



The Desert Voice

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

November 4, 2009

Happy Halloween



DV

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On the cover

Photoillustration by Sgt. Daniel Lucas

Contact us

Comments, questions, suggestions, story ideas? Call the Desert Voice editor at 430-6334 or e-mail at desertvoice@arifjan.arcent.army.mil.

Accountability

Webster's dictionary defines accountability as being obliged to answer for one's acts; in other words, be responsible for one's behavior.

Experience, and each of the Service's expectations of its leaders and Servicemembers, has taught us that we must stand accountable for our every action and decision.

Leaders are held accountable for the actions of their Servicemembers, and it falls on leaders to ensure that Servicemembers at every echelon understand and adhere to standards. This does not preclude Servicemembers' personal responsibility for their actions and decisions. Each generation bears their own cultural characteristics and standards of behavior, but we need to be careful that we don't let social trends and expectations replace adherence to, and enforcement of, military standards.

We are Servicemembers at all times, and accountability must permeate our military culture, so that even in our off-duty lives, Servicemembers maintain the same standards of conduct and behavior expected of us on duty. Indiscipline is a formidable foe and is the primary cause of unnecessary risky behavior.

We have to be vigilant that standards are maintained within our ranks to prevent the erosion of Army culture. Young adults learn by what they see and, if even once, they see that substandard behavior is acceptable, further deterioration of good order and discipline can be expected.

Positive safety operations require development, implementation and enforcement of standards. Where there is no enforcement indiscipline can take root. If leaders turn a blind eye to infractions or negative behaviors, Servicemembers will most likely get the impression that their substandard actions are acceptable.

Leaders must ensure that standards are understood and enforced at every echelon. That means that violators must be held accountable for substandard actions and behavior. Holding Servicemembers accountable may not win you many friends, but that's why it's called "leadership," not "likership".

For some young Soldiers, the Army might be the first time in their lives they are in an environment of discipline. They might not know what right looks like and they are looking for guidance and leader mentorship to help them mature in the Army culture. Engaged leaders develop not only great Soldiers, but also great citizens.

Thank you for your commitment to mentoring and developing the world's finest military force and helping them become the disciplined, model Soldiers that America needs and expects.



DV
The
Desert
Voice

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<http://www.youtube.com/user/dvidshub?blend=2&ob=1>



Hate to exercise?

Do you drag yourself to the gym or PT every day just because you have to or know that you should? Try these five strategies and look for more next week.

1) ***Take it down a notch.***

This may sound counterintuitive, but many people push too hard at the beginning of their workout. Then they cannot catch their breath or get the muscle throbbing to ease. Start slowly to get your blood flowing then exercise in your “talking zone.” This is an intensity low enough to carry on a conversation without shortness of breath, but still within your target heart rate zone. You will be able to continue exercise for a longer time.

2) ***Try something new.***

Try spinning, kickboxing, or racquetball. Not everyone is destined to be a runner, swimmer or gym fiend, but with all the sports and activities out there most people can find something they enjoy.



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

3) ***Don't overdo it.***


Take at least 1 day off each week and do an easier workout the day after a hard one. If you plan to increase the intensity or duration of your fitness routine, use the 10% rule. If you ran or walked 10 miles last week, only add 1 mile the next week.

The same concept applies for weight training. Jumping into two-a-day workouts may place you at risk for injury and burn-out.

4) ***Fuel, hydrate and sleep adequately.***

You cannot expect to get a good morning workout if you skipped dinner or ate too little the day before. You will also have a more difficult workout if you are dehydrated. Inadequate sleep hinders recovery after a hard workout and weakens your immune system.

5) ***Meet a friend for a workout.***

Keep each other accountable. You will be less likely to hit snooze if you know they are waiting on you. 

National Fire Prevention Month

This fire lasted only two minutes before it was put out!



Ready Tonight
Sustain the Fight
Shape the Future

Third Army/U.S. Army Central

New faces flying over Kuwait

Article and Photos by
Chief Warrant Officer John Gaffney
A Company, 5-159 Aviation Regt.

Aviators, flight crewmembers and maintenance crews mustered at Udairi Army Airfield for a relief in place transfer of authority ceremony to officially mark the handover of the Aviation Task Force – Kuwait air support mission.

Third Army and U.S. Army Central Commanding General, Lt. Gen. William G. Webster, Jr., presided over the ceremony which saw 2nd Battalion, 238th Aviation Regt. of the Indiana National Guard case its colors. The traditional casing of the colors signaled the successful completion of its rotary wing air transport mission with more than 2,400 flight hours accumulated by UH-60 Blackhawk helicopter crews throughout Kuwait and southern Iraq in support of Operation Iraqi Freedom since January. Task organized as Task Force Bulldog, the Guard battalion was augmented by A Company, 7th Battalion, 158th Aviation Regt. of the Army Army Reserve for the deployment.

Lt. Col. Vincent Vannoorbeeck, commander of 1st Battalion, 169th Aviation Regt., then uncased his unit's colors, indicating that Task Force Havoc, which includes battalion units from the Connecticut National Guard, and A Company, 5th Battalion, 159th Aviation Regt. of the Army Reserve, now had authority for the mission.


During his remarks, Vannoorbeeck lauded Task Force Bulldog for its outstanding performance of duty and wished the departing Soldiers well. He then told his troops, "this is what we have been waiting for. We have worked hard, sacrificed much, and we are now in the game. With pride and

clarity, I say, 'we have the controls.'"

The ceremony concluded with the playing of "The Army Goes Rolling Along," and "Anchors Aweigh," a nod to 2515th Navy Air Ambulance Detachment who was attending the ceremony.

Following the ceremony, Task Force Havoc Soldiers expressed their enthusiasm for the mission.

First Sgt. Oscar Gomez said, "we are proud to perform this mission here, and we will do the best job humanly possible. It means a lot to be here."

"We are ready to take the ball and run," said 1st Lt. Daniel Cedillo, a Blackhawk platoon leader. He added, "we have great individuals, great Soldiers, and we have high standards; this is what we have trained for." 



Lt. Col. Vincent Vannoorbeeck, commander of 1st Battalion, 169th Aviation Regiment, Connecticut National Guard, left, and Command Sgt. Maj. J. D. Thomas unfurl the battalion colors during the Oct. 23 relief in place / transfer of authority ceremony at Udairi Army Airfield.



Chaplain provides prayer to Soldiers leaving the wire

Article and Photos by
by Spc. Joshua David Sizemore
593rd SB PAO



Dozens of 180th Transportation Battalion convoys are traveling the dangerous roads of Iraq even now. The drivers and gunners, brave men and women, risking their lives to make sure every Servicemember is supplied, every piece of equipment moved to where it's needed most.

Some Soldiers rely on superstition to get them through each mission, some rely on their training or buddies. Some rely on faith; enter Chaplain (Capt.) Kyle N. Brown.

A huddle of truck drivers from the Army Reserve's 443rd Transportation Company out of Bellemont, Ariz., and the National Guard's 1404th TC from Omaha, Neb., set off out Arifjan's main gate recently toward Victory Base Camp near Baghdad.

Brown was there, surrounded by Soldiers, leading them in prayer for protection and guidance.

"We teach our Soldiers to rely on their training, equipment, and personnel when executing the mission in support of operations. When I go out to pray with them it is bringing them in contact with the spiritual dynamic of the equation," Brown said.

"For some, they bow their heads out of respect and not to be rude, but they do not participate in the prayer. Others have a very real desire to pray and to touch base with something greater than themselves, especially if it involves their safety.

"No matter what, I have never encountered a Soldier that refused to have someone come out to show support for

what they do, encourage them, and even pray for them," said Brown, 40, from Greenville, S.C., adding prayer provides an opportunity to fellowship with Soldiers in their natural element, and he encourages even the most hardened Soldier to pray from his or her heart.

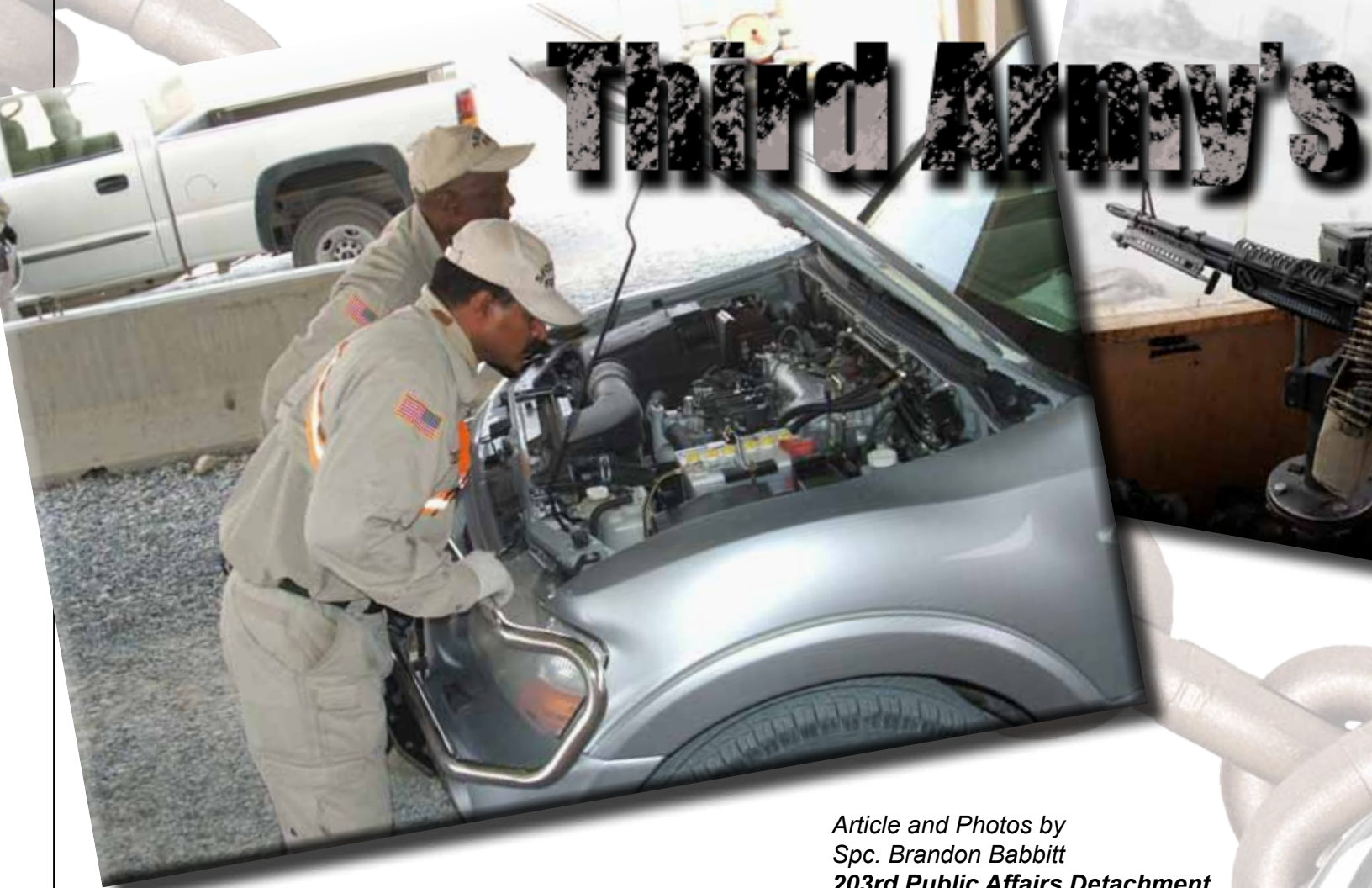
"Whether they ever verbalize it or not, everyone needs to be reinforced that what they are doing is important, that it does matter. So, in our own way [Unit Ministry Teams] seek to meet these needs and support these men and women who give so much on a daily basis," Brown said.

"[Prayer] helps to calm Soldiers, and it provides them with a center and a positive focus," said 1st Lt. Anita Sanne, 38, a 443rd platoon leader and convoy commander from Omaha.

Soldiers pray to remain vigilant during missions, for their families and for safety, said Sgt. Charles Clark, 38, a truck commander from Las Vegas. "It helps one to concentrate on the mission. I see more smiles and Soldiers interact more jovially after prayer, telling jokes and funny stories."

Spc. Matthew Farnworth, 23, from Collinsville, Ill., and Pfc. Brett S. Johnston, a 25-year old native of Steubenville, Ohio, both currently assigned to the 180th, team up with Brown to help with spiritual needs. The 180th's UMT exists to enable Soldiers for success by boosting their morale, Farnworth said. [A](#)

Third Army's



*Article and Photos by
Spc. Brandon Babbitt
203rd Public Affairs Detachment*

Civilian contractors for the military first came into place in significant numbers here in Kuwait back in 1991 following the first Gulf War. Now, 18 years later, civilian contractors are still here providing a vast amount of services helping to sustain military operations throughout the region. One of those key services is directly linked to Security and Force Protection.

More than 4,000 vehicles and 12,000 people enter at least a dozen security checkpoints at our military installations in Kuwait each day. Every vehicle must be thoroughly searched and every person scrutinized by Combat Support Associates' security personnel before they are granted permission to enter.

About 90 percent of the U.S. employees for the company's Security Services Directorate have prior military experience and another eight percent were in the fields of law enforcement or corrections. They understand the vital nature of their jobs and that responsibility gives them a sense of purpose. All are subjected to background and security clearance checks prior to being hired.

"We consider our security force as a para-military organization which is a good fit for prior service personnel," said Director Marv Levy, a retired Army Military Police (MP) Lieutenant Colonel. "Those skills that made them successful in the military will enhance their success as Force Protection

Officers (FPOs)".

Force protection can be compared to a security chain around an Area Support Group - Kuwait Installation that is only as strong as its weakest link, Levy said.

Security Services cannot afford a weak link in performing its 24-hour force protection mission. This security chain includes Entry Control Points, perimeter/over watch towers, pass and identification, law enforcement support patrols, explosive and narcotics dog teams, random anti-terrorism teams, mobile vehicle and container inspection system teams, residential security, executive personnel drivers, emergency operations center specialist and military desk operations.

To be successful, force protection team members must have the situational awareness and attention to detail of a Soldier walking point, Levy said. This on-point team focus must also be combined with a personal commitment to always perform to the highest standard possible in conduct and appearance.

In this regard, Security Services upholds a "zero defect" work ethic.

"With the constant threat of a terrorist attack, the security guards at Camp Arifjan and throughout Kuwait have to be on point at all times," Levy said. "Our margin for error is zero. If we let our guard down and make a mistake – that's when people could get hurt, and that is the last thing any of

Contractors



us want.”

Initial and sustainment training stressing teamwork and accountability is paramount for the hundreds of force protection officers. Security personnel with all levels of experience are expected to pull together and back each other up. Every individual is rotated into team leadership positions and has the opportunity to move up the various tiers of security duties. The FPOs also get tested frequently without notice at all Entry Control Points by ASG-KU Force Protection Base Defense Liaison Teams with explosive training devices, so they don’t let their guard down.

“We have created a system here for our security force that provides career development and challenges each officer to be all that they can be,” Levy said.

Command Sgt. Maj. Don Harbin, of ASG-KU, sees CSA’s security role as a very dynamic one.

“We work a lot of long hours here in Kuwait. Most days are of the 12 to 15-hour variety, not the 8-hour variety,” said Harbin. “The security personnel at CSA provide Servicemembers the opportunity to focus completely on their tasks here, and thus not have to worry about guarding the front gate at the same time. I think that is a big benefit to all of us.”

Even though force protection means working in harsh conditions such as extreme heat and dust, FPO Preston Harrison, a retired Army Sergeant First Class Infantryman, enjoys the challenges.

“After retiring from the Army, I had that ‘itch’ to work with military people again and make a difference” Preston explained. “This is my third deployment working security for CSA.” He enjoys the Company benefits of employment and the people he works with.

Field Training Officer, Tiera Brown of Fayetteville, NC, feels fortunate for the work experience she’s getting with CSA. “I am a Criminal Justice major back in the States, so everything I do here can help build my resume for the future.”

CSA Project Manager Bill Stirling, a retired U.S. Army Colonel, is very proud of his workforce and its accomplishments across the board. Today, CSA employs individuals representing 29 nationalities, with Eastern members – primarily Indian Nationals – being the backbone of this very dynamic operation. When asked what is the most rewarding aspect of his job, Stirling said “it is knowing that the work we do [the services we provide], is saving lives of our Servicemembers.” ^A





Workin' on the MRAP

The United States Armed Forces have fielded approximately 11,000 Mine-Resistant Ambush-Protected Vehicles through their facility in Kuwait, just 22 months after the vehicle was first introduced into Iraq in 2007.

The MRAP Sustainment Facility has been transforming since the announcement of the responsible draw-down in Iraq and the build-up of Afghanistan. Originally established to receive materials used in the construction and equipping of MRAPs to become mission capable and sent into Iraq, now the facility has grown to receive these vehicles from Iraq and prepare them for the new challenges U.S. Forces are facing in Afghanistan.

"That announcement demanded us to transform this facility to offer additional resources for the U.S. Military, becoming a receiving and onward movement facility to support the surge of troops into Afghanistan," said Ben Goodrich, Deputy Manager for the Joint Program Office of MRAP in Kuwait, a native of Nashville, Tenn., and a 21 year veteran

of the U.S. Army. "Our facility now repairs, does refurbishment, and makes the MRAPs coming out of Iraq mission capable for future uses."

In addition to the demand for MRAPs in Afghanistan, the facility has been tasked to prepare approximately 700 of these armored fighting vehicles for transportation back to multiple training sites in the United States. This mission is aimed to offer additional hands-on training to Servicemembers prior to their deployments in support of the War on Terror, according to Goodrich.

"Many of the troops assigned to units that use MRAPs have their first interaction with these vehicles after they have arrived in their mission areas of operation," said Goodrich. "Getting these vehicles ready for transportation back to the Army's training sites back in the U.S. allows Soldiers and Marines to be better prepared for their missions when they arrive."

The facility is supported by a unique blend of a Depart-






ment of Defense civilian workforce and contractors from multiple U.S. companies that offer individual expertise and experiences to the JPO to MRAP success.

“Our primary focus is providing good services to our troops, we are all proud to be helping the military and saving lives,” said Vernon Eavie, a Mechanic Technician assigned to working on the MRAP engines

and suspension systems at the facility and a native of Charlotte, N.C. “We are supporting the draw-down by continuing to maintain a high quality of products, superior performance, and getting these vehicles down range as quickly as possible.”

Since this introduction the MRAP family of armored fighting vehicles has been acknowledged by the U.S. Military for its success in protecting thousands of troops from blasts caused primarily by roadside bombs.

“As a combat veteran I have an appreciation for what this facility has done over these last 22 months,” said Ben Goodrich, Deputy Manager for the Joint Program Office of MRAP in Kuwait, a native of Nashville, Tenn., and a 21 year veteran of the U.S. Army. “We are supporting the war-fighter and saving American lives.” 



NEWS IN BRIEF

South Korea sends troops to Afghanistan

South Korea announced plans Friday to send troops to Afghanistan to protect its civilian aid workers, two years after withdrawing its forces following a fatal hostage crisis.

The South Korean government intends to expand a reconstruction team now helping to rebuild Afghanistan and will dispatch police and troops to protect them, Foreign Ministry spokesman Moon Tae-young said.

The decision to dispatch troops is subject to approval in parliament, where the ruling Grand National Party has enough seats to guarantee passage.

The announcement comes about two years after South Korea withdrew some 200 army medics and engineers from Afghanistan. The pullout, though previously planned, followed a hostage standoff in which the Taliban killed two South Koreans after demanding that Seoul immediately withdraw its troops.

Moon stressed that the troops would not take part in combat operations.

“Our security troops will not take part in any battle other than” defending aid workers, he said.

The spokesman did not say how many troops will be sent or when, or how many more aid workers would be added to the current team of 25.

ISAF seeks to reintegrate insurgents back into society

A new initiative to persuade low and mid-level Afghan insurgents to lay down their weapons and rejoin society is already bearing fruit and holds great promise for the future, say senior officials in the NATO coalition here. A similar strategy is credited with decreasing the violence in Iraq.

Though the Afghanistan “reintegration” initiative is only now getting off the ground, hundreds of insurgents have taken advantage of it, and many others are waiting for the Afghan government and the coalition to announce the specifics of the reintegration plan, said Maj. Gen. Mike Flynn, the director of intelligence for the International Security Assistance Force.

Flynn and other ISAF officials emphasize that they do not view the reintegration effort as a “silver bullet” that will bring a quick victory over the insurgency. Nevertheless, said British Lt. Gen. Jim Dutton, the deputy ISAF commander, “There is lots and lots of potential in this.”

The initiative is based on the strong belief at ISAF head-

quarters that most insurgents are not ideologically committed to their leaders’ aims and would be willing to quit fighting under the right conditions.

“What we’re finding is the dissatisfied, disenfranchised, traumatized folks who are the ones who are the foot Soldiers for the ideologues or the radical folks ... often find themselves in a position where if they need to take care of their family, the only way to do that is to implant IEDs or to fire shots at the coalition,” said Col. John Agoglia, director of the counterinsurgency training center here. “A majority of these folks, if given the means to provide for themselves and their family, will very easily lay down their weapons.”

Preston to senior NCOs:

Focus on teaching sgts.

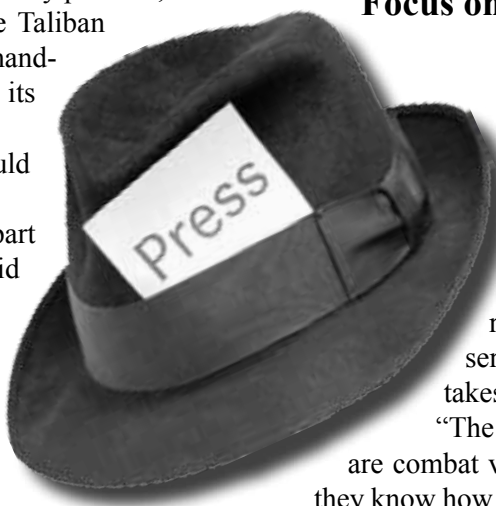
The Army’s top enlisted Soldier told senior NCOs he wants them to spend more time teaching junior sergeants how to take care of Soldiers.

Sgt. Major of the Army Kenneth Preston told a roomful of high-ranking non-commissioned officers Tuesday that recent surveys have revealed that young sergeants don’t know enough about what it takes to be a good NCO.

“The feedback is we have great warriors; they are combat veterans, they know how to lead a patrol ... they know how to do a four-man stack and take down the bad guys,” Preston said at the 2009 Association of the United States Army’s Annual Meeting and Exposition. “But back in garrison, they don’t know how to take care of Soldiers. They don’t know how to deal with situations that come up in Soldiers’ and their family’s lives.”

Eight years of war continues to create stress on the force, Preston said, describing how NCO professional development has suffered from the high operational tempo. In the past, it was commonplace for first sergeants to dedicate an hour each week toward professional development of the unit’s NCOs. These short sessions covered everything from how to counsel a Soldier, how to inspect a room and how to keep records on training, he said.

“This is the thing that is missing right now among our formations,” Preston said. “If you want to talk about taking stress off the force and improving quality of life for all Soldiers ... you’ve got to invest, you’ve got to spend that time and the best way is to teach — just to carve out a little bit of time, whether it’s one hour a week for a professional development forum, that becomes absolutely critical for teaching all of our NCOs what to be, know, and do.”



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

**Petty Officer 2nd Class Ricardo Alonsolopez
EMFK**



"Do your best and be willing to embrace the opportunities and challenges that come your way."

Petty Officer 2nd Class Ricardo Alonsolopez of San Bernardino, California enlisted in the Navy 6 years ago so he could get medical training. Alonsolopez, who has always enjoyed helping people, was named "Sailor of the Quarter" by the EMFK earlier this year for his performance as a Surgical Technician. Alonsolopez enjoys volunteering with the USO and reading in his spare time. He plans on becoming a Corpsman in the near future.

Just One Question ...

HOW IMPORTANT IS IT TO KEEP TRAINING WHILE IN A DEPLOYED ENVIRONMENT?



"The mission takes priority, but it's always good to train so your skills don't deteriorate."

Cpl. Alexander Spigarelli
West Palm Beach, Fla.
II-Marine Expeditionary Force



"In the military, it is always important to practice your weaknesses to better them, no matter what kind of setting you are in."

Staff Sgt. Heriberto Serrano
Secretary of the General's Staff Admin
Utua, Puerto Rico



"For us, the training is paramount so we stay on point during our security checks so we can make sure the troops are protected."

Sgt. Jacqueline Love
CSA Security Officer
Lumberton, N.C.



"It is important to an extent, but our job here is so demanding that it leaves little time for us to train because we are always doing things to support those warriors deployed to Iraq and Afghanistan."

Pfc. Robert Douglas
1st TSC Supply Clerk
Fayetteville, N.C.



"Since we are the main health care facility at Arifjan, we need to be ready for anything and that means it's very crucial to always practice real-time scenarios."

Petty Officer 2nd Class Leo Uzcategui
EMFK
San Diego, Calif.

Halloween Run

Servicemembers celebrate Halloween at Camp Arifjan by participating in a fun run. Servicemembers were allowed to dress up for the occasion and more than a few took up the opportunity to express their own creative spirit. The run started at 8 pm and over 1000 Servicemembers participated.

Photos by Staff Sgt. Anthony Taylor

Around Third Army

