



The Desert Voice

Third Army/United States Army Central
"Ready Tonight ... Sustain The Fight ... Shape The Future"

October 28, 2009



DV

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On the cover

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Photoillustration by Sgt. Daniel Lucas of
the Bright Star Exercise.

Contact us

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tions, story ideas? Call the Desert
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Military units from around the world formed a common front in a multi-national military exercise held near the Egyptian coastal town of Alexandria, Oct. 13, 2009.

Operation Bright Star began nearly 30 years ago as a friendly training exercise to better relations between Egypt, and the United States, and has matured into an 11 nation combined exercise; a major joining together of traditional military tactics with modern military technology.

"Bright Star has always been about partnership, it started back in 1981. As a matter of fact, I was a part of Bright Star back in '81, the very first one, which really started out as a biennial exercise between the U.S. and Egypt," said Maj. Gen. Peter M. Vangjel, Deputy Commanding General of Third Army/US Army Central. "But it has grown substantially since then, and we have almost a dozen coalition partners that are here participating in one way, shape, form or fashion. Whether or not they come from the sea, jump from airplanes, or Soldiers on the ground- it's all about partnership."

Bright Star operation included a strategic airborne jump of more than 300 soldiers from the 82nd Airborne Division partnering with Egyptian, German, Kuwait, and Pakistani paratroopers, while more than 1,000 Marines from the 22nd Marine Expeditionary Unit at Al Amein Beach by amphibious landing with their Bright Star counterparts.

More non-traditional training is scheduled in the coming days and will include a combined computer aided command post exercise introducing partnering soldiers to each others' equipment and updated tactics thereby developing a better coalition contingency environment.

Operation Bright Star is essential to international team building and will positively affect world and regional military response.

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The
Desert
Voice

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[http://www.youtube.com/user/
dvidshub?blend=2&ob=1](http://www.youtube.com/user/dvidshub?blend=2&ob=1)



Change for Good

Have you tried to make diet, exercise or lifestyle changes before, but always fall off the wagon? Start by setting a reasonable, specific, short-term goal. Saying that you will “exercise more” and “eat healthy” are too vague. Expecting to lose 10 pounds in the first two weeks will set you up for disappointment. Keep your long term goal in mind, but focus on small steps to get there. Write down your goal somewhere that you will see frequently during the day.

People trying to lose weight or eat healthier are more successful when they keep a food journal. Do this for at least a couple days to see your usual pattern and pitfalls like overeating at night or grazing all afternoon. It can be a list of foods and drinks or it can be very detailed to include where you ate, how hungry you were or if you



Capt. Kate Schrumm R.D.
U.S. Army Central Surgeon's Office

were stressed, tired etc. Compare your intake to the recommendations on MyPyramid.gov.

Keeping an activity log is also helpful. Your goal for the week could be to reach a certain mileage, total minutes of cardio or number of pushups. It is motivating to see all the work you have put in, especially for those weeks when the scale does not move because you are replacing fat with muscle.

Once you incorporate your initial goal into your normal routine, do not reward yourself with food or by sleeping in past your gym time. Reward yourself with new workout music, clothes or a DVD – anything other than food! Enjoy your success and set your next small goal. Hopefully, you will find that these new behaviors have become part of your lifestyle, not a short term habit. If you have a setback, let it go, refocus and drive on. **A**

National Fire Prevention Month

Carbon Monoxide (CO) is an odorless, colorless, tasteless gas that can kill. It is produced from burning any fuel. Any appliance in your home that uses fuel is a possible source of CO. When appliances and vents are not in good working order, there is danger from CO poisoning.

Other sources include:

- Running autos in a closed garage
- Faulty oil, wood, or gas heating units, or chimneys
- Gas or oil hot water heaters
- Charcoal grills when used indoors
- Kerosene or fuel oil room heaters
- Gas stoves and ranges
- Fireplaces, woodstoves, pellet stoves



How does CO kill?

Carbon monoxide displaces the body's essential oxygen. It can cause flu-like symptoms, vomiting, and loss of consciousness, brain damage and eventually death. Infants, senior citizens and people with heart problems or breathing difficulties are especially at risk for CO poisoning.

How do I protect against CO poisoning?

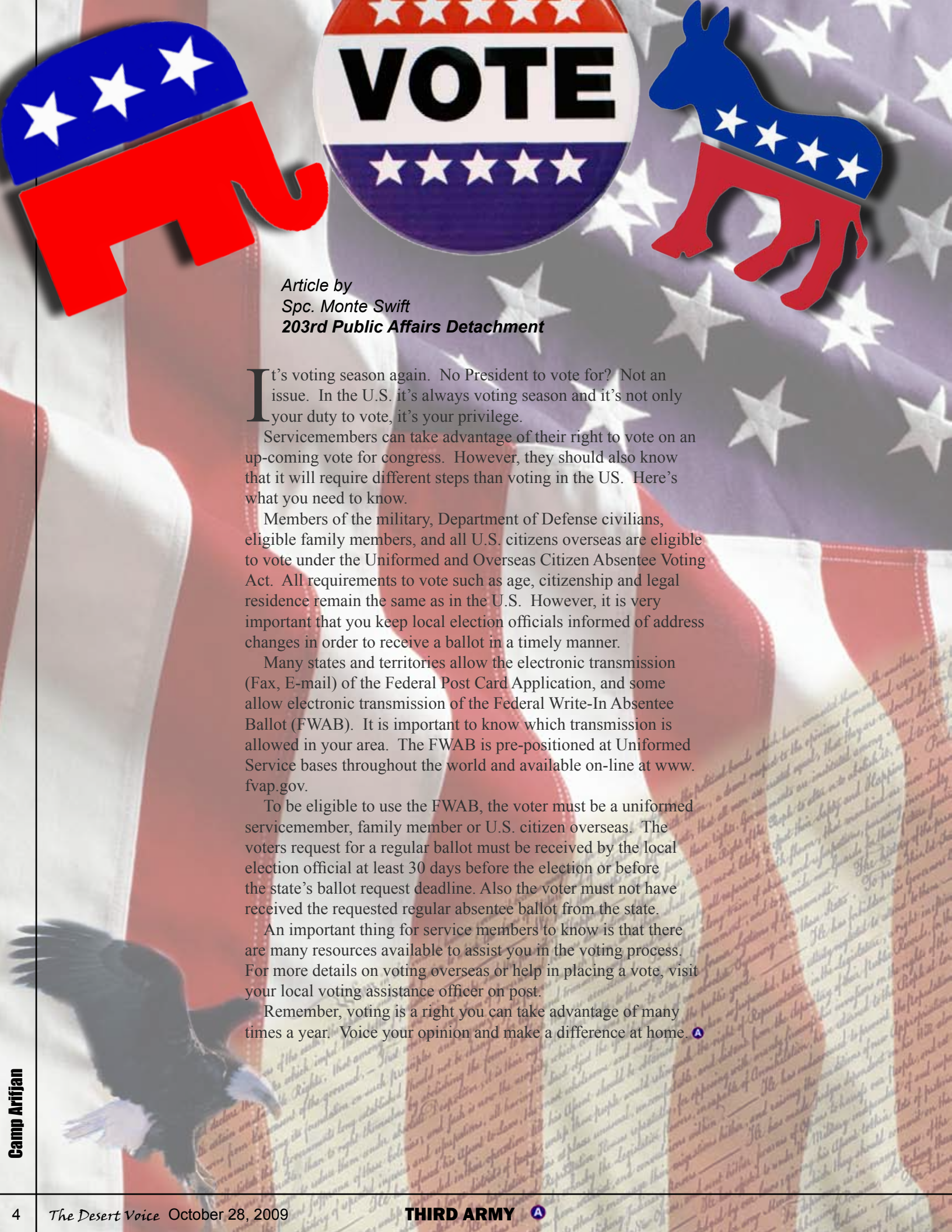
Install CO detectors in your home:

- At least one near sleeping areas
- Have your heating system inspected and serviced annually **A**



Ready Tonight
Sustain the Fight
Shape the Future

Third Army/U.S. Army Central



Article by
Spc. Monte Swift
203rd Public Affairs Detachment

It's voting season again. No President to vote for? Not an issue. In the U.S. it's always voting season and it's not only your duty to vote, it's your privilege.

Servicemembers can take advantage of their right to vote on an up-coming vote for congress. However, they should also know that it will require different steps than voting in the US. Here's what you need to know.

Members of the military, Department of Defense civilians, eligible family members, and all U.S. citizens overseas are eligible to vote under the Uniformed and Overseas Citizen Absentee Voting Act. All requirements to vote such as age, citizenship and legal residence remain the same as in the U.S. However, it is very important that you keep local election officials informed of address changes in order to receive a ballot in a timely manner.

Many states and territories allow the electronic transmission (Fax, E-mail) of the Federal Post Card Application, and some allow electronic transmission of the Federal Write-In Absentee Ballot (FWAB). It is important to know which transmission is allowed in your area. The FWAB is pre-positioned at Uniformed Service bases throughout the world and available on-line at www.fvap.gov.

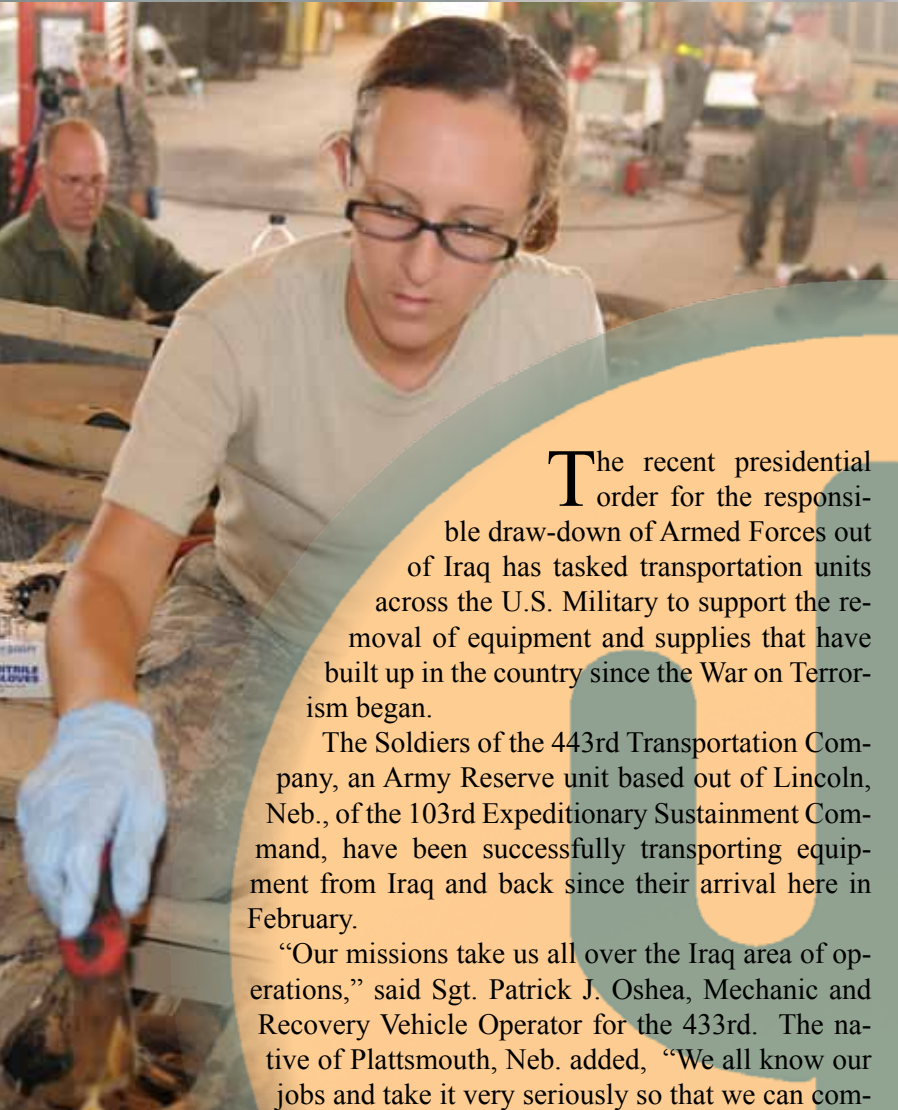
To be eligible to use the FWAB, the voter must be a uniformed servicemember, family member or U.S. citizen overseas. The voters request for a regular ballot must be received by the local election official at least 30 days before the election or before the state's ballot request deadline. Also the voter must not have received the requested regular absentee ballot from the state.

An important thing for service members to know is that there are many resources available to assist you in the voting process. For more details on voting overseas or help in placing a vote, visit your local voting assistance officer on post.

Remember, voting is a right you can take advantage of many times a year. Voice your opinion and make a difference at home. **A**

Third Army keeps on Truckin'

Article and Photos by
Sgt. David Nunn
203rd Public Affairs Detachment



The recent presidential order for the responsible draw-down of Armed Forces out of Iraq has tasked transportation units across the U.S. Military to support the removal of equipment and supplies that have built up in the country since the War on Terrorism began.

The Soldiers of the 443rd Transportation Company, an Army Reserve unit based out of Lincoln, Neb., of the 103rd Expeditionary Sustainment Command, have been successfully transporting equipment from Iraq and back since their arrival here in February.


"Our missions take us all over the Iraq area of operations," said Sgt. Patrick J. Oshea, Mechanic and Recovery Vehicle Operator for the 433rd. The native of Plattsmouth, Neb. added, "We all know our jobs and take it very seriously so that we can complete this mission safely and successfully. Our leadership has set a high standard and we do our best to maintain that every day."

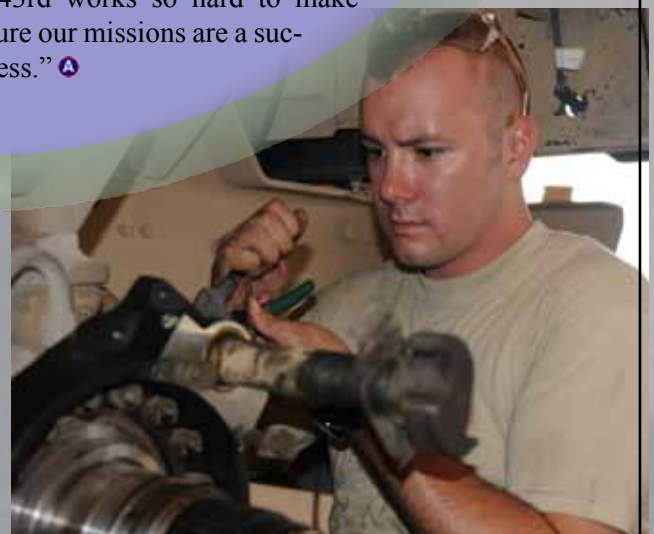
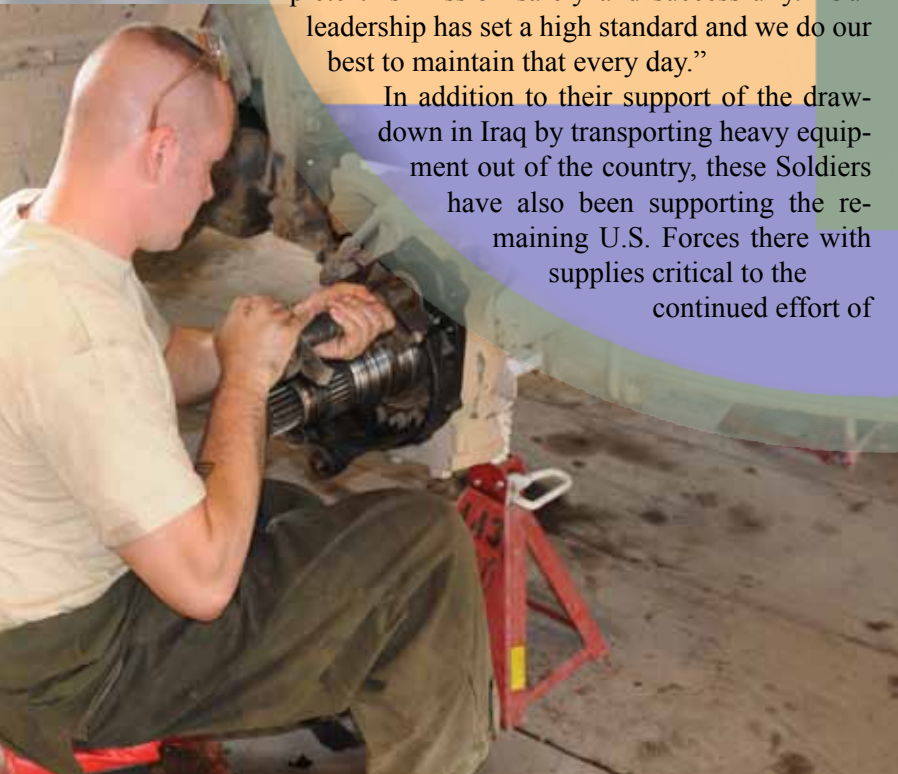
In addition to their support of the draw-down in Iraq by transporting heavy equipment out of the country, these Soldiers have also been supporting the remaining U.S. Forces there with supplies critical to the continued effort of

providing a safe and secure environment for the citizens of Iraq.

"There is a lot of planning that goes into every mission," said Sgt. Wendy Courser, Mechanic and the Assistant Convoy Leader for many of the 443rd's missions into Iraq. "We make sure all our equipment is properly maintained with Preventative Maintenance Checks and Services, and have to work with the foreign national truck drivers that drive with us and provide their security."

The Soldiers of the 443rd do approximately three missions per month that can last 15 days on the roads of Iraq, sometimes taking them as far north as the city of Mosul, located in the northwestern area of Iraq. Their convoys are not just made up of U.S. Forces however; they also augment their convoys with approximately 40 civilian contractors and foreign national truck drivers that aid them in transporting goods in and out of the country.

"My favorite part of this job is the great teamwork and the travel experiences. We get to see so much of this effort and meet the people we are providing for," said Courser. "Every member of the 443rd works so hard to make sure our missions are a success." 



Camp Arifjan

Friendship Jump



Article by
By Spc. Lindsey Frazier
70th Mobile Public Affairs Detachment

Egyptians, Kuwaitis, Germans, Pakistanis and American forces participated in a coalition friendship jump during Operation Bright Star 2009.

Bright Star is a multinational exercise that is designed to improve readiness, interoperability and strengthen military and professional relationships among other nations.

The five different countries gathered in Cairo East to prepare for the jump. More than 300 airborne qualified personnel jumped out of a German C-160 and three C-17s for a total of four different jumps.

The friendship jump was the culmination of jump training which began at Fort Bragg, N.C.

“We did two weeks of training at Fort Bragg ... and a variety of additional training that wasn’t focused on the actual airborne operations,” said Lt. Col. Pat Hynes, battalion commander, 1st Battalion, 325th Airborne Infantry Regiment, 82nd Airborne Division.

Hynes stated that there are a lot of commonalities in how they jump however, the language barrier was the hardest thing they had to overcome

which was the primary purpose of the basic airborne and jump master refresher course conducted at Ft. Bragg.

This was the fourth airborne operation for Bright Star, two of which were conducted in the United States and two in Egypt.

"The purpose was to foster a spirit of cooperation between the participants," said Hynes.

Many of the soldiers found the training new and exciting.

"Working with the Egyptians and Germans is a cool experience and I've never done it before, it was my first foreign jump in a foreign country," said Private 1st Class Iris Torres, Echo Company, 1-325th Abn. Inf. Regt.


"I think what makes it worth it is when you're on a door and you freeze for a moment, for half a second, I think about stuff like my family then I'm in the air and it's just an awesome feeling," she said.

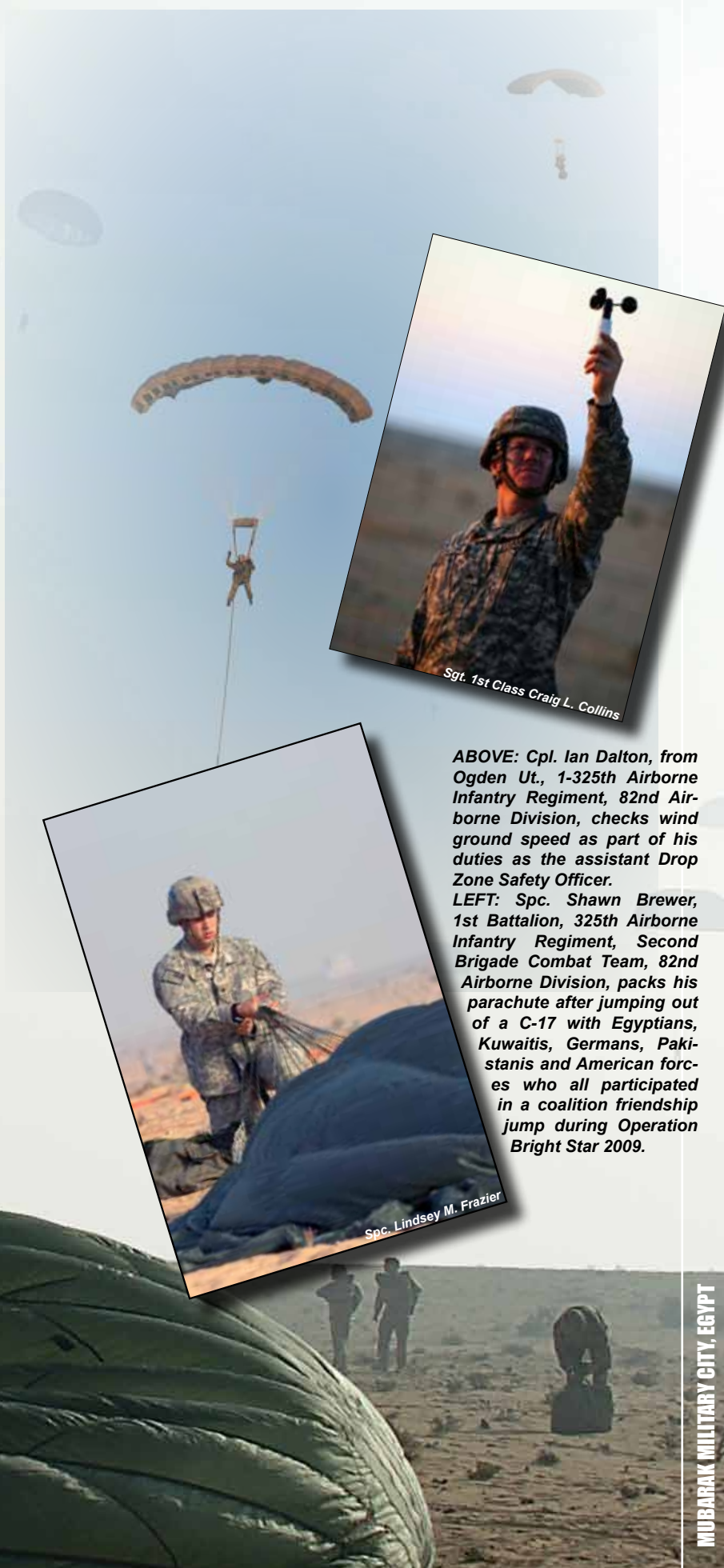
Overall success of the mission was dependant on all the leaders of the units, especially the noncommissioned officers, said Command Sgt. Maj. John Fourhman, Third Army/U.S. Central command sergeant major.

"The noncommissioned officer plays a role everywhere from the planning, to the execution and the recovery of all the soldiers. This exercise is being conducted on many levels from the command post exercise and then the practical exercises which consisted of the CALFEX and both the strategic jump and the friendship jump," he said.

"The noncommissioned officer is always the last one out of the door," Fourhman added.

After the jump was complete, all soldiers were accounted for and the countries involved presented their jump wings to each other in a show of friendship and partnership defining the purpose of Operation Bright Star.

Operation Bright Star will conclude with a computer-based command post exercise and planning will begin immediately for the next Bright Star training. 



ABOVE: Cpl. Ian Dalton, from Ogden Ut., 1-325th Airborne Infantry Regiment, 82nd Airborne Division, checks wind ground speed as part of his duties as the assistant Drop Zone Safety Officer.

LEFT: Spc. Shawn Brewer, 1st Battalion, 325th Airborne Infantry Regiment, Second Brigade Combat Team, 82nd Airborne Division, packs his parachute after jumping out of a C-17 with Egyptians, Kuwaitis, Germans, Pakistanis and American forces who all participated in a coalition friendship jump during Operation Bright Star 2009.

From ship to shore

Article by

Spc Lindsey Frazier

70th Mobile Public Affairs Detachment

Since 1981 U.S. Central Command and the Egyptian Military have partnered in an ongoing multi-nation training exercise. The exercise is designed to strengthen military to military relationships and improve readiness between Egyptian, U.S. and other countries with an interest in the region. Airborne operations and an amphibious landing exercise kicked off the first day of events for Operation Bright Star 2009.

“Over the past three decades it has grown from a two-nation exercise involving only ground troops to now being a multi-national event designed to increase regional involvement in pursuit of improved security and defense capabilities,” said Maj. Gen. Peter M. Vangjel, Third Army/U.S. Army Central Deputy Commanding General.

The amphibious landing exercise consisted of four major waves. Each wave built upon the previous wave and complemented the next, giving the units involved the opportunity to work together and have a distinguished part to make the mission a success.

In the first wave of the exercise zodiac fast insertion boats brought in Egyptian Special Forces composed of Egyptian Army Rangers and Navy Special Operations Forces from U.S. Navy ships located in the Mediterranean Sea. Once the group secured the beach they communicated back to the command element, confirming enemy locations, suitability of beach landing and direct fire from the naval ships and aviation assets.

“The demonstration showed forcible entry from the sea to seize a beachhead,” said Col. Gareth F. Brandel, Commanding Officer of the 22nd Marine Expeditionary Unit.

The beachhead line was created when a unit reached El-Amein beach and began to defend that area. This created an entry point for forces to stage equipment and supplies build

combat power and conduct operations deeper into “enemy” held territory.

Quickly following was the second wave, the assault wave. This wave used a combination of assault tactics. Amphibious assault vehicles were launched from the USS Fort McHenry, a Whidbey Island-class dock landing ship, and from Egyptian landing craft. The MV-22B Osprey Aircraft carried a company of marines to a strategic inland location and AH-1W Super Cobra Attack Helicopters were used to conduct the main assault.

The third wave consisted of vehicles and assault forces aboard landing craft utilities, more commonly known as LCUs. The LCUs delivered light armored vehicles, assault forces, Pakistani Marines, Kuwaiti Marines and U.S. Marines to the beachhead. Their goal was to secure ground further inland and establish a secure beach.

The final assault wave, hovercrafts - called Landing Craft Air Cushions, brought to shore Humvees. The LCACs can glide over water and land. Because of this characteristic, LCACs have easier access to land than the other vessels and boats and can carry as much as 75 tons of equipment. The Marine Humvees are part of the combined anti-armor team and went ashore to help reinforce the defensive positions previously established by the first three waves.

After all the vehicles and personnel landed, commanders communicated their unit’s status and reported when they have secured their section of the beach.

“We use all of our assets to maintain our proficiency and in conjunction with our allies in a combined exercise, each one of the nations participate and continue to build on their expertise,” said Brandel.

The Bright Star 2009 amphibious exercise was about team building, emphasizing coordination and communication. The event executed as planned and was a successful demonstration of the Bright Star participant’s ability to conduct successful operations together. **A**



REMEMBERING THE FALLEN

SGT. MAJ. MICHAEL SILVER

Article and Photos by
Sgt. David Nunn
203rd Public Affairs Detachment

Soldiers, Sailors, and Marines deployed in support of Operation Iraqi Freedom at Camp Arifjan, Kuwait, gathered at the camp chapel to show their final respect to a fallen comrade on Oct. 21, 2009.

"Sgt. Maj. Silver lived the Army Values and the [Non-Commissioned Officers] Creed for 30 years," said Sgt. Maj. Kenneth Eady, Third Army Sustainment sergeant major, who counted Silver as a close friend and battle buddy. "No matter how sick he was, he refused to quit. In his mind he was ready to deploy with his Soldiers and told me to tell his Soldiers here that he would see them soon."

Silver was known to the Soldiers that served with him as a Soldier's sergeant major because he was always available to help anyone that needed it, regardless of rank, and dedicated his life to leading Soldiers. He was known for his love for running and the countless times he would run with his Soldiers.

"Silver was the type of guy that would go the extra mile every day," said Sgt. Maj. Allerick Knight,


Third Army Personnel sergeant major, who had served with Silver in a previous duty assignment in Korea. "He really embodied the Army's 'Army of One' philosophy, staying late to help his fellow Soldiers to complete the mission. He was a good man and always had a ready smile."

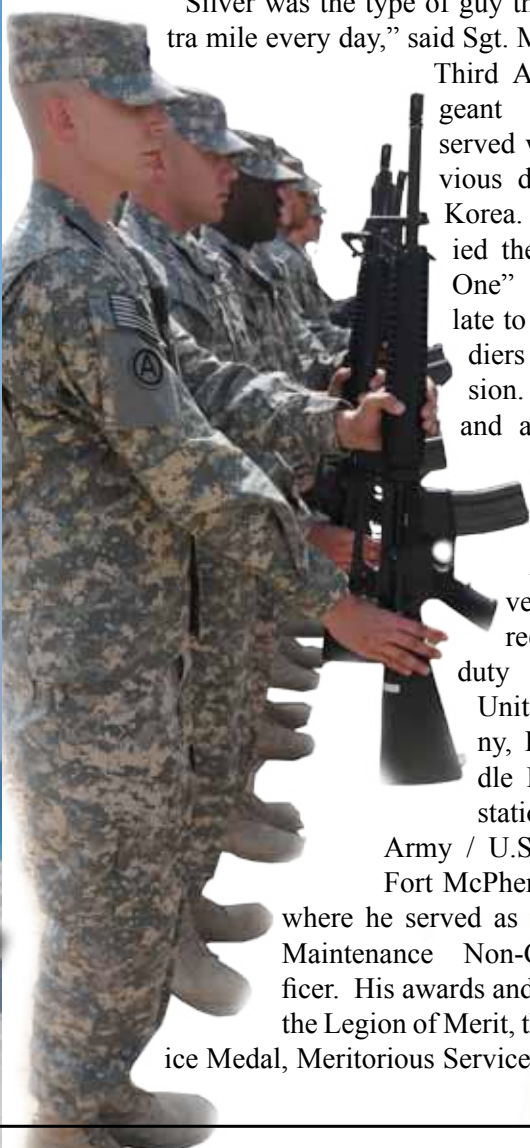
Silver was born in Linden, N.C., on April 5th, 1961. Silver's distinguished career took him to many duty stations across the United States, Germany, Korea and the Middle East. His last duty station was with Third Army / U.S. Army Central at Fort McPherson in Atlanta, Ga., where he served as the Chief Mechanic Maintenance Non-Commissioned Officer. His awards and decorations include the Legion of Merit, the Bronze Star Service Medal, Meritorious Service Medal, Army Com-

mendation Medal (with four oak leaf clusters), the Kuwait Defense Service Medal, Southwest Asia Service Medal with a Bronze Star, and three Overseas Service Ribbons.

"His hobbies included working on cars and fishing," said Eady. "Those that knew him well knew that he could fix just about anything. I remember many times taking our lunch hours back at Fort McPherson to fix one of our Soldiers cars and be back to work on time."

Among those whom Silver leaves behind that will cherish his memory are his wife, Mrs. Wanda Silver, mother Mrs. Mary Silver, brother Tyrone Silver and his sister Mrs. Gladys Stephenson.

"I will not forget, nor will I allow my comrades to forget, that Sgt. Maj. Silver was a true professional, a non-commissioned officer, a leader, hooah!" said Eady. 



NEWS IN BRIEF

Unit receives 'Old Crows' Award

A 56th Stryker Brigade Combat Team battalion accepted the "Association of Old Crows Outstanding U.S. Army Electronic Warfare Unit for 2009" honor.

The award was presented during the opening ceremony of the Old Crows' 46th Annual International EW Symposium and Convention.

The 1st Battalion, 111th Infantry Regiment, headquartered in Plymouth Meeting, Pa., earned the Army-wide honor for its extensive use of lifesaving EW capabilities in day-to-day operations in Iraq. As part of the 56th Stryker BCT, the unit is now in the process of redeploying home from a year in Baghdad, Iraq.

"This award demonstrates that the Pennsylvania National Guard is in the forefront of emerging technologies," said Capt. Melvin Benson of Abington, Pa., 56th SBCT electronic warfare officer. "All of our battalions have made good use of electronic warfare. The 1-111th made the greatest use of joint assets."

Benson, a school teacher at Council Rock School District, Newtown, Pa., nominated the battalion in early July.

The AOC, a non-profit association of military and civilian electronic warfare professionals, and the Army Electronic Warfare Division lauded the 1-111th, saying the unit clearly demonstrated ability to master EW and said the units "superlative training and combat record" earned the unit the award.

"This award is appropriate as the 1-111th was founded as the 'Associators' in 1748, by Benjamin Franklin," Benson added. "The 1-111 is the living link from Franklin's kite and lightning rod to our modern airborne EW assets."

Need for speed

The Navy's need for speed is being answered by a pair of warships that have reached freeway speeds during testing at sea.

Independence, a 418-foot warship built in Alabama, boasts a top speed in excess of 45 knots, or about 52 mph, and sustained 44 knots for four hours during builder trials that wrapped up this month off the Gulf Coast. The 378-foot Freedom, a ship built in Wisconsin by a competing defense contractor, has put up similar numbers.

Both versions of the Littoral Combat Ship use powerful diesel engines, as well as gas turbines for extra speed. They use steerable waterjets instead of propellers and rudders and

have shallower drafts than conventional warships, letting them zoom close to shore.

The ships, better able to chase down pirates, have been fast-tracked because the Navy wants vessels that can operate in coastal, or littoral, waters. Freedom is due to be deployed next year, two years ahead of schedule.

NATO Members Pause Afghan Troop Flow

Two NATO members today said they will not send more troops to Afghanistan unless its Nov. 7 presidential runoff creates a legitimate government and until President Barack Obama decides on a new strategy there.

Dutch Defense Minister Eimert Van Middelkoop said his country, with 2,160 troops in Afghanistan, is awaiting the final election results "because the legitimacy of the Afghan government is key," as well as a decision by the Obama administration.

"I think most countries are waiting for the American decisions," van Middelkoop said at a meeting in Bratislava of the defense ministers of the 28 NATO countries.


The top U.S. military commander in Afghanistan, Gen. Stanley McChrystal, was briefing NATO ministers - including U.S. Defense Minister Robert Gates - on his view of the war in Afghanistan at the meeting.

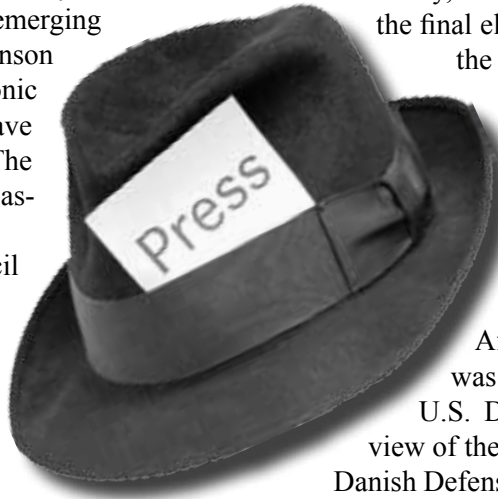
Danish Defense Minister Soeren Gade said allies won't increase troop levels until they're assured the new government in Kabul is committed to the NATO goals.

"I think whoever is going to send more troops to Afghanistan will put up some conditions," said Gade, whose country has 690 soldiers in Afghanistan.

"They need to see the new Afghan president and say: 'If we send more troops to your country, you have to deal with this, this and this.' We have to make sure the new government in Afghanistan is committed to their job before we send any more troops to Afghanistan."

Defense Minister Franz Josef Jung of Germany said he also doesn't expect his country to increase its troop numbers in Afghanistan when the soldiers' mandate from the German parliament comes up for renewal in December. The existing mandate allows the deployment of a maximum 4,500 soldiers, and Germany currently has just over 4,200 troops in Afghanistan.

Gates said he will prod NATO for more economic and security aid to Afghanistan while trying to sidestep the simmering international debate over sending more troops to the fight. 



Emergency Numbers

Camp Arifjan

DSN 430-3160/ Arifjan Cell 6682-2120

Camp Buerhing

DSN 438-3224 Buerhing Cell 9720-5396

Camp Virginia

DSN 832-2559 /Virginia Cell 6705-9470

LSA

DSN 442-0189/ LSA Cell 6682-2467

K-Crossing

DSN 823-1327/ K-Crossing Cell 682-0095

KCIA/APOD

Cell 6706-0165-DSN 825-1314

SPOD

Cell 9720-5982

KNB

DSN 839-1334/ KNB Cell 6691-4967

NCO Spotlight

Master Sgt. Linda Bullock
593rd Sustainment Brigade



"I like meeting and working with people from all over the world. It is a richness all its own."

Master Sgt. Linda Bullock, a La Crescenta, Calif. native, first joined the Women's Army Corps in 1976 after watching a program on women in the Military and though it looked interesting. She has been on six deployments throughout her military career including Saudi Arabia, two to Kuwait, Iraq, Hungary and Guatemala and enjoys the chance to meet people from all over the world.

Just One Question ...

Do you think we should do more training with our allies and why?



"I agree with it. I think we could do more as long as it's not taking away from money going to the war fighter."

Master Sgt. Jimmy Skinner
335th Signal Command
Longford, Kan.



"I don't think we do enough and we could do more. Our allies could learn a lot from us and vice versa."

1st Lt. Janice Reyes
115th Fires Brigade
Honolulu, Hawaii



"Yes, the more training we can learn from each other, the faster we can accomplish the mission."

Staff Sgt. Damion Davis
70th Medium Truck Detachment
Davenport, Iowa



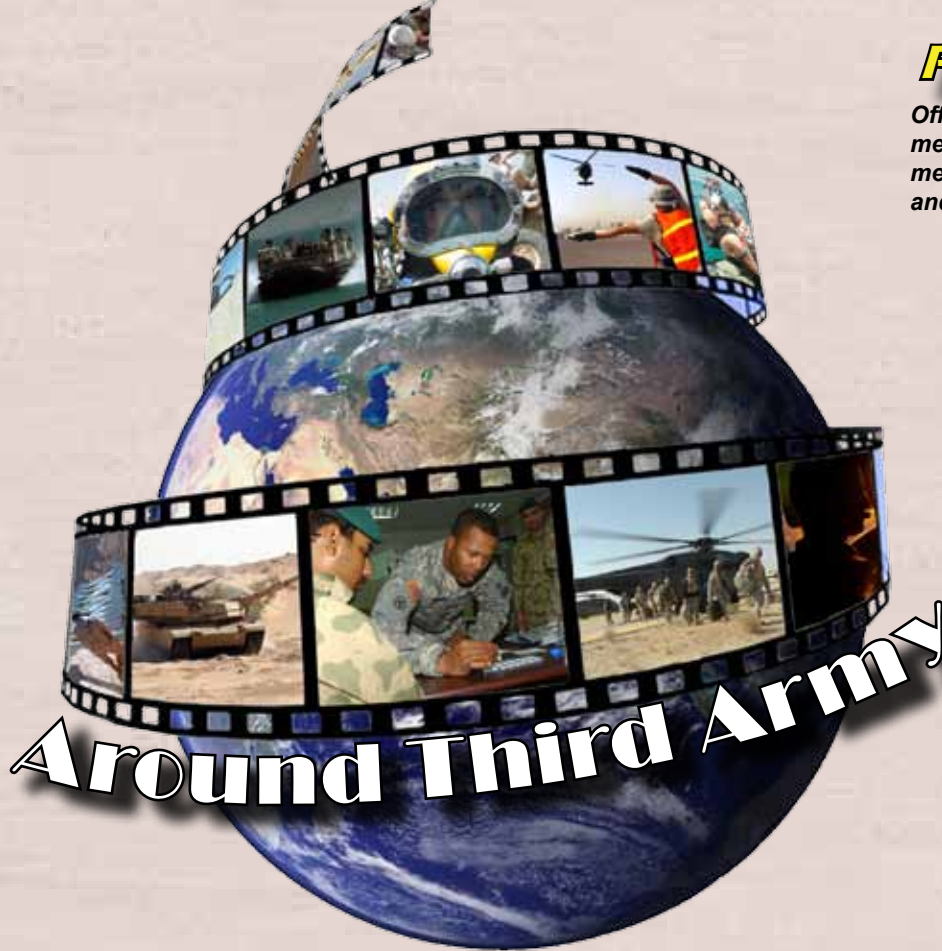
"Yes, it builds good relations with our allies and sharpens our skills and war fighting capabilities."

Petty Officer 2nd Class Ayala Ricardo
Facilities Engineering Team
Port Hueneme, Calif.



"We should do more training with our allies so we can learn their military style which will help us work together better to accomplish the mission."

Cpl. Christopher Wheeler
MARCENT Coordination Element Kuwait
Sultan, Wash.



Planning

Officials of Third Army and Kuwait met in a planning meeting held at the Kuwait Ministry of Defense. The meeting was held to aid the combined planning efforts and to cultivate a better long term relationship.



Photo by Lt. Col. Jerry Thomas

PackBot

Sailors assigned to Explosive Ordnance Disposal Mobile Unit 3 train Sailors and Soldiers from Pakistan and Egypt on the use of the PackBot robot system to investigate a simulated improvised explosive device during Exercise Bright Star 2009. The biennial, multinational exercise is designed to improve readiness, interoperability, and strengthen the military and professional relationships among U.S., Egyptian and participating forces.



Photo by Petty Officer 1st Class Brandon Raile

Firefighters

Fire fighters take part in a training exercise alongside Army and Navy Servicemembers Thursday as part of a mass casualty and oil spill scenario at the S Pod in Kuwait. The scenario also included an Environmental Protection Clean-up Team and members of the Kuwaiti military which held their own scenarios and also played a part in the main exercise.



Photo by Spc. Monte Swift