



Ghost Rider Post

Newsletter of the 191st Combat Sustainment Support Battalion



Volume 1, Issue 8

November 10, 2012



Inside This Issue:

Commander's Message	3
National American Indian Heritage Month	4
William Hill's WWII Honor	5
Living without Regret	6
KNG—U.S. Truck Rodeo	7
421st QM DET4 "Rigs Up"	8
Election year at 221st Ordnance Company	9
Resiliency Rip It	10
Boots on Ground: Around Kuwait	11
Movie Junkie Reviews	12

Together, Making Tracks in the Desert



*Spc. Michael Gault
Public Affairs Specialist
191st CSSB*

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

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

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

Part of strengthening any good relationship is learning how to work and play together. On the final Tuesday prior to the convoy exercise, the 1462nd TC invited the KNG to Camp Arifjan, Kuwait for the first ever KNG-U.S. Truck Rodeo. A friendly driving competition, the truck rodeo was set up so the U.S. and Kuwait Soldiers could each drive the other's vehicles, and,



Sgt. Michael P. Mallon, a mechanic for the 1462nd Transportation Company, Michigan National Guard and resident of Howell, Mich., talks with a Kuwaiti National Guard Soldier during a tour of the facilities at Camp Buehring Oct. 22. Operation Steel Sword was a five-event exercise designed to foster the exchange ideas and building on the relationship between the Kuwait National Guard and the American Army.

in teams, would be timed to negotiate several driving challenges.

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

For the final exercise, both the KNG and U.S. Soldiers found themselves on a convoy driving lane at Camp Buehring. There, together as one, they conducted a combined tactical convoy operation utilizing both American and Kuwaiti military vehicles and personnel. Together,

(Continues on next page)

**191st COMBAT
SUSTAINMENT
SUPPORT BATTALION
"GHOST RIDERS"
APO, AE 09366**

Battalion Commander:
Lt. Col. James Groark

Command Sergeant Major:
Christopher A. Beyer

Public Affairs Officer:
1st Lt. Sarah Snow

Facebook Supervisor:
Sgt. 1st Class Dave
Sivewright

Newsletter Layout:
Spc. Michael Gault

Graphics:
Spc. Kristyn Dixey

Copy Edits:
Sgt. 1st Class Tina
Eichenour

Public Affairs NCOIC
38th SB

Sgt. William Henry
Public Affairs NCO
38th SB

**Unit Public Affairs
Representatives**

**1462nd Transportation
Company**
Sgt. Kenneth Fahnestock

**421st Quarter Master
Riggers DET 4**
Spc. Adrienne Vinson

221st Ordnance Company
Sgt. Zachary Corya

24th Ordnance Company
Spc. Robert Luurtsema



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

they overcame challenges common to today's military convoys, such as reacting to outside vehicles disrupting the convoy, civilian protesters assaulting with rocks, choke point ambushes, obstacles on the convoy route, and a IED attack.

With a loud bang, the simulator for the improvised explosive device went off and members of the Kuwait National Guard and U.S. Army were quick to react. Mine resistant ambush protected gun trucks, crewed by U.S. Soldiers, moved into position to establish a perimeter around the Kuwaiti 5-ton cargo truck which was now deemed damaged by the attack.

—The gunners mounted behind their .50-caliber machine guns, scanned their sectors of fire as the recovery team, crewed by the KNG, moved in for the extraction. With a tow bar, the recovery team quickly connected the vehicle to their own and in minutes the downed vehicle was in tow behind them allowing the rest of the convoy to continue.

"I am very satisfied," said 1st Lt. Khaled Ali Taresh, a transportation officer for the Kuwaiti National Guard who participated in the event,

"It felt so life like and much more than what I had expected."

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

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

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

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



Lt. Col. James J. Groark
Battalion Commander

Ghost Rider Families,

Military families, old and young, know the sacrifices the uniform entails and the courage to live through a family member's deployment. I admire your patriotism and courage of the heart – it is not easy. Thank you for your continued support. Your letters, phone calls, and "skypes" strengthen our minds and spirits.

I want to ask one question: IS EVERYONE ALRIGHT?

If there are any families out there struggling with the deployment or have unanswered questions or concerns, our FRG staff, the HHC Commander or local resources are available to meet your needs. Feel free to email me directly if you're struggling with benefits, resources or contacting other family members. I will help as much as I can: (james.j.groark@kuwait.swa.army.mil). The Ghost rider family means no one gets left behind or forgotten. Our biggest strength is each other.

One way to ease the burden of loss, share experiences, and learn more about military benefits and resources is the Family Readiness Group (FRG). Paraphrasing DA Pamphlet 608-47, the FRG is "an organization of family members, volunteers, soldiers, and civilian employees belonging to a unit/organization who together provide an avenue of mutual support and assistance and a network of communication among the members, the chain of command, and community resources." Unit FRGs consist of all assigned and attached soldiers (married and single), their spouses, and children. This membership is automatic, and participation is voluntary. Extended families, fiancées, boy/girlfriends, retirees, DA civilians, and even interested community members can and should be included, as well. In other words, the entire Ghost Rider family is welcome to join and participate to help each other as the supported – a shoulder to lean on. I hope you all can make to the FRG Holiday Family Day Nov. 17. The VFW is proudly providing the food and picking up Santa Claus.

Happy Holidays and God Bless.



Courtesy photo by Anita Schiller Terry Photography.

FRG Holiday Family Day
 November 17th
 9:00 AM — 4:00 PM
 Uchida Center
 5290 W 700 S, Salt Lake City

Come and get to know each other!
 Help work on Christmas presents for our soldiers
 Lunch provided (11:30—12:30)
 Kid Activities

Santa will be here to visit the kids at 1:00 pm

Please let us know if you are coming (adults/kids) so we have enough food and "Santa Treats" for the kids.

(katrina.marriott@us.army.mil, kmmarriott@gmail.com, or 801-814-9210)

Directions to Uchida Center (5290 West 700 South)

From I-80 (east or west)
Exit 5600 West going south
Turn Left on 700 South
Uchida Center is on the left (north) side of the street

From 201 (east or west)
Exit 5600 West going North (will cross over rail tracks)
Turn right on 700 South
Uchida Center is on the left (north) side of the street

National American Indian Heritage Month

CAMP ARIFJAN, Kuwait – To commemorate the beginning of this year’s National American Indian Heritage Month, service members stationed here participated in a cake cutting ceremony, Nov. 1 at the Post Exchange in zone one.

Since its first induction in 1990, National American Indian Heritage Month has been celebrated in recognition of the accomplishments that our country’s original inhabitants, explorers and settlers have achieved.

“We are honored to recognize the outstanding contributions American Indians have made to our nation and our Army,” said Lt. Col. Aslakson, deputy commander of the 160th Signal Brigade.

Native Americans, Spc. Deidra Blackhorse of the Navajo Tribe and Spc. Kristyn Dixey of the Shoshone-Bannock tribe, attended the ceremony in support of the event. Both are Soldiers from the 191st Combat Sustainment Support Battalion, a unit deployed here.

Since the birth of this nation, American Indians have been recognized for their adept skills and knowledge of this land. Thousands have served in the armed forces since the early days of the Revolutionary War courageously working as scouts, code talkers in World War II, and in every conflict making the ultimate sacrifice for our freedom. To date, 24 Native American Indians have earned the Medal of Honor for their courage and devotion to our nation.

The Army knows, today, that there is strength in diversity. In celebrating National American Indian Heritage Month, not only do we emphasize on the significant contributions of American Indians, but also the diversity the Army values. As a tribute to all American Indians, units throughout the Army commemorative National Ameri-



Spc. Kristyn Dixey and Spc. Deidra Blackhorse pose for a picture being all smiles at the cake cutting ceremony in Zone One at Camp Arifjan, Kuwait.

can Indian Heritage Month by celebrating a proud and strong heritage.

“This event is important because I think that it helps people understand the culture of Native Americans better, and giving them a chance to have their questions about it answered,” said Dixey. “Also, it gives Native Americans the chance to embrace their culture and show how proud they are to be Native American.”

“I thought the event was great,” said Blackhorse. “The guest speaker was from my tribe who talked about culture and traditions of my people. I like how, even way out here in Kuwait, there are Native Americans serving.”

The Navajo Tribe, also known as “Dineh,” meaning “the people,” are a very cultured and traditional people. Using a clan system, every person has four distinct clans that identify who and where they come from, this is how they introduce them self to one another. The Navajo are the largest Native American tribe in the United States to this day. The tribe, which covers the four states of Arizona, Utah, Colorado and New Mexico, is called the Navajo Nation. The majority of the tribe is located in Arizona, which is where the capital is also located in Window Rock, Ariz.

In 1864, in what is referred to as “The Long Walk,” the Navajo Nation was relocated to Fort Sumner, NM which changed the Dineh forever. Drastically changing the size of the tribe and the Navajo Nation, the long walk was an attempt of expulsion and ethnic cleansing of the Navajo people by the US Government at the time.

Many Navajos to this day still live the way their ancestors lived long ago. They are so in tuned with Mother Nature that the live without running water and electricity, and they have their own gardens or fields which they harvest. Upholding the traditions and the language are very important to this day even though many Navajo families live more modernly.



Source: Spc. Deidra Blackhorse

The Shoshone-Bannock tribe is a federally recognized tribe consisting of over 57,000 members throughout Idaho, Nevada, Wyoming, Montana and Utah. The tribe is a merger of two different tribes, the Shoshones and Bannocks. The Shoshone-Bannock tribe consists of 7 bands named by their natural resources. In the past, the tribe was mainly composed of hunters and gatherers who called themselves “de-de-vee-wah,” meaning the “travelers.”

Living a nomadic lifestyle, these people would travel depending on the food or season change. Most Shoshone-Bannocks lived in tepees because they were easy to set up and take down.

The two tribes were relocated to the Fort Hall Indian Reservation in Fort Hall, Idaho in the 1860s where the majority of the members live today.

Shoshone-Bannocks speak their own language which has very different dialects depending upon their location. Because the tribe is a combination of both Shoshones and Bannocks, there are two languages that are similar in some ways.

Present day, the Tribal Language & Cultural Preservation Department hopes to preserve the language and educate the youth. One way this is achieved, is by holding an annual Shoshone-Bannock Festival at Fort Hall, Idaho. At the end of every summer, the festival is held to celebrate the traditions and heritage of the tribe with traditional dancing, music, food and craft vendors. People come from all over the country attend the festival which is sometimes viewed as a huge family reunion.



Source : Spc. Kristyn Dixey



William Hill's WWII Honor Flight

Submitted by William Hill

Veterans, Deadeyes and close relatives of Deadeyes,

It was my pleasure to have taken a WWII Honor Flight to DC on the Sept. 10. This was all free of charge and included all our meals. There were 79 vets from the Indianapolis area, each with a chaperone

to wheel us around. We arrived in DC around noon, boarded buses, and made three stops.

We placed a wreath at the Tomb of the Unknown Soldier in an impressive ceremony.

The WWII Monument is at least 100 yards wide with several columns adorned with large bronze wreaths of impressive detail, surrounding a large flowing water fountain. One area of the monument had a star for every 1000 that died in the service of our country.

We were met at the Baltimore airport by an Army General, and inside the terminal by Naval Officers. On our return to home base at the National Guard Armory we were met by hundreds of well wishers and patriotic people.

One of the assistants on the flight stepped up in front of us on the flight back and asked us what we had wanted from home the most during the war. He then announced that they had "mail from home", and began to call our names, just like they did in WWII at each far away country, base, and ship at sea.

It was a great experience receiving all those heart-felt messages, from our loved ones; from children, and people who just wanted to convey their feelings of gratitude.

I had my chaperone Paige Wages with me at my side as I opened and read each one.

This expression is a sample of the greater part of us as Americans; grateful for the sacrifices that were made which help preserve the American dream. I too am grateful and very thankful that I was so honored. It was great.

William Hill is a WWII Veteran who served in the 96th Infantry Division at Okinawa in 1945. He is the owner and operator of the Deadeye website:

www.rememberthedeadeyes.com

Indy Honor flight can also be found on the internet, for a much larger perspective, at www.indyhonorflight.org.



Us old codgers in our wheel chairs getting ready for group picture.



Cards William Hill, a WWII Veteran, received during his Indy Honor Flight displayed on his fireplace for his guests to see.

A Brief History Behind Veterans Day

Courtesy of history.com

On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War." Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.

Living without Regret



Capt. John Marriott
Battalion Chaplain

All of us have regrets of some kind or another. Often we wait until after opportunities are completely lost to think about what might have been. A nurse who worked with patients on their death bed got in the habit of asking the patients if they had any regrets. There were three major regrets most patients said they had. These regrets were: not connecting more with loved ones, not living up to their full potential, and not allowing themselves to be happier.

For the first regret, the nurse noted that fathers, in particular, regretted not spending more time with family members instead of being at work. With the second regret, the loss had more to do with the type of character that was developed rather than career success or material means. The third regret is challenging. Is happiness a choice rather than a result of outward circumstances?

One of the best answers I have heard to that question came from the life of a woman named Borghild Dahl.

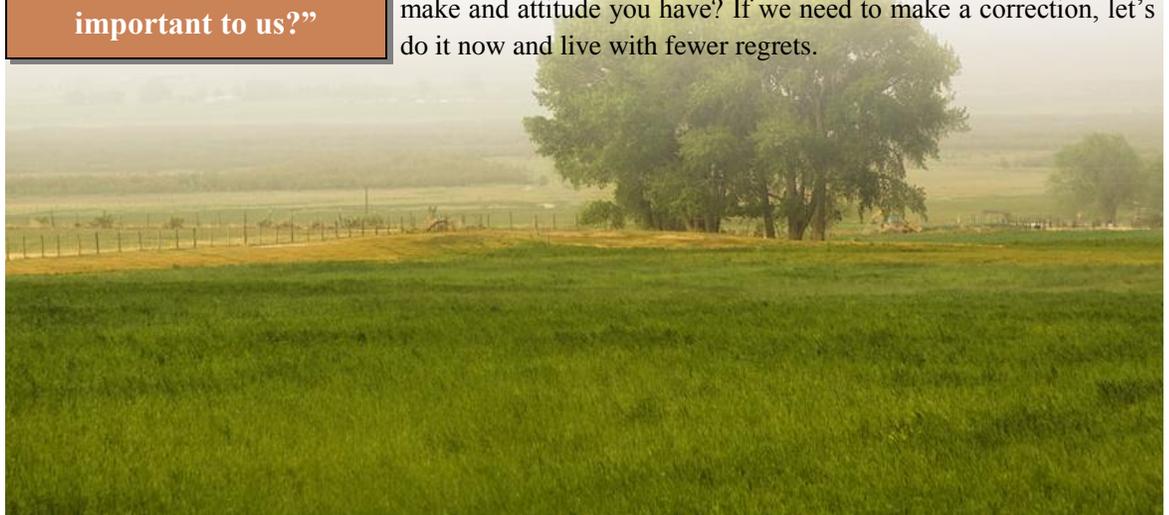
Born to Norwegian immigrants in 1890, Dahl had a desire to reach her highest potential despite severe visual impairments. She explained, "I had only one eye, and it was so covered with dense scars that I had to do all my seeing through a small opening to the far left of the eye. I could see a book, but only by holding it up close to my face and straining my eye as hard as I could to the left."

She was discouraged from pursuing her dream of becoming an educator, but she followed her dream anyway. She completed college and eventually became the principal of eight schools in western Minnesota and North Dakota. She also wrote 17 books. A surgery later gave her a much of the sight that she had been without, but her positive outlook on life didn't begin with that surgery. In fact, it didn't begin with any external event. Her last book written at age 92 was titled, "Happy All My Life."

Dahl's example challenges and inspires me. It helps me re-examine how well I am doing at limiting my own regrets. In the fast pace of today's hectic world, when was the last time we stopped to ask ourselves about what was really important to us? Have we taken the time to look at the three regret areas mentioned earlier? How are you doing? If you're like me, you know there is always room to improve. The best time to start working on the aspirations, changes, and dreams that will limit our regrets in future years is now.

"In the fast pace of today's hectic world, when was the last time we stopped to ask ourselves about what was really important to us?"

I challenge all of us to look and see if we are doing our best to connect with loved ones or being the kind of person we want to be. Are you allowing yourself to be happy by the kind of choices you make and attitude you have? If we need to make a correction, let's do it now and live with fewer regrets.





American, Kuwait Soldiers Show Driving Skills in Truck Rodeo

Sgt. Kenneth Fahnestock
UPAR
1462nd Transportation Company

CAMP ARIFJAN, Kuwait – Members of the Michigan National Guard's 1462nd Transportation Company and drivers from the Kuwait National Guard came together for a bit of friendly competition here, participating in a driving skills contest that transportation units in the US Army call a "truck rodeo" Oct. 9.

The truck rodeo, so named because the events have trucks and drivers negotiating courses marked by cones or barrels like a true rodeo, was the fourth of five planned partnership events between the 1462nd TC and the Kuwait National Guard. The events are designed to foster a stronger relationship between the two forces by facilitating a comfortable working relationship and a sharing of tactics, techniques, and procedures.

With any good relationship, learning how to work and play together is important. By holding a friendly driving competition like a truck rodeo, both objectives were accomplished. The rodeo was set up so the U.S. and Kuwait Soldiers would each drive the other's vehicles, with 12 drivers from each group pairing up into teams to compete in five events: a hasty recovery, a point of reference backing event, straight-line backing, a serpentine, and an alley dock.

The first two events were completed with the U.S. drivers behind the wheel of the Kuwaiti 5-ton trucks, while the Kuwaitis utilized the American M1230 Caiman plus mine resistant ambush protected vehicles.

The hasty recovery event involved backing up to a stopped Cai-



Kuwait National Guardsmen get familiar with hooking up a heavy tow bar to a Mine resistant ambush protected vehicle during the truck rodeo competition, Oct. 9. As part of Operation Steel Sword the truck rodeo is one of five-event exercise designed to foster the exchange ideas and building on the relationship between the Kuwait National Guard and the American Army. (U.S. Army photo by Spc. Michael Gault, Public Affairs, 191st CSSB)

man and utilizing a tow bar to connect the front of the stopped vehicle to the rear of the other one and haul it away, much like drivers would do if a truck was damaged on the battlefield. The point of reference backing event consisted of using a visual "point of reference" in the vehicle's side mirror to back the vehicle up. The driver who stopped closest to a set of cones without the vehicle's rear bumper going past them won this event.

The next three events were designed to be more challenging, using not just a truck but a tractor-trailer combination to navigate them. The vehicle used was the M915A3, an armored version of a Freightliner semi tractor, along with the M872 40-foot flatbed trailer. Backing an 8 foot wide truck and trailer in a straight line through a 10-foot wide lane is tougher than it sounds. The same goes for navigating a serpentine course of cones designed to mimic the notoriously

tight entry control points here at Camp Arifjan. As for managing a 40-foot trailer while backing up at an angle, only experienced operators need to apply.

Both groups of drivers proved their skill, with the competition being too close to call. Both groups also learned something from each other, a key tenet of the ongoing partnership exercise that culminates later this month with Tactical Convoy Operations Lanes training.

With the experience gained from this partnership exercise, the U.S. and Kuwait forces have made tremendous strides, working together more effectively in all phases of transportation operations.

"It was a fun competition," said Private 1st Class Autumn Cox, a mechanic for the 1462nd TC. "and it built a better friendship between the KNG and us."



DET 4 of the 421st Quartermasters Rigs Up for Duty

By Spc. Adrienne Vinson
UPAR
421st Quartermasters Co. DET 4

AL UDEID AIR BASE, Qatar -- The month of October brings about a change to the Eric T. Burri Rigger Facility where the 421st "Riggers" Quarter Masters Detachment 1 were replaced by their Detachment 4 Fort Valley, Ga., counter parts who arrived in country Sept. 20.

Chief Warrant Officer 2 John Harris III, DET 1 commander, and Sgt. 1st Class Richard Davis, DET 1 Sergeant, and their Soldiers have been working long days over the last year ensuring that the supplies needed for small base camps all over Afghanistan were rigged and air dropped in for the Soldiers.

Their high standards left some large boots to fill, but Warrant Officer Philip Hamill, commander of 421st QM Co. DET 4 and Sgt. 1st Class Larry Carter, the detachment's senior noncommissioned officer, know that their Soldiers are up to the task.

Hamill put it into perspective by saying "As one of the biggest enablers in the military, parachute riggers are always on call to provide direct combat support to our brothers and sisters in harm's way. With this



Riggers of the 421st Quartermasters at Al Udeid Air Base, Qatar, go through the process of securing the low cost containers to the loads being rigged for air drops Oct. 8.)

support they can rest assured that we will never miss or fail a mission. They [the war fighter] will always be able to shoot, move and communicate."

Preparation for deployment was not just about brushing up on packing and rigging skills for the 421st QM Co. DET 4. More than 20 Soldiers have spent the last year training for all types of soldiering skills such as mounted convoy operations and reflexive fire which is outside of their normal military duties, but still necessary for deployment purposes.

"All of the men and women of DET 4 have worked hard, day in and day out to be the best at their jobs," said Carter. "In doing so, they have proven that being a soldier is more than just a job."

Like the DET 1 Soldiers before them, everyone in DET 4 will be involved in mission operations. They will be sending supplies like food, water, ammunition, and care packages.

"Understanding the importance of our job; and how it relates to the overall success of the mission, is what drives us to work hard to accomplish it," said Spc. Elizabeth McPherson, a health care specialist for the 421st QM Co. DET 4 who works closely with the riggers.

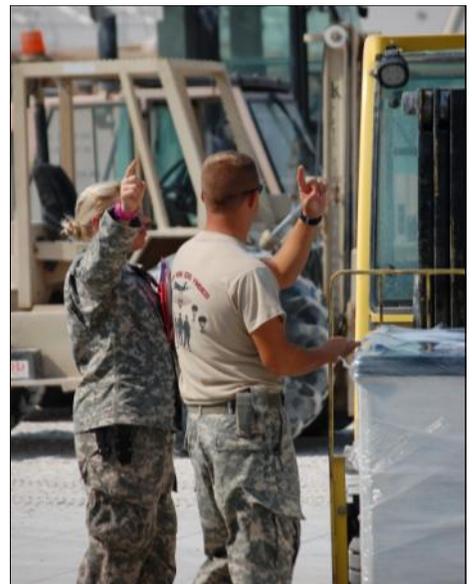
Parachute rigging began in 1940 during WWII and has continued to become an important part of the war

efforts. Troops on secluded forward operating bases can quickly and efficiently receive needed food water and ammo when main supply routes may not be available or safe.

"We are here for the single purpose of supporting our brothers and sisters in arms down range," said Sgt. Jack Arnold, a lane chief for the 421st QM Co. DET 4.



Spc. Matthew Hopper, a parachute rigger for the 421st Quarter Masters Detachment 4, from Santa Barbara, Calif., works with an Airman from the 379th Expeditionary Logistics Readiness Squadron filling fuel drums for airdrop loads at Al Udeid Air Base, Qatar, Oct 10.



Riggers of the 421st Quarter Masters Detachment at Al Udeid Air Base, Qatar, go learn the proper way the Class I delivery should be downloaded and stored here Oct. 4.



Sgt. Zachary Corya
Ammunition Sergeant
221st Ordnance Company

Election year at 221st Ordnance Company

CAMP BUEHRING, KUWAIT –

With the autumn season comes lower temperatures, football, the World Series, and beautiful fall colors. These things don't change from one year to the next. But, once every four years, Americans get the opportunity to decide the direction and leadership of their country.

With less than a month to go before the election of 2012, many Soldiers have already submitted their presidential elections absentee ballots, but there may be some who have not.

Obviously, it is a choice whether to vote or not. It is a choice that U.S. service members defend. Because it is a choice, it doesn't mean voting isn't any less important.

"Voting is a privilege and an honor that we [as Soldiers] help support and defend." said Spc. Michael Oliphant, a stock control operator at an ammunition supply point for the 221st Ordnance Company.

Several weeks ago, 1st Lt. Phillip Hascher, commander of the 221st OD, conducted a voting assistance class. Several Soldiers who attended



CAMP BUEHRING, Kuwait – Spc. Kyle Wagner, a stock control operator deployed here with the 221st Ordnance Company, resident of Fort Wayne, Ind., fills out an absentee ballot for the 2012 Presidential Election.



admitted they would not have voted because they were not sure how the absentee process worked. Of these Soldiers, many of them will be voting for the first time while deployed.

Spc. Kyle Wagner, stock control operator at the ASP for the 221st OD has been able to vote in the past several elections, but this is his first absentee.

"I always vote back home and I wasn't about to let being overseas

stop me." said Wagner. "I take pride in the fact that I get to voice my opinion and to some degree dictate who represents me at the local, state and federal levels."

While deployed we may miss the changing leaves or football but we don't have to miss out on one of the most important events we fight for everyday, the presidential election.



Swearing in for Another Six Years

Army Sgt. Joshua D. Bird, a command staff assistant for the 191st Combat Sustainment Support Battalion, West Haven, Utah, re-enlisted for an additional six years Sunday, Oct. 14, 2012, at Bagram Airfield, Afghanistan. Bird, currently on his second deployment, has been in the Army for nine years. (U.S. Army photo by Command Sgt. Maj. Christopher A. Beyer, CSM, 191st CSSB)





RESILIENCY RIP IT:

2nd Lt. Cole Landon
Asst. Battle Captain
191st CSSB

Ghost Riders!

A random event can cause inspiration at any time. A Soldier walking around holding a pot containing a newly sprouted plant brings forth an array of thoughts, but as I witnessed this sporadic moment today, I felt as if the below quote made perfect sense in the light of this week's Rip It topic:

"Good thoughts bear good fruit, bad thoughts bear bad fruit, and man is his own gardener." -James Allen.

Let us plant some seeds of good thoughts, and see what delicious fruit we can grow. As we dig the ground in our minds, in order to plant these seeds of good thoughts, we must remember the tendencies that lie in wait to ensue.

A common influence to us all is referred to as the confirmation bias. This is a tendency to see exactly what it is that we are looking for. This bias also makes it very hard to change one's mind after it has been made. Before we harvest some cherries, we must first ensure that we do not plant plums. Allow me to explain.

We are far more likely to interpret ambiguous information that supports the ideas and thoughts that we have already made in our minds. Normally we do not actively seek evidence that counters our very own thoughts. We weigh evidence for and against our thoughts differently, and then once we find the evidence we were looking for that supports our thoughts on the topic, we tend to stop looking for more evidence.

For example, a child at school who does not believe that he is smart illustrates this bias pretty well. When a teacher asks a question, and the student answers, and then gets a response back from the teacher that explains his answer was partly true, the student might only hear "I'm wrong". The student then hesitates to raise his hand again. On down the road, this same student gets a good grade in math, and his teacher praises his work. Whereas in history he did not do so hot on a report, the student might tell himself "that teacher knows me better and my math teacher is nice to everyone."

You can begin to see how these thoughts can continue to be confirmed in one's own mind, based off what evidence is piled up for or against the decisions that are made. There is a multitude of different ways that this confirmation bias works against us. It allows these processes to cause us to

miss critical information, and makes it hard to see the situations we are in accurately. It also makes it hard for us to see situations from perspectives other than our own.

It is important to remember that this confirmation bias is not usually intentional. Most people are not aware that this even occurs. Naturally the stronger our belief is in something; the stronger the confirmation bias will be to secure that belief. Also, keep in mind that this works both for positive or negative thoughts. Either way, it can undermine resilience because it causes us to miss information and makes our judgments cloudy.

As we look into our own thoughts, and analyze how we are cultivating our lives into the garden in which we envision for ourselves, let us take a step back and gather some evidence. Look at our earlier analogy; in order to harvest some cherries from a tree, we must plant a cherry seed. Although if someone gives us a plum seed, and our eyes are so set upon a cherry tree, we can go about digging a hole, planting the seed, nourishing the soil, watering the plant, all to discover in years to come that we only have plums to harvest, and no cherry pie on the table. The mark will have been missed, and our intent will not be met.

Not all is lost, ladies and gentlemen, for if you have a bushel of plums, it is ok to acknowledge to yourself that you are not a cherry farmer. In other words, challenge your naturally inclined self to gather evidence for or against a belief.



BOOTS ON GROUND: **Around Kuwait**



Deputy Secretary of Defense Ashton B. Carter addresses Marines assigned to Al Jaber Air Base, Kuwait, Oct. 17, 2012. Carter is on a seven day trip to the Middle East meeting with leadership and counterparts in the region. (DOD photo by U.S. Navy Petty Officer 1st Class Chad J. McNeeley)



North Carolina Army National Guard Col. David L. Jones, commander of the 113th Sustainment Brigade, rolls the brigade colors with the help of Command Sgt. Maj. William P. Gill, command sergeant major of the 113th Sustainment Brigade, during transfer of authority ceremony, Thursday, Oct. 18, 2012. The rolling of the flag signifies the closing of the brigade's year-long deployment in support of logistical operations for Operation Enduring Freedom. (U.S. Army photo by Sgt. 1st Class Tina Eichenour, Public Affairs, 38th Sustainment Brigade)



Kuwaiti and U.S. Soldiers enter a gas chamber during a chemical, biological, radiological and nuclear partnership training exercise held between soldiers of the 3rd Armored Brigade Combat Team, 3rd Infantry Division, and the 94th Brigade, Kuwaiti Land Forces, Oct. 4, at a training area near Camp Ariffan, Kuwait. Soldiers from the 3rd ABCT will continue partnership training, strengthening military ties with regional counterparts throughout the duration of their deployment. (U.S. photo by Sgt. Christopher Johnston, Public Affairs, 3rd Infantry Division)



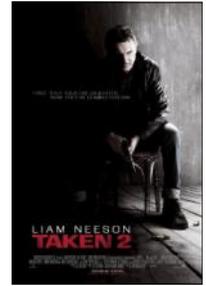
MR. MOVIE JUNKIE

BY SPC. MATTHEW JOHNSON
HUMAN RESOURCE SPECIALIST
191ST CSSB

Taken 2 – Rated “PG-13”



This sequel of the hit movie *Taken* followed the retired CIA operative Bryan Mills, played by Liam Neeson, as he fights to protect his family and himself from the criminal families of the people that had taken his daughter in the first movie. This movie was filled with creative and thrilling action scenes that kept the viewers attention. When compared to the first movie from which it was built upon, *Taken 2* seemed to be rushed, and at times even awkwardly forced situations. All and all earning 3 out of 5 stars.



The Avengers – Rated “PG-13”



All though this movie has been out for several months, the recent release of it to DVD and Blue Ray has caused renewed interest. This movie, directed by Joss Whedon, took the expectations of fans and critics and raised the bar. It combined fascinating character development, tasteful humor, and the action packed entertainment that all contributed to the movies overall success. Definitely a movie that can be enjoyed over and over again. I would have to give this movie 5 stars.



Looper — Rated “R”



This move followed a young hit man, played by Joseph Gordon-Levitt, who was tasked by a future Mob to kill people that they send back in time for execution. The hit man is shocked when his next victim turns out to be his future self, played by Bruce Willis. This movie is full of surprises and misdirection to keep the viewer guessing but entertained. It did posses some unusual humor that that did at times seemed forced. Overall earning 4 out of 5 stars.



Reel Time Theaters Arifjan Zone-1 Theater Schedule

We're saving a seat for you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					02 1730hrs.-PG CHASING MAVERICKS 2000hrs.-PG-13 TAKEN 2 2200hrs.-PG-13 FUN SIZE	03 1430hrs.-PG-13 TROUBLE WITH THE CURVE 1730hrs.-PG-13 FUN SIZE 2000hrs.-PG-13 CHASING MAVERICKS 2200hrs.-PG-13 TAKEN 2
0 1430hrs.-PG-13 FUN SIZE 1730hrs.-PG-13 TAKEN 2 2000hrs.-PG CHASING MAVERICKS	05 1730hrs.-PG-13 TROUBLE WITH THE CURVE 2000hrs.-PG-13 FUN SIZE	06 1730hrs.-PG-13 TAKEN 2 2000hrs.-PG CHASING MAVERICKS	07 1730hrs.-PG-13 FUN SIZE 2000hrs.-PG-13 TAKEN 2	08 1730hrs.-PG-13 TROUBLE WITH THE CURVE 2000hrs.-PG-13 FUN SIZE	09 1730hrs.-PG WRECK-IT RALPH 2000hrs.-R FLIGHT 2230hrs.-R THE MAN WITH THE IRON FISTS	10 1430hrs.-PG-13 THE POSSESSION 1730hrs.-R FLIGHT 2000hrs.-R THE MAN WITH THE IRON FISTS 2200hrs.-PG-13 PREMIUM RUSH
11 1430hrs.-R THE MAN WITH THE IRON FISTS 1730hrs.-PG-13 PREMIUM RUSH 2000hrs.-R FLIGHT	12 1730hrs.-PG WRECK-IT RALPH 2000hrs.-R FLIGHT	13 1730hrs.-R THE MAN WITH THE IRON FISTS 2000hrs.-PG-13 THE POSSESSION	14 1730hrs.-PG-13 PREMIUM RUSH 2000hrs.-R FLIGHT	15 1730hrs.-PG WRECK-IT RALPH 2000hrs.-R THE MAN WITH THE IRON FISTS	16 1730hrs.-PG WON'T BACK DOWN 2000hrs.-R SKYFALL 2230hrs.-R LOOPER	17 1430hrs.-PG WON'T BACK DOWN 1730hrs.-R SKYFALL 2000hrs.-R LOOPER 2200hrs.-R SKYFALL
18 1430hrs.-R SKYFALL 1730hrs.-R LOOPER 2000hrs.-R SKYFALL	19 1730hrs.-PG WON'T BACK DOWN 2000hrs.-R LOOPER	20 1730hrs.-R LOOPER 2000hrs.-R SKYFALL	21 1730hrs.-R SKYFALL 2000hrs.-PG WON'T BACK DOWN	22 1730hrs.-R LOOPER 2000hrs.-R SKYFALL		

The Family Readiness Group

The goal of the Family Readiness Group is to establish a network to allow family members to effectively gather information, resolve problems and maintain mutual support, thereby reducing stress associated with deployments. The FRG is a resource that fosters self reliance. It can give families the means and the tools to make the deployment go by just a little bit quicker.

I would like to encourage families and friends of all deployed Soldiers to become involved, if you are not already, with your unit's FRG program. Spouses, neighbors, parents, friends and teenagers of Soldiers all make great volunteers. There are many ways to volunteer and even if you are only able to commit an hour a week, that time will go a long way into building a strong program.

Capt. Berni J. Davis, Commander, HHC, 191st CSSB



Trick-or-Treat Treasure Hunt

By Capt. Berni Davis
HHC Commander
191st CSSB

The "Halloween" Headquarters Company (HHC) of the 191st Combat Sustainment Support Battalion and the Morale Welfare Recreation committee joined forces to offer a taste of home to the Ghost Riders at Camp Arifjan, Kuwait, Oct 31.

Each member of the committee provided the opportunity for Soldiers to trick-or-treat by handing out candy and clues for a treasure hunt. The clues combined to form a riddle:

'Why did the Headless Horsemen go into business for himself?'

"It made me excited for Halloween," said 2nd Lt. Aubree Shurtz, intelligence officer for the 191st CSSB.

"It was a great opportunity to get out, see other Soldiers, and do something different".



Spc. Kristyn Dixey



Staff Sgt. Ariel DeLeon and Staff Sgt. Lucas Chapman

BIRTHDAYS

What is the answer to the riddle?
"Because he wanted to get a-head."

Sgt.	MIGUEL SANDOVAL	Nov 1
Staff Sgt.	THOMAS PAYEUR	Nov 2
Spc.	DARRYL VILLAMOR	Nov 8
Spc.	DEIDRA BLACKHORSE	Nov 10
Sgt. 1st Class	DAVID SIVEWRIGHT	Nov 14
Master Sgt.	MICHAEL COFFEY	Nov 18
Chief Warrant Officer 4	MICHAEL NUNLEY	Nov 21
Staff Sgt.	JOHN PAUL SMITH	Nov 26
Staff Sgt.	ANTHONY MUTTER	Nov 30



"Ghost Riders, Out Front!"