



## Memorial: Log Warriors sound Taps for one of their own

**By Lt Col. Edward Bean**

311th Sustainment Command

**W**ith great sadness we mark the passing of one of our own, Lt. Col. Michel E. Gray. Gray died Dec. 19, 2008 after a brief illness, having served his nation and the United States Army for over forty years. He leaves behind his wife Linda, a son, and three grandchildren. We honor our fallen comrade and offer his family our most heartfelt sympathy.

Gray joined the U.S. Marine Corps in 1968 and served one tour of duty in Vietnam as an enlisted wireman and rifleman. Earning his Bachelor of Arts de-

gree from California State University at Northridge in 1977, Gray received a United States Army commission as a Signal Corps officer in 1978 and later transferred to the Quartermaster Corps in 1990.

He was a graduate of the Command and General Staff College and the Reserve Component Management Course, and earned a Master of Science in Engineering from West Coast University in 1993.

At the time of his death, Gray served as the G-7 Training Officer for the 311th Sustainment Command (Expeditionary) while simultaneously serving as a civilian Department of Defense employee in the G-3 section of the 311th.

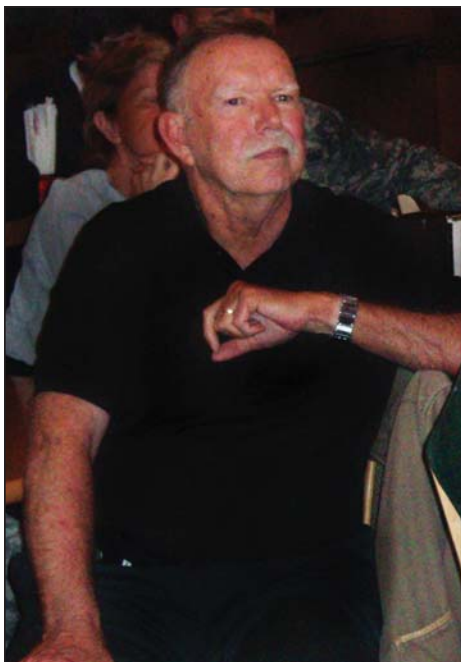
Prior service to Southern California Army Reserve units included six years serving as a petroleum, chemical, and support operations officer with the 304th Corps Materiel Management Center (now the 304th Sustainment Brigade), followed by command of the 420th Movement Control Battalion in 1999.

Many of us knew Lt. Col. Mike Gray not just as a professional Army officer, but as a colleague and a friend. He had a winning smile and an easygoing, affable personality. His quick wit and long years of experience endeared him to seniors, peers, and subordinates alike.

He was a winner in every way;

a highly regarded member of our 311th Sustainment Command (Expeditionary) family, and we miss him dearly.

Our thoughts and prayers go out to his family and friends and we wish them whatever comfort can be found in our heartfelt condolences and gratefulness for his selfless service to the United States Army and United States Marine Corps.



**Lt. Col. Michel E. Gray was a long time member of the 311th Sustainment Command (Expeditionary) serving as a Soldier and a civilian.**

# C O M M A N D E R ' S C O R N E R

By Brig. Gen. William D. Frink, Jr.  
311th Sustainment Command  
(Expeditionary)

Happy New Year!!! It's that time of the year to reflect back on the past and look forward to a fresh start to the New Year. Our resolutions could include reaffirmation to a commitment, reforming a good habit, rejecting a bad habit, or lifestyle adjustments ... but no matter what your resolution is, I wish you success in reaching and achieving your goal.

With the ending of 2008 and the beginning of 2009, another chapter in our lives has come to a close and another chapter is beginning. This past year the 311th Sustainment Command has experienced numerous events and accomplishments.

Late last January, almost one year ago we were at Fort Hunter-Liggett, California conducting outstanding Army Warrior training and starting to bond and form new friendships.

In March we mobilized at Fort Bragg, North Carolina and in April we deployed to Southwest Asia. We conducted our transfer of authority with the 1st Sustainment Command on May 3 and assumed the theater sustainment mission in Kuwait.

Since assuming the mission, our Soldiers have been doing an outstanding job and taking on more responsibilities and additional missions. Just to name a few; Deployment/Redeployment Operations has been reorganized into a more effective and efficient organization. The Theater Storage Area coupled with Theater Ammunition responsibility is a massive mission we have accepted. In November, the Contract Officer Responsibility for the Theater Redistribution Center was transferred to the 311th Sustainment Command and our Soldiers are doing a super job with this new area. We have even



added theater wide air drop support mission to our repertoire. The 311th Sustainment Command had the lead for planning and coordinating the Inaugural Kuwaiti Appreciation Day celebration, which was a huge success.

As you can see we have accomplished many additional operations superbly while continuing to excel at our core sustainment missions. We have had over 60 promotions, 26 reenlistments, and five new family members (births). I am proud of the hard work and dedication that each and every one of you have put forth to ensure mission accomplishment.

I hope this past year has helped you learn and grow and you are able to build upon the experience you have received supporting Operation Iraqi Freedom and Operation Enduring Freedom.

I would personally like to thank the Soldiers and Families for the sacrifices you make to this great nation. This past year has been stressful and challenging, especially being away from home, but soon we will be reunited with our Families. I thank you for the hard work and dedication you have provided during this past year and I look forward to a continued bond and friendship we have formed

throughout the coming year. Lets all welcome in 2009 and look forward to exciting new opportunities.

Log Warrior – Sustain the Fight



**311th Sustainment  
Command (Expeditionary)**

**Commander**  
Brig. Gen. William D. Frink, Jr.

**Command Sergeant Major**  
Command Sgt. Maj. Jerry L. Ayala

**Public Affairs Officer**  
Capt. Kenneth C. Morrison

**Public Affairs Editors**  
Staff Sgt. W. Watson Martin  
Sgt. Tracy Ellingsen

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# Continue to lead from the front

By Command Sgt. Maj. Jerry L. Ayala  
311th Sustainment Command (Exp.)

311th ESC Soldiers, Feliz Ano Nuevo (Happy New Year) to all.

I pray that everyone had a wonderful, peaceful and enjoyable Christmas here in Kuwait, sure it wasn't a white Christmas, but I believe it was a bright and thankful one.

"Yes," this was another Thankful Christmas, thankful for another day, thankful that the days have gone by quickly and our mission has come closer to

a successful end (remember the mission doesn't end until you are in your own living room).

I'm thankful that we have had this great opportunity to serve our country and serve it together as one team. I ask that you think about something that you're thankful for, something that took place this past year. What is it that you're thankful for?

The New Year just snuck up on us and started a new count down. For some Soldiers it's the count down of days left in Kuwait and for other's it will be the

beginning of another great mission, Hooah! Start Counting.

311th Soldiers this New Year will be a great one, so hold on to your patrol cap or Boonie and enjoy the ride because it will be another quick one.

I ask that you be safe, set your goals and have a vision of what you are seeking to accomplish, hold on to it and don't give up or let go, Hooah! Again Happy New Year and God bless you.



**Congratulations to all the Pre-WLC graduates. Their dedication will improve the NCO Corps.**





# Holiday Tour



Miami Dolphins cheerleaders pose with Sgt. 1st Class Joseph Tate, Sergeant 1st Class Brian Barry and Staff Sgt. James Stokes on Dec. 18.



Staff Sgt. Herbert McKenzie poses with super model Leann Tweeden on Dec. 18.



(Above) Country music stars along with the Miami Dolphins cheerleaders and Sergeant Major of the Army Kenneth O. Preston provide entertainment for the troops at the Zone 6 outdoor stage on Camp Arifjan, Kuwait.

# Holiday Gift Giving Rules

**By Lt. Col. Ed Bean**  
**311th Sustainment Command**  
**Staff Judge Advocate**

With the Holidays past us, many of us have exchanged gifts amongst our friends, colleagues, work sections, and units. We're very far from home and Holiday gift giving brings a little bit of America here to Camp Arifjan while helping us all feel closer knit as a unit. Though it's fun and allows for creativity, let's make sure we all know the rules!

Knowing the rules regarding gift giving is important because it is the law and we can face administrative or criminal punishment for their violation. More important is knowing why we have the gift giving rules: The gift giving rules protect us from giving or appearing to give preferential or biased treatment to one another based on the value of the gifts we can afford to give one another! How would you feel if you gave your boss a \$50 gift, your wealthy (or unscrupulous) co-worker gave the boss a \$500 gift, and he or she got a better evaluation or faster promotion than you?

Here's the way the rules work:

First, the general rule is that we don't give (or solicit contributions



for) gifts to someone senior in rank to us or who is in our supervisory chain, regardless of their rank. That means if the Soldier next to you is of higher rank or is in your supervisory or rating chain, you can't give him or her a gift. Now, don't have a heart attack. There is an exception that applies to our Holiday gift giving: If the gift is given on an occasional basis (like during the Holidays) and the gift is not cash, and the gift is worth \$10 or less, then the gift is fine. If the gift is refreshments you share in the office, that's fine too, and the \$10 rule does not apply. An example would be a \$20 decorated cake or a plate of expensive

chocolate goodies.

Don't mistake the exception I just discussed with the exception that allows us to collect money for gifts when a Soldier moves to a new permanent change of station, or when a significant event occurs like the birth or death of a family member. In those cases, we can solicit donations of up to \$10 from other Soldiers in the workplace, and so long as the gift doesn't exceed \$300 in value from any one group. There are other rules that apply in that scenario, but we won't discuss those here.

Gifts based on personal relationships outside the Army are also allowed and do not face the same restrictions discussed above. An example would be married Soldiers working together in the same unit, or Soldiers who were friends before they came into the Army. In those cases, they can give one another any gift they like.

A future suggestion for Holiday gift giving is to tell your section that all gifts at the party are limited to \$10 in value and have a contest to see who can come up with the funniest, largest, most ridiculous, or fancy \$10 gift. Use your imagination and make it fun. I hope you all had a wonderful, safe Holiday season.





# Safety First:

## Stop, think and make it home

By Mr. Rickey Payne  
311th Sustainment Command  
Safety Office

As redeployment nears, there is a tendency for accidents and fatalities to increase. This ends up costing lives, results in injuries and damaged equipment and detracts from the mission.

What types of accidents do we most frequently see during the days prior to redeployment? Experience reveals there is usually a spike in Army Motor Vehicle (AMV), Army Combat Vehicle (ACV) and Non-Tactical Vehicle (NTV) mishaps, as well as in personnel injuries.

The primary cause for vehicle accidents during deployment is the same as back home in the States—excessive speed or driving too fast for conditions.

Collisions, rollovers and hitting dismounted troops are some of the subcategory types of AMV, ACV and NTV accidents experienced. Motor vehicle accidents are also the largest fatality-producing category of accidents.

Personnel injury accidents include falls, such as from vehicles and buildings; sporting activities and physical training; maintenance and material handling; and improper use of electricity.



Though this category may sound less dangerous, many personnel injury accidents result in fatalities or permanent injuries.

The root causes of these accidents are overconfidence, rushing or becoming complacent about everyday hazards such as climbing on their vehicles or moving heavy equipment.

So what can Soldiers do to prevent the late-deployment

accident spike?

For starters, they need to be aware of the root causes.

The primary reason for late-term accidents

is complacency or being too comfortable while performing dangerous jobs.

This usually is caused when a Soldier has successfully performed a job or operated a potentially dangerous piece of equipment for months without a mishap.

The Soldier becomes ex-

perienced in that task and believes he is now an expert. This often leads to Soldiers subconsciously downplaying hazards they're aware of rather than giving them the healthy respect they should. Unfortunately, this attitude can lull Soldiers into a false sense of security and cause them to take shortcuts, to be overconfident or to do things too quickly. The result is Soldiers having accidents they never thought would happen to them.

To counter complacency and avoid downplaying hazards, Soldiers should think about how they, their section and their unit can fight this dangerous mindset during deployment. They must turn the tables and use the knowledge and experience they've gained to make the job safer—or "Murphy-proof"—if possible. The knowledge gained over time while deployed also can be used to fight the very complacency it breeds.

Overconfidence and getting too comfortable with a job are real threats to Soldiers. However, Soldiers can counter these dangerous attitudes by using what they've learned and enforcing standards so history isn't repeated.

By attacking a problem using these and other tactics, a Soldier increases the odds of safely completing a long deployment tour. Flattening out the late-deployment accident spike is a battle we can all win.

LOG WARRIOR ~ SUSTAIN THE FIGHT

**Overconfidence  
and getting too  
comfortable with a  
job are real threats  
to Soldiers.**

# MILITARY SPORTS



From left to right, front to back: Master Sgt. Kandee Almond, Sgt. Priscilla Fernandez, CW2 Antonia Garibay, Staff Sgt. Stacey Ellis, Staff Sgt. Lorene Henio; Col. Joel Mjolsness (chief of staff), Sgt. 1st Class Danita Daniels, Sgt. Maj. Jeanette Evans (Asst. Coach), Capt. Joycelyn Magday, Lt. Col. Norma Bradford, Brig. Gen. William D. Frink, Col. Bruce Oliveira (Cdr., 29th IBCT), Sgt. Patrice Conyers, Lt. Col. Hope Hubbard (Coach), Spc. Danielle Little, Sgt. 1st Class Patrick Curdy (Asst. Coach). Not pictured, Maj. Manu Yasuda.

By Staff Sgt. Stacey Ellis

The Lady Diamonds formed because of the cajoling and persistence of Sgt. 1st Class Danita Daniels. She recruited Lt. Col. Hope Hubbard as our coach. Sgt. 1st Class Patrick Curdy, as assistant Coach, was our only "Male Diamond."

Our first victory was the day we quit looking at the ball while we were dribbling. In just a few practices we developed our "skills" and even finished 3rd in a double elimination tournament. We had the most awesome fans!!! Actually I don't know who had more fun: the fans or us out on the court. We beat the Navy twice! Gosh was our General proud! I'd skip across the street to play with the Lady Diamonds again!

By Lt. Col. Norma Bradford

*Who would have thought that the 311th ESC had "diamonds in the rut" or their "ruck sacks?" The "sparkle" became evident very quickly.*

*In the beginning, there was one Lady about 6 ft tall with a whistle around her neck. Then, along came a group of cubic zircons (CZ) wanting to form a team and play some basketball. This Lady thought about it for a few moments, rubbed her head... and then it happened, she blew that whistle and said "get on the line." It was on!!! The suicide drills began, followed by running laps and learning plays.*

*Most of the CZ's had played some basketball in their youth, but their bodies had to get in line with what their mind say it could do. It was not pretty. While playing half courts, we quickly realized that we needed oxygen (too funny!!), but we were having fun and becoming a team. Then came the real test.... full court practice!! We were not sure that we would make it to the first game, but we survived and the CZ's became Lady Diamonds.*

*Our first game was challenging; we were defeated by over 40 points, but we discovered that we had the best fans ever!! The 311th Soldiers were out at every game cheering the Lady Diamonds on, win or lose. We won our first game against a highly spirited and competitive Navy team. We ended our short season with a record of 2-3, but the bond that was formed will last for years to come.*

**Go Lady Diamonds!!**



# Happy New Year to All

By Capt. Peter J. Amara, HHC  
Commander, 311th Sustainment  
Command (Expeditionary)

Log Warriors and Friends,

New Year is the time to bid farewell to the old year and welcome the coming year. It is the time to forget and get past memories that are no longer useful or worth pondering upon. It is the time for new beginnings and new starts in life.

New Year has a message for each one of us. One should let go of the past that has bad memories and accept what has happened. Instead of clinging onto your past and things that have gone wrong, it is better to let go. Accept that some days you are the pigeon and some days you are the statue.

2008 was a good year for HHC, 311th ESC but you know what,

2009 will be even better. In 2009 we can keep up the momentum and keep the unit moving forward. If 2008 was a year of optimism, then 2009 can be a year of achievement and success. We have plenty of issues to meet in the unit but we can overcome them if we set about them with a will. There are more good things being done and there is certainly a greater recognition of the unit. People are becoming more aware of the hard work that you all do on a daily basis.

2008 saw triumphs for the unit working in a deployed area of operations. The unit launched the STRONG program with over 6000 Soldiers on the fun run. In sports our teams showed great pride. Our soccer team, the Blue Devils won the Company level championship; the football team,

the Dragons, and our women's basketball team the Lady Diamonds all made an impact on Camp Arifjan. Best of all, your hard work contributed to the sustainment of war-fighters in the theatre. We need to make our own initiatives now, solve our own problems, and seize our own opportunities.

This New Year is the time of new beginnings. It is time to start afresh and do things that would make someone else smile. Make a pledge to make at least one person happy. You will see the difference it can make in both your lives. The essential message of New Year is to let go of the past and embrace life as it comes to you. You will be happier and merrier that way.



**Spec. Tammy Slater**  
representing G5



**Staff Sgt.**  
**Brigitte Villaver**

Fourteen offices received a certificate for participating in the Christmas decorating contest. First place in the group category was G5, first place in the individual category was Staff Sgt. Brigitte Villaver from Command Group.



*If you didn't get what you wanted, it'll have to wait until next Xmas. I'm on a break in sunny Kuwait to help deliver MRAPs and work on a tan. ~ Santa*

*Log Warriors* is the monthly command information newsletter of the 311th Sustainment Command (Expeditionary) and is an authorized publication for members of the Department of Defense, according to the provisions afforded by Army Regulation 360-1. The opinions and views expressed in *Log Warriors* are not necessarily official views of, or endorsed by, the U.S. Government, or the Department of the Army. The editorial content of this publication is the responsibility of the 311th Sustainment Command (Expeditionary) public affairs officer. Point of contact for questions and submissions is Staff Sgt. W. Watson Martin.



# Can you resist the ice cream man???



**(Above)** Shures Limbu, a food service specialist, makes a milkshake for a Soldier on his lunch break.



The cooks who work with the 311th Sustainment Command (Expeditionary) often find themselves with plenty to do by providing outstanding service to thousands of troops and civilians who eat at the Zone 2 dining facility on Camp Arifjan, Kuwait.

It's easy to gravitate to the *Ice Cream Man*, Mr. Shures Limbu, who usually has a smile on his face and a joke or two to tell - depending on the line.

"I really enjoy talking to people from all over and learning to speak English better," said Limbu.

The 311th ESC food operations team partners with other servicemembers and dozens of foreign nationals such as Limbu to continue to enhance food services.

"Although the temperatures are a lot cooler now, people still frequent the desert bar," said Spc. Carlos Deloera, a 311th ESC cook who monitors food operations.

Not only does the dining facility provide ice cream but there are many cakes, pies and cookies to choose from as well. Some of the pies include pecan, sweet potatoe, apple and cherry ... not to mention the many cakes and self-service, soft-serve ice cream.

Some Soldiers have put on a pound or more since their deployment, but now could be the time to make a New Year's resolution to see if one can resist the Ice Cream Man and his *free* treats.

Is it really satisfying once you've gobbled it all up, or is it just a way to bring a little comfort from being so far away from loved ones?







Members of the 311th ESC send a shout out to everyone back in the States wishing them a Happy New Year.

## Jingle Bell Jog



Above: Even bad santa was spotted at the event, though he couldn't stop the spirit of Christmas.

Right: Members of the 311th Sustainment Command (Expeditionary) participate in the Jingle Bell Jog the early hours of 23 December.







Enlisted personnel of the 311th ESC await to receive promotions Dec. 22 (right) from their sponsors as Brig. Gen. William D. Frink prepares to hand each Soldier their certificates along with a handshake of congratulations.



Staff Sgt. Herbert McKenzie shakes Brig. Gen. Frink's hand after getting promoted.

Promotion to E-8  
Master Sgt.  
Raul Esquivel

Promotion to E-7  
Sgt. 1st Class  
Kenneth Kim  
Sgt. 1st Class  
Jose VillarOrtiz  
Sgt. 1st Class  
Kevin Cornett

Promotion to E-6  
Staff Sgt.  
Gregory Baker  
Staff Sgt.  
Herbert McKenzie

Promotion to E-5  
Sgt. Monica Walker



Staff Sgt. Gregory Baker receives his promotion Dec. 21 from Gen. George W. Casey, Chief of Staff of the Army.



# A Christmas Feast at the Zone II Dining Facility



The four cooks above (part of the full time staff at the Zone II Dining Facility) prepared the many butter and ice sculptures two weeks in advance. Their artistic abilities brought wonder and awe from just about everyone who passed through.

Many troops and civilians were seen taking pictures of their amazing creations from the likeness of President Elect Obama and President Bush to a nativity and a church among many others designs and flourishes. It's rumored this is the best dining facility around.

