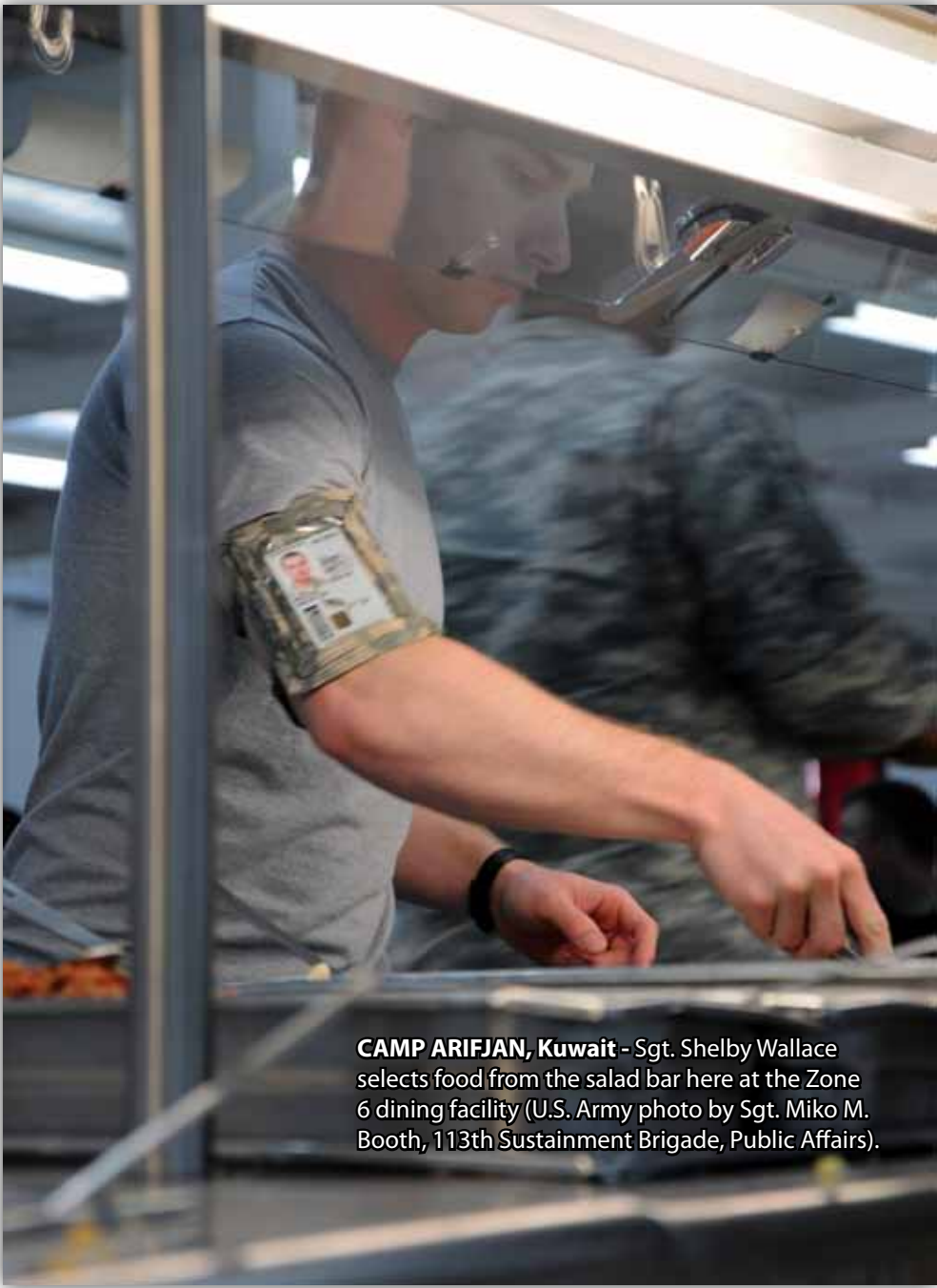
Spc. Natalie Isley, who works the lunch shift, said the staff works hard to get repeat customers.

“Our DFAC does its best to please and keep Soldiers coming back and wanting more of our delicious meals,” she said.

According to the 113th crew, their DFAC is also well-known for its big holiday events when the staff Soldiers

“Our DFAC does its best to please and keep Soldiers coming back and wanting more of our delicious meals.”

Spc. Natalie Isley



CAMP ARIFJAN, Kuwait - Sgt. Shelby Wallace selects food from the salad bar here at the Zone 6 dining facility (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade, Public Affairs).



CAMP ARIFJAN, Kuwait - Sgt. Leah Rowell considers her options regarding sauces, spices and other condiments for her meal here at the Zone 6 dining facility (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade, Public Affairs).

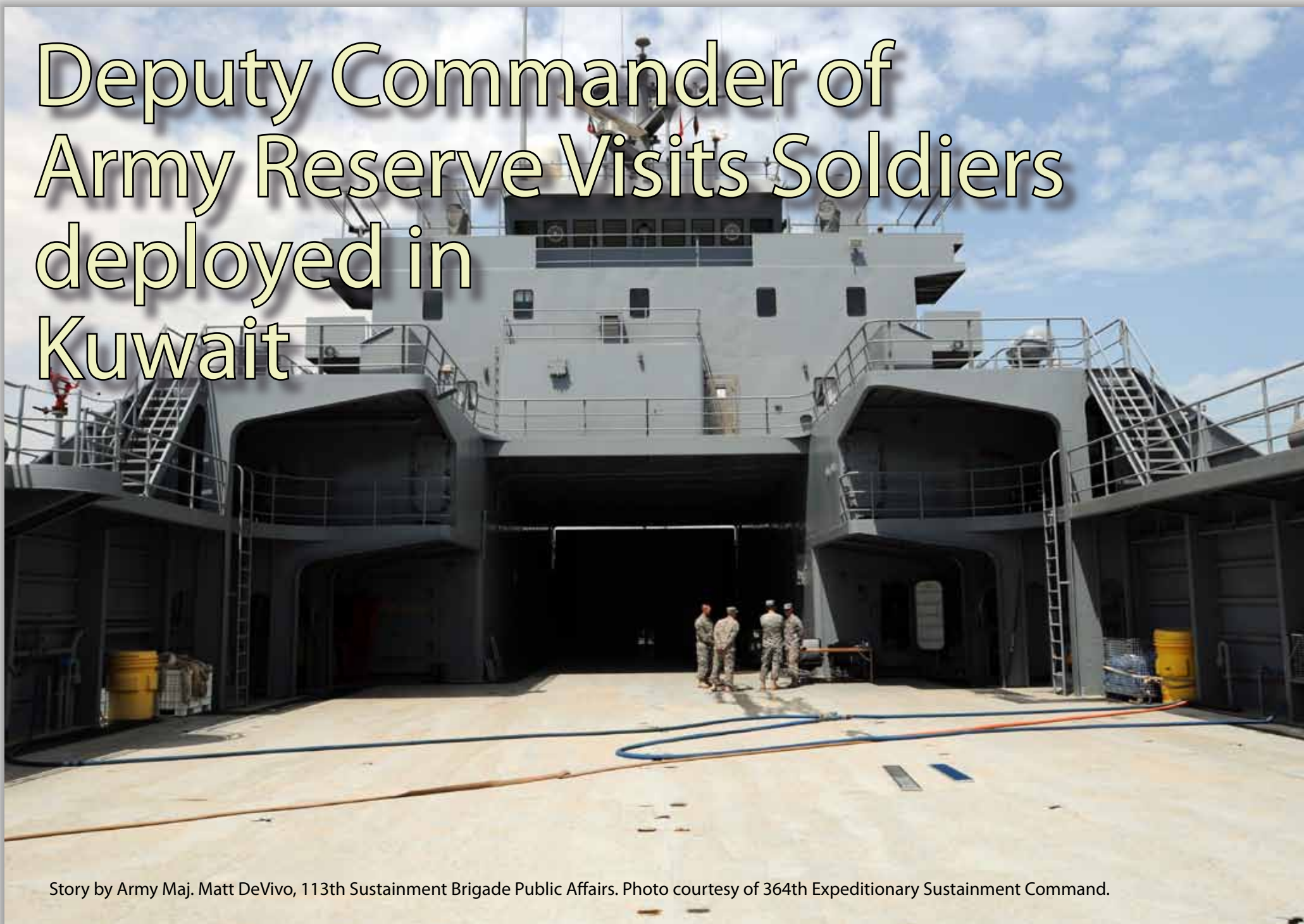
and TCNs decorate the inside of the facility with intricately carved foods and hang holiday decorations all across walls and on the tables. The Steel Chefs of the 113th Sustainment Brigade can be counted upon to work hard on the DFAC floor and behind the counters, they said.

“We make sure every meal is hot and healthy and is served in a clean, safe environment,” said Griffith.



CAMP ARIFJAN, Kuwait - Servicemembers here at the Zone 6 dining facility stand in line to receive their meal (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade, Public Affairs).

Deputy Commander of Army Reserve Visits Soldiers deployed in Kuwait



Story by Army Maj. Matt DeVivo, 113th Sustainment Brigade Public Affairs. Photo courtesy of 364th Expeditionary Sustainment Command.

CAMP ARIFJAN, Kuwait - Maj. Gen. Keith L. Thurgood, deputy commander, U.S. Army Reserve Command, and other senior Army leaders visited here recently to meet with Army Reserve Soldiers and discuss future changes for the Army.

Thurgood met with the Soldiers of the 821st and 420th Transportation Battalions, the two Army Reserve units assigned to the North Carolina National Guard's Greensboro-based 113th Sustainment Brigade.

During his talks with the troops, Thurgood emphasized the importance of soldiers meeting the Army standard and the need for soldiers to strive to be as efficient as possible.

"Effectiveness is what leaders do," said Thurgood. "We need to be as effective and efficient as possible."

Thurgood spent the afternoon with the 113th SB and toured logistics facilities managed and operated by the brigade's Army Reserve Soldiers. He took a helicopter aerial tour of Kuwait and also toured the 113th Sustainment Brigade's Army logistic vessel fleet at Kuwait Naval Base.



486th Movement Control Team – Afghanistan

Story by Sgt. Roger Miller, 486th Movement Control



AFGHANISTAN - The 420th Movement Control Battalion's 486th Movement Control Team (MCT) has endured a lot of change since it deployed from Joint Base Elmendorf-Richardson, Alaska last summer.

Known as the "Samurai Warriors," the Soldiers of the 486th MCT said goodbye to the warmth of Kuwait and hello to the cold and

snow that greeted them in Afghanistan. The unit is scheduled to spend the rest of their deployment supporting future retrograde operations as part of Operation Enduring Freedom in Afghanistan.

"The Soldiers know how to do their jobs," said Staff Sgt.

Brandon Besch. "They just need to remember that Afghanistan isn't Kuwait."

Upon arriving in Afghanistan, the Samurai Soldiers spent a couple of weeks receiving new gear to match theater requirements, verifying the zero of their weapons, and receiving drivers training for theater-specific trucks and equipment.

"The training was a lot of fun, especially the night driving with the DVE (Drivers Vision Enhancement)," said Sgt. Steven Wells. "It's like playing a giant video game, only for real."

The Soldiers of the 486th MCT divided into three teams that will operate at three different locations in Afghanistan. The Soldiers all agree that the next five months will be an interesting chapter in the history of the Samurai as they make mission by following the unit motto, "Hell before Fail!"



BIG SOLDIERS

for

LITTLE SOLDIERS



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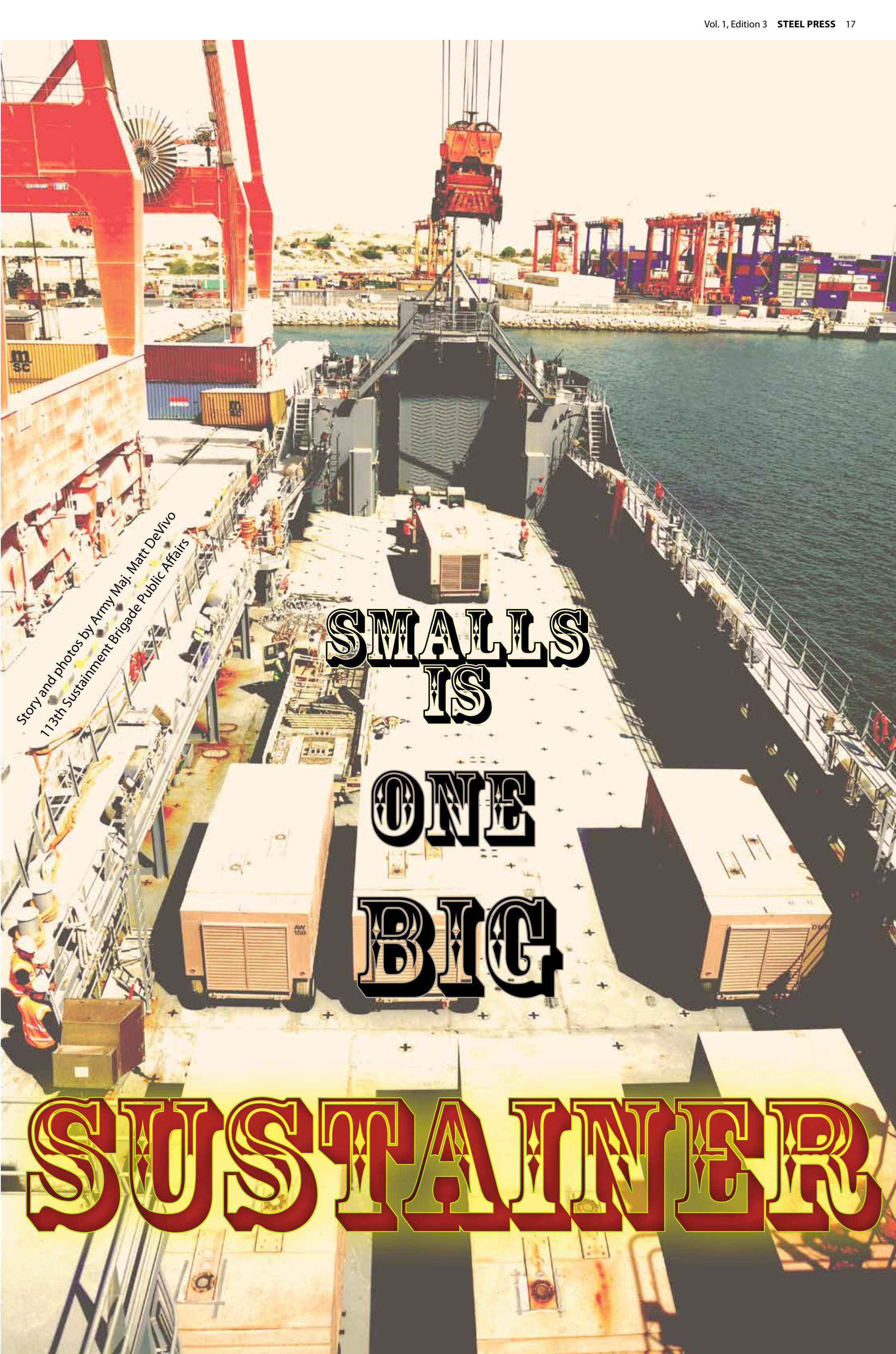
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Want more information on how you can help?

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Story and photos by Army Maj. Matt DeVivo
113th Sustainment Brigade Public Affairs

**SMALLS
IS**

ONE

BIG

SUSTAINER



SOUTHWEST ASIA - Army divers from the 569th Engineer Detachment (Dive) prepare their dive gear for a port security and clearing operation prior to an Army logistics support vessels arrival (U.S. Army photo by Maj. Matt DeVivo, 113th Sustainment Brigade, Public Affairs).

KUWAIT NAVAL BASE, Kuwait -

The Major General Robert Smalls, an Army logistic support transport vessel operating here, is the busiest it has ever been since arriving one year ago. A crucial part of the 113th Sustainment Brigade’s multi-modal transportation plan to move equipment and resources throughout Central Command’s area of operations, the Smalls recently returned from a multi-week sail in the region delivering and picking up cargo. The Smalls is one of only a handful of Army logistics vessels, or “LSVs,” operating in the region.

“We are away from port and on the seas,” said Small’s captain, Chief Warrant Officer 5 Michael Hanten, “and that’s the way we like it.”

The crew of the Smalls is the 548th Transportation Detachment (LSV) is from Hawaii and has just begun their

deployment here. The vessel sailed here last year from Baltimore, its home port, and has made port calls across the Mediterranean, Red, and Arabian Seas, Indian Ocean and Persian Gulf.

At over 300-foot long, the vessel has the ability to transport all types of military and civilian cargo, such as vehicles, large containers, and various types of equipment. Under certain conditions, the boat can maneuver close enough to a beach or dock ramp to unload cargo, using a technique called “roll on, roll off.”

On its most recent voyage, the Smalls was welcomed by Army divers from Kuwait Naval Base. The divers inspected the destination port and ensured it was safe for the Smalls to dock. The divers, members of the 569th Engineer Detachment (Dive) based in Fort Eustis, Va., are also deployed here.

The 569th divers are highly skilled underwater experts and can accomplish an assortment of tasks, including port security, underwater salvage, search and recovery, as well as underwater photography and surveying.

WHO WAS MAJ. GEN. ROBERT SMALLS?

- Born into slavery on a plantation in Beaufort, S.C.

- Hired in 1861 as a deckhand on a transport steamer (the Planter), serving the commander of the Second Military District of South Carolina.

- On May 13, 1862, while the white crew was ashore, Smalls commandeered the steamer, which was loaded with military weapons and equipment enroute to Confederate forts. Making his way to the nearest Union blockading ship, the Onward, Smalls handed over the ship to the Union sailors. His first words to the Onward’s captain were “Good morning, sir! I have brought you some of the old United States’ guns, sir!”

Smalls was also able to give the Union sailors a Confederate naval code book and information regarding locations of the Confederate army.

- The Civil War hero would go on to be the first black captain of a U.S. vessel.

- Smalls was promoted to the rank of major general in the South Carolina Militia and held office as a S.C. State Legislator and five-time U.S. Congressman.

- The MG Robert Smalls is the Army Reserve’s first vessel named after an African-American.

For more information on Maj. Gen. Smalls, please visit the Robert Smalls Foundation online at www.robertsmalls.org.





SOUTHWEST ASIA - Pfc. Matthew Tommaso, of the 569th Engineer Detachment (Dive), ensures the berth area selected as the Major General Smalls' dock location is safe and free of any natural or man-made hazards (U.S. Army photo by Maj. Matt DeVivo, 113th Sustainment Brigade, Public Affairs).

These divers are kept busy by supporting the 113th SB's vessel operations, as well as other dive-support missions for units in Kuwait and have participated in joint multi-national exercises throughout Kuwait and the Persian Gulf.


The 569th divers are highly skilled underwater experts and can accomplish an assortment of tasks, including port security, underwater salvage, search and recovery, as well as underwater photography and surveying. The dive team is comprised of veteran divers with varied backgrounds, from Operation Iraqi Freedom combat tours to humanitarian disaster relief experience in Haiti after a devastating earthquake struck the island in early 2010.

"This is what we came to Kuwait to do," said Staff Sgt. Micah Sherrod, one of the senior divers in the detachment.

"There are many potential unseen dangers below the water line. Our job is to find them and clear them so that our ships can safely berth and conduct their operations."

The divers completed their tasks well before the Smalls entered the harbor and began its final maneuvers toward the dock.

"It's comforting to know that [the Army divers] are here before we arrive and that the harbor has been inspected for any possible threats, natural or man-made," said Hanten.

The 569th divers and the 113th SB's logistics support vessels like the Major General Smalls will continue to work together for months to come in support of Operation Enduring Freedom and other CENTCOM sustainment operations throughout the region. 



SOUTHWEST ASIA - The Major General Robert Smalls, a 113th Sustainment Brigade Army logistic support vessel maneuvers into a safe and secure port after a week-long sail, thanks to the Army divers of the 569th Engineer Detachment. The Smalls is over 300-foot long and has the ability to transport all types of military and civilian cargo, such as; vehicles, large containers and various types of equipment. In this photo cargo is being unloaded by local dock workers. (U.S. Army photo by Maj. Matt DeVivo, 113th Sustainment Brigade, Public Affairs).

Steel Runner

Sgt. 1st Class Rita Rice runs 100 miles in honor of fallen comrades from North Carolina



Story and photos by Army Maj. Matt DeVivo, 113th Sustainment Brigade Public Affairs

CAMP ARIFJAN, Kuwait - As the hot sun began to rise above the horizon here April 1, a 10-mile road race was about to begin. On the other side of base, a lone runner pushed herself harder and faster around the desert outpost to finish her 24-hour quest: 100 miles in remembrance of fellow North Carolinians who have died in the war on terror.

That lone runner was Sgt. 1st Class Rita Rice from Sanford, N.C., stationed here with the North Carolina Army National Guard's 113th Sustainment Brigade.

Rice's race was different. Not only was it ten times longer, but traffic wasn't stopped for her. T-shirts and medals were not handed out, and the only cheers and recognition along the way were a few high fives and pats on the back from Soldiers who took turns running with her. Those who ran a lap or two with Rice said they felt honored to share the road with her.

"It's awesome," said Sgt 1st Class Lee Klimala. "Her superhuman ability and can-do attitude is contagious."

Rice trains and participates in endurance races more than 26.2 miles long, the length of a marathon. But her running skills didn't develop overnight; it took many years for Rice to become the runner she is today. In 2006, she began to slowly pound the pavement and shady wooded trails of

North Carolina to keep up with her twin daughters once they started running track at school.

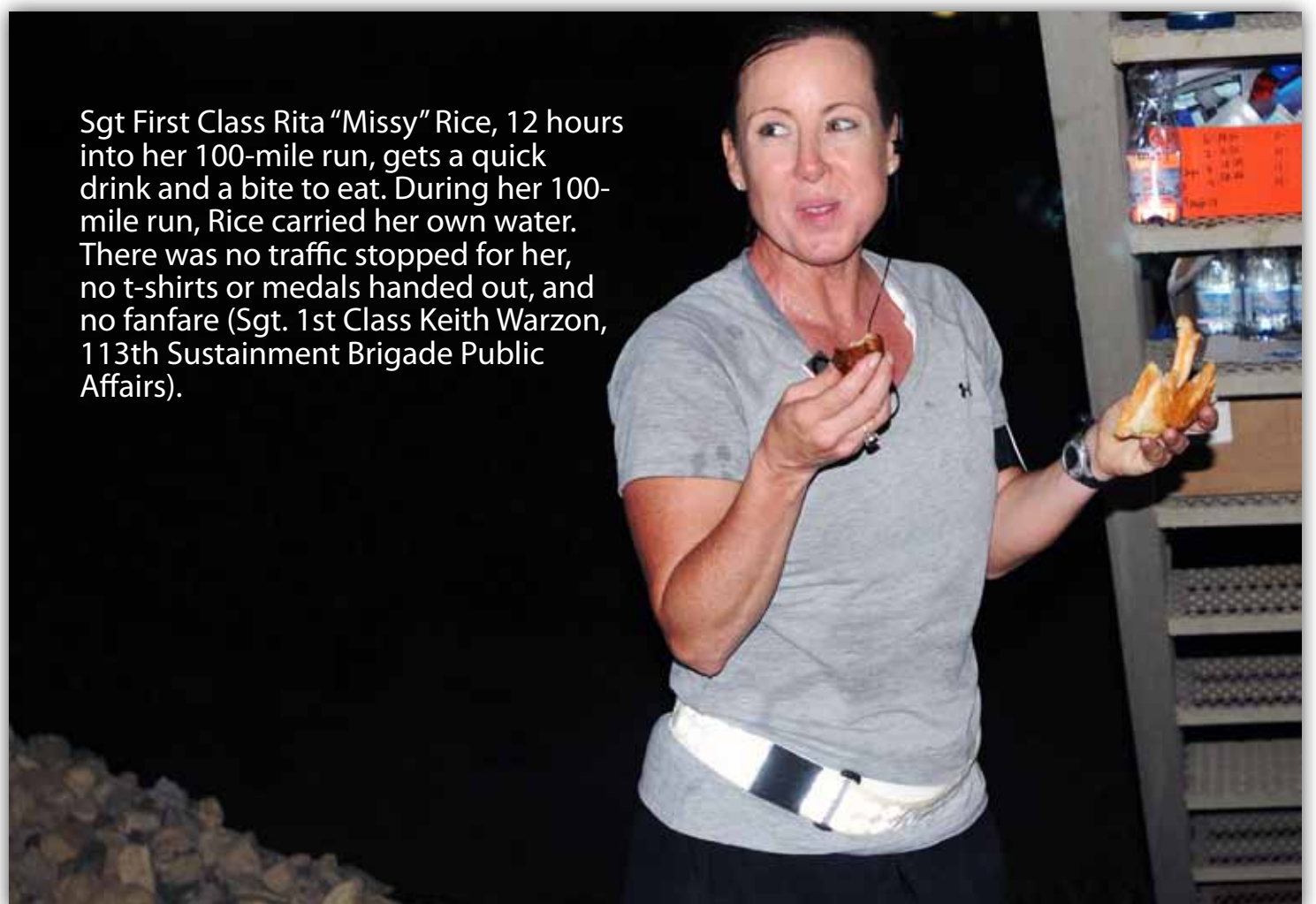
"It was a good excuse for me to get back in shape and to be with my girls and bond," Rice said. "It was hard at first, but well worth it."

"I had not run seriously for almost fourteen years since my days in the 82nd [Airborne Division], but my family and friends kept me motivated," she said.

Over the following months, Rice was able to complete a two-mile run, a four-mile run, a 10-miler, and before long, she completed her first marathon in 2007.

The major change in her attitude towards running and her desire not to quit came when a close neighborhood

Sgt First Class Rita "Missy" Rice, 12 hours into her 100-mile run, gets a quick drink and a bite to eat. During her 100-mile run, Rice carried her own water. There was no traffic stopped for her, no t-shirts or medals handed out, and no fanfare (Sgt. 1st Class Keith Warzon, 113th Sustainment Brigade Public Affairs).



Staff Sgt. Samuel Joyce of the 113th Sustainment Brigade runs a few laps with Sgt. 1st Class Rita "Missy" Rice during her 100-mile run here April 1. Each lap around the base was approximately seven miles. Rice dedicated her race to fallen comrades from North Carolina (photo by Sgt. 1st Class Keith Warzon, 113th Sustainment Brigade Public Affairs).



friend, Special Forces Chief Warrant Officer 2 Scott Dyer, was killed in Afghanistan in late 2006, she said. After the news of her friend's death, Rice wanted to honor his service, and decided that running was a healthy and challenging way to do it.

Rice gives credit to her running mentor, Lt. Col. Mike McNeill. McNeill, a Special Forces officer, motivated Rice, helping her to get past the mental challenges of running long distances and eventually taught her how to enjoy the experience of running.


Since then, the 113th SB Soldier has completed five marathons, multiple endurance races, and other fun runs that can challenge the average person both mentally and physically.

Those who talk to Rice about her accomplishments

might get the chance to hear some of her inspiring personal mottos (or, "rules according to Rice").

"My rules are: 'live life to its fullest, set challenging goals for yourself and maybe it will inspire others to also go for it, dream big dreams, never quit, and never forget those who gave their lives so that we may enjoy ours,'" said Rice.

While Rice was congratulated by others on the morning of her 100-mile run, one Soldier went out of his way to personally recognize the "Steel Runner."

"Rice is the definition of a 113th Sustainment Brigade 'Steel Soldier' whose determination to succeed inspires others and makes the whole unit 'twice as strong,'" said Col. David Jones, the 113th Sustainment Brigade commander. "But above all else, she's proud to be an American Soldier, serving her country, and honoring our fallen heroes." 



Sgt 1st Class Rita Rice ran 100 miles inside the fence line of Camp Arifjan in just over 24 hours on April 1. Each lap around the base was approximately seven miles. A fellow 113th Sustainment Brigade Soldier, Sgt. 1st Class Lee Klimala runs a few laps with Rice (photo by Sgt First Class Matt McManaman, 113th Sustainment Brigade).

NC Guard Leaders Visit Deployed Soldiers in Kuwait



CAMP ARIFJAN, Kuwait - North Carolina National Guard Adjutant General, Maj. Gen. Greg A. Lusk, speaks with Soldiers of the 1452nd Heavy Equipment Transport Company from Winston-Salem, NC. here.

Story and photos by Army Maj. Matt DeVivo, 113th Sustainment Brigade, Public Affairs

CAMP ARIFJAN, Kuwait - The commander and senior enlisted soldier of the North Carolina National Guard was in Kuwait this week to visit Soldiers from the 113th Sustainment Brigade deployed here.

Maj. Gen. Gregory A. Lusk, the Adjutant General, and Command Sgt. Major John H. Swart, the state Command Sergeant Major, spent two days in and around Kuwait to meet with members of the Greensboro-based 113th SB and its subordinate units, to include the Winston-Salem based 1452nd Heavy Equipment Transport Company.

"Command Sgt. Major Swart and I really wanted to come over here and see the 113th Sustainment Brigade and all its Soldiers," said Lusk. "We wanted to tell them, eye-to-eye, just how proud we are of their hard work and selfless service, and to see for ourselves the broad range of missions that the sustainment brigade is undertaking every day to sustain units in Kuwait, Afghanistan, and elsewhere in Central Command's area of operations."

The 113th SB deployed to Kuwait in December, 2011. The brigade is a critical logistics command and was involved in the final consolidation and disposition of equipment and resources from Iraq. The brigade also manages the flow of critical resources to US and allied forces in Afghanistan and across Central Command's area of operations.

"This was a great trip," said Swart. "The majority of our time here was spent talking and visiting with the Soldiers and not in a chair listening to briefs. From town hall meetings to meals with senior [noncommissioned officers], Maj. Gen. Lusk and I had some great conversations and were able to discuss many topics with the troops."

"It's easy to see that the Steel Brigade has been well trained, has dedicated leadership at all levels, and is ready for whatever missions come their way," Swart added.

The trip included a tour of Kuwait Naval Base where the 113th SB has four Army logistics vessels, which range from over 100 to 340 feet in length and can transport various types of cargo all across the region.

"It's amazing to realize all of the different missions the sustainment brigade has to execute, and the vast distances that brigade Soldiers operate from in order to support military operations across the region," Lusk said of the 113th



CAMP ARIFJAN, Kuwait - The North Carolina National Guard's Senior Enlisted Leader, Command Sgt. Maj. John H. Swart, conducts a town hall question and answer session with Soldiers from the 113th Sustainment Brigade here.

SB Soldiers deployed in Kuwait, Qatar, Kyrgyzstan and Afghanistan. "They are making a lasting impression on the future of logistic support to Kuwait and the war-fighter in Afghanistan."

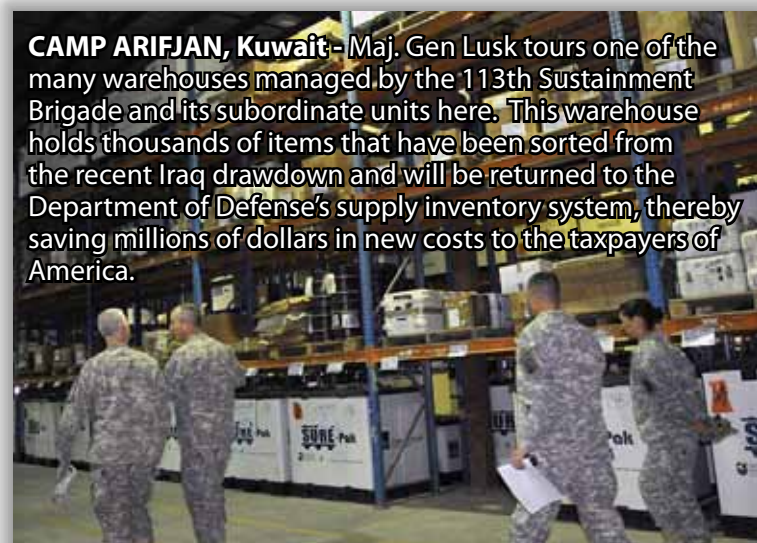
"It was motivating for all the Soldiers from the Steel Brigade to see Maj. Gen. Lusk and Command Sgt. Maj. Swart from the North Carolina National Guard," said Col. David Jones, commander of the 113th Sustainment Brigade. "Soldiers enjoy hearing and speaking with senior leaders from the Army, no matter if they are active duty, National Guard, or Reserve, because that is what our brigade team is composed."

The trip was organized through the Joint Monthly Access for Reserve Components (JMARC) program, which is a USCENTCOM commander-sponsored program that allows both Army Reserve and National Guard leaders to go visit their troops deployed in Kuwait or Afghanistan.

The 113th SB has four Army logistics vessels. These boats range from over 100 feet to 340 feet in length and can transport various types of cargo all across the region. "It's amazing to realize all the different missions the sustainment brigade has to execute, and the vast distances Soldiers operate from in order to support military operations across the region," stated Maj. Gen. Lusk.

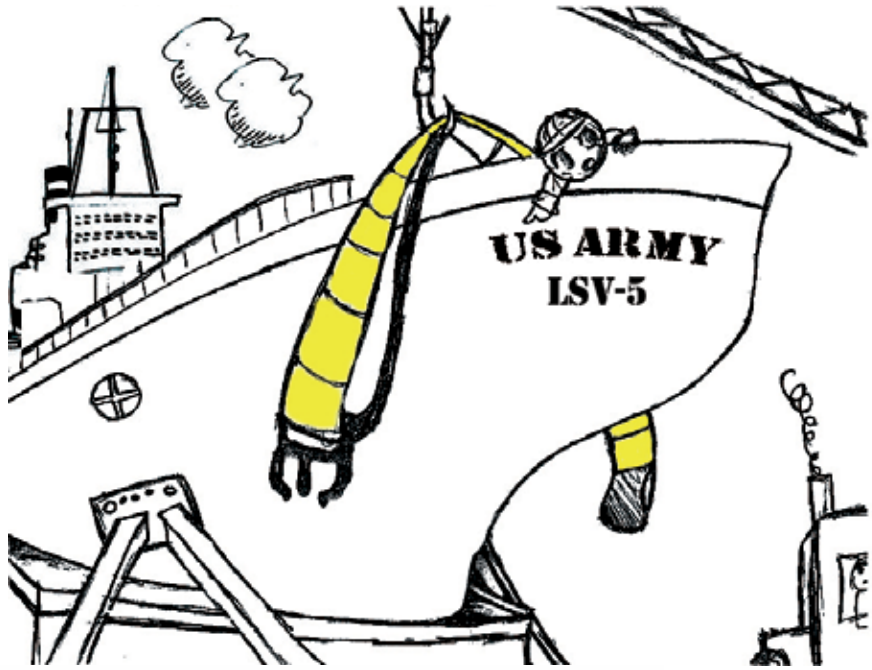


CAMP ARIFJAN, Kuwait - Maj. Gen. Lusk tours one of the many warehouses managed by the 113th Sustainment Brigade and its subordinate units here. This warehouse holds thousands of items that have been sorted from the recent Iraq drawdown and will be returned to the Department of Defense's supply inventory system, thereby saving millions of dollars in new costs to the taxpayers of America.



TWISTED STEEL

Mysterious Powers of the Army PT Belt



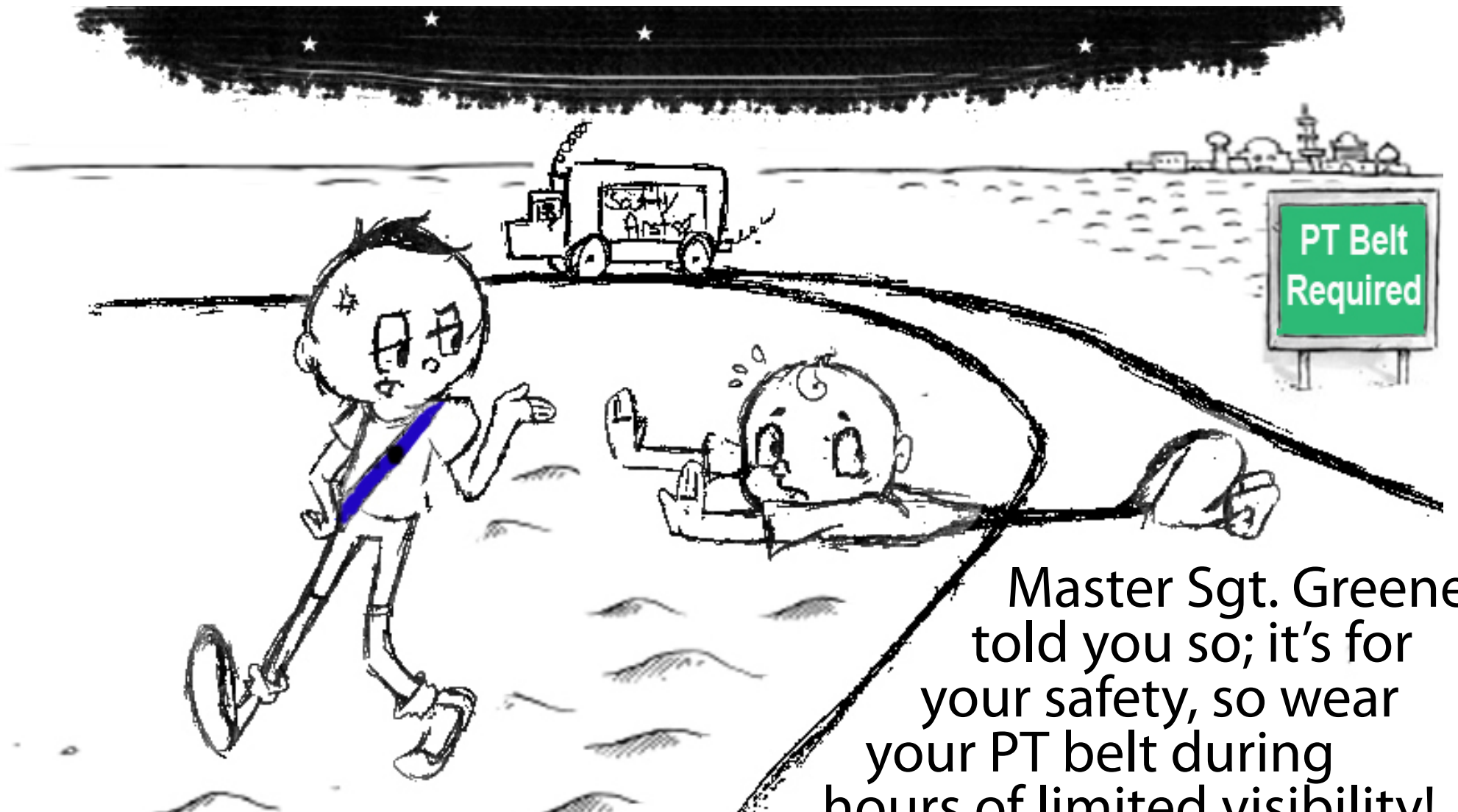
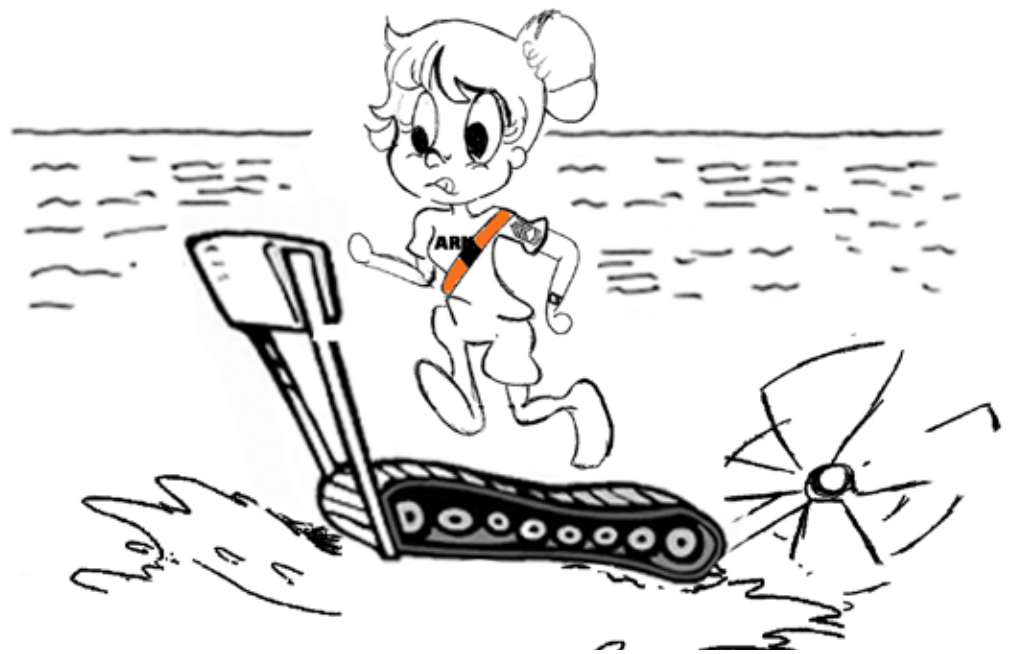
The Army PT belt is what really fixed LSV-5's maintenance issues



Sgt 1st Class Missy Rice (see pg. 20) and her PT belt can cross the ocean



Maj. Danny Britt uses it in the gym with amazing results



Master Sgt. Greene told you so; it's for your safety, so wear your PT belt during hours of limited visibility!

SUSTAINING PARTNERSHIPS



Kuwait National Guard Visits the 113th Sustainment Brigade

CAMP ARIFJAN, Kuwait - Members of the Kuwaiti National Guard visit the 113th Sustainment Brigade and its transportation units here March 8. The purpose of the visit was to gain knowledge on supply and warehouse storage and logistical operations.

Story and photos by Sgt. Mary Maxson, 728th CSSB Public Affairs Representative

CAMP ARIFJAN, Kuwait – Members of the Kuwait National Guard visited the 113th Sustainment Brigade and its transportation units here March 8 to learn about the brigade’s supply procedures, warehouse storage and logistical operations. The 728th Combat Sustainment Support Battalion and the 1462nd Transportation Company organized a tour of their work areas for the Kuwaitis and discussed and shared ideas in logistical planning.

Upon their arrival, they were greeted by Col. David Jones, commander of the 113th SB, and Lt. Col. Lawrence Dugan, commander of the 728th CSSB.

“It was a great experience both personally and professionally to be a part of the key leader engagement,” said Dugan. “I look forward to future meetings to share knowledge and experience, and to continue to build a lasting relationship between our two countries.”

Kuwait’s National Guard is one of the main pillars in the security and defense of Kuwait. It consists of an army and police force charged with homeland defense and maintaining law and order and to ensure the security and the safety of all Kuwait citizens.

Col. Khalid Sulaiman, the commander of the Kuwaiti Logistics and Supply Command, led the KNG group that met with 113th SB logistic leaders at the brigade, battalion and company levels.

The visitors toured one of the 728th CSSB’s large warehouses and were briefed by Warrant Officer Gary Yocum, the warehouse accountable officer.

“I was impressed with the Kuwait National Guard’s professionalism,” Yocum said. Out of all the tours Yocum has conducted, he expressed that this tour was by far his most memorable.

After the tour of warehouse operations, the KNG members visited the 1462nd Transportation Company, a Michigan National Guard unit

“Being a guard member myself, it was fascinating to meet and speak with members of the Kuwait National Guard.”
Sgt. 1st Class Ray Ruzzin

assigned to the 728th CSSB. The 1462nd’s Sgt. Kenneth Fahnestock presented the KNG soldiers with examples of everyday operations and administration activities. Staff Sgt. Jared Kempainen, the 1462nd operations noncommissioned officer, briefed the KNG soldiers on breakdown procedures, convoy movement, planning and tracking.

“It was an honor and unique experience to share what



CAMP ARIFJAN, Kuwait - Staff Sgt. Jared Kampainen, a master driver of the Michigan National Guard’s 1462nd Transportation Company, shows members of the Kuwait National Guard how the company’s operations center manages convoy breakdown procedures, convoy movements, planning, and tracking. “It was an honor and unique experience to share what we do with the Kuwait National Guard,” said Kempainen. “They were very receptive and appreciative to see our movement operations and see how we track our missions.” The KNG soldiers visited the 113th Sustainment Brigade and its subordinate units here Mar. 8 as part of Army Central Command’s program to build lasting relationships with the host nation. (U.S. Army photo by Sgt. Mary Maxson, 728th Combat Sustainment Support Battalion, Public Affairs.)

we do with the Kuwait National Guard," said Kemppainen. "They were very receptive and appreciative to see our movement operations and see how we track our missions."

The tour then moved on to the Heavy Equipment Transport (HET) maintenance bay area where Sgt. Eric Coppennoll covered maintenance procedures and answered some questions about managing the maintenance and repair process.

The KNG members looked at a company level motor pool and were briefed on each type of vehicle, then given an opportunity to go inside the vehicles to take a closer look.

Sgt. 1st Class Ray Ruzzin, the platoon sergeant for third platoon, personally showed Sulaiman the ins-and-outs of the Mine Resistant Ambush Protected, Caiman MRAP MAXPRO plus.

"Being a guard member myself, it was fascinating to meet and speak with members of the Kuwait National Guard" stated Ruzzin. "I think it would be really remarkable to do some joint training with our host nation's National Guard."

The KNG tour ended with a visit to the 1462nd's arms room. The Soldiers there demonstrated proper procedures in dealing with the storage, maintenance and accountability of weapons and other sensitive items.

This type of key leader/theatre engagement event with the Kuwait National Guard is a part Army Central Command's program to build lasting relationships with the host nation.

"The tour went very well and led to another key leader engagement that will hopefully be a building block and the first of many mutually rewarding gatherings between us," said Jones.



CAMP ARIFJAN, Kuwait - Members of the Kuwaiti National Guard tour a large warehouse here and are briefed by Warrant Officer Gary Yocum, the warehouse accountable officer. Out of all the tours Yocum has conducted, he expressed that this tour was by far his most memorable.

KUDOS TO THE S4!



CAMP ARIFJAN, Kuwait - The 113th Sustainment Brigade's S4 team hit the ground in full force to ensure that all designated theater-provided equipment (TPE) from the Iraq drawdown was properly redistributed by means of lateral transfer or turned in.

The 113th Sustainment Brigade's S4 team effectively accomplished this mission in record time with the help of its subordinate units, to include various maintenance sections, property book teams and mobile redistribution property assistance teams (MRPAT). Well done, Steel Warriors!

(From top left to right) Sgt. 1st Class Samuel Siler, CW 4 Milton Autry, Master Sgt. Linda Phoenix, Master Sgt. Naomi Pratt, Maj. Kimberly Graham. (Bottom) Sgt. Bobby Collier and Pvt. James Robeson (U.S. Army photo by Spc. Damian Flowers, 113th Sustainment Brigade).

BOOK CLUB

anyone??

Looking for **avid readers** interested in discussing their **favorite** classic and current book selections.

If you are interested in participating in a book club, please contact our Librarian at 430-1393 or maria.lamucho@ittmeo.com with the following information:

Genre of interest

(Fiction general, non-fiction general, biography, science fiction, self help, inspirational, etc.)

Availability

(When are you available to participate)

Level of interest

(Organizer, Group Leader, Participant)



SOUND OFF - VOTE!



CAMP ARIFJAN, Kuwait - The 113th Sustainment Brigade command team strongly encourages all Soldiers of the Steel Brigade and subordinate units to participate and cast their vote in the 2012 presidential primaries and election.

Voting is one of the most important Constitutional rights. Soldiers can exercise their right to vote by completing the Federal Post Card Application (FPCA Standard Form 76) at <http://www.fvap.gov/resources/media/fpca.pdf> or by complying with the ballot request procedures

enacted by the state in which they vote. See the Unit Voting Assistance Officer (UVAO) for state requirements.

The FPCA Standard Form 76, or other request, should be mailed or sent electronically as soon as possible.

If you are an OCONUS voter and have not received your regular absentee ballot 30-45 days prior to your state's deadline, complete a Federal Write-In Absentee Ballot (FWAB), found at <http://www.fvap.gov/resources/media/fwab.pdf>, and send it to your local election official. If you receive your absentee ballot late, complete the FWAB and mail it in. Mailing guidelines differ from state to state; check your state's guidelines by contacting your UVAO.

It's a Freedom you defend -- Vote!



CAMP ARIFJAN, Kuwait - Soldiers of the 1452nd Transportation Company stand in formation before departing for Afghanistan.

1452nd TC: On the Road to Afghanistan

Story and photo by Sgt. Odaliska Almonte, 1452nd Transportation Company, Unit Public Affairs Representative

CAMP ARIFJAN, Kuwait – On the evening of Mar. 9, Soldiers of the 1452nd Combat Heavy Equipment Transportation Company departed for their new mission to Afghanistan. The 1452nd is one of the few units in the 113th Sustainment Brigade that are operating in Afghanistan for a limited duration to conduct sustainment and redistribution operations. This deployment will also assist in setting conditions for the responsible drawdown of forces in Afghanistan in accordance with U.S. Government directives.

The 1452nd Soldiers have been preparing for weeks to deploy to Afghanistan in the event of such a mission coming down. The Soldiers traveled to Camp Buehring, Kuwait, to train and familiarize themselves on the different equipment they may need to use while in their new area of operation.

Leadership of the transportation company prepared for the departure by accounting for the equipment they were to take with them, while Soldiers pack the equipment they were

instructed to take with them. Through the entire process Soldiers were in good spirits, even eager as the day approached for their departure. A few of the Soldiers were scheduled for rest and recuperation during the time of the mission but their sense of duty prevailed and placed their mission first before their time off. They relinquished their R&R time to make sure they didn't miss any of the mission and they were there to support their battle buddies on the mission.

The day before the Soldiers were to leave they were instructed to withdraw weapons and on the day that was to be their last day in Arifjan, they drew their ammunition. The morning of 09 March the departing platoon had a formation to go over the last details before leaving that evening. During that formation 10 of their Soldiers were honored with a Certificate of Achievement from the 821st Transportation Battalion's command sergeant major Alma Ocasio for their participation in one of the most grueling ruck marches there is, the Bataan

Memorial Death March.

Even throughout the whole process of getting ready for the mission, Specialist Michael Fussell, Sgt. James Grisby, Staff Sgt. Steven Hare, Specialist Daniel Lunsford, Specialist Matthew Nixon, Sgt. Matthew Reece, Specialist Joshua Roberts, Specialist Jonathan Spurlin, Sgt. Jamie Walker and Staff Sgt. Justin Wittmer found time to be part of the time honored tradition of the Bataan Memorial Death March.

As darkness approached on the evening of the deployment the Soldiers had their last formation to which all the commanders and command sergeant majors from brigade, battalion and the company attended to wish them well and say a few words of encouragement.

Before boarding the bus that would take them to the airfield and onward to Afghanistan, the unit held a short prayer session with Chaplains (Capt.) James Branch, from the 821st Battalion, and (Capt.) Doug Windley, of the 113th Special Troops Battalion.



STEEL WARRIORS OF THE WEEK

Story by Sgt. 1st Class Keith Warzon, 113th Sustainment Brigade, Public Affairs

CAMP ARIFJAN, Kuwait – Soldiers assigned to the 113th Sustainment Brigade and its subordinate units have a chance each week to be recognized for something special. Battalions submit names of nominated Soldiers to the brigade and the commander selects the winner. Prior to the brigade update brief, Col. David L. Jones presents the Steel Warrior with a certificate of achievement in front of leaders from across the brigade.

Cpl. Craig Patrick quickly accepted the role of yard supervisor and squad leader in the absence of his immediate supervisor. He displayed outstanding leadership qualities resulting in 100 percent on-time loading and delivering of over 240 container delivery systems to the flight line to be airdropped for Operation Enduring Freedom. He volunteered to assist on two joint air load inspection missions, examining over 80 loads prior to leaving the airfield, ensuring there were no rigging deficiencies. His performance in the role of the vehicle control officer, which included managing daily preventative maintenance checks and services, and the upkeep of over one million dollars of equipment, resulted in zero time loss of equipment usage.

The **421st Quartermaster Company Detachment 1** completed an unprecedented 36-hour emergency refueling mission in support of Operation Enduring Freedom. Every member of the unit showed true professionalism, loyalty, and selfless service, foregoing sleep and pulling together to ensure mission completion. Without their tireless efforts and dedication, the war fighters in Afghanistan would have run out of fuel, having untold consequences.

Pfc. David Taylor was awarded the Steel Warrior of the Week for contributing to all areas of operation and his vast knowledge of the 531st Movement Control Team mission as a whole. He is directly responsible for supplying the eight movement control teams throughout Kuwait with radio-frequency identification tags and batteries so that every piece of equipment is able to be tracked. He oversees the ordering and maintaining of the tags and batteries, which are valued at more than \$180,000. He works shifts at the Kuwait Rear Operations Center, and coordinates the link-up of more than 20 convoys weekly for their movement in Kuwait. He is an asset to the 531st Movement Control Team and one of the most knowledgeable Soldiers of all areas of operations.

Spc. Mary A. Scaccetti serves as one of the primary information management officers, as well as the alternate terminal area security officer here at the Zone 6 finance office. She has helped complete and configure over 35 user accounts within SIPR, NIPR, DJMS, DMO, and CMS. She repeatedly showed initiative in identifying problems and handling these tasks with little oversight from her command chain. She assumed additional duties as the company historian and she single-handedly publishes the company newsletter “Money Talks.” Scaccetti takes the time to help fellow Soldiers in a way which makes them feel comfortable, thus building unit relationships in a positive manner. Her dedication to physical fitness is apparent as she encourages and assists others to help improve their run time for the Army Physical Fitness Test.

Pfc. Jessica Bordeaux has demonstrated exceptional character by seeking to accomplish the mission of Ammunitions Theater Support in a timely manner. Her devotion to the mission was witnessed when she reclassified from a 42A (Human Resources Specialist) to become an 89A (Ammunitions Stock Control and Accounting Specialist). She was eager to become an assistant contracting officer representative and once she was nominated, she met and exceeded the standards and



(From left to right: Col. David L. Jones, Cpl. Craig Patrick, CW2 John Harris, Sgt. 1st Class Marc Owens)



(From left to right: Col. David L. Jones, Cpl. Craig Patrick, CW2 John Harris, Sgt. 1st Class Marc Owens)



(From left to right: Command Sgt. Maj. William Gill, Pfc. David Taylor, Col. David L. Jones)



(From left to right: Command Sgt. Maj. William Gill, Spc. Mary A. Scaccetti, Col. David L. Jones)

STEEL WARRIORS OF THE WEEK

has set herself apart from her peers as a stock control clerk. She ensures all reports and document registers are properly prepared and submitted on time and accounts for all ammunition processed by the contractors. Bordeaux performs above her pay grade and continues to impress her chain of command on a daily basis with her maturity and commitment to excel and accomplish her mission.

Spc. Kaleb T. James is a truly valued member of the 531st Movement Control Team. He coordinates with the Kuwait Ministry of Interior to ensure that all military and host nation convoys and buses are provided with the necessary KMOI escorts. James' outstanding organizational skills were a tremendous asset at the Kuwait Rear Operations Center (KROC). He tracked the number of missions from his shift along with the two other shifts and reported the information to his higher headquarters. In one week, he was responsible for the safe and secure movement of missions totaling more than 240 vehicles and 9,000 personnel within Kuwait. The professional working relationship that James has garnered and displayed with the KROC has been an example for all other Soldiers to emulate.

For more information, become a fan on Facebook at <http://www.facebook.com/113thSB> or see more photos of the 113th SB at <http://www.flickr.com/photos/113thSB>.



(Top: From left to right: Command Sgt. Maj. William Gill, Pfc. Jessica Bordeaux and Col. David L. Jones. Below: from left to right: Sgt. Maj. Lonnie Webster, Spc. Kaleb T. James and Lt. Col. Angela Jones.)



Soldier of the Quarter



CAMP ARIFJAN, Kuwait - Spc. Katlyn Bowser is presented an Army Commendation Medal for her performance and dedication to the competition from Lt. Col. Angela Jones (left), 113th Sustainment Brigade executive officer, and Sgt. Maj. Lonnie Webster (right), support operations sergeant major. Bowser competed for the title of the 113th SB Soldier of the Quarter here Mar. 30th. (U.S. Army photo by Maj. Matthew DeVivo, 113th Sustainment Brigade).

Noncommissioned Officer of the Quarter



CAMP ARIFJAN, Kuwait - Sgt. Joshua Quimby, is presented an Army Commendation Medal for his performance and dedication to the competition from Lt. Col. Angela Jones (left), 113th Sustainment Brigade executive officer, and Sgt. Maj. Lonnie Webster (right), support operations sergeant major. Quimby competed for the title of the 113th SB Noncommissioned officer of the Quarter here Mar. 30th. (U.S. Army photo by Maj. Matthew DeVivo, 113th Sustainment Brigade).

