

# PROVIDER POINT

Volume 2, Issue 1: October-December 2014

Heart of the Rock!



## HOLIDAY EDITION

*Providers Assume Sustainment Operations  
Working with Host Nation Partners*



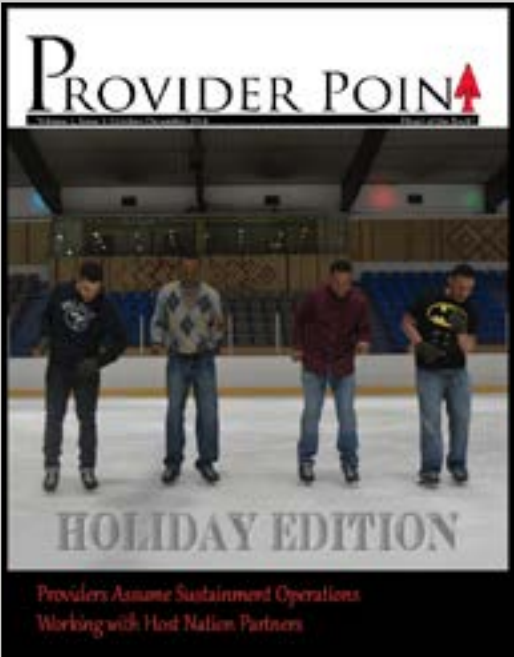
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**On the cover:**  
Spc. Jose Castaner, Sgt. Marvin Goodman, Spc. James White and Spc. Geraldo Navarro attempt dancing on the ice while on a Moral Welfare and Recreation trip to Kuwait City, Kuwait in December. (U.S. Army photo by Spc. Rochelle Prince-Krueger)

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# Provider 6 & 7 Sends:



3<sup>RD</sup> SUSTAINMENT BRIGADE  
CAMP ARIFIAN, KUWAIT  
APO, AE, 09366



26 December 2014

Provider Family,

As we enter into this holiday season, the Provider Command Team would like to take this opportunity to thank each and every one of the Soldiers and Family members for your sacrifice and dedication to our nation and mission.

We know it is difficult being away from your loved ones, and we challenge you to enjoy and embrace your family and friends – at home and abroad - during this season. We ask that you keep the deployed Soldiers in your hearts and minds. Take comfort in knowing that we are serving our country diligently and honorably as a Provider Family here in the Middle East.

We also ask that you remain engaged in the lives of our Soldiers and Families, take care of one another, and ensure that safety and resiliency are a priority. You are all an essential part of the Provider team.

We wish you Seasons Greetings and Happy Holidays!

Heart of the Rock! Providers!

*Paul Summers*  
CSM Lepard Summers  
Brigade CSM

*Tony Coston*  
COE Tony Coston  
Brigade Commander

# What do the Holidays mean to you?



"My favorite holiday tradition is spending time with family and friends. Everyone comes over to help cook the dinner."  
-Staff Sgt. Glen Ballance  
Montverde, Fla.



"The holidays to me, are all about friends and family. To me there is nothing better than seeing the smiling faces of the people you love most."  
-Spc. Avery Hansen  
Los Angeles, Calif.



"This is when I take the most time to be thankful of the many blessings that have been stored upon my family and I. It also means gift exchanges and favorite food servings. I love the Christmas holiday."  
-1st Sgt. Donald Davis  
Senatobia, Miss.



"It's a time for giving. I love to give to others rather than receive. Giving is part of my nature and who I am."  
-Spc. Justin Fender  
Ozark, Mo.



"Christmas has always been my favorite time of the year because it has always been a time when my family gets together and celebrates. During the rest of the year it is always hard to get everyone together, but we alwayd do make sure to get home for Christmas."  
-1st Lt. Bryce Sheaffer  
Harrisburg, Penn.



The Christmas season is a time to remember the birth of Jesus Christ. It is a time when many people are stressed over getting the perfect gift. Lonely because they don't have the perfect family and often in hopeless situations. It's in those times that the remembrance of Jesus brings great joy and hope as we look ahead.  
-Sgt. Virginia Clarke  
Copperas Cove, Texas





# Providers assumes sustainment mission in Kuwait



By Spc. Rochelle Prince-Krueger  
3rd Sustainment Brigade

**T**he 3rd Sustainment Brigade's "Providers," led by Col. Anthony Coston and Command Sgt. Maj. Lenard Summers, assumed responsibility of managing the sustainment and retrograde mission from the 108th Sustainment Brigade, an Illinois National Guard unit out of Chicago, as it completed its nine month tour in Kuwait.

The 3rd Sustainment Brigade Headquarters' notable history includes five combat deployments.



Their arrival to Kuwait denotes the unit's sixth deployment since 2002, but will be markedly different from its most recent when it headed support, sustainment and retrograde operations throughout three regions in Afghanistan.

"The 3rd has provided support for service members in combat theaters time and time again. While Kuwait is not a combat zone, the sustainment mission is unique and ever changing," said Brig. Gen. Daniel Mitchell, the deputy commanding general of the 1st Sustainment Command (Theater). "You are the Soldiers who provide the warfighter what they need to win and make our forces and our allies successful on the battlefield."

Coston said that his team is ready to begin their mission.

"Each of our subordinate units wears a different patch, but we're all united for a single purpose - to sustain the Soldiers," said Coston. "For this mission in Kuwait we support a total force of active duty, National Guard and Reserve and other forces from across the globe."

The 3rd Sustainment Brigade is slated for a nine-month deployment.



# Providers work with Kuwaiti police to coordinate convoy security

By Spc. Rochelle Prince-Krueger  
3rd Sustainment Brigade

**T**he U.S. has a long history of working side by side with the Kuwaiti government. Though units come and go, the basic collaborative mission has not changed. The Kuwait Ministry of Interior's major responsibilities are public security and law and order.

"A significant concern of U.S. forces in Kuwait is traffic safety," said 1st Lt. Brandon Reese, mobility officer with the 869th Movement Control Team. "When

military vehicles and personnel are on the roadways of Kuwait, we need to make sure they make it to their destination safely and in a timely manner."

To help ensure safety on Kuwait's roads, the Kuwait Rear Operations Center, which falls under the KMOI, works side by side with the Soldiers assigned to 869th MCT, a U.S. Army Reserve unit out of Columbus, Ohio.

The KROC has worked with U.S. forces since 2003. Their mission is to plan, monitor, synchronize and control all ground movements within Kuwait. They also provide in-transit visibility and allocate all ground transportation assets throughout Kuwait.

About six Soldiers assigned to 869th MCT, 529th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, work a rotational schedule guaranteeing there is someone at the KROC facility 24 hours a day, seven days a week in South Surah, Al Zahra, Kuwait City, Kuwait.

"KROC tracks all U.S. military and contractor operated vehicles conducting ground missions in Kuwait," said Staff Sgt. Wahneta Rohde, noncommissioned officer in charge of the KROC. "We act as a liaison between the U.S. and the Kuwaiti military to coordinate the appropriate escorts for particular missions."

"When a U.S. servicemember or contractor needs to get something moved in Kuwait, they call their local MCT," said Rohde, a native of Shelby, Ohio. "Their MCT will contact us to coordinate a date, time and route prior to departure."

The Soldiers working at KROC communicate with their KMOI counterparts to ensure both nations' needs are met. Each nation weighs several factors, including the number of vehicles, their cargo and their final destination.

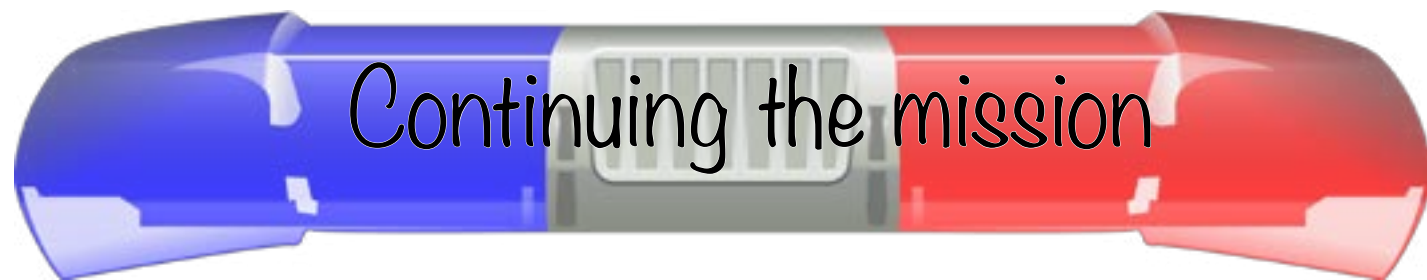
According to recent studies, Kuwait averages about 200 traffic accidents per day and accidents cause about 1.3 deaths per day.



**ABOVE:** U.S. Army Reserve Staff Sgt. Wahneta Rohde, a transportation management coordinator, speaks to a client at South Surah, Al Zahra, Kuwait City, Kuwait, Oct. 27. Rohde ensures U.S. forces have a security escort as needed throughout the entire country of Kuwait (U.S. Army photo by Spc. Rochelle Prince-Krueger)

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Reese said they have no major accidents involving U.S. convoys in recent records.

“Driving on unknown roads can be challenging,” said Reese, a Columbus, Ohio native. “Having police escorts helps to ensure the vehicles get to their destinations safely and in a timely manner.”

Though Kuwait’s primary language is Arabic, many Kuwaitis speak English. Interpreters work with both U.S. and Kuwaiti personnel to minimize miscommunication.

“Kuwait is a valuable partner to the U.S., and their partnership remains strong,” said Rohde.

According to the U.S. Department of State’s

website, Kuwait is an important partner in U.S. counterterrorism efforts, providing military, diplomatic and intelligence assistance.

The 869th MCT oversaw the mission from March to November 2014. The 610th Movement Control Team and 49th Transportation Battalion (Movement Control) now oversees movement control and KROC operations and continue the partnership between U.S. military and Kuwait forces.



**ABOVE:** Cpl. Fahid S. Al Rashidi, of the Kuwaiti Police-Convoy Operations Department, left, speaks with U.S. Army Reserve Staff Sgt. Wahneta Rohde, 869th Movement Control Team transportation management coordinator, center, about an upcoming convoy mission in Kuwait, while Sarah Alselek, right, serves as an interpreter, Oct 27. Rashidi and Rohde, a Shelby, Ohio native, are both liaisons for their respective countries in the Kuwait Rear Operations Center under the Kuwait Ministry of Interior. (U.S. Army Photo by Spc. Rochelle Prince-Krueger)

# Sustainer command teams meet with Kuwait National Guard counterparts

*By Staff Sgt. Michael Camacho  
108th Sustainment Brigade*

Senior leaders from 1st Sustainment Command (Theater) and 3rd Sustainment Brigade out of Fort Stewart, Georgia, met with Kuwait National Guard Sustainment Command leadership, Oct. 30, at Camp Tahreer, Kuwait.

Brig. Gen. Daniel Mitchell, 1st TSC deputy commander, Sgt. Maj. Samuel Jones, 1st TSC Operational Command Post sergeant major, Col. Anthony Coston, 3rd Sust. Bde. commander and Command Sgt. Maj. Lenard Summers, 3rd Sust. Bde. command sergeant major, met with KNG Brig. Gen. Faleh Shuja’ Faleh Al-Otaibi, commander of KNG Sustainment Command.

During the meeting they discussed their experiences, best practices and issues they have encountered during sustainment operations in Kuwait. U.S. service members were given a tour of the Camp Tahreer maintenance facility where they had the opportunity to see warehouses, workshops, vehicles and equipment used by the KNG. The KNG Sustainment Command conducts maintenance of tactical and non-tactical vehicles as well as supporting KNG units throughout Kuwait. The 1st TSC and 3rd Sust. Bde. provide sustainment for U.S. and coalition forces throughout U.S. Central Command’s area of responsibility in southwest Asia.

First TSC and 3rd Sust. Bde. have conducted several bi-lateral exercises and exchanges with the KNG’s Sustainment Command, learning more about their respective techniques in sustainment operations. The commands plan to conduct more exchanges in the coming months.



*A Kuwait National Guard officer briefs Brig. Gen. Daniel Mitchell, 1st Sustainment Command (Theater) deputy commander, Sgt. Maj. Samuel Jones, 1st TSC OCP sergeant major, Col. Anthony Coston, 3rd Sust. Bde. commander, and Command Sgt. Maj. Lenard Summers, 3rd Sust. Bde. command sergeant major, Oct. 30 at Camp Tahreer, Kuwait. (U.S. Army photo by Staff Sgt. Michael Camacho)*



*Col. Anthony Coston, 3rd Sustainment Brigade commander, and Command Sgt. Maj. Lenard Summers, 3rd Sust. Bde. command sergeant major, receive a demonstration of an elevated work platform used by the Kuwait National Guard Sustainment Command’s Fire Rescue Unit, Oct. 30 at Camp Tahreer, Kuwait. (U.S. Army photo by Staff Sgt. Tanjia Patterson)*





# Providers compete against KNG in obstacle course

By Spc. Rochelle Prince-Krueger  
3rd Sustainment Brigade

**Camp Samoud, Kuwait**—Two teams made up of six Soldiers assigned to the 3rd Sustainment Brigade competed in a timed obstacle course event along with five teams from the Kuwait National Guard at Camp Samoud, Kuwait City, Kuwait, Dec. 4.

Since the fall of 2009, Kuwait and the United States have invited one another to their respective bases for friendly competitions.

It started out with just soccer matches and has now expanded to basketball, rugby, track and field and obstacle courses.

The competition which consists of 11 obstacles, on average takes a little over two minutes to complete, but don't let the time fool you, it was made to be challenging.

"Mentally I was kind of nervous," said Pfc. Rustom De la Cruz, assigned to 396th Transportation Company. "The first obstacle is walking on a log across water and I was afraid of falling into the water and being weighed down."

Some of the other obstacles were a ranger ladder, low crawl, high walls and about four feet of water to wade through.

"The hardest obstacle for me was the water we had to jump in and swim across," said Sgt. Makedous Humphrey, assigned to 32nd Composite Truck Company. "It really weighed you down throughout the rest of the course, but luckily there was only a few walls to climb over and it was the end."

Humphrey, who individually finished third over all, said it was fun but a tough competition.

"It was very physically demanding, you just have to keep pushing, keep pushing," said Humphrey, a native of Harborton, Virginia. "I told myself just don't give up and we did pretty well, finishing 4th overall."

Both companies had an opportunity to visit the course a couple of days prior, but did not actually run through it until the day of the competition.

"You're always slower the first time without the experience of going through it," said Spc. Richard W. Biery, assigned to 32nd CTC. "Now that we know what to expect, next time we can train better on the obstacles that slowed us down."

Biery, a native of Tustin, California, said the only thing he would have changed is to have more notice so his team could train specifically for those obstacles. They found out roughly a week before the competition that they were going to participate in it.

"It was fun, but also good exposure with one another," said Bier on interacting with the Kuwaiti National Guard counterparts. "We have to work together while we are here in their country, and this is a good way to break the ice so to say."

"The competition among the Providers of 3rd Sustainment Brigade and the Kuwait National Guard will remain strong throughout their duration in Kuwait," said Gene Pepper, support command advisor for KNG. "The next competition will be a track and field event at another camp in Kuwait."





# Providers compete in...



Runs



Men's Basketball



Softball

Women's Basketball



Flag Football



Sports day with Officers







**32nd CTC**



**594th TC**

After a nine-month deployment in support of Operation Enduring Freedom, the Fort Campbell, Kentucky-based 594th Transportation Company transferred their sustainment operations to the 32nd Composite Transportation Company of Fort Carson, Colorado, during a ceremony held at Camp Arifjan, Kuwait, Nov. 24. (U.S. Army photos by Staff Sgt. Tanjia Patterson)



**97th TD**

After a nine-month deployment based on the Persian Gulf, U.S. Army Reserve, Morehead City, North Carolina-based 824th Transportation Detachment 4 transferred their sustainment operations to the 97th Transportation Detachment of Fort Eustis, Virginia, during a ceremony held at Kuwait Naval Base, Dec. 6. (U.S. Army photos by Staff Sgt. Tanjia Patterson)



**824th TD 4**



**481st TD 4**

After a nine-month deployment based on the Persian Gulf, U.S. Army Reserves-Port Huemene, California-based 481st Transportation Detachment 4 transferred their sustainment operations to the 97th Transportation Detachment of Fort Eustis, Virginia, during a ceremony held at Kuwait Naval Base, Nov. 29. (U.S. Army photos by Staff Sgt. Tanjia Patterson)



**610th MCT**

After a nine-month deployment in support of Operation Enduring Freedom, the U.S. Army Reserve Columbus, Ohio-based 869th Movement Control Team transferred their theater gateway operations in Kuwait to the 610th Movement Control Team of Fort Bragg, North Carolina, during a ceremony held at Camp Arifjan, Nov. 5. (U.S. Army photos by Staff Sgt. Tanjia Patterson)



**869th MCT**

# Transportation Units Transfer Authority







"I have a better appreciation for the Muslim and Kuwaiti culture. It's important to be able to appreciate what they have to offer culturally and religiously because we are in their territory. These trips have gotten me out of my comfort zone and allowed me to experience exciting new things."  
-SpC. Dimarra Palacios  
Chicago, Ill.



"It was a great opportunity and I think chances like that are very important to broaden people's horizons. I've noticed a lot of people can be closed minded at times and I feel it was really interesting getting to learn about another culture and to get more of an understanding about different beliefs. Getting to see such beautiful architecture in the Mosque was simply amazing and incomparable to anything I have seen before."  
-CW2 Craig Apiag  
Guam



"My experience on the MWR trip was very informative and educational. The trip to the Mosque introduced a different point of view of how and why the Islamic religion people do the things they do. I think Soldier's should expand their knowledge and understand different cultures to prevent from disrespecting others as a whole and give respect."  
-SpC. Fathom Caldwell  
Townsville, S.C.



"My experience enlightened me and showed me parts of the world I'm not accustomed to. I went to the Grande Mosque and it was a cool experience."  
-SpC. Vashawn Mitchell  
Peoria, Ill.

"The MWR trips teach Soldiers to grasp a different culture by allowing them the opportunity to be immersed within their culture. It allows us to physically experience their lifestyles and we learn what they are all about."  
-Sgt. Saori Loyod, Isabela Philippines



"The trip exposed us to other cultures that we are not accustomed to. It also allowed us to become closer to so other people on the trip that we normally don't get to see much."  
-Brittany-Cheri Tyson,  
Bloomington, Ill.

# MWR trips

Providers explore local nation





Soldiers volunteer their time and energy at Kuwait's Society for the Protection of Animals and Their Habitat. K's PATH, which is a local non-profit animal welfare and environmental protection organization located Wafra, Kuwait





By Staff Sgt. Gene Arnold  
7th Mobile Public Affairs Detachment

Everything that moves goes through various levels of coordination and logistical contracts that make life abroad a tad bit easier. Postal operations are one coordinating effort that makes time away from family during the holiday season just a little bearable. Mail is the one item can help boost the morale and melt the emotional ice of even your most war hardened veteran.

"Attitudes are quick to change after they come in and receive their mail," said Spc. Mathis Henry, postal operations clerk from the 18th Human Resource Company, 3rd Sustainment Brigade, 1st Sustainment Command (Theater). "Their emotions go from zero to one hundred real quick."

Even back on American soil, mail affects the temperament of all Americans, from receiving an outrageous telephone bill to getting back a great interest rate from the bank on your next major purchase. Mail can be a conduit of emotion. That same feeling can be amplified by just one single parcel for service members abroad.

"I know sending mail can be really tedious for people to send, especially overseas. I know you have to take time out of your day just to go to the post office to send something

out ... just go do it," Henry added. "For Soldiers, mail is just a morale boost in itself; every Soldier wants something to look forward too."

The unsung heroes of postal operations help get your precious letter containing the most adorable macaroni picture from loved ones, salacious gossip from your friends or online purchases from major vendors to you in a manageable time. Large collections of correspondence is weighed, scanned, stacked and separated from more than several hundred pieces awaiting their final destination just to reach your unit mail handlers' clutches at a nearby Army Post Office.

"While conducting postal operations in Qatar, I helped with the process by giving the Air Force the manifest of where the mail was going to. We also conducted the ... mail handler class, inspected mailrooms and gave manifests from APO to APO or back to the U.S. for outgoing mail," said Henry.

Depending on the location of where Soldiers are and the time of the year, the amount of parcels can triple from normal intake. In some cases mail isn't even received until there is enough mail to send out to even the most remote of locations.

"People don't understand the mail process is hectic, especially coming from the U.S. In the states the mail can take seven to 10 business days,

but when sending overseas you have to double that," said Henry. "And that's just a rough estimate."

However, when the mail does make an appearance, it can be an influx of parcels sometimes receiving up to 30 pallets of mail at the Joint Military Mail Terminal located at Camp Arifjan, Kuwait, where the 18th HRC is currently running the show. This small platoon of just 22 Soldiers is responsible for the mail going to Afghanistan, Qatar and the United Arab Emirates. They are also the hub for the two Army Post Offices located in Iraq, but for those eight APOs located just on Camp Arifjan, the mail flows freely from the distribution center to the hands of those trained unit mail handlers.

The last step to the receiver's hands is the unit mail clerk mail operations. The clerks from the 3rd SB are a great example. To help reduce the homesickness in the Soldiers of their unit, Spc. Jacob Mullet, Spc. Wesley Moreno, and Spc. Damirra Palacios don't miss a beat and help pass on the holiday spirit to the sustainers of the 3rd SB, based out of Fort Stewart, Georgia.

"I help the morale of the people in my unit, it's all subject to the person but I help nonetheless," said Spc. Jacob Mullett, the mail operations clerk and Pocatello, Idaho native, in between snacking on holiday fudge.

During the hours of 9 a.m. and noon, Soldiers are free to receive their much awaited mail, even if they don't quite remember what it may be which is the case of Sgt. Virginia Clarke, the executive assistant to the commander of the sustainment brigade.

"I really don't remember what I bought," said Clarke who picked up three boxes just moments before. "This could be the ... jeans I ordered. I'm just happy I'm getting my packages, but I have a bad habit of ordering things and not remembering what it was," she said while laughing. "Anyway about it, whether it can from my family or I bought it, I'm happy to get it while I'm here."

Life without mail from friends and family can be disappointing, especially during the holiday season. You could get all the same feelings of euphoria you want from social media, but it doesn't change the happiness you feel from opening up a package of your grandmother's holiday cookies or an envelope with a card of a relative singing "Rudolph the Red Nose Reindeer."



**Top right:** Happy to receive her packages, Sgt. Virginia Clark, the executive assistant to the command officer of the 3rd Sustainment Brigade, based out of Fort Stewart, Ga., and Copperas Cove, Texas native, prepares to leave the mailroom after finally remembering the items she ordered from various online vendors.

**Top left:** Unit mail handler Spc. Damirra Palacios, 23, of Chicago, Ill., verifies the receiver's name against a current address card and marks the package with the name of the receiver for distribution for the sustainers of 3rd Sustainment Brigade, 1st Sustainment Command (Theater), deployed to Kuwait from Fort Stewart, Ga.

**Left:** (From left to right) Spc. Mark Bickley from Akron, Ohio; Pfc. Javaris Cole from Greenville, Miss.; Pfc. Marctavious Roach of Rutherford, Tenn.; and Spc. Erik Maldonado from Columbus, Ga., sort mail at the Joint Military Mail Terminal, 1st Sustainment Command (Theater), Camp Arifjan, Kuwait, Dec. 22. All mail addressed to troops in Southwest Asia passes through the JMMT so it can be scanned and sorted before being distributed throughout the theater of operations.

**Right:** The 3rd Sustainment Brigade, 1st Sustainment Command (Theater) is deployed in support of logistical, medical services and serves as an Army intermediary link between joint theater commanders throughout Southwest Asia. From left to right, Sgt. Sherry Hudson, Spc. Damirra Palacios, Spc. Jacob Mullett, Spc. Wesley Moreno, and 1st Lt. Hannah Alexander, stand in front of their mail room on Camp Arifjan, Kuwait. (U.S. Army Photos by Staff Sgt. Gene Arnold)





# Are you sure you can accept that gift?

By Maj. Joon Hong  
Brigade Judge Advocate

Did you know that there are ethics regulations that limit and under certain circumstances prohibit Soldiers from accepting gifts from personnel other than family members? The ethics regulations that govern whether Soldiers may accept certain gifts come from the **Joint Ethics Regulation (JER) and 5 C.F.R 2635**. These rules are in place to avoid any conflicts of interest that may compromise your role as a supervisor or a public servant entrusted to maintain your neutrality.

As a general rule, a subordinate Soldier may not directly or indirectly give a gift to or make a donation toward a gift for an official superior. However, there are limited exceptions. On an occasional basis, including any occasion on which gifts are traditionally given or exchanged, the item may be gifted for the following reasons: (1) the item has a market value of \$10.00 or less per occasion; (2) the item consists of refreshments to be share in the office among several employees; or (3) items given in connection with the receipt of personal hospitality if of a type and value customarily given on such occasions. Another exception allows a group of employees to offer a gift on special, infrequent occasions, an item costing no more than \$300 per do-

nating group. For example, STB can be considered a donating group separate from the 252d MP Company. If the STB and the 252d MP decide to contribute as a battalion, then the conglomerate contribution cannot exceed \$300. If each company decides to be a donating group, each donating group cannot offer a gift which would otherwise split up a set; thus, the Commander cannot accept a golf club set that costs \$1000 in which each group pays for various clubs to make up that set.

Another general rule is that a Soldier may not directly or indirectly solicit or accept a gift from a prohibited source or given because of a Soldier's official position. This rule kicks in when the gift-giver is a non-federal entity such as government contractors. There are, however, multiple exceptions to this rule. One of the exceptions is the 20/50 rule. This exception states that a Soldier may receive a gift if it costs \$20.00 or less per occasion, and not to exceed \$50.00 total for an entire year. Another exception allows a Soldier to accept a gift if the gift was clearly based on a personal friendship rather than on an official relationship.

Now that you know some of the many rules, try answering the questions above. Since there are many rules and exceptions to accepting gifts, remember to consult your legal office to ensure that you are complying with federal regulations. It's always better to be safe than sorry.

## In order to test your knowledge of these ethics regulations, let's see how well you do with the following questions:

1. For no apparent reason, a subordinate, whom you rate and supervise, offers you a \$20.00 bottle of wine because he appreciates how you have been a great leader. Are you allowed to accept this gift?
  - a. What if the bottle of wine cost \$10.00?
  - b. What if the \$10.00 bottle of wine was offered to you as a Christmas present?
  - c. What if the \$20.00 bottle of wine was offered for a gift during a housewarming party that you were invited to?
  - d. What if STB offers the Battalion Commander a \$290 TV set for his PCS gift?
2. What if a government contractor offered you a \$20.00 bottle of wine based on your official position as a U.S. Army Servicemember?
  - a. What if the contractor offered you a \$25.00 bottle of wine?
  - b. What if the contractor offered you a \$20.00 bottle of wine twice during a year?
  - c. What if the contractor offered you a \$20.00 bottle of wine three times during a year?

### Answers:

1. No, exceeds \$10 limit
  - a. Yes, but.... Because it is \$10.00, it is acceptable. However, a supervisor should be wary of (and more appropriately refuse) accepting gifts for non-occasional gift-giving reasons.
  - b. Yes, this is an occasional gift-giving reason. Remember \$10.00 is the absolute limit.
  - c. Yes, because even if the gift exceeds \$10.00, this gift is given as a customary gift to a host during a traditional gift-giving reason (housewarming gift)
2. Yes, allowed
  - a. No, exceeds \$20.00
  - b. Yes, because cumulative gift for a year does not exceed \$50.00
  - c. No, because cumulative gift for a year does exceed \$50.00
  - d. Yes, because STB as a donating group offered a PCS gift costing no more than \$300



# CHAPLAIN'S CORNER

## Spiritual Fitness

By Staff Sgt. Tamara Smith  
3rd Sustainment Brigade

Are you spiritually fit? Being spiritually fit can be defined in multiple ways, depending on the audience. Our audience involves Soldiers, their Family Members and DOD civilians. It embodies several attributes of the Comprehensive Soldier Fitness pillars (Emotional, Social, Physical, Spiritual and Family). My focus this month is Spiritual. Spiritual fitness promotes healthy living and complete physical fitness.

*"Spiritual fitness promotes balance that benefits both your emotional well-being and your overall health."*

Spiritual fitness also helps people attain a sense of vitality within and outside of our relationships. For many, it means to unfold a set of beliefs, principals, or values that will direct and give purpose to life.

For spiritual growth, nothing can take the place of prayer or meditation—simply spending time with God or another deity, is a big part of becoming spiritually fit. Spending just a few minutes in prayer or meditation can restore your

calm and inner peace. Being spiritually fit promotes balance that benefits both your emotional well-being and your overall health.

When we are thankful for the gifts that life has given us, give praise and reverence appropriately, our spirits become a conduit for well-being and joy. You will grow as you set a good example—"in speech and behavior, in your love and faith and sincerity" (1 Timothy 4:12). And "keep a critical eye on yourself"

(verse 16). From time to time, ask yourself how you are doing spiritually—and take the steps necessary to continue growth.

So, are you spiritually fit? Next month we will elaborate on ways to attain spiritual fitness through a variation of spiritual exercises. Though you can't get spiritual fitness by joining a spin class or running a marathon, there are some spiritual exercises that can get you well on your way.

## SHARP CORNER

I am a proud member of the Provider Team and the U.S. Army. I am committed to preventing all forms of Sexual Harassment and Sexual Assault. My impact is not just at work, I am committed to the cause. I am a Soldier and I do live the Army Values. By living the Army Values, I hold myself to the same standards as I hold others. So if you witness something please intervene. You all are my brothers and sisters in arms!

***Not in my house...not on my watch!***

**"Provider SHARP"**



Sgt. 1st. Class Sylvia Woodley,  
3rd SB Sexual Assult Response  
Coordinator





# Thanksgiving day serving

