

# *Sustainer Magazine*



*First Team*

*Sustaining The Line*

# INSIDE THIS EDITION

<i>From the CG's Desk</i>	Page 1
<i>From the CSM's Desk</i>	Page 2
<i>SHARP / Chaplain</i>	Page 3
<i>Safety / Surgeon</i>	Page 4
<i>3d ESC Uncasing</i>	Page 5
<i>133rd Deconstruction (82nd CMRE)</i>	Page 6 - Page 8
<i>President's Visit (10th SB)</i>	Page 8
<i>Pit Crew Supports Mission (10th SB)</i>	Page 9
<i>Twenty Five Men.. (401st SB)</i>	Page 10
<i>Train Hard, Fight Easy</i>	Page 11 - Page 12
<i>330th MCB Stress Resiliency (330th MCB)</i>	Page 12
<i>Salang Tunnel (10th SB)</i>	Page 13
<i>Ammo Abatement (401st SB)</i>	Page 14
<i>Sustainers Earn Combat Patch</i>	Page 15
<i>45th CMRE Uncasing (45th CMRE)</i>	Page 16 - Page 17
<i>1011th Retrosort Yard (82nd CMRE)</i>	Page 18
<i>Around Afghanistan</i>	Page 19 - Page 20
<i>Around Kuwait</i>	Page 21
<i>Around Ft. Knox</i>	Page 22

SUSTAINING THE LINE!



# FROM THE DESK OF THE COMMANDING GENERAL



## “Let’s Get Expeditionary!”

The theme of this issue of the Sustainer Magazine is our historic mission in transitioning Operation Enduring Freedom from combat operations to Resolute Support. It’s an honor to lead and be a part of this amazing team as we move to accomplish the complex objectives expected of us by our Nation.

This is a crucial and historic task we are performing. We are responsible for sustaining the train, advise and assist mission, while simultaneously retrograding equipment off the battlefield and getting it home. All of you are a key and integral part in the overall success of this mission. Afghanistan is a tough, unforgiving environment and what we do every day is challenging and difficult work. More importantly, it is essential to the overall success of the ISAF mission and for the future of Afghanistan.

It has been a very fast-paced tempo over the last few months and it will continue to increase as we get set for Resolute Support. We have already accomplished a great deal and we will continue to meet and exceed our established base closure, materiel reduction and retrograde goals. Always keep in mind that what we do every day is no doubt shaping the future readiness of our Army.

As summer is quickly approaching I want to remind everyone from the youngest enlisted Soldier to the most senior officer in our ranks - that we all have the responsibility to speak up when we see something we believe doesn’t look right or when we’re taking excessive risks. Plan, identify, and mitigate any high risks as we accomplish our daily tasks. Safety is absolutely paramount in preventing mishaps and fatalities as we aggressively move to accomplish the mission.

Once again, thank you for everything you do in accomplishing this historic mission. Continue to “get after it” and stay focused, enforce standards and be disciplined!

-S6

Sustain the Line!

First Team!

Army Strong!



# FROM THE DESK OF THE COMMAND SERGEANT MAJOR



## “Let’s Get Expeditionary!”

Greetings Sustainers, families, friends, Soldiers, Sailors, Marines and Airman of the 1st TSC(FWD)/3D ESC. First I would like to start off by saying thanks for your consistent support to our team and thanks for your dedication to our Nation. It is with great pleasure that we are able to share with you all the great stories from our team by publishing our first Sustainer Magazine from Bagram, Afghanistan.

Our teams in Afghanistan and Kuwait have been working diligently to ensure mission success on a daily basis. I have had the pleasure of personally visiting many Soldiers during battlefield circulation, to include Kuwait and witnessing first-hand the hard work and dedication that the entire team has been putting forth.

Know that the importance of the work you are doing here cannot be overemphasized. The lessons learned from our transition will be used as a foundation for years to come; to create a better, more modernized and expeditionary force.

While we continue to work hard to be successful, it is imperative that we remember our standards and discipline. As time progresses, complacency can grow within our units. It is important that, as leaders, we work to not only ensure standards and discipline are maintained, but that we are setting the standards for others to follow.

In the coming months the temperatures in Afghanistan will continue to increase. Make sure that you and your Soldiers are staying hydrated and are following work and rest cycles accordingly to prevent heat injuries.

Lastly, I would like for you to always remember the centerpiece to success are our service members and it is their resiliency, professionalism and commitment to the playbook that completes every mission on time and on target. As we continue to move forward with positive momentum remember our task here is monumental and historical and you are writing the next page to this book.

Continue the great work and SUSTAIN The LINE!

# SHARP

*Sgt. 1st Class Tonya Karm  
SHARP coordinator, 3d ESC*

The 1st TSC(FWD)/3d ESC continues to uphold the standards and maintains a highly professional SHARP free environment in its footprint. Through training and advisement we will foster a respectful and professional working environment in which every person can thrive and achieve their full potential.

We will foster an environment that prevents potential offenders from committing crimes, dedicated to providing compassionate care for victims, and protecting the rights and privacy of survivors.

Every allegation reported will be thoroughly investigated and the command will ensure that appropriate actions based on the outcome of each investigation will be taken.

Every individual, every unit and organization, and every Commander will be held accountable for their behavior, actions and inactions. The chain of command must remain fully engaged - they are centrally responsible and accountable for solving the problems of sexual assault and harassment within our ranks and for restoring the trust of our Soldiers, Civilians, and Families.

Teamwork is essential to preventing Sexual Harassment and Sexual Assault within our organization. The 1st TSC(FWD)/3d ESC is committed to the CSA's top five SHARP imperatives.



## Chaplain

*Lt. Col. Thomas Cox  
Chaplain, 3d ESC*

Charles Plumb was a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!" "How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!" Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what

he had looked like in a Navy uniform: a white hat; a bib in the back; and bell-bottom trousers. I wonder how many times I might have seen him and not even said 'Good morning, how are you?' or anything because, you see, I was a fighter pilot and he was just a sailor."

Now, Plumb asks his audience, "Who's packing your parachute?" He also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory—he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He relied on all these supports before reaching safety.

Who's packing your parachute? Sometimes in the daily challenges that life gives us, we miss what is really important. As you go through this week, this month, this year, recognize people who pack your parachutes and thank them. I also encourage you to make opportunity to "pack someone's parachute", you never know how an encouraging word or act may benefit an individual or family.

# Safety

*Mr. Percy Black  
Safety Officer, 3d ESC*

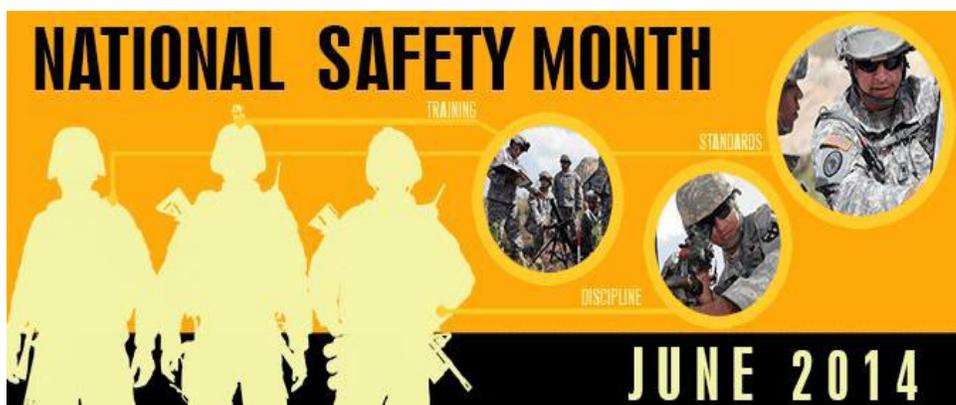
Our Army observes National Safety Month each June in conjunction with public and private organizations across the United States. This year, we are expanding our efforts to promote the observance by dedicating a campaign to safety's significance in four key areas: Civilian injury prevention, ground operations, aviation operations and off-duty driving.

New campaign materials, including informational feature articles and public service announcements, along with links to some of the U.S. Army Combat Readiness/Safety Center's most popular risk management tools, will be made available on this site at the beginning of each week through June. Preliminary materials are available now for download, so feel free to reproduce and distribute throughout your formations as needed.

Be sure to check back weekly for the latest safety information, and remember that risk does not keep a calendar - use National Safety Month to strengthen your safety programs now and into the future.

Army Safe is Army Strong!

Sustaining Safety!



# Surgeon

*Sgt. 1st Class Mi Pak  
Surgeon, 3d ESC*

Air quality and other deployment related environmental risks can differ between locations throughout the CENTCOM AOR. This is a valid concern for all 3rd ESC personnel. Throughout OIF and OEF, the Department of Defense has collected air, soil and water samples for analysis over an extended period of time in order to address force health protection concerns. Historically, the SF 600 medical note had been used however, inconsistencies in formats, lack of incorporation into medical records and redundant work had shown this technique is not an effective one.

To ensure Air Quality documentation is done effectively and most importantly useful to the service member, three ways to provide this documentation are now available to each service member deployed within the CJOA-A and or the CENTCOM AOR. 1) The Service Member service record will show when and to what theaters he or she had been deployed. 2) The Post Deployment Health Assessment (PDHA) conducted within 30 days upon return from deployment and the Post Deployment Health Risk Assessment (PDHRA) conducted within 90 to 180 days. 3) A voluntary registry through the Veterans Administration (VA Airborne Hazards and Open Burn Pit Registry dated 19 Feb 2014) allows Soldiers and Veterans to document their exposure and report health concerns through a web-based questionnaire and receive new information on health risks associated with airborne hazards encountered during deployment.

Any Service Member or DA Civilian who feels he or she has experienced or is experiencing physical symptoms should see a medical provider and ensure it is documented digitally on the SF 600 within the ALTHA or VA computer based systems. The vast majority of all Service Members who serve or served within this CENTCOM AOR have not noted or suffered any consequences from Air Quality issues, however in the event that one does experience associated medical issues, there exists several ways that they can be evaluated for, obtain information on and ensure proper documentation is performed so that they can continue to "Sustain the Line" and stay "Army Strong" while on Active Duty or in Civilian life.

# 3d ESC Uncasing Ceremony

Staff Sgt. Justin Silvers  
3d ESC

The 3d Sustainment Command (Expeditionary), held an uncasing ceremony April 22 at the New Kabul Compound, Afghanistan.

The 3d ESC assumed responsibility from the 1st Theater Sustainment Command (Forward), and is tasked with the increasingly complex mission of providing logistical support throughout Afghanistan's rugged terrain, in addition to assisting with the transition to Afghan forces.

Reviewing the ceremony was Maj. Gen. Darrell Williams, commanding general of the 1st TSC. Williams said the ceremony marked a significant step in the mission in Afghanistan.

"Today marks an important milestone in the history of the 1st TSC, the 3d ESC, the Army and Operation Enduring Freedom," said Williams. "This is another significant step in the transition of the mission in Afghanistan."

During the ceremony Williams thanked the Soldiers of the 1st TSC team for their hard work and dedication during their deployment.

"What you have done here is nothing short of extraordinary," said Williams. "Afghanistan is an austere and unforgiving environment, but that



Brig. Gen. Donnie Walker Jr., 3d Sustainment Command (Expeditionary) commanding general, and Command Sgt. Maj. Edward Bell, 3d Sustainment Command (Expeditionary) command sergeant major, watch the color guard during a ceremony April 22 at the New Kabul Compound in Afghanistan. The 3d ESC assumed responsibility from the 1st Theater Sustainment Command (Forward) and is charged with providing logistical and transitional support during their deployment.

didn't stop you from developing innovative means for overcoming seemingly insurmountable obstacles."

Williams also said a special thanks to Brig. Gen. Duane Gamble, commanding general of the 1st TSC (Forward) and Sgt. Maj. James Lambert, command sergeant major with the 1st TSC forward.

"You have led the team at our forward command post extremely well, commanding a diverse team with a multitude of skill sets, and synchronizing our tactical effort; and you made it look easy," said Williams. "Thank you for taking care of these great Americans and for providing caring and concerned leadership."

Brig. Gen. Donnie Walker, commanding general of the 3d ESC, said the 3d ESC was proud to be a part of the 1st TSC team, and was ready for the mission ahead.

"We are prepared to manage the remainder of the retrograde mission; sustaining the train, advise and assist mission and the transition to the Resolute Support Mission as we prepare Afghanistan for the post-2014 mission," said Walker.

Earlier, Walker also thanked the Fort Knox community for their support to the Soldiers and Families of the 3d ESC, and he's proud to be a member of such a great community.

In addition to the 3d ESC Soldiers deployed in Afghanistan, a significant portion of the 3d ESC has been deployed to Kuwait to assist in sustaining contingency operations as part of the 1st TSC team.



Brig. Gen. Donnie Walker Jr., 3d Sustainment Command (Expeditionary) commanding general, and Command Sgt. Maj. Edward Bell, 3d Sustainment Command (Expeditionary) command sergeant major, uncase the 3d ESC colors during a ceremony April 22 at the New Kabul Compound in Afghanistan. The 3d ESC assumed responsibility from the 1st Theater Sustainment Command (Forward) and is charged with providing logistical and transitional support during their deployment.

# Mission in Afghanistan

*History in the Making...*



**133rd Eng. Bn. Takes Care of Deconstruction**

Ennis, Texas native, Pfc. Wesley Martin, a horizontal construction engineer for the Calhoun City, Miss.-based 858th Engineer Company, attached to the Portland, Maine-based 133rd Engineer Battalion, operates a 5-yard loader to emplace a barrier at Forward Operating Base Shank, Afghanistan April 3. (U.S. Army photo by 2nd Lt. John Story, 858th Engineer Company)

*Sergeant 1st Class Cupp  
82nd SB-CMRE*

Soldiers working for and attached to the Portland, Maine-based 133rd Engineer Battalion, Maine Army National Guard, fill their days with deconstruction projects aimed at transforming and eventually transferring bases back to the Government of the Islamic Republic of Afghanistan.

According to Pembroke, Maine native, Lt. Col. Dean Preston, commander, 133rd Eng. Bn., his battalion's mission is a unique one comprised of troops from both the Army National Guard and Reserves from eight different states and regions throughout the U.S.

"Our mission is significant in that we are a key element in re-sizing and re-shaping in the necessary footprint so we can eventually return bases to the Afghan National Army," said Preston, while explaining that

his mission has been made possible by the successful transition of security to the Afghan Security Forces. "It's a very interesting time in the history of Afghanistan and for our Army."

Preston said that, unlike other troops over the past 13 years in the combat zone who were sometimes working jobs that may not have been their specialty, his troops have been able to do jobs specific to their primary military occupational specialty and an engineer battalion.

"We've been fortunate here in that we've been building and deconstructing using engineer equipment which is a win for our troops as they're going to work and doing what they were trained to do," he said.

"Our battalion consists of two Reserve companies and four National Guard companies from Maine, New Jersey, Delaware, Mississippi, Alabama, Oklahoma, West Virginia and

Florida. At first we thought it would be challenging having people from such diverse regions work as part of the active-duty Army's 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, which is based out of Fort Bragg, N.C. The 133rd Eng. Bn. works to ensure buildings are prepped prior to deconstruction with all interior fixtures such as plumbing and electrical components removed. Once the preparation is done, the battalion can bring in heavy machinery to tear down the structures.

Eventually, the battalion cleans up the site and clears off any debris, while also saving any reusable materials.

"We do projects to build berms, we deconstruct on several different forward operating bases throughout our area of operations, tear down b-huts, relocatable buildings, gyms and tents," said Preston. "Anything man-

**See Deconstruction, Next Page**

## Deconstruction, From Previous

made that you can walk into we've torn down."

"We save reusable structures such as tents and can save some materials from building sites that can be given to locals," added Preston. "We've also had a few missions where we've been able to interact with the locals building relationships with them. But we always try to make sure that anything reusable can be returned to the military system or given to Afghans so that we're not wasting anything when possible which saves money in the long run."

Over the course of their nine-month deployment, the battalion has contended with several challenges.

One of the major challenges includes working long hours in the combat zone while being away from family, according to Preston.

"Overcoming that challenge all comes down to creative leadership and we have worked hard to ensure that we're actively engaged in everything from doing PT together to resiliency classes on finance, relationships, spirituality and finding ways that can get our troops away from a mundane routine or their work desk," Preston said.

One of the ways that the 133rd lead-



Spc. Ryan Ratledge, a heavy equipment operator for the 150th Engineer Company, attached to the 133rd Engineer Battalion, refuels a bull dozer during the deconstruction of a motor pool April 10 at Bagram Airfield, Afghanistan. (U.S. Army photo by Spc. Abimbola Makanjuola, 150th Engineer Company UPAR)

ership has come up with to combat stress and to give the troops a little time away from the job site is to hold a 133rd Olympics every Saturday.

"For about four hours, we chose to do a few (activities) that build teamwork, camaraderie and resiliency with events such as horse shoes, cribbage tournaments and sporting events that involve a little friendly competition," said Preston. "It gives the troops a chance to recharge their batteries and it's great to see that something so simple can have such a positive effect on the troops, bringing a smile to their faces."

When inclement weather such as rain storms during the rainy season in Afghanistan keep engineers away from their job sites, 133rd troops have found various ways to stay busy from doing wood work indoors to assisting with maintenance teams.

"No one goes and hides, they all go looking for things to do so we will engage our labor force in other manners if the weather isn't being cooperative," said Preston.

With heavy equipment such as hydraulic excavators and loaders being used every day for long hours, machinery has to be constantly maintained.

"We inherited a fleet of machinery that didn't just come off the assembly line and we're working it hard," said Preston. "Fortunately, we have a great maintenance crew who are a bunch of heroes in my eyes as they are always out chasing down parts and servicing the equipment, keeping their nose to grind stone without a complaint and ensuring the mission continues."

As with any job involving engineers and heavy equipment, safety is something the battalion focuses on each day, said Preston.

"From the brigade to company levels, we have a great safety program which includes training, situational awareness, safety non-commissioned officers at every job site and Soldiers who provide security at various sites when necessary," said Preston. "We continually do



Spc. Michael Hatfield, a horizontal construction engineer for the 858th Engineer Company, attached to the 133rd Engineer Battalion, operates a 22-ton crane while Columbus, Miss. native, Spc. Michael Dement, also a horizontal construction engineer for the 858th, hooks and unhooks cable hooks to stage a concrete wall to be emplaced around a compound April 3. (U.S. Army photo by 2nd Lt. John Story,

**See Deconstruction, Next Page**

## Deconstruction, From Previous

inspections, give classes and talk to Soldiers about safety and ensure our troops are doing the right thing.”

With all the safety procedures they have emplaced, over the course of the deployment, the battalion has greatly decreased their number of accidents.

“The metrics support that we are doing the right thing,” he added. “Our strength is our Soldiers looking after other Soldiers.”

With his troops being part of the Army National Guard and Reserve components, Preston works with the 82nd SB-CMRE brigade and his companies to ensure his troops are in a good position when they go back to their civilian jobs and the battalion also assists the troops who may not have jobs in the civilian sector.

“Going back without a job can be a challenge so we partner with the

brigade and ensure that our troops have a completed resume if they are seeking employment,” said Preston. “For those that have jobs already, we ensure they get a letter from the brigade, the battalion and their companies which are sent to their employer so they can hear about all the great things their employee has accomplished while deployed.”

“We have set in place a Soldier strengthening program and we expect every member of the battalion who is a staff sergeant or below to have no less than three licenses on things such as bulldozers, hydraulic excavators and other equipment,” added Preston. “So we really want to help them return home a lot stronger.”

As he looks back on the few months left for this deployment, Preston said his troops have not lost the motivation to accomplish the mission and take pride in what they do.

“You can see a pickup in energy as the weather has gotten warmer and as our guys have started to see the light at the end of tunnel and know where the finish line is. Morale is as high as it’s ever been and we’re in a good place,” said Preston. “Everyone is pulling their own weight and you don’t see too many people who don’t have a smile on their face.”

“I think the best thing about the mission is that these troops get to show up as an engineer battalion no matter what their specialty and they’re the only ones who can do the engineer job and no one else can do what they do,” said Preston. “They’ve taken the opportunity to serve their country and take pride in what they’ve accomplished. They can look back at what they’ve done here and know that they’ve made a significant contribution that will have a historical impact on the future of Afghanistan.”



## President Visits Afghanistan

*Sgt. Michael Selvage  
10th SB*

President Barack Obama visited deployed troops at Bagram Air Field, Afghanistan May 25. Country music artist Brad Paisley performed for the troops before Obama addressed all in attendance.

“I know you’ve stood in front of those battle crosses. I know many of you carry the memories of your fallen comrades in your heart today. We will honor every single one of them — not just tomorrow, but forever,” said Obama.

He also spoke about the state of the Afghanistan mission and the strategic progress made by Afghan security forces during the past few years leading up to their first democratic transfer of power that were, in large part due to the many contributions made by deployed service members

After his speech, Obama circled the room to shake the hands of everyone in attendance.



## Pit Stop crew supports mission in Afghanistan

A convoy is lined up preparing to go through the 514th Support Maintenance Company's Pit Stop. The Pit Stop is a quick quality assurance and quality control check intended to identify all faults on equipment before convoys leave on missions

*1st Lt. Sylvia McDonald  
514th SMC, 419th CSSB UPAR, 10th SB*

The 514th Support Maintenance Company, 419th Combat Sustainment Support Battalion, 10th Sustainment Brigade, based out of Fort Drum, New York, provides maintenance support for convoy escort teams before leaving on missions through a Pit Stop program ran by a crew of mechanics.

The program is intended to accurately identify all faults on equipment before convoys leave on missions. By ensuring proper preventive maintenance checks and services, the program aims to aid companies in eliminating all preventable maintenance issues and contributes to keeping Soldiers safe. Staff Sgt. Andrew Johnson,

Pueblo, Colorado native, Pit Stop noncommissioned officer in charge who oversees the operations as CETs prepare for missions, is responsible for verifying that vehicles receive proper PMCS from the Pit Stop crew. The crew consists of two automotive vehicle mechanics, two armament specialists for crew-served and personal weapon systems, and two communications and electronics specialists for radios and the Blue Force Tracker system.

The crews' combined efforts help maintain and improve operational readiness for all convoy trucks it services.

"The Pit Stop is a comprehensive quality assurance and quality control technical inspection station," said Johnson. "Our team's number one mission is to ensure the safe operation of vehicles, armament equipment and communications equipment throughout the convoy. It is our priority to fix any deficiencies on the spot and provide any maintenance support needed for the convoy."

One of the more frequent CETs to go through the Pit Stop belongs to the 110th Transportation Company, 419th CSSB. The 110th TC is no stranger to the 514th SMC as both units fall under the same battalion at Fort Drum and trained together months before deployment.

"The Pit Stop is a good additional check that ensures if any deficiencies are found, they are corrected prior to a convoy going out," said Staff Sgt. Brian Weisman, a St. Cloud, Minnesota native, platoon operations noncommissioned officer for 110th TC. "It enables fewer breakdowns during a mission and ensures a successful return."

Since assuming their mission, the Pit Stop has inspected more than 130 vehicles supporting multiple convoys before leaving on missions. The Pit Stop crew understands that maintenance in the Army allows units to stay combat ready and is vital to the sustainment mission.



A convoy is lined up preparing to go through the 514th Support Maintenance Company's Pit Stop. The Pit Stop is a quick quality assurance and quality control check intended to identify all faults on equipment before convoys leave on missions

# Twenty Five Men...and a truck

Summer Barkley  
401st SB

BAGRAM AIRFIELD, Afghanistan—Eight Soldiers from 3rd Squad, 1st Platoon, 150th Engineer Company, 133rd Engineer Battalion teamed with 3-401st Army Field Support Battalion personnel, contractors and local Afghan workers, totaling 25 men, to prepare an area that will be used to support the battalion organization day scheduled for June 1.

The 150th Engineer Co. is a New Jersey National Guard unit headquartered in Hammonton, New Jersey. They are nearing the end of their nine-month deployment. Staff Sgt. David W. Jones said they have been engaged primarily in horizontal construction missions and removing wooden structures excess to ongoing mission requirements. Jones said they have worked with both Afghan National Army Soldiers and Afghan civilians during their deployment.

“We braved all the elements,” Jones said. “We worked outside all winter.”

The other squad members are Spc. Louis Alcantara, Spc. Joe Conchucos, Spc. Brendon Mackafee,



Soldiers from 3rd Squad, 1st Platoon, 150th Engineer Company, 133rd Engineer Battalion team with 3-401st Army Field Support Battalion personnel, contractors and local Afghan workers, to complete a project for 3-401st Army Field Support Battalion May 28. The project will ensure organization day activities scheduled for June 1 can be conducted in a safe area.

Spc. Taylor Weiss, Spc. Terrance Williams and Pfc. Robert Barnard.

Jones said the Soldiers come from across the state of New Jersey and this is the first deployment for all of the squad members. He said it has been good working with the Afghan soldiers and civilians.

Thanks to the 133rd Soldiers and their team, the battalion organization day will offer a full range of activities in a safe area.



Staff Sgt. David W. Jones, 3rd Squad, 1st Platoon, 150th Engineer Company, 133rd Engineer Battalion, looks on as Spc. Terrance Williams, empties a load of dirt that Afghan workers are using to fill sand bags at 3-401st Army Field Support Battalion. May 28. The Engineers, battalion personnel, contractors and Afghan workers are working on a project in support of the battalion organization day scheduled for June. 1.



Soldiers from 3rd Squad, 1st Platoon, 150th Engineer Company, 133rd Engineer Battalion team with 3-401st Army Field Support Battalion personnel, contractors and local Afghan workers, to complete a project for 3-401st Army Field Support Battalion May 28. The project will ensure organization day activities scheduled for June 1 can be conducted in a safe area.

# Train **Hard**, Fight **Easy**

Staff Sgt. Justin Silvers  
3d ESC

Standing at a lean 6 foot 1 inch tall, Sgt. Richard Cole's stature is not an overwhelming presence; however, in a room full of Soldiers, Cole's energetic personality stands out amongst the crowd. That same energetic personality can be found on the mat, as Cole explodes with fierceness and precision that would make even the largest of men weary.

Cole, who is currently serving as a member of the command team security detail with the 3d Sustainment Command (Expeditionary) in Kabul, Afghanistan, is an avid practitioner of Army combatives. His experience dates back to November 2010 when Cole participated in combatives for the first time with the 41st Fires Brigade based out of Fort Hood, Texas. Cole said that experience motivated him to continue doing combatives.

"The experience taught me that I didn't need a weapon to feel secure," said Cole. "I didn't have to think that just because someone was bigger than me that I was defenseless or I had no chance."



Sgt. Richard Cole, a wheeled vehicle mechanic with the 3d Sustainment Command (Expeditionary), puts Sgt. 1st Class Steven Barthmaier, the senior human resources noncommissioned officer with the 3d ESC, in an arm bar during combatives training April 15 at the New Kabul Compound, Afghanistan.

After successfully putting two of his noncommissioned officers to sleep during his first combatives experience, Cole's first sergeant recommended he



Sgt. Richard Cole, a wheeled vehicle mechanic with the 3d Sustainment Command (Expeditionary), puts Sgt. 1st Class Steven Barthmaier, the senior human resources noncommissioned officer with the 3d ESC, in an arm bar during combatives training April 15 at the New Kabul Compound, Afghanistan.

join their combatives team. After joining the team Cole went on to participate in his first tournament.

Cole entered his first tournament in January of 2011, and while his impressive 6-2 record didn't earn him first place, he was determined to improve himself.

"Our coach was big on one style which was Jujitsu, but I couldn't win just based of Jujitsu; I had to evolve," said Cole. "When I lost I went to another coach and had to evolve into a wrestler and then into a boxer."

In addition to learning new techniques, Cole also managed a healthier diet. His determination and experience paid off the following year when he entered his second combatives tournament.

"I had a lot of downtime to train; I had a better diet and was able to cut 15 pounds in three days," said Cole. "I rehydrated and put on 25 pounds within 24 hours. Walking into the tournament

I was already 10 to 15 pounds heavier than my opponent, giving me a weight advantage, in addition to my vast knowledge of techniques."

Cole successfully bested eight different opponents and secured first place in the tournament. Cole said the victory felt unreal.

"The installation is so big, to be able to say you're the number one person in that weight class for that sport; first you have bragging rights, secondly it's an unreal feeling," said Cole.

While Cole has invested an immense amount of time and energy into his training, he had many mentors who helped him along the way. One such mentor that had stood out to Cole was Command Sgt. Maj. Edgar Fuentes.

"Fuentes was my first coach in the hand to hand combatives program," said Cole. "He knew how to teach and develop Soldiers, what to say and how to say it. He wouldn't just coach from

**See Train Hard, Next Page**

## Train Hard, From Previous

the sideline; he would actually get in there and teach you something.”

Fuentes, who is now serving with the 2-82 Field Artillery, 3d Brigade, 1st Cavalry Division, said he remembered training with Cole.

“Sgt. Cole to me was a coach’s dream, easy to coach, never scared of trying something new and a good listener,” said Fuentes. “Many times he was in the middle of a fight, and when I wanted him to do something, he executed exactly what he was instructed to do. But more than anything he had the potential of being a great fighter and a great Soldier.”

Since Cole’s victory in 2012 he has participated in two other tournaments, the Fort Hood Combatives Tournament and the Fort Bragg Combatives Invitational, both in 2013. At the Fort Hood Combatives Cole was 3-0 before being forced to stop due to a broken rib.

“My ribs were bruised from training approximately two weeks before the actual tournament,” said Cole. “The first two fights didn’t go to the ground so it didn’t interfere with my performance, but the third round did. My opponent was trying to escape from a submission; he pushed his elbow deep into my ribs causing them to fracture.”

Cole said he didn’t feel the pain right away, but when he

did he said the pain was excruciating.

“Due to the adrenaline, the severity of the pain was delayed, so I didn’t experience an immediate surge of pain,” said Cole. “About five minutes after leaving the mat is when the pain hit me. I tried to stand up and the pain was too intense for me to even stand.”

Currently deployed to the New Kabul Compound with the 3d ESC, Cole joined the combatives program and began working his craft within a week of arriving in country.

Sgt. 1st Class Steven Barthmaier, the senior human resource noncommissioned officer with the 3d ESC and a level 4 combatives instructor, said Cole stood out to him because of his experience on the mat.

“Cole stands apart from his peers because he has a knowledge base that he shares regularly with even the most novice of beginners,” said Barthmaier. “He always takes the time to explain instructions at length and to show the moves.”

Cole said he plans to continue combatives and looks forward to his next tournament.

“Progress does not come by chance, it comes by change; change which requires hard work and dedication,” said Cole. “I always tell my teammates train hard, fight easy.”

# 330th MCB Combat Stress Resiliency Retreats

*Capt. Heather Borshof & Spc. Jason Dorfler  
330th MCB*

On 9 April and on 7 May, the 330th Movement Control Battalion’s (MCB) Religious Support Team organized two one day Combat Stress Resiliency Retreats led by the Combat Stress Control Team on Bagram Airfield, Afghanistan. Soldiers who participated were from the 330th MCB as well as from additional units, some of whom traveled from other FOBs in order to attend. The purpose of the retreat was to help Soldiers recognize and deal with many of the stresses and problems that often occur during deployment.

The classes offered were intended to build and optimize Soldiers’ resiliency, and gave them the tools needed to work through any issues that may occur while they are away from home and loved ones.

Throughout the day, the Combat

Stress Team did an amazing job as they taught ways to handle stress management, gave sleep tips to help overall performance, dealt with how to better handle anger management, how to maintain relationships, and reiterated the importance of suicide prevention and awareness, as well as SHARP issues.

In between the classes, there were fun and educational activities that included a drawing and listening activity, mental games which incorporated team building exercises, and a short session of Yoga that helped one focus and release everyday tensions.

One of the best and most relaxed members of the Combat Stress Team was MAJ Edan. Her sole purpose was to wag her tail, be petted, and make people smile; all of which she did extremely well. She travels a lot and so it was a treat to have her be able to join us for the most recent retreat.



Soldiers participate in Team Building Exercises that also strength-ens mental agility while having fun, May 7 at the Enduring Faith Chapel, Bagram, Afghanistan.

## In Photos : Salang Tunnel



Above : Soldiers assigned to the 114th Transportation Company and 730th Transportation Company, halt their convoy escort team momentarily to refuel their vehicles, which included Mine Resistant Ambush Protected trucks. Stops were kept to a minimum and only done when absolutely necessary to ensure the mission was accomplished successfully. U.S. Army Photo by Sgt. 1st Class Luis Saavedra.

Left : Master Sgt. James Sabyan, convoy commander assigned to 1st Platoon, 114th Transportation Company, provides security at the Salang Pass after his convoy escort team halted for a quick refuel. The CET traveled from Regional Command-East to Regional Command-North to pick up host nation trucks carrying equipment that was identified to be transitioned to Bagram Air Field, Afghanistan. U.S. Army Photo by Sgt. 1st Class Luis Saavedra.

Right : A Soldier assigned to the 419th Combat Sustainment Support Battalion, 10th Sustainment Brigade, provides security at the Salang Pass after his convoy escort team halted for a quick refuel. Soldiers served as gunners, drivers or dismounts rotated positions during the mission, which allowed them to execute their training in multiple roles throughout the operation. U.S. Army Photo by Sgt. 1st Class Luis Saavedra.



# Ammo Abatement

Summer Barkley  
401st SB

Eight Soldiers from the 23rd Military Police Co., 91st Military Police Battalion, 10th Sustainment Brigade, received certificates of appreciation and commander's coins from Lt. Col. Marvin L. Walker, 3-401st Army Field Support Brigade commander May 1.

Walker recognized the Soldiers for completing more than 2300 ammo abatement inspections on vehicles turned in to the Logistics Task Force Bagram Redistribution Property Assistance Team. Each vehicle is subject to as many as five ammo abatement inspections to make every effort possible to render vehicles safe for their next mission, a critical step in the RPAT process.

Ammo abatement inspections search nooks and crannies where brass, ammunition and links can be lodged as a result of unit missions and traversing the often rough terrain in Afghanistan. The team conducted 1171 final inspections and 856 initial inspections on Army fleet vehicles and an additional 355 inspections on vehicles destined for transfer to Defense Logistics Agency Disposition Services. Five



Eight Soldiers from the 23rd Military Police Co., 91st Military Police Battalion, 10th Sustainment Brigade, who completed more than 2300 ammo abatement inspections at Logistics Task Force Bagram Redistribution Property Assistance Team received certificates of appreciation and commander's coins from Lt. Col. Marvin L. Walker, 3-401st Army Field Support Battalion commander May 1. Front row: Spc. Jeremy Drewry and Sgt. Cory Burnley. Back row: Spc. Nicholas Tholcke, Spc. Alonte Echols, Spc. Anthony Tran, Spc. Sarah Doolittle, Pfc. Alicia Sheehan and Spc. Brian Wateski.

of the Soldiers will begin customs inspector duties and three are headed to 4-401st AFSB to conduct the ammo abatement inspections in Kandahar.



Ammo abatement inspections search nooks and crannies where brass, ammunition and links can be lodged as a result of unit missions and traversing the often rough terrain in Afghanistan.



Ammo abatement inspections search nooks and crannies where brass, ammunition and links can be lodged as a result of unit missions and traversing the often rough terrain in Afghanistan.



# *Sustainers* earn combat patch



Capt. Adam Vogel, Headquarters and Headquarters Company commander of the 3rd Sustainment Command (Expeditionary), prepares the unit for Brig. Gen. Donnie Walker Jr., commanding general of the 3rd ESC, and Command Sgt. Maj. Edward Bell, command sergeant major with the 3rd ESC, during the 3rd ESC's combat patch ceremony May 24 at the New Kabul Compound in Afghanistan.

*Maj. Jared Auchey  
3d ESC*

This Memorial Day weekend, Soldiers of the 3rd Sustainment Command (Expeditionary) marked their deployment to Afghanistan, May 24, by receiving their combat patch during a ceremony here.

Brig. Gen. Donnie Walker Jr., the 3rd ESC's commanding general, presented the Soldiers with their patches as they officially became a part of the command's history. Walker said that, "the combat patch represents the warrior spirit. It shows that not only did you volunteer to serve your country, but you did so during a time of war. You volunteered to go into a foreign land and put yourself in harm's way. And 99 percent of Americans will never experience first-hand what you have."

The combat patch has a rich history and significance to those authorized to wear them. But something similar to those authorized to wear them, is the sense of accomplishment and pride in their unit.

"The combat patch ceremony helps bring a unit together with a sense of pride and unity, which is important as we continue on through our deployment," said Cpt. Adam Vogel, the 3d ESC's Headquarters and Headquarters company commander and Georgetown, Ohio native.

The history of the Soldier Sleeve Insignia dates back to 1918, during World War I, when the 81st Division sailed for France with a Panther patch on their shoulder and has since become a historical Army tradition. The wearing of patches in general was important and began out of a necessity for leaders and Soldiers to identify their troops.

Over the years, this system evolved and eventually

led to patches being worn on the left and right shoulders of the uniform, allowing proud veterans to display their unit patches as symbols of prior campaigns and battles.

Worn on the right should of the U.S. Army uniform, the combat patch symbolizes a Soldiers past or active participation in wartime service.

"Combat patches symbolize a brotherhood of serving in harm's way when the Nation and our Army calls upon you", said Lee Priest, Aviation Maintenance Manager with the 3d ESC and a Brooklyn, New York native. "I also feel that it represents shared experiences with other combat veterans."

The 3rd ESC's shoulder insignia has proud tradition and history of honors which date back to the 3rd Logistical Command, which was activated in Japan on 19 September 1950 for service in Korea. The 3rd ESC has repeatedly answered our Nation's call participating in campaigns to Korea, France, Germany, the Balkans, Iraq and Afghanistan represented in the command's proud history.

The 3rd ESC shoulder sleeve insignia is comprised of three blue arrows pointing outwards that represents the command's numerical designation and mission to provide combat support wherever it's needed. The arrows and arrowheads are symbols frequently used in U.S. Army insignia designs because they represent items used in warfare and defense. The red circle outlining the 3rd ESC patch signifies the never ending valor and courage of its Soldiers. The white field represents purity and dedication.

The 3rd ESC headquarters in Afghanistan is serving as the single sustainment mission command managing the remainder of the retrograde of equipment and sustaining the train, advise and assist mission.

# Combat Patch & Memorial Day



Brig. Gen. Duane A. Gamble, deputy commander of the 1st Sustainment Command (Theater) presented Soldiers of the 1st TSC and Soldiers of the 3rd Sustainment Command (Expeditionary) with unit combat patches during a patching ceremony held May 26, at Camp Arifjan, Kuwait. (U.S. Army photo by Staff Sgt. Richard Colletta)



PFC Brooks Haynie (right) and Master Sgt. Moro Marcus, both Soldiers with the 3rd Sustainment Command (Expeditionary) join hands representing the youngest and oldest Soldier in a traditional cake cutting ceremony following a unit patching ceremony and Memorial Day observance held May 26, at Camp Arifjan, Kuwait. (U.S. Army photo by Staff Sgt. Richard Colletta)

Soldiers from the 3d Sustainment Command (Expeditionary) stationed in Kuwait received their combat patch during a ceremony May 26 at Camp Arifjan Kuwait. Brig. Gen. Duane A. Gamble, deputy commander of the 1st Sustainment Command (Theater) presented the Soldiers with the combat patches. The ceremony recognizes their service and dedication in support of Operation Enduring Freedom. After the patching ceremony the Soldiers celebrated Memorial Day.

## VSAT Communications

Soldiers from the 3d Sustainment Command (Expeditionary) stationed in Kuwait worked on a SNAP Very Small Aperture Terminal system May 17 at Camp Arifjan, Kuwait. The SNAP VSAT system is designed to provide communications support to personnel in remote locations.



Above: Sgt. 1st Class Jonathan Gibson (left) and Chief Warrant Officer 2 Craig Campbell (right), members of the 3rd Sustainment Command (Expeditionary) set up and test a SNAP VSAT, May 17 at Camp Arifjan, Kuwait. (Army photo by Staff Sgt. Richard Colletta)



Staff Sgt. Michael O'Rourke, a member of the 3rd Sustainment Command (Expeditionary) currently augmenting the 1st Sustainment Command (Theater) makes some adjustments while setting up a SNAP VSAT, May 17 at Camp Arifjan, Kuwait. North Carolina. (U.S. Army photo by Staff Sgt. Richard Colletta)



Left: Sgt. 1st Class Jonathan Gibson, a member of the 3rd Sustainment Command (Expeditionary) gets hands on while setting up a SNAP VSAT, May 17 at Camp Arifjan, Kuwait. (U.S. Army photo by Staff Sgt. Richard Colletta)

# 45th CMRE Uncasing



Col. Gregory Boyd, commander of the 45th Sustainment Brigade, and Command Sgt. Maj. Dana Mason Jr. uncase the 45th Sust. Bde. colors during the CENTCOM Materiel Recovery Element transfer of authority ceremony June 2 at Kandahar Air Field, Afghanistan. The 45th Sust. Bde. CMRE relieved the 82nd Sust. Bde. for the CMRE mission set, which is focused on the recovery of military equipment to the U.S. from Afghanistan. (U.S. Army photo by Spc. Erin Sherwood, 45th SB-CMRE Public Affairs)

*Spc. Erin Sherwood  
45th SB-CMRE*

KANDAHAR AIR FIELD, Afghanistan -- Soldiers of the Schofield Barracks, Hawaii, based 45th Sustainment Brigade took the mission of the CENTCOM Materiel Recovery Element from the Fort Bragg, N.C., based 82nd Sust. Bde. during a transfer of authority ceremony June 2.

The CMRE mission focuses on the recovery of military equipment to the U.S. from Afghanistan. The 45th Sust. Bde. CMRE assumed the mission to sort, track and recover all equipment from an operational area roughly the size of the state of Texas.

“What you are all doing here will not only be captured in history books, but more importantly in Army doctrine for future operations in the years to come,” said Brig. Gen. Donnie Walker Jr., commanding general, 1st Theater Support Command (Forward)/3rd Expeditionary Sustainment Command, during the ceremony.

According to Walker, the 82nd Sust. Bde. persevered through many logistical challenges to complete their leg of the CMRE mission including unimproved roads, winter storms, monsoons, flash floods and mountainous terrain. He also said the 82nd Sust. Bde. returned \$1.2 billion back into the Army inventory and transitioned \$16 million worth of military equipment and supplies to the Government of the Islamic

Republic of Afghanistan during their tour.

They leave the final chapter of the CMRE mission in the hands of the 45th Sust. Bde. CMRE.

“The fact that you were able to successfully progress the CMRE mission and set the stage for the 45th Sustainment Brigade speaks volumes to your leadership,” Walker said to the Soldiers and leaders of the 82nd Sust. Bde.

Walker lauded the 45th Sust. Brigade’s storied combat history and its reputation as an outstanding unit.

“You come to us with an outstanding reputation and much combat experience. You are going to be the last sustainment brigade with the CMRE mission and that’s powerful,” said Walker. “You should be proud of it.”

The Lightning Support Soldiers of the 45th Sust. Bde. spent more than a week working directly with their 82nd Sust. Bde. counterparts, learning their operating procedures, daily battle rhythms, and all the little details and nuances needed to continue the mission.

“I work with two different people on a regular basis for my job,” said Sgt. Joshua Perez, a medic and noncommissioned officer in charge of the 45th Sust. Bde. surgeon cell. “The 82nd has a system of doing things that we had to familiarize ourselves with.”

**See Uncasing, Next Page**

## Uncasing, From Previous

The transition included daily updates, recording points of contact for different agencies and organizations, coordinating equipment tracking systems, and adjusting to the operational climate in Afghanistan.

“The challenge for everyone is taking what we have learned about CMRE from January through April and applying it to what’s on the ground now through May and June,” said Maj. Joel Huft, a logistics staff officer in the 45th Sust. Bde. S-4.

The CMRE mission is a first for both units, who traditionally provide sustainment for combat operations downrange.

“Any operation like this is very fluid and dynamic and things change,” said Huft. “Familiarizing ourselves with what has changed, getting used to a new battle rhythm, learning personalities; it’s all important for this transition to run smoothly.”

Through a lot of adjustment and transition, the hard work of 82nd Sust. Bde. and 45th Sust. Bde. Soldiers will allow the CMRE mission set to continue seamlessly under the Lightning Support brigade.

“The 82nd Sustainment Brigade has excelled with its wartime mission and we will have to work



Lt. Col. Timothy Maples, deputy commanding officer of the 82nd Sustainment Brigade, posts the National Colors during the CENTCOM Materiel Recovery Element transfer of authority ceremony June 2 at Kandahar Air Field, Afghanistan. The 45th Sust. Bde. CMRE relieved the 82nd Sust. Bde. for the CMRE mission set, which is focused on the recovery of military equipment to the U.S. from Afghanistan. (U.S. Army photo by Spc. Erin Sherwood, 45th SB-CMRE Public Affairs)

tirelessly to keep up with the reputation you have built across Afghanistan,” said Col. Gregory Boyd, commander of the 45th Sust. Bde.

He concluded his speech with encouraging words for his Soldiers.

“It’s no small task to execute a mission across an area close to the size of Texas, but I have no doubt the 45th CMRE will perform with excellence.”



Brig. Gen. Donnie Walker Jr., commanding general of the 1st Theater Support Command (Forward)/3rd Expeditionary Sustainment Command, addresses his 45th and 82nd Sustainment Brigade audience during the CENTCOM Materiel Recovery Element transfer of authority ceremony June 2 at Kandahar Air Field, Afghanistan. The 45th Sust. Bde. CMRE relieved the 82nd Sust. Bde. for the CMRE mission set, which is focused on the recovery of military equipment to the U.S. from Afghanistan. (U.S. Army photo by Spc. Erin Sherwood, 45th SB-CMRE Public Affairs)

# 1011<sup>th</sup> Runs Retrosort Yard



Soldiers from the 1011th Quartermaster Company are shown at a retrosort yard they operate. On designated days of the week, troops with the 1011th Quartermaster Company run a free issue of supplies at the retrosort yard to ensure items recovered as bases have transitioned are not disposed of but go back to troops who need them.

On occasion this involves picking up and moving equipment that will be placed in containers for shipping to various bases either in theater or throughout the world.

# Around Afghanistan



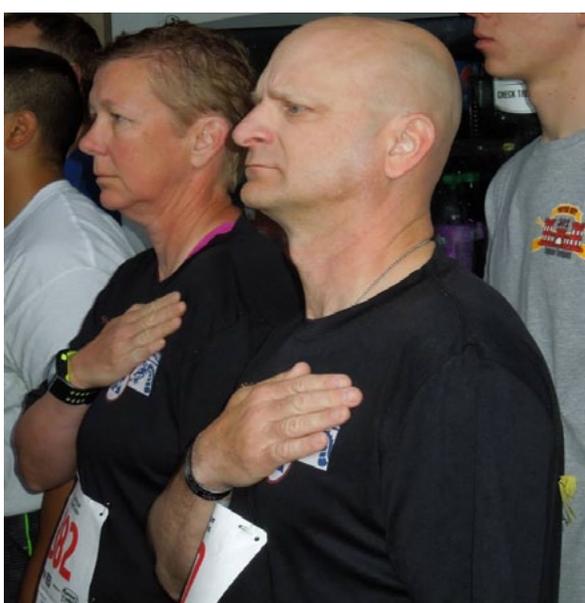
# Around Afghanistan



# Around Kuwait



# Around Ft. Knox



*Sustaining the Line !*



*First Team !*