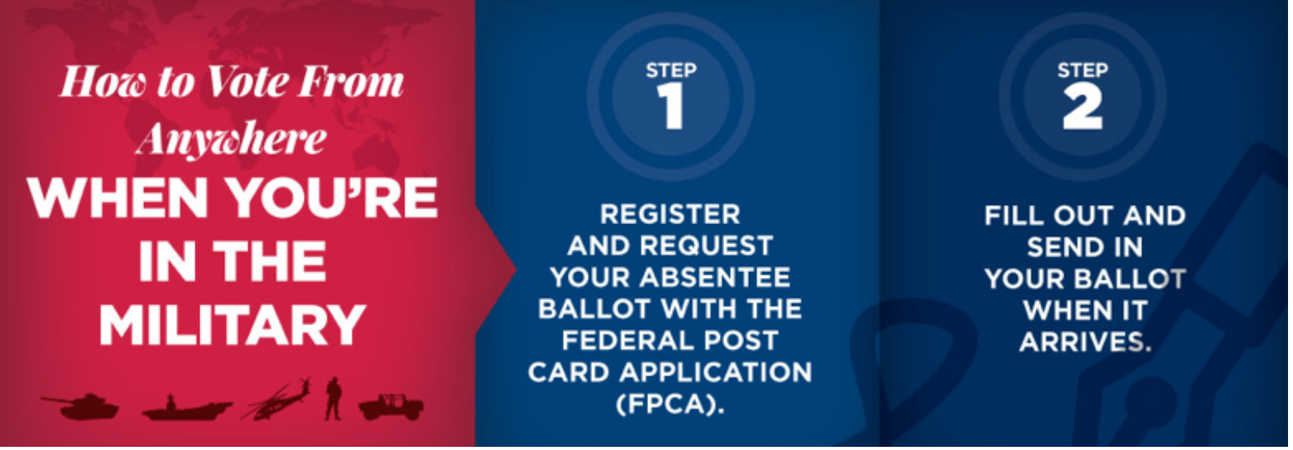

TODAY'S
SUSTAINER
VOLUME 2 OCTOBER 2018 EDITION
OSHKOSH
U.S. ARMY
"GOLDEN" HETS ARRIVE IN THEATER
SCREAMING EAGLE
SOLDIERS TAKE ON THE "SCHUTZENSCHNUR"




Find this information and more at WWW.FVAP.GOV

**Upcoming Election Dates:**

- 18 SEP: Earliest day a registrar will mail an absentee ballot for the NOV General/Special Election
- 25 SEP: Latest day to register and be eligible to vote in the NOV General/Special Election
- 06 OCT: Latest day to request an absentee ballot for the NOV General/Special Election
- 06 NOV: General/Special Election day
- **25 NOV: Latest day to register and be eligible to vote in the General Election Runoff for Federal Races**

**What is the General/Special Election?**

This is a Federal Election of the Senate and the House of Representatives, plus special elections for specific State congress positions.

**Senate**

33 senators in Senate Class I will be up for election. 23 of the seats to be contested are presently held by Democrats, and eight by Republicans (three of whom are retiring), with two being independents. The continuing senators are 43 Republican, and 24 Democrat.
Additionally, special elections are scheduled for the same day, to fill vacancies in the other two Senate Classes: in Minnesota and Mississippi to fill the seats vacated by Al Franken and Thad Cochran, respectively.

**House of Representatives**

All 435 voting seats in the United States House of Representatives will be up for election. Additionally, elections will be held to select non-voting delegates for the District of Columbia and the U.S. territories, with the exception of the Resident Commissioner of Puerto Rico, who serves a four-year term.
During or prior to the 2018 House election on November 6, there will be at least eight special elections:

- Special election in Michigan's 13th congressional district following the resignation of John Conyers, to be held on November 6, 2018, coinciding with the regular elections.
- Special election in Pennsylvania's 7th congressional district following the resignation of Pat Meehan, to be held on November 6, 2018, coinciding with the regular elections.
- Special election in Pennsylvania's 15th congressional district following the resignation of Charlie Dent, to be held on November 6, 2018, coinciding with the regular elections.
- Special election in New York's 25th congressional district follow the death of Louise Slaughter, to be held on November 6, 2018, coinciding with the regular elections.

In November 2017, the number of Republican congress people announcing their impending retirements or resigning their seats was vastly higher than the 2006 Congress. Most of these congress people faced tough reelection bids in 2018. The number of retirements by Democrats was in line with previous Congresses. The disproportionate number of Republican impending retirements is likely to harm Republican prospects in the 2018 mid-term elections as there will be fewer districts where Republicans have the incumbency advantage.

Your VAO is:
MAJ David Perry
1 TSC-OCP / 143 ESC
David.E.Perry30.mil@mail.mil
DSN: 318-430-5824

*TODAY'S*
# SUSTAINER

**The official publication of the 1st Theater Sustainment Command - OCP, Today's Sustainer invites articles, story ideas, photographs and other material of interest to members of the 1st TSC and its subordinate units. Manuscripts and other correspondence to the editor should be addressed to usarmy.arifjan.1-tsc.mbx.1tsc.ocp-pao@mail.mil. All articles must be submitted electronically or on disk or CD.**

Maj. Gen. Flem B. "Donnie" Walker, Jr.
1st TSC Commanding General

Brig. Gen. Deborah Kotulich
1st TSC Deputy Commanding General

Command Sgt. Maj. Jason P Willett
1st TSC Senior Enlisted Advisor

Command Sgt. Major Carlos Lopes
1st TSC-OCP Command Sergeant Major

Maj. Dianna M. Pegeuese
Public Affairs Officer/ Managing Editor

Sgt. First Class Lisa Rodriguez-Presley
Public Affairs NCOIC/ Editor-in-Chief

Staff Sgt. Charlotte Reavis
Public Affairs NCO/ Assistant Editor



*A grader keeps time as the sun comes up during the swim portion of the German Armed Forces Proficiency Badge Competition at Camp Arifjan July 9. For more on the GAFPB, see the article on Pg 38.*
*U.S. Army photo by Sgt. 1st Class Lisa Rodriguez-Presley*

# IN THIS EDITION


**831st Quarterly Mission showcases coordination, cooperation with host nations** 8

**Bagram Airfield K9 Competition: AMK9 and Mad Dog Kennels Sink their Teeth Into Obedience, Agility and Controlled Aggression** 10

**101st Resolute Support Sustainment Brigade farewells Sliwinski, welcomes Barton** 13

**Screaming Eagle Soldiers Take on the "Schutzenschnur"** 14

**Master Sergeant Squad Forged in Afghanistan: "We are the Backbone of the Army"** 16

**101st Airborne Division (Air Assault) Resolute Support Sustainment Brigade- "Lifeliners" take on the new Army Combat Fitness Test (ACFT)** 20

**Army materiel enterprise, industrial base surge to rebuild 'golden HETs** 22

**Unit Spotlight: 74th Engineer Dive Detachment** 25


*ON THE COVER: The first "golden" HET rolls down the pier at the Port of Shuaiba, Kuwait on Sept.11. U.S. Army photo by Justin Graff*

# IN THIS EDITION


Air Defense Artillery keeps Patriot missile batteries going 26

101st Resolute Support Sustainment Brigade “Lifeliners” Train to Sustain Life 28

659th conducts first divestment during Iraq deployment 30

Video Story: Iraq Advise and Assist Mission - 321st Sustainment Brigade 31

436th MCB passes torch to 420th MCB 32

321st, ANZAC train on MEDEVAC, MASSCAS procedures 34

Never stop pushing:
A “seasoned” soldier’s lesson learned from competing for the GAFPB 38

Making mail mountains into molehills 42

Do you know about ADO? 43

101st Resolute Support Sustainment Brigade - Spiritual Hike to Resiliency 44


*German Sgt.1st Class Michael Michna, a combat medic and non-commissioned officer in charge of the “Schutzenschnur” event coaches Pfc. Winshelle Pierre, an automated logistics specialist with the 101st Resolute Support Sustainment Brigade while she fires the HKG36 rifle at Maholic Range, on Bagram Airfield, Sept. 14. For more on the story, see the article on Pg. 13.*

# 831st Trans Bn quarterly mission showcases coordination, cooperation with host nations

**Story and video by Sgt 1st Class Lisa Rodriguez-Presley**
**143d Sustainment Command (Expeditionary)**

AL UDEID AIR BASE, Qatar – With detachments in Afghanistan, United Arab Emirates, and Qatar, the 831st Transportation Battalion is at the tip of the sustainment spear, and their quarterly mission conducted at the Port of Mesaieed in Qatar on Sept. 23, highlighted their ability to get cargo to the warfighter through teamwork with international partners.

Moving cargo across theater is a complex operation, requiring cooperation and coordination with multiple governments and civilian entities at locations spread across the area of responsibility. In some cases, that coordination takes place strictly via phone and email, making the establishment of good working relationships with these groups critical.

"It's not just the detachments that accomplish all this work, so it's important for us to build a 'team of teams'," said Lt. Col. Gerald Duenas, Commander, 831st Transportation Battalion. "There's a lot of relationship building done over the phone and via conferences, especially in areas where we don't have any people on the ground."

According to Duenas, one of the primary challenges to operating in so many different countries is the different customs requirements for the different ports. Each has unique requirements and paperwork, all of which must be filled out correctly and have appropriate documentation.

"As far as our challenges, it's primarily the requirements for each of the different countries that we move cargo through," he said. "For example, in Bahrain we've got two ports that we manage closely and their customs clearance requirements are a lot different from Qatar or even the United Arab Emirates."

Understanding these requirements and working with the host nation to ensure the customs process goes smoothly can mean the difference in soldiers receiving the supplies they need in a timely manner. Forces in Afghanistan in particular, rely heavily on the work of the 831st, making their partnerships with Pakistan and surrounding countries instrumental to the framework of a successful sustainment mission.

"We depend tremendously on countries bordering Afghanistan because it is landlocked," he said. "A lot of the cargo that we push into Afghanistan comes through Pakistan, which has two ports we try to manage cargo in without anybody on the ground, so there's a lot of relationship building done there."

For the 831st's quarterly mission in Qatar, delivery of cargo was coordinated with the Port of Masaieed, civilian transportation contractors, military police, Qatari police and fire services. Participants in the mission conducted a Rehearsal of Concept (ROC) drill to ensure every detail of the operation was known and understood by all involved.

"There are a lot of moving pieces to each cargo movement," said Capt. Joseph Waters, 831st Transportation Battalion, Qatar Detachment Commander. "Going through this in detail before any cargo moves ensures everyone is on the same page and knows exactly what to expect."

Making their way to the port, the complexity of the operation was evident, with dozens of vehicles and personnel from military, to civilian, to host nation involved. Entering the port itself has its own requirements for both vehicles and personnel, all of which must be adhered to by the 831st.

"Whatever country we are operating in, we have to abide by their procedures," said Waters. "Qatar is very strict about their port operations, so we work within those rules to get the mission done."

Beyond the port operations, the unit also utilizes the Northern Distribution Network and assistance from other sustainment units in U.S. European Command (EUCOM) to allow for multiple avenues of access for moving cargo in theater.

"We've got Uzbekistan and Kazakhstan that support us, and we try to coordinate with our sister battalion and brigade at EUCOM that manages Turkey, Azerbaijan and Georgia," he said. "There are a lot of challenges when we're looking at each of the different countries we've got to move cargo through, and that's before we even get into Afghanistan."

As the 831st Transportation Battalion continues their mission, cooperation and coordination will remain at the heart of their operations.

"We are a small unit with a very large area of responsibility," said Duenas. "It's lots of countries, lots of different requirements that we have to figure out and lay out the best way to accomplish the mission."



# BAGRAM AIRFIELD K9 COMPETITION

## AMK9 AND MAD DOG KENNELS SINK THEIR TEETH INTO OBEDIENCE, AGILITY AND CONTROLLED AGGRESSION

**Story and photos by Staff Sgt. Caitlyn Byrne**
**101st Airborne Division (AA) Sustainment Brigade**

BAGRAM AIRFIELD, Afghanistan– Pebbles and dust flew as the black and tan German Shepard, Larry, a working dog from United States Forces-Afghanistan Mad Dog Kennels, hurtled toward his intended target, a burly man from AMK9's contract working dog team in a bite suit. In an explosion of muscle and fur, Larry launched himself at the man, clamping his jaws around a healthy portion of the suit. After a few moments, his handler, Spc. Austin Lancaster, native of Amarillo, Texas and military working dog handler for the 180th Military Working Dog Detachment at Fort Leonard Wood, gave Larry the command to release the man and Larry obliged with a few excited whines. Clipping a leash back onto Larry's collar, Lancaster and Larry proceeded to lead the "perpetrator," the man in the bite suit, toward the other end of the facility, in an exercise of escorting him off the premises. Soldiers, contractors and D.A. Civilians watching from the wooden benches on the other side of the fence cheered enthusiastically, ending Larry's run and ushering in the next working dog team in the K9 competition.



The K9 competition, held at Bagram Airfield, Afghanistan, Sept. 16, consisted of four events: detection, obedience, agility and controlled aggression. In each event, the working dog teams were evaluated on their expedience to complete the task, their accuracy, their focus and their obedience to their handlers' commands. Based on these evaluations, the nine working dog teams (three U.S. Army teams and six AMK9 contractor teams) were awarded corresponding points, and the team that ended up with the most points won.

The K9 competition was the idea of Sgt. 1st Class Christopher Ogle, native of Beaver Creek, Ohio and working dog program manager for USFOR-A. Ogle said that he wanted to create an event that would boost morale as well as give the handlers and their dogs something to work for and sharpen their skills.

"The Soldiers and their dogs prepared for this event for over a month, training each day to hone their skills and further their bonds," said Ogle. "This type of work and training is beneficial not only in terms of the competition, their readiness also helps make the forward operating base safer."



*Larry, the working dog who is handled by Spc. Austin Lancaster, native of Amarillo, Texas and military working dog handler for the 180th Military Working Dog Detachment in Fort Leonard Wood, latches on to the bite sleeve of an AMK9 contractor during the controlled aggression portion of the K9 Competition here on Bagram Airfield, Afghanistan. The K9 competition, held September 16, 2018, consisted of four events: detection, obedience, agility and controlled aggression. In each event, the working dog teams were evaluated on their expedience to complete the task, their accuracy, their focus and their obedience to their handler's commands. Based on these evaluations, the nine working dog teams (three U.S. Army teams and six AMK9 contractor teams) were awarded corresponding points, and the team that ended up with the most points won.*

Ogle emphasized that all of the skills that the working dog teams practiced for the competition are also skills that they utilize in everyday operations. Through their training they are getting better at searching for weapons caches, improvised explosive devices and contraband, he said. The dogs become more attuned to their handlers, making them able to anticipate commands as well as learning to obey their handlers despite distractions.

"Our dogs enhance our detection capabilities greatly," Ogle said. "Dogs can detect contraband or I.E.D.s up to 50 feet away, which in turn keeps

***(Continued on pg 12)***

our Soldiers out of harm's way. The work that our teams are doing every day is greatly increasing our readiness, allowing the units that we support to stay safe and continuewith their operations."

Staff Sgt. Victoria Cope, native of Le Grande, California and kennel master for the Mad Dog Kennels, shared how proud she was of her Soldiers who participated in the competition.

"I'm proud of them," said Cope. "They represented the whole kennel and worked really hard to show how much we train to get to that successful end-state. I am especially proud of Spc. Lancaster; he is our youngest Soldier and he has excelled since he got here."

Lancaster, who arrived in Bagram just two months ago, has had Larry since February of 2017. Since then they have bonded and spent countless hours working together, training and preparing to go on missions like the one they are currently deployed for now.

"It has actually been super fun," said Lancaster about the K9 competition. "I am very proud of how Larry performed. We've been training for over a month, doing two to four training sessions in a day."

Lancaster stated that his main mission while deployed is to train and to make sure that all of the units that he and Larry escort get home safe.

"Once we are validated and Sgt. 1st Class Ogle sees that we are ready, Larry and I will then go outside the wire with varying units, helping to ensure their safety while they accomplish their missions," said Lancaster.

With their long training hours and difficult missions, it doesn't hurt that Lancaster's battle buddy is also his best friend.

"I love my job," said Lancaster. "It's amazing to get to work with the dogs, and having Larry with me makes missing home a little easier."




*Specialist Austin Lancaster (middle), native of Amarillo, Texas and military working dog handler for the 180th Military Working Dog Detachment at Fort Leonard Wood, gives Larry, his working dog, the command to attack an AMK9 contractor wearing a bite sleeve during the controlled aggression portion of the K9 Competition here on Bagram Airfield, Afghanistan.*



# 101st Resolute Support Sustainment Brigade farewells Sliwinski, welcomes Barton

**Story by 1st Lt Verniccia Ford**
**Photo by Staff Sgt. Caitlyn Byrne**
**101st Airborne Division (AA) Sustainment Brigade**

BAGRAM AIRFIELD, Afghanistan – Col. Stanley Sliwinski relinquished command of the 101st Airborne Division (Air Assault) Resolute Support Sustainment Brigade to Col. Stephanie Barton during a change of command ceremony attended by NATO Resolute Support Mission and U.S Forces-Afghanistan Soldiers and friends of the brigade, August 26.

Maj. Gen. Andrew Poppas, the Resolute Support deputy chief of staff for operations and the 101st Airborne Division (Air Assault) commander, officiated the ceremony by presenting Sliwinski a Bronze Star and Legion of Merit award for his accomplishments while serving as the brigade commander for the last 26 months.

"Stanley is the epitome of what a Screaming Eagle is," said Poppas as he spoke on the grand accomplishments throughout Sliwinski's tenure. "His knowledge base and passion for logistical capabilities are unparalleled. He has always set the example day-in and day-out by driving his brigade to anticipate the logistics needs of the warfighter. Stan, I couldn't be more proud, and I wish you and the family the best of luck as you transition over to the Army Logistics University."

Sliwinski, a Trenton, New Jersey native, led the "Lifeliner" Brigade through 10 Joint Readiness Training Center rotations, multi-component integrated collective training exercises, and several field training exercises that helped prepare his brigade to deploy to Afghanistan.

Sliwinski offered his thanks and encouragement to the Soldiers, staff, and friends of the 101st Resolute Support Sustainment Brigade.

"Your selfless service and unwavering commitment to provide world-class sustainment support to the greatest division in our Army is inspiring to me and motivates me to continue to serve," said Sliwinski. "Thank you for your support, dedication, and your relentless pursuit of excellence to the line."

Sliwinski's next assignment is the commandant of the Army Logistics University, in Fort Lee, Virginia.

Barton comes to the brigade from the Air War College located in Montgomery, Alabama. She is no stranger to Afghanistan, having served as the US Forces Afghanistan J-4 in 2017.The Alabama native and commissioned transportation officer expressed her excitement for taking command.

"I am humbled to be your commander and look forward to continuing the successes of this great organization," she said.



*Command Sgt. Maj. Anthony McAdoo passes the Brigade guidon to the outgoing Brigade Commander Colonel Stanley J. Sliwinski during a change of command ceremony at Bagram Airfield, Afghanistan, Aug. 26. The change of command ceremony represents the transfer of responsibility and authority from the outgoing commander, Col. Stanley J. Sliwinski to Col. Stephanie A. Barton.*

# Screaming Eagle soldiers take on the “Schutzenschnur”

**Story by 1st Lt. Verniccia Ford**
**Photos by Spc. Alexes Anderson**
**101st Airborne Division (AA) Sustainment Brigade**

BAGRAM AIRFIELD, Afghanistan– In the spirit of camaraderie, partnership, and marksmanship, 130 Soldiers of the 101st Airborne Division (Air Assault) and their German counterparts occupied the Maholic Range Complex to participate in the “Schutzenschnur” to earn their German proficiency marksmanship badge.

German army Maj. Andreas Mehlhron, a field artillery officer who serves as the German liaison for the Northern Train, Advise and Assist Command, and Sgt.1st Class Michael Michna, a combat medic, hosted the event to grant “Screaming Eagle” Soldiers the opportunity to qualify on the German weapon systems.

Soldiers began the day by conducting a safety handling class and then capitalized on the opportunity to fire the HKG36 rifle and Koch P8 pistol. Participants fired the weapon systems with high hopes of earning a gold, silver, or bronze marksmanship badge.

“It’s an amazing opportunity for Soldiers to train, and become familiarized with the weapons that we qualify on annually,” said Mehlhron. “The ‘Schutzenschnur’ badges are awarded to great riflemen and women who exhibit professionalism; it was a pleasure being able to share our customs with the Soldiers.”

Shortly after being announced, the range quickly became popular.

“We anticipated no more than 60 Soldiers, however we were notified that 130 people wanted to participate,” said Michna.

First Sgt. Brandon Rudder, Headquarters and Headquarters Company, 101st Abn. Div. senior non-commissioned officer was the driving force behind orchestrating the event. He worked tirelessly to ensure its seamless execution.

“This range increased Soldier morale while demonstrating interoperability with our NATO counterparts,” said Rudder. “It’s a great opportunity for our Soldiers to break away from the daily deployment battle rhythm and conduct some unique training.”



*Soldiers of the 101st Resolute Support Sustainment Brigade proudly hold up their certificates of achievement after being recognized in an award ceremony for earning their German proficiency marksmanship badge on Bagram Airfield, Sept. 14.*




*German army Maj. Andreas Mehlhron, a field artillery officer, and officer in charge of the “Schutzenschnur” event, coaches Spc. Anthony Addcock, a motor transportation specialist with the 101st Resolute Support Sustainment Brigade, while he fires the Koch P8 Pistol at Maholic Range on Bagram Airfield, Afghanistan, Sept. 14.*

Soldiers relished the opportunity to get away from the office and spend the day enhancing their rifle marksmanship skills.

“I was very eager to get to the firing line,” said Spc. Anthony Addcock, a motor transportation operation specialist for the 101st Resolute Support Sustainment Brigade.

“The instructors were very attentive, they helped me identify my targets and properly function the P8 pistol and G36 rifle; this was my first time working with a German soldier and it was extremely exciting.”

Although the weapon systems were different than the M4 rifle, Screaming Eagle Soldiers adapted to them exceptionally well with the guidance of Mehlhron and Michna.

After the scores were tallied, 91 participants qualified earning the coveted German proficiency marksmanship badge - 18 earned gold, 37 earned silver, and 36 earned bronze. Soldiers were then recognized for this unique accomplishment during a ceremony in the ‘Eagle’s Nest’ where they were awarded a certificate of achievement.

After presenting the awardees with their certificates, Rudder presented Mehlhron and Michna with certificates and coins of appreciation, thanking them for their patience, execution and professionalism at the range.

“I’m so thankful for this training opportunity,” said Spc. Eriq Hall, an information technology specialist who earned his gold marksmanship badge. “I can’t wait until the next event, and I can’t thank our instructors enough for all their help.”

# MASTER SERGEANT SQUAD FORGED IN AFGHANISTAN: "WE ARE THE BACKBONE OF THE ARMY"

Story and photos by Staff Sgt. Caitlyn Byrne
101st Airborne Division (AA) Sustainment Brigade

*The Master Sergeant Squad of the 101st Resolute Support Sustainment Brigade, 101st Airborne Division, consists of (from left to right): Master Sgt. Mark Gomez, signal support systems chief and native of San Antonio, Texas; Master Sgt. Fontella Keesee, native of Erin, Tennessee and operations NCOIC for the brigade; Master Sgt. Amy Prince, native of Statesboro, Georgia and noncommissioned officer in charge of the brigade's supply section; Master Sgt. Kelvin Ladner, the senior human resources sergeant and native of Hattiesburg, Mississippi.*

BAGRAM AIRFIELD, Afghanistan– It is known that noncommissioned officers are the backbone of the Army. They are entrusted with the execution of orders, the accomplishment of the mission, and the welfare of Soldiers; in short, noncommissioned officers get things done. Within the ranks of the 101st Resolute Support Sustainment Brigade, 101st Airborne Division, there are four particular noncommissioned officers who stand out as the epitome of what leadership is. These leaders consistently go above and beyond their normal tasks and responsibilities to achieve the betterment of their Soldiers, their brigade, and through the success of the brigade, the betterment of the Army as a whole.

It is said that people are bound together through adversity, and under the added demands of a deployment, the members of the self-proclaimed Master Sergeant Squad came together as a cohesive team in order to tackle the challenges presented to them. Despite their more ominous title, the Master Sergeant Squad is nothing but courteous and professional, with the word "squad" instead representing their ferocious dedication to Soldiers, the accomplishment of the mission and each other.

For Master Sgt. Amy Prince, native of Statesboro, Georgia and noncommissioned officer in charge of the brigade's supply section, the formation of the Master Sergeant Squad could not have come at a better time.

"The Master Sergeant Squad formed without us even realizing it," said Prince. "Our command sergeant major loves to have 'visions' or shall I say tasks for one of us. We quickly realized it was easier for us to tackle these task together for a great product. He quickly realized that we were all joined at the hip and did everything together."

Prince and her colleagues truly do operate seamlessly, as a team, having nothing but positive feedback and praise for each other.

Master Sgt. Fontella Keesee, native of Erin, Tennessee and operations NCOIC for the brigade, said, "I couldn't have asked for a better group of NCOs to work with, learn from, and grow with. We work well together to ensure that we keep the brigade operations running smoothly while teaching, coaching and mentoring Junior NCOs and Soldiers."

It has been noted by numerous Soldiers and leadership throughout the brigade and even throughout the Combined Joint Operations Area-Afghanistan, that the work and programs produced by the Master Sergeant Squad are what makes that group so outstanding. For instance, Prince introduced weekly practice Soldier of the Month boards to help junior Soldiers learn how to better maintain their military bearing and prepare for the real boards.

"I put the practice Soldier of the Month board together because I know how intense getting ready for the board is on a young Soldier," said Prince. "The Soldiers' performances enhance with each practice board they attend. I am continuously amazed at the turn out and the dedication from the troops."

Keesee is often looked to for leadership guidance as well as planning major events and ceremonies, to include the most recent change of command ceremony where the 101st Sustainment Brigade bid farewell to the former commander, Col. Stanley Sliwinski and welcomed in Col. Stephanie Barton to take his place.

*"To be a master sergeant in the United States Army means a great deal. To me it means that I have had great leaders and Soldiers along the way that helped me achieve all the success that I have achieved. My goal is to ensure before I retire that I pass all the knowledge and wisdom I have gained from my past leaders and Soldiers to the future leaders of this great organization."*

"It's always great to see the finished product of events and ceremonies that I have been in charge of, but it takes a lot of work, planning, tasking and rehearsals," Keesee said when asked about coordinating the change of command ceremony. "I don't do it by myself. It's a team effort from everyone to ensure we have a successful event. It always makes me smile to see everyone enjoying themselves."

Master Sgt. Kelvin Ladner, the senior human resources sergeant and native of Hattiesburg, Mississippi, assists young leaders by familiarizing them with the tradition and history of the Noncommissioned Officer Corps itself; he was directly responsible for orchestrating this deployment's first NCO induction ceremony.

"The ceremony is a celebration of the newly promoted joining the ranks of a professional noncommissioned officer corps and emphasizes and builds on the pride we all share as members of such an elite corps," Ladner said proudly. "It's all about the history and traditions of the U.S. Army. In the past there has been some form of recognition that went along with leadership. Becoming a noncommissioned officer in the Army is a rite of passage. The ceremony gives the young NCOs a better understanding of the significance of becoming a sergeant."

Last but certainly not least, there is Master Sgt. Mark Gomez, the signal support systems chief for the brigade and native of San Antonio, Texas. For Gomez, there is nothing better than finding ways to help not only his Soldiers but also the rest of the junior enlisted Soldiers in the brigade.

"For the last 15 years that I have been an NCO, it has been a passion of mine to lead and train Soldiers," Gomez said. "That passion is what led to the birth of the Junior Leader Certification program. The Soldiers that take advantage of the course will without a doubt become better Soldiers and future leaders of our Army."

The Junior Leader Certification program is something that he and Sgt. 1st Class Billy Scott, the sustainment automation support management office noncommissioned officer in charge, created in order to assist junior enlisted Soldiers in getting a head start on their development as future leaders in the Army, focusing on the operational domain of the Army Leadership Development Model.

It is this sense of teamwork and commitment to Soldiers that truly bonds the Master Sergeant Squad members together and garners them so much praise throughout the brigade. Regardless of whether they receive any accolades for their efforts, to theses four master sergeants, there is honor and reward enough in simply being a master sergeant.

"To be a master sergeant in the United States Army means a great deal," Ladner said. "To me it means that I have had great leaders and Soldiers along the way that helped me achieve all the success that I have achieved. My goal is to ensure before I retire that I pass all the knowledge and wisdom I have gained from my past leaders and Soldiers to the future leaders of this great organization."

Ask any of the four master sergeants and they will say that it is a privilege to be a senior noncommissioned officer, and despite all of the responsibilities and challenges, being a master sergeant is what they were made to do.

"These three master sergeants are remarkable, and I can truly say God blessed me to work alongside them," said Prince. "There is no competition for the best. We watch out for each other and give constructive criticism as well as pats on the back when warranted. They have made this deployment away from my family and children extremely easy. They are the true definition of 'I will never leave a fallen comrade."'



# *101st Airborne Division (Air Assault) Resolute Support Sustainment Brigade - "Lifeliners" take on the new Army Combat Fitness Test (ACFT)*

**Story and photos by Staff Sgt. Caitlyn Byrne**
**101st Airborne Division (AA) Sustainment Brigade**

BAGRAM AIRFIELD, Afghanistan. – Over 100 "Lifeliner" leaders of the 101st Airborne Division (Air Assault) Resolute Support Sustainment Brigade gathered during the early morning hours to take on the new Army Combat Fitness Test (ACFT).

The event began with leaders conducting the ten physical readiness training (PRT) preparation drills to get them warmed up. Upon completion, participants dispersed to five demonstration stations where they got the opportunity to witness and perform the strength deadlift, standing power throw, hand release push up, sprint/drag carry, and leg tuck.

Although the new ACFT isn't scheduled to be implemented until October 2020, Lt. Col. Aaron Lummer, the 101st Special Troops Battalion Commander capitalized on the opportunity to train leaders on Bagram Airfield. His goal was to introduce leaders in the Brigade to the new physical fitness test so they can familiarize themselves with proper form and execution of the five new events.

Lt. Col. Lummer stated, "From a leader perspective, it's important that we understand the challenges of the ACFT and key tasks associated with manning, resourcing, and equipping it. Familiarization is key to flawless execution."

The new ACFT gauges several different areas of fitness that include muscle strength and endurance, muscle power, speed, agility, aerobic endurance, balance, flexibility, as well as coordination and reaction time.

Captain Joshua Joseph, the Headquarters Company Commander for the 101st Special Troops Battalion said, "The intent for this event was to introduce, expose, and familiarize our leaders to the ACFT. We must understand the tasks, conditions, and standards of the five new events and identify areas of self-improvement. More importantly, I wanted to conduct this training in an environment that brings us together to create dialogue, build camaraderie, and share best practices."

Master Sgt. Prince, the non-commissioned officer in charge of supply operations said, "I enjoyed the training; my biggest challenges were the drag/sprint/carry and the leg tuck event. Even after watching the demonstration I completely underestimated how much of a smoker these events would be."

Command Sgt. Maj. Anthony McAdoo, CSM of the 101st Airborne Division (Air Assault) Resolute Support Sustainment Brigade, concluded the event by sharing some encouraging words with participants. "This test proved to be not only challenging, but also identified the need to adjust individual and unit physical fitness programs to meet the added strength, power, speed, and agility measures of performance," McAdoo said. "As leaders lets continue to be pliable and ensure that we do everything in our power to make sure our Lifeliners are ready to take on the new ACFT."




*Senior leaders of the 101st Airborne Division (Air Assault) Resolute Support Sustainment Brigade participated in the Army Combat Fitness Test, Aug 14, 2018, on Bagram Airfield, Afghanistan. Master Sgt. Amy Prince participates in the dead lift event attempting to lift 280 pounds.*

# Army materiel enterprise, industrial base surge to rebuild 'golden HETs

**Story and Photos by Justin Graff**
**401st Army Field Support Brigade**

**Video by Sgt. 1st Class Lisa Rodriguez-Presley**
**143d Sustainment Command (Expeditionary)**

CAMP ARIFJAN, Kuwait -- The first two newly rebuilt Heavy Equipment Transport trucks equipped with C-kit belly-plate armor, or "golden HETs," arrived at Shuaiba Port in Kuwait, Sept. 11.

They are part of a large-scale reset effort for more than 50 golden HETs slated to be restored at Red River Army Depot, led by the U.S. Army Tank-automotive and Armaments Command, 1st Theater Sustainment Command, and the 401st Army Field Support Brigade (AFSB).

"There is nothing more important at TACOM than providing capable and ready equipment to our warfighters," said Steven Shotwell, TACOM senior

(Continued on Pg 22)

command representative assigned to the 401st AFSB.

The first two HETs arrived in Kuwait only six

***(Continued on Pg 24)***





*Randy Weathers (right), TACOM logistics assistance rep., 401st Army Field Support Brigade, and Sgt. Kyle Miller, senior mechanic, 154th Composite Truck Co.-Heavy, 524th Combat Sustainment Support Battalion, conduct a joint Preventative Maintenance Checks and Services (PMCS) inspection on a newly rebuilt Heavy Equipment Transport truck equipped with C-kit belly-plate armor, or "golden HET," at an Army Prepositioned Stocks-5 warehouse, Sept. 14, at Camp Arifjan, Kuwait.*



months after U.S. Army Materiel Command approved the HET reset effort in March, 2018.

"It is very evident, the extraordinary teamwork and coordination between 1st TSC, 401st AFSB and TACOM on this effort," Shotwell said. "We got off to a great start by getting all the team, stakeholders and shareholders, involved from the beginning. So the total requirements were identified early in the process which provided TACOM and Red River Army Depot with the information needed to quickly plan, implement, and get quality equipment back into the unit's hands in real time."

Maintenance experts assigned to the 1st TSC and Combat Sustainment Support Battalion identified low operational readiness rates of about 50 percent for the up-armored HETs in 2017.

The low operational readiness rates were caused by more than 1 million miles of usage, which is well above any other HETs that maintainers could compare against in the Army, said Chief Warrant Officer 5 Steven Dewey, materiel management branch chief, 1st TSC.

"Maintainers were struggling to repair one thing and then another thing would break. No other C-kit armor is available in the supply system or at any of the factories," Dewey said. "They can't just buy these off the shelf. The trucks around them were falling apart.

"It was worth it for the enterprise to rebuild and repair -- down to the frame -- to salvage the belly-plate armor that will provide additional protection for the end user."

The trucks were completely rebuilt around the C-Kit armor with new engines, new transmissions, new wiring harnesses, and new armor inside the systems.

"As I took a look at the data, the maintenance cost far exceeded the reset cost," Dewey said. "So it made good business sense to reset the equipment and get [the Soldiers] some like-new platforms out to the field so they can do their mission reliably."

The two recently-arrived HETs were issued to the 154th Composite Truck Co.-Heavy, 524th Combat Sustainment Support Battalion, after the unit conducted a joint inspection with TACOM Logistics Assistance Representatives, Sept. 14.

"Now that the Soldiers have these newly rebuilt HETs they're far better off with more reliable equipment," Dewey said. "These vehicles will be better for the Soldier, better for the mission, and definitely better for the Army."

The new HETs carry a 12-month warranty from Red River Army Depot that covers faulty components. It does not cover regular wear and tear due to normal usage or user negligence.

Confidence in the quality of the equipment is high, said Shotwell.

"Over the years I have seen a lot of different types of TACOM equipment that has been repaired out of RRAD and issued to units," Shotwell said. "Overall the quality of their products has been excellent. We do strive for perfection and at TACOM we are dedicated to providing our Soldiers the safest, most reliable, and most powerful equipment."



# Unit Spotlight

## 74th Engineer Dive Detachment

## Kuwait Naval Base, Kuwait



**Video by Sgt. 1st Class Lisa Rodriguez-Presley**
**143d Sustainment Command (Expeditionary)**

# Air Defense Artillery batteries keep Patriot missiles going

**Story and photo by Staff Sgt. Charlotte Reavis**
**143d Sustainment Command (Expeditionary)**

UNDISCLOSED LOCATION, CENTCOM – The Patriot missile system has been used in theater since 1991 to defend the United States military and its allies against enemy missile attacks. The missiles themselves can reach speeds that will break the speed of sound barrier using advanced radar technology.

The members of the ADA unit operate and maintain Patriot missiles and their launching stations within the Central Command area of responsibility. On Aug. 11th and 12th, they completed their master gunnery certification with all first-time go's.

"Delta Battery's mission here in CENTCOM is to protect critical assets in theater against air missile threats," said Capt. Patrick Rachel, the commander of Delta Battery of the 5th Battalion, 52nd Air Defense Artillery, based out of Fort Bliss, Texas.

"We just finished up our t-blade gunnery certification," Rachel said, "which was an exercise where we simulated moving our whole site out to a whole new unvalidated location to defend a new site against threats."

First Sgt. Andrew Brown, also a member of Delta Battery, said the unit received a warning order from their higher headquarters and then had to execute the movement. In addition to this, each member in the unit had to provide the appropriate licensing and certifications for the various pieces of machinery or vehicles used.

"It's similar to other combat arms and how they conduct gunnery certification," Brown said, "but different in the way its executed. With Patriot, we are not able to just fire the missiles at-will because they cost $2.5 million each. There are a lot of simulations that go into one of these exercises."

After verifying the maintenance portion, the soldiers had to move the missiles and their launching systems to an entirely new site and quickly get them ready to launch. They also had to complete air battle simulations, which the unit passed with flying colors, Brown, a Lubbock, Texas native said.

"Delta battery was able to pull off what is called a 'Q1,' or a 'first-time go' on the evaluation," Brown said. "My soldiers are prepared to establish a higher alert state for the Patriot missile system."

The Patriot missile systems are complex, sophisticated systems that require a lot of maintenance and logistics support, Brown said. The 1st Theater Sustainment Command, in addition to U.S. Army Central Command and the 28th Division, provide that support.

"We get a lot of support from the 1st Theater Sustainment Command, getting all the parts, all the fuel, all the supplies necessary," Rachel, a Manchester, N.H. native, stated. "We work with them to make sure we get everything we need to keep the system up and running and stay in the fight for as long as we can."

Brown said the ADA's job is to support both U.S. and Coalition forces, their defended assets, Gulf allies and anyone else that falls under that umbrella of protection within the CENTCOM AOR.
"The unit's impact in CENTCOM is providing the commander of CENTCOM protection of whatever assets he chooses that are vital to the theater and giving them any protection we can, against air missile threats from our adversaries," Rachel said.

*Members of Delta Battery of the 5th Battalion, 52nd Air Defense Artillery, based out of Fort Bliss, Texas, move the Patriot missile launching station during their master gunnery certification, Aug. 11-12.*

# 101st Resolute Support Sustainment Brigade "Lifeliners" Train to Sustain Life

**Story and photos by 1st Lt. Verniccia Ford**
**101st Airborne Division (AA) Sustainment Brigade**

BAGRAM AIRFIELD, Afghanistan - The 101st Resolute Support Sustainment Brigade medical team consists of three personnel, one family practice medical doctor, and two combat medic specialists that work the unit's aid station 7 days a week. The brigade consists of over 500 service members, leaving this three-man team to render medical support to all deployed brigade personnel. With limited amounts of medical experts in the brigade, the medical team's goal is to thoroughly train as many Lifeliner soldiers as possible to be combat lifesavers. "We focus on training soldiers to the US Army medical school standard," said Spc Phillips Pounders a combat medical specialist who helped facilitate the training. "It's important to ensure that they get in depth realistic training so in the event they do have to render aid, soldiers in our formation can count on one another to get them back home to their loved ones".

Soldiers began the training in their full combat uniform consisting of body armor, a helmet, gloves, eye protection, and their assigned weapon. During lane evaluations rounds rang from undisclosed locations as soldiers expeditiously moved to cover, and scanned their sectors of fire to eliminate the enemy. After disabling the threat, soldiers advanced on to find the simulated wounded service member, where they would begin to identify wounds and call up a 9 line medical evacuation request.



*SPC Nicholas Leverette (left), and PFC Lani Suther (right), administer a nasal pharyngeal tube to a casualty dummy in order to practice performing combat lifesaver techniques, on Bagram Airfield, Afghanistan, July 26. The 101st Special Troops Battalion will be hosting a week-long CLS class each month, in order to ensure that as many soldiers on BAF are CLS certified, making them better prepared to "Sustain the fight."*

"The training was physically fatiguing but overall exciting. The instructors are watching your every move, sometimes screaming to make sure you're moving in a timely fashion and following all medical guidelines to get our buddy patched up and medically evacuated off the scene "said Pfc Winshelle Pierre, an automated Logistics specialist for the 101st RSSB. Staff Sgt. Tyler Rector, a combat medical specialist and instructor of the course said, "When we conduct lane evaluations we try to make it as intense as possible, to show Soldiers that you will be dealing with fear and adrenaline during a real combat related incident." Staff Sergeant Rector went on to say, "As a force multiplier, medics can only be in one place at a time. On the battlefield lifesaving interventions increase the patient's chances of survival". The medical team of 101st Resolute Support (Air Assault) Sustainment Brigade will continue to expand their knowledge base to educate themselves and the Soldiers of the RSSB.

"Our goal is to train all service members deployed on the importance of a properly trained combat lifesaver' said Staff Sgt. Rector. "Everything taught can save a life and bring our brothers and sisters home safe.



*Sgt. First Class Frank Muramoto, 101st Airborne Division (Air Assault) Resolute Support Sustainment Brigade medical operations non-commissioned officer in charge, observes while PFC Keith Brown and PFC Eder Quesada-Hernandez, properly extricate and transport a casualty dummy in order to administer medical aid, on Bagram Airfield, Afghanistan, July 26. The 101st Special Troops Battalion will be hosting a week-long CLS class each month, in order to ensure that as many soldiers on BAF are CLS certified, making them better prepared to "Sustain the fight."*

# 659th conducts first divestment during Iraq deployment

**Story and photo by Staff Sgt. Charlotte Reavis**
**143d Sustainment Command (Expeditionary)**

CAMP TAJI, Iraq- On July 21, 1st Lt. Andrew Berry and other members of the 659th Support Maintenance Company, based out of Fort Bragg, N. C., conducted their first divestment with the Iraqi Federal Police.

Divestments are a part of the Counter-ISIL Train and Equipment Fund and they assist in assuring our Iraq counterparts get the equipment they need to provide security for their nation.

"The rolling stock divestment included water tankers, fuel trucks, up armored Humvees, wreckers, water buffalos, flat beds and an ambulance," Berry said. "We divested a mobility package for the 4th Brigade Iraqi Federal Police."

The unit, who falls under the 1st Theater Sustainment Command-Operational Command Post in theater, first receives a Fragmentary Order, which is like a shopping list, Berry said, and it will have the items the Iraqis need to conduct their missions. The FRAGO can request anything from Organizational Clothing and Individual Equipment (OCIE) to vehicles to weapons and ammunition.

Once the unit receives an order, they look at the equipment they have on hand, typically in a warehouse, see if they can fulfill it and prepare it for divestment. Berry said they also coordinate with an Advise and Assist team or a translator to contact the vetted Iraqi officer on the FRAGO to set up a meeting to receive the requested equipment.

"We are a (Supply Support Activity) for Iraq," Berry said. "We get donated equipment, we receive a FRAGO for the equipment, we take it out and we divest it; we give it to the Iraqis."

Once the Iraqi federal police or Iraq military units have the equipment, the Australian and New Zealand Army Corps train them on how to use it, he continued. Berry stated that working with other Coalition Forces and the Iraqi military is good for the soldiers in the unit.

"It gives them an opportunity to get out and experience a different culture," he said. He continued to say that sometimes during the divesture process, the local generals and officers will request the soldiers to eat and interact with them, so it allows the soldiers to experience something outside of American culture.

"CTEF in a whole is a monster," Berry said. "Being able to respond and fulfill orders and do what we need to do to support the mission."

The members of the 659th will continue to work with the Iraqi military and police throughout their deployment to build and sustain the partnership between the forces.



*During a divestment, July 21, members of the Iraq Federal Police and members of the 659th Support Maintenance Company, based out of Fort Bragg, N. C., inventory the vehicles and items the police were given. Divestments are a part of the Counter-ISIL Train and Equipment Fund and they assist in assuring our Iraq counterparts get the equipment they need to provide security for their nation.*



## Iraq Advise and Assist Mission
## 321st Sustainment Brigade



# 436th MCB passes torch to 420th MCB

**Story and photo by Staff Sgt. Charlotte Reavis**
**143d Sustainment Command (Expeditionary)**

CAMP ARIFJAN, Kuwait – The 436th Movement Control Battalion, based out of Staten Island, N.Y., conducted a transfer of authority to the 420th MCB, based out of Sherman Oaks, Calif., on Aug. 23, here. Both units are United States Army Reserve with nine-month deployment rotations. Movement Control Battalions manage most of the assets within theater and ensure soldiers and all their supporting equipment are moved to the right location at the right time. The Central Command area of responsibility is approximately 20 countries with an ever-changing environment in which moving anything can provide a challenge.

"In the last 9 months, the 436th has done their part to continue to bring honor to the lady liberty patch," said Brig. Gen. Deborah Kotulich, deputy commanding general of the 1st Theater Sustainment Command-Operational Command Post, during her speech at the ceremony. "Building their list of tremendous accomplishments here in support of the CENTCOM AOR, Operations Freedom Sentinel, Inherent Resolve, Task Force Sinai and Spartan Shield."

Kotulich went on to praise the 436th, listing their accomplishments by saying the unit assisted with thousands of troop bus movements, tens of thousands of passenger movements for soldiers deploying and redeploying in theater, as well as almost 4000 baggage trucks used to assist those movements.

"The 436th Movement Control Battalion had a very unique mission and executed it with professionalism and tremendous success of our sustainment mission," she said.

During the ceremony, the 436th MCB battalion commander, Lt. Col. Charles Valdes also spoke, stating he was proud of his team of soldiers and how they ensured the units throughout theater had what they needed to make sure their mission was successful.

"It fills me with great pride to see soldiers, their equipment and their supplies make it to the final destination as quickly and smooth as the mission would allow," he continued. "To the mighty staff of the 436th Movement Control Battalion, you are the spark that lit the way for thousands of movements in support of the warfighter. Each of you have done your part to ensure the mission success of our Battalion as well as the 1st Theater Support Command."

According to Valdes, the deployment did not come without it's fair share of challenges. He he stated the 436th came together as a team and coordinated the movement of cargo, trucks and personnel in and out of theater.

"You have fulfilled my intent countless times and made sure that our mission was completed down to the very last convoy and to the very last truck," Valdes said. "Instead of merely counting the days out here, our soldiers made the days count."

Both Kotulich and Valdes set the stage for incoming 420th MCB battalion commander, Lt. Col. Leopold Karanikolas, who stated the 420th was ready to take on the mission ahead of them.

"Today we accept the transfer of authority from the 436th," Karanikolas said during the ceremony. "We accept our responsibility in this AO. We understand the mission that is being conducted; probably the most important mission that the United States Army is being conducted right now."

Karanikolas stated that the 420th looks forward to continuing to foster and build on the relationships and hard work Valdes and the 436th have laid down.



*The 436th Movement Control Battalion, based out of Staten Island, N.Y., conducted a transfer of authority to the 420th MCB, based out of Sherman Oaks, Calif., on Aug. 23, here. Both units are United States Army Reserve with nine-month deployment rotations.*




*The 436th Movement Control Battalion, based out of Staten Island, N.Y., conducted a transfer of authority to the 420th MCB, based out of Sherman Oaks, Calif., on Aug. 23, here.*



# 321ST, ANZAC TRAIN ON MEDEVAC, MASSCAS PROCEDURES

**Story and Photos by Staff Sgt. Charlotte Reavis**
**143d Sustainment Command (Expeditionary)**

**Video by Sgt. 1st Class Lisa Rodriguez-Presley**
**143d Sustainment Command (Expeditionary)**

CAMP TAJI, Iraq – Imagine being in the middle of Iraq, coming up to a Mine Resistant Ambush Protected vehicle, looking inside and seeing several of your fellow soldiers with bloody wounds calling for assistance. It's a situation no soldier wants to think about or encounter.

For the members of the 321st Sustainment Brigade, this was the training exercise they got to experience July 26, just outside of base in the Amber Zone.

"The purpose of this training exercise was to identify deficiencies in the Camp Taji medical evacuation standard operating procedure and see where we can expedite response times," said Sgt. 1st Class Roberto Garcia, one of the exercise coordinators with the 321st. "This training event included various members of the Coalition Forces on Taji that monitor or have command and control over operations in this sector."

The training began early that morning with an advanced team of soldiers going out to the Amber Zone and staging the MRAP Maxx-Pro, as if it had gone over unexploded ordnance, per the scenario. The medical team members then dressed soldiers with moulage, or simulated injuries and blood, and had them wait in the MRAP until the convoy could arrive.

"This training took advantage of the current environment where actual missions are conducted," Garcia said. "It also incorporated moulage to give a realistic feel to the injuries and allow the combat lifesaving personnel to react and treat them."

Once the main convoy arrived, the CLS soldiers quickly acted and started to address the situation and the casualties. They were met additional difficulty as multiple points of entry into the vehicle were simulated as damaged, cutting off their access. The soldiers had to react swiftly, knowing their overall reaction time was being looked at closely.

"It's basically herding cats in a hurricane," stated Staff Sgt. Jeremy Boyd, a Role 1E senior medic of the Australian and New Zealand Army Corps and one of the observer controller/trainers for the event. "These soldiers are essentially coming in, trying to treat the casualties with the kit that they have and the number of people that they have, in order to achieve the best outcome."

Boyd, a New Zealand ANZAC soldier, was not the only member of the Coalition Forces working with the 321st for this training event. The exercise also included the Australian counterparts of ANZAC as

***(Continued on pg 36)***

*(Left) A member of the Australian and New Zealand Army Corps arrives to the mass casualty training site, July 26, to provide aid to Sgt. 1st Class Gwen Watkis, a member of the 321st Sustainment Brigade, who has two simulated leg injuries and a neck injury. The exercise tested the standard operating procedures in place for medical care, evacuation and quick reaction force response times in case of a real world emergency.*

the quick reaction force team. Once the CLS soldiers got the casualties assessed, they called for the Australian QRF, who arrived to transport the casualties to the MASSCAS hospital on Camp Taji via medical evacuation.

"You may get taught different ways to put on a bandage, different procedures, different levels of priority, but ultimately; in plain speak, you are there to treat the casualty, do the best you can with the kit you have and get them out," Boyd said. He continued that being shown the way other countries and militaries perform these tasks also gives you an idea of the bigger picture.

Once the simulated casualties arrived at the hospital, they were immediately downloaded, and the hospital had to enact its mass casualty procedures and treat the patients. The patients were treated as if they were real patients and the hospital had to go through all the procedures required for each unique set of injuries.

"It's always good to see that the more things change, the more things stay the same," Boyd said. "You're trained slightly different, but the outcome is the same."

Once the hospital fully assessed all the casualties and simulated the appropriate care each should receive to sustain them, the exercise concluded. From there, representatives from each force and section showed up to conduct an after-action review.

"We came out of it with what we need to do to improve the processes," said Boyd. "There were a lot of learning points, a lot of constructive points that came out of it."

The Coalition Forces agreed during the AAR they all had lessons learned during this exercise and will continue to improve upon each of their standard operating procedures in place and continue with combined training exercises like this.





*A combat lifesaver trained soldier with the 321st Sustainment Brigade arrives to the mass casualty training site, July 26, to provide aid to Sgt. 1st Class Gwen Watkis, also a member of the 321st, who has two simulated leg injuries. The CLS soldiers had to give as realistic treatment to the casualties as possible and ensure all appropriate measures were met while working with other Coalition Force members to get the casualties evacuated and to complete their treatment at the hospital on base. The exercise tested the standard operating procedures in place for medical care, evacuation and quick reaction force response times in case of a real world emergency.*

*(Below) Warrant Officer Evelyn Ayala, of the 321st Sustainment Brigade, gets a mock injury put onto her face as part of a mass casualty training event, July 26.*



# Never stop pushing:

## *A "seasoned" soldier's lesson learned from competing for the GAFPB*

**Story by Sgt. 1st Class Lisa Rodriguez-Presley**
**Photos by Staff Sgt. Charlotte Reavis**
**143d Sustainment Command (Expeditionary)**

CAMP ARIFJAN, Kuwait - Pushing through the final half mile of the silver level ruck march for the German Armed Forces Proficiency Badge at Camp Arifjan, Kuwait on July 12, I was doing some real soul searching. After all, it was July in the desert and let's just be honest – it was hot and miserable. As one of the more "seasoned" soldiers competing for the badge, and looking at how physical the challenge is, I'd been questioning myself the entire week, asking "Why am I pushing myself to do this, and what do I have to prove?"




*Sgt. 1st Class Lisa Rodriguez-Presley with the 143d Sustainment Command (Expeditionary) jumps in the deep end of the pool for the second part of the swim testing on day one of the GAFPB July 9.*

The decision to compete was spur of the moment. I was originally going to be out of the country, but after a last minute travel cancellation, the opportunity presented itself and I decided to take on the challenge. My youngest son, Staff Sgt. Gabriel Wright had just completed the GAFPB three weeks earlier, and in the spirit of our friendly Army mom/Army son competition, I thought to myself, "I'm going show him that mom has still got it!"

For those not familiar with what the competition entails, it's no walk in the park. Swimming, sprinting, strength, shooting, and endurance events are part of the four-day long competition. Each day is physically and mentally challenging, and as I was so graciously reminded by my son, I'm not one of the "young bucks" anymore. The phone call to deliver the news to him about competing made me think, but didn't dissuade me.

"So you're going to do the GAFPB. That's awesome mom," he said.

"Thanks," I replied. "I haven't trained because I didn't know that I was going to be here, but I think I'll be ok. The swim is what seems to get a lot of people and it's not really much different than what I had to do when I was in Marine Corps boot camp with swimming."

"Mom, I'm not trying to be mean or anything, but that was like 30 years ago."

And there it is...

It was nearly 30 years ago, but outside of being a little slower, I don't really feel that different. The desire to push myself and test my limits is still there and so I acknowledged the truth of his statement, but decided I am not going to allow that to be the excuse for why I can't do something. I may not be successful, but I'll trust the process and just keep trying.

Day one was the swim test. Swim 100 meters in your uniform (minus boots and socks) in under four minutes and immediately get out of the pool, go to the deep end, jump back in, remove your uniform and throw it completely out of the pool. Thankfully, I know how to float, so after the swim the uniform part was easy for me, but it wasn't for everyone.

Watching your fellow soldiers struggle with something is difficult, especially when you can't help. People came to the pool and supported their troops, cheered and told them to keep pushing. At the end of the day though, not everyone made it.

Day two was the day I knew would be most challenging for me. I am not a sprinter and honestly don't think I possess a speck of athletic ability, but I have lot of determination. On the other hand, my husband

***(Continued on pg 40)***




*Sgt. 1st Class Lisa Rodriguez-Presley with the 143d Sustainment Command (Expeditionary) concentrates during the flexed-arm hang portion on day two of the GAFPB competition.*

spent much of his life as an elite athlete who sprints with ease and when I conveyed the events to him, he didn't hold back his concern.

"So you have to sprint," he said in a troubled tone. "No offense babe, but I've seen you sprint. Even when you think you're sprinting you're not really moving that fast."

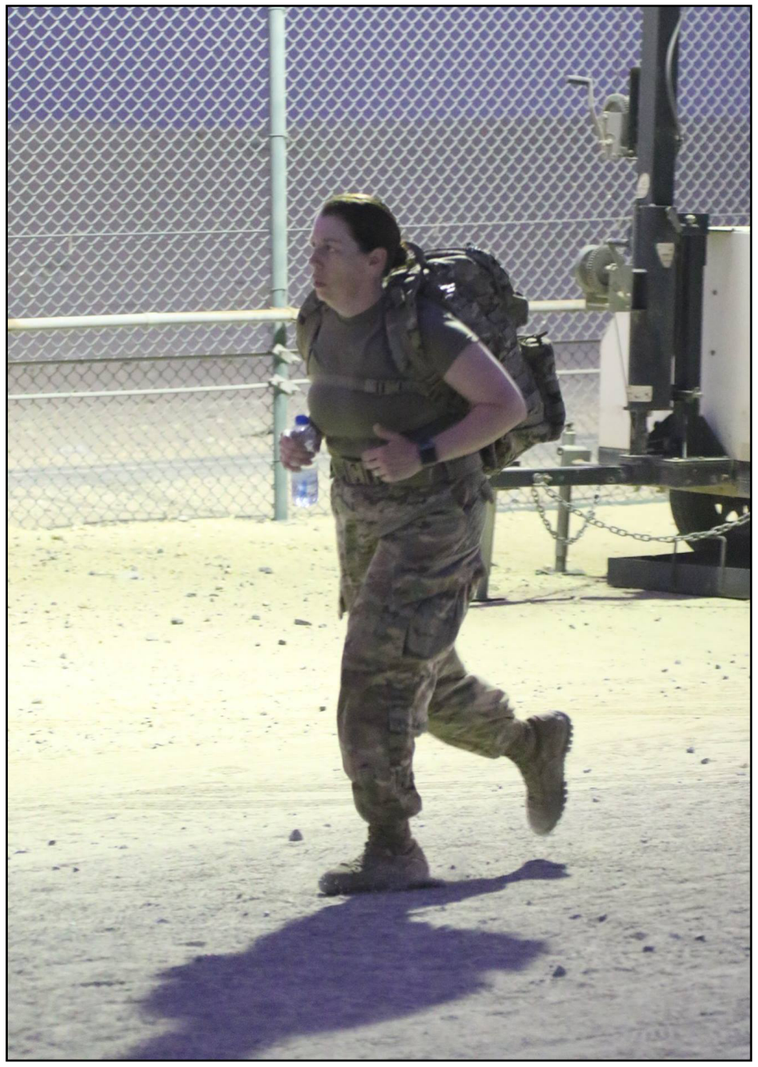
"I know," I said. "But all I can do is do my best and we'll see what happens."

"Well, whatever happens, know you're a bada**. Most people wouldn't even try."

There were three events – a shuttle sprint, followed by the flexed-arm hang and a 1000 meter sprint. I did well on the flexed arm hang and okay on the 1000 meter sprint, but the shuttle sprint was my Achilles heel. By the end of the day I knew I would be competing for the silver level badge, but I was encouraged by the fact that I was still there. There were more soldiers who didn't make it.

Day three was the day I was waiting for – shooting. I was a police officer for 15 years and shooting was one of my strengths, but it was 117 degrees out and standing in line for nearly two hours waiting to shoot in full body armor took its toll. I got up to the line to shoot and my arms felt like lead. High winds were blowing sand in my eyes in spite of wearing eye protection, so what would normally be an easy feat turned out to be harder than I thought. Still, I shot well, five out of five and moved it along. Fifty of my fellow soldiers did not.

The final day was the one I dreaded the most – the ruck march. Though I drank water after the day at the range I wasn't 100 percent and I knew it. I just figured I'd muscle my way through it, because it was the last day after all. The distance you had to ruck depended upon what badge you were eligible for – gold, silver or bronze. Since I was eligible for silver, I had 90 minutes to do nine kilometers while carrying a 33-pound ruck sack.



*Sgt. 1st Class Lisa Rodriguez-Presley with the 143d Sustainment Command (Expeditionary) picks up the pace during the nine-kilometer ruck march on day four of the GAFPB July 12.*

I started my running app to track my pace and distance, but I didn't account for the apparent flaw in the GPS technology my app was using, and I realized at the turnaround point that I was behind. I was going to have to run. I ran in intervals, continually checking my watch but I knew I was cutting it close.

"You have to keep pushing," I told myself aloud. "You made it to the final day. You can't quit."

Even as I said those words, my body was trying to convince me otherwise. With two minutes left and about 400 yards to go, a soldier whose name I don't know ran up to me and told me if I was going to make it I would have to run the rest of the way in.

"You have to run," he yelled. "You've gotta do this. You can make it. Just stay with me!"

I was completely exhausted. I ran a short distance with him and began walking again. Everything in me was telling me to stop and to be completely honest I just wanted to cry.

He was joined by my battle buddy and now there were soldiers on each side of me urging me to run.

So I ran.

As I approached the finish line the soldiers who had already finished were there cheering for me. I crossed with only 30 seconds remaining before time ran out and immediately hands reached out to help carry the load that I had shouldered for the last 90 minutes. Of the 265 Soldiers that started the GAFPB, 138 completed it and I was somehow one of them. That's when it hit me.

Pushing yourself is part of what we do as soldiers. We strive to be stronger, faster, more knowledgeable or more resilient. We compete with ourselves and sometimes with one another, and though some may say it's a pride thing, the reality is that competition is part of what determines our collective fate. Even though I had technically run the race alone, I was never really alone. During the entire route we had encouraged one another as we passed, even if was only shouting "hooah" to each other. When one is weak, the other can help lift them up so that we can complete the mission, so I will continue to strive. I'll continue to compete. I will continue to push.

Oh, and one final note. Gabriel, your mom's still got it.




*Brig. Gen. Deborah Kotulich, Commanding General of the 143d Sustainment Command (Expeditionary) congratulates Sgt. 1st Class Lisa Rodriguez-Presley for being awarded the silver GAFPB. Rodriguez-Presley was the oldest female competitor to complete the event.*

# Making mail mountains into molehills

**Story and Photo by Staff Sgt. Charlotte Reavis**
**143d Sustainment Command (Expeditionary)**

CAMP TAJI, Iraq – On July 19, members of the 328th Human Resources Company, supported by the 787th Combat Sustainment Support Battalion, along with a few other volunteers from units across the camp, received and sorted 500 bags of mail.

Sgt. Jerome Norton, the postal supervisor for the 328th, stated that the truck driver previously used was no longer able to get on base so the mail was backed up until they were able to get a driver able to access the camp.



*On July 19, members of the 328th Human Resources Company, supported by the 787th Combat Sustainment Support Battalion, along with a few other volunteers from units across the camp, received and sorted 500 bags of mail. The bags of mail were stacked almost to the ceiling of the mailroom and all down the hallways.*

"We had approximately 16,500 pounds, within 500 bags and totaled around 2,700 pieces of mail," he said. Norton continued to say that because they had help from other units, they were able to sort all of the mail within two or three hours.

The bags of mail were stacked almost to the ceiling of the mailroom and all down the hallways. Typically, the mail coming in is only half of what they saw on July 19 and Norton said without help it can take them three to four hours to sort and process all of the mail.

"We support all of the U.S. forces, Coalition forces, KBR contractors, SOSi contractors and even some foreign nationals who have the availability to access to the USPS post office," the Bosier City, La. native said. "My team, my whole unit, we are spread out throughout Iraq, supporting Iraq.

The bags of mail were piled taller than the personnel stacking them and covered not only the mailroom itself, but the entire hallway. The servicemembers did not wait for the bags to finish unloading before they began scanning in and sorting the mail.

"Soldiers want to get mail just like they want to get paid," Norton said. He continued to say that not only is mail a morale booster, but it also helps soldiers and contractors send things home so they have less things to carry when they are ready to head home.

Norton said that if there is anything he would like personnel at Taji to remember, it is to be patient with the mail services.

"We are here to support the soldiers" Norton said. "We want to get the mail out, we want people to have smiles on their face and hopefully a package will do that for them. That's what we are here for."



# Do you know about ADO?

The Army Direct Ordering (ADO) is a USARCENT program established to provide sustainment for clothing bag items (MPA: Military Personnel Appropriation) and Organization Clothing and Individual Equipment (OCIE) to deployed soldiers to the CENTCOM AOR on Temporary Change of Station (TCS) orders. ADO is not authorized for Soldiers that are on PCS or TDY orders. Authorized Soldiers/units are able to enroll in and receive items through the ADO program once they have been in theater for 30 days. ADO is not to be used for initial issue or to fill shortages, it is intended to replenish consumed OCIE and MPA.

A unit may in enroll in the ADO program through the 1TSC ADO Administrator by submitting three documents: 1) Accurate and current Personal Status Report (PERSTAT), 2) DA Form 1687 Delegation of Authority, 3) Commander's Assumption of Command Orders. Further guidance will be provided by the ADO administrator to finalize the process. Soldiers can use this program 30 days after deployment into the AOR and up to 45 days prior to their redeployment out of the AOR.

Once the unit program is authorized the unit POC is then responsible for ensuring the orders are validated and approved. Orders are delivered to the Unit POC through US Postal Mail and Soldiers will sign as receiving the equipment and it will be posted to the Soldiers records. Some items that can be found in ADO are as follows:

**OCIE**

- US Army/Name tapes
- FRACU
- Gloves, Flyer
- Goggles/Eye Protection
- Underwear
- Unit Patches/Rank
-

**MPA**

- Riggers Belt
- Boots
- IPFU
- OCP Patrol Cap
- Socks AG
- Undershirt, Coyote Brown

For more information contact your unit supply sergeant or Theater DODAAC mangers may be contacted at: DoDAAC@ukuwait.swa.army.mil or via phone at DSN: 318-430-6444.





# *101st Resolute Support Sustainment Brigade - Spiritual Hike to Resiliency*

**Story by 1st Lt. Verniccia Ford**
**Photos by Spc. Alexes Anderson**
**101st Airborne Division (AA) Sustainment Brigade**

CAMP MOREHEAD, Afghanistan – While deployed to combat or contingency environments, Army chaplains make it their mission to travel frequently, ensuring even the most remote troops get religious support that they need.

Chaplain (Cpt.) Marcin Bulinski assigned to the 101st Special Troops Battalion, 101st Airborne Division (Air Assault) Resolute Support Sustainment Brigade, supports Soldiers of his unit, along with all other deployed service members, by conducting routine Catholic sermons at numerous locations in the Combined Joint Operations Area in Afghanistan.

Bulinski and Chaplain (Col.) Jim Murphy, the senior chaplain for the 101st Abn. Div., traveled to Camp Morehead, Afghanistan, July 27 to offer religious services to the Soldiers serving on that Forward Operating Base.

The Army has a variety of programs that are offered to increase Soldier resiliency, said Bulinski. One of these, that Soldiers heavily rely on, is religious services provided by chaplains who specialize in different religious belief systems. He and other 101st chaplains travel to different FOBs to ensure that the Soldiers fighting in today's battlefields have the necessary spiritual resources to stay resilient.



*Chaplain (Cpt) Marcin Bulinski, assigned to the 101st Special Troops Battalion, 101st Airborne Division (Air Assault) Resolute Support Sustainment Brigade, performs a Requiem Mass at Camp Morehead, Afghanistan.*

"It's important for Soldiers to attain their spiritual needs," said Bulinski.

Murphy explained that he tracks chapel services at all military outposts in their area of operations. His goal is to increase spiritual resources at outlying stations due to a significant amount of FOBs without a chaplain.

"The chaplain that normally covers Morehead was unable to make it due to travel difficulties," said Murphy. "It's an easy trip for us, and didn't detract from our main duties at U.S. Forces - Afghanistan."

Murphy added that it is a Soldiers' constitutional right to practice their religion wherever they are stationed. Religious Support Teams travel to outlying stations where religious resources are not always readily available.

"While I only perform Christian services myself, I ensure that Soldiers of all faiths have the opportunity to worship," said Murphy. "When we don't have a chaplain of their faith, we often use lay leaders to meet their needs."

Murphy stated that he believes it's extremely important that service members facing dangerous situations in combat environments be afforded maximum opportunity to ensure that they are "Right with God."

Bulinski believes it can be detrimental to a Soldier's well-being when they don't have the opportunity or resources to practice his or her particular faith.

"Mission readiness and physical readiness go hand and hand, so in order to be resilient a Soldier needs to invest into his or her soul," said Bulinski. "Being resilient comes from within, it is the soul that sustains the Soldier, and then the Soldier is able to sustain the fight."

Both Murphy and Bulinski agree that spiritual resiliency aids in Soldier resiliency and helps reduce negative behaviors.



*Soldiers participated in a spiritual resiliency hike at Camp Morehead, Afghanistan.*

"George Washington was a huge advocate for spiritual resources. During the Revolutionary War, he insisted that each regiment had a chaplain" said Murphy. "Today, numerous studies have shown that religious participation reduces risk of suicide and other behaviors that hinder keeping our Soldiers apart of the team - DUIs, domestic violence, etc."

Bulinski added to that statement and said, "Programs will not completely stop the problem of suicide; but organized and practiced religion can continue to greatly help reduce suicide rates in the Army."

During their visit to the remote Camp Morehead, the chaplains conducted a resiliency hike with service members there, up and down a steep rocky mountainside.

"For me it was simply a chance to do some PT (physical training) with Soldiers, a great chance to build relationships and add some variety to PT," said Murphy.

"I am never afraid of things like this because of my faith," said Bulinski, referring to the intense mountain slope that he and the Soldiers had climbed. "I know God is always protecting us."

After the hike Bulinski conducted a Catholic mass. Murphy followed with a Protestant service. The service opened up with gospel songs and music from an acoustic guitar, and scripture readings from the Bible. The service concluded with a Holy Communion along with an opportunity for participants to ask questions and receive insight on various religious topics.

Both Bulinski and Murphy stated that being a chaplain is not just a job but a way of life.

"When a chaplain participates in the same hardships as his or her soldiers, it is a tangible demonstration that God cares enough to help us navigate through these hardships," said Murphy "I have the privilege of bringing God to Soldiers and Soldiers to God."

# HOLIDAY MAIL INFORMATION

*Make sure your holiday mail arrives on time by shipping your letters and packages by the following dates:*

| Military Mail Addressed To/ From | Priority Express (Stateside) | First Class Mail Letters and Cards | Priority Mail | Parcel Airlift Mail (PAL) | Space Available Mail (SAM) | USPS Retail Ground |
|---|---|---|---|---|---|---|
| APO AE ZIPs 090 – 092 | DEC 17 | DEC 11 | DEC 11 | DEC 4 | NOV 27 | NOV 6 |
| APO AE ZIP 093 | N/A | DEC 4 | DEC 4 | DEC 4 | NOV 27 | NOV 6 |
| APO AE ZIPs 094 – 098 | DEC 17 | DEC 11 | DEC 11 | DEC 4 | NOV 27 | NOV 6 |





# SHARP™

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

U.S.ARMY

U.S.ARMY

I.A.M. STRONG™

INTERVENE • ACT • MOTIVATE




## SEXUAL ASSAULT.
## SEXUAL HARASSMENT.
# NOT IN OUR ARMY.

As Soldiers, we are resolute in our commitment to live the Army Values. We will uphold a command climate free of sexual harassment, sexual assault and retaliation where every member of the Army Team is treated with dignity and respect.

**TOGETHER, THIS WE'LL DEFEND.**

Join Us: USArmySHARP

WWW.PREVENTSEXUALASSAULT.ARMY.MIL

DOD SAFE HELPLINE: 1-877-995-5247

WWW.SAFEHELPLINE.ORG