

LETTER FROM THE

113TH SB PUBLIC AFFAIRS OFFICE

ne Team!
Hello, Steel Brigade Soldiers, and a special hello to the friends and family members of the 113th Sustainment Brigade. Welcome back to the Steel Brigade's Magazine - the Steel Press.

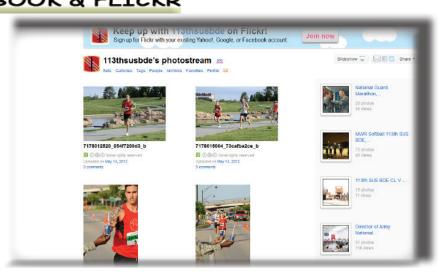
I'd like to recommend that you take a look at our two social media pages on the web: **facebook.com/113thsb** and **flickr.com/photos/113thsb**. Please tell your family, friends and employers to checkout our social media sites and register with our family readiness coordinators to receive this and future newsletters. The 113th SB family readiness coordinator is Ms. Sandra Tanner, who can be reached via email at **sdptanner@aol.com**. Our unit's State National Guard family



support coordinator is Ms. Katy Jones, who can be reached at **katy.m.jones@us.army.mil**, or you can call her at (336) 691-7700, ext. 15649 or toll free at 1-800-621-4136, ext. 15649.

Our objective is to keep everyone back home connected and informed of our accomplishments and other exciting events that will occur during this deployment. This newsletter is a part of that connection along with our social media pages. Our goal is to keep improving our products month after month, and we are open to any and all suggestions on topics and other ideas to make YOUR social media sites and YOUR newsletter the best they can be.





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.

External Links:

113th Sustainment Brigade: E-mail us at 113thsusbdepao@gmail.com

Flickr: www.flickr.com/photos/113thsb

728th Combat Sustainment Support Battalion:

Facebook: www.facebook.com/HHC728CSSB Shutterfly: www.728thcssb.shutterfly.com

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DIRECTOR OF THE ARMY NATIONAL GUARD - LTG INGRAM

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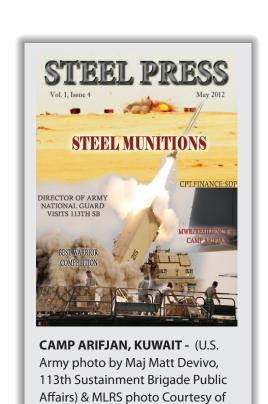
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MWR / RESILIENCY AT CAMP ARIFJAN



ArmyGuide.Com

LETTER FROM THE

COMMANDER

Greetings to all Steel Brigade Families and Soldiers,

Time is moving by quickly here and we are mid-way through our deployment. Soldiers all across the brigade are taking some well earned R&R leave to be with family and friends, and to simply relax, decompress and reenergize themselves.

Our sustainment mission to support Operation Enduring Freedom and the future Kuwait footprint remains our main focus and keeps this brigade very busy. I commend all members of the 113th Sustainment Brigade for your hard work and professionalism and send sincere thanks to our families and friends back home for your support.

Over the past few months we have deployed over 450 Soldiers from the company, battalion and brigade levels to Afghanistan. These deployments are for a limited duration to conduct sustainment and redistribution operations. These Steel Brigade Soldiers are setting conditions for the responsible draw-down of forces in Afghanistan in accordance with U.S. Government directives. They are making history.

Command Sgt. Maj. Gill and I travelled to Afghanistan recently to visit with Soldiers deployed there. We were not surprised to see for ourselves the amazing work 113th SB Soldiers have accomplished at the company and detachment levels in support of Army and Marine ground forces all across the rugged, austere country that is Afghanistan. They have been flexible in their mission execution, due to the varying types of jobs they are tasked to complete, and they continue to remain motivated as one team focused on their missions. I and Sgt. Maj. Gill are humbled by their selfless service.

Many units within the brigade are eagerly awaiting their re-deployment and reintegration with family, friends, their civilian careers and/or their active duty units. This transition phase is a critical time period for everyone involved and is essential for mission success. The motto "Mission First, Soldiers Always" is a cornerstone to the transition phase. Everyone's transition will be different, and the Army is prepared for that fact with trained personnel and quality programs and services that focus solely on family support. I strongly encourage their use during your unit's transition period.

Stay positive and flexible in your work, stay safe during execution of your duties and continue to watch after your fellow Soldiers here, and when you return back home.

One Team! TWICE AS STRONG!





Col. David L. Jones

LETTER FROM THE

COMMAND SERGEANT MAJOR

Greetings Steel Brigade Soldiers:

We are half way through our deployment and our brigade and down-trace units have been hard at work supporting Afghanistan and US forces in Kuwait. Every day I see Soldiers at the company level and above working as one team to get the mission accomplished. The NCOs and enlisted Soldiers of this brigade are some of the finest I have ever served with.

Over the past few months, we have promoted deserving enlisted Soldiers to the rank of Sergeant. The rank of Sgt. (E-5), many say, is the most critical rank for NCO development. For it is within the boots of junior NCOs (Sgt. and a Staff Sgt.) where things really happen and where the true challenges of leadership of our enlisted personnel falls. With that being said, each Soldier from Private to Sgt. Maj. must do all they can to live by and believe in the Soldier's Creed. All newly promoted Sgt.'s need to do to find guidance when he/she has none, is to follow the Soldier's Creed. If you follow it, you will not fail.

All U.S. Army enlisted Soldiers are taught the Soldier's Creed at basic training, and recite the creed during public ceremonies and at the end of training. Let the Soldiers Creed be a guide and beacon to enforce standards within our unit. Whether your team is repairing a HET or routing cable across the hot desert sand to a command post, this creed calls on all of us to never quit, to work together to overcome obstacles, to take pride in yourself and your fellow comrades and to remain mentally and physically fit. For we are the defenders of freedom, American Soldiers.

One Team. Twice as Strong.

I am an American Soldier.

I am a Warrior and a member of a team.

I serve the people of the United States, and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.

I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy, the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.



Willingsill

Command Sgt. Maj. William Gill

AROUND THE BRIGADE



113th STB

444th Postal Detachment, here at Camp Arifjan, have their largest X-ray machine called "Big Bertha" operational after over 6 months of it being out of service. This machine will greatly enhance the identification of contraband items coming into the area.



728th CSSB

Sgt. Joshua Quimby & Spc. Katlyn Bowser from the Nittany Battalion represented the brigade at the 364th ESC Best Warrior Competition at Camp Buehring.



420th MCB

Spc. Ilva Cerino placed second in her bracket during Camp Arifjan's Army combatives competition.



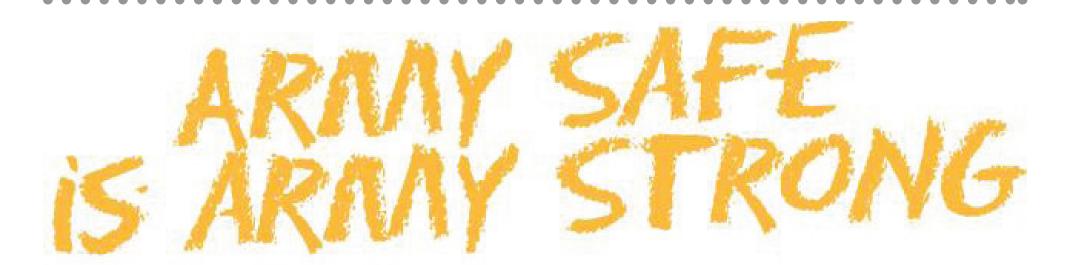
821st TB

The 824th Transportation Company just received "their baby" from the shipyard, LCU #2002 - The Churubusco. The crew is now underway conducting sea trials with their new boat.



SAFETY MESSAGE

REPORTING SAFETY INCIDENTS



As a child, my siblings and I were assigned Saturday morning chores. On one Saturday, we decided to play ball in the house. As we played, one of us ran into the book shelf and broke our mother's vase. We feverishly began to glue it back together before she came home. The vase looked as good as new, so we set it back on the bookshelf just before she arrived home.

About 25 years later, my siblings and I brought flowers to a family gathering for our mother. She thanked us and placed them in a vase; the same vase we broke years ago. Filling it with water, she carefully placed the flowers inside, taking the time to arrange the bouquet into a perfect display. About 30 minutes later, water mysteriously appeared on the dining room table; the vase was leaking. As we cleaned up the table, I told mother the story about how we broke it and glued it back together. I absorbed a pop upside the head, and everyone laughed.

This incident could have been prevented; but it should have been reported. Of course, the delay and cover up of the incident was to prevent the repercussions or punishment for the accident.

The Army Safety Program does not operate in the same manner that my mother did. The Army wants you to report accidents and incidents as soon as possible, so that leaders can prevent similar incidents.

Soldiers will get injured and have accidents, but the goal is to reduce the risk so minimal or no injuries or accidents occur. The Army provides risk assessment tools and trains leaders in composite risk management, as well as other leadership tools to prevent injuries and accidents.

In the event there is an accident, the Army has a classification process which is identified by classes.

Class A or B accidents are the accidents leaders are fully aware of the consequences and prepare to prevent at all cost. Class C and D accidents are the incidents that most commonly go unreported for example, minor fractures, sprains, lacerations, pulled muscles, and joint pain.

The Army uses this data to evaluate how we conduct business to further prevent injuries that will affect the daily operation. If we do not report an incident, much like the vase story, then we can jeopardize operations into the future.

Safety is
Always
Safe!

By Master Sgt. Gregory M. Greene





Effective May 16, 2012 customers may not tender electronic devices containing lithium batteries, including equipment with non-removable lithium batteries in Outbound International Mail. This includes to and from APO, FPO and DPO offices.

Examples of common electronic devices containing lithium cells or batteries

Video cameras	Walkie talkies (2 way radio)	GPS devices	Radio controlled toys
The state of the s		Michagos Aug to 27th S	
Cameras	Scanner	Cellular Phones	MP3 players
PRILITA			
Bluetooth headsets	Smartphones/mobiles	Laptop computers	Shavers
Power Drills	Tablets	Portable DVD players	Measuring equipment
7		0	10000 (aug. 1000)

• Effective May 16, 2012 USPS will prohibit in international mail, lithium metal or lithium-ion batteries and devices containing lithium batteries. This prohibition includes mail sent to and from APO, FPO and DPO locations.

Retail associates, BMEU clerks and carriers conducting carrier pickup are asked to check customs forms and question customers as to whether lithium batteries are in any international shipments, including mail addressed to APO, FPO or DPO locations.

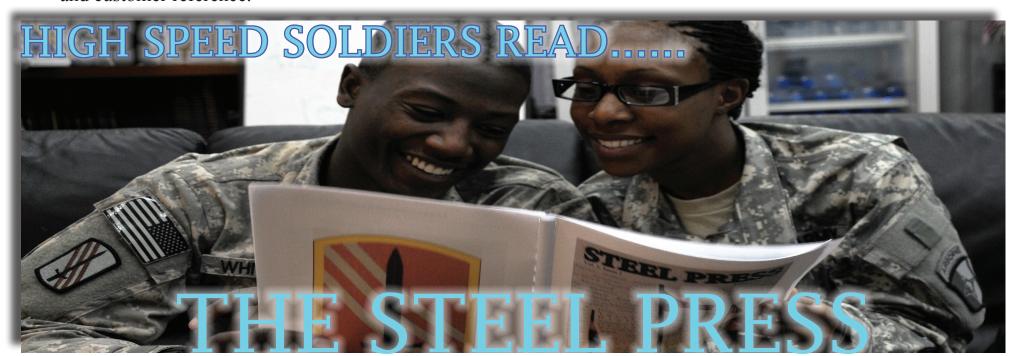
Military and Diplomatic postal clerks at APOs, FPOs and DPOs should also question patrons and check customs labels for any declarations of lithium batteries or electronic equipment to determine whether lithium batteries are in the shipment.

Customers sending outbound international or APO, FPO and DPO shipments containing lithium batteries will have the option of removing the lithium batteries from the package, or not mailing the package.

Upon identification of packages containing lithium batteries, Military and Diplomatic postal clerks should also advise the customers that they have the option of removing the lithium batteries or not mailing the package.

Customers sending electronic devices containing removable lithium batteries must remove the lithium batteries before tendering international and to or from APO, FPO and DPO shipments for mailing. Electronic equipment with non-removable lithium batteries may not be sent by international or military/diplomatic mail.

Please post the notice 'Intl Job Aid – military-DPO' located in **AMPS->KNOWLEDGE Mgmt->DOCUMENTS->HAZMAT-MAIL SECURITY->Lithium battery restrictions** in a conspicuous place for both acceptance clerk and customer reference.



STEEL TRAINERS

THE 113TH SUSTAINMENT BRIGADE IN AFGHANISTAN



April 20, 2012

By Maj. Robert Pittard and Maj. Matt DeVivo

CAMP DWYER, Afghanistan - Hundreds of 113th Sustainment Brigade Soldiers are deployed here for a short time to conduct sustainment and redistribution operations.

Their deployment has been highly productive in assisting coalition forces in setting conditions for the responsible drawdown of forces in Afghanistan in accordance with U.S. government directives.

The 113th SB is a North Carolina Army National Guard unit, called to active duty last year in support of Operation Enduring Freedom. The unit has Soldiers serving throughout the Middle East.

One small group of Steel Warriors stationed with the Marines here was recently recognized for their outstanding achievement in support of Marine efforts in vehicle and equipment consolidation and disposition.

After the team arrived here, headquarters of Marine Corps Logistics Command (Forward), the Marine officer in charge of the camp noted that most of the civilian contractors and Marines weren't licensed to operate some of the vehicles, including the Mine Resistant, Ambush- Protected MRAP trucks so crucial to operations in Afghanistan. Part of the camp's duties involved moving MRAPs to and from the sort yard, wash racks and outbound staging areas.

This resulted in delays in the process and a loss of valuable time. Sgt. 1st Class Kendall Cheek, a member of Company B, 113th Sustainment Brigade developed a training plan and presented a driver training course to the Marines. The course was approved, adopted, and put into place.

With the success of the Steel Brigade's training sessions at Camp Dwyer, the team went on the road to Camp Leatherneck, where more Marines and contractors waited to be licensed. The team had trained an additional 77 service members and civilians by the end of April, and more classes are being scheduled at Camp Dwyer, organizers said.

Marine Col. Christopher Michelsen, commander of MCLC (FWD), presented letters of appreciation to the 113th Sustainment Brigade team of Sgt. 1st Class Kendall Cheek, Staff Sgt. Dirkson Sanders, and Spc. Raymond Frederick, recognizing them for their efforts to make the process flow more safely and efficiently.

"These Soldiers have put in many hours of hard work to support our mission," Michelsen said. "Their cooperation and coordination is an example of joint operations between services and our team's dedication to ensure mission success."

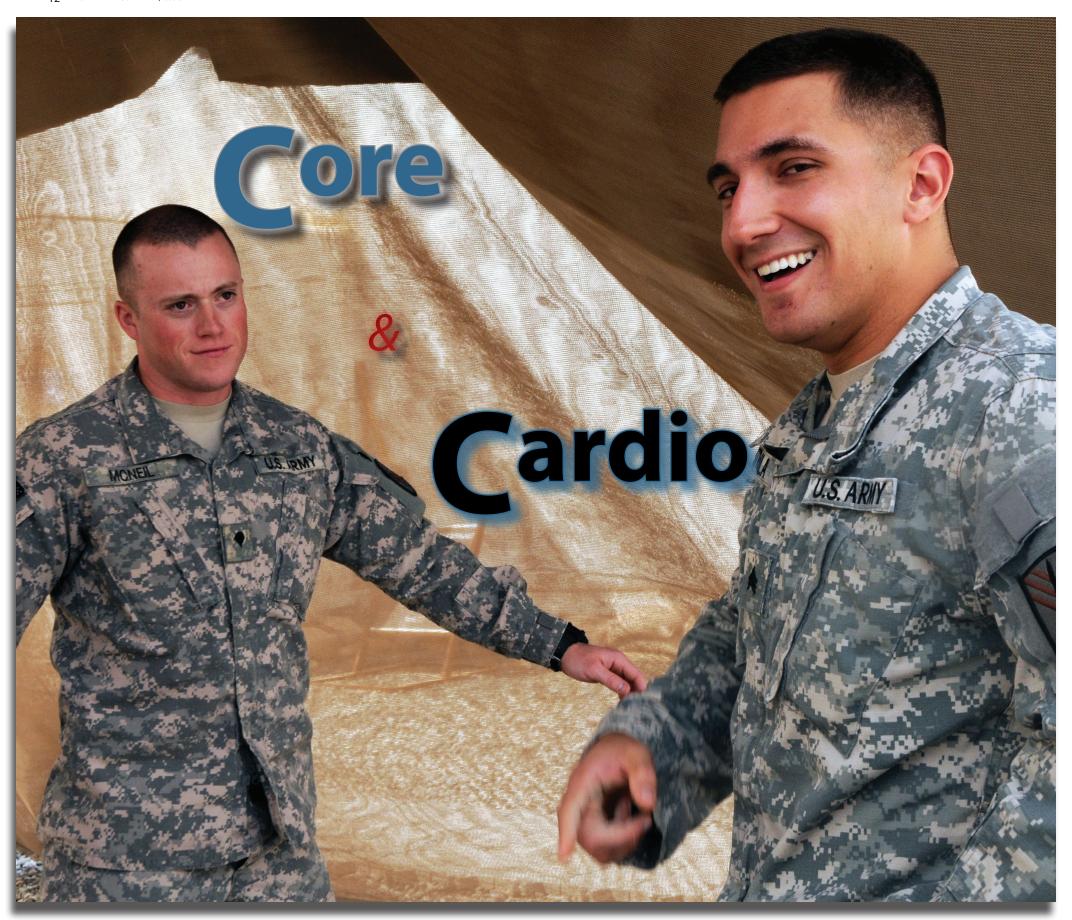


CAMP DWYER, Afghanistan:

Soldiers of the 113th Sustainment Brigade are presented certificates of appreciation from Marine Col. Christopher Michelsen, commander of Marine Corps Logistics Command (Forward), Camp Dwyer, Afghanistan. From left, Sgt. 1st Class Kendall Cheek, Staff Sgt. Dirkson Sanders, and Spc. Raymond Frederick, with Michelsen and his command team. The Steel Warriors developed a training plan and presented a driver training course to Marines and civilians on Camp Dwyer. More than 77 people have been trained and licensed in vehicle operations, improving equipment distribution. Photo courtesy of the 113th Sustainment Brigade.



113th SB has over 40 Soldiers supporting Marine units across Afghanistan



This month's "From the Whiskeys" article is brought to you by the Wellness Center's Dream Team (minus one)

CORE: What is so important about a set of great abs and a strong core? The most important reason is that a strong core improves overall strength and posture, as well as preventing lower back pain and tight hamstrings.

The rectus abdominous, also known as the abs, is just one muscle, contrary to the myth of having two separate muscles, like the upper and lower abdominal muscles. Having said that, it is important to work the entire abdominal region, including the often neglected "lower abs."

This core routine consists of seven different abdominal exercises that hit the entire core, with a focus on the lower region of the abs. Do three rounds of this routine, and only rest after completing a full round.

Medic Challenge of the Month

Try the Dream Team's core exercise! Visit the Wellness Center in Zone 6; weigh yourself and find out more information about nutrition. Start using the core exercise and record your results!

FROM THE WHISKEYS

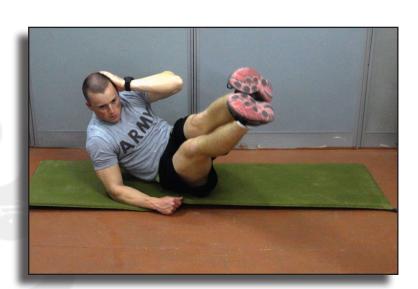


Keep legs at 90 degrees with your hands behind your head. Crunch up until the shoulder blades are off the floor; squeeze and lower back to floor. Repeat for 20 reps.



Keeps legs at 45 degrees with the heels slightly touching the floor and hands behind your head. Rotate your hips and bring knees towards chest; lower your legs, and repeat for 20 reps.



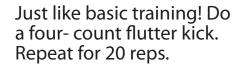


Lay on your side, allowing your arm to provide balance and support. Keeping your legs straight and together, use the hip flexor by bringing your straight legs to the elbow opposite of the supporting arm. Squeeze and lower to the starting position. Repeat for 20 reps.





Keep legs straight and about six inches off the ground. Pull the knees to the chest while simultaneously crunching, bringing elbows to knees. Squeeze and lower to the starting position. Repeat for 20 reps.





FROM THE WHISKEYS



Keep your hands under your hips for leverage, your legs straight, and your feet about six inches off the ground. Rotate the legs up; once the leg rotation is at the peak range, rotate hips and thrust feet up. Lower to the starting position and Repeat for 20 reps.





Keep your body straight; support body with nothing but elbows and toes. look forward and hold for one minute.

Cardiovascular exercise. It helps in fat loss, relieves hypertension, stimulates our cardiovascular and respiratory system, but besides the overall health benefits that the magic of cardio can bring us, it can also help us pass the PT test, which is really the most important fact, right?

On the treadmill: bump the speed up to just below a sprint (I put my speed between nine and 10 miles per hour for this exercise, just to give you an idea). During this workout, you will be jumping on and off the treadmill (jumping off = straddle the moving tread), so if you feel like you're uncoordinated, please think twice about this move.

Run at the starting speed (nine-ten mph) for 15 seconds, jump off and rest for 45 seconds. Repeat this for five rounds. After the fifth round, increase the time to run 30 seconds and rest for 30 seconds. Repeat this for seven rounds. Finally, increase the time to one minute on the treadmill, one minute off. Continue this rate for another seven rounds.

This type of exercise tricks the body. It keeps the heart rate up to burn fat while you are actually resting. The constant on/off springing is good for endurance as well as your core.



Joint Precision Airdrop System Demonstration: Story by Maj. Matthew Devivo

UDAIRI RANGE, Kuwait – As the hot sun blazed down on the observers gathered here, a lone C-17 Globemaster III cut through the hazy skies 7,500 feet above them.

The huge cargo aircraft carried four pallets of supplies for a special air delivery demonstration.

The cargo, Class I supplies destined or nearby Camp Buehring, wasn't out of the ordinary. The Joint Precision Airdrop System guiding the pallets was.

Time on target was 1:30 p.m., as the ground observers squinted skyward to locate the gray bird. As the dull roar of aircraft engines was heard in the distance, the announcement was made that the airdrop was about to begin.

The four large pallets slid out from the tailgate of the C-17, and almost instantly the JPADS-rigged parachutes deployed and filled with air, beginning their descent to a preset grid coordinate.

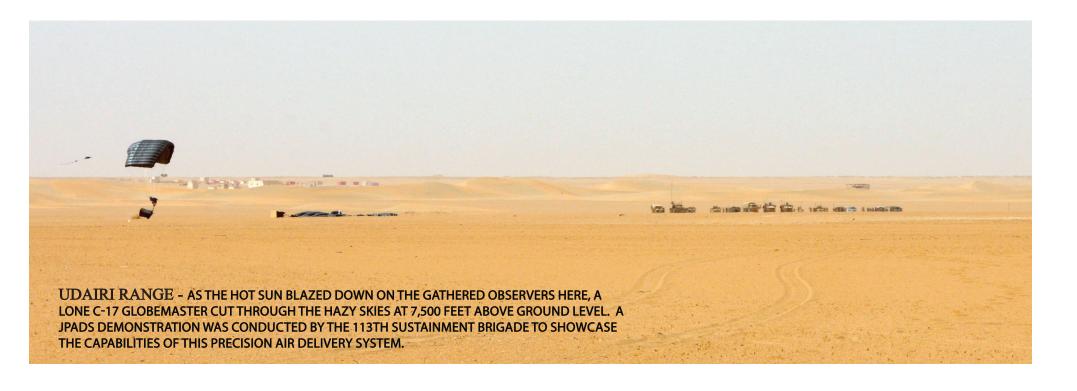
JPADS allows military aircraft at altitudes above 2,000 feet to accurately drop an assortment of supplies onto the battlefield, while reducing risk to the aircraft and chances of enemy detection on the ground.

JPADS can guide a pallet of supplies to within 50 meters of the designated target.

"This aerial delivery system is being used in Afghanistan with good results, and riggers across CENTCOM have been trained in its abilities and procedures for preparing cargo with JPADS," said Chief Warrant Officer 2 Crystal Gonzalez, an aerial delivery officer with the 113th Sustainment Brigade. "With JPADS, we have the ability to deliver supplies to remote locations where road networks are blocked for whatever reasons."

Three of the four JPADS bundles dropped during the demonstration landed within 100 meters of their intended impact points; the fourth landed with 150 meters. Observers said these were "amazing" results, considering that the bundles were dropped from such a high altitude and winds across the drop zone were clocked at more than 10knots, gusting to 15 knots.

"The JPADS give the 113th Sustainment Brigade the flexibility to provide supplies to a greater amount of locations across CENTCOMs area of operations," said Capt Steve Mclean, 113th Sustainment Brigade's aerial delivery officer.





Soldiers of the 113th
Sustainment Brigade's
munitions branch must
be experts in the proper
handling, transportation
and storage of almost
every possible type
of munitions in the
Department of Defense's
inventory.

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

Southwest Asia – The North Carolina Army National Guard's 113th Sustainment Brigade here has multiple sections that operate solely to support and sustain the warfighter, but only one can say it "has a blast" sustaining the fight: the munitions branch.

The Steel Brigade's munitions branch, lead by Maj. Claude Wilson and Capt. Chris Creasy, is responsible for overseeing multiple ammunition holding areas that provide munitions to the entire region, including Afghanistan, Kuwait, the Horn of Africa and the Sinai.

Munitions branch Soldiers, all from the ordnance branch, must be experts in the

proper handling,

transportation and storage of every type of munitions in the Department of Defense's inventory.

Everything from small arms to rockets are used here on the battlefield and in training.

"If a Marine artilleryman, an Air Force pilot or an Army infantryman are aiming their weapons system at a practice target or the enemy, there is a high probability that the round they are about to send down range was managed by the 113th's munitions branch," said Warrant Officer Daniel Lee, an ammunition specialist with the 113th Sustainment Brigade.

The section manages hundreds of thousands of different types of ammunitions, and every piece has to be accounted for.



The 1462nd Transportation Company, part of the 113th Sustainment Brigade's munitions team delivers a shipment of rockets to the airfield munitions holding area. These munitions will be later transported by the Air Force to war fighter units across the region.

The munitions branch also receives retrograde munitions, inspects the munitions returned to stock or recycled through systems here. The munitions branch, along with the ordnance companies of the 728th Combat Sustainment Support Battalion, inspects every retrograde shipment to determine if the ammunition is serviceable.

All retrograde items are processed through the Theater Ammunition Reclamation Facility with a focus on reissuing to the warfighter. If the ammunition can still be used for training or real-world operations, it is reallocated to another unit in the region. This retrograde process saves taxpayer dollars that now won't need to be spent on producing and shipping additional ammunition to the region.



"Shipping unserviceable ordnance back to the U.S. for disposal is expensive," Creasy said.

Creasy, the contract representative for the theater ammunition distribution center said, "Many times, instead of sending ammunition back to the States, we deliver it to the explosive ordnance detachments here. The relationship between the two units saves taxpayer dollars [no shipment costs] as well and provides EOD units the opportunity to remain proficient in their demolition operations."

The 113SB munitions branch also manages vessel munitions transportation and coordinates accountability and the movement of ordnance from port to hold areas here.

The 113SB munitions mission dictates that it coordinate across services. This joint team of civilians, Airmen and Soldiers ensures ordnance is prepared and ready for shipment to warfighters by air, land or sea.

Once a request for ammunition is received, and the type and amount is identified and confirmed, the munitions section tasks the 728th CSSB and its ordnance units to prepare the cargo for shipment.

"The process may take a few days to complete, and the team's standard is a two-week turnaround from the time of the request to delivery to the unit," Lee said, "but we can surge our capabilities and provide all support anywhere in the region in three days or less if required."

The 113SB ordnance team at the theater-wide ammunition area designates and palletizes the ammunition for safe and efficient handling and transport. The 1462nd Transportation Company, an Army National Guard unit from Michigan, loads the cargo onto trucks and delivers it to units for training purposes here, or to an ammunition holding area in vicinity of an airfield or port.

At the airfield ammunition holding area, multiple pallets of munitions, separated by type, remain safe and secure until the Air Force schedules a flight to a location in the region.

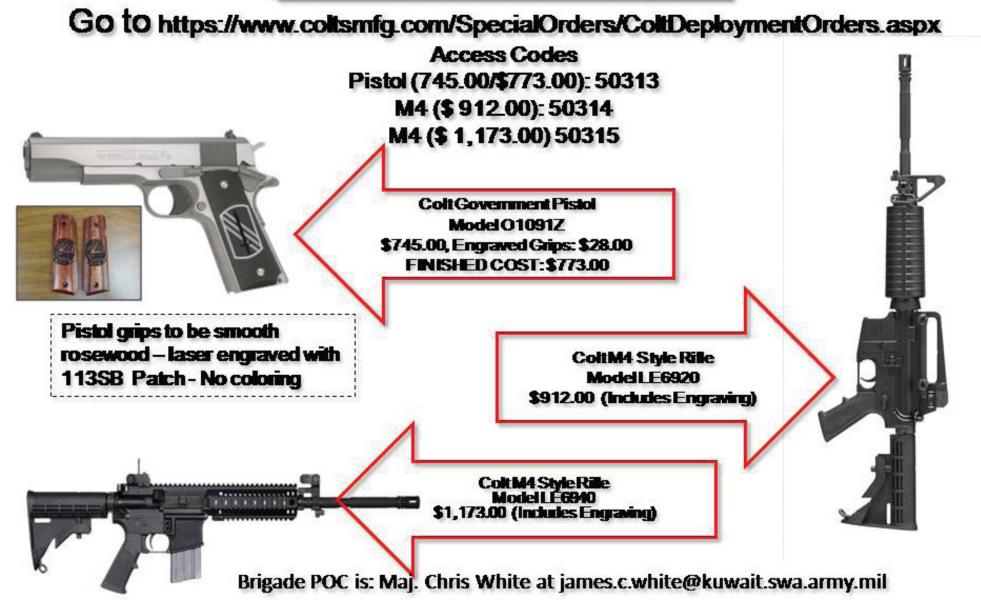
The 113 Sustainment Brigade's munitions section works as one joint team across all services to ensure ammunition is delivered to the warfighter in a safe, efficient and timely manner.



Soldiers from the 1st Brigade Combat Team, 1st Cavalry Division, stand in front of their High-Mobility Artillery Rocket System, whose rockets are provided by the 261st Ordnance Company. A demonstration of the weapons system's lethality was conducted on May 7, 2012.

113th Sustainment Brigade Deployment Purchase Special

BUY BEFORE JUNE 30TH



The 113th Sustainment Brigade's command team strongly encourages all Soldiers of the Steel Brigade and subordinate units to participate and cast your vote in the 2012 Presidential Primaries and Election.

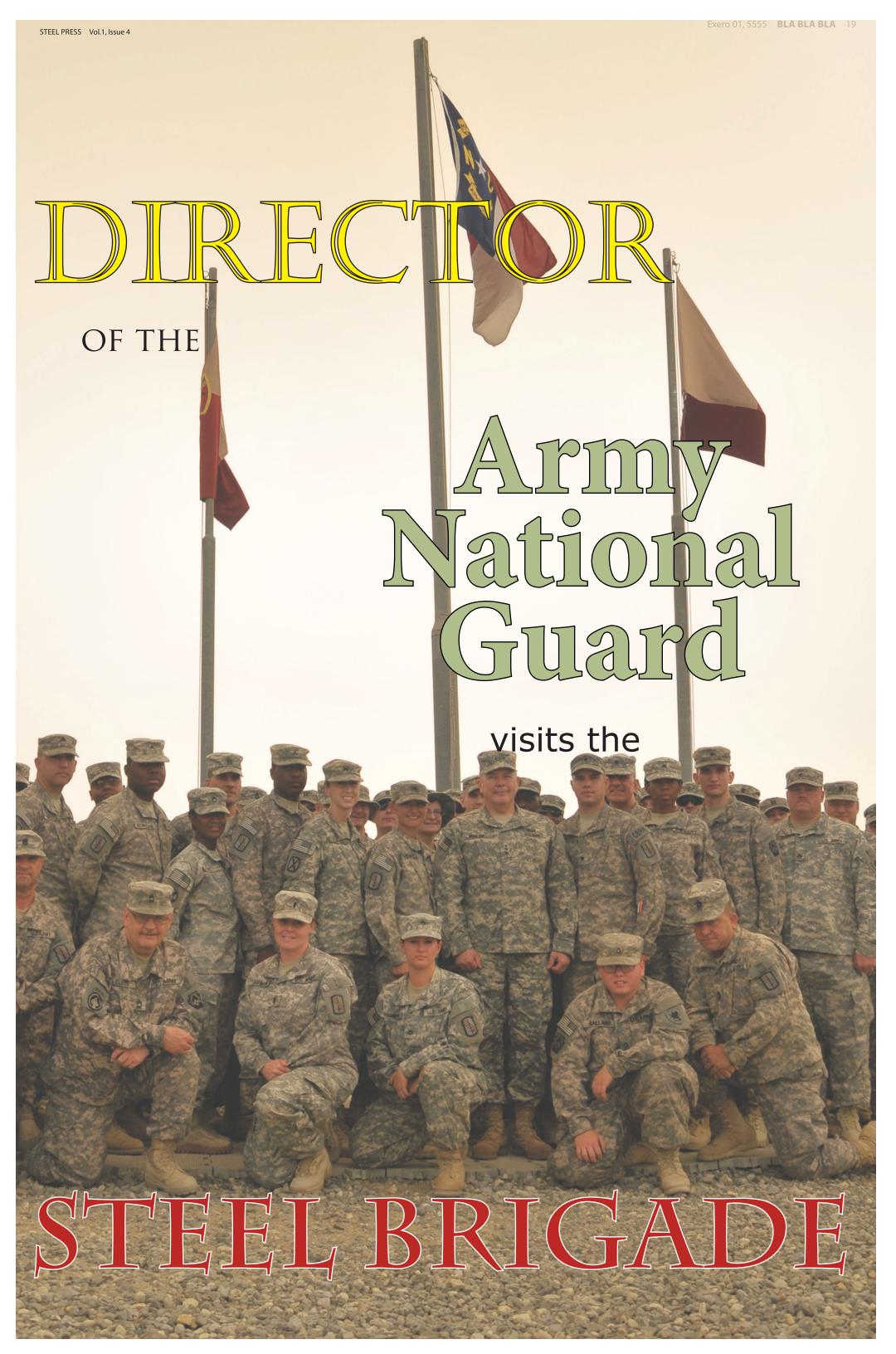
Voting is one of our most important Constitutional rights. You can exercise your right to vote by completing the Federal Post Card Application (FPCA Standard Form 76) [http://www.fvap.gov/resources/media/fpca.pdf] or by complying with the ballot request procedures enacted by the state in which you vote.

See your Unit Voting Assistance Officer (UVAO) for your state requirements. The FPCA Standard Form 76, or other request, should be mailed or sent electronically as soon as possible. You should then receive your absentee ballot as requested.

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

It's a Freedom you defend -- Vote!





CAMP ARIFJAN, Kuwait - Lt. Gen. Bill Ingram, Jr., presents a National Guard coin of excellence to Sgt. Ferrell Reynolds of the North Carolina Army National Guard's 1452nd Transportation Company. The trip gave Inferrence and talk with Guardsmen, and to see for himself the health and welfare of Army National Guard Soldiers in Kuwait. (U.S. Army photo by Sgt. Miko M. Booth. 113th Sustainment Brigade Public Affairs)

Story by Maj. Matt DeVivo, photos by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs

CAMP ARIFJAN, Kuwait – Lt. Gen. Bill Ingram, Jr., Director of the Army National Guard, visited the 113th Sustainment Brigade and other National Guard units here April 27-30.

The trip gave Ingram the opportunity to visit and talk with Guardsmen and to see for himself the health and welfare of Army National Guard Soldiers in Kuwait. Ingram is responsible for formulating, developing and coordinating all programs, policies and plans affecting the Army National Guard and its more than 350,000 Citizen-Soldiers.

His four-day trip began with a visit to the North Carolina Army National Guard's 113th Sustainment Brigade, where he met commanders, had lunch with troops and conducted a town hall meeting. The 113th Sustainment Brigade, also known as the Steel Brigade, is deployed here in support of Operation Enduring Freedom. The unit is no stranger to Ingram; his previous position was The Adjutant General of North Carolina.

Ingram spoke to the unit's Soldiers after a briefing by Col. David Jones, the brigade commander.

"It's wonderful to see old friends and familiar faces, and I am extremely proud of all that the Steel Brigade has achieved," Ingram said. "Your unit is only three years old, and in that short time you have become one of the premier sustainment brigades in the Army.

"High-level military logisticians in Washington, in Central Command, and in both the regular Army and Reserves know of the 113th Sustainment Brigade and the hard work and assistance you have given in support of the Kuwait mission and Operation Enduring Freedom," Ingram added.

Ingram attended a town hall meeting hosted by the Steel Brigade. Most of the Soldiers' questions concerned the future force structure of the National Guard, budget constraints in hard economic times, and the Guard's success



"High-level military logisticians in Washington, in Central Command, and in both the regular Army and Reserves know of the 113th Sustainment Brigade and the hard work and assistance you have given in support of the Kuwait mission and Operation Enduring Freedom"

Lt. Gen. Bill Ingram, jr.







in executing state-level and worldwide missions.
Ingram spoke passionately to more than 300 Guardsmen about the sacrifices of Guardsmen who rushed to the aid of fellow Americans during the devastating tornadoes that struck Joplin, Mo. in May 2011 and Guardsmen who gave their lives to protect innocent civilians and fellow comrades in Iraq and Afghanistan.

"Your service and professionalism has been monumental to our nation," Ingram said. "You are what every other nation's Soldiers want to be - an American Soldier - and I salute you".

"Keep up the good work, continue to make your state and nation proud, and come home safe," he added. Ingram's visit here is one of many trips he has taken

around the world in recent months to meet with National Guard Soldiers and see first-hand their

missions and accomplishments.

"I have been in this position for less than one year," Ingram said, "and to do my job effectively, I decided to travel to as many places around the world where there are deployed Guardsmen and in those travels speak to as many National Guard commanders and troops deployed in the field as possible, walk on the terrain they walk on, and in so doing these trips will greatly help me during the many Washington debates and policy decisions that lay ahead."

For more information, please visit the National Guard website at www.nationalguard.mil and the 113th Sustainement Brigade's Facebook page at http://www.facebook.com/113thSB.



Story cover photo:

CAMP ARIFJAN, Kuwait - Lt. Gen William Ingram Jr.'s four-day trip began with a visit to the North Carolina Army National Guard's 113th Sustainment Brigade, where he met commanders, had lunch with troops and participated in a town hall meeting. The 113th Sustainment Brigade, known as the Steel Brigade, is deployed here in support of Operation Enduring Freedom. The unit is no stranger to Ingram; his previous position was as the adjutant general of North Carolina. "It's wonderful to see old friends and familiar faces, and I am extremely proud of all that the Steel Brigade has achieved," said Ingram. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)



CAMP ARIFJAN, Kuwait - During a town hall meeting hosted by the Steel Brigade, Ingram spoke to more than 300 Guardsmen about the sacrifices of Guardsmen who rushed to the aid of Americans during the devastating tornadoes that struck Joplin, Mo., in May 2011, and Guardsmen who gave their lives to protect innocent civilians and fellow comrades in Iraq and Afghanistan. "Your service and professionalism has been monumental to our nation," Ingram said. (U.S. Army photo by Sqt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)



Story by Maj. Matt DeVivo and photos by Spc. Damian Flowers, 113th Sustainment Brigade Public Affairs

CAMP ARIFJAN, Kuwait – Twenty-three Soldiers from the 113th Sustainment Brigade attended Applied Suicide Intervention Skills Training (ASIST) here April 16-17.

"This training is nothing like the standard yearly suicide awareness briefing most of us get," said Sgt. Jeanette Lewis, 113th Sustainment Brigade ASIST instructor. "After I finish teaching a class, students come up to me and tell me it's nothing like any class they have ever taken."

During the two-day course, the students quickly learn that ASIST training wasn't a typical Army class. Some students admit that when they are told to report to class in civilian clothes, they are simply excited to be able to wear "normal" clothes to an official Army class, said Lewis, who attended the ASIST instructor's course at Fort Bragg, N.C., last year.

"We tell the students to wear their own clothes and not

"It's not
just a quick
conversation
and a hand-off, it's
actually taking the
time to listen to the
Soldier and help
them survive."

Sgt. Jeanette Lewis

~~~~~~~~<sub>\</sub>

like they can speak their mind, but it also relaxes the Soldiers a little more, providing a bigger chance for them to absorb the vital information."

ASIST gives students the confidence and skills necessary to prevent suicides from happening.

More than just awareness,

students are taught how to

their uniforms so that there

is no intimidation of rank,"

explained Lewis. "This way,

where not only do they feel

we have an environment

recognize someone who is at risk and how to move them emotionally to a "safe place." ASIST is an interactive workshop that provides an opportunity to explore experiences with and attitudes about suicide. Students learn how to understand the needs of a person at risk of suicide, recognize the warning signs of suicide, and learn what resources are available to help at risk individuals.

ASIST is not "doing therapy," said Maj. Philip Winn, an ASIST instructor here.

"It is crisis intervention that enables us to identify at risk persons and get them to a safe place until a full-time professional can get involved," said Winn. "The class gives an in-depth explanation on how to help someone with the goal to just simply stay alive," Lewis said. "It's not just a suicide-prevention class, it's getting involved with the Soldier".

"It's caring about the Soldiers," Lewis continued. "It's not just a quick conversation and a hand-off, it's actually taking the time to listen to the Soldier and help them survive."

Individuals seeking help can look for the green cross logo with the word "ASIST" around common areas and in the barracks here.

"ASIST
representatives
have the green
cross, but it's
not authorized
in uniform just
yet," said Lewis.
"Instead, we
have stickers. For
example, I have
these stickers
placed in visible
spots in the
barracks with my
name on them."

Lewis believes in the program because

65 percent of those trained to be an ASIST representative will be approached by someone in need of the program within ten days of graduating the class.

"This is a two-day class that could save one life," said Lewis.

For more information on ASIST and all US Army Suicide Prevention Programs visit http://www.armyg1.army.mil/hr/suicide/training.asp.



**CAMP ARIFJAN, Kuwait** - Students of the Applied Suicide Intervention Skills Training class participate in a group discussion here April 16. "We tell the students to wear their own clothes and not their uniforms so that there is no intimidation of rank," explained Sgt. Jeanette Lewis, 113th Sustainment Brigade ASIST instructor. "This way, we have an environment where not only do they feel like they can speak their mind, but it also relaxes the Soldiers a little more, providing a bigger chance for them to absorb the vital information." During the two-day course, the students quickly learn that ASIST training wasn't a typical Army class. (U.S. Army photo by Spc. Damian Flowers, 113th Sustainment Brigade Public Affairs)



**CAMP ARIFJAN, Kuwait** - Students of the Applied Suicide Intervention Skills Training class attend their graduation ceremony after participating in a two-day class here April 17. "This training is nothing like the standard yearly suicide awareness briefing most of us get," said Sgt. Jeanette Lewis, 113th Sustainment Brigade ASIST instructor. "After I finish teaching a class, students come up to me and tell me it's nothing like any class they have ever taken." (U.S. Army photo by Spc. Damian Flowers, 113th Sustainment Brigade Public Affairs)

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### NORTH CAROLINA OUTWARD BOUND VETERANS AND SERVICE MEMBERS PROGRAM

### Challenge. Adventure. Camaraderie.

For over 20 years, Outward Bound has run wilderness expeditions specifically designed for war veterans. Outward Bound draws on the healing benefit of teamwork, challenge, friendship and the natural world to help with transitions back to life at home whether you have retired from the military or are home between deployments.

Now, through generous funding, this tremendous opportunity for adventure, challenge and self-discovery is available **TUITION FREE\*** to Veterans. For more information or to enroll call Matthew Rosky, Veterans Program Manager at 866-699-6262 or visit: ww.ncobs.org/veterans.

### What Veterans and Service Members Are Saying About Outward Bound

"Thank you! Thank you! Thank you! I can't even begin to tell you how much the veterans trip meant to me. The entire process was great. The staff were perfect for this group. I could read a strong sense of compassion for our group and I sincerely appreciate their leadership. The setting was perfect for a Veterans group. It meant a great deal to me to be an Outward Bound participant."

### Chris J., USA - Florida Everglades Participant, Spring 2011

"The adventure we embarked upon as a team was life changing in many ways that I can't put into words. I have really found direction in my life and one day I want to try and make a difference in people's lives as much as my Outward Bound instructors have made in mine. I hope this opportunity continues for military service members because North Carolina Outward Bound has an extraordinary and everlasting impact on people's lives."

Brett B., USMC - North Carolina Mountains Participant, Spring 2011

### 2012-2013 Program Schedule

### North Carolina Mountains

Backpacking, rock climbing and a high ropes course challenge in the Appalachian Mountains of Western North Carolina.

April 28<sup>th</sup> - May 3<sup>rd</sup>, 2012 July 4<sup>th</sup> - July 9<sup>th</sup>, 2012 September 1<sup>st</sup> - September 6<sup>th</sup>, 2012 October 15th - October 20th, 2012

### North Carolina Outer Banks

Sea Kayaking along the Cape Lookout National Seashore.

May 6th - May 12th, 2012 June 3rd - June 8th, 2012 August 12th - August 18th, 2012

### Florida

Coastal canoeing in the Everglades National Park and the Ten Thousand Islands National Wildlife Refuge.

February 20th- 25th, 2012 March 4<sup>th</sup>- 9<sup>th</sup>, 2012 March 12th- 17th, 2012 December 2<sup>nd</sup>- 7<sup>th</sup>, 2012 December 10<sup>th</sup>- 15<sup>th</sup>, 2012 February 18th- 23td, 2013 March 9th- 14th, 2013

### We're Getting Veterans and Service Members Outward Bound!

\*Instructors, permits, technical gear, food and travel for course are covered by North Carolina Outward Bound. If a participant enrolls and cancels 30 days or less from the course start a \$250 cancellation fee applies. Participants are required to place a credit card on file at time of enrollment. Participants are responsible for providing clothing and some gear for the course. For more information about the program contact Veterans and Service Members Program Manager Matthew Rosky at 866-699-6262.



By Maj. Jeremy Shellhammer, 113th Sustainment Brigade Financial Management Support Operations Officer CAMP ARIFJAN, Kuwait -







### **MAJ. FINANCE**



Afghanistan are currently the locations that qualify).
You can start your SDP account once you've deployed for a minimum of 30

consecutive days or at least one day in each

 You have to be serving in SDP-eligible combat zone(Iraq, Kuwait, Qatar, and

You must be receiving Hostile Fire pay.

of three consecutive months.

• Deposits cannot exceed the individual's un-allotted current pay and allowances per month (it will take you multiple months to deposit the entire \$10,000).

This sounds like an ad for a used car sales lot. However, it's the truth. The finance office is offering servicemembers \$1000 for free! This is possible through the Savings Deposit Program. Most servicemembers here have heard of the SDP, but really don't understand how it works or why they should participate in the program.

The SDP is a military program that allows servicemembers to put up to \$10,000 in a special account. This account earns a guaranteed 10 percent interest while the servicemember is deployed, and will continue to earn the 10 percent interest up to 90 days after the servicemember returns to home station.

As a comparison, most savings accounts only earn one to two percent interest. Stocks might earn more, but they are not guaranteed, creating the risk of losing money. Bottom line: this is about the best guaranteed investment with almost no stipulations or risk.

Of course, there are specific rules to be eligible for this program. Here are some of the basics:

CASHIER 3

Active duty servicemembers may make deposits into the SDP by cash, Eagle Cash Card, personal check or allotment. Members of the Reserves and National Guard may only make deposits by Eagle Cash Card, cash, and check. The contributions are processed at the local finance offices. Funds are then deposited into an untouched US Treasury account specified only for the SDP.

Servicemembers can only close their SDP accounts after departing the designated area. Funds can be withdrawn immediately upon a return home or up to three months after. Interest will continue to accrue up to 90 days after departure. It is recommended to have funds transferred electronically to the direct deposit account on record through MyPay, but they may be deposited in another account or a hard-copy check.

Stop by your local finance to today to get your free \$1,000!



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- 1. Present EagleCash card and photo ID to Cashier.
- 2. Cashier inserts EagleCash card into terminal.



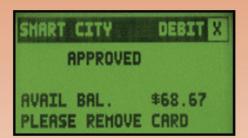
Your available balance is displayed briefly.

3. Cashier enters the amount of your purchase.

Verify the total, enter your PIN and press Enter to accept the purchase amount, or press No to correct/decline the amount. Press Clear if you make a mistake entering your PIN.



4. Terminal will display your new card balance and print a receipt.



- ✓ Use your EagleCash Card at all approved base/post merchants.
- ✓ Add funds to your card at the Finance Office or Kiosk (where available).

See your local Finance Office or visit www.fms.treas.gov/eaglecash for more information.



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

#### **NAVAL SUPPORT ACTIVITY, Bahrain -**

Coalition forces and regional partners conducted a multi-day waterborne exercise here April 23-28, 2012.

The exercise included participants throughout the maritime community here: members of the Active and Reserve U.S. Navy, U.S. Army watercraft from the 113th Sustainment Brigade, the 569th Army Engineer Dive Detachment,

Merchant Mariners, commercial merchant vessels, the United Kingdom Maritime Transit Office, naval representatives from Italy, the United Kingdom, and France as well as industry leaders from commercial shipping.

The 113th
Sustainment Brigade
dispatched three Army
vessels to participate in
the regional exercise;
landing craft utility

"Lucky Mariner gave our LCU and LSV fleet excellent exposure and increased our 'visibility on the water' with all coalition fleets operating in the region."

1st Lt. Douglas Quintas

vessel (LCU-2018) and logistic support vessels (LSV-5 and LSV-8) from the 821st Transportation Battalion's 651st Habormaster Detachment.

The week-long exercise focused on the threat of waterborne mining to shipping, and included an assortment of conferences to discuss how to best ensure safety and stability of the seas for international commercial traffic.

The training is designed to promote militaryto-civilian relationships, and improve the tactical proficiency of vessels reacting to an incident as well as enhancing regional security in the region.

"Lucky Mariner gave our LCU and LSV fleet excellent exposure and increased our 'visibility on the water' with all coalition fleets operating in the region," said 1st Lt. Douglas Quintas, the Steel Brigade's Army watercraft supervisor. "The U.S.

Navy, our naval allies, and civilian partners were able to better understand how Army watercraft can be used in an emergency and demonstrated our capabilities and services."

The 821st Transportation Battalion's watercraft representative briefed exercise participants on the Army vessels' mission and how the battalion plans, manages, and moves the four Army watercrafts across the various waterways from the Red Sea to the Persian Gulf, just to ensure customers receive timely and costeffective options for moving resources.

### STEEL FACT

The 4 Army Vessels under the 113th SB have traveled a combined total of 26,104 Nautical Miles since 1 January, 2012. That distance is equivalent to 1 trip around the globe with 4,000 Nautical Miles to spare.



Story by Sgt. Mary Maxson, 728th CSSB UPAR

**CAMP ARIFJAN, Kuwait** — Two Soldiers from the 728th Combat Sustainment Support Battalion, 113th Sustainment Brigade, competed in the 364th Expeditionary Sustainment Command (ESC) Best Warrior Competition from April 24 to 26 at Camp Buehring, Kuwait.

Nine Soldiers were chosen from seven commands across the Army Central Command (ARCENT).

The competition, sponsored by the 1st Theater Support Command (TSC) and 364th ESC consisted of three days of grueling, mentally-exhausting warrior tasks.

The first day started at 4:30am, where the Soldiers were given the Army Physical Fitness Test (APFT). Following the APFT, the competitors were flown, via a UH-60 Black Hawk helicopter, to a remote location in the Kuwaiti desert where they had to complete a 16-kilometer tactical ruck march. Afterwards, the Soldiers appeared before a board of Noncommissioned Officers, where they were tested on their Military knowledge and asked a series of questions.

Throughout the rest of the competition, the Soldiers were tested on several different areas of warrior tasks and drills. They were given a land navigation test; they competed against one another for "Top Gun" best shot, after their M-16 rifle and 9mm pistol weapons qualification.

The competitors participated in Military Operations in Urban Terrain (MOUT); trauma and first-aid scenarios; a chemical, biological, radiological and nuclear (CBRN) lane; and an IED Lane with scenarios that Soldiers are most likely to encounter during combat.

"Physically, it was the hardest thing I have ever done, but one of the most rewarding" said Spc. Katlyn Bowser, the junior-enlisted Soldier who represented the 728th CSSB. It taught her a lot about herself as a Soldier and gave her invaluable training and experience, she added.

Sgt. Joshua Quimby, a Noncommissioned Officer with the 728th CSSB stated, "It was physically and mentally draining at times, but I enjoyed every minute of it."

Upon completion of the Best Warrior Competition, the 364th ESC hosted the Noncommissioned Officer and Soldier of the Year Award ceremony here at Camp Arifjan. Bowser placed second overall for the Soldier of the Year award.

"Although there was only one winner, I think we all left with something we will never forget," said Bowser.

"It was an honor representing the 728th CSSB, as well as the 113th SB," said Quimby.

Quimby came in second place for the NCO of the Year award and wanted to thank all the NCOs and leaders that volunteered their own free time to help prepare him for the competition.

During the awards ceremony, Command Sgt. Maj. Thomas W. Jennings, Command Sergeant Major of the 364th ESC, praised the Soldiers that participated in the Best Warrior Competition, and thanked them all for the motivation and dedication that was demonstrated while representing their respective companies, battalions, and brigades. "[The competitors] did not disappoint," Jennings echoed throughout his speech. He revered them all as Warriors and expressed his adoration for their high level of professionalism, motivation and participation in the grueling competition.



CAMP BUEHRING, Kuwait— Spc. Katlyn Bowser places a protective mask on a fallen comrade during a mock chemical, biologic, radiological and nuclear scenario in which the competitors were judged based on their reaction to the situation during the Best Warrior Competition, hosted by the 1st TSC and 364th ESC. (Photo by US Army)

# PATRIOTISM

Commentary by 1st Sgt. Carly Tanner, 113th Special Troops Battalion

The 113th Sustainment Brigade is an Army National Guard logistics unit from Greensboro, N.C.. Last October, our unit went to Fort Pickett, Va., for mobilization training in preparation for our upcoming deployment. Fifty Soldiers, including myself, were convoying to Pickett to establish reception operations for the main body of troops that was to follow in a few days. While en route to Pickett, we had planned to stop for fuel at a truck stop just off Interstate 85, just north of the North Carolina-Virginia border.

After we finished fueling our vehicles, I gathered the drivers together for a safety briefing before getting back on the road. It was during this briefing that I noticed a gentleman exiting a truck and approaching our group. It was evident to me that he had probably spent some time in the service, owing to his clean-cut appearance and the way he carried himself. He paused and allowed me to complete the briefing before addressing me by rank and introducing himself as a retired colonel of the United States Marine Corps. He wanted to thank us for our service and asked if he could buy the Soldiers' dinner. I thanked him for his generosity and said we appreciated his gesture, but did not want to take any money from him. The retired colonel never missed a beat as he shook my hand, smiled, and left a \$100 bill in my palm. His generosity caught me a little off guard. We thanked him, and he stepped away quietly and professionally. His gesture was as humble as I've ever seen. He didn't want any praise. He just wanted to show us that he cared for and appreciated our service to the country. We were all touched by his generosity.

As our convoy got back onto the interstate, I reflected upon what had just happened. I regretted being caught off-guard by his gesture and wished I had thought quickly enough to have called our group to attention and saluted the retired Marine as he left our group. In an attempt to rationalize my regret I chuckled to myself that the retired

Leatherneck had gotten one over on the old National Guard first sergeant. It didn't work. My next thought was, "How do you repay or recognize someone like that?" I didn't get the colonel's name, and he obviously had no intention of being repaid or recognized for his kindness. He had served his country and more than understood the sacrifices that go with our profession.

We arrived at Fort Pickett and established the operations center. It had been a long day and we were hungry. I asked one of my Soldiers to call a local pizza joint to see what it was going to cost to feed 50 Soldiers. The Soldier just happened to have a discount pizza card, and after explaining the large order to the store manager, we were given an even bigger discount.

The final bill came to \$113. The meal was awesome and really hit the spot for the tired and hungry Soldiers.



It took \$113 to feed 50 Soldiers from the "113" SB. Was that a coincidence? Was that retired colonel an angel? I doubt it, but he was close! Again, I asked myself: how do you repay the gesture? When not in uniform, I drive a truck, just like that retired Marine. Hopefully, when I return from deployment and retire, and the opportunity presents itself during my travels, I will pass on my patriotism – just like he did.

I'm sharing this story in the hope that it will somehow make its way back to the colonel so he knows just what an impact his gesture had on me and my Soldiers. What are the chances that he will ever see this story? I feel confident he will.

Semper Fi, sir. Thank you. We salute you!

**CAMP ARIFJAN, Kuwait -** Sure, the Steel Brigade is known as one of the hardest working units in the Army (*see Director of the Army National Guard Visits the Steel Brigade*). These Soldiers are ready, proactive and flexible while managing the distribution of equipment, services and supplies into, throughout, and out of the CENTCOM's area of responsiblity, along with other various assignments.

Not only are these Soldiers focused on the missions tasked to the brigade, but they continue to keep current with their Army training and physical fitness requirements. Many Soldiers here participate in self-development courses and/or classes that further their career as a Soldier.

However, Steel Brigade Soldiers also know how to have a good time. To stay ready, proactive and flexible, these Soldiers find creative ways to train and sustain. The following pages are pictures to prove it!





Camp Arifjan, Kuwait: You can find one of our units across the brigade having a BBQ near their work areas or back at their living quarters. Music, cold drinks, horse shoes, frisbee and football throwing are some of the ways our Soldiers relax and have fun at these events. The PX has almost everything you need for a good BBQ.

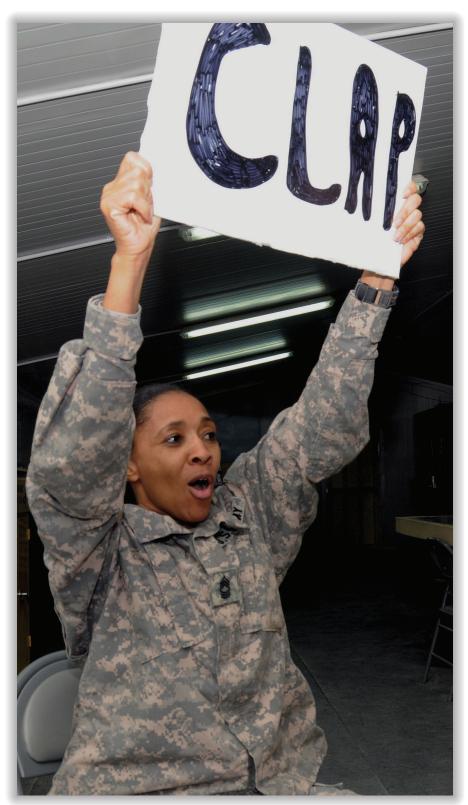


Zone 1 Softball Fleld (Camp Arifjan): Softball season's in full swing here. Maj. Bryan Jones. (on left) and Sgt. Christopher Tyrer joke around with each other in between pitches. The 113th SB has 8 softball teams. The season is from April - June with a championship tournament.





**CAMP ARIFJAN, Kuwait** - Sgt. Ronnie Aguilar, of Headquarters, Headquarters Company, 113th Sustainment Brigade, meets with Michigan Governor Rick Snyder after a town hall meeting with Michigan Army National Guard Soldiers and other members of the 113th Sustainment Brigade here April 17, 2012. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)

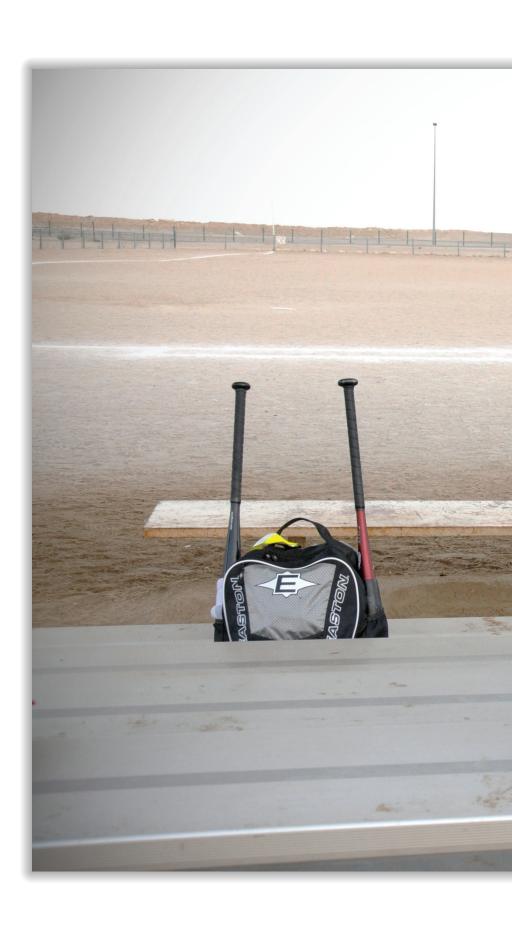


**CAMP ARIFJAN, Kuwait** - Master Sgt. Brenda Mitchell encourages applause from a class of senior enlisted Soldiers of the 113th Sustainment Brigade at the Steel Hut here May 4, 2012. The senior enlisted leaders of the 113th Sustainment Brigade met to discuss the Army's policy on height, weight, and physical fitness, and talked about different ways to ensure that their sections maintain or exceed the standard. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)

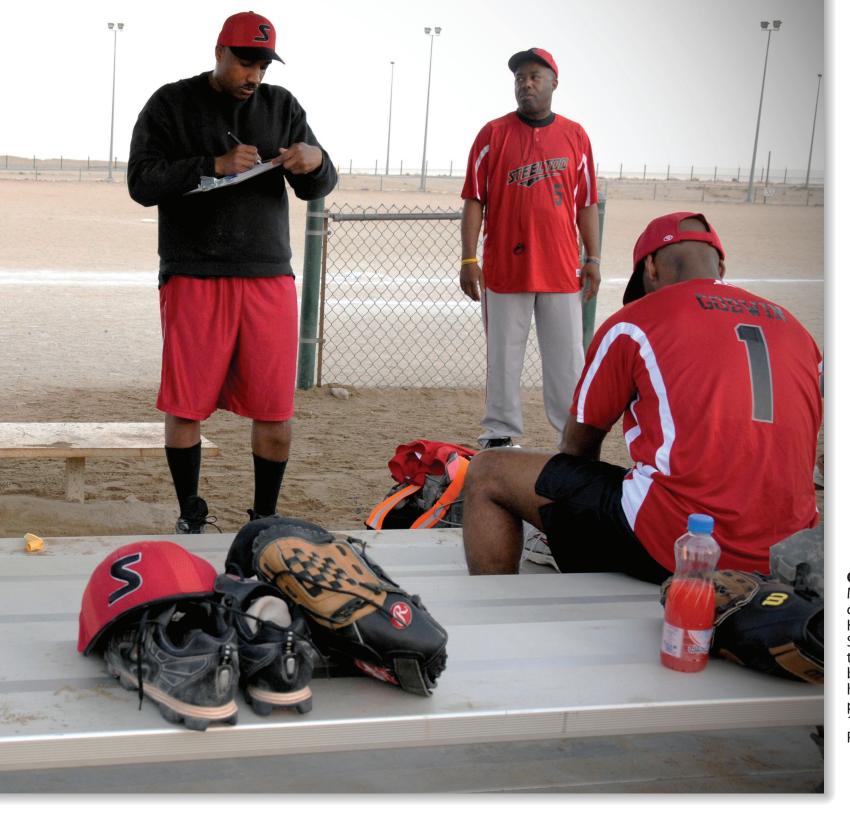


**CAMP ARIFJAN,** Kuwait - In the early morning hours of April 21st, 2012, a group of unknown individuals filled Lt. Col. Miriam Gray's office with balloons and placed clear plastic wrap in her doorway. The mysterious intruders left notes wishing the deputy commander of the 113th Sustainment Brigade a happy birthday. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade, Public Affairs)

(Opposite page) CAMP ARIFJAN, Kuwait - Soldiers participating in senior enlisted noncommissioned officers development program cheer for scoring another point during a modified game of "Jeopardy" here May 4, 2012. The senior enlisted leaders of the 113th Sustainment Brigade met to discuss the Army's policy on height, weight, and physical fitness, and talked about different ways to ensure that their sections maintain or exceed the standard. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)









# CAMP ARIFJAN, Kuwait Master Sgt. Gregory M. Greene, coach for the Headquarters, Headquarters Company, 113th Sustainment Brigade, softball team, Steel Too, arranges the batting order before a game here May 6, 2012. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)





(Opposite page) CAMP ARIFJAN, Kuwait - Members of the Wellness Center's "Dream Team," Spc. Nathaniel McNeil and Sgt. Paul Ventrilla, get playful during a photoshoot for their "From the Whiskeys" section. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)

**CAMP ARIFJAN, Kuwait** - Capt. Thompson, of the 1462nd Transportation Company, meets with Michigan Governor Rick Snyder after a town hall meeting with Michigan Army National Guard Soldiers and other members of the 113th Sustainment Brigade here April 17, 2012. After taking a picture with his state's governor, Thompson asked Snyder to sign his Detroit Lions hat. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs.)





**CAMP ARIFJAN, Kuwait** - Sgt. Lajoi Smith does her impression of a game show host during a modified game of "Jeopardy" at the senior enlisted noncommissioned officers development program here May 4, 2012. Smith kept score as the Soldiers answered questions about the Army's standards for height, weight, and physical fitness. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)





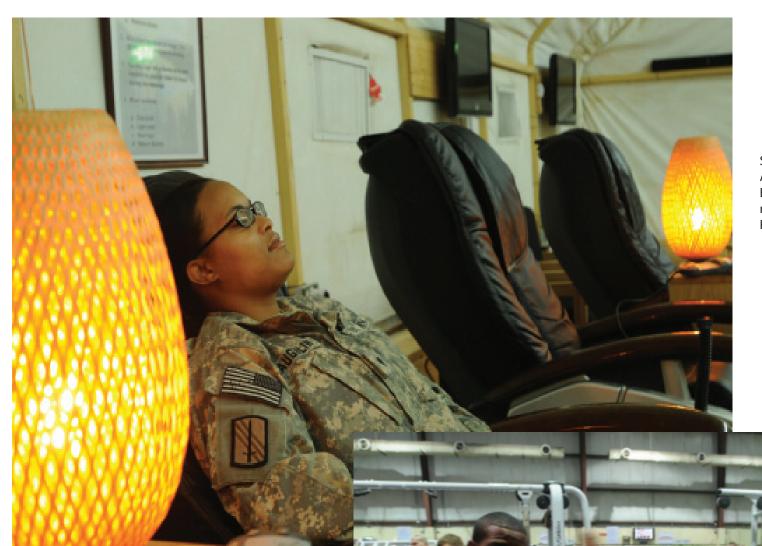




**CAMP ARIFJAN, Kuwait** - Sgt. Veronica Robles stands at parade rest after a noncommissioned officer run around the base here April 19, 2012. After the run, the Soldiers were treated to a visit from the base command sergeant major. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)



**CAMP ARIFJAN, Kuwait** - Maj. Brian Castle (opposite page) and Maj. Jeremy Shellhammer engage in a serious bout of ping pong at the MWR facility here May 10, 2012. The MWR center offers several games that servicemembers can participate in during their down time. (U.S. Army photo by Maj. Matt DeVivo, 113th Sustainment Brigade Public Affairs)



Spc. Racheal Laughlin, Chaplains Asst. for the 113th Special Troops Battalion relaxes in one of the massage chairs located at 113th SB's Resiliency Center.

The zone 6 gym near 113th SB's area stays busy with Soldiers intent on staying fit while also relieving the stresses of deployment. Spc. Anthony Fultz (left) and Spc. Max Heuangpraseuth - a.k.a. Alphabet workout together.



Story by Sgt. Michael Boatwright, 421st Quartermaster Company, Unit Public Affairs Representative

**SOUTHWEST ASIA** – Tex-Mex Monday, soul food Tuesday, surf-and-turf Wednesday, wing Thursday, Italian Friday, Gyro Saturdays and Mongolian Sundays. Servicemembers here know these days well; sometimes, for those who have lost track, the meal schedule is a helpful reminder of which day it is. If there's one thing Riggers of Detachment 1, 421st Quartermaster Company, know - it's food. No not in the aspect of consumption, that's right you guessed it... Aerial Delivery! However, while the Riggers enjoy eating, they also know how to deliver food; Rigger style.

While the Riggers send boxed meals, they also provide a vast variety of fresh and frozen foods to awaiting troops on the ground. When ground forces send a request for a food airdrop, the requested items are filtered into a menu and given to Pfc. Damien Emory, the Veterinary Food Inspector for the 421st QM.

"Those Soldiers downrange deserve the best we can give them," said Emory. "And they will get exactly that, and on time."

Orders are then placed with Defense Logistics Agency (DLA) Subsistence Total Order and Receipt Electronic System. The order arrives from local vendors in boxes lined with plastic foam. The frozen items are transported in boxes with dry ice packets to keep frozen. The chilled and fresh food items are kept cool with 60-pound blocks of wet ice. By using this method, rations are able to maintain consistant temperature for 72 hours, even in the harshest climates. Beans, canned goods and

After that, the loads are rigged, tagged and weighed. Within a few hours, the food is on an aircraft and bound for forward-based troops. Whenever the ground forces need rations, Emory will be there and waiting with a few good Riggers who will deliver!

other dry items are carefully placed atop the tri-wall boxes.

(Southwest Asia) Spc. Joshua McGonigle and Spc. Ryan Madole, Riggers with the 421st QM CO DET 1, carefully place flats of sodas into tri-wall boxes that will be rigged for airdrop downrange. Riggers can airdrop anything from sodas, waters and Gatorade to bread, frozen meat, and fresh fruits and vegetables.

### STEEL WARRIORS OF THE WEEK

### Week 18 Sgt. Bret Schack

Sgt. Schack is an invaluable member of the 113th Sustainment Brigade's Interceptor Body Armor (IBA) warehouse at Camp LSA Kuwait. He has been instrumental in the inventory and relocation of excess IBA plates to the central issue facility at Camp Buehring. Due to his accomplishments, he was recently selected to the position of assistant Accountable Officer responsible for more than \$60 million dollars of equipment at the IBA warehouse. Due to his positive attitude and exceptional selfdiscipline and skills, Sqt. Schack was selected by the brigade

command team as a Steel Warrior. He received a certificate of achievement and brigade coin from the brigade commander, Col. David Jones





Spc. McConnell is a truly valued member of the 531st Movement Control Team (MCT) and performs all her duties in an outstanding fashion. She is assigned as one of the Contracting Officer Representatives (COR) and conducts audits on Camp Arifjan. She developed an extremely good working relationship with those individuals being audited, which allows her to better determine their effectiveness. She also volunteered to conduct the arduous task of performing rotating shifts at the Kuwait Rear Operations Center (KROC) to allow her fellow Soldiers to have the necessary down time they require. She coordinated with the Kuwait Ministry of Interior (KMOI) to ensure that all military



and host nation convoys and buses are provided with the necessary convoy escorts. Within one week, Spc. McConnell moved 17 Refrigerated Containers to DRMO and was instrumental in ensuring that 500 containers were successfully moved from Camp Arifjan to Camp Virginia. It is the professionalism and determination displayed by Spc. McConnell that shows she is a true asset to the 531st MCT. Due to her positive attitude and exceptional organizational skills, Spc. McConnell was selected by the brigade command team as a Steel Warrior.

### Week 16 Master Sgt. Robert Tubbs, Staff Sgt. Joshua Martin, SGT Talisha Moore, Pfc. Dean Johnson, Staff Sgt. Felix Casas, Sgt. Juan Anguiano

The following Soldiers were presented a certificate of achievement for winning this week's Steel Warrior Award. (left to right) – Sgt. Juan Anguiano, 420th TB (MC), Pfc. Dean Johnson, 113th STB, Sgt. Talisha Moore, 113th STB, Sgt. Lashon Kinnel, 233rd TC,

Staff Sgt. Joshua Martin, 113th STB and Master Sgt. Sgt. Robert Tubbs, 728th CSSB. During the ASG-KU Mass Casualty Exercise, 26 March 2012, these Steel Warriors performed their duties in an outstanding manner, resulting in high performance ratings. Their actions were noticed by exercise managers from the 364th ESC, 1 TSC and ARCENT and ensured a successful exercise. (U.S. Army photo by Sgt. First Class Keith Warzon, 113th Sustainment Brigade).



### DIER ON THE STREET

We asked some questions to our Steel Brigade Soldiers: What was the best part about R&R? What are you looking forward to on your R&R?

Here's What They Had to Say.....



Spc. Angel Anderson

"Spending time in Miami"



Spc. Jessica Bordeaux (on left)

"Beach trip with family & friends"



"Best part about R&R was seeing family & friends"



Spc. Joshua Lee

"Planning a trip to Kings Dominion"



Cpt. Maurice Williams

My plans are to road trip from Arkansas to North Carolina with my 3 sons, with stops in Tennessee & South Carolina (Myrtle Beach).



Sgt. Gabrielle Noviello

I'm headed to Atlantic City Beach!!

# The Military Spouse Career Advancement Accounts (MyCAA) Program

From the May 2012 Family Matters Magazine

http://issuu.com/ncngfamily/docs/family matters may 2012

The Military Spouse Career Advancement c-counts (MyCAA) Program is an employment assistance program that provides up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license, certification or Associate's degree in a portable career field and occupation.

### Who is eligible for MyCAA Financial Assistance?

Spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2, and O-1 to O-2 who can start and complete their course-work while their military sponsor is on Title 10 military orders, including spouses married to members of the National Guard and Reserve Components in these same pay grades.

#### As part of the Career Lifecycle, all military spouses are offered counseling to assist with the following:

- ~ Career Exploration: Military OneSource (MOS) Education and Career Counselors help spouses explore all career options with tools like Career Assessments, Interest and Skills Inventories, Portable Career Statistics, and Earning Potential Metrics.
- ~ Education and Training: Spouses work with counselors to create a plan of action that considers Financial Aid Options, Education and Training Program Resources, Credential/License Information, and, for eligible spouses, MyCAA.
- ~ Career Readiness: Counselors help spouses perfect their resumes and hone their inter-viewing skills. They also cover Job Search

  Techniques, Relocation Planning, and Flex-Work Options.
  - ~Career Connections: Counselors help spouses get the right job in the right career by lever-aging existing relationships and resources such as the Military Spouse Employment Partnership (MSEP), USAJobs.gov and CareerOn-eStop.com.

Counselors at Military OneSource Spouse Career Center (MyCAA) are available Monday through Friday from 7 a.m.—10 p.m. and Saturday from 10 a.m.—5 p.m. at 1-800-342-9647.

For more information about MYCAA, visit https://aiportal.acc.af.mil/mycaa/Help/Help.aspx

Military Spouse Corporate Career Network http://msccn.org/index.html

