

PROVIDER POINT

Volume 1: December 2012 - February 2013

Heart of the Rock!

Providers arrive to Afghanistan

Comprehensive Soldier Fitness

PROVIDER POINT

Vol. 1: Dec. 2012-Feb. 2013 Heart of the Rock!

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On the cover: Providers earn 'combat patch'
Soldiers with Headquarters and Headquarters Company, 3rd Sustainment Brigade were awarded with the Shoulder Sleeve Insignia-Former Wartime Service, more commonly known as the 'combat patch,' during a ceremony held at Kandahar Airfield, Afghanistan, Dec. 31, 2012. The combat patch--a tradition started by the U.S. Army During World War II--was awarded to the Headquarters Company Soldiers serving their first deployment and to combat-experienced Soldiers now deployed for the first time with Task Force Provider. Additionally, special recognition was made to several Soldiers within the formation who have deployed multiple times with the 3rd Sustainment Brigade--to Iraq and Afghanistan.
(U.S. Army photo by Staff Sgt. Tanya Green, 3rd Sustainment Brigade Public Affairs)

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Provider 6 Sends:

Task Force Provider Team,

Command Sgt. Maj. Daniels and I would like to take this opportunity to **Thank You** and our Families for your service and sacrifice to our Army and nation. We could not accomplish all that we do without the unwavering support and commitment of our Families. Your contributions to the 3rd Sustainment Brigade have been immense, and we are all truly grateful.

Currently we are writing history during a critical time in Afghanistan, and our Soldiers are doing an outstanding job. Task Force Provider's mission success is a **"Total Army Team"** effort! We are teamed with all components of the U.S. Army—Active, Reserve, and National Guard, hailing from all parts of our great nation. Together, Task Force Provider is working around the clock to accomplish our mission of supporting U.S. and Coalition forces in Regional Commands – South, Southwest, and West. Whether we are sustaining combat operations or retrograding equipment, TF Provider always knows that "someone is counting on them." I am proud to say we are the best sustainment brigade in our Army because of the extraordinary team we have assembled in Afghanistan and our Families at home.

With many of our Soldiers deployed, it is important that we continue to place emphasis on our Families. We have asked the deployed command teams to stayed engaged with their home detachments and encourage our home detachments to periodically call the spouses of our deployed Soldiers to ensure we have updated contact information, as well as serve as a resource if needed. Many times, a kind word, a note or a simple "hello" can make the difference in the life of a spouse or a child when their Soldier is away. It is important that the Families of our deployed Soldiers know they are vital members of our team. I want to personally thank all of the family readiness group leaders and volunteers who continue to make a difference in helping our TF Provider Families. Your efforts are making a tremendous difference at home and here in Afghanistan.

I encourage all of you to stay in touch with the TF Provider Team. Our Facebook page (3rd Sustainment Brigade) continues to grow and we update it often, showcasing our Soldiers accomplishments. You can also read our TF Provider stories on our DVIDS Web page, <http://www.dvidshub.net/unit/3sb> , and in our recently published **"Provider Point."**

Keep up the excellent work Providers! Each and every one of you is vital to our mission success in Afghanistan. I am honored to be serving in your ranks as Provider-6.

Heart of the Rock!

Sincerely,

Colonel Ron Novack
Commander, 3rd Sustainment Brigade



Provider 7 Sends:

Task Force Provider Team,

As we approach the completion of our first 90 days of operations here in Afghanistan, I would like to extend my sincere gratitude and appreciation to all our Soldiers-Active Duty, National Guard and Reserve, as well as civilians and contractors and to all of our leaders who invest their time to make this deployment successful. I commend you all for your dedication, hard work and sacrifices that you make each day, exceeding the standards and continuing to set the example of true professionalism.

As I conduct my battlefield circulation throughout Regional Command – South, Southwest and West, I continue to be impressed with the caliber of Soldiers we have and the missions they are performing. They demonstrate the spirit of "Army Strong." We have Soldiers who traverse along dangerous routes to ensure the war-fighters have the supplies they need to complete their operations, while other Soldiers working countless hours to ensure that the operations they support are unhindered by logistics. And all the while, these Soldiers remain highly motivated, and demonstrate professional competence.

Whether you are turning wrenches in the motor pool or ensuring your fellow comrades have enough water, food, fuel and ammunition—remember you are a critical part of the team and a valuable part of our mission. Every day you are truly making a difference for your unit and here in Afghanistan. We are honored to be on your team.

As we continue with the deployment, we must remember to remain vigilant. We cannot allow ourselves to lose initiative. Safety has always been a top priority for this brigade. We must maintain our high-level of discipline and standards so we do not lose a Soldier negligently. The brigade commander has a saying, "Go slow to go fast." Leaders must continue to set and enforce the standards that our Soldiers exemplify daily. We must continue to invest our time to coach, mentor and develop our Soldiers, consistently.

Finally, to our Families back home, this mission cannot be accomplished without your love, support and sacrifice. We recognize and thank you for your sacrifice and steadfast commitment to your service member, your Family and the United States Army.

Heart of the Rock!

Sincerely,

Command Sergeant Major Forbes Daniels
Senior Enlisted Advisor, 3rd Sustainment Brigade



“The deployment comes at a very critical and historic time in Afghanistan, and we are very excited to be a part of writing this history.”



Colonel Ron Novack and Command Sergeant Major Forbes Daniels uncasing their Third Sustainment Brigade colors during a transfer of authority ceremony, Dec. 24, 2012 at Kandahar Airfield, Afghanistan. With the unfurling of the colors, the ‘Providers’ assume responsibility of all sustainment operations in Afghanistan’s Regional Commands-South, Southwest and West from the 45th Sustainment Brigade. (U.S. Army photos by Staff Sgt. Tanya Green, 3rd Sustainment Brigade Public Affairs)

3 Providers assume sustainment mission across Regional Commands

By Staff Sgt. Tanya Green
3rd Sustainment Brigade

KANDAHAR AIRFIELD, Afghanistan — The 3rd Sustainment Brigade’s colors unfurled at Kandahar Airfield, Afghanistan, Dec. 24, 2012, marking an official transfer of authority in Regional Commands-South, Southwest and West and another milestone for the Fort Stewart, Ga., based unit.

The “Providers,” led by Col. Ron Novack and Command Sgt. Maj. Forbes Daniels, assumed responsibility of sustainment operations in the three Afghanistan regions after Soldiers assigned to the Headquarters Company and Special Troops Battalion, 45th Sustainment Brigade completed their 12-month tour.

This is the second time that the 45th relinquished combat responsibility to the 3rd Sustainment Brigade. The Providers replaced the “Lightning Support” at Forward Operating Base Qayyarah (Q) West, Iraq, in June 2007.

The 3rd Sustainment Brigade Headquarters’ storied history includes four combat deployments. Their arrival to Kandahar denotes the unit’s fifth deployment, but first to Afghanistan.

“The deployment comes at a very critical and historic time in Afghanistan, and we are very excited to be a part of writing this history,” said Novack.

The brigade commander added that his team is ready to begin their mission - to provide sustainment and retrograde support throughout their operational environment.

“This is a tall order, but the Providers deployed here to Kandahar are combat-tested Soldiers and leaders who know how to provide sustainment in any environment, and we are trained and ready for the task at hand,” said Novack.

Brig. Gen. Kristin French, reviewing officer for the transfer of authority ceremony, said that the ‘Providers’ are prepared to handle any challenges forthcoming.

“The upcoming months will be very dynamic, and you will help shape the future of Afghanistan,” she added.



Pfc. Milton Watford, Sgt. 1st Class Roy Williams, Staff Sgt. Coreen Quammie and Spc. Jay Helmke--all assigned to the 45th Sustainment Brigade--along with 3rd Sustainment Brigade’s Sgt. Ryan Haynes, retire the colors following a transfer of authority ceremony, Dec. 24, at Kandahar Airfield, Afghanistan. During the ceremony, the 45th Sustainment Brigade relinquished responsibility of logistical operations in Regional Command-South, Southwest and West to the 3rd Sustainment Brigade.

“The Providers deployed here to Kandahar are combat-tested Soldiers and leaders who know how to provide sustainment in any environment...”

Col. Ron Novack, commander
3rd Sustainment Brigade





Keeping in touch

Pfc. Karen Law and Pfc. Klamente Bowers prepare to process a package, Dec. 21, 2012, at the Kandahar Airfield post office in Kandahar, Afghanistan. Both Soldiers are assigned to the 502nd Human Resources Company, 3rd Sustainment Brigade, and are working overtime to ensure fellow Soldiers and their Family Members receive mail during the holiday season. (U.S. Army photo by Sgt. Tanjie Patterson, 3rd Sustainment Brigade Public Affairs)

Human resources specialists ensure Families, Soldiers, stay connected during the holidays

By Sgt. Tanjie Patterson
3rd Sustainment Brigade

KANDAHAR AIRFIELD, Afghanistan—While Santa and his elves are hard at work at the North Pole, so are the soldiers of the 502nd Human Resources Company, 3rd Sustainment Brigade in Kandahar, Afghanistan.

About 15 Soldiers are working overtime at the Kandahar Airfield post office ensuring that Soldiers, Department of Defense contractors and Family Members alike are able to receive packages and letters during the holiday season. While there is no guarantee that mail will arrive on any specific holiday, the Soldiers try their best to process outgoing mail as fast as possible.

“We try to push the mail out in a timely fashion but sometimes we face challenges such as items that can’t be mailed,” said Pfc. Karen Law, a human resource specialist with the 502nd Human Resource Co.

Law explained that all packages are thoroughly inspected and some must be checked and approved by customs agents. The post office is

open seven days a week on Kandahar Airfield, and the work-load doubles for the mail handlers during the holiday season.

“During the holidays, the mail load increases by 50 percent and our storage space is limited, so we try our best to push the mail out as soon as possible,” said 1st Lt. Blossom Jefferson, the officer in charge of the Kandahar Airfield Army Post Office.

“When we face the space difficulties, or any other obstacles, we just think about how much means to the ‘war-fighter.’ Then, the long hours become worth it, and the extra effort is put in to ensure that everyone gets their mail.

Law shares similar sentiments about providing for her fellow comrades.

“Even though we do work long hours it feels like people are depending on me and it motivates me to know that I’m helping others,” she said.

Jefferson said that it’s all about being a team-player.

“It helps to know you are the connection between the Family Members at home and the Soldiers on the battlefield.”

Sustainment Soldiers, USO share holiday spirit in Southern Afghanistan

By Spc. Rochelle Krueger
3rd Sustainment Brigade

While Santa Claus enlists his reindeer to help transport gifts via air, Soldiers with the 1486th Transportation Company are spending their nights before Christmas convoying through the streets of Afghanistan—delivering packages to fellow comrades who are spending the holiday season away from home.

The ‘Buckeyes’—an Ohio National Guard unit attached to the 117th Combat Sustainment Support Battalion, 3rd Sustainment Brigade in Kandahar—teamed up with the United Services Organization, Dec. 23 to 24, 2012, to distribute hundreds of gift bags to Troops stationed at forward operating bases throughout the country’s southern region.

This is the fourth-consecutive year that the USO has partnered with a sustainment unit to distribute holiday goods, and this year donations included television sets, gaming systems, phone cards and movies.

“Our goal is to show these guys that they’re not forgotten here,” said Priya Butler, director of operations for USO Southwest Asia who travelled with the 1486th Transportation Co. “People back home still care. We think of them (the deployed soldiers) every day, especially during the Christmas season.”

Sgt. Thomas Staley, 1486th Transportation Co., said that though he too is away from home, he was delighted to share in the Christmas spirit with others.

“It’s nice to share joy when we are given an opportunity to do so,” he said. “Being so far away, the USO does a great job to make us feel more at home.”

In addition to delivering presents, Gwin, Staley and their fellow ‘Buckeyes’ provided a safe trip for the USO representative.

“I understand the risk involved and accept it,” said Butler. “But I’ve seen impact when an American civilian arrives (to a forward operation base) with gifts in

hand; that outweighs the risk in my mind.”

The 1486th TC has transported logistical supplies to multiple outlying units since their arrival to Kandahar in early May. First Lieutenant Lauren Perry, commander of the ‘Buckeyes’ said she is proud of her team who was chosen to also assist with this holiday mission.



Spc. Derek Hughes and Sgt. Dan Gallaway, transportation specialists with the 1486th Transportation Company, Ohio National Guard, direct a forklift to download holiday gifts to a forward operating base in Southern Afghanistan. The Soldiers assisted the United Services Organization in delivering presents to Troops who are deployed during the holiday season. (U.S. Army photo by Spc. Rochelle Krueger, 3rd Sustainment Brigade Public Affairs)

“We know what it feels like to not have things, and it’s prideful that they trust us to deliver all the goods,” she said.

Spc. Derek Hughes, another transportation specialist for the ‘Buckeyes,’ said though delivering presents is but a small part of his team’s overall mission, it’s a critical piece of comprehensive Soldier fitness.

“It improves morale for the Soldiers stationed far away to get a surprise from Santa’s Sleigh,” he said, referring to his military vehicle nicknamed for carrying the most gifts.





Spc. Jordan Suggs, an all-wheeled vehicle mechanic with Headquarters and Headquarters Company, 3rd Sustainment Brigade, opens a crushed hydraulic line on a fork lift, Dec. 30, 2012, at Kandahar Airfield, Afghanistan. Suggs, a Wilson, N.C., native says that he enjoys being a mechanic despite the long hours because he is serving alongside his Army Family.



ABOVE: Spc. Christian Caviness, an all-wheeled vehicle mechanic with Headquarters and Headquarters Company, 3rd Sustainment Brigade, replaces the tools used after a day's work in the maintenance bay, Dec. 30, 2012, at Kandahar Airfield, Afghanistan. **BELOW: Spc. Michael Vickers**, an all-wheeled vehicle mechanic with Headquarters and Headquarters Company, 3rd Sustainment Brigade, repairs a Bulgarian army vehicle at Kandahar Airfield, Afghanistan. (U.S. Army photos by Spc. Rochelle Krueger, 3rd Sustainment Brigade Public Affairs)

Mechanics keep missions rolling

By Spc. Rochelle Krueger
3rd Sustainment Brigade

Soldiers' tool to success is togetherness

Engines are humming, wrenches are turning and the 3rd Sustainment Brigade mechanics continue to keep the war fighters rolling in Southern Afghanistan. For the 'Provider' maintenance team serving in support of Operation Enduring Freedom every day is different, but one thing remains the same—the Family like atmosphere.

"This is a Family environment here," said Pfc. Brandon Hunter, an automated logistical

specialist and Darlington, S.C., native. "We do everything together, both on and off the clock."

Hunter and his fellow maintenance team assigned to Headquarters and Headquarters Company, 3rd Sustainment Brigade, consider themselves like a band of brothers. Although they troubleshoot different aspects of their military occupational specialties, they work together to fix any maintenance or personal concern that arises.

"If I have a problem, I can go to any of my fellow Soldiers," said Spc. Michael Vickers, an all-wheeled vehicle mechanic serving on his first combat-tour. "They have deployment experience, so they're very helpful.

"I can go to any of my battle buddies with a question and not feel ashamed," the Florence, Ky., native continued. "We're all cohesive (and) don't look down on anyone; we all just take care of each other."

Spc. Jordan Suggs a Wilson, N.C., native who has been married for three years with one child and another on the way, said it is his section's camaraderie that helps him deal with the difficulties of deployment.

"It is stressful at times being away from my Family, but I get to talk to them fairly often and my main-

tenance Family helps me (cope) through it," he said.

Sgt. Stephen Valentine, a Philadelphia, Penn., native, said fostering a Family-like atmosphere for his Soldiers benefits his team's overall job performance.

"I communicate with my Family every day, and I'm in a happy place," he said. "If I am in a happy place, then I can serve as a good role model for my Soldiers. The better they are, the better they perform."

Valentine added that a strong work performance is critical as his Soldiers help service the war fighters throughout three regional commands in Afghanistan.

"We have a big mission to accomplish here, and comprehensive Soldier fitness is key to mission success," he said. "We're still a work in progress; in the coming months we'll be a well-oiled machine."





Lt. Col. Kevin Settle and Command Sgt. Maj. Thomas Mooney, the 495th Combat Sustainment Support Battalion command team, uncasing their unit colors during a transfer of authority ceremony, Jan. 5, at Kandahar Airfield, Afghanistan.

Montana NG battalion assumes logistics' mission in RC-South

By Sgt. Tanjie Patterson
3rd Sustainment Brigade

KANDAHAR AIRFIELD, Afghanistan — Soldiers with the 117th Combat Sustainment Support Battalion, New Jersey National Guard, relinquished responsibility of sustainment operations in Afghanistan's Regional Command-South to the 495th CSSB, Montana National Guard, after completing a deployment in support of Operation Enduring Freedom, Jan. 5.

Lt. Col. Paul Rumberger and Command Sgt. Maj. Hermenegildo Devarie, 117th CSSB command team,

cased their unit colors at Kandahar Airfield during an official transfer of authority ceremony.

Upon their arrival to Afghanistan nine months ago, Rumberger said he challenged his Troops with the task of joining fellow U.S. and Coalition Forces to sustain the war-fighters, anticipate shortfalls and mitigate logistical choke-points.

"I now stand before you to report, 'challenge met,'" he said during his outgoing speech to distinguished guests and Soldiers in attendance.

The 117th CSSB maintained constant operational responsibility for the largest tactical multi-class supply



Lt. Col. Paul Rumberger and Command Sgt. Maj. Hermenegildo Devarie, the 117th Combat Sustainment Support Battalion command team, casing their unit colors during a transfer of authority ceremony, Jan. 5, at Kandahar Airfield. (U.S. Army photos by Sgt. Tanjie Patterson, 3rd Sustainment Brigade Public Affairs)

support activity in Afghanistan. The team completed more than 400 tactical combat missions and traveled more than 500,000 tactical miles.

"They personified what it means to be a selfless supporter and logistician," said Col. Ron Novack, 3rd Sustainment Brigade commander and reviewing officer for the transfer of authority ceremony. "Task Force Trenton leaves behind a sterling support reputation throughout RC-S, and it's one they should be professionally proud of."

The 495th CSSB unfurled their colors previously encased when they departed Kalispell, Mont.

"We would like to welcome the 495th CSSB from the 'Big Sky State' to the 'Provider' team...Let's get hot," Novack said.

The 495th is no stranger to the 3rd Sustainment Bde. The staff headquarters element trained with the Providers during their final mission command post exercise at Fort Stewart, Ga., this past summer.

Lt. Col. Kevin Settle, 495th battalion commander, thanked Novack and the Providers for setting his team up for mission success during their pre-deployment preparations.

"It is an honor for the citizen Soldiers of the 495th CSSB to be part of historic operations in Afghanistan," Settle added.

Ohio NG units exchange places in Kandahar

By Spc. Rochelle Krueger
3rd Sustainment Brigade

KANDAHAR AIRFIELD, Afghanistan--Soldiers with the 1486th Transportation Company, Ohio National Guard, case their colors during a Transfer of Authority ceremony, Jan. 20, at Kandahar Airfield, Afghanistan. Led by Commander, 1st Lt. Lauren A. Perry, the 1486th TC hands over the reins to their Ohio partner, the Iron Camels--1487th Transportation Company.

"The 1486 has provided seamless world-class logistical support to 42 bases in Afghanistan. Your abilities and professionalism have impressed me throughout the deployment while working with the Australian and Poland forces," said Perry. "We have been through many difficult and challenging times but we are all on our way home now, thanks to all of you."

Commander, Capt. Stephen A. Sturgill, and 1st Sgt. Michael Kula uncased the 1487th TC's Colors and assumed logistical support operations.

"Long days of training and hard work have put us in a position to be successful," said Sturgill. "This is our mission, our chance to excel and take pride in this uniform."





HONORING

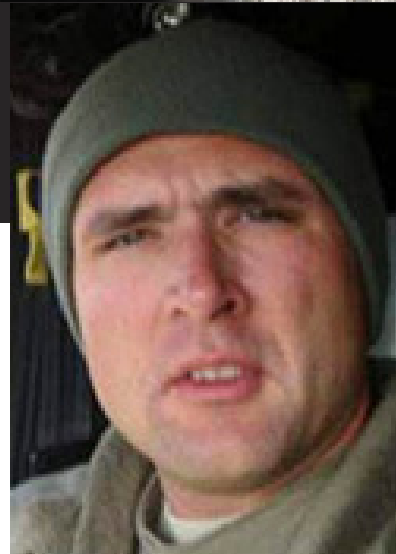
SACRIFICE

Fallen Soldiers join Hall of Heroes

By Staff Sgt. Tanya Green
3rd Sustainment Brigade

Deployed Soldiers paid tribute to two fallen comrades, Feb. 8, during a remembrance ceremony held in Southern Afghanistan.

Staff Sgt. Robert Massarelli and Sgt. Michael Strachota were inducted into the Hall of Heroes—an indoor photo memorial built for U.S. Army Soldiers who perished while stationed at Camp Leatherneck, serving in support of Operation Enduring Freedom.



Staff Sgt. Robert Massarelli



Sgt. Michael Strachota

Massarelli and Strachota died June 24, 2012 in Kandahar. They were assigned to the 96th Transportation Company, 180th Transportation Battalion, 13th Sustainment Command (Expeditionary), out of Fort Hood, Texas.

“Massarelli and Strachota’s actions were of honor and an immeasurable sense of service and commitment to duty as they traversed on a continuous basis throughout the most dangerous routes of Regional Command-South,” said Lt. Col. Louis Feliciano, commander of the 393rd Combat Sustainment Support Battalion, U.S. Army Reserve-Puerto Rico. “Whatever the task, whatever the mission, Massarelli and Strachota always stood ready.”

Feliciano’s battalion—comprised of five subordinate companies and a headquarters element—stood tall as he and Command Sgt. Maj. Josue Maldonado spoke about the heroism of the two warriors during the ceremony.

“Staff Sgt. Massarelli and Sgt. Strachota are not with us today, not physically, but their spirits are with us,” said Maldonado. “They are watching over all our steps, flying like strong eagles so we will not fail.”

Sgt. Jeff Haddix, assigned to the 63rd Ordnance Company, 393rd CSSB, 3rd Sustainment Brigade, said that the fallen Soldiers lived the Army’s core values.

“They went out of the wire without any expectation of recognition,” he said. “They went out for the mission. They went out knowing the risk; they went out willing to pay the ultimate sacrifice for the things that we believe—for democracy and freedom.”

Third Sustainment Brigade Commander, Col. Ron Novack and



ABOVE: Third Sustainment Brigade Commander, Col. Ron Novack and Lt. Col. Louis Feliciano, commander of the 393rd Combat Sustainment Support Battalion-U.S. Army Reserve-Puerto Rico, display a photo memorial of Staff Sgt. Robert Massarelli, Feb. 8, at Camp Leatherneck, Afghanistan.

BELOW: Command Sgt. Maj. Forbes Daniels, 3rd Sustainment Bde., and Command Sgt. Maj. Josue Maldonado, 393rd CSSB, participate in a remembrance ceremony for Staff Sgt. Robert Massarelli and Sgt. Michael Strachota, Feb. 8, at Camp Leatherneck. (U.S. Army photos by Staff Sgt. Tanya Green, 3rd Sustainment Brigade Public Affairs)

Command Sgt. Maj. Forbes Daniels, joined the 393rd command team to unveil the photo collages of the two fallen Soldiers.

Feliciano said that it was an honor and a privilege to be able to induct Massarelli and Strachota into the Hall of Heroes.

“Massarelli and Strachota stood, and will always stand, among your fellow comrades in arms today, tomorrow and always as their photographs serve as a symbol of selfless service to our nation,” he said. “Our nation will be ever grateful for their service. The Soldiers of this battalion will never forget these heroes.”

The photo memorials were placed on display next to five other U.S. Troops who made the ultimate sacrifice—Spc. Shawn Muhr and Spc. Joshua Campbell, who perished Jan. 29, 2011 and Cpl. Colby Richmond and Cpl. Devin Daniels, who died Aug. 25, 2011 while serving with the 546th Transportation Company; and Pfc. Alberto Obod, who passed away Aug. 28, 2011 while serving with the 240th Quartermaster Company.

“They are watching over all our steps, flying like strong eagles so we will not fail.”

Command Sgt. Maj. Josue Maldonado
393rd CSSB, senior enlisted advisor



Honor & Respect

Staff sergeant reconstructs mortuary collection point

By Staff Sgt. Tanya Green
3rd Sustainment Brigade

SHINDAND, Afghanistan — When Staff Sgt. Cesar Rodriguez left Moca, Puerto Rico, to deploy with the 393rd Combat Sustainment Support Battalion, U.S. Army Reserve, he knew he had an important job to do. As a mortuary affairs specialist, Rodriguez doesn't just handle human remains—the Families of fallen Soldiers entrust him to care for their loved ones and treat them with dignity and respect as they transition home from combat.

After arriving to Shindand, Afghanistan, Rodriguez saw he had an even greater mission on his hands.

"There was just a tent," he said. "I know how a transfer and collection point should look like, and I just had to make this honorable."

Rodriguez—who was previously stationed at Dover Air Force Base, Del., where he was the case manager for more than 130 Families of fallen servicemembers and participated in more than 160 dignified transfers—said he knew what right looked like.

"After two years there, I saw how to honorably process and transfer our fallen," he said. "Now, coming here (to Afghanistan), I realize just how important that is."

Rodriguez immediately began to renovate the tent. The summers he spent at a construction site with his uncle as a teenager came in handy, and combined with his passion for perfection, Rodriguez transformed a tent into a noteworthy facility.

"I had a \$2,200 budget for a \$10,000 project," he said, "but, when you have a personal interest in something, there's nothing you can't do."

Rodriguez said that the ideas he had in mind

for remodeling the mortuary collection point would require the support of others to complete.

"I couldn't just sit around and wait," he said. "Every time I had an opportunity to speak with someone I talked about how we could make this better—together."

Rodriguez rallied the support of fellow Soldiers, contractors and civilians on Forward Operating Base Shindand. Many of whom, he said, were retired military personnel who were more than willing to help.

"When I have a project, I can't sleep. I just keep working until the mission is finished. I focus on my mission, and (in this case), I focus on the Families, and that gives me the strength."

Four months later, the mortuary collection point now has a ramp that leads up to the entryway and the door was widened so the remains could be transported more efficiently. Rodriguez also installed a supply room and built a processing room adjacent to the tent.

"We added a medical sink, installed plumbing with hot and cold water and exterior electricity. I had to make this honorable," he said.

Rodriguez said he takes his job as an American Soldier seriously.

"The most important thing here is taking care of our own and their Families," he said. "This is the fallen Soldiers' last mission, so it has to be done with respect."

Rodriguez is now nearing the end of his deployment and looking back he says it was time well spent for a job that was much-needed. But though he is headed home, he said his mission is not quite complete.

"I just want to make sure that whoever replaces me here has an understanding of how to do this," he said.

"I hope that I can help set them up for success. Honoring the Soldiers and their Families—it's just my duty to do this."

Staff Sgt. Cesar Rodriguez, a mortuary affairs specialist with the 393rd Combat Sustainment Support Battalion, U.S. Army Reserve-Puerto Rico, completely remodeled a mortuary collection point at Forward Operating Base Shindand, Afghanistan. Rodriguez said his reason for the renovations was to honor and respect fallen servicemembers and their Families. (U.S. Army photo by Staff Sgt. Tanya Green, 3rd Sustainment Brigade Public Affairs)



By Sgt. Tanjie Patterson
3rd Sustainment Brigade

A Balanced Team

*Providers sustain healthy force through
5 pillars of Comprehensive Soldier Fitness*

Long hours at work and separation from Families can have a negative effect on the morale and mental well being of Soldiers, but the 3rd Sustainment Brigade has implemented the five pillars of Comprehensive Soldier and Family Fitness while deployed to Kandahar, Afghanistan, to counteract those effects.

Physical

Sergeant First Class Orlando Guzman, who has a bachelor's degree in physical education, is helping 3rd Sustainment Brigade Soldiers stay mentally and physically tough during their nine-month deployment.

"I incorporate my prior military and civilian training in sharing what I know with the Soldiers through formal and informal counseling and also through demonstration," said Guzman, the 3rd Sustainment Brigade postal service non-commissioned officer in charge.

Guzman, a Chicago native, says it is important to have an engaged and caring leadership and to lead by example. He uses Comprehensive Soldiers Fitness to help his Troops reach and exceed their goals.

Command Sgt. Maj. Forbes Daniels, the senior enlisted adviser for the 3rd Sustainment Brigade, said that the CSF2 initiative helps keep a healthy and balanced team, capable of completing any mission.

"If the Soldiers are both psychologically and physically fit, then their confidence levels are up, and they are able accomplish any task at hand," he said.

Social

Throughout their nine-month tour, the 'Providers' are planning to host a number of social events such as branch birthday parties, professional development gatherings and different ethnic observances. The Kandahar Airfield Family and Morale, Welfare and Recreation program also offers Troops a variety of activities like poker tournaments, yoga classes, Salsa night, Jiu-Jitsu and karaoke, which allows Soldiers the opportunity to socialize amongst each other.

"We organize and publicize events that allow Soldiers to get together and have fun," said 1st Lt. Zachary Schofield, future operations and plans officer with the 3rd Sustainment Brigade, and native of Savannah,

Ga. "Soldiers can blow off steam and have fun while deployed in addition to building relationships, and that is key to resiliency."

Maintaining social interaction while deployed also boosts soldier-morale and fosters an inclusive environment, Schofield said.

"I feel a social relationship is very important because you are able to interact with other people in a positive way, and that results in feeling connected to others and being a part of a family," said Spc. Dionndra Harris, the 3rd Sustainment Brigade's support operations administration assistant, and Birmingham, Ala., native. "It gives us a feeling of being liked and included."

Emotional

Soldiers can face challenges while away from Family and friends. These challenges can sometimes affect Troop-morale or add stress to a Soldier's life. With stress comes emotions that can affect one's physical and mental wellbeing. Through Comprehensive Soldier and Family Fitness, the 3rd Sustainment Brigade strives to help Soldiers effectively cope with stress, manage their feelings and adapt to change while deployed to Afghanistan.

"Emotions can run high in a stressful environment, but as Soldiers you have to learn how to control yourself by approaching things in a positive, optimistic way," said Spc. D'Shaun Howard, a human resource specialist, with Headquarters Company, 3rd Sustainment Brigade.

Master Resilience Trainer Capt. Dana Cook, said one way to help reduce stress levels and promote mental toughness, as well as physical strength, is through yoga. Cook, who has incorporated yoga into her lifestyle since high school, attends yoga class twice a week at Kandahar Airfield with her fellow Soldiers.

"Yoga helps me to de-stress, relax and refocus my mind while challenging my body," said Capt. Etta Wheeler, the 3rd Sustainment Brigade's distribution officer, and native of Bossier City, La. "For me, it's just like meditation. It is a practice that involves focus; you focus on your mind, your breathing and your muscles. It takes concentration to keep the body balanced."

Continued on Page 20



Physical

Spc. Ayesha Hudlin, a postal service specialist with Headquarters and Headquarters Company, 3rd Sustainment Brigade, and native of Warner Robins, Ga., takes to the gym for a lunch-time workout, Jan. 16, at Kandahar Airfield, Afghanistan. Hudlin, who works out twice a day, is making strides to become more physically and mentally tough while deployed. (U.S. Army photo by Sgt. Tanjie Patterson, 3rd Sustainment Brigade Public Affairs)

Cook said that though yoga may not be for everyone, there are alternative relaxation techniques, like breathing exercises, to help Soldiers maintain a healthy and balanced emotional wellbeing.

Family

The ‘Providers’ offer a variety of avenues to help stay in touch with loved ones. Holiday greetings, or video messages, are recorded on a particular holiday and then uploaded to the Web or sent to the Soldier’s hometown for their Family Members to see.

The 3rd Sustainment Brigade also hosts command team Family readiness group meetings, quarterly, and provides access to telephones and computers so that



Emotional

Capt. Dana Cook, the 3rd Sustainment Brigade Master Resilience Trainer, and native of Richmond Hill, Ga., stretches during a yoga class, Jan. 23, at Kandahar Airfield, Afghanistan. Cook uses yoga as a means of connecting her mind and body and to help cope with the stresses of her environment. (U.S. Army photo by Sgt. Tanjie Patterson, 3rd Sustainment Brigade Public Affairs)

RIGHT: Master Sgt. Paul Lloyd, the 3rd Sustainment Brigade’s support operations mobility noncommissioned officer in charge, chats with his eight-year-old son and fellow classmates while deployed to Kandahar Airfield, Afghanistan, Feb. 15. (U.S. Army photo by Sgt. Tanjie Patterson, 3rd Sustainment Brigade Public Affairs)

Soldiers can stay connected throughout their combat tour.

Spiritual

Soldiers may be faced with challenges and adversities at home station or while deployed. One way to persevere through those challenges is by strengthening values and principles.

“I think it is important to have some type of spiritual grounding because then you will be grounded in every other way,” said Master Sgt. Michael Tribble, the 3rd Sustainment Brigade’s operations contracting support non-commissioned officer in charge, and native of Clarksdale, Miss. “I support the Comprehensive Soldier Fitness Program because it gives Soldiers guidelines on specific areas to focus on in order to make them well rounded.”

Spirituality, as it pertains to Comprehensive Sol-



Spiritual

Soldiers with Headquarters and Headquarters Company, 3rd Sustainment Brigade, bow their heads in prayer before departing on a convoy, Jan. 24, at Kandahar Airfield, Afghanistan. (U.S. Army photo by Sgt. Tanjie Patterson, 3rd Sustainment Brigade Public Affairs)



Family

dier and Family Fitness, covers a person’s core values, identity and beliefs. Staff Sgt. Beverly Neal, a transportation management coordinator with the 3rd Sustainment Brigade, and native of Newberry, S.C., teaches a women’s bible study every Friday evening.

“It helps to have a spiritual side because it provides Soldiers with something much greater to turn to in life,” said Neal.

Tribble shares similar sentiments.

“I think having the ability to draw on faith in a difficult situation and knowing you’re never alone will help to get you through,” he said.



Social

Soldiers with the 3rd Sustainment Brigade gather together, Feb. 4, to watch the Super Bowl at Kandahar Airfield, Afghanistan. The ‘Providers’ incorporate social events into their deployment in order to help build and maintain trusted and valued relationships. (U.S. Army photo by Staff Sgt. Tanya Green, 3rd Sustainment Brigade Public Affairs)



Soldiers with Headquarters and Headquarters Company, 3rd Sustainment Brigade learn how to better nourish their bodies during a nutrition class held at Kandahar Airfield, Afghanistan, Feb. 5. (U.S. Army photo by Spc. Rochelle Krueger, 3rd Sustainment Brigade Public Affairs)

Nutrition tips help shape ‘Providers’

By Spc. Rochelle Krueger
3rd Sustainment Brigade

KANDAHAR AIRFIELD, Afghanistan — Sergeant First Class Orlando Guzman is continuing his efforts to ensure that Soldiers of the 3rd Sustainment Brigade stay physically fit while deployed to Kandahar, Afghanistan.

“Everyone needs to know about nutrition,” said Guzman. “It is usually forgotten. A person could workout, but their diet is what puts the finishing touches on their ultimate goal.”

Guzman taught Provider Soldiers a nutrition class, Feb. 5, at Kandahar Airfield. This was the first class—an introduction into the elements of nutrition. He used easily available resources such as the Center for Disease Control and Prevention, U.S. Food and Drug Administration, and the Let’s Move Campaign started in 2010 by Michelle Obama.

“We all have an active lifestyle in the Army,” Guzman said. “Not only is it important for our jobs, so we are in compliance with Army regulations, but it is for our overall healthy wellbeing.”

Guzman, who has a bachelor’s degree in physical education said, “It’s for ourselves and Fami-

lies, so when we are in our 50s and 60s we will still be around, without heart disease or diabetes. It’s extremely important to live a long healthy life.”

At the end of the class, Guzman received feedback from the Soldiers in attendance. He says he plans to educate the Troops on a different aspect of nutrition each month in an effort to help them learn better ways to nourish their bodies.

“The biggest thing I hope they take from the class is that they need to eat a well balanced diet, with a wide variety of food,” Guzman said.

“Do not shut out any component, like carbohydrates, because that will hurt your body in the long run.”



Thousands of pizzas

Touchdown

in Afghanistan

Soldiers receive slice of home for the Super Bowl

By Spc. Rochelle Krueger
3rd Sustainment Brigade

KANDAHAR AIRFIELD, Afghanistan — Pizza is at the top of the Super Bowl party list for a non-profit organization sending a slice of home to deployed Soldiers. Thousands of pies were delivered to Kandahar, Afghanistan, Jan. 21, thanks to Air Force Master Sgt. (retired) Mark Evans who started ‘Pizza 4 Patriots’ in July 2008.

With the help of the 3rd Sustainment Brigade, the deep dishes will touchdown at forward operating bases throughout Southern Afghanistan in time for the NFL’s biggest game.

“We have been coordinating with the organization for about three months now to make sure that everything runs smoothly and the Troops get the pizzas for the Super Bowl,” said Chief Warrant Officer (3) Luis Pineo, a Fitchburg, Mass., native, and the Class I (food) supply officer for the 3rd Sustainment Brigade.

Pineo, who has been deployed with the ‘Providers’ since December 2012, said he’s teamed up with international shipper, DHL-Express and DynCorp International, a global government services provider, to ensure Pizza 4 Patriots’ continued success.

“As a former Marine, it means a lot to me that I can bring this to them,” said Vince Crook, the commercial manager for DHL Express-Afghanistan, and native of Seattle, Wash. “I remember when it was just little things like this that made all the difference in the world while deployed.”

Jaclyn Lockette, the manager for the Class I yard at Kandahar Airfield, said that DynCorp is also happy to assist with the program that sends a growing number of pizzas to deployed Soldiers twice a year.

“We’re here to support the war-fighter,” said Lockette. “There is not a lot we can do, but I do know when those Soldiers get off from their missions one of the



Chaplain (Maj.) Chris Wallace enjoys a slice of pizza during the ‘Big Game,’ Feb. 4, at Kandahar Airfield, Afghanistan. Thousands of pies were delivered to deployed Soldiers thanks to non-profit organization Pizza 4 Patriots. (U.S. Army photo by Staff Sgt. Tanya Green, 3rd Sustainment Brigade Public Affairs)

first things they want is a hot meal. Delivering supplies to the Soldiers is the least we can do. The Pizza 4 Patriots is a great morale booster for the Soldiers. It can’t get much better than eating pizza while watching the Super Bowl over here.”

Pizza 4 Patriots has delivered over 50,000 pizzas, which has fed more than 200,000 deployed service members. There are more than 30,000 pizzas on order to Afghanistan to help Soldiers kick off the championship game.



Soldier & NCO



of the Quarter

Selfless service sustains Soldier of the Quarter

By **Spc. Rochelle Krueger**
3rd Sustainment Brigade

Born in the Philippines, raised in Guam, and having graduated high school in England, Spc. Marjorie Jennings was immersed in multiple cultures as a child, who travelled around the world with her father while he served in the U.S. Air Force.

"There is good and bad from moving so much when I was younger," she said "It is a challenge adjusting to the culture shock, and you have to make a lot of new friends. But, it also makes you more open minded; which helps me with my job because you meet people from all walks of life. It broadens your horizons."

Her travels eventually landed her at a U.S. Army recruiting station in 2009. Jennings knew then, at age 29, that she made the right decision when she enlisted in the Army as a human resources specialist.

"I joined the Army for a fresh start," she said. "Before, I was working three jobs and going to school full time. I needed something better for my family."

South Korea became Jennings' first duty station where she was a mail handling clerk at Camp Humphreys.

"I got to travel a lot while I was in Korea, it was quite an experience," she said. "That was also when I had the opportunity to start going to (Soldier achievement) boards—and I won every one I went to."

Jennings' winning streak continued after departing Korea and arriving to Fort Stewart, Ga.



There, she was named the distinguished honor graduate of her Warrior Leader Course class in November 2012, and won the Soldier of the Quarter Board for the 3rd Sustainment Brigade. More recently she became her brigade's Soldier of the Quarter, yet again, only this time she won while deployed to Kandahar, Afghanistan.

"I like the challenges and being tested," she said. "The quarter board that I just won wasn't because I studied on my own; it was from all of the Soldiers' (contributions) in my study group. I was helping people study for their board, and by doing that, they helped me without even knowing it."

Since arriving to Kandahar Airfield in December 2012, Jennings has been helping fellow Soldiers during her lunch hour—by studying and honing Soldier skills to help further their military careers.

"My main objective is helping my peers," said Jennings. "It is rewarding to me because it helps me be a better person. But it is not just about me. When I see them do well, I think 'great' because they are getting one step closer as to where they want to be."

Attention to detail is how Jennings says she achieves her goals.

"I think being a leader is a challenge, it tests your abilities at every level," said Jennings. "It helps you become better, in all aspects of career and personal life."

Jennings will move on to attend the upcoming 311th Sustainment Command- (Expeditionary) Soldier of the Quarter board in Afghanistan.

Task Force Provider

NCO of the Quarter credits his father for his success

By **Sgt. Tanjia Patterson**
3rd Sustainment Brigade

"I sat in the office with my eyes glued to the television screen as I watched in amazement. A video played of buildings blowing up, and people dressed in 'ET suits' were talking about decontaminating and quarantining things. I thought to myself, 'This is too cool,'" said Sgt. Manuel Torres.

"After watching the video, I told the Army recruiter to sign me up," he said, reflecting back on the day that changed his life.

The military occupational specialty that intrigued Torres was a 74D—a chemical, biological, radiological, and nuclear specialist. Army CBRN specialists are primarily responsible for defending against the threat of weapons of mass destruction.

"I decided, that's just what I wanted to do," he said.

Torres, who was 17-years-old when he enlisted, has been serving in the Army now for about three and a half years.

"Joining the military is something that I thought about for a little while—I had to do something with my life," he said.

The Bronx, N.Y., native said he remembers the summer before his senior year in high school when his father asked him what he was going to do after graduation.

"I looked at him and said, 'I don't know,' and he responded with 'Ok, so you're going to flip burgers. And, I hope you know that if you're living here that you will start paying bills.'"

"At that moment I knew I needed to have a plan," Torres said. "I'm my father's only son, so we are really close, and I wanted to do something that would make him proud."



Torres attended basic training at Fort Jackson, S.C., and advanced individual training at Fort Leonard Wood, Mo. Following AIT, he reported to his first duty station, Hunter Army Airfield, in Savannah Ga., where he was assigned to the 416th Transportation Company, 260th Quartermaster Battalion, 3rd Sustainment Brigade, 3rd Infantry Division.

"I worked as a CBRN specialist all the way up until I made sergeant," said Torres. "Then, I moved to the battalion operations section where I was in charge of the school packets, organizing the training meetings and the training schedules."

Torres is now stationed at Fort Stewart, Ga., where he is assigned to Headquarters and Headquarters Company, Special Troops Battalion, 3rd Sustainment Brigade.

His unit deployed to Kandahar, Afghanistan, in December 2012.

"Here in HHC, I have a number of additional duties, and I must say that I enjoy them all," he said. "I'm the company training noncommissioned officer in charge, company key control holder, remedial physical training instructor, mail clerk and assistant unit prevention leader."

Even with his very busy schedule, Torres finds time to dedicate to career progression.

His hard work paid off as he recently was named the 3rd Sustainment Brigade's NCO of the Quarter and will now advance to the upcoming 311th Sustainment Command (Expeditionary) board. The winner of that board will compete for the Soldier of the Year.

"Winning these competitions is a good feeling, but it's not just about winning," said Torres. "It's about the knowledge you gain. You can never know everything; there is no such thing as being perfect, and there is always room to improve."





Soldiers with the 3rd Sustainment Brigade-Task Force Provider, take part in a prayer breakfast held at Kandahar Airfield, Afghanistan, Feb. 20. (U.S. Army photos by Spc. Rochelle Krueger, 3rd Sustainment Brigade Public Affairs)

Spiritual mentors serve up **Prayer** *for breakfast*

By Spc. Rochelle Krueger
3rd Sustainment Brigade

KANDAHAR AIRFIELD, Afghanistan — In an effort to keep Soldiers spiritually fit and to strengthen their character and values, the 3rd Sustainment Brigade hosted a prayer breakfast, Feb. 20, in Kandahar, Afghanistan.

“The intent is to strengthen and mold the character and values of Soldiers so they may do their mission for the good of all men with integrity and honor,” said 3rd Sustainment Brigade Chaplain (Maj.) Chris Wallace, a Hampton, Va., native. “A Soldier is one person who carries many weights. To be fit you need food for physical strength, rest for mental toughness, along with prayer for spiritual fitness.”

About fifty Task Force Provider Soldiers attended the event held at the Independence Dining Facility on Kandahar Airfield where prayer was on the menu. Padre Simon Chapman, a chaplain with the Royal Air Force, United Kingdom, was the guest speaker and served up a motivational sermon to those in attendance.

“The military can be an absolutely fantastic place for us to learn to work together as a team, to learn to live side by side with people that are very different from us,” said Chapman.

Chapman continued with a story about his father-in-law’s rowing team who stopped to save a capsized boat during an Olympic event. He spoke about the importance of putting others before oneself.

“I like it when people include personal stories in the speeches,” said Sgt. Jennifer Wilson, a paralegal specialist with Headquarters and Headquarters Company, 3rd Sustainment Brigade, and Lakeland, Fla., native. “It’s easier to understand the message. I felt like I needed something uplifting today, and Chaplain Chapman hit home with it: selfless service.”

Along with the Army values, the prayer breakfast fits into the Provider’s Comprehensive Soldier and Family Fitness campaign.

“This is a great day,” said Lt. Col. James Brown, the ‘Provider’ brigade’s deputy commander, and Chattanooga, Tenn., native. “We get to be together and work on our spiritual resilience and maintain balance in our lives and profession.

“Spiritual resiliency is what gets me through 95 percent of adversity in my life,” Brown continued. “I couldn’t get through it without it.”



Soldiers with the 3rd Sustainment Brigade, Task Force Provider, perform during a prayer breakfast held at Kandahar Airfield, Afghanistan, Feb. 20.

Together we can save a life

By Chaplain (Maj.) Chris Wallace
3rd Sustainment Brigade

Provider Soldiers and Families,

The Fray produced the music video How To Save a Life in 2007. It was on the Billboard Hot 100 for 58 consecutive weeks making it the 7th longest charting single of all time in the U.S.

Isaac Slade is the lead musician and author of the song, and you see him in the music video. He was a mentor at a summer camp for troubled teens.

“One of the youngsters I was paired up with was a musician. Here I was, a protected suburbanite, and he was just 17 and had all these problems. And no one could write a manual on how to save him,” said Slade. Family told the young man, “Quit taking drugs or I won’t talk to you again.” And Slade said he was broken-hearted when the young man ended his own life.

He did not know what to do or how to help. He would have stayed up all night or done anything to help, but he did not know what to do.

And thus the title, How to Save a Life, which has been a hit single in more than countries.

Well, prior to deployment, I showed the video to nearly all the Soldiers in Headquarters and Headquarters Company, 3rd Sustainment Brigade for suicide intervention efforts. One Soldier went home and shared the video with his Family. The Soldier’s teenage son watched the video, and during Family discussion, the son stated he was concerned about a friend who seemed discouraged.

The friend visited the next day, and the Family shared the video again. This young man was moved by the video and acknowledged some suicidal thoughts. The two Families met for discussion and support. The young man received help from resources at Fort Stewart, and two Families worked together to help a young man during tough times.

Deployment is hard on Families. Growing up is hard on young people. We are part of an “Army Family,” and if we give some effort, we can make the Family work better. I enjoy being part of the team and deployed with your Soldier. Chaplain Mike Basie is on our rear detachment, and he enjoys being on the team and taking care of Soldiers and Family Members at Fort Stewart. So, take care of each other, give 100 percent to live in health, and use your local, neighborhood, friendly chaplain whenever necessary.

And, by the way, watch the video! It is a great band and a great video.



‘Call your legal assistance office’

By Capt. Will Obringer
3rd Sustainment Brigade Judge Advocate

It is imperative that Soldiers remain mission focused while being deployed so that morale, discipline and quality of work are not sacrificed. At the legal assistance office, we ensure that Soldiers’ Families and personal affairs are taken care of by providing help and guidance on legal matters. Unexpected problems can arise anywhere, at anytime. The legal assistance office can assist in a multitude of different areas, including but not limited to: personal legal matters, family law, consumer protection law, landlord-tenant issues and economic matters. We can create wills, living wills, powers of attorneys, and notarize documents. Most importantly, we can help Soldiers with their FLIPL and GOMOR rebuttals.

We make certain that any action a Soldier wants to take is in his or her best interest. A good example is when a Soldier decides to create a power of attorney.

Powers of attorney are useful, but at the same time they can be extremely dangerous. Many Soldiers want to give their Family Members a General Power of Attorney in order to handle affairs that may arise back home during a deployment. While it may be a conve-

nient document, it has the potential to cause detriment to a Soldier’s quality of life. A General Power of Attorney gives the agent authority to act on your behalf in any matter; whether it is selling your home, taking out a loan in your name, or wiping out your bank accounts. You are then liable for the agent’s actions, even if it is to your financial and legal detriment. For these reasons, it is highly recommended that you execute a Special Power of Attorney, which allows your agent to act on your behalf in specific instances.

Certain banks or offices may require a Special Power of Attorney. For example if a Soldier’s spouse needs a new ID card while the Soldier is deployed, DEERS requires a Special Power of Attorney. So, even if your spouse has a General Power of Attorney you will need to get a Special Power of Attorney as well. If your spouse intends to purchase a house or sell real property while deployed, a Special Power of Attorney may be required.

As the AFN commercials remind us, “call your legal office” if you have any questions.

If you would like to speak to an attorney, you can call and schedule an appointment at 318-841-1163. Walk-ins are welcome for powers of attorney or notary services. All services are provided without charge.

Exercise discipline to ensure safety

By Mark Johansen
3rd Sustainment Brigade Safety Officer

The key to any successful mission is discipline. Discipline also is the cornerstone of safety. Doing what you’re supposed to do and not taking chances reduces the likelihood of accidents. Our goal is to accomplish our missions as safely as possible. Taking shortcuts or trying to manipulate known standards may lead to an accident.

Accident rates also have a tendency to rise when the operational tempo goes down. So, we all must be more aware of the little things: cleaning dirty windshields and headlights, changing windshield wiper blades, tying down equipment or changing a bad tire. Failing to pay attention to small details like these can lead to mishaps.

Additionally, loading or storing equipment must

be accomplished neatly and safety. A rule of thumb is: a clean and well-organized facility is a safer one.

Stay mission-focused. Many accidents have occurred on missions that were considered “routine.” Forgetting to identify and mitigate well-known hazards can be dangerous. Never assume that everyone knows the hazards and will react responsibly.

Leaders and supervisors at all level must ensure that everyone wears seat belts, eye protection, hearing protection, helmets (when required) and other personal protective equipment. Failing to do so can lead to a preventable injury, or worse.

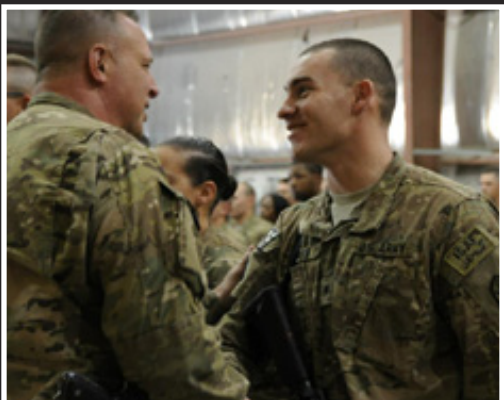
Whether you are at work or at your leisure, safety for yourself and others should be your top priority. Never leave something unsafe and unreported. Remember safety first, on— and off—the battlefield.



Soldiers continue to serve

40 Task Force Provider Soldiers commit to more than 206 years of combined service while deployed

Spc. Juan Amparan	Spc. Joshua Guest	Staff Sgt. Jackie Green	Spc. Courtney Parks
Staff Sgt. Patrick Patterson	Spc. Dezhon Hall	Spc. Brian Breault	Spc. Joel Hopkinson
Spc. Brian Bell	Staff Sgt. Darrell Harris	Spc. Latrice Jones	Spc. Casper Phiri
Spc. Antoine Brown	Staff Sgt. Gary Hatcher	Sgt. James Leaptrot	Sgt. Brennan Rogers
Spc. Eric Burke	Spc. Lorenzo Jackson	Sgt. Dominic Mason	Sgt. Gadiel Quinones
Spc. Donald Cambric	Spc. Phillip Pugh	Sgt. Adrian Parker	Sgt. Jordan Suggs
Spc. Chase Campbell	Spc. Enrico Quezada	Sgt. Korean Treadwell	Spc. Francisco Tafoya
Sgt. Samuel Daniels	Spc. Tremaine Quick	Spc. Maria Walker	Sgt. Angela Tarin
Spc. Jarvolyn Davis	Spc. Derek Roberts	Staff Sgt. Rebekka Jaworsky	Spc. Sir Walter
Spc. Andre Gobel	Spc. Vincent Thomas	Staff Sgt. Tyrone Thorpe	Sgt. Adam Virts





Flying high over the 'Stan

Heart of the Rock!