



# Ghost Rider Post

Newsletter of the 191st Combat Sustainment Support Battalion



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## Delivering Holiday Cheer DET 4 Style



Story by Spc. Adrienne Vinson  
Unit Public Affairs Representative  
421st Quartermasters Co., DET 4

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**SOUTHWEST ASIA** – With an aircraft in place of a sleigh and a drop zone instead of a chimney, a little piece of holiday cheer was delivered to service members deployed in remote regions of Afghanistan.

When U.S. Air Force Master Sgt. Patrick Lund, 379th Expeditionary Force Support Squadron, had received dozens of care packages donated by a local TV station near his home duty station at Fairchild Air Force Base, Wash., he immediately thought about service members deployed in other areas.

Filled with items such as hygiene products, candy, handmade hats, scarves, letters, and pictures drawn by children of the Spokane, Wash., area who thanked the service members for what they are doing.

Lund wanted to send these care packages to service members in Afghanistan during the holidays.

"I thought of the outlying areas where service members are and who may not have the amenities or services that we have here," said Lund. "I made a phone call to the 816th [Expeditionary Airlift Squadron] who put me in touch with the 421st."

When Staff Sgt. Leonard Planer, the 421st Quarter Master Detachment 4 noncommissioned officer-in-charge, received the phone call from Lund requesting assistance, Planer agreed to help.

"We are always looking for ways to bring a little of the comfort we have here on base to the guys in more remote locations," said Planer.

The Soldiers of the 421st QM DET 4 were happy to help fulfill this request.

"Since we already have cargo allocated to be air dropped, adding a few care packages to a few of our pallets isn't a big deal," said Sgt. Barry MacDonald, lane chief for the 421st. "We get calls and notes from those guys downrange who say how much they appreciate those packages."

"The outpouring from friends and family back home has been overwhelming, not just supporting us as their loved ones but also helping to support the service members we support downrange," said Warrant Officer Philip Hamill, the 421st QM DET 4 commander. "We receive anywhere from fifty to a hundred care packages a month from individuals and organizations wanting to show their support."

Working together, the 379th EFSS and the 421st QM DET 4, made sure the packages were put onto the pallets. Late at night, Dec. 19, 2012, in the spirit of holiday giving, U.S. Army and the Air Force airdrop operations delivered the packages to service members all across Afghanistan.



Soldiers of the 421st Quartermasters DET 4 pack care packages onto an airdrop order, Dec. 18, for delivery to troops in Afghanistan during the holiday season. (U.S. Army photo by Spc. Michael Gault, 191st Combat Sustainment Support Battalion)

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James J. Groark  
Battalion Commander

## Give Peace (of Mind) a Chance

**"We need to institutionalize resiliency. It is not an additional task, it is a way of life."  
- Gen. Martin Dempsey, CJCS**

First, and foremost I like to thank all Ghost Riders for their outstanding performance over the course of 2012 and the families who've supported them with their generosity, kindness and love. I look forward to 2013.

The benefits of General Dempsey's vision on resiliency showed itself recently in conversations I had with two Soldiers. Here is a brief summary:

Soldier X and Y both have struggled with family and financial matters during the deployment. Both started the deployment disappointed with their military specialty. Neither Soldier has a clue where they are going to work after deployment. And, I could go on.

No matter the similarities between their external environments, these two Soldiers stand on opposite ends of the resiliency continuum. Soldier X spiraled into hopelessness regarding future employment, family matters, and military career.

"I'll never get a job with this economy." "I have the wrong military specialty."

"I do not think my family life is going to get better."

These are samplings of Soldier X's statements. On the other hand, Soldier Y seems to have grown from these challenges. His eager optimism sparks this growth.

Soldier Y has updated his resume, enrolling in college courses, working closer with his family, exploring military career options, and looking forward to attacking civilian employment opportunities. Within the five dimensions of comprehensive Soldier and Family fitness, (emotional, social, spiritual, family, physical), Soldier Y worked to maximize his potential. Soldier X fell into, what is called in clinical terms, learned helplessness.

The good news is that we are providing Soldier X with the Ghost Rider building blocks of resilience and growth. Our battalion goal is to maximize the positive impact of the Army's Resiliency Program throughout the rest of the deployment.



John Marriott  
Battalion Chaplain

“... We see things as they really are and want to do something about it.”

## Resolutions & Change

It's January again. Complete with New Year's Eve celebrations, New Year's Resolutions, and the grind of the normal work week reminding us the holidays are over.

Did you make any resolutions this year? Are you still keeping them? Often we make resolutions and plan on making changes or doing something better. In moments of clarity we see more of what we really want and what means the most to us. In other words, we see things as they really are and want to do something about it. We often will make plans or say to ourselves "I will never do that again," or "I'm going to start such and such." Then the demands and chaos of normal life distract us and our resolve is often short lived. At the risk of a chaplain sounding unoriginal, I'd like to suggest one simple practice that, when used, has helped many people change and maintain their resolves. I'm talking about prayer.

True, the First Amendment to the Constitution grants that we can practice our prayers according to whatever our faith tradition or conscience dictates. It also leaves free to avoid prayer and belief in a supreme being if that is what we chose to do. For those of us who chose to believe in a supreme being prayer is more like oxygen than an unused but available app on our phones. But the area coverage is global, free, and comes with unlimited minutes.

I learned a valuable lesson when I worked as an intern at a group home for substance abuse patients. The patients would often come for a period of time to a substance abuse clinic. Then patients would leave the clinic in the hopes that they could then apply what they had learned. They would leave and then come back weekly as part of their out-patient support. If they had relapsed the other recovering addicts were quick to notice it. The individuals still in the program would ask, "On the day that you relapsed, did you ask your higher power to help keep you sober?" The answer was always no. True, they had the option of choosing something be-

sides a supreme being as their "higher power" but most chose that anyway.

The principle I am trying to teach here applies to all of us not just those of us in the life and death grip struggle with substance abuse. I believe there is a supreme being. I know that must come as a big shock coming from a chaplain, right? I also believe that the supreme being who created us is able and willing to answer prayers even if the answer doesn't come when or how we want it to. I believe this supreme being cares about our welfare and is willing to help us change aspects of our lives. The key is this: work daily like it all depends on us and pray daily like it all depends on him. So, for anyone who considers themselves a "person of faith" I encourage you to pursue, strengthen, and develop that faith through prayer. It is my conviction that broken resolves today can become powerful character traits tomorrow.



# A Visit to Manas



Story by Master Sgt. Michael Adam  
Support Operations NCOIC  
191st CSSB

**KYRGYZSTAN** -- Upon their arrival at Manas, December 11, 2012, Maj. Nicole Chilson and Chief Warrant Officer 4 Michael Nunley, noticed the change of climate. It was cold with a light breeze and the temperature was only going down.

Once firmly settled into their "luxurious" living arrangements, their real job began.

First and foremost, they had the pleasurable task of promoting 1st Lt. Charles Idle to Captain. Braving the sub-zero temperatures and the real possibility of frost bite, Chilson promoted Idle in an outdoor ceremony.

"This reminds me of home," said Chilson about the weather. "It's just like the good old South Dakota wind



**Major Nicole Chilson, support operations officer-in-charge for the 191st Combat Sustainment Support Battalion, promotes Charles Idle to the rank of captain, Dec. 11, 2012, during a visit to Manas Airbase, Kyrgyzstan. (U.S. Army photo by Chief Warrant 4 Michael Nunley, Support Operations Chief Warrant, 191st Combat Sustainment Support Battalion)**



**General Martin Dempsey, 18th Chairman of the Joint Chiefs of Staff, poses with newly promoted Captain Charles Idle of the 191st Combat Sustainment Support Battalion at a meet and greet held at Manas Airbase, Kyrgyzstan, Dec. 12, 2012. (U.S. Army photo by Chief Warrant 4 Michael Nunley, Support Operations Chief Warrant, 191st Combat Sustainment Support Battalion)**

assistance visit on Idles' operations in the Manas plate carrier collection point where the body armor of service members in Kyrgyzstan are collected as they leave theater.

Idle represented the 191st Combat Sustainment Battalion and the Army well, ensuring his duties as the contracting officer representative are executed professionally and without flaw. The results of the contracting officer representative file inspection demonstrated a superb quality assurance program that is highly commendable. Idle is running a tight operation with superior results.

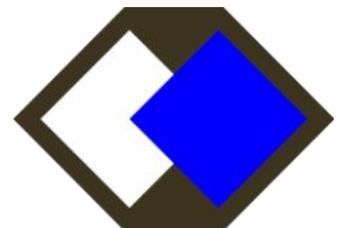
"Captain Idle, you have a good gig here," said Nunley on several occasions.

One of the finer points of the whole trip was when Chilson and Nunley, along with Idle were involved with the meet and greet by the 18th Chairman of the Joint Chiefs of Staff, General Martin Dempsey. Nunley expounded on his opportunity to shake hands with the General, while Idle, got his picture taken with the General.

chill"

Afterwards, a party in the slightly warmer confines of the local watering hole, Pete's, commenced where the finest of local beverages of coffee and soda, were imbibed with gusto. There, Idle subjected his guests to a night of karaoke.

The real meat and potatoes of the trip were conducted the very next day. Chief Nunley conducted a site



## The Best Supports the Rest



**Story and photos by Spc. Cynthia Gatling  
Unit Public Affairs Representative  
47th Transportation Company**

**CAMP ARIFJAN, Kuwait** -- A team of Soldiers from the 47th Transportation Company volunteered for an ammo abatement mission in Afghanistan.

The team left Dec. 26, and will be clearing military vehicles and equipment leaving country.

Ammo abatement involves clearing loose rounds, munitions, and spent brass that may have been missed during the turn in process. By insuring the vehicles and equipment are clean, the U.S. military can clear customs in neighboring countries without incident as they retrograde the equipment safely back to the U.S.

The Soldiers worked through the holidays, training for long hours to ensure their readiness for the mission.

“They are the epitome of selfless Soldiers,” said Cpl. Eric Johnson, a driver for the 47th.

“The ammo abatement team is excited and ready to tackle this upcoming mission,” said Capt. Sophia Reclosado, commander of the 47th TC. “They are looking forward to a new adventure within our deployment.”



**Lt. Col. James Groark, commander of the 191st Combat Sustainment Support Battalion, shakes the hand of a Soldier heading to Afghanistan, early morning, Dec. 26., 2012, as they boarded their buses in Kuwait. (Photo by Spc. Cynthia Gatling, Public Affairs, 47th Transportation Company)**



**Group photo of Soldiers of the 47th Transportation Company and the 191st Combat Sustainment Support Battalion, before departing Kuwait for Afghanistan, Dec. 26, 2012. (Photo by Spc. Cynthia Gatling, Public Affairs, 47th Transportation Company)**

# *The Ghost Rider Post*

## YEAR IN REVIEW: Top 10 News Stories of 2012



- 1 SALT LAKE CITY, Utah** - Lt. Col. Kenneth R. Lawrence smiled as he held the unit colors in his hands. He passed the red and beige flag to Col. Phillip S. Jolly, who in turn gave it to Lt. Col. James J. Groark. This tradition marks the first step the new commander takes to show his responsibility over his Soldiers. ([read more](#))
- 2 FORT DOUGLAS, Utah** -- Deadeyes from the 191st Combat Sustainment Support Battalion are training hard in preparation for mobilization to Kuwait later this spring. ([read more](#))
- 3 DALLAS, Texas** – Soldiers of the 191st Combat Sustainment Support Battalion, along with their friends and family, attended the Yellow Ribbon Reintegration Experience event held at the Hilton on Feb. 24 - 26. ([read more](#))
- 4 FORT DOUGLAS, Utah** – Four soldiers from the 191st Combat Sustainment Support Battalion, ‘Ghost Riders’, competed in a grueling three-day test of skills relevant in today’s Army during the 96th Sustainment Brigade’s 2012 Best Warrior Competition, Mar. 23-25. ([read more](#))
- 5 NORTH FORT HOOD, Texas** – Soldiers of the 191st Combat Sustainment Support Battalion, based out of Fort Douglas, Utah, are enjoying a much deserved four day rest after completing more than two months of training in the Texas sun and heat in preparation for their upcoming deployment to the Middle East. ([read more](#))
- 6 CAMP ARIFJAN, Kuwait** – The 191st Combat Sustainment Support Battalion, Task Force Ghost Riders, officially assumed control of the logistics mission in Kuwait from the 728th CSSB during a transfer of authority ceremony held at Camp Arifjan, on Aug. 7. ([read more](#))
- 7 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. ([read more](#))
- 8 SOUTHWEST ASIA** - Around noon while most units are taking a break from the day’s work, Army riggers with the 421st Quartermaster Company are still hard at work in the 105-degree sweltering humidity. ([read more](#))
- 9 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. ([read more](#))
- 10 CAMP ARIFJAN, Kuwait** - The 1462nd Transportation Company ended their year-long deployment, Nov. 17, passing on their responsibility to the 47th Transportation Company in a relief in place transfer of authority ceremony at Camp Arifjan, Kuwait. ([read more](#))

## Kuwait National Guard Visits 191st CSSB and 47 TC

**CAMP ARIFJAN, Kuwait** – Three battalion commanders for the Kuwait National Guard's Support Command visited the 191st Combat Sustainment Support Battalion and the 47th Transportation Company, Dec. 27, 2012, for a tour of the 47th maintenance and operations facilities, along with a demonstration of some of the maintenance capabilities of the unit.



*Chief Warrant Officer 2 Christopher Kidwell briefs the capabilities of an M984 Recovery Vehicle to members of the Kuwait National Guard during their visit, Dec. 27, 2012. (U.S. Army photo by 1st Lt. Matthew Lundberg, Assistant Battle Captain, 191st Combat Sustainment Support Battalion)*



*Chief Warrant Officer 2 Christopher Kidwell, 47th TC maintenance officer, shows Lt. Col. Mohammed, KNG heavy vehicle battalion commander, the undercarriage of an M984 Recovery Vehicle in the large area maintenance facility. (U.S. Army photo by 1st Lt. Matthew Lundberg, Assistant Battle Captain, 191st Combat Sustainment Support Battalion)*



*KNG officers were shown a standard automotive tool set trailer the U.S. Army uses for maintenance of vehicles during convoys. The self-contained unit proved to be of great interest to the maintenance commander of the KNG. (U.S. Army photo by 1st Lt. Matthew Lundberg, Assistant Battle Captain, 191st Combat Sustainment Support Battalion)*



*KNG transportation commander, Lt. Col. Talal, discusses with Command Sgt. Maj. Christopher Beyer of the 191st CSSB the different roles noncommissioned officers, within the battalion and the KNG, play in their respective transportation companies. The KNG, 191st CSSB and 47th TC are executing various events in which all units are working together to increase interoperability and strengthen knowledge of each other's tactics, techniques, and procedures. (U.S. Army photo by Spc. Michael Gault, Public Affairs, 191st Combat Sustainment Support Battalion)*

# Local Youth Selected for ARTP



Story by Spc. Michael R. Gault  
Unit Public Affairs Representative  
191st CSSB

**SALT LAKE CITY, Utah** — A local Salt Lake City youth was selected to be part of the Army Reserve Teen Panel, November 14, 2012, to represent the teens



*Sean O'Leary, 14, stands in front of the Lincoln Memorial during his trip to Washington, D.C., for his inaugural induction ceremony into the Army Reserve Teen Panel, Nov. 29 - Dec. 1, 2012. (Photo by Lt. Col. Alexa O'Leary, 96th Sustainment Brigade)*

of Army Reserve families.

Fourteen-year-old, Sean O'Leary, was selected as one of 15 teens across the nation to serve a two year term on the ARTP. Sean is the son of Lt. Col. Alexa O'Leary of the 96th Sustainment Brigade and Maj. Patrick O'Leary, currently deployed with the 191st Combat Sustainment support Battalion to Camp Arifjan, Kuwait.

According to the organization website, [www.cyssevents.com](http://www.cyssevents.com), as a member of the ARTP, Sean will be instrumental in developing strategies and implementing solutions for issues many Army Reserve

youth face today. Sean will function as the link between teens and Army Reserve leadership. As a panel member, Sean will attend quarterly training and workshops to help him professionally represent the Army Reserve youth at local and national events.

"This is such a privilege for me to be a part of such a great group and I am very excited, and energized, in making a difference for our Army Reserve youth," said Sean. "We all make sacrifices by having a parent or parents serving in the military and I believe if we can help one youth, we are a success."

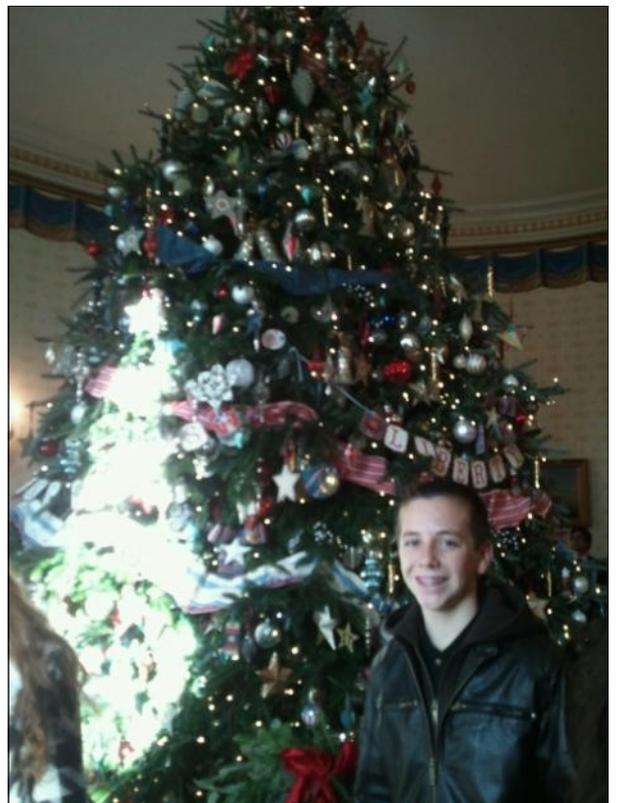
Sean recently attended the ARTP annual induction ceremony and conference in Washington, D.C., Nov. 28 to Dec. 1, 2012. At the event they met with the other teen panel members, teen advisors and command representatives. As part of the panel, Sean took part in briefing the Chief of Army Reserve, Lt. Gen. Jeffery Talley on the three key issues the ARTP members are going to be working on over the next year. Sean personally briefed Talley on social media communication and his plan to use social media to reach out to youth across the Army Reserve.

"It was a very awesome experience to brief Lt. Gen. Talley," said Sean. "I really value his message of how leadership is a very important skill in life and that we are the future leaders of the world."

The ARTP members participated in a guided tour of the White House.

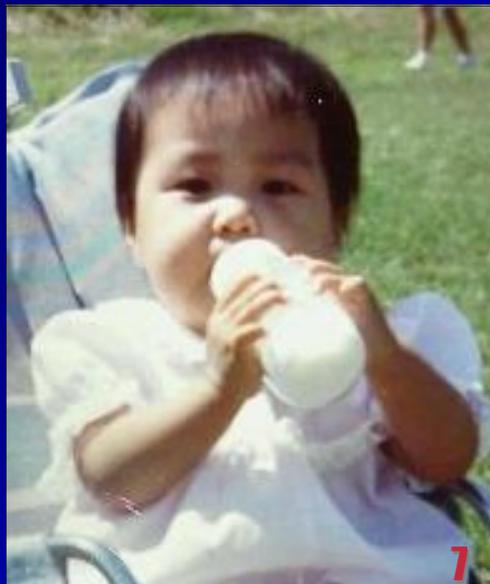
"The White House was very impressive and was decorated throughout for Christmas," said Sean. "I really liked the Armed Forces tree because it reminded me of my dad who is deployed right now, how proud I am of all the Soldiers in the Army Reserve, and how important the families are for the sacrifices they make."

When finding out about Sean's selection to the ARTP, Sean's father, Maj. Patrick O'Leary, currently deployed to Camp Arifjan, Kuwait said, "My wife and I are so proud of Sean and the opportunity serving on the ARTP will provide him. He will be given an opportunity to learn a little about leadership and serving others. The ARTP will give him an opportunity to make a difference with other Army youth and help to make things better for future Army youth that have unique experiences with having parents serving and often deploying in the Army Reserve."



*Sean O'Leary, 14, stands in front of the official White House Christmas tree honoring the troops, veterans, and military families of the armed forces, Nov. 29, 2012. The Joining Forces tree, decorated with ornaments handmade by military children from U.S. bases all over the world, stands 18-feet and 6-inches tall in the Blue Room. (Photo by Lt. Col. Alexa O'Leary, 96th Sustainment Brigade)*

**SOLDIER TRIVIA:** *Who are these photos of?*



**Check back next month for the answers!**



# MR. MOVIE JUNKIE

BY SPC. MATTHEW JOHNSON  
HUMAN RESOURCE SPECIALIST  
191ST CSSB

## Red Dawn— Rated “PG-13”



This remake attracted fans of the original 1984 film, of the same name, as well as new ones, those drawn in by current fan favorite stars Chris Hemsworth, who starred in the recent movie *The Avengers*, and Josh Hutcherson, who starred in *The Hunger Games*. Even though the “enemy” was changed from the Russians, as in the original version, to the North Koreans, the film still upheld the original spirit of the *Red Dawn* concept. If not for a forgettable and undesirable co-star’s character “Matt Eckert”, played by actor Josh Peck, this film may have earned 4 stars, but alas, I could only give it 3 stars.



## The Hobbit: An Unexpected Journey— Rated “PG-13”



This prequel to the famous Lord of the Rings trilogy follows the story of Bilbo Baggins who had been recruited to join a group of questing Dwarves to reclaim the stolen kingdom. This story, for the most part, followed that of the book, combining action with humor for a tasteful tale. This film is only part one of a two part movie, however they did well at finding a good stopping point to leave off with. All said and done this film earned a 4 of 5 stars.



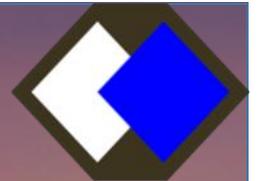
## Pitch Perfect— Rated “PG-13”



This film, recently released on DVD, was one of the funniest movies that I have seen of the last year. I probably would not have seen this movie just by seeing the cover, which appears to be that of a teen targeted movie, however, upon recommendation from a fellow Soldier, I must say that I was pleasantly surprised and found myself laughing throughout the bulk of the film. I would even go so far as to say that this film earned 4 out of 5 stars!



# 364<sup>TH</sup> ESC Yellow Ribbon Program



## Yellow Ribbon Event #3

## February 22-24 in Los Angeles, Calif.



# December Promotions



CAMP ARIFJAN, Kuwait — Sgt. James Darnell, Camp Beuhring's central issue facility noncommissioned officer in-charge, with the 191st Combat Sustainment Support Battalion, is promoted to the rank of Staff Sgt., Dec. 12, 2012. (U.S. Army photo by Spc. Michael Gault, Public Affairs, 191st Combat Sustainment Support Battalion)



CAMP ARIFJAN, Kuwait — On Dec. 13, 2012, Pfc. Nicolas Downs, a support operations admin specialist with the 191st Combat Sustainment Support Battalion, is advanced to the rank of specialist. (U.S. Army photo by Spc. Michael Gault, Public Affairs, 191st Combat Sustainment Support Battalion)

## BIRTHDAYS

Pfc.	Andy Mounsena	Jan. 4
Staff Sgt.	Charles Hays	Jan. 9
Sgt.	George Ritchie	Jan. 24



“Ghost Riders, Out Front!”