

TASK FORCE MULESKINNER

March 2014

10th Sustainment Brigade

Issue 1

Transfer of Authority



Supporting the Climb!

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MULESKINNER CORNER

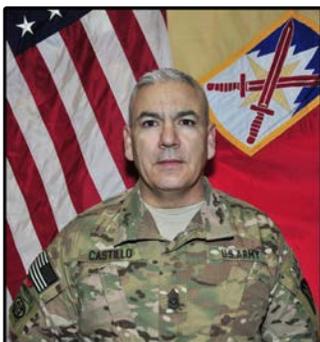


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Fellow Muleskinners, Family and friends; I want to personally thank everyone for the successful deployment of the brigade. We just surpassed our 30-day mark as the single sustainment brigade in the Combined Joint Operations Area-Afghanistan. Our Soldiers are doing a great job with sustaining and

supporting retrograde operations and I'm proud to serve alongside these great warriors! We as Americans should be proud of the men and women serving in our armed forces and across the brigade.

Soldiers from across the brigade provide critical sustainment stocks such as food, fuel, repair parts, ammunition, and general supplies and services such as postal, finance, mortuary affairs, and human resource support across the entire theater of Afghanistan with dignity and respect. Rest assured that our Soldiers are in good hands as we execute this critical mission.



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Muleskinners constantly work toward mission accomplishment. Leaders receive guidance and Soldiers execute accordingly. Leaders also look after our Soldier's safety and wellbeing. I know Soldiers are busy but they should know my top five priorities.

- Soldiers and Families first; mission always – Soldiers will always get the mission accomplished but that may be more difficult if their Family is not taken care of. Without the support of Family the Muleskinner organization would suffer.

- Standards and discipline - Soldiers must strive to be the leader they want to be led by. It all boils down to leading by example. Soldiers observe their leaders and may mimic their actions whether they are positive or negative.

- Force protection,

I want to also thank our Families and friends for the support you provide while we are away. Your work with ensuring that our family readiness groups remain viable and a resource for Families is very much appreciated. Your emails, pictures and packages to your Soldier are also appreciated. These small but important reminders of home go a long way with our Soldiers.

As we move forward with our mission, we'll continue to focus on force protection and safety. The road ahead will be busy but I'm confident that our Soldiers are trained and resilient. We have great leaders

living on amber and expect the unexpected – Soldiers must not get complacent. Always have a battle buddy and be ready to react appropriately if a situation arises where action is needed.

- SHARP and resiliency training – SHARP violations, simply put, are not tolerated. We must take care of our Muleskinner Family, not hurt them. If you see something that is not right, you are just as responsible if you do not report it.

Soldiers are afforded resiliency time,

throughout our formation who are determined to execute our mission at the highest level possible while ensuring the safety and well-being of all Soldiers and Airmen assigned to the 10th Sustainment Brigade.

In closing, we will do our best to keep everyone informed through monthly newsletters, articles, and social media, visit the Official 10th Sustainment Brigade Facebook page, to highlight all the great things our Soldiers are doing in support of this operation as well as tell the Muleskinner story.

Thanks again for your continued support to the Muleskinner Team!

which means they have time to do whatever they feel will assist them in being resilient. Some take college classes, others go to the gym while some reach out to Family and friends back home.

- Leader development – This is done with seniors, peers and subordinates. Be seen, be heard and be relevant. Seek guidance and mentorship. Don't talk about how great you are; be it. Never forget that there are loved ones awaiting your return as well of that of your Soldiers. Supporting the climb!



Col. Willie Rios III, 10th Sustainment Brigade commander, and Command Sgt. Maj. Jose A. Castillo, senior enlisted leader, uncase the brigade colors as a part of the transfer of authority ceremony Feb. 9 on Bagram Air Field, Afghanistan. This is the second time the 10th SBDE assumes authority from the 101st SBDE in support of Operation Enduring Freedom. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

Muleskinner brigade takes reins of sustainment mission once again

Story by Sgt. First Class Luis Saavedra
10th Sustainment Brigade PAO

BAGRAM AIRFIELD, Afghanistan – The 101st Sustainment Brigade “Lifeliners” from Fort Campbell, Ky., relinquished their authority over sustainment operations and retrograde support in Afghanistan to the 10th Sustainment Brigade “Muleskinners” from Fort Drum, N.Y., during a transfer of authority ceremony here Feb. 9.

For some Soldiers, it may seem like only yesterday they were part of the ceremony. The Lifeliners also relinquished their authority over sustainment operations, in support of Operation Enduring Freedom, to the Muleskinners in November 2011.

“There’s a reason these two brigades are called upon,” said Col. Willie Rios III, 10th SBDE commander. “It’s because the Soldiers, officers and NCOs within our ranks represent the finest warriors in our Army.”

The mission ahead is not the same one Muleskinners tackled in the past. They will be the only American sustainment brigade operating in Afghanistan, an area slightly smaller than Texas.

Although the mission is larger in scale, confidence runs high among Soldiers and leaders.

“I feel very confident that 10th Sustainment Brigade is going to come in and continue to support our warfighters, and logistically, we will not miss a beat,” said Maj. Gen. Darrell K. Williams, 1st Theater Sustainment Command commander.

Col. Charles R. Hamilton, 101st SBDE commander, praised his Soldiers and highlighted several accomplishments, which included approximately 400 convoy escort team missions and more than 70,000 miles driven on Afghan roads.

“The 101st Sustainment Brigade did an exceptional job ensuring the wealth of knowledge they possessed was absorbed by the Muleskinners during weeks of transition,” said Command Sgt. Maj. Jose A. Castillo, 10th SBDE senior enlisted leader. “As days passed, Muleskinners assumed the lead role in briefings and execution of tasks as our great teammates, the Lifeliners, ensured they were readily available for assistance and guidance.”

The brigade will support the 10th Mountain Division (LI), who command Regional Command East, and various other regional headquarters in the theater of operations.

“This brigade is ready,” Rios said. “We are prepared to execute.”

Mechanics geared to maintain fallen hero transport vehicles

Story by Sgt. Michael K. Selvage
10th Sustainmet Brigade Journalist

BAGRAM AIR FIELD, Afghanistan – Mechanics assigned to the Headquarters and Headquarters Company, 10th Special Troops Battalion, 10th Sustainment Brigade, have been honored with the responsibility of maintaining vehicles assigned to transport fallen hero's remains from the mortuary affairs collection point here to the air field for their flight home.

These mechanics not only transport the fallen heroes, they also clean and ensure the trucks are maintained and operational at all times.

There are seven Humvees, which make up the fleet of pristine trucks designated for ramp ceremony duty. The fallen hero trucks are used for ceremonial purposes only.



Spc. Harley Traynor, a power-generation equipment repairer assigned to Headquarters and Headquarters Company, 10th Special Troops Battalion, 10th Sustainment Brigade, ensures wires are properly connected on one of the trucks, designated for ramp ceremony duty, that recently had to have its engine replaced. The fallen-hero trucks are used for ceremonial purposes only to keep the trucks in pristine condition. (Photo by Sgt. Michael K. Selvage Public Affairs NCO)

“It’s not just a single-Soldier effort,” said Spc. Harley Traynor, a power-generation equipment repairer assigned to HHC, 10th STB. “It takes the entire motor pool to ensure all of the trucks are always ready to roll.”

The task of maintaining the trucks is not taken lightly by the

Soldiers working in the motor pool.

“It’s a lot just to make sure the fallen heroes receive the respect they deserve,” said Sgt. Joshua Skinkle, a wheeled vehicle mechanic assigned to HHC, 10th STB.

Some Soldiers working on the trucks don’t have much experience with

Humvees but, thanks to the leadership and guidance provided by the noncommissioned officers working in the motor pool, they were cross-trained and have broadened their mechanical expertise.

Trucks used for transporting the fallen heroes are cleaned every day. On days of ramp ceremonies they are cleaned up to three times. The trucks are thoroughly cleaned with the pressure washer, windows washed and tires cleaned with armor all.

“These are the cleanest seven vehicles in Afghanistan,” said Sgt. 1st Class Daniel Rhodes, the motor sergeant assigned to HHC, 10th STB. “We’re proud of that.”



Pfc. Yoland Peter, an automated logistical specialists assigned to Headquarters and Headquarters Company, 10th Special Troops Battalion, 10th Sustainment Brigade, uses a pressure washer to spray clumps of mud off the tires of one of the trucks designated for ramp ceremony duty. Each truck is kept in immaculate condition and stands ready to conduct ramp ceremonies at a moment’s notice. (Photo by Sgt. Michael K. Selvage Public Affairs NCO)

Sustainment Brigade Soldier runs 'just for the fun of it'

Story by Sgt. Michael K. Selvage
10th Sustainment Brigade Journalist

BAGRAM AIRFIELD, Afghanistan – Running can be a great way to keep your body healthy, strong and prepared for the Army physical fitness test. For Staff Sgt. Claudia Smallman, a mortuary affairs noncommissioned officer assigned to Headquarters and Headquarters Company, 10th Special Troops Battalion, 10th Sustainment Brigade, it's just something she does for fun.

She said when she goes for a run, it's not because the Army requires her to but because she truly enjoys every aspect of running.

Smallman said she wasn't really in shape before joining the Army in 2007, weighing about 141 pounds. However, that all changed in 2009 during her first deployment to Afghanistan in support of Operation Enduring Freedom.

"That was when I decided to change up my lifestyle," she said. "I became a vegetarian and started working out a lot. I was running and going to the gym every day."

Some parts of Afghanistan can have great scenery, and Smallman takes full advantage of it while she runs.

"I just like how relaxing it is," she said. "I also get to take in the beautiful views and clear my mind. It's my time to think about nothing."

Some may find it difficult to find the motivation to head to the gym and work out in a combat environment, but for Smallman, it's a part of her schedule.

"I just have a lot more time to work out and focus on my



Staff Sgt. Claudia Smallman is a mortuary affairs nonsomissioned officer assigned to the Headquarters and Headquarters Company, 10th Special Troops Battalion, 10th Sustainment Brigade. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

physical fitness," she said. "I run every day for PT. I don't run on the weekend. That's when I go to the gym and do my cardio and sit-ups."

Smallman said she runs approximately 20 miles a week.

"The feeling after a nice long run is amazing," she said. "I'm

*"I think I'd like to compete in a triathlon, at least once."
-Smallman*

more awake and energetic. I just feel good."

She has taken her running to the next level by twice participating in the Army Ten-Miler.

"I ran in the Army Ten-Miler for the first time in 2011 when I ran for the Fort Lee Team," she said. "I was deployed in 2012

and was unable to compete. I ran in this past year's Army Ten-Miler as a member of the Fort Drum Team."

Her fastest Army Ten-Miler also was her first, with a time of one hour and 16 minutes. She said she added a minute to her time in 2013 because she didn't train as hard as she did in 2011.

Running also has helped Smallman with her Army physical fitness test.

She said the fact that the Army requires its Soldiers to run is just a bonus for her, because she trains for marathons during PT hours.

Smallman consistently scores more than 300 points on her PT test.

"The highest PT test score I've received was a 337," she said. "I was deployed to Afghanistan in 2012. I ran my two miles in 13 minutes and 55 seconds. I was blown away by how fast I ran; it was my fastest time in Afghanistan."

“I train pretty hard for each marathon I run in,” she said. “I just do cardio. I don’t lift weights at all. I stay away from working out my upper body all together. The first marathon I ran was the Boston Marathon (satellite race) while I was deployed in 2012.”

Since then, Smallman has run in other marathons, to include the Air Force Marathon, and she plans to participate in more.

“I’m excited to run in the upcoming Boston Marathon (satellite race),” Smallman said. “This will be my second time running in it while deployed.”

“It’s a challenge, not only for me, but for everyone who participates,” she said. “Once you make it to the finish line, you have that feeling of accomplishment knowing you just ran 26.2 miles.”

She ran her first Boston Marathon (satellite race) in 4:1:10.

“My goal is to finish in less than four hours,” she said. Smallman also has motivated others to run.

When Soldiers have asked her for advice on how to improve their run, she told them to just get out there and start running.

“I feel that I can inspire

Soldiers,” she said. “I always offer the opportunity to Soldiers to run with me.”

Spc. Lakeah J. Woods, a food service specialist assigned to HHC, 10th Special Troops Battalion, 10th Sustainment Brigade, was one of the Soldiers to take Smallman up on her offer within two weeks of arriving at Bagram Airfield.

Because of the higher altitude in Afghanistan, some Soldiers find it hard to get accustomed to the thinner air.

“I couldn’t believe I ran four miles as fast as we did here,” Woods said. “She is definitely inspiring.”

Diet also played a role in Smallman’s fitness. While some Soldiers don’t always enjoy the meals at the dining facility, Smallman does.

“I love the food at the DFAC,” she said. “It has everything I like. I am a vegetarian; I eat a lot of beans, rice and vegetables.”

With a strict diet comes the need to stay nourished.

“I eat a lot, three times a day,” Smallman said. “And I normally snack and drink about 10 bottles of water throughout the day. I need to keep my energy up to

exercise.”

She also offered some advice for people who might lack motivation to run.

“Don’t think you have to go and run your fastest; find a pace you can handle and slowly work your way up to your goal,” Smallman said. “I run at about an eight-minute-and-15-second mile, but I step it up to seven-minute mile during the PT test.”

Smallman said she is always looking for a challenge.

“I want to keep running more marathons,” she said.

“I think I’d like to compete in a triathlon, at least once. I need to prepare for that, though. If I get into really good shape before we redeploy, I would like to try it out next year.”



Staff Sgt. Claudia Smallman runs for physical training everyday to ensure she is in shape for the next big run. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)



Staff Sgt. Smallman stands proudly wearing her Fort Drum Team shirt at the Army 10-Miler in 2013. Smallman has ran in two Army 10-Milers in her short military career and plans to compete in more races in the future. (Courtesy Photo)

Motivation, morale committee keeps spirits high while deployed

Story by Sgt. Michael K. Selvage
10th Sustainment Brigade Journalist

CAMP LEATHERNECK, Afghanistan – Thanks to the efforts of the 96th Transportation Company “Heavy Truck” Motivation and Morale Committee, the sounds of Soldiers’ whoops, hollers and cheers filled the air of the motor pool here, Saturday during soccer, basketball and volleyball games being played.

The committee is a collective group of Soldiers who give recommendations for company coins, t-shirts and other related topics as well as coordinating activities similar to a company’s organizational day back home. Each platoon has a representative.

1st Sgt. Charlie Gordon, the senior enlisted leader of the 96th TC, 142nd Combat Sustainment Support Battalion, 10th Sustainment Brigade, along with a handful of noncommissioned officers, decided the committee was needed within the company to ensure the Soldiers’ voices were heard.

There is a weekly meeting with the first sergeant to hear all ideas and recommendations made by Soldiers.

“They act like an FRG,” said Gordon. They have to be motivated and have drive to be selected for the committee, said Gordon.

“The platoon sergeants picked Soldiers from each platoon within the company,” said Spc. Brittany Davis, a New Orleans native, motor transport operator assigned to the 96th TC, 142nd CSSB, 10th SBDE.

Heavy Truck Soldiers conduct rigorous physical training Monday through Friday and rest on Sunday. On Saturday, the Soldiers play sports.

The Soldiers came up with the idea of making Saturday their sports day, said Gordon.

The equipment used for the sports days are items the previous units left, said Davis. The committee has coordinated sports activities like volleyball,



1st Sgt. Charlie Gordon, the 96th Transportation Company, 142nd Combat Sustainment Support Battalion, 10th Sustainment Brigade, senior enlisted leader plays game of basketball with a handful of his platoon sergeants. Basketball is just one of the many sport activities offered on Saturdays to help promote camaraderie and unit cohesion. (Photo By Army Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

basketball, flag-football and tug-of-war.

The committee coordinates barbecues along with squad and platoon competitions at the end of each month to congratulate the newly promoted Soldiers and celebrate all of the birthdays for the month.

The committee is working on a way to present the winning squad and platoon an award or certificate of some kind to help keep motivation high for each competition, said Pvt. Melvin Manning a Chicago native also a motor transport operator assigned to the 96th TC.

“We recognize everybody for the whole month at the end of the month with a birthday card,” said Pfc. Kadijah Jones a Rocky Mountain, N.C. native, orderly room clerk assigned to the 96th TC.

Deployments can be stressful no matter what the assignment is and the committee may help keep Soldiers resilient throughout the deployment.

“Whether it’s your first time or your eleventh time deploying its always going to be stressful,” said Manning. “This gives the company a chance to come together and grow together as a unit and relive stress in a different way.”



Lt. Col. Jim Turner, 548th Combat Sustainment Support Battalion commander, and Command Sgt. Maj. Phillip Dixon, senior enlisted leader, uncase the battalion colors during a transfer of authority ceremony at Camp Marmal, Afghanistan March 2. The battalion will continue to support the 10th Sustainment Brigade by providing sustainment operations and retrograde support throughout northern Afghanistan. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

Supporting the sword again

Story by Sgt. Michael K. Selvage
10th Sustainment Brigade Journalist

CAMP MARMAL, Afghanistan – Task Force Hannibal, 524th Combat Sustainment Support Battalion from Schofield Barracks, Hawaii, relinquished authority to Task Force Sword, 548th Combat Sustainment Support Battalion, from Fort Drum, N.Y., during a transfer of authority ceremony here March 2.

TF Hannibal completed a nine-month deployment sustaining U.S. and coalition forces in Regional Command North in support of Operation Enduring Freedom.

“Their success is a testament to the leadership qualities of this fine command team and reflects the high quality of these outstanding Soldiers,” said Col. Willie Rios III, 10th Sustainment Brigade commander. “Their span of influence across this battlefield has been extraordinary.”

TF Hannibal’s list of accomplishments include approximately 19 million gallons of fuel managed, 462,597 cases of bottled water issued, 143 convoy operations executed and more than 2,250 maintenance work orders completed for all types of equipment.

“Over the past nine months, the Soldiers of the 524th acquitted themselves honorably providing

unimpeded sustainment support to U.S. and coalition forces,” said Lt. Col. Jim Droppleman, 524th CSSB commander.

Rios said the Hannibal team has set the bar high, but he knows the Sword team is more than capable of accomplishing the mission.

The mission has changed for TF Sword since the last time the battalion was deployed, 13 months ago, but the Soldiers, officers and noncommissioned officers are eager to attack the tasks at hand.

“We’ll continue to provide the highest level of support to ensure nothing fails due to logistics,” said Lt. Col. Jim Turner, 548th CSSB commander. “Because we’re expert Soldiers and master logisticians.”

The 548th CSSB trained alongside the 10th SBDE during various exercises at Fort Drum which solidified the professional working relationship of the teams.

“These Soldiers are disciplined, skilled and trained warfighters,” said Rios. “They will provide unparalleled sustainment and retrograde support within RC-North.”

TF Sword’s arrival is a welcomed one among some Soldiers and leaders.

“I look forward to continue serving alongside these warriors,” said Rios.



Pfc. Anthony Lodiog, automated logistical specialist also assigned to Headquarters and Headquarters Company, 10th Special Troops Battalion, 10th Sustainment Brigade provides direction to a couple of local national workers. Lodiog works hand-in-hand many local nationals in support of the humanitarian relief mission. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

10th Sustainment Brigade supporting those in need

Story by Sgt. Michael K. Selvage
10th Sustainment Brigade Journalist

BAGRAM AIR FIELD, Afghanistan – Soldiers working in the humanitarian relief yard here have a mission that isn't just supporting the warfighters on the ground, but they are sending out needed supplies to the people of Afghanistan.

Since the 10th Sustainment Brigade took over in early February, the HR yard team has conducted approximately 12 humanitarian relief missions consisting of more than 24 truckloads of supplies.

Although the yard is not large in comparison to the mission, it has proven to be just the right size to touch many lives since its inception in 2005.

The Commander's Emergency Response Program was used to purchase items from local vendors to make up the HR yard stock, said Staff Sgt. Lobsang Salaka, the HR yard noncommissioned officer in charge assigned to Headquarters and Headquarters Company, 10th Special Troops Battalion, 10th SBDE. U.S. government organizations also donated items to

the yard in support of the HR mission.

There is no other place like the HR yard in Afghanistan. While some might see just items stored inside 20 and 40-foot containers, Muleskinner Soldiers see the opportunity to make an impact on a person's life in a positive way.

"We provide humanitarian relief items to the needed people based on recommendations made by the battlefield commanders, civil affairs units and special forces units," said Salaka.

Salaka said, the HR yard on Bagram is the last Army operated one in Afghanistan.

The HR mission responds to natural disasters, such as earthquakes and floods, as well as displaced indigenous populace due to insurgent or drug warlord activities, which may assist ground commanders with their counter-insurgency operations.

Salaka said he has several Soldiers and local nationals working hand-in-hand at the yard to accomplish the mission.

Effective Army logistics support is the

cornerstone of the Army's ability to operate and conduct its mission whether it's combat or humanitarian support.

Muleskinner Soldiers ship items everywhere throughout Afghanistan. Some of the supplies the HR yard has provided are tents, clothing for men, women and children, rubber boots, coal burning stoves, charcoal, school supplies, prayer rugs, dental hygiene kits, and the list just goes on, Salaka said.

These items were made available to units for distribution to the local populace or military personnel

“Taking care of people is something the Army has been doing for centuries.”

-Castillo

depending on what they were.

“The HR mission is actually a very big one,” said Pfc. Anthony Lodiong, automated logistical specialist, assigned to HHC, 10th STB, 10th SBDE. “It’s a way for the Army to help the Afghan people by providing them the humanitarian relief they need.”

The mission had been going on for years; the 10th SBDE has merely picked up where their predecessors left off. Muleskinner Soldiers will continue to keep the supplies rolling until the mission



Pfc. Anthony Lodiong, automated logistical specialist also assigned to Headquarters and Headquarters Company, 10th Special Troops Battalion, 10th Sustainment Brigade and a local national worker load the back of a semi truck with charcoal burning stoves in support of the humanitarian relief mission. The HR yard distributes supplies all over Afghanistan. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

is complete.

“Taking care of people is something the Army has been doing for centuries,” said Command Sgt. Maj. Jose A. Castillo, 10th SBDE senior enlisted leader. “Being able to take care of the local populace in a war-torn country is something Muleskinners take pride in.”

Giving to less fortunate people is not something that is alien to Soldiers. It is evident the Soldiers who work in the yard are proud of what they do on a daily basis.

Maj. Adrien Humphreys, a reintegration advisor assigned to the 10th Mountain Division (LI), said the local nationals outside of Ghazni were not prepared for the harsh and extended winter season this year and the supplies received helped implement a positive outlook on the coalition forces and Afghan National Army.

“They see that we are not abandoning them,” said Humphreys. “We are passing the responsibility along to the ANA to take care of them in the future.”

She said coalition forces team up with the ANA and let the ANA become the faces providing the supplies, helping build an enduring relationship between them.

Some Soldiers take the HR mission to heart rather than just another tasking.

“This mission has a big impact on the people of Afghanistan,” said Lodiong. “It’s my will to contribute to the peace building efforts in Afghanistan, and I do the best I can to ensure the HR work is a success.”



Staff Sgt. Lobsang Salaka, the humanitarian relief yard noncommissioned officer in charge assigned to Headquarters and Headquarters Company, 10th Special Troops Battalion, 10th Sustainment Brigade, directs Pfc. Anthony Lodiong, automated logistical specialist also assigned to HHC, 10th STB, 10th SBDE, where to place the final pallet of school supplies in the back of a local national semi truck at the HR yard on Bagram Air Field, Afghanistan. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

Air Force medics support convoy escort team

Story by Sgt. Michael K. Selvage
10th Sustainment Brigade Journalist

BAGRAM AIR FIELD, Afghanistan -- “Boom,” yells an instructor standing in the middle of a motor pool as Soldiers rush to a mine resistant ambush protected vehicles to render first aid to their injured comrades inside. Their objective is to practice and master the basics of combat lifesaving skills needed while under realistic combat conditions.

More than 25 convoy escort team members assigned to the 51st Transportation Company, 77th Combat Sustainment Support Battalion, 10th Sustainment Brigade, received a familiarization course on battle drills, medical equipment and combat lifesaver training inside the battalion motor pool here Feb. 28.

Air Force aerospace medical technicians, attached to the 51st TC, conduct training to prepare Soldiers for a worst-case scenario where there is no medic available and Soldiers have to perform first aid to the casualties.

“When attacked, and in need of medical aid and assistance, it is imperative that the care given to Soldiers on the battlefield is quick and concise,” said Air Force Senior Airman Michael W. Shimmin, a Rancho Cordova, Calif. native, aerospace medical technician attached to the 51st TC.

The refresher course was split into two segments, a classroom portion and hands-on training.

Shimmin said in order for the training to really sink in and motivate Soldiers to learn and have these skills, they implemented the crawl, walk and run phases throughout the training.



A Soldier assigned to the 51st Transportation Company, 77th Combat Sustainment Support Battalion, 10th Sustainment Brigade, provides security, in front of a mine resistant ambush protected vehicle, for Soldiers performing first aid treatment on a Soldier simulating a casualty during a hands-on portion of the combat lifesaver refresher course on Bagram Air Field, Afghanistan Feb. 28. The casualties were removed from the vehicles by the CLS Soldiers to provide the necessary treatment that was unable to be administered inside the vehicles. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

In the classroom, the instructors went over the basics of CLS and tactical combat casualty care. They covered what to do and what not to do when providing first aid to a casualty in a combat environment.

“We did this by giving a thorough explanation on how to manage injuries and situations relating to massive bleeding, airway management, shock and hypothermia,” said Shimmin.

The instructors handed out CLS bags and explained, in detail, the proper use for each piece of medical equipment the bags contained. They also demonstrated the proper use for the items such as applying a pressure bandage to a Soldier’s arm. After ensuring the Soldiers had a solid grasp on what each piece of equipment was used for, the instructors quizzed them thoroughly.

“Our goal was to get them combat ready as far as the medical portion is concerned,” said Air Force Staff Sgt. Derrick Reynolds, an Alamogordo, N.M. native, aerospace medical technician attached to the 51st TC.

In the classroom, Soldiers were provided tourniquets and learned how to properly apply them on their battle buddies and themselves. They had 30 seconds to apply a tourniquet to an identified limb.

Air Force Senior Airman Rony Castañeda-Zamora, a Merced, Calif. native, aerospace medical technician attached to the 51st TC, explained how to prepare a tourniquet for fast and easy application.

The instructors drilled the Soldiers using timed tests to guarantee they could apply a tourniquet properly within the

required 30-second window.

After learning the importance of a tourniquet, Soldiers moved on to the next subject of the training.

Soldiers learned how to correctly call in a nine-line medical evacuation request, said Army Sgt. 1st Class Joshua Brown, a Lawton, Okla. native, 10th SBDE senior medic. They also learned how to fill out a tactical combat casualty care card, which is used to identify the injuries sustained by the casualty for the medical staff.

When the instructors felt the Soldiers were proficient in the classroom portion of the training, they moved outside where two MRAPs were staged. It was time for the Soldiers to put their training to the test.

Soldiers donned their full combat equipment as instructors

provided guidance for the hands-on portion of the training.

The Soldiers were divided into three groups, simulated casualties, convoy CLS and a group designated to conduct tourniquet reaction drills.

A couple of the instructors took the group chosen for the tourniquet reaction drills while the other instructors simultaneously conducted training scenarios across the motor pool.

“In order to make the training most effective, we try to give it a more realistic feel and make it challenging in a somewhat fun way,” said Shimmin. “Just as it would be if we were outside the wire, full gear and working around and inside an MRAP makes patient access and treatment somewhat difficult, but we train like we fight.”

Instructors had five Soldiers

simulating casualties, marked with medical tape on their helmets labeled with a manageable injury, loaded inside each of the MRAPs.

With the simulated casualties loaded up, the training scenario was ready to begin.

“Boom,” was shouted by one of the instructors to identify the start of the training scenario.

Brown said the trucks were hit by a simulated blast, which produced multiple simulated wounds to the Soldiers inside.

Some Soldiers, selected as the convoy combat lifesavers, rushed to the MRAPs to apply the appropriate first aid procedures to the casualties, while others provided security around the vehicles.

The combat lifesavers checked casualties for alertness and bleeding.



Sgt. 1st Class Joshua Brown, a Lawton, Okla. native, 10th Sustainment Brigade senior medic, inspects a tourniquet on the arm of Sgt. Dustin Crawford, an Albuquerque, N.M. native, team leader assigned to the 51st Transportation Company, 77th Combat Sustainment Support Battalion, 10th SBDE, for proper position and placement during a tourniquet reaction drill, which is used to prepare Soldiers for the difficulties they might run into while in full combat gear, on Bagram Air Field, Afghanistan Feb. 28. The instructors had the Soldiers conduct the tourniquet reaction drills repeatedly to help them get comfortable applying a tourniquet in combat environment. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)



Sgt. Dustin Crawford, an Albuquerque, N.M. native, team leader assigned to the 51st Transportation Company, 77th Combat Sustainment Support Battalion, 10th Sustainment Brigade, lies on his back while another Soldier assigned to the 51st TC convoy escort team applies a tourniquet to his right arm during a tourniquet reaction drill on Bagram Air Field, Afghanistan Feb. 28. The Soldiers ran around the battalion motor pool in full combat gear to get their heart rates up before conducting the tourniquet reaction drills to make the training feel more realistic. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

Shimmin said the difficulties of placing a tourniquet on a Soldier inside an MRAP was quickly realized and Soldiers adapted accordingly.

Casualties were removed from the vehicles by any means necessary. Some were dragged while others were carried, all depending on the severity of the injuries.

The objective was for the combat lifesavers to address and treat the identified injuries, said Brown. Instructors would decide if the casualties received proper or sufficient aid. If not, their injuries would worsen and possibly lead to death.

After all of the casualties were assessed, cared for and a nine-line MEDEVAC request was sent up, the instructors yelled “ENDEX” identifying the end of the training scenario. Reynolds said he couldn't have asked for a better outcome as the

Soldiers became comfortable with an uncomfortable environment.

Each group of combat lifesavers received an after action review to identify what they could improve on and what was done correctly throughout the training scenario.

While the Soldiers were conducting the training scenario on the other side of the motor pool, Air Force Tech Sgt. Michael Reyes, a Guam native, 77th CSSB senior medic, and Shimmin conducted the tourniquet reaction drills.

Shimmin said in order to make the tourniquet training more realistic, he had the Soldiers run around the motor pool in full gear to get their heart rates up and to stress them out a bit.

After returning from the run, Soldiers found their battle buddies sprawled out on the ground and in need of a tourniquet. Their training kicked in and they immediately applied direct pressure

to each wound and a tourniquet as high and tight as possible.

Army Sgt. Robert Powell, a Baltimore native, motor transport operator assigned to the 51st TC, said he was able to leave this training with a lot more knowledge on how to care for a casualty in a combat environment.

The training was complete after the groups had rotated through the different jobs at least once and an AAR was conducted, covering the entire day of training.

“It's always nice to see and hear that Soldiers truly grasped and appreciated medical training such as this,” said Shimmin. “As a medic, I am now confident in these Soldier's abilities to apply necessary CLS aid to myself and to assist me with my medical interventions out on the battlefield. They are truly among the finest, and train just as hard as they fight.”

10th Sustainment Brigade builds strong partnership

Story by Sgt. Michael K. Selvage
10th Sustainment Brigade Journalist

BAGRAM AIR FIELD, Afghanistan – Combined coalition training between members of NATO have been occurring for years to help strengthen the continuing partnership among nations whether it's in a field or sitting in a classroom environment receiving leader professional development training.

Sgt. 1st Class Warren Beasley, a native of Crawfordsville, Ind., 10th SBDE master resilience trainer, conducted portions of master resilience training for Soldiers of the Republic of Korea Army provincial reconstruction team here Mar. 3-5.

Master resilience training is becoming a well-known term among the Soldiers assigned to the 10th Sustainment Brigade but now thanks to the help of Beasley, the term is known among the ranks of some RoK Army Soldiers deployed here.

Merriam-Webster Dictionary defines resilience as an ability to recover from or adjust easily to misfortune or change.

Master resilience training is part of the Comprehensive Soldier and Family Fitness program designed to build resilience and enhance performance of the Army Family, Soldiers, their Families and Army civilians. It is done by providing hands-on training and self-development tools so that members of the Army Family are better able to cope with adversity, perform better in stressful situations and thrive in life.

Resilience training offers strength-based, positive psychology tools to aid Soldiers, leaders and Families in their ability to grow and thrive in the face of challenges and bounce back from adversity. Training and information is intended to develop the ability to understand the thoughts, emotions and behaviors of self and others.

Task Force Ashena Command Sgt. Maj. Jong Joon Choi, senior enlisted leader for the RoK Army PRT, said he attended one of Beasley's MRT classes Feb. 15 and requested that his Soldiers be afforded the opportunity to learn the same skills.

Beasley conducted classes covering the first three skills of MRT on three separate occasions.



Sgt. 1st Class Warren Beasley, Crawfordsville, Ind. native, 10th Sustainment Brigade master resilience trainer, conducts master resilience training for the Republic of Korea Army provincial reconstruction team on Bagram Air Field, Afghanistan Mar. 5. Beasley was asked by the RoK Army PRT's is senior enlisted leader, Command Sgt. Maj. Jong Joon Choi, to teach the skills of MRT after he previously attended a class. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

With the assistance of an interpreter, Beasley was able to effectively train 56 RoK Army PRT Soldiers in portions of the MRT course.

The three MRT skills taught were: Hunt the Good Stuff, Activating Events, Thoughts and Consequences and Avoiding Thinking Traps.

“The Korean Soldiers were very receptive and received the skills in a professional and personal manner,” said Beasley. “They were very pleased to receive the training.”

The training provided to the RoK Army PRT Soldiers was the same class the 10th SBDE Soldiers received a few weeks prior. The training was conducted through lecture, demonstrations, video and class discussions in English and then translated by the interpreter for the class to comprehend.

“Soldiers enjoyed the class and participated in the exercises enthusiastically,” said Beasley.

Questions were asked by Soldiers, officers and noncommissioned officers to better grasp the ideals of MRT.

“MRT helps U.S. and RoK Army PRT Soldiers in personal and professional aspects of life, together accomplishing the mission,” said Beasley.

At the end of the class the RoK Army PRT Soldiers took pictures and presented a positive attitude about the training.

Wellness Wall

Building a ready and resilient force is one of the Army's top priorities. The 10th Sustainment Brigade "Muleskinner" is full of resilient, motivated, disciplined and dedicated Soldiers.

Units conducted master resilience training to align their Soldiers along the Road to Resiliency and the Comprehensive Solider and Family Fitness' five dimensions of strength: physical, emotional, social, Family and spiritual. Each unit continues to instill resiliency in their Soldiers. They are keeping a positive outlook by teaching the skills and tools needed to face challenges and thrive in life.

The 10th SBDE instituted a new battle rhythm to include time for Soldiers to reflect and benefit from some extra peaceful hours, conducting personal and social resiliency. Many Soldiers are also utilize the local USO, Morale Welfare and Recreation centers and the American Red Cross for resilient and relaxing social activities such as video games, card games and watching movies. The USO also provides morale phone lines and free internet.

Soldiers are developing and maintaining valued relationships and friendships that are personally fulfilling and foster good communication. In addition to social media, the USO offers free cards or supplies to send letters home. They are recording stories for their children and loved ones by utilizing the United through Reading Program provided by the USO. It also provides plenty of books, magazines and the Stars and Stripes newspaper.

Soldiers are utilizing gyms and running areas to strengthen their bodies to improve their physical and psychological health to meet the Army's standards. They continue to improve their fitness, endurance and strength through exercise, nutrition and training. Families back home are staying connected through the Family Readiness Groups and unit provided activities. Families are reaching out for help by turning to extended Family, friends, community services or counseling.

Deployments are times when, without effective emotional outlets, Soldiers may be caught in violent

storms of misery, anger and negativity. Applying the skills offered by the Army's MRT program is just one way to navigate safely through challenges. Units have focused on one of the 12 skills under MRT to approach life's challenges in a positive way by demonstrating self-control, stamina and character.

The 10th Special Troops Battalion began their February training with the foundation of MRT by training their Soldiers on the skills: Hunt the Good Stuff, Activating Events, Thoughts and Consequences and Avoiding Thinking Traps. Some of their Soldiers participated in the Valentine's Day 5 and 10 kilometer run. Headquarters and Headquarters Company, 10th STB conducted a female-to-female discussion focusing on safety and fostering a strong social atmosphere. The stress dog attached to the 98th Combat Medical Detachment, Maj. Eden, visited during the discussion. HHC, 10th STB will conduct a male-to-male group in March.

The 142nd Combat Sustainment Support Battalion conducted training with Soldiers throughout multiple locations through battlefield circulation on Energy Management. They welcomed the new units and promoted officers and NCOs. Their Chaplain also led a prayer breakfast.

With the 548th CSSB having just arrived in country, they have constructed a plan to ensure all Soldiers training will be completed by the fiscal year. The 226th Signal Company has already started their training on the MRT skill; Hunt the Good Stuff. The 77th CSSB has trained their Soldiers and subordinate units on Energy Management. The battalion also coordinated with the 98th CSC for stress management and conflict resolution training.

In the upcoming months, the 10th SBDE and subordinate units will continue MRT and plan events to keep our Soldiers on the road to resiliency and the Comprehensive Solider and Family Fitness' five dimensions of strength. Our unity as a team will shine in all aspects of our mission. Keep up the great work and continue to build and maintain ready and resilient Soldiers, Families and units. Hunt the Good Stuff!



Physical



Emotional



Social



Family



Spiritual



Globally Harmonized System

In years past, the Occupational Safety and Health Administration had their own hazardous communications system, which differed from that of other nations and typically nations' systems did not match each other. In a recent development, the U.N. started an initiative to standardize the way chemical-based hazards are communicated to workers, primarily through labeling and safety data sheets. This new international standard is called The Globally Harmonized System, and OSHA has adopted it, which means that the U.S. Army has followed suit and adopted it.

Commanders will ensure their Soldiers are trained to standard on the new label elements and the safety data sheet format. The first phase is to educate Soldiers about the new labeling system and full implementation of all GHS requirements must be completed by June 1, 2016.

The NIPR Brigade Safety Portal page has the train-the-trainer package for units to download so they can brief 100 percent of their assigned Soldiers.

Army Readiness Assessment Program

Would you like to know if your unit is headed for a serious mishap? Would you like to prevent it?

Your unit climate is a strong indicator of the risk level in your formation. ARAP is an effective tool that can help with that because it is an online unit safety climate survey that battalion commanders must complete no later than 90 days after taking command. Afterwards, the battalion commander can review the results and be aware of his unit's overall safety posture, along with diagnosis and recommended improvements. Additionally, an expert from the U.S. Army Safety Center will provide one-on-one guidance for the battalion specifically about the battalion's results.

On average, each Soldier only needs to spend 12 minutes to complete the survey but the battalion commander will need to spend an hour, plus time for the courses of action.

To begin the ARAP for your unit, simply go to the following link to register and begin the process.

<https://safety.army.mil/leaderscorner/arap.aspx>

Good News

I have good news for the brigade! During February, the brigade only had five recordable accidents which is the lowest monthly accident total since June 2013. It matches the lowest accident month total during the 101st Sustainment Brigade's entire deployment. Keep up the good work. Also, I challenge everyone to achieve even fewer accidents for this month.

New Brigade Safety Officer

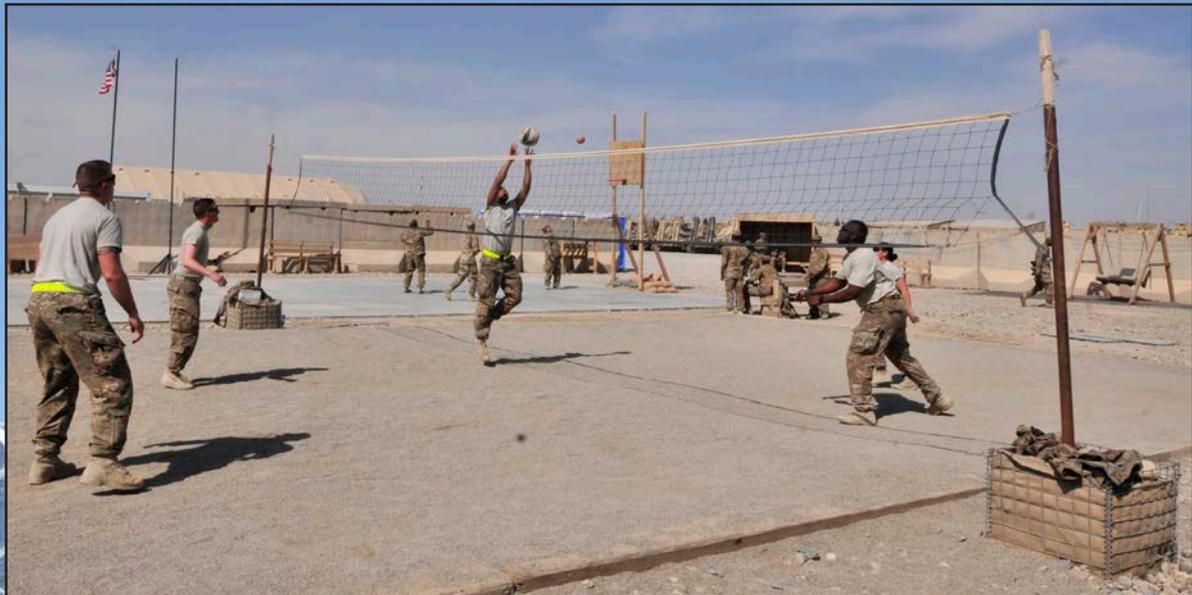
I want to introduce to you Chief Warrant Officer 4 Lamont Lankford, the interim 10th Sustainment Brigade safety officer. He will serve in the position until the brigade hires a new GS 12 civilian to fill the position. He will go out with Mike Tulley, the Regional Command - East deputy safety director, to conduct an initial inspection of work sites throughout Afghanistan so you may see them very soon.



A Soldier assigned to the 51st Transportation Company, 77th Combat Sustainment Support Battalion, 10th Sustainment Brigade, provides security, in front of a mine resistant ambush protected vehicle, for Soldiers performing first aid treatment on a Soldier simulating a casualty during a hands-on portion of the combat lifesaver refresher course on Bagram Air Field, Afghanistan Feb. 28. The casualties were removed from the vehicles by the CLS Soldiers to provide the necessary treatment that was unable to be administered inside the vehicles. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)



1st Sgt. Axel Fontenot, senior enlisted leader of the 543rd Quartermaster Company, 142nd Combat Sustainment Support Battalion, 10th Sustainment Brigade, provides guidance to the Soldiers assigned to 543rd QM CO while conducting a leader professional development class. The class was based on a story titled "Average Joe" that Fontenot had everyone read before discussing the topics in the story. (Photo By Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

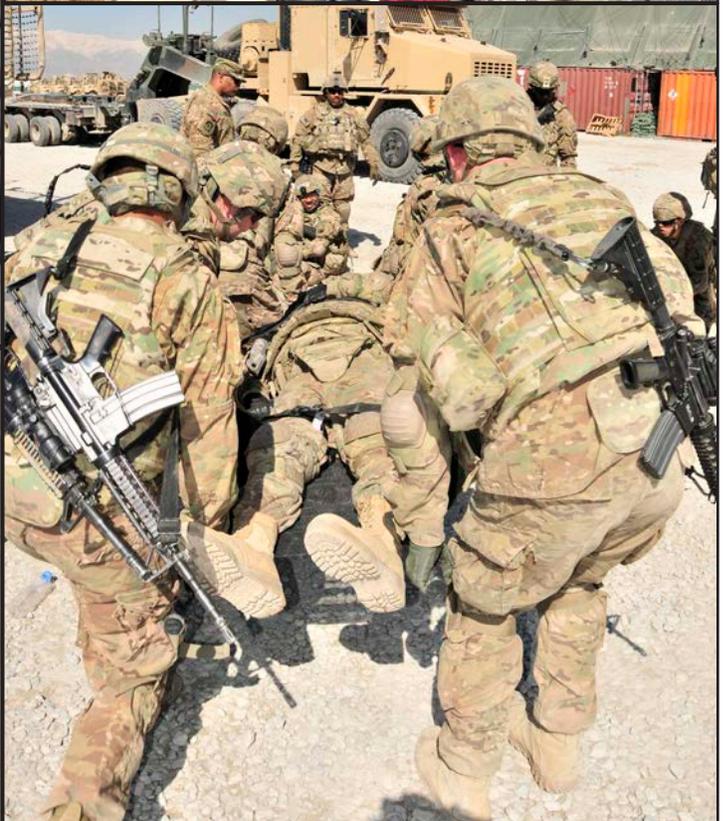


Soldiers assigned to the 96th Transportation Company, 142nd Combat Sustainment Support Battalion, 10th Sustainment Brigade, play a game of volleyball that was organized by the unit's motivation and morale committee. The committee coordinates sports day competitions as a way for the Soldiers, noncommissioned officers and officers of the 96th TC to relieve stress and grow as a team and Family. (Photo By Army Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

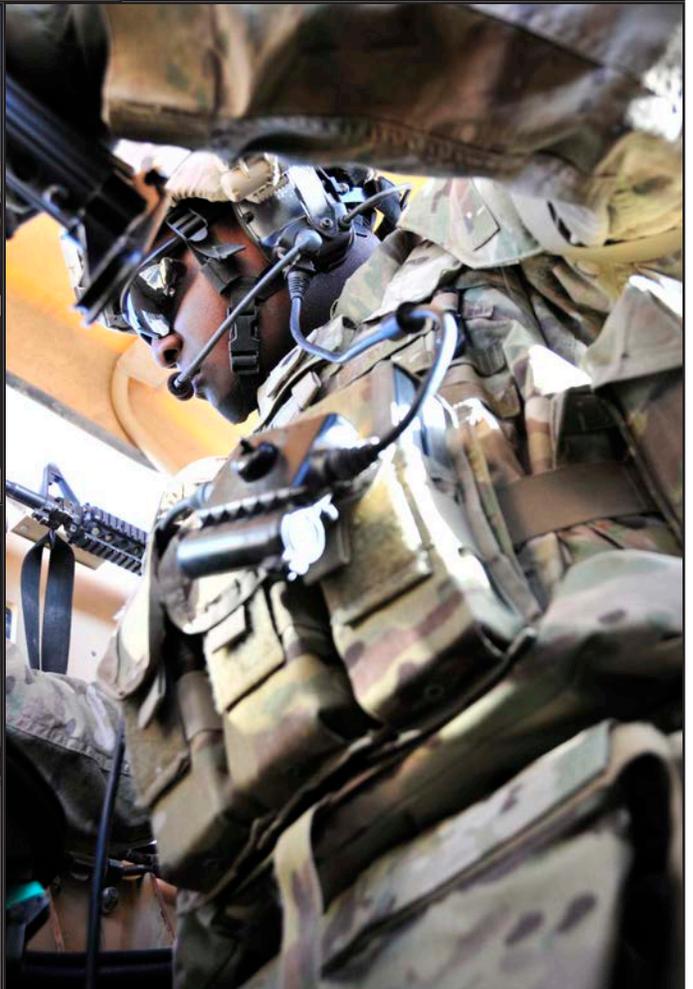


Command Sgt. Maj. Jose A. Castillo, senior enlisted leader for the 10th Sustainment Brigade, inspects the color guard before a transfer of authority ceremony at Camp Marmal, Afghanistan March 2. The color guard executed their duties with precision and fluid movements during the TOA for the 524th Combat Sustainment Support Battalion and the 548th Combat Sustainment Support Battalion. (Photo by Sgt. Michael K. Selvage 10th Sustainment Brigade Public Affairs NCO)

MULESKINNERS GET'N IT!



MULESKINNERS GET'N IT!





FIRST TEAM! SOLDIER OF THE WEEK



Pfc.
Aneisha Johnson
Supply and Logistics
543rd Quartermaster Co.



Where are you from: "I am from Stafford, Va."

What are your hobbies: "I really love to laugh, so I joke around with my battle buddies. If I'm not doing that, I listen to music."

What is your favorite activity in Kuwait/Afghanistan and back home:
"Watching movies with my battle buddies."

What are you most proud of and why? "I'm proud of the work I do for my supply sergeant and my unit"

In your opinion, what is the most important Army value? "Leadership is what helps Soldiers get through their day. Great leadership is not very common, but for me it makes me want to become a leader so that I can be an example of what it should be."

What are your future goals? "Grow in my career and eventually have a family."

1st Theater Sustainment Command

Shoulder to Shoulder

I WILL NEVER QUIT ON LIFE



U.S. ARMY

Prevent Army Suicides
Reach Out ★ Talk ★ Listen

Talk to your Chain of Command, Chaplain, or Behavioral Health Professional
or call the National Suicide Prevention Lifeline. 1-800-273-TALK (8255)