



N.U.T.S.

Notes Useful to Sustainers

Issue 3

July 2010



Hail and Farewell, Mighty 103rd!

A new commander takes the wheel as the Cactus prepares for mobilization

Also in this issue:

- *Sustainers practice, practice, practice and take it to the field*
- *Tales of bravery through injury and recovery*
- *The Army Reserve at the 34th U.S. Army Culinary Arts Competition*
- *Tools for deployment taught at Yellow Ribbon*





The 103rd Expeditionary Sustainment Command (ESC) was alerted on October 13th, 2009 to deploy approximately 300 Soldiers in the spring 2010 timeframe in support of Operation Iraqi Freedom, and are now downrange in Joint Base Balad playing an important role coordinating, synchronizing and executing the responsible drawdown of forces and equipment from Iraq.

The 103rd ESC had an extensive timeline for training that began in mid-February and maintained momentum through the unit's report date to the mobilization site. The training focused on the latest logistics equipment systems to include the Army Battle Command Systems (ABCS), as well as refinement of the individual Soldier skills necessary to conduct safe and successful missions.

The 103rd Mission Support Element (MSE), the rear command, has about 40 mobilized Soldiers, a much smaller group to manage its downtrace while the main body is deployed to Iraq which will maintain the Army Reserve Command and Control (ARC2) mission.

We currently manage 64 units located throughout a 6-state area supporting approximately 6,000 Soldiers working in 51 communities across its footprint. Our mission is to provide trained and ready Sustainment forces in support of overseas contingency operations. Since October 1st 2007, more than 2,389 personnel from 73 units in the 103rd's downtrace have been or are currently deployed.

Summer Safety

The summer season is fast approaching and the Army is continuing its commitment to safeguarding Soldiers, Army Civilians and their Families with the launch of the 2010 Safe Summer campaign, which stresses the importance of proactive, prevention focused risk mitigation during summer months. The campaign, which runs through September 30, focuses on providing Soldiers, Civilians and their Family members the information they need to promote safety and reduce the number of accidents and mishaps during the upcoming summer season, while also encouraging members of the Army Family to have fun but to also keep a watchful eye on the risk associated with every activity.

Many of our 103d ESC personnel will use this time to get away from work, relax, travel, and participate in outdoor recreational or water related activities. While we enjoy these lazy, hazy, crazy days of summer, often we fail to recognize the risks associated with our favorite off duty activities, many of which involve some level of risk. Moreover, the prolonged hours of daylight encourages us to jam as many of our favorite pastimes into our day as possible. Although these activities provide much deserved relaxation and enjoyment, they also significantly increase the potential for off-duty accidents, injuries, and acts of misconduct and indiscipline.

It is my experience that the majority of acts involving misconduct and indiscipline are associated directly with alcohol abuse. Be responsible--do not abuse alcohol. Maintain situational awareness at all times, especially when driving on our nation's roadways. Leaders and supervisors should counsel their personnel before they depart for any long ab-

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sence, and also ensure that our troops have a reliable support network in place to look out for their well being.

Leaders at all levels are encouraged to prepare their personnel for the hazards of off-duty activities. They must teach their personnel the dangers and consequences of their actions. Disciplined behavior and safety awareness are key to surviving these critical days of summer. Alcohol use, weather hazards, private motor vehicle safety, recreational activities, summer sports, home safety and wellness issues all deserve everyone's attention. Leaders that get involved in the lives of their people can make a difference and we can't afford to lose focus on safety while either on- or off-duty.

- Family barbecues, swimming, fishing, softball, hiking, boating, skiing, and camping are just some of the activities people like to engage in during the summer.
- Proper use of personal protective equipment, receiving proper rest, and using alcohol in a responsible manner are some precautionary steps that will contribute to personnel having a good time and later returning safely to their Families, their employers and their units.

As always, let's remember our deployed Soldiers and their Families. Stay safe through the entire summer season. Remember, "We succeed when Soldiers are Safe!"

Glenn Kolin
COL, LG
Rear Commander
103rd Expeditionary Sustainment Command

SOLDIERS ON POINT



Army Reserve Staff Sgt. Jeffrey McLaughlin plates up his dish during the Contemporary Cooking Category event at the 35th U.S. Army Culinary Arts Competition at Fort Lee, Va. on Wednesday, March 10, 2010.

McLaughlin, from Osage, Ia., is assigned to the 103rd Expeditionary Sustainment Command based in Des Moines, Iowa. (Photo courtesy of Timothy L. Hale/Army Reserve Public Affairs)

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Special thanks to the deployed Public Affairs assets covering our mobilized peacetime units.

The content submissions in this magazine are for official dissemination of material designed to keep individuals within the Army Reserve knowledgeable of current and emerging developments within their command.

All of our Public Affairs professionals had a great time supporting your events, and your Unit Public Affairs Representatives (UPARs) are doing a great job of keeping us informed.

Do you have an extraordinary Soldier or Family in your unit? We're always looking for another great opportunity to tell the story of our Soldiers in the 103rd Family.

Please help us to continue to make this a comprehensive product by submitting your photos and stories to:

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Brig. Gen. Corson Takes the Wheel



Story by Sgt. Joe Villines, 103rd ESC PAO.

The 103rd Expeditionary Sustainment Command (ESC) held a Change of Command Ceremony here on September 19, 2009 celebrate the command of Brig. Gen. Karen E. LeDoux and welcome Brig. Gen. Mark W. Corson.

LeDoux, the 2nd commander since the unit was reactivated September 16th, 2006, handed over control of nearly 11,000 personnel located throughout 12 states from Minnesota down to Texas. The more than 150 units, to include 10 Major Subordinate Commands, are primarily Logistical in nature and several are currently serving in support of operations in Iraq and Afghanistan.

“During my tenure as the 103rd ESC Commander, I have been truly blessed to be surrounded by such energetic, focused, and proficient leaders and Soldiers” said LeDoux, adding “Any achievement I have has been due to the Soldiers with whom I have had the pleasure of serving with.”

“When I arrived in April of '07, the Army Reserve, and the Army, was just beginning transformation; the largest military reorganizational effort since WWII, all while a nation at war. The Army has transformed from a divisional-centric organization to a brigade-centric organization during this time, and we have modularized our units,” said LeDoux.

Corson, the Assistant Professor of Geography at Northwest Missouri State University in his professional life, describes his new command as a “dream job”.

“This is truly, truly exciting,” said Corson, likening the opportunity to command the 103rd to having a “Superbowl Invitation,” an opportunity to take this unit to Iraq and make history by retrograding tens of thousands of pieces of military equipment and supplies.



Brig. Gen. Mark Corson, incoming commander of the 103rd Expeditionary Sustainment Command in Des Moines, IA, speaks to the challenges that lie ahead as his unit prepares for deployment. (Photo by Sgt. Wes Kappleman, 203rd PAD)

The 103rd is preparing for mobilization in Support of Operation Iraqi Freedom and the potential to make the largest troop, equipment, and material movement since the nation mobilized for WWII.

“So, we’ve got great challenges facing us.” said Corson. “In fact, if

you think about it we’ve got the opportunity, the necessity, to go to Iraq and basically bring back what we put over there—something along the lines of 46,000 pieces of rolling stock, five thousand different line items totaling

hundreds of thousands of tons of equipment, tens of thousands of troops; and that to me would be a daunting task, except I look out on the outstanding Soldiers and leaders of the 103rd Expeditionary Sustainment Command and I think ‘What a privilege to have Soldiers to go and do this mission for our nation.’”

The new commander summed up his speech simply: “103rd—Hooah!”

“103rd—Hooah!”

Command Sgt. Major of the 103rd Expeditionary Sustainment Command, LeRoy Haugland, passes the unit colors, or guidon, to outgoing commander Brig. Gen. Karen Ledoux (right) during the Change of Command Ceremony. Maj. Gen. Luis Visot (near left), commander of the 377th Theater Support Command, and incoming 103rd ESC commander Brig. Gen. Mark Corson (upper left) will also participate in the ceremony.

According to military custom, the Command Sgt. Maj. is the keeper of the unit colors, whose passing of the colors to the outgoing commander signifies his last act of loyalty to her. The commander then passes the guidon to her commander, relinquishing command. The senior commander then passes the colors the incoming commander, who in turn passes it to the Command Sgt. Maj., showing his confidence in the Non-commissioned office corps. The guidon is then returned to the color bearer’s sling for safekeeping. (Photo by Sgt. Joe Villines, 103rd ESC PAO)





Each of the Battalions assigned to the 103rd Esc were represented by their colors. (Photo by Capt. Mark Walter, 103rd MSE)



Brig. Gen. Karen LeDoux and her husband Michael greet Maj. Charles Fairbanks, Support Operations Officer for the 329th Combat Sustainment Support Battalion in Parsons, KS, during her farewell dinner. Fairbanks is the Chief Executive Officer for the 103rd ESC in his civilian job. (Courtesy photo)



Flowers are presented to Brig. General Corson's Wife, Michelle at the beginning of the Change of Command Ceremony. (Photo by Sgt. Joe Villines)



Michael LeDoux, husband of Brig. Gen. Karen LeDoux, receives a boutonniere at the Change of Command ceremony. (Photo by Sgt. Joe Villines, 103rd ESC PAO)



Brig. Gen. Karen LeDoux, former commander of the 103rd ESC, returns the unit's colors to her commander, Maj. Gen Louis Visot, Commander of the 377th Theater Support Command, during the Passing of the Unit Colors. (Photo by Sgt. Joe Villines, 103rd ESC PAO)

Yellow Ribbon

Event

Story and Photos by Pvt. Emily A. Walter,
103rd Mission Support Element

The 103rd Expeditionary Sustainment Command (ESC) held a Yellow Ribbon Event December 12th and 13th, 2009 to educate Soldiers and their Families about personal, professional, and financial matters they could face when their Soldier deploys overseas.

The Yellow Ribbon Reintegration Program, which began October 1st, 2008, provides a sturdy foundation for Reserve Soldiers and Families with information and support.

The program's mission is "to provide Soldiers and Families with sufficient information, services, referral and proactive outreach opportunities throughout the entire deployment cycle," according to Tanja Duffy, a Yellow Ribbon representative.

The representatives shared with the Soldiers and their Families ways in which they

can
be-



Jordan Bohn-Wright displays her "Magic Noodle" creation that she made for her parents at the Yellow Ribbon event held at Camp Dodge in Johnston, Ia., Dec. 12 and 13, 2009. Bohn-Wright and several other children participated in day care activities while their parents listened to briefings on how to prepare for deployment. (Photo by Pvt. Emily A. Walter)

come fully prepared for all aspects of deployment.

Duffy began the event by breaking deployment into three phases: pre-deployment, deployment and post-deployment. The focus for this event was the pre-deployment phase to help the 103rd ESC prepare for their deployment scheduled for the spring of 2010.

"to provide Soldiers and families with sufficient information, services, referral and proactive outreach opportunities throughout the entire deployment cycle..."

--Tanja Duffy,
Yellow Ribbon Representative

In addition to briefing the Soldiers and Families in large groups, each association had a booth at the event where representatives offered more extensive information and answered individual questions. Among these associations were TriCare, the Department of Veterans Affairs, Army One Source, Military One Source, Blue Star Mothers and various other representatives for Veterans affairs that help Soldiers and Families manage their lives before, during and after deployment.

Representatives from Army One Source, Military One Source, and United Servicemembers' Automobile Association (USAA) were available to soldiers to help them manage their finances before deploying, and while overseas. They offered information on counseling and healthy spending habits while deployed.

TriCare and the Department of Veterans Affairs briefed the soldiers on the medical and financial benefits that they may be eligible for both during their deployment and after their return.

"We're here to give [Reservists] their overall

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(Continued from page 6)

benefits so they don't miss out," said Melissa Steenhoven, a representative of outreach and case management for VA Healthcare in central Iowa.

A few of the organizations at the event, such as Blue Star Mothers, offered emotional support for Soldiers and Families during the various phases of deployment.

Blue Star Mothers is a support organization that meets monthly for mothers to support each other and to participate in various service projects, such as sending packages and Christmas cards to Soldiers overseas, said Julie Greer, a representative from the organization.

"Sometimes it's just knowing who to call, having someone to talk to who's in the same boat you are," said Greer.

The Yellow Ribbon event even offered activities for Soldiers' children and younger Family members to keep them occupied during the

briefings. Many of the activities were patriotic and were used to support the children's parents before and during their deployment, or to support troops in theater now, said Connie Theobald, a volunteer for the event's day care.

Theobald said some of the patriotic activities included constructing "Pride Pins," which are yellow, beaded lanyards that the children can pin to their clothing to show sup-



Soldiers and their Family members listen to a briefing on how to cope with the emotional effects of deployment at the Yellow Ribbon event held at Camp Dodge in Johnston, Ia., Dec. 12 and 13, 2009. Family members were welcome to accompany Soldiers to the event and learn about how to prepare for deployment. (Photo by Pvt. Emily A. Walter)

port for their parent on deployment. They also folded miniature American flags to send to troops on the front lines, and wrote Christmas cards for the Veterans Home in Marshalltown, Ia.

During the deployment phase, the Yellow Ribbon Reintegration Program offers one-day training exclusively for the Soldiers' Families 30 to 60 days after the unit deploys, said Duffy. This is followed by another one-day training session for Families 30 to 60 days before the unit returns from deployment, she said.

Following the Soldiers' return, two-day training sessions for Soldiers and Families are held 30 days and 60 days after the Soldiers are released from active duty; then, a two-day training is held for the Soldiers 90 days after their return, said Duffy. Each of the training sessions Yellow Ribbon offers focuses on the emotional, financial and social challenges and changes associated with deployment, she said.

Whether reaching Soldiers overseas or Families on the home front, the Yellow Ribbon Reintegration Program's mission is to equip Soldiers and Families with the information needed to make it through all phases of deployment.

"I think the event was a success," said Spc. John C. Wallace, a Soldier in the 103rd ESC forward detachment set to deploy in spring, 2010. It provided the Soldiers of the 103rd ESC and their Families with the necessary tools and resources needed to prepare for the upcoming deployment, he said.



Dennis Theobald, a volunteer at the Yellow Ribbon event at Camp Dodge Dec. 12 and 13, 2009, teaches Penny Devoll and Anna Wisch how to correctly fold the American flag. This was one of several patriotic activities that allowed youths to participate while their parents listened to briefings about deployment. (Photo by Pvt. Emily A. Walter)

445TH GETS A CACTUS

Story and Photos courtesy of 3rd ESC PAO



CAMP LIBERTY, Iraq- The 445th Transportation Company, attached to the 260th Combat Sustainment Support Battalion, 13th Sustainment Command, received the 103rd Expeditionary Sustainment Command's combat patch on Nov. 26, 2009.

The 445th was honored to welcome Brig. Gen. Mark W. Corson,

commander of the 103rd ESC, out of Des Moines, Ia., to the patching ceremony. Corson also awarded coins and promoted five Soldiers .

The army combat patch signifies that a soldier has participated in combat operations in a hostile environment and is worn on the right shoulder of the uniform. It is awarded to soldiers who are deployed in combat zones for 30 days or more.

The 445th of Cedar Rapids, Ia., was activated on June 2009 and arrived in Iraq with 40% of its troops coming from Massachusetts, Connecticut and New York. Two of the main missions of the company are providing fuel to the surrounding Baghdad forward operating bases and providing security and escort services to the Iraqi National Truck Drivers.

"It's an honor to award you this patch," said Corson as he placed himself in front of the Soldiers.

After Corson went through the entire formation he returned to the front once more to say a few encouraging words to the Soldiers.

"You are the new greatest generation. You are the one percent of American who signed up knowing the deal, knowing that you would be asked to go into harm's way," said the commander proudly.

Major Smith, commander of the 445th, a native of Mount Pleasant, Ia., escorted Corson on a tour of the container yard on base. There, he got a tour by Sgt. 1st Class Lee Smith, a native of



Specialist Pedro Torres, a heavy vehicle operator for the 445th Transportation Company, from Meriden, Conn., shook the hand of the 103rd Expeditionary Sustainment Commander, Brig. Gen. Mark W. Corson after receiving the 103rd ESC's combat patch. General Corson joined the 445th TC on Thanksgiving Day for the ceremony in Camp Liberty, Iraq. (Photo by 3rd ESC PAO)

Sumner, Ia. In front of a small formation, Corson spoke to the Soldiers working there.

"This job may not be as sexy as going out on the road with the rest of the company, but it's absolutely essential. Essential, for the economy, and essential for this war," said Corson, adding "the reason

I wanted to be here was to see the ones doing the real work."



Pvt. 1st Class Chad Stull, a heavy vehicle operator for the 445th Transportation Company, and a native of Belle Plaine, Ia., was promoted to Specialist by Brig. Gen. Mark W. Corson, commander of the 103rd Expeditionary Sustainment Command on Nov 26, 2009, while visiting troops during Thanksgiving.

(Photo by 3rd ESC PAO)

Corson continued to motor pool 10, where the maintenance and distribution platoons were located.

"We would like to thank you and wish you all a happy Thanksgiving and specially thank your Families at home. The real heroes", said Corson. "This will end so let's make it successful and keep up the good work."

The 445th is now displaying double cactus patches on their uniforms. To wrap up the day, selected Soldiers ate a Thanksgiving lunch with the General and his staff.

Pvt. 1st Class Denika Warren, a Communication Specialist with the 445th Transportation Company, a native of Kansas City, Mo., received the 103rd Expeditionary Sustainment Command's combat patch. Brig. Gen. Mark W. Corson, commander of the 103rd ESC, awarded each member of the 445th TC with a patch. (Photo by 3rd ESC PAO)



H.R. Co. Mission:

Story and photos by Sgt. 1st Class Ray Calef, 103rd ESC PAO

Soldiers, Families, and friends gathered at a mobilization ceremony on August 26, 2009 for the Fort Sheridan Detachment of the 847th Human Resources Company in Illinois, headquartered at Fort Snelling, Minn.

The unit will perform postal duties while deployed for peace-keeping operations in Kosovo, and it will be a bit challenging according to Sgt. 1st Class Tracy Hoskins, the unit Non-Commissioned Officer in Charge.

"The Soldiers are getting into a routine. We still need plenty of training, which we will get at our mobilization station. Only a few Soldiers have done postal duties, so it will be a challenge, but the troops are up to it," Hoskins said.

Hoskins has deployed five times in the past to support Desert Shield, Desert Storm, Bosnia, Kosovo, and Operation Iraqi Freedom two separate times. That wealth of knowledge and experience is invaluable to Soldiers who have never deployed.



KOSOVO



Sgt. 1st Class Tracy Hoskins listens during a mobilization ceremony for the Fort Sheridan Detachment of the 847th Human Resources Company headquartered at Fort Snelling, Minnesota, at Fort Sheridan, Illinois, August 26, 2009. (Photo by Sgt. 1st Class Ray Calef, 103rd ESC PAO)

"We have good leadership, with plenty of experience at the top," said Pvt. 1st Class John Kampster.

"I was with the 300th Human Resources Command previously, and we did postal duties on annual training in Vilseck, Germany, but this will be my first deployment. I'm looking forward to it."

The unit will fall in on existing postal assets

when they arrive in theater, making their transition easier.

"We are trying to make sure the Soldiers know their job, but also to not get too stressed and have some fun," said Hoskins.

Staff Sgt. Michael Jones, who has served on multiple deployments including two with Hoskins as well as having many years of postal operations experience, expects his unit to do well.

"Everywhere we have been deployed, we've gotten compliments that we've been one of the best postal operations the Soldiers we support have seen. My expectation is that we continue that tradition on this deployment," said Jones.

"I have no doubt they will succeed", said 1st Lt. Anne Marie Itin, the Rear Detachment Commander of the 847th.

"I wish I was going with them, it's an awesome mission. They have great leaders, and they will have a great experience," she said.

The unit will train at Camp Atterbury, Indiana prior to deploying to Kosovo. "We are excited," explained Jones.

"It's not as large of a mission as some other deployments, but our expectations are the same. We'll do everything in our power to do the best job we can."

Hail and Farewell, Mighty 103rd!



Story and Photos by Spc. Kenda Miller and Spc. Christine Bernat, 103rd ESC Public Affairs

The Families of the 103rd Expeditionary Sustainment Command bid farewell to the nearly 300 Soldiers ready for deployment during a departure ceremony held Sunday, April 25th at Lincoln High School in Des Moines, Ia.



Maj. John Thomas, Headquarters and Headquarters Company Commander for the 103rd Expeditionary Sustainment Command stood in front of his troops and the American Legion Color Guard during the playing of the National Anthem during the 103rd ESC's Farewell Ceremony held April 25st, 2010 at Lincoln High School in Des Moines, Iowa. They will deploy in support of Operation Iraqi Freedom. (Photo by Spc. Kenda Miller, 103rd ESC Public Affairs)

This is the 103rd's first deployment as an Expeditionary Sustainment Command. Their mission is to reduce the footprint of the U.S. military presence in Iraq by providing logistical support and assistance with the responsible draw-down of equipment while simultaneously sustaining troops in theater. More than half of the Soldiers currently assigned to the 103rd have been deployed previously to Iraq or Afghanistan with different units in support of other missions.

Sgt. Gregory Ruske, of Colorado Springs, Colo., said he feels confident and prepared for this deployment. This is his second deployment, the first was to Afghanistan. "Patriotism, that's why I do this; I'm just serving my country." Ruske is a decorated veteran of 11 years and the recipient of a Silver Star and two Purple Hearts.

With such a large amount of experience and knowledge among the previously deployed Soldiers, the younger and less experienced Soldiers have many mentors available to provide advice and useful information on what to expect during the deployment.

Sgt. 1st Class Daniel H. Cordell, Senior Intelligence Sergeant for the 103rd ESC, and a Cordova, Ala. native, has a wealth of experience. He said this is his 5th deployment, three were in the Middle East and one was in Bosnia. "I take the younger Soldiers under my wing and let them know there's nothing to be worried about." Cordell said.

Managing almost 75 Army Reserve units as well as having command and control of over 6,000 Soldiers throughout the Midwestern United States, the 103rd ESC currently has approximately 375 Reserve Soldiers already deployed from the Iowa area alone. With the deployment of these additional 300 Soldiers and the projected deployment of nearly 3,000 more Iowa National Guard troops, Iowa will represent a significant amount of the forces supporting overseas contingency operations.

Staff Sgt. Shayla Scott and her husband Spc. Matthew Scott are deploying together with the 103rd ESC in support of the mission. Shayla Scott has served three and a half years in the Army Reserve and is on her second deployment while her husband, who is mobilizing his first time, has served for a year and a half. The couple met during her first deployment while she was on leave.

"My husband and I are very grateful to be able to see each other every day out there. We're fortunate unlike many others who are going to be separated from their Families." Shayla said.

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Soldiers of the 103rd, an Army Logistics Headquarters in Des Moines, Ia., are the primary planners of support for Army units which includes the acquisition, storage, and movement of repair parts, food, oil and fuel, water, and other general supplies required to sustain ongoing operations.

The Soldiers were seen off to Iraq with a few words from distinguished visitors including Iowa Congressmen, Sen. Tom Harkin and Rep. Leonard Boswell, as well as Gov. Chet Culver, and the City of Des Moines Mayor Frank Cownie. Maj. Gen. Paul Crandall, Commander of the 416th Theater Engineer Command, the 103rd ESC's higher headquarters, attended and gave a few words of encouragement to the troops. The ceremony also included a live performance from the 312th Army Band from Lawrence, Kans., and support from the Patriot Guard Riders of Iowa.

Harkin acknowledged Soldiers and their Families' sacrifices, saying "I hardly need to remind this audience that this is a new era for the Reserve and for the National Guard. You are shouldering a huge share of the combat and support burden in Iraq and Afghanistan. We are making truly extraordinary demands on you and your spouses, Families, and employers. "

Brig. Gen. Mark Corson, Commander of the 103rd Expeditionary Sustainment Command, promoted Staff Sgt. Michael Lensch to Sgt. 1st Class with the help of Lensch's wife, Melissa and daughters Hailey and Natalie during the unit's Farewell Ceremony held April 25st, 2010 at Lincoln High School in Des Moines, Ia. The 103rd will deploy in support of Operation Iraqi Freedom. (Photo by Spc. Christine Bernat, 103rd ESC Public Affairs)

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Many Families said goodbye to a son or daughter, wife or husband. One Family in particular said goodbye to both of their children. Spc. Melissa Johnson, native to Slater, Ia., and her brother, Spc. Travis Arterburn, native to Fontelle, Ia., will be heading to Iraq together in support of the 103rd ESC's mission.

"There was a sense of pride seeing them both join, but now that they're both leaving my feelings are mixed. It leaves you with a little bit of a quandary about whether they are going to be okay," said Craig Arterburn, father to the brother and sister duo.

Johnson said it is likely that she will serve on the same base as her sibling, saying, "I am happy to go over there with my brother, I will have a lot of Family support there, and I have a lot of Family support at home."

Toward the end of the ceremony Brig. Gen. Mark Corson, Commander of the 103rd ESC, shared his feelings with the Family and friends of the Soldiers, comforting and thanking them for the sacrifices they make every day to support their Soldiers and their country.

"We are Family, no Soldier stands alone. We stand shoulder to shoulder; by God we are Family. I swear to you today that we will take care of your loved ones to the very best of our ability." said Corson.

After the ceremony concluded, a reception was held at the Fort Des Moines Museum for the Soldiers and their loved ones.



Members of the 103rd Expeditionary Sustainment Command assemble into formation during their Farewell Ceremony held April 25st, 2010 at Lincoln High School in Des Moines, Ia. They will deploy in support of Operation Iraqi Freedom. (Photo by Spc. Christine Bernat, 103rd ESC Public Affairs)



Army Battle Command Systems



Story by Sgt. 1st Class Ray Calef, photos by Spc. Kenda Miller, 103rd ESC PAO

Warfighting in the 21st Century has become a highly technical operation. The 103rd Expeditionary Sustainment Command, based in Des Moines, Ia., has been training for such operations during Annual Training using Army Battle Command Systems (ABCS) which will greatly enhance their sustainment capabilities.

“ABCS is a series of computer hardware applications which enables the army to process information needed to complete their missions with accuracy and expediency far beyond past capabilities,” said Esau Esau, the Task Lead of Central Region for Command Post Staff Integration. “It is essentially automation of all tracking systems used by the army, which allows warfighters to plan and conduct missions at will.”



Soldiers from the 103rd Expeditionary Sustainment Command train on Army Battle Command Systems during their Annual Training held at Fort Des Moines, Ia., August 15-28, 2009. (Photo by Spc. Kenda Miller, 103rd ESC PAO)

Tactical Battle Command (TBC) is a suite of products and services that provide commanders and their staff with tools to make executive decisions in a collaborative environment using planning tools, common operational picture management, and other maneuver functions such as aviation and artillery fire missions. The TBC contains applications which make up ABCS, including Command Post of the Future (CPOF), Battle Command Sustainment Support System (BCS3), and Maneuver Control System (MCS).

The effort to coordinate and plan the set up was key to implementing these programs at the US Army Reserve Center at Fort Des Moines. Sgt Maj. Monte Waller, Support Operations (SPO) Non-Commissioned Officer in Charge, supervised a seven man team to set up a Tactical Operations Center (TOC) consisting of a Joint Operations Center (JOC), an Advanced Logistics Operation Command, (ALOC), and Fusion Cell, in preparation for the training.



Sgt. 1st Class Dennis Crosser, Circulation Control Non-Commissioned Officer for the 103rd ESC uses the Voice Over Internet Protocol, or VOIP software that is built into the Army Battle Command Systems to communicate with other operations cells during a roll call. (Photo by Spc. Kenda Miller, 103rd ESC PAO)

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ABCS

(Continued from page 12)

"I sat down with Maj. Stuart Werner, the Mobility officer in the integration cell of Support Operations, and we drew up a schematic of what we wanted. Then we tasked our team with implementing the plan," said Waller.

Much of the plan involved the seven man team re-configuring a large area of the upper level of the Reserve Center, moving cubicles to the lower floor, painting, and plugging holes in walls in addition to figuring out what additional materials and supplies were needed. Waller stated that Spc. Javier Pagan, Material Contracting and Accounting NCO for SPO, and Spc. Daniel Daman from Operations, took the lead in the transformation process and have performed well. "When the contracting team came in to start network training, they were very impressed with the set up", replied Waller.

Warrant Officer Jeffrey Holtmyer, the 103rd ESC Network Technician, explained the logistical challenges involved in running communication cables throughout the Reserve Center in order to

support the systems so the training could take place. "Due to the set up area, we decided to use the existing facility here at Fort Des Moines, which required a lot of additional cabling. We added 8000 feet of network cable to support the Fusion Cell and JOC."

After some initial kinks had been worked out in the beginning of the Annual Training Exercise, and Soldiers got used to the new systems, Waller spoke of the successes the Soldiers were having. "Knowing this system is a perishable skill; after the trainers started their classes, the Soldiers caught on quickly. The training contractors here have been very impressed. We are tracking."

Holtmyer said he was pleased with how well the operation from a set up stand point has gone. "There have been no outages or problems. We've maintained proper bandwidth to everyone. We have met or exceeded our outlying requirement."

Pvt. 1st Class Clayton Bird said he hopes they can get the BCS3 and the CPOF systems to communicate better with each other to make them

more user friendly, but that overall, was impressed with ABCS. "It's a really good system; there is a lot of capability and potential to it. We need more training on it, but I think everyone performed to the standards that were set."

The Assistant Chief of Staff, Support Operations for the 103rd ESC, Col. Lawrence Moreland, set expectations clearly at the start of the exercise. "We want to move staff competencies forward. The end state of this AT should be that the officers understand what information can be pulled from these systems, that sergeants understand the officer's expectations, and that the Soldiers understand how to troubleshoot and finish the job."

And were expectations met?

"The Soldiers did a superb job, especially G-6, keeping the systems operating," replied Moreland. "We are at an elementary level with these systems, and our Soldiers now have a good appreciation of what's possible. They have a good feel for the technology now, and what it takes to meet the requirements; they were highly successful and have a good foun-



Staff Sgt. Clark Potter assists in the setup of the Command Post of the Future (CPOF) workstations during Annual Training held at Fort Des Moines, Ia., August 15-28, 2009. (Photo by Spc. Kenda Miller, 103rd ESC PAO)

St. Louis Soldiers and Schools Help Make Hope for Haiti



Story and photos by Sgt. Stephen Wylie, 363rd Public Affairs Detachment



Pvt. 1st Class Morvion Curry, from St. Louis, receives donations for the Haitian Relief Fund Project at Soldan High School, in St. Louis, on Saturday, February 6th, 2010. Curry is a Movement Control Specialist with the Army Reserve's 516th Transportation Detach-

As the Army vehicles rolled through the streets, onlookers were both curious and welcoming with smiles and waves. This is a common scene across the world these days, but this time the city was St. Louis.

Members of the Army Reserve's 516th and 856th Transportation Detachments spent Saturday, February 6, 2010 supporting a Haitian Relief Fund Project.

"The purpose of the event was to raise money and donations of non-perishable food and medical supplies and used clothing and shoes", according to Mrs. Sharon Williams-Rayford of Stevens Middle School, who saw the news of the devastation in Haiti and wanted to help.

What started as a small project for after school program in the gym at Stevens soon grew.

"Principal Larry Schleicher asked if it could be done on

a larger scale", said Williams-Rayford.

Dr. Thomas Cason, Principal of Soldan High School helped arrange for the event to take place at Soldan. The next question was how to get items from the school to Haiti. Capt. Matthew Strickland, commander of the 516th and a developmental reading teacher at Stevens came in to help out with the logistics. After getting approval through Army channels, Capt. Strickland went to work.

"I did some backwards planning on getting the donations to Haiti", stated Strickland. "After lots of cold calling, the United Way connected me to the Kingshighway Baptist Church, and they have a charter plane taking items to Haiti".

The 516th, with vehicles and drivers from the 856th, were able to get training while doing some good.

"Our mission had two main objectives: One was to provide community service by helping out the schools and their endeavors to help the people of Haiti. Number two, it was a great training opportunity", said Capt. Strickland.

According to Movement Control Specialist Pvt. 1st Class Morvion Curry of the 516th, "We did drivers training with route management and route recon to get here as well as movement control once we got here". The project also gave the Soldiers pride and team building. "Helping the needy is something I like to do, and it is great to work together to help others", added Curry.

Williams-Rayford stated the value of having the Army Reserve involved, saying "it was extremely important because we didn't know how we would get the donations where they needed to go. When I saw the vehicles, my eyes lit up, it's great to see your own country step up to the plate to help out. It was joy to work with the Soldiers".

While the students and other performers put on a show in the high school to raise more monetary donations, the Soldiers continued receiving donations from 9am to 5pm. Then, the Soldiers secured the loads, received convoy and safety briefings and headed to Kingshighway Baptist Church, where they offloaded a vehicle filled with canned goods, clothing, medical supplies, bottled water and quilts.

"Two ladies from Haiti were at the church and were ecstatic to see us", said Strickland.

The background photo is an aerial view of Port-au-Prince, Haiti, from an MH-60S Sea Hawk helicopter assigned to the Military Sealift Command hospital ship USNS Comfort, which shows the devastation of the 7.0 earthquake that struck Haiti Jan. 12, 2010. Approximately 230,000 Haitians are reported to have died as a result of the earthquake. (Photo by Navy Petty Officer 3rd Class Chelsea Kennedy, courtesy of the Navy Visual News Service)

387th H.R. Co. Gets Patched

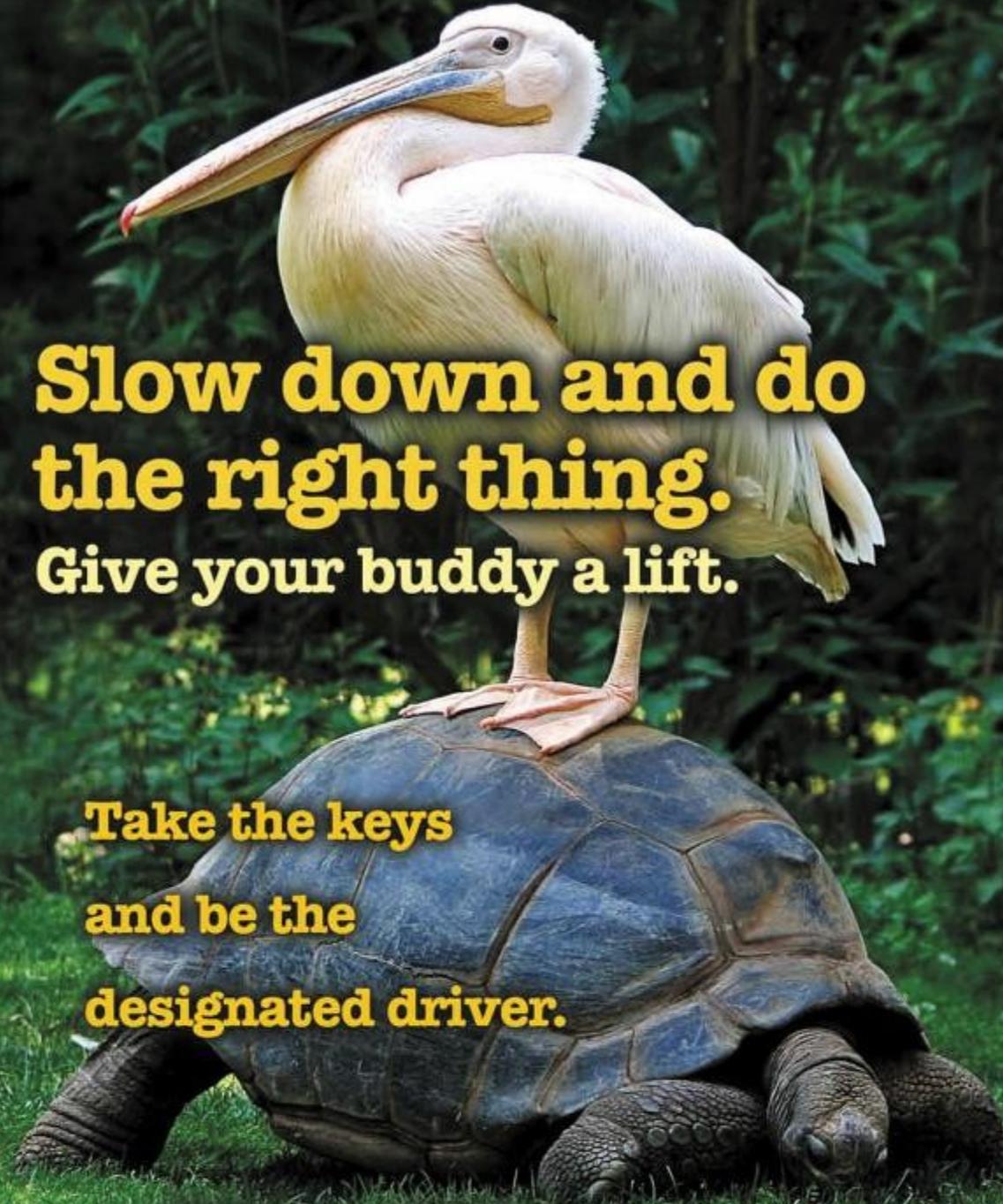


The 15th Sustainment Brigade, which began as the supply element of the 1st Cavalry Division, has served in every major conflict in the 20th Century. Since 2008, it has been assigned to the 13th Expeditionary Sustainment Command.

(ABOVE) 1st Sgt. Enrique Gomez, 387th Human Resources Company, 15th Special Troops Battalion, 15th Sustainment Brigade, 13th Expeditionary Support Command, places the combat patch on the right shoulder of the commander of 387th HRC, Maj. Leslie Byall on Feb. 17, 2010 at Camp Liberty, Iraq. **(RIGHT)** The 387th HRC received a patch representing the 15th Sustainment Brigade "Wagonmasters", a unit based out of Fort Hood, Texas. (Photos by Sgt. Phillip Valentine, 366th MPAD, USD-C)



Pictured above are Soldiers assigned to 387th Human Resources Company, 15th Special Troops Battalion, 15th Sustainment Brigade, 13th Expeditionary Support Command, Feb. 17 2010 at Camp Liberty. (U.S. Army photo by Sgt. Phillip Valentine, 366th MPAD, USD-C)



**Slow down and do
the right thing.
Give your buddy a lift.**

**Take the keys
and be the
designated driver.**

**DON'T HESITATE
DESIGNATE!**



**ARMY SAFE
IS ARMY STRONG**



443rd Soldier Shares Recovery and Hope

Story by Capt. Angel Wallace, 103rd ESC PAO

A hero defined is an individual of distinguished courage or ability, admired for brave deeds and noble qualities. What it takes to be considered a hero is different based on who you ask, but the efforts and sheer will to overcome adversity that Sgt. Keith Knoop displayed on and after October 1st, 2009 when an Improvised Explosive Device (IED) hit his vehicle can be categorized as nothing short of heroic.

The day started out as any other for Knoop, who supported convoy security missions with the 443rd Transportation Company serving in Kuwait. He was in the lead convoy vehicle moving across a main supply route when a bright light flashed, followed by a loud noise. By the time Knoop realized that his vehicle had hit an IED, his truck was on fire and he was yelling for everyone to get out of the vehicle.

Trying to follow his own instructions, Knoop realized that his right leg was severely mangled. Bones in his body were shattered and he was quickly losing blood from a 15 inch gash in his right leg. Fellow Soldiers helped pull him out of the vehicle while the convoy medic began to treat his wounds. His injuries were so severe that a tourniquet was needed and had to be placed on top of his shattered femur in order to effectively stop the bleeding.

A convoy ahead of the unit returned to assist Knoop, and he was transported to a casualty collection point by a Mine Resistant Ambush Protected (MRAP) vehicle where his wounds were quickly treated and then he was moved on to Stryker base.

"It was the longest ride of my life," stated Knoop as he described the transport process and follow on treatments.

Due to a significant loss of blood, Knoop stopped breathing when he arrived at the base and medics had to place a breathing tube down his throat in order to keep him alive, while metal rods were placed in his femur and shin.

Knoop would travel on from Stryker, to Balad and then to Germany where he would formally receive his Purple Heart, a decoration awarded on behalf of the President of the United States, for those

wounded or killed while in service to our Nation. Knoop was heavily sedated and only vaguely recalls the details of that day.

The next stop for Knoop would be Maryland where his wounds were again cleaned and treated before arriving at his current location, the San Antonio Warrior Transition Unit. Knoop immediately went into an eight hour surgery where the rods

were removed and he was able to earnestly begin his long journey toward recovery.

"A month and a half passed before I was moved out of the hospital and into a hotel just outside the base," Knoop said.

His mother, Audrey, has been with him every step of the

way as his "non-medical attendant," a formal name for a Family member or friend who helps wounded service members through their treatment and recovery process.

"I couldn't have made it without the support from my Family and the unit" Knoop said as he spoke of his healing process.

"This injury destroyed me physically, emotionally and spiritually but their support has given me hope."

Knoop and his Family are no strangers to the military or its dedication.

"I joined because my father was a Sergeant in the Korean War, and he was an inspiration to me and my brother," Knoop said while explaining that his twin brother, Kenneth, had joined a sister unit, the 295th Ordnance Company, and had just returned from a tour in Afghanistan supporting Operation Enduring Freedom.

When asked what advice he would give to others struggling through similar circumstances, Knoop said, "Know in your heart that things will get better, and that you absolutely have to give one-hundred percent – everything you have in order to heal, but it is worth it."



***"It was the longest ride of my life,"
stated Knoop as he described
the transport process and follow
on treatments.***

Sustainers Practice, Succeed at Ft. Lee

Story by Sgt. 1st Class Ray Calef, 103rd ESC Public Affairs

The Army Logistics University, located in Ft. Lee Va., hosted a Command Post Exercise, or CPX-S, for the 103rd Expeditionary Sustainment Command (ESC), from Des Moines, Ia., in February, 2010, as they continued their road to war and deployment.

Last summer, the 103rd ESC filled their annual training (AT) with hands-on experience, working the Army Battle Command Systems (ABCS) with software representatives on hand to assist in training as needed. Under the ABCS umbrella is a series of hardware and software applications including Command Post of the Future (CPOF), Battle Command Sustainment Support System, (BCS3), and Maneuver Control System (MCS), which collectively, is called the Tactical Battle Command.



The exercise was “much more robust than the one held at Annual Training in August”, according to Maj. Stuart Werner, Chief Operations Officer for Support Operations for the 103rd ESC, where he is involved in integration and distribution. “At AT we did not have the model of external play this exercise does.”

Werner explained that home station AT was more of a basic understanding of our BCS3 systems and that this is a dress rehearsal for actual deployment. “This has the people we are replacing, the 13th ESC, coming back to train us,” he said.

These systems enable the warfighters to process information needed to complete their missions with accuracy and expediency far beyond past capabilities, as it automates all tracking systems used by the army.

Sgt. Maj. Monte Waller, Non-Commissioned Officer in Charge (NCOIC) for Support Operations, explained that AT helped prepare the Soldiers because they had at least been exposed to the ABCS and knew what to expect. “At AT, we had people

**TACTICAL BATTLE
COMMAND SYSTEM**

ABCS

BCS3

MCS

CPOF

still trying to learn these systems,” he said. “Now they turn them on, they know what they are looking for, each class of supply, the mobility branch, transportation assets; everybody knows what they are supposed to accomplish. And we’ve had good G-6 support in getting things up and running. “I’m proud of these guys, they make me shine.”

Werner was the lead planner of the 103rd ESC’s piece in the exercise. He coordinated with Combined Arms Support Command (CASCOM) and other external agencies to get individual training accomplished, as well as to coordinate with various sections within the command for computer set-up and logistics.

“This is essentially a logistics-centric exercise by the mere fact that a lot of the play is on BCS3,” he said.

“Analyzing the data and watching the commodities of support and sustainment fluctuate is a key piece for us.”

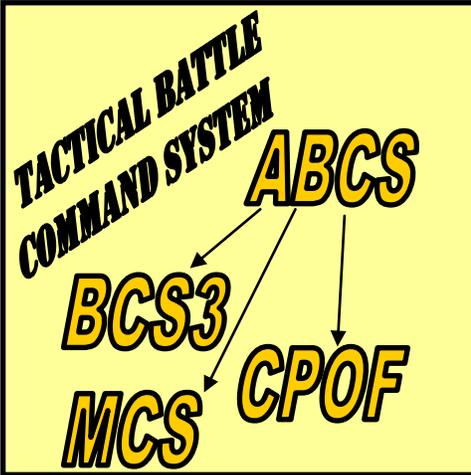
The CPX-S utilized a Master Scenario Event list, or MSELs, which were “injected” into scenarios by the higher control cell of CASCOM, testing the 103rd’s reaction and battle drills to scenarios which could happen while deployed.

Werner was pleased with how the exercise

(Continued on page 19)



(Continued from page 18)



went. "It has been very challenging, and everything I thought it would be. Soldiers are learning a lot, and we are pushing ourselves to the next level," he said.

Those sentiments were echoed by Sgt. Maj. Terry Slagg, Battle NCO and G-3 (Operations) Sergeant Major. "This has been a really good experience for our troops; we've had a chance to build some chemistry. We've learned a lot in the walk and now the run through part of training, finding our people's strengths and weaknesses. We are really starting to gel as a team".

Slagg worked with four NCOs during the day and had four working during the night shift as well. Their job was to react to significant activities (SIGACTS), and serious incident reports (SIR) as well as issue fragmented orders, (FRAGO) and prepare the Battle Update Assessment (BUA). "We are at the heart of what this unit does from an operational standpoint," he said. "I worked as a Battle NCO on a previous deployment, but this is a much larger command. I couldn't be more proud of our Soldiers."

Lt. Col. Jay Rieger, the Chief of the Exercise Division for the CPX-S, and part of CASCOM G-3, was in charge of the exercise. He explained that it is not a sanctioned program, but recognized as a valuable tool for units deploying. "The 316th ESC was the first unit to go through the CPX-S," he said. "We saw it was successful enough at that point even though it was a much smaller scale than what it has become today. Now we have commanders come back as a part of their re-deployments and back-brief us after they have been through training."

He explained that the CPX-S has become an integral part of training for a logistical headquarters and key to completing a successful mission. "The 103rd is well prepared and has all the tools to succeed at the Mission Readiness Exercise at Fort Hood," Rieger said. "They had perhaps the best attitude of any unit coming through. They're going to do great things."



PLAY IT SAFE

LEADERS
SOLDIERS
FAMILIES

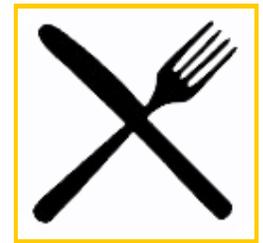
- Only use fireworks outdoors.
- Obey local laws.
- Always have a water hose or bucket nearby.
- Don't try to alter or combine fireworks.
- Wear safety glasses.
- Never allow children to handle fireworks.
- Never use homemade fireworks.
- Never relight a dud firework. Soak it in water after 20 minutes.

WITH THE FIREWORKS!





Behind the Scenes with the Army Reserve Culinary Arts Team



Army Reserve Staff Sgt. Joseph Parker prepares a lobster for cooking while Staff Sgt. Jeffrey McLaughlin, background, prepares items for the cold table buffet exhibit at the 35th U.S. Army Culinary Arts Competition at Fort Lee, Va. on Tuesday, March 2. Parker, from Haines City, Fla., is assigned to the 841st Combat Engineer Battalion based in Miami, Fla. McLaughlin, from Osage, Iowa, is assigned to the 103rd Expeditionary Sustainment Command, based in Des Moines, Iowa. Even though no actual competition events were going on this day, the members of the Army Reserve Culinary Arts team used the time to prepare for upcoming events as well as assembling the many of the centerpiece items and non-perishable pieces that will appear on the cold table buffet exhibit next week. (Spc. Kenda Miller, 103rd ESC Public Affairs)



A vase, flowers and stems made from salt dough cool after coming out of the oven at the 35th U.S. Army Culinary Arts Competition at Fort Lee, Va. on Tuesday, March 2. Designed by Army Reserve Cpl. Karah Williams, the pieces will be assembled as part of a table display. Williams, from Sarcoxie, Mo., is assigned to the 414th Military Police Company, Joplin, Mo. (Spc. Kenda Miller, 103rd ESC Public Affairs)



Army Reserve Staff Sgt. Jeffrey McLaughlin prepares the part of the dessert during the Field Kitchen (Bistro style) event at the 35th U.S. Army Culinary Arts Competition at Fort Lee, Va. on Thursday, March 4, 2010. McLaughlin, from Osage, Ia., is assigned to the 103rd Expeditionary Sustainment Command based in Des Moines, Iowa. (Spc. Kenda Miller, 103rd ESC Public Affairs)



Army Reserve Spc. Daniel Arshadnia puts the heat on some vegetables at the 35th U.S. Army Culinary Arts Competition at Fort Lee, Va. on Tuesday, March 2. Arshadnia, from Lawrence, N.Y., is assigned to the 854th Engineer Battalion based in Kingston, N.Y. (Spc. Kenda Miller, 103rd ESC Public Affairs)

Heart of America Stand Down 2010



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Yellow Ribbon Reintegration Program



Best Warrior Competition 2010



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