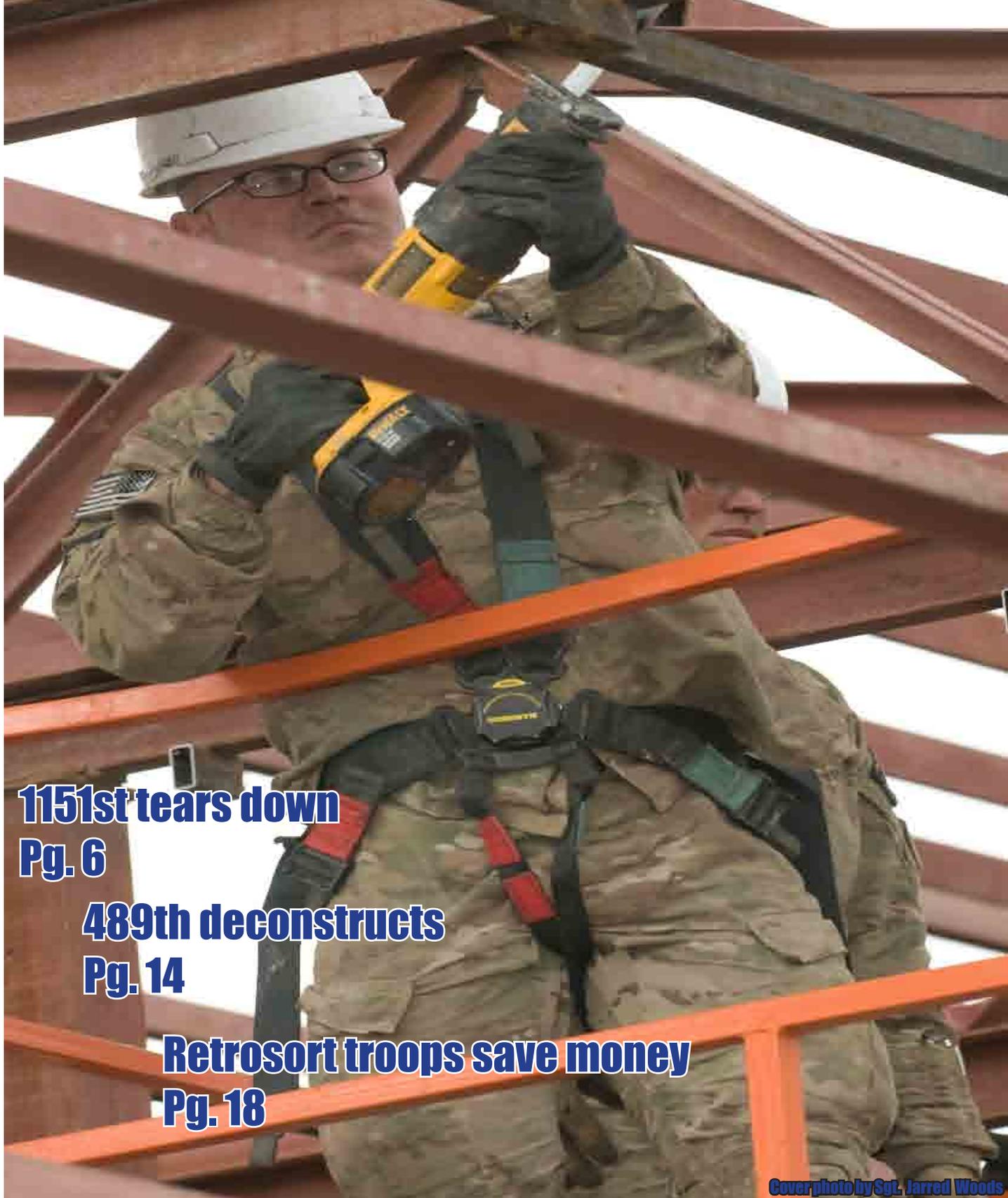


RETROGRADER



1151st tears down

Pg. 6

489th deconstructs

Pg. 14

Retrosort troops save money

Pg. 18

Commander's Corner: Message from Bagram

By Col. Mark D. Collins
Commander, 82nd SB-CMRE



Col. Mark D. Collins (third from left), commander, 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, and his senior enlisted advisor Command Sgt. Maj. Alberto Delgado meet with Department of the Army Inspector General, Lt. Gen. Peter M. Vangjel (right) during a visit to a 489th Engineer Battalion deconstruction site March 23. (U.S. Army photo by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)

Today I write to you from Bagram Airfield (BAF), Afghanistan. The landscape inspired me at dawn as I went out on a run in the brisk air. BAF is nestled in a bowl surrounded by the peaks and foothills of the Hindu Kush. The harshness of the terrain and unforgiving nature of the environment symbolizes the complexity of the mission the Troopers of the 82nd Sustainment Brigade contend with each and every day.

The brigade engineers continue to exceed deconstruction timelines to the point we have to aggressively work at the brigade to keep them in projects. Our retro sort personnel at forward sites and main hubs continue to contribute measurably to future Army readiness. Our enabler teams, ammunition clean sweep teams and personnel assisting the 401st AFSB make a difference every day when it comes to setting the conditions for those that follow us in a few months.

It is hard to believe a majority of our units are already over halfway complete with this current Operation Enduring Freedom Tour. Over the next few weeks we will say farewell to the 8th OD MAG PLT, 82nd SB, from Fort Bragg, N.C., who lead the way in Operation Clean Sweep, accomplishing among other things the return of over \$8.1 million of ammunition back into U.S. stocks.

The 418th Med. Det. from Fort Sam Houston, Texas, whose incredible work with medical retro sort returned over \$15 million of medical supplies back to U.S. stocks as well as providing more than \$1 million in excess medical supplies to our Afghan partners, departs in the coming days. The 349th QM Co. who significantly and expertly improved the KAF retro sort yard departs for California soon as well. We will also say goodbye to the 1223rd Engineer Company from the South Carolina Army National Guard in late Spring and they were instrumental in the deconstruction and right-sizing efforts in RC-S.

They all finished strong and are "returning home with honor" and we are grateful for their service. A special thank you to those that supported them back home and all who wait for their service member or DA civilian or contractor to return. Our teammates and families are what truly make us Army Strong.

This month the Provider Brigade (CMRE) is focusing on the Army Value of Honor. We consistently see the most selfless and honorable deeds executed every day by our troopers. All have reason to feel pride and inspiration from Soldiers who are out doing the Nation's business under harsh and often dangerous conditions. It was an honor to bestow upon Staff Sgt. Jeremy Lorton the Purple Heart for injuries sustained as a result of a rocket attack and I personally hope it is the last of this award we have to award for any of our units. He is well and back with his team at the Shank forward retrograde element (FRE). We presented several combat action badges to deserving Soldiers as well this month.

Our leaders and Soldiers are doing everything they can to ensure we have the right defensive posture at the right place/time so that we can continue to negate the enemy's impact to our operations. We are so very proud of how these brave servants of the Republic conduct themselves on a daily basis. We regularly conduct drills and rehearsals to keep our skills sharp so we can answer decisively if called.

Thank you to all who support our Provider Teammates across the globe. Your encouragement gives us purpose and strength so we can go about America's business in High Asia. We are proud to serve in such a critical mission as a national level asset helping close the theater and impacting future Army readiness. We look forward to stepping off the plane into the warm receptive arms of those we love.

"Supporting Freedom--All the Way!"

Provider 6

82nd SB-CMRE Retrograder

82nd Sustainment Brigade Commanding Officer

Col. Mark D. Collins

82nd Sustainment Brigade Command Sergeant Major

Command Sgt. Maj. Alberto Delgado

82nd Sustainment Brigade Deputy Commanding Officer

Lt. Col. Timothy Maples

82nd Sustainment Brigade Public Affairs

NCOIC

Sgt. 1st Class Jon Cupp



The Retrograder is produced in the interest of the 82nd SB-CMRE, and its subordinate units. The contents of the Retrograder are unofficial and are not to be considered the official views of, or endorsed by, the United States Government or the Department of Defense. The Retrograder is produced in accordance with Army Regulation 360-1.

Command Sergeant Major's Message

Welcome to the fifth issue of the 82nd SB-CMRE newsletter. I'd like to say hello to our families back home at Fort Bragg and throughout the country. I'd also like to say thanks to you for keeping your troops informed about what's going on at home and for taking care of matters at home for us. The sacrifices you have made have not gone unnoticed and are greatly appreciated.

As our Soldiers, Airmen, Marines, government civilians and civilian contractors move further into this deployment, I'd like to say a few words about social media. Social media is a great tool that can help you keep in touch with your families and share information to keep them informed about what you're doing. Social media has a lot of great uses, but in this digital age in which we live, anyone with a little knowledge of computers can see what you're posting.

I'd like to ask that you be careful about what you post as no one is truly anonymous, especially in an open forum. If you wouldn't say it in front of everyone in a morning formation, then don't post it online. There have been cases where Soldiers posted something negative about their command online that were damaging to their careers as someone in their chain saw the posts. Things like this can also hurt your reputation. Always use common sense as you never know who's looking at your posts.

If you post something and you think it won't be re-posted by someone else, you may be sadly mistaken. If, for instance, you have a friend in the military, they might re-post something you've said or send it to other friends who are also in the military. Eventually, the post might even be seen by a senior leader in the military who has been connected to you through others who are in the military via FaceBook.

Think before you post, because once it's out there online, there's no getting it back. In addition to this, never post your personally identifiable information such as birthdays, your home address or give out information to potential thieves by telling them you're going away for a week, etc. Don't post anything that violates OPSEC such as photos of maps or anything that can give away your location. Use the security settings on FaceBook, ensure only friends can see your posts and only give friends access to post comments on your posts.

If you have questions about posting something on FaceBook, then you can always talk to your S-2 when it comes to OPSEC. In addition to this, the brigade public affairs office can also give you tips on things that are acceptable to post. Always use social media responsibly to keep yourself, your reputation and your career from being damaged.

In addition to social media, I'd like to say a few words about the 5 Dimensions of Resiliency. These dimensions have been designed by the Army to help you



Command Sgt. Maj. Alberto Delgado

maintain your resiliency, beat stress and learn how to cope during tough situations. Being deployed is never easy, but I would ask that you review these 5 Dimensions which include: social, family, emotional, physical and spiritual.

Review the 12 skill sets that help to reinforce these dimensions and include such things as learning how to think positively, shutting down counterproductive thinking, identifying self strengths and learning to communicate clearly. These skills and other information can be found at the Army's Comprehensive Soldier and Family Readiness website: <http://csf2.army.mil>. It's a great resource which you can share with your families back home so they can retain their resiliency as well.

In closing, I would like to once again say thank you for the great job you do every day. I never cease to be impressed by the amazing things our 82nd SB-CMRE team has accomplished in just over five months in the-ater. To our families, I'd like to say keep holding up the fort and we'll be back home to you soon.

"Strength and Respect!"
"Providers All the Way!"

P7



418th Med. Log. joins RC-South to assist Afghans

Story and photo by:
Sgt. 1st Class Jon Cupp
82nd SB-CMRE Public Affairs

KANDAHAR AIRFIELD, Afghanistan- The Fort Bragg, N.C.-based 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element partnered with Regional Command-South, Combined Joint Task Force 4 (CJTF-4) to give medical supplies to Afghanistan's Kandahar Ministry of Public Health Feb. 25 at the Kandahar Airfield, Afghanistan retro-sort yard.

Soldiers of the 418th Medical Logistics Company, attached to the 1103rd Combat Sustainment Support Battalion and the 82nd SB-CMRE, sorted, accounted for, processed, inventoried and loaded nearly 80 tri-wall boxes filled with more than \$700,000 worth of medical equipment which is being conferred to Kandahar Ministry of Public Health officials through the Foreign Excess Personal Property program.

418th Med. Log. Co. troops used a forklift to place the supplies which include needles, surgical gowns and masks, among many other items, onto trucks for the Afghans.

"Today we're doing an inventory of all the materials and a portion of it is

being picked up now [by the Afghans] with the rest being contracted for pick up at a later date," said Woodland Park, Colo. native, Maj. James Schmid, Afghan National Security Forces medical development chief for CJTF-4. "The Afghans will be able to equip all clinics and level III hospitals in the [Kandahar] region. These were excess supplies and it's good to see that we're not wasting tax payer money by disposing of it. It's another opportunity for us to build relations and help the Afghans stand on their own."

"This is a great opportunity as these supplies may have just stayed here and expired, so I'm glad

it's going to good use," said Fayetteville, N.C. native, 1st Lt. Jaime Daniels, brigade medical planner/medical logistics officer for 82nd SB-CMRE. "It was a priority for us to do this as we know it will be beneficial for the Afghans and help them to become more self-sufficient."

As locations downsize through on-going deconstruction projects in Afghanistan, teams at the retro-sort yards, to include those who process Class VIII (medical supplies and equipment) work to ensure usable items from the bases get returned to the U.S. military inventory either in theater and elsewhere or are given to Afghans through pro-

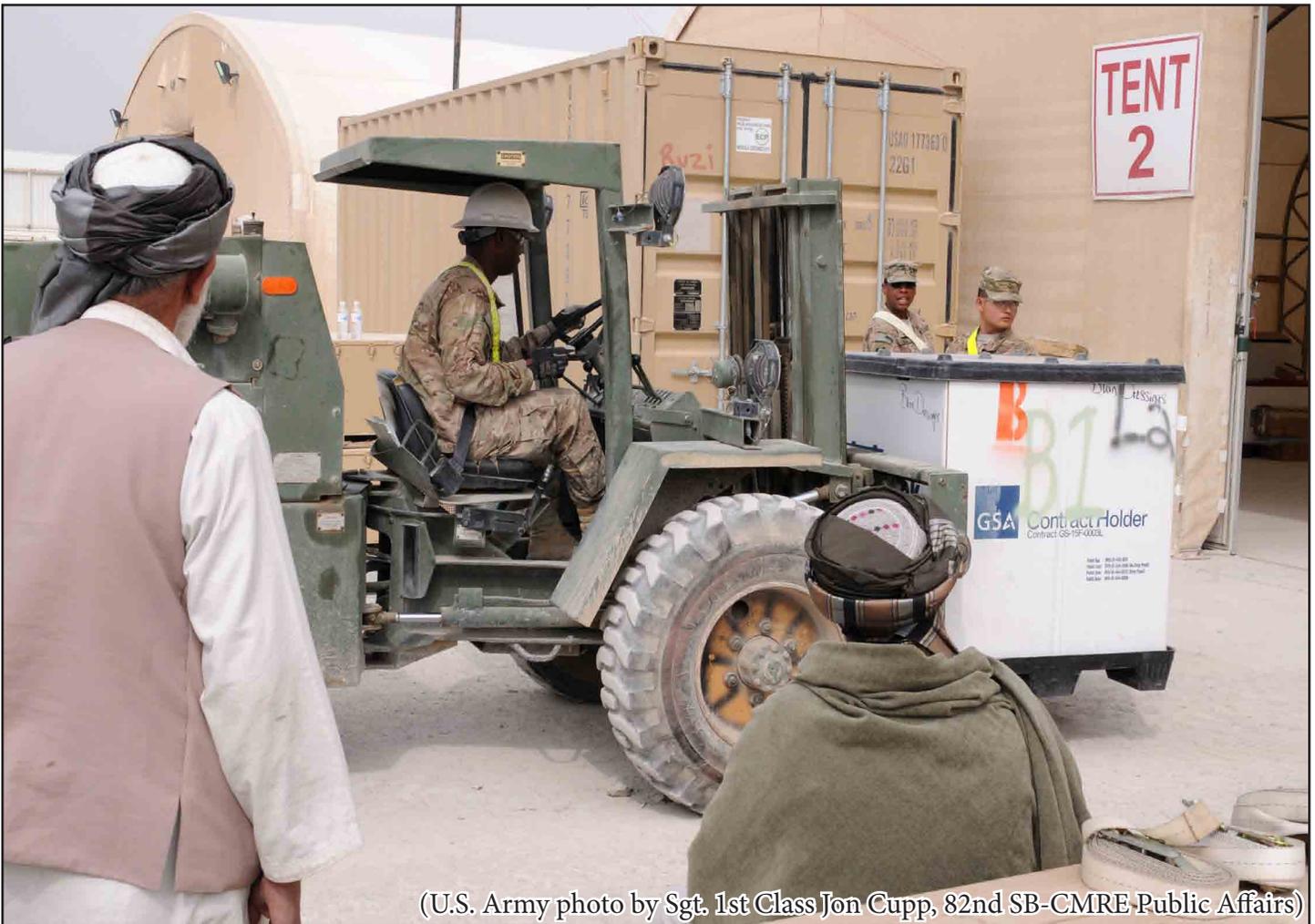
grams such as FEPP. In some cases where the cost to ship excess items is more than the worth of the items, they may be disposed of, especially if no one steps up to claim them.

"Fortunately, the Afghans wanted the items and we were able to FEPP the supplies to them," said Corpus Christi, Texas native, Sgt. 1st Class John Allen, a bio-medical equipment specialist, attached to the 82nd SB-CMRE, who oversees medical retro-sort operations. "It's satisfying at the end of the day to know everything was saved."

"This has gone much better than expected and *See 'Supplies,' page 5*



1st Lt. Jaime Daniels, brigade medical planner/medical logistics officer, 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, reviews an inventory sheet with Dr. Abdulqayoum Pokhla, director, Kandahar Ministry of Public Health Feb. 25 at Kandahar Airfield, Afghanistan.



(U.S. Army photo by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)

Montgomery, Ala. native, Cpl. Antonio James (center), a medical logistics supply specialist for the 418th Medical Logistics Company, attached to the Fort Bragg, N.C.-based 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, uses a forklift to move boxes of medical supplies that are being given to the Kandahar Ministry of Public Health Feb. 25 at Kandahar Airfield, Afghanistan.

Supplies, continued from Page 4

it’s something we’ve been planning for a long time,” added Allen. “It’s one of the biggest projects we’ve done during our rotation.”

Dr. Abdulqayoum Pokhla, director of the Kandahar Ministry of Public Health, coordinated with the 82nd SB-CMRE and CJTF-4 for the supplies and will be using them to re-stock 46 clinics throughout the Kandahar region.

“We have received some supplies in the

past, but not in such a large quantity before,” said Pokhla with a smile. “We’re absolutely happy and very thankful about this as not only does our medical mission benefit but our civilians and our health facilities benefit.”

“Surgical kits, I.V. [intravenous] fluids and band aids are all dearly needed in our health facilities,” added Pokhla. “We have many of these things but we don’t have a [surplus]. With the support of the U.S., we can use these things at the

health facility levels and for emergency situations, so receiving the supplies has great significance to us.”

With Afghanistan’s successful transition to overseeing its own security, Pokhla said he is optimistic about his country’s efforts toward stability and the next generation of health care in Afghanistan.

“We have made good progress and there are still many areas where the health sector needs to improve, but with support

from the international community, I do see positive trends in Afghanistan for the future,” concluded Pokhla.



Tearing down, building up with the 1151st Eng. Co.

By Sgt. Jarred Woods
1st TSC Public Affairs

BAGRAM AIRFIELD, Afghanistan -- Soldiers of the 1151st Engineer Company, Army National Guard, attached to the 133rd Engineer Battalion, have been tasked with a unique mission here.

The 1151st mission is an implementation of the 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element. The CMRE was established to facilitate deconstruction and materiel reduction efforts of U.S. forces in Afghanistan.

As multiple locations in Afghanistan are deconstructed, the 1151st utilizes their skills and abilities to reduce the building footprint throughout the theater. The decrease of the operational footprint benefits the overall mission in several ways.

"We'll tear down the building, then salvage the equipment and put it back in the U.S. military inventory," said Sgt. Frederick Frink, a safety noncommissioned officer for the 1151st Eng. Co. and a Madison, Ala. native.

The U.S. military currently has approximately \$23 billion worth of assets (down from \$48 billion when the process began in 2011) in Afghanistan. This money-saving salvage



Soldiers of the 1151st Engineer Company, attached to the 133rd Engineer Battalion, prepare to ascend on a construction platform lift at Bagram Airfield, Afghanistan Feb. 3. The 1151st is tasked with deconstructing buildings in theater. (U.S. Army photo by Sgt. Jarred Woods, 1st TSC Public Affairs)

operation also helps to greatly reduce the amount of building materials being brought into the country.

"It's great because we can take what we just tore down, take it to another area and build it back up if needed," said Sgt. Shalae Morgan, a safety NCO with the 1151st and a Huntsville, Ala. native. "It's like we get to see something being brought back to life."

Although these engineer efforts are being conducted within the confines of the base, the results have direct impact on troops outside the wire as well.

"The work we do here is very vital because the material we remove can't

be utilized by the enemy to make improvised explosive devices," said Sgt. Chris Sexton, a heavy equipment operator with the 1151st and a Gordo, Ala. native. "It greatly diminishes the amount of material they can get their hands on."

In addition to their deconstruction efforts, the 1151st has also utilized their time on the job as useful teaching opportunities.

The Soldiers for the 1151st are afforded the chance to train-up every Soldier in the various skill sets within their field, added Frink. "We can cross-train our Soldiers in carpentry, electrician work and plumbing."

This valuable training guarantees that the Soldiers of the 1151st will meet all mission requirements established by CENTCOM with versatile and highly qualified personnel.

Throughout their time here, the 1151st are sure to leave a lasting impression, while saving the U.S. valuable money, time and resources.



489th lumber craftsmen make works of art on KAF

Story and photo by:
Spc. Aaron Ellerman
82nd SB-CMRE Public Affairs

KANDAHAR AIRFIELD, Afghanistan- It's 10 a.m. here at the 489th Engineer Battalion's wood shop. A morning ray of sunlight shines through the sawdust covered windowsill, illuminating a giant metal toothed wood eater in the center of the room. By this time of day, clouds of sawdust have begun to cling in the air floating amongst the clamor of saws, drills, sanders, routers and other tools being used by the seven Soldiers busily working here.

"The woodshop has been a tremendous asset to us. They've worked hard on projects for several different units," said Lt. Col. Leslie Templin, commander, 489th Eng. Bn.

Walking through the base here, chances are, one will see the carpentry work of the 489th Eng. Bn. wood shop which is one of few, if not the only Army wood shop in Afghanistan. With orders coming in regularly from units via telephone and walk-ins, the shop stays constantly busy.

Soldiers have crafted products of all shapes and sizes, ranging from ordinary to ornate, for units

throughout this country. Everything they make is designed and built from scratch specifically to fit the needs of the customer.

"I enjoy working here. The steady pace and work load keep us busy and makes the time go by," said Spc. Robert Troop, a carpentry and masonry specialist with the 760th Engineer Company out of Marion, Va.

"I love when I walk around the base and see my work and take pride in knowing I made that," said Spc. Laquan Johnson, a carpentry and masonry specialist with the 760th.

The conditions of downsizing and the local environment have an immense impact on military

operations and the wood shop is no exception. By reusing wood from past projects, recycling wood from the local sort yards and making sure, through precise planning and precision only what is needed is used, the shop is able to create useful and beautiful pieces of carpentry from virtually nothing.

"One of the biggest challenges we face here at the shop is getting the wood and materials we need," said Warrant Officer 1 Randy Jones, officer in charge of the 489th wood shop operations. "Since the ordering process has slowed down due to [downsizing] we have had to improvise but that's part of being in the

Army and adapting and overcoming," said Jones.

Jones, an Asheville, N.C. native, stated that the shop greatly values the neighboring units, who they sometimes depend on, to donate any wood or materials they have. He also said he visits the local sort yards to salvage any wood coming in from deconstruction and other venues.

Despite lacking some resources at times, the shop's atmosphere is robust and inviting, emphasizing safety and work ethic.

"The atmosphere is great here, someone is always there to lend a hand if you need help," said *See "Craftsmen," page 16*



Pfc. Christopher Carter, a carpentry and masonry specialist with the 1223rd Engineer Company crafts works of art in the 489th Engineer Battalion's wood shop at Kandahar Airfield, Afghanistan Feb. 15. The wood shop is one of the few, if not the only, Army wood shop in Afghanistan.

Chaplain's Corner

Submission by:

CH (Maj.) David Ditolla



A deployment can be a huge challenge to any relationship. When a Soldier is asked to prepare for and then deploy for six, seven, nine months; even the best long-term relationships can be challenged. When people who are in significant relationships are asked to separate for long periods of time, tension and conflict can often be part of the equation.

In my role as a Chaplain, I see people who carry lots of resentment and bitterness with them. Many of these people feel like they have been wronged, either in their job or by their significant other. This feeling of not getting what you think you deserve can lead to some long term resentment.

Anne Lemott says that "resentment is like drinking rat poison and then waiting for the rat to die." I think that I agree with her. When we carry around resentment and bitterness for too long, it only hurts us. We are the ones who get poisoned by it, not the person who we feel offended us.

One of the great challenges in life is learning to let go of hurt. Sometimes we don't want to let go of the hurt because we feel entitled

to hold on to it. Being angry can serve as a huge motivational tool. The problem is when we hold this feeling of resentment in, it tends to leak out. And it leaks out over all the people and persons that we work, live and interact with.

Today as you think about the people who you resent the most, remember that you are the one who is hurting; not them. Ask yourself, "what are the effects of the resentment that I hold on those that I love?" Sometimes just realizing how resentment contaminates everything in our lives is enough motivation to let it go. We can't right all the wrongs that have been done to us but we can trust that someday the wrongs will be made right; and maybe not in the way we expected.

CMRE's Person on the Street

This month's featured unit is the 1103rd CSSB. Soldiers were asked, "in your opinion, what is the most important Army Value and why?" See their responses below. Each month, we will feature troops from a different battalion.



Cpl. Antonio James
Unit: 418th Med. Log. Co.
Home: Montgomery, Ala.

"Loyalty. I feel like it's all about dedication to duty and the people you serve with. Respect too as I feel like you should always treat others as they'd like to be treated."



Spc. Claire Carothers
Unit: 418th Med. Log. Co.
Home: Mission Viejo, Calif.

"Integrity. You always need to do the right thing. You have to make sure people know that they can trust you and rely on you, so it's always good to make sure that you set the example."



Spc. Adam Elsea
Unit: 418th Med. Log. Co.
Home: Findlay, Ohio

"Personal courage is the most important Army Value. Doing what's right when it needs to be done. Not showing fear and ensuring that you stand up for what you believe in."



Spc. Daniel Evangelista
Unit: 418th Med. Log. Co.
Home: Santa Rita, Guam

"In my opinion, Respect is the most important Army Value, because it's a big part of my Chamorro culture and everyone should observe being respectful to everyone else."

CMRE Upcoming Birthdays

955th Eng. Co.

SPC Carl Church
PFC Dominic Galindo
SGT Rocky Gascon
SPC Zackary Hallmark
SGT Bryan Knight
SPC James McGee
SPC Kyle Taaffe
SFC Melvin Wiley

124th Horizontal Eng. Co.

PV2 Joseph Beard
SSG Bryant Cooper
PV2 Matthew Freeman
SPC Daniel Harlan
SGT Shannon Johnson
SPC Monzekia Mason
PFC Henry Monts
SPC Marshall Rowland
SPC Devin Smith
SGT Curtis Wooten

FSC, 489th Eng. Bn.

SPC Ashley Bailey
SPC Robert Hatcher
SPC Douglas Hoyt
MSG Larry Moore
SPC Nathan Thornton
SPC Darrell Trotter

HHC, 489th Eng. Bn.

SPC Eric Archer
CW2 Richard Barkow
SPC Timothy Culwell
SGT Caleb Elspeman
PFC Daniel Hines
SPC Lora Montano
SFC Rodney Rickett
SSG Eric Stephan
SPC Elizabeth Young

760th Eng. Co.

SPC Austin Barefoot
SGT Scott Bierstedt
SPC Joseph Buchanan
SPC Jeffrey Cortez
SPC Samuel Crockett
PFC Jesse Deatley
SPC Najirr Fields
SPC Christopher Hairston
WO1 Randy Jones
SGT Derrick Kelly
SSG Joshua Kerr
PFC Richard Lingo
SPC Aaron Miller
SPC Charles Pearson
SPC Brian Rivas

1103rd CSSB

SSG Heather Knoop
SGT Carolyn Nybeck

418th MEDLOG

SPC Keitra Ross

HHC, 133rd Eng. Bn.

SPC Cherish Debault
PFC James Dibiasedorn
SFC Kameel Farag
SPC Tyler Frazer
PFC Justin Hodgeman
CW3 Daniel Howes
SGT Brandon Keene
MAJ Scott Lewis
MSG James Rancourt
1LT Patrick Rand
SGT Scott Turgeon
CPT John York

1151st Eng. Co.

SPC Regina Briones
SPC Dylan Brown
SPC Nyketa Brown
CW2 John Buchanan
SPC Gabriel Clayton
SPC Devante Dawson
SPC Mikhail George
SPC Everett Massey
SGT Mathew Nowell
SPC Corey Pilgrim
SPC Antonio Smith
SPC Cody Watford
SGT Corinthia Williams

1035th Survey and Design Team

SGT Bryant Lorette

858th Eng. Co.

PFC Jay Alford
SGT Christopher Barnes
SGT William Graves
SGT Robert Hays
SPC Asia Logan
SPC Lammi Micha
SSG Joshua Mitchell
SGT Wallace Pigott
SGT Corey Renfrow
SGT Donavon Tondee
SPC Matthew West

150th Eng. Co.

PFC Louis Alcantara
SPC Christopher Bishop
SSG Daniel Boone
SPC Luis Castano
SPC Christopher Dennis
SFC William Eisele
SGT Adam Forbes
SPC Lawrence Grandpierre
SGT Christopher Greenlee
SSG Charaas Handy
1LT Jackson Hern
PFC Joseph Jones
SPC Franklin Montano
SPC Jose Ramirez
SPC Alexis Rosado
SPC Randy Sheats
SPC Jabbari Smyre
SPC Richard Walls

FSC, 133rd Eng. Bn.

SGT Amanda Breton
SSG Jeffrey Gregor
PFC Jeffrey Hamel
SGT Cody Hammond
SPC Michael Penfold
SGT Kenneth Roy
SSG Kirk St. Peter
MSG Keith Tibbetts

HHC, 82nd STB

SGT Bradley Brewster
MSG Anthony Burns
SFC Jon Cupp
LTC Bryan Edmunds
SPC Eugene Felder
MAJ Amanda Hughes
MSG Sandra Myers
SGT James Orr
1LT Timothy Salvador
SGT Andre Ward
CPT Paul Whittingslow

Religious Services at KAF

South Park Chapel

Christian Contemporary
Protestant Service
Sunday 9 a.m.

Catholic Mass
Friday 8 p.m.

Kenyan Christian Fellowship of
Afghanistan
Sunday 8:30 p.m.

Other facilities

Christian Contemporary
Protestant Service at Liberty House
Sunday 9 a.m.

Christian Contemporary
Protestant at 1st Cup Coffee House-
Mustang Ramp
Sunday 10 a.m./8:30 p.m.

Gospel Service at Fest Tent
Sunday 11 a.m.

Aussie Church Service
at Camp Baker
Sunday 9 a.m.

Communion Service at 1st Cup
Coffee House, Mustang Ramp
Wednesday 7:30 p.m.

Muslim Prayer Service
KAF Islamic Center
Friday 1 p.m.

Religious services at KAF

Fraise Chapel Services (KAF)

Christian Contemporary Prot-
estant Service Sunday 10 a.m.

Traditional Protestant Service
Sunday 11:30 a.m.

Church of Jesus Christ of Lat-
ter-day Saints Sunday 1:30 p.m.

Church of Christ
Sunday 3:30 p.m.

British Service
Sunday 5 p.m.

Filipino Protestant Service
Sunday 8 p.m.

International Christian Service
Sunday 10 p.m.

Iglesia ni Cristo (Filipino
Church of Christ)
Monday 8:30 p.m.

Kenyan Christian Fellowship of
Afghanistan
Wednesday 8 p.m.

Joy Night Service
Thursday 7 p.m.

Catholic Mass
Monday-Friday 11:30 a.m.
Saturday 8 p.m.
Sunday 8:30 a.m.

Eucharist Adoration/Benedic-
tion Friday 7:30 a.m.

Rite of Christian Initiation of
Adults (RCIA) Saturday 6 p.m.

Catholic Reconciliation (Con-
fession) Saturday 7:30 p.m.

Catholic Rosary
Saturday 7:45 p.m.

Chapel Ministry Center Services

Unitarian Universalist Service
Sunday 9:30 a.m.

Friends of Bill W. (AA/NA)
Tuesday, Thursday, Sunday
7:30 p.m.

Knights of Columbus Meeting
Monday 7 p.m.

Continued, page 8

**Religious services
continued from page 7**

**Chapel Ministry Services
at KAF**

Church of Jesus Christ of Latter-day Saints-Family Home Evening Fellowship
Thursday 7 p.m.
Sunday 12:30 p.m.

Jewish Sabbath Service
Friday 6:30 p.m.

Religious Services at BAF

Enduring Faith Chapel

Traditional Protestant
Sunday 8:30 a.m.

Chapel NEXT
Sunday 10:30 a.m.

Catholic Choir Rehearsal
Sunday 11:45 a.m.

Catholic Mass
Sunday 12:30 p.m.

Gospel Service
Sunday 3 p.m.

Plugged-in Contemporary
Worship Service
Sunday 6 p.m.

Catholic Mass
Sunday 7:30 p.m.

Gospel Service
Sunday 8:45 p.m.

Gospel Praise and Worship
Rehearsal
Monday 6 p.m.

Intercessory of Prayer
Tuesday 7:30 p.m.

Traditional Protestant Choir
Practice Wednesday 6 p.m.

Gospel Bible Study
Wednesday 7 p.m.

Catholic Choir Rehearsal
Wednesday 8:30 p.m.

Plugged-in Rehearsal
Thursday 5 p.m.

Chapel Next Rehearsal/
Bible Study Thursday 7 p.m.

Gospel Praise and Worship
Rehearsal Friday 6 p.m.

**BAF Enduring Faith Chapel
(continued)**

Full Praise Team Rehearsal
Friday 8 p.m.

Korean Service
Saturday 10:30 a.m.

Gospel Praise and Worship
Rehearsal Saturday 6 p.m.

Catholic Choir Rehearsal
Saturday 8:30 p.m.

**Enduring Faith Chapel
Annex**

Latter Day Saints
Sunday 10 a.m.

Church of Christ
Sunday 5:30 p.m.

Latter Day Saints
Sunday 8 p.m.

Women's Gospel Bible Study
Monday 7:30 p.m.

Gospel Bible Study
Monday 8:30 p.m.

Men of Valor Bible Study
Tuesday 5:30 p.m.

Catholic Study
Tuesday 8:30 p.m.

Creative Arts Rehearsal
Wednesday 5:30 p.m.

Church of Christ Bible Study
Wednesday 7:30 p.m.

New Believer's Course: Gospel
Wednesday 8 p.m.

Creative Arts Rehearsal
Thursday 6 p.m.

Jewish Service
Friday 6 p.m.

SALT Singles Ministry
Friday 7:30 p.m.

Seventh Day Advenist Service
Saturday 10 a.m.

Creative Arts Rehearsal
Saturday 6 p.m.

District 15 Study Group
Saturday 8:30 p.m.



**Enduring Faith Chapel
Conference Room**

Al Anon
Monday 7 p.m.

Friends of Bill W.
Tuesday, Thursday, Friday 7:30 p.m.

**Enduring Faith Chapel Blessed
Sacrament Chapel**

Catholic Mass
Monday-Friday 11:45 a.m.

Holy Hour (Catholic)
Wednesday 7:30 p.m.

Catholic Confession
Friday 6 p.m.

Orthodox Divine Liturgy
Sunday 9:30 a.m.

Craig Hospital

Protestant Service
Sunday 8 a.m.

Christian Devotion
Wednesday 7 p.m.

Flight Line Chapel

Protestant
Sunday 10 a.m.

Protestant: CSAR Break Room
Sunday 1:30 p.m.

Warrior Chapel

Contemporary Worship
Sunday 9:30 a.m.

Contemporary Worship
Sunday 11 a.m.

Traditional Liturgical Worship
Sunday 5:30 p.m.



U.S. Army photo

Bible Study
Sunday 6:30 p.m.

Women's Fellowship
Monday 6 p.m.

Pakistani Bible Study
Friday 7 p.m.

Praise Team Practice
Saturday 5:30 p.m.

AMC Chapel

Spanish Protestant Worship
Sunday 9 a.m.

Gospel Service
Sunday 11:30 a.m.

Contemporary Protestant
Sunday 7:30 p.m.

Men's Gospel Bible Study
Monday 8 p.m.

Women's Bible Study
Tuesday 8 p.m.

Intercessory Prayer
Wednesday 7 p.m.

Topical Bible Study
Wednesday 8 p.m.

"Joy Night" Gospel Service
Friday 8 p.m.

Catholic Mass
Saturday 7:30 p.m.

Coalition Islamic Mosque

Juma Prayers
Friday 12 p.m.



National Guardsman pursues rodeo dreams, bull riding

By Sgt. 1st Class Matthew Veasley
1st TSC Public Affairs

BAGRAM AIRFIELD, Afghanistan -- Two thousand pounds of raging fury underneath you and you don't cringe. Your heart begins to race but not because of fear, but of obsession.

You know that this ride could be your last, but you embrace it with pleasure, because the next eight seconds of your life are all that matter.

Bull riding is by far the most challenging and yet most dangerous sport around. It takes a potentially insane individual to get out of a perfectly good pickup truck to ride a perfectly insane rodeo bull. But for one Alabama country boy, it is absolutely normal.

"Bull riding is a passion of mine, it is something that I enjoy doing every opportunity the lord allows me to do it," said Sgt. Chris Sexton, a heavy equipment operator for the 1151st Engineer Company from the Alabama Army National Guard, Huntsville, Ala, attached to the 133rd Engineer Battalion.

Bull riding requires balance, coordination, bravery and for want of better words, balls of steel. It has been said that bull riders live by the creed, "it's not if I get hurt, but when," and Chris Sexton embraces the lifestyle and

sets his goals high.

"The one thing I don't like about bull riding is the injuries that come with the sport. I rarely think of the negative aspects. Every chance I get, I just thank the good lord for blessing me with the strength and ability to ride," he said.

A conservative country boy from Gordo, Ala., Sexton is counting down the days that he too can join the elite few who can call themselves professional bull riders.

Since Sexton could remember, all he cared about was being a cowboy. Although he loves hunting, fishing, sport shooting and riding horses, his undying dream is to ride bulls in the Professional Bull Riders Association (PBR).

"Chris and I have known each other since we were seven-years-old. He is like my brother," said Larry McKinney, an Alabama native and lifelong friend of Sexton.

"Chris is the most motivated person I know and this has to be the most worrisome thing about this kid," said McKinney. "Every time we do something together he has to do it better than me. This guy is dedicated."

The fact that Sexton is dedicated is nothing less than accurate. He is currently deployed in support of Operation Endur-

ing Freedom in Bagram, Afghanistan. He and his unit are tasked with the critical mission of recovering U.S. Army material and returning it to its raw state to be utilized again in the Army inventory.

"I love my job in the Army," said Sexton. "My job here is so important and I am glad to be a part of this mission in Afghanistan."

The 1151st Engineers are deployed as part of the 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element (CMRE).

On a daily basis, the 1151st performs structural repair, construction and deconstruction of buildings and several other vital operations in the combat theater.

Although he has a perpetual dream of one day becoming a professional bull rider, Sexton recognizes his first calling of protecting the nation he loves.

"I know my son is a true cowboy. Chris loves rodeo more than anyone I have ever known," said Mrs. Lottie Sexton, the mother of Chris Sexton.

"If I could use one word to describe my son, I would have to say 'strong.' Every weekend he would either be in a rodeo or practicing for one. He loves it so much, and I pray he is successful and goes pro some day,"



Sgt. Chris Sexton, a heavy equipment operator for the 1151st Engineer Company rides Loca Cash during a Professional Cowboy Association Event. (Courtesy photo)

she said.

Sexton has competed in several junior level competitions and is very knowledgeable about the sport. He is constantly reading and training for competitions, even though he is deployed.

Sexton recognizes the training required to be the best so he studies hard to keep his edge on the sport.

"I watch a lot of riders and by far my favorite bull rider is Ty Murray," said Sexton, referring to nine-time world champion rodeo cowboy and co-founder of the PBR.

"I don't know if I'm ready to compete professionally but with the lord on my side, I can and will do all things," Sexton added.

"I am confident that if Chris wants to go pro, he will, and when he does go pro, I'm going to walk up to him and slap him on the back and tell him T.J. would be proud," said McKinney, referring to a fellow bull rider and life **See, 'Bull rider,' page 12**



Gordo, Ala. native, Sgt. Chris Sexton, a heavy equipment operator with the 1151st Engineer Company, attached to the 133rd Engineer Battalion, 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, cuts beams from a building on Bagram Airfield, Afghanistan Feb. 3. (U.S. Army photo by Sgt. Jarred Woods, 1st Theater Sustainment Command Public Affairs)

Bull rider, continued from Page 11

long friend of theirs who passed away in a fatal car accident in 2010.

“T.J. was like a brother to me and I love and miss him dearly,” said Sexton.

“If I go pro, I would have to give my brother 16 seconds, 8 seconds for the judges and 8 seconds from my brother T.J.,” added Sexton, referring to the certified ride time on a rodeo bull and the tribute to his lost comrade.

When he returns from combat, Sexton plans to go out West to bull riding school.

“When I get back, I want to go to the Scott Mendes Bulls and Bibles Riding School or the Gary Leffew Bull Riding School,” said Sexton. “I love both schools, but I am stuck between the two!”

“I mean nobody knows riding better than Gary Leffew in my opinion. But for my faith in God, my

first pick would be the Scott Mendes Bulls and Bibles Riding School. The reason I like Scott Mendes is because he brings the word of the lord into the sport and it’s a good way to ride bulls which I love. He teaches the riders how to enjoy the sport and still spread the love of Christ,” Sexton concluded.

After the completion of the bull riding school, Sexton plans to take his riding to the next level by doing some Profes-

sional Rodeo Cowboys Association (PRCA) and touring pro events, hopefully reaching his lifelong dream of becoming a professional bull rider.



Safety Corner: how to lift weights correctly, safely

By Armando Alfaro
Brigade Safety Officer



With the weather getting warmer and the light at the end of the tunnel shining just a little bit brighter, Soldiers are beginning to become very exercise conscious and motivated to get in shape. Many Soldiers are choosing weight lifting as the preferred physical activity to meet their goal.

While the benefits of lifting weights may seem to outweigh any potential harm, Soldiers should be aware of the potential dangers of weight lifting.

The intent of this article is not to sway you away from lifting weights but to raise your awareness to some of the dangers.

The most common danger to Soldiers weight lifting is that they don't work into it slowly and rush too much too soon. For those Soldiers that have never lifted weights, you must understand that your body is not at all accustomed to doing

this, and you'll be using muscles that you've never used in your life.

Putting too much strain on these muscles too quickly can lead to serious injury. So if you decide to start lifting weights or any new physical fitness program, moderation is the key to avoiding injury.

Once you have reached a comfort zone lifting weights, it is very easy to get complacent and start lifting without another Soldier or anyone to assist. In spite of how comfortable and strong you may think you are there is always the possibility of dropping a weight on yourself. Without the assistance of someone nearby to assist you, this can lead to serious injury or worse. Never lift weights alone; always use a battle buddy to spot you and help motivate each other.

Another common danger among Soldiers very commonly seen is when Soldiers attempt to lift beyond their individual capability and in some cases due to peer pressure from their lifting battle buddy. It's important for you to understand your individual capability and understand what your body's telling you. Never encourage a buddy to lift beyond their capabilities or comfort level as this in-

creases the right environment for a serious injury to happen.

Remember, listen to your body. Lift in accordance to your capability and remember your role as the spotter. You're there to encourage and assist when needed, always keeping safety in mind.

In truth, weight lifting when conducted in moderation has much greater effects on fat loss, bone density and can even be used for cardiovascular improvements.

Incorporating regular weight lifting with a continuous cardiovascular program and a balanced diet will assist with an increased physical work capacity, improve bone density, promote a fat-free body mass, increases the strength of connective tissue, muscle and tendons which leads to improved motor performance and decreased injury risk.

And lastly, it improves your quality of life by gaining self confidence. Lifting weights will not only make you strong, but will also help with managing your weight and feeling more confident about yourself.

While the benefits may seem to outweigh any potential harm, remember the potential dangers of weight lifting.

Not properly accessing the hazards and the

Combat Action Badge and other recent awards



The following personnel recently received the Combat Action Badge:
SSG David J. Aguilera
1LT Bailey D. Bullock
SPC Shawn M. Driscoll
SPC Michelle S. Pacheco

Purple Heart
SSG Jeremy Lorton

risks attributed to lifting weights can increase the severity of a potential injury.

With caution, good technique and safety in mind, lifting weights can be a healthy part of you achieving your personal goals, but as with any other activity, weight training should be performed in moderation and with awareness of your capabilities.



489th Engineers work deconstruction at Kandahar

By Spc. Aaron Ellerman
1st TSC Public Affairs

KANDAHAR AIRFIELD, Afghanistan -- Walking through Kandahar Airfield chances are one might notice some ongoing construction and realize some buildings aren't located where they used to be, or anywhere at all now for that matter. Part of the reason for this is the efforts of the South Carolina Army National Guard's 1223rd Engineer Company, attached to the 489th Engineer Battalion.

Through the unit's efforts, they are helping to continually reshape KAF and other bases to better fit the local needs.

Comprised of horizontal and vertical engineering elements, the unit can construct and deconstruct virtually anything, and they have done just that throughout Afghanistan during their deployment.

"I like to build things, but deconstruction is always fun; I've learned a lot about the other jobs while doing it," said Spc. Shaharazad Byrd, a carpentry and masonry specialist with the 1223rd Eng. Co.

"Building is always more interesting for me because I like to see what I've created at the end of the day, but there is no better stress reliever than tearing something down," said Spc. Kyre Cox, a carpentry and masonry



Engineers with the 1223rd and 955th Engineer Companies deconstruct a building at Kandahar Airfield, Afghanistan Feb. 18. The units have deconstructed more than 1,000 structures during their deployment and have played a vital role in the deconstruction and transfer of numerous bases.

specialist with the 1223rd Eng. Co.

The 1223rd Eng. Co. has deconstructed over 1,000 structures during their deployment and has been vital in aiding with the transfer of numerous bases.

"I've really enjoyed getting out and visiting the other bases and seeing more of the country. It has really made the time fly," said Byrd, who is a Greenville, S.C. native.

"It's great to be able to see the direct impact we are having here by helping to make the area and base better," said Cox.

The Soldiers of the 1223rd have operated at an accelerated pace during their deployment while consistently main-

taining a high focus on safety.

"Safety is a top priority for us, before we begin any deconstruction project we always survey the site and identify all the possible hazards," said 2nd Lt. Thomas Kaiser, a platoon leader with the 1223rd Eng. Co.

Soldiers must take everything out of a structure in order for it to be considered ready for tear down. The process includes removing that contains metal, all plumbing elements, and all insulation. Upon sterilizing the site, heavy equipment is used to tear the building completely down. Materials are hauled off to recycling facilities, and the lot is then picked

and polished to look as though nothing was ever there.

"A typical deconstruction project will usually take us anywhere from two to three days to complete. However, two story buildings and structures lying in tight spaces can take longer because the machines can't do as much of the work," said Kaiser, who is an Eglin, S.C. native.

According to Kaiser, the deconstruction projects his teams are assisting with are an integral part of the positive transition to normalcy for the local area.



CMRE Resiliency Bulletin with the Master Resiliency Trainer

By Staff Sgt. Willie K. Best
Master Resiliency Trainer

Hello again Provider family. What resiliency skills have you been taught? Do these ring a bell? Activating-events Thoughts Consequences (ATC); Avoid Thinking Traps (ATT); Detect Icebergs (DI); Problem Solving (PS); Put it in Perspective (PIIP); and Hunt the Good Stuff (HTGS).

How about these skills that would take us through the month of May? Mental Games (MG) or Real-time Resiliency (RTR).

The rest of the skills that are covered by your unit Master Resiliency Trainer are identifying Character Strengths (CS), Challenges and Leadership (C&L), Assertive Praise (AP), Effective Praise (EP) and Active Constructive Responding (ACR). That does sound like a lot of skills, however, these are structured guidelines and training that the Army has, invested with the University of Pennsylvania, to build a more resilient Soldier.

The reasons we train Resiliency Skills are to build, reinforce or strengthen what is referred to as Resiliency Competencies. The competencies that are to be strengthened are: Self-Awareness, Self-Regulation, Optimism, Mental

Agility, Strengths of Character and Connection.

Soldiers will learn seven skills that will make them stronger Soldiers and better leaders by building their mental toughness.

These seven skills will also develop their ability to understand the thoughts, emotions and behaviors of themselves and others. These skills are ATC, ATT, DI, PS, PIIP, MG and RTR. This is a crawl, walk, run training tool that starts with ATC and goes to RTR. The crawl phase is the Soldier's first encounter with the skills, the walk phase is a Soldier starting to understand the skill sets being taught, and the run phase is when a Soldier has learned the skills and starts seeing them unfold before their eyes.

ATC: Helps identify your thoughts about an activating event and the consequences of those thoughts. Bottom line up front (BLUF): ATC helps to build self-awareness and helps you identify your heat-of-the moment thoughts about an activating event and the consequences of those thoughts so you can have a greater control over your emotions and reactions. So what is ATC? The activating event is the trigger, a challenge, adversity or positive event. The thoughts are

your interpretations of the activating event--what you say to yourself in the heat of the moment. Consequences are your emotions and reactions; remember that emotions drive your reactions.

ATT: helps identify and correct counterproductive patterns in thinking through the use of critical questions. ATT helps build mental agility, identify the Thinking Traps you tend to fall into so you can correct your thinking in the moment and avoid the traps in the future. Optimal performance requires you to Avoid Thinking Traps. Thinking Traps are overly rigid patterns in thinking that can cause us to miss critical information about a situation or individual.

DI: helps identify core beliefs and core values that fuel out-of-proportion emotions and reactions, and evaluate the accuracy and usefulness of these beliefs. Identify core beliefs and core values that promote rejuvenation. DI helps to build self-awareness, identifying Iceberg beliefs allows us to reinforce or change them. Knowing that an iceberg has been activated can give us control over our emotions and reactions. Effective Soldiers stay in control under tough circumstances. Heat-of-the-



moment thoughts are on the surface of our awareness. We can easily "tune into" them. Iceberg beliefs are core values (what you aspire to) and core beliefs (what you believe to be true of yourself, others and the world).

PS: accurately identify what caused the problem and identify solution strategies. PS helps to build mental agility. You first have to understand a problem before you can effectively solve it. Being a successful Soldier requires that you're able to solve problems effectively without getting bogged down in old habits of thinking. The goal is to include any critical information you missed so that you can understand the problem and focus on solution strategies.

Focus on thoughts about WHY the problem happened. Identify the contributing factors that caused the problem through critical questions and evidence. Evaluate which factors are control-
See 'Resiliency,' page 17



Soldiers craft works of art in the 489th Engineer Battalion's wood shop at Kandahar Airfield, Afghanistan Feb. 15. Troops working here make beautiful products with limited building materials for customers throughout Afghanistan.(U.S. Army photo by Spc. Aaron Ellerman, 1st TSC Public Affairs)

Craftsmen, continued from Page 7

Spc. Eric Pack, a carpentry and masonry specialist with the 760th Engineer Company.

"I knew a lot coming here from past experiences but working in this shop I have learned ways to do things more efficiently and safely," said Pfc. Christopher Carter, a carpentry and masonry specialist with the 1223rd Engineer Company.

Every Soldier in the shop has had some sort of carpentry experience before this deployment and they each have a specialty duty they perform, complementing each other's strengths and

weaknesses.

Johnson, a New York City native, and union carpenter with the New York City district council of carpenters, specializes in installation work.

Spc. Christopher Fussell, a horizontal construction engineer with the 124th Engineer Company, works in his father's wood shop in their hometown of Macon, Ga. Fussell is responsible for doing the majority of the design and detail work.

Working in the shop, the Soldiers have learned a great deal about life and carpentry.

"I have learned a lot about how to work as a team meeting new people

and working as a tightly knit family," said Fussell. "I learn something new every day here, if not every other day."

"Working in the shop has taught me how to be a better communicator and work at managing my time and effort more efficiently," said Carter.

"Patience and perseverance were lessons I've learned through this deployment. You need to have a lot of both, especially when you're working with intricate details and designs," said Troop.

The Soldiers are midway through their nine-month deployment and although they enjoy working here, they say

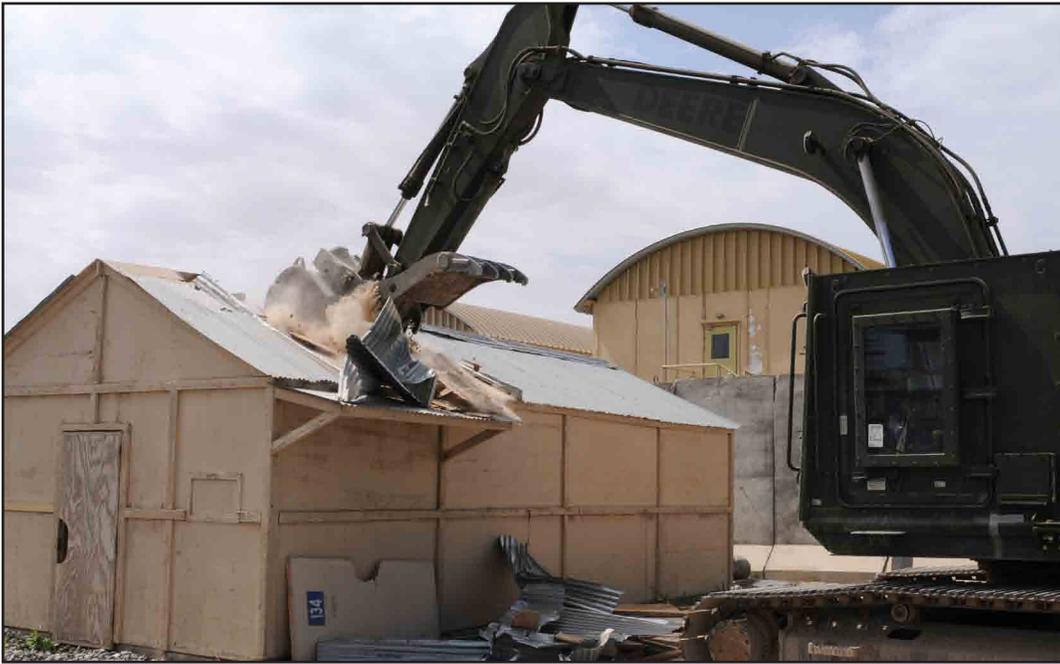
they are ready to get back to their families and put what they've learned here to use in their civilian jobs.

Johnson plans on eventually becoming a master carpenter and said he looks forward to learning everything he can about the trade.

Carter said he's glad he is part of this and looks forward to going back to school and wants to build his own house.

"It's great being out here doing my job everyday but I do look forward to heading home and taking my little girl to Disney World," said Pack.





General deconstructs

Left: Gen. Dennis Via, commanding general, U.S. Army Materiel Command, demolishes a structure while operating a hydraulic excavator during a March 21 visit to an engineer deconstruction site on Kandahar Airfield, Afghanistan. Via received instructions on how to operate the heavy vehicle by Staff Sgt. Anthony Hepperman, a heavy equipment operator, attached to the 489th Engineer Battalion. (U.S. Army photo by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)

Resiliency, continued from Page 15

lable and develop solution strategies that will bring about positive change.

PIIP: stop catastrophic thinking, reduce anxiety and improve problem solving by identifying the Worst, Best and Most-likely outcomes of a situation. PIIP helps to build Optimism. Catastrophizing is when you waste critical energy ruminating about the irrational worst case outcomes of a situation, which prevents you from taking purposeful action. The goal of PIIP is to lower anxiety so that you can accurately access the situation and deal with it.

HTGS: helps build positive emotion, optimism, gratitude (studied by Robert Emmons). It counteracts the negativity bias--the tendency to pay more attention to bad events.

It leads to better health, better sleep and feeling calm. It lowers depression and greater life satisfaction. You have more optimal performance and better relationships. HTGS helps build optimism and positive emotions, such as gratitude. How does HTGS work? You keep a journal. Each day you record three good things that occur daily. Next to each positive or good event that you list, write a reflection (at least one sentence) about why this good thing happened, what it means to you, what you can do tomorrow to enable more of this good thing. I challenge you to start hunting the good stuff.

Here's a look into April and May's resiliency training. MG: helps change the focus away from, our compartmentalize, counterproductive thinking to enable greater concen-

tration and focus on the task at hand. MG helps to build Self-Regulation. Mental Games compartmentalize or distract you from counterproductive thinking by engaging your attention in fun and challenging games or techniques.

MGs are a useful, quick solution when your thoughts are circling, like in PIIP. Principles for designing mental games: must require your full attention, must be hard and fun, and must be games or techniques you can do within a few minutes. A few examples of MGs are math games for you savvy Soldiers, alphabet games and positive imagery.

The top of the Mental Toughness Pyramid is RTR, which shuts down counterproductive thinking to enable greater conception and focus on the task at hand.

RTR helps to build Op-

timism, involves proving your thoughts false with evidence, thinking optimistically, and putting the situation in perspective. It is the skill of fighting back against counterproductive thoughts as soon as they occur so you remain task-focused and motivated. RTR challenges counterproductive thoughts as they occur, gets you back to the task at hand and is an internal skill.

These are a few insights that I hope will help you as Soldiers and Leaders to have a snap shot of some of the key skills in the world of your Master Resiliency Trainer. What they can do for your unit, if done right in a small group setting of 30 Soldiers or less, is that it can also be an effective tool back home with your Family Readiness Group. Until next month, stay safe out there and work on your resiliency.

Retrosort operations in Kandahar save money, avoid costs

Photo and Story by:

Spc. Aaron Ellerman

1st TSC Public Affairs

KANDAHAR AIRFIELD, Afghanistan -- Imagine having a garage sale, operating a recycling center and doing spring cleaning. Now combine all those jobs and times it by a few thousand, and you basically have a retrosort yard (RSY).

The idea is simple: organize materiel and get it where it needs to go, saving money and avoiding costs through the re-utilization effort. It may be a simple idea but the actual process is complex and tedious, as the Soldiers work diligently processing what amounts to be more than a decade of operational supplies.

The first step in the retrosort operation is receiving the materiel. The RSY receives containers coming in from all over Afghanistan from multiple sources including units turning in their excess equipment before returning home. Soldiers working at the RSY have to sift through all materiel in the containers and separate useful items from the rubbish.

"When you open containers up you never know what you're going to find in there," said Spc. Brenda Ochoa, an automated logistics specialist with the 349th Quartermaster Company, attached to the 1103rd Combat Sustainment Support Battalion.

The next step is sort and

categorying to its classification.

The Soldiers sort every type of materiel that comes into the RSY; some items, however, go directly to other facilities immediately after being sorted.

"We process mainly Class II and IX items and deliver many other items such as any classified or sensitive items we may find to other operations handling that specific type of supply," said Ochoa.

Class II and IX items consist of individual equipment, tentage, organizational tool sets and kits, hand tools, unclassified maps, administrative and housekeeping supplies and equipment, repair parts and components to include kits, assemblies and sub-assemblies (repairable and nonrepairable) required for maintenance support of all equipment. These items are further processed by the RSY.

Some supplies go into the RSY's free issue stock, where units can come in and browse the inventory and pick up any needed items.

Many, if not all, of the materiel arriving to the RSY is dirty and has to be scrubbed down to eliminate any debris. This part of the process is often the most time consuming.

"It is very tedious work. You have to make sure you clean between all the cracks and crevices of everything, and there are some things that come in that have plenty of cracks and crev-



Pfc. Richard Womack, an automated logistics specialist with the 349th Quartermaster Company, cleans shipping containers prior to a customs inspection Feb. 18 at the Kandahar Airfield.

ices," said Ochoa.

Not only does the materiel being shipped have to be cleaned but the shipping containers also need attending to. "Everything has to be thoroughly cleaned and can't have any dirt or bacteria on it that could be potentially harmful to the agriculture of the U.S.," said Spc. Richard Womack, an automated logistics specialist with 349th QM Co.

Once the items and containers are clean, they are ready to be checked by customs agents and shipped out to a variety of locations.

"Customs usually comes out to inspect twice a day and we can usually ship out one or two shipping con-

tainers of goods per day," said Womack, a native of Shasta, Calif.

The materiel is shipped to a variety of locations where it is put back into the military's inventory, put into immediate service, repaired, or used for parts.

The Soldiers at the Kandahar RSY process around a million pieces of materiel a week, helping to avoid shipping costs by ensuring no unnecessary materiel is shipped back to the U.S.

Army equipment is made to last for many years, and through the retrosort process here, the Army is being a good steward of taxpayer dollars, making sure items are seeing maximum usage.

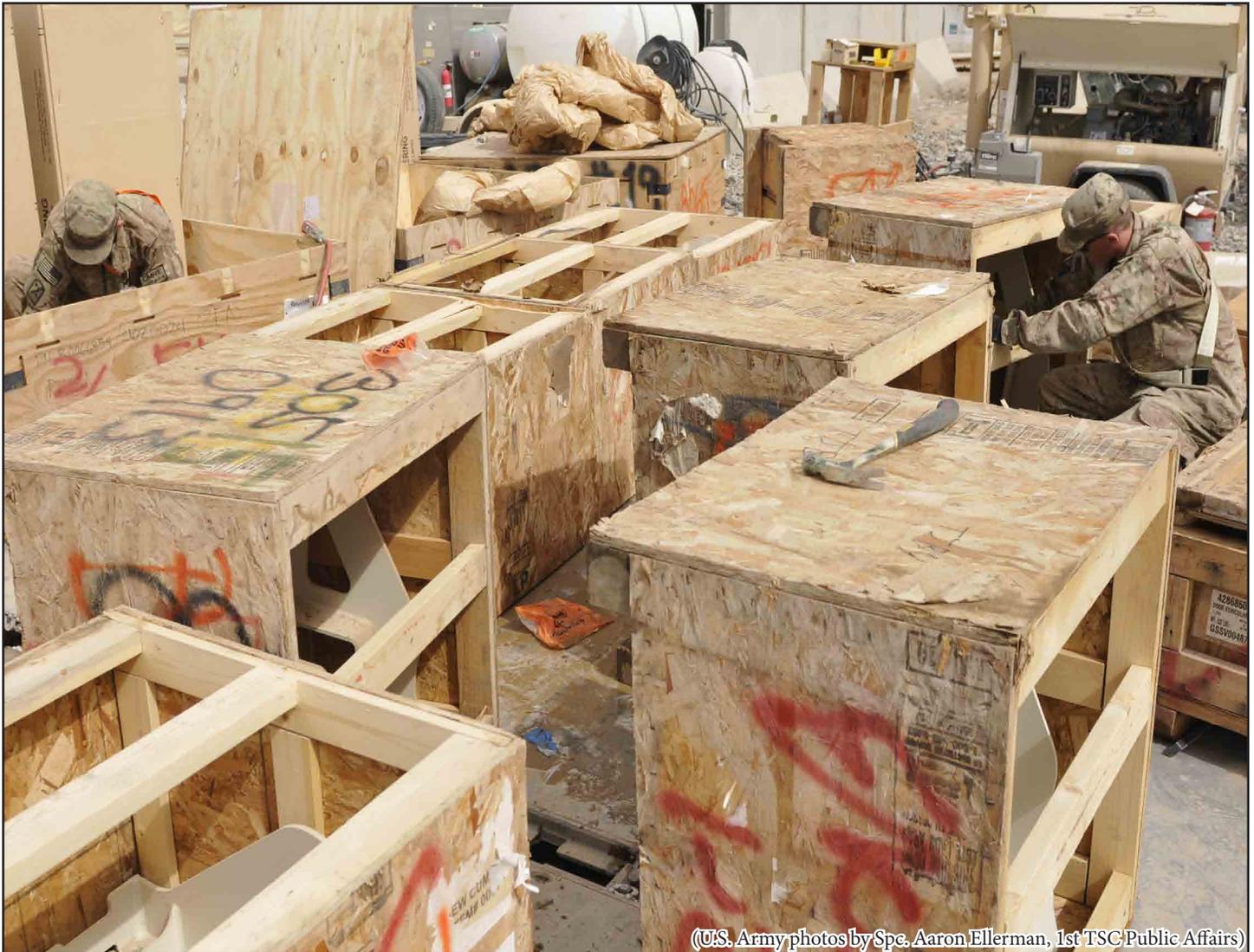


Photos Around the CMRE



1103rd Combat Sustainment Support Battalion

Right: Spc. Brenda Ochoa, an automated logistics specialist with the 349th Quartermaster Company, cleans equipment, preparing it for shipment at Kandahar Feb. 18. **Below:** Troops with the 349th QM Co. prepare shipping containers to be filled with equipment Feb. 18 at Kandahar. Retrosort operations save money and avoid costs by sorting materiel in theater and shipping it to a variety of locations where it can be further used.



(U.S. Army photos by Spe. Aaron Ellerman, 1st TSC Public Affairs)



Left: Soldiers with the 418th Medical Logistics Company perform a by-hand inventory of medical supplies and equipment March 5 at Kandahar Airfield. As part of their materiel reduction mission, troops perform medical retrosort to get usable items returned to the U.S. military inventory. **Below:** Soldiers with the 418th Med. Log. Co. load donated medical supplies onto a truck for the Kandahar Ministry of Public Health Feb. 25.



Above: Findlay, Ohio native, Spc. Adam Elsea, a medical equipment repair specialist, 418th Med. Log. Co. checks medical supplies for serviceability at Kandahar Airfield March 5.



Left: Santa Rita, Guam native, Spc. Daniel Evangelista and Mission Viejo, Calif. native, Spc. Claire Carothers, both medical logistics specialists with the 418th Med. Log. Co., do a by-hand inventory of newly arrived medical supplies at the medical retrosort tent on Kandahar Airfield, Afghanistan March 5. The troops painstakingly catalogue each item which can be anything from surgical gowns to surgical masks and operating room tools to larger high value items like X-ray machines among a host of other equipment. These troopers ensure usable items get back to the force in theater and elsewhere in the military system or to Afghans who may need it. (U.S. Army photos by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)



489TH ENGINEER BATTALION

Left and below: Engineers for the 1223rd and 955th Engineer Companies, attached to the 489th Engineer Battalion deconstruct buildings at Kandahar Airfield, Afghanistan Feb. 18. The units have deconstructed more than 1,000 structures during their deployment and have been instrumental in aiding with down-sizing, right-sizing and transferring bases to Afghans. Their operations are an important step in the positive transition back to normalcy for the local environment.



(U.S. Army photos by Spc. Aaron Ellerman, 1st TSC Public Affairs)



Upper left, top right, center right and below: Engineers from the 1223rd and 955th Engineer Companies pull out electrical wires, plumbing, and roof beams from a structure and then use a hydraulic excavator to knock down the building Feb. 18 at Kandahar Airfield, Afghanistan. The engineers ensured all reusable items from the job site were recovered or returned to the U.S. military inventory. With their responsible deconstruction efforts, these Soldiers save U.S. taxpayer dollars by salvaging good, sturdy work site materials. The troops used dump trucks to haul off debris from the site and left the area as though nothing had ever been there. Eventually, the site will be returned to Afghans in pristine condition. (U.S. Army photos by Spc. Aaron Ellerman, 1st Theater Sustainment Command Public Affairs)



WOMEN'S HISTORY MONTH

Celebrating Women of Character, Courage, and Commitment

Janet Yellen

Tammy Duckworth

Jolinda Im

Caroline Kennedy

VADM Michelle Howard

U.S. ARMY
ARMY STRONG.

DUTY

Fulfill your obligations.

*"I am a Soldier, I fight where I am told, and I win where I fight."
— General George S. Patton*

U.S. ARMY
ARMY STRONG.

ARMY VALUES

RESPECT

Treat people as they should be treated.

U.S. ARMY
ARMY STRONG.

ARMY VALUES

Check out the CMRE story each month in our 82nd SB-CMRE Newsletter!

RETROGRADER

JANUARY 2014

Features:

- 150th Engineer troop helps right-size bases
- 124th Engineer Company in action
- Mom, sons retroport as family

82ND SUSTAINMENT BRIGADE

CENTCOM MATERIEL RECOVERY ELEMENT

Graphic illustrated by Staff Sgt. Richard Verna

Feel free to send to your family and friends!
Let them see what your mission is all about!



133rd Engineer Battalion



Right: Engineers with the 779th Engineer Company use heavy equipment to prepare ground for emplacing earth-filled barriers during a motor pool project Feb. 12 at Bagram.

Below: Nelsonville, Ohio native, Spc. Jacob Fayette and St. Mary, W. Va. native, Spc. Ronald Miller, both heavy equipment operators for the 779th Eng. Co., attached to the 133rd Engineer Battalion, bind down a bulldozer during a mission to construct a berm Feb. 27 at Bagram Airfield.



(U.S. Army photo by Sgt. 1st Class Steven Powell, 779th Eng. Co.)



(U.S. Army photo by Sgt. 1st Class Timothy Gillenwalters, 779th Eng. Co.)



(Photo by Sgt. Jarred Woods, 1st TSC PAO)



(U.S. Army photo by Spc. Makanjuola Abimbola, 150th Eng. Co. UPAR)

Upper left: Sgt. Chris Sexton, a heavy equipment operator, Spc. Zachariah Buckner, a plumber and Sgt. Aaron Duford, an electrician, all with the 1151st Engineer Company pull cut beams from a building at Bagram Feb. 3. **Top right:** Newark, Del. native, Spc. Randy Sheats, a heavy equipment operator, 150th Engineer Company directs a scoop loader as it loads debris from a deconstruction site at Bagram Feb. 25.

Center right: Harrison, Maine native, 1st Sgt. Andrew Prattle (seated), a combat engineer for the 133rd Engineer Battalion, instructs his Soldiers on how to do a “stand and base” during a combatives class Feb. 27 at Bagram Airfield, Afghanistan. **Below:** A heavy equipment operator for the 779th Eng. Co. uses a loader to remove a rock from a ditch during a motor pool project at Bagram Jan. 20.



(U.S. Army photo by Spc. Tyler Frazer, 133rd Eng. Bn. UPAR)

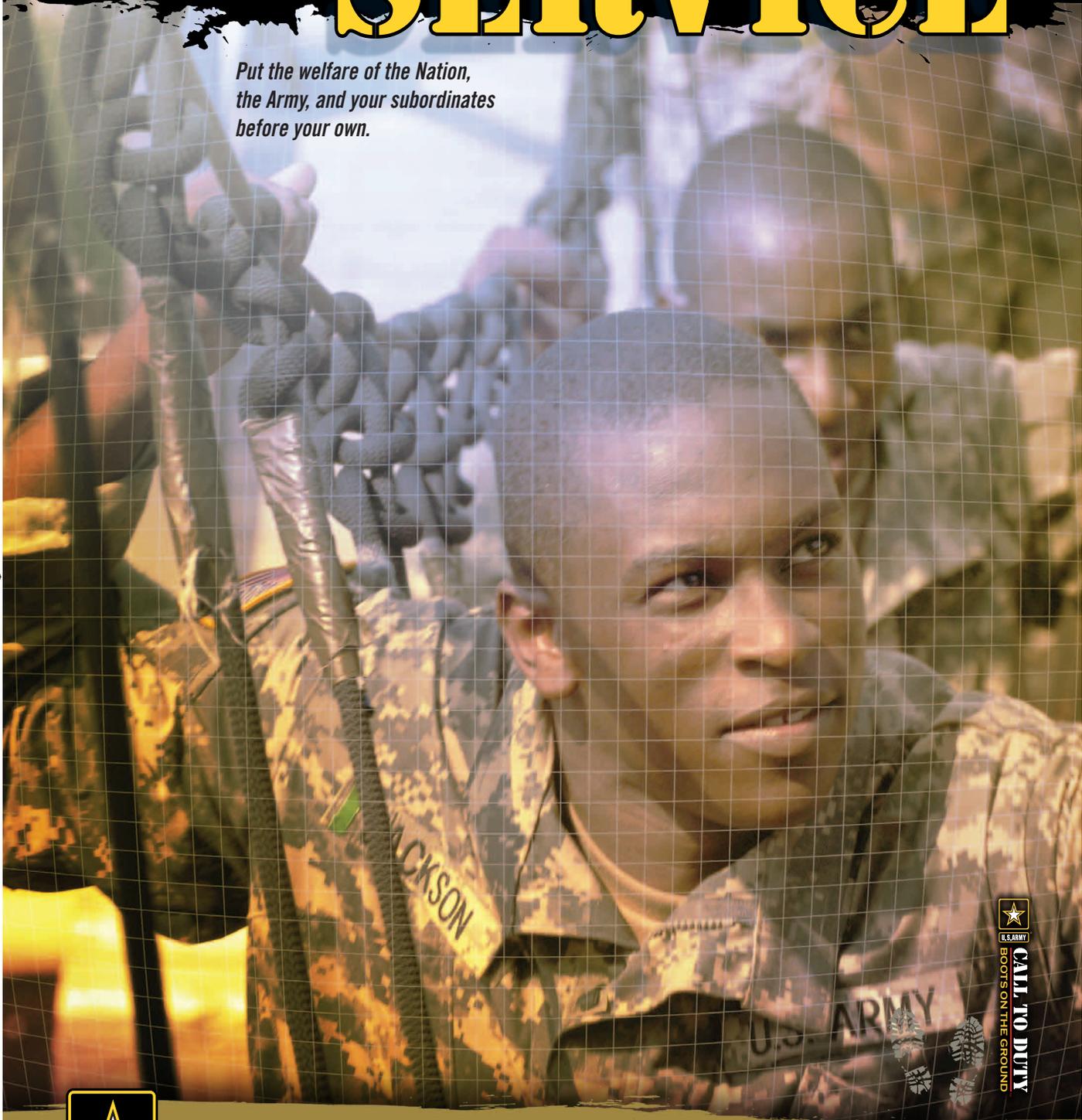


(U.S. Army photo by Sgt. 1st Class Steven Powell, 779th Eng. Co.)

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Left: Pfc. Christian Gutierrez of support operations, 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, ties a tourniquet on the leg of Sgt. William Blanch during a brigade Soldier of the Quarter Board competition March 13 at Kandahar. **Below:** Spc. Cole York, a heavy equipment operator for the 489th Engineer Battalion, tests his skills on the .50 caliber machine gun during a brigade Soldier of the Quarter Board March 13 at Kandahar.



(U.S. Army photos by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)



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When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

ACT

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will **ACT**.

MOTIVATE

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

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(Courtesy photo)



(Courtesy photo)

Upper left: Col. Mark D. Collins, commander, 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, thanks Staff Sgt. Jeremy Lorton, a firefighter with the 8th Ordnance Company, 82nd SB-CMRE, for his outstanding service and courage under fire, March 4 during a ceremony in which Lorton received both the Purple Heart Medal and the Combat Action Badge (CAB) at Forward Operating Base (FOB) Shank. **Top right:** Col. Mark D. Collins, commander, 82nd SB-CMRE, affixes the CAB on the uniform of 1st Lt. Bailey D. Bullock of the 1151st Engineer Company during a March 4 ceremony at FOB Shank. **Center right:** Chief Warrant Officer 2 Pedro Alvarado (right), attached to 82nd SB-CMRE, gives a briefing about CMRE materiel reduction efforts to Gen. Dennis Via (left), commanding general Army Materiel Command, and the Hon. Heidi Shyu, Assistant Secretary of the Army for Acquisition, Logistics and Technology/Army Acquisitions Executive March 20 at Kandahar Airfield.



Left: Marine Corps Gunnery Sgt. Martha Rivera (right) and Staff Sgt. Randy Rodriguez, both with the mobility section of support operations for the 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, make a “thank you” sign March 17 at Kandahar Airfield, Afghanistan for a family in Bakersfield, Calif. which sent 82nd SB-CMRE troops a few items to help with celebrating Saint Patrick’s Day. Items included green licorice, green guacamole chips, green decorations, and green cookies among other treats. (Photo by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)



82nd Sustainment Brigade



1103rd Combat Sustainment Support Battalion



489th Engineer Battalion



133rd Engineer Battalion

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