



N.U.T.S.

Notes Useful to Sustainers

A magazine highlighting the Soldiers of the 103rd Expeditionary Sustainment Command

Volume: 2, Edition: 4 October 2010

READY, FIGHT!

**103RD ESC
CONDUCTS
LEVEL 1
COMBATIVES
TRAINING**

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Troops set up their Mobile Kitchen Trailers to provide meals for Veterans during the Heart of America Veterans Stand Down in Kansas City.

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The 88th Regional Support Command hosted its YRRP for June 11-13, 2010 for returning veterans from operations in Afghanistan and Iraq.

QM Cooks Make Cut, Move On

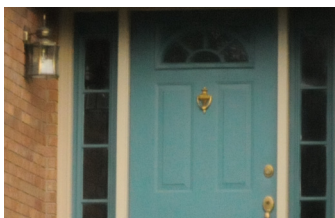
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Soldiers from the 1011th QM Co. compete in the Army Reserve level of the 43rd Annual Phillip A. Connelly Award competition--and earn a shot at the big time.

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Comparing what is taught vs. its portrayal in the movie *The Messenger*

On the cover: The 103rd Expeditionary Sustainment Command held a Combatives Level 1 "train the trainer" course on Camp Dodge in Johnston, Iowa on August 16, 2010.



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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: 103ESCPAO@usar.army.mil

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Commander's Notes

Col. Glenn Kolin, 103rd ESC Rear Commander

It is with great sadness,

that I report we lost one of our Soldiers to a head-on automobile accident early on the morning of October 14th, 2010. As we head into the Fall and Winter months, there will be longer periods of darkness, decreasing visibility on your way to and from work. We are all safety officers and must do the appropriate risk assessments when driving during hours of reduced visibility. Please, stress automobile safety, especially night driving during your next battle assembly.

There are three types of distractions while driving:

1. Visual - taking your eyes off of the road
2. Manual - taking your hands off of the wheel
3. Cognitive - taking your mind off of your driving

Digital distraction, like checking your e-mail, sending a text, or updating your status on your favorite social networking sites, puts you at risk of all three distracters. Everyone is at risk for driving digitally distracted. According to the official government website for distracted driving (distracted.gov), more than 800,000 vehicles are being driven by someone using a handheld cell phone.

Even if you're using a hands-free device, the cognitive distraction risk is significant enough to degrade a driver's performance. Even while using an in-ear wireless device, you could still miss important clues or warning signs, and you could cause an accident.

The national campaign for safer driving was launched the week of October 4th. The Drive Safely to Work campaign is a call to action to keep our Soldiers, Families and Civilians safe when they're on the road. By raising awareness on this issue through education and information, we provide meaningful tools and activities to help accomplish the safe driving objective.

Some things leaders can do to help their Soldiers stay safe when they're on the road are to:

- Help prepare an organization for the launch of a new cell phone policy
- Reinforce an existing policy
- Build awareness on the issues relating to distracted driving
- Help develop strategies to minimize the danger

Keeping our Soldiers focused while on the road is the same as keeping them focused on the battlefield; it will help save lives.

For more information on Driving Safely to Work Week, visit:
www.trafficsafety.org
To preview the campaign materials, visit:
www.trafficsafety.org/drivesafelyworkweek/

The bottom line is that we must care for our family, friends and our most precious resource: our Soldiers.

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

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Heart of America Stand Down 2010

Story and Photos by Sgt. Joe Villines, 103rd ESC Public Affairs

Soldiers from the 103rd Expeditionary Sustainment Command (ESC) in Des Moines, Iowa, provided hot meals June 4th and 5th to support veterans through an event called the "Heart of America Stand Down" in Kansas City, Mo., along with troops from the 89th Sustainment Brigade (SB) from Wichita, Kans.. and 326th Area Support Group (ASG) from Kansas City, Kans..

Veteran's Administration (VA) representatives, outreach organizations, and dozens of volunteers from the area were on hand to serve meals and distribute three packed moving trucks of donated clothing.

The Stand Down is designed to help homeless veterans in the area, where they can get needed services in an environment where they are treated with dignity and respect. Meals, clothing, access to medical services, legal counseling, and a safe place to rest are just a few of the many benefits the program has been offering since it began here in 1993. This year's event was held outside the Manual Career & Technical Center in Kansas City, Mo.

Supervising the food service personnel was Staff Sgt. Jeffrey McLaughlin of Albert Lea, Minn., a member of the 103rd ESC. "I've never done this before, and it's a great honor to feed these homeless vets out here, and help get them on the right track and get them taken care of," said McLaughlin.

Art Fillmore, founder and co-chairman of the Heart of America Foundation in Kansas City, started his own Stand Down a year after seeing a similar program in 1992 that a fellow Vietnam veteran was running in San Diego since 1989.



"Grill Sergeant" Staff Sgt. Bruce Clemens, a supply sergeant for the 1011th Quartermaster Company from Independence, Kans., draws on experience as an Army cook to grill pork chops over a smoky fire using apples for flavor at the Heart of America Stand Down for veterans held June 4-5 on the grounds of the Manual Career & Technical Center in Kansas City, Mo.

"It was supposed to be a five-year program, and we're in our 18th year now, so unfortunately the problem is bigger than we thought it was going to be," said Fillmore.

Fillmore estimated on any given night, there are as many as 1,700 homeless veterans on the streets in Kansas City alone, and they see vets from the Korean War up to those who have served in Afghanistan and Iraq. Another statistic troubling to him is

Heart of America continued on page 6

Meet Your Inspector General Team

New IGs Sworn in to the 103rd ESC's Rear Command



You can get in touch with them at these numbers and addresses:

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MSG Bruce Biegel, Assistant IG

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Col. Glenn Kolin, Rear Commander of the 103rd Expeditionary Sustainment Command in Des Moines, Iowa, swore in Maj. Teresa Baker and Master Sgt. Bruce Biegel as Inspectors General on July 8, 2010.

Your IG section is available to speak to you about your issues, but recommends that you speak to your chain of command first.

Communication to the following Persons may be protected: EO, Chaplain, IG, Legal, MPI or CID, Chain of Command, Congressman

"... Persons subject to this regulation will not restrict anyone in any manner from lawfully communicating with those individuals mentioned above." (AR 20-1, 1-11a)

"... Persons subject to this regulation will not take (or threaten to take) an unfavorable personnel action or withhold (or threaten to withhold) a favorable personnel action with respect to a member of the armed forces as reprisal for making or preparing a lawful communication..." (AR 20-1, 1-11, b2)

"Persons subject to this regulation will not knowingly make an unlawful communication ... An example of unlawful communication is a false official statement (Article 107, Uniform Code of Military Justice (UCMJ))." (AR 20-1, 1-11c)

Protect Yourself from Inhalation Hazards

Safety
Mr. Gene Noce and
Mr. Thomas Nielsen



You might be surprised to find out that many routine jobs that we do expose us to possible inhalation hazards and may require respiratory protection. For example, if you weld stainless steel indoors then you need respiratory protection. If you weld equipment coated with CARC paint then you probably need to wear a compressed gas respirator.

The best way to protect a worker from inhalation of hazardous chemicals or other materials is to eliminate the hazard by using a less hazardous substance. In cases where the use of hazardous chemicals cannot be avoided, engineering controls such as ventilation of the work area is the next best method for reducing the hazard. If the inhalation hazard cannot be reduced by substitution or engineering controls then respiratory protection is required. When you are required to wear any type of respirator (even a dust mask) then you are also required to be enrolled in a respiratory protection program.

The key elements of the base Respiratory Protection Program are:

- **Workplace Evaluation:** An Industrial Hygienist will survey each work area to determine the need for respiratory protection. Technical manuals also provide general respiratory protection requirements when working with certain chemicals and hazardous materials.
- **Respirator Selection:** A respirator and filter or cartridge is selected that will provide protection from the specific hazard present in the workplace. In some cases, a respirator with a clean air supply may be required.
- **Training of all Participants:** All respirator users are trained in how to properly use and maintain their respirators.
- **Medical Evaluation of all Participants:** A Physician or Health Professional will evaluate each respirator user for fitness to wear a respirator.
- **Fit Testing:** Each respirator user must be fit tested to ensure a leak free seal with each type of respirator he or she will use. A good seal requires a clean shaven face.

Remember:

- Respirators are used as the last line of defense when inhalation hazards cannot be eliminated or reduced by substitution or engineering controls.
- In order to wear a respirator (even a dust mask) you must be medically qualified, trained to use and maintain the respirator, and be fit-tested for the respirator.

Make sure you understand the hazards of any chemical you may be exposed to. Know the respiratory hazards associated with your job and follow all safety precautions to the letter, to protect yourself and others.

Our Military Kids provides tangible support to the children of deployed National Guard and Military Reserve personnel and to the children of the severely injured service members through grants for sports, fine arts and tutoring that nurture and sustain the children during the time a parent is away in service to our country. www.ourmilitarykids.org



(LEFT) Joseph Johnson sorts through clothing at the Heart of America Stand Down for veterans held June 4th and 5th on the grounds of the Manual Career & Technical Center in Kansas City, Mo.

(BELOW)

Volunteers spent hours preparing the serving line and feeding veterans. The Heart of America Stand Down is a program designed to help homeless veterans in the Kansas City area. The program brings veterans to the event to give them a chance to access needed services in an environment where they are treated with dignity.



HAVE A STORY IDEA?

Send it to us at:
103ESCPAO@usar.army.mil

the average age of homeless veterans has been 55 for decades, meaning younger vets are replacing older ones as they pass on.

Sgt. Michelle Knabe from Blue Springs, Neb., Supply Clerk for the 1011th Quartermaster Co. Detachment in Wymore, Neb., said that it has been an eye-opening experience.

"I didn't realize there were so many veterans who are homeless or in need of food and clothing," said Knabe. She said the high point of the experience is giving back to the veterans who have given so much for their country.

Michael Lopez, a Kansas City area resident isn't homeless, but said he's worried he may be soon if he doesn't get his life turned around and clear up some legal issues. He came this weekend because he heard the Jackson County Sheriff's Dept. was willing to work with veterans on clearing up minor legal problems.

"I've been in this depression for two years now, so anything that's going to be benefitting my situation; I'm all for it," said Lopez, adding, "So, I swallowed my pride this year and made a commitment to 'get it together.'"

Lopez called the Stand Down's services a blessing, and more specifically, a "restart button". Jackson County, Mo. Under

sheriff Col. Hugh Mills, says the legal help the vets receive helps to "break the cycle" and gives non-drug and nonviolent offenders a clean slate to aid in rebuilding their lives, since they typically don't have the means to pay off fines creating a perpetual cycle of arrest and fines.

"Usually they have minor brushes with the law; trespassing, an occasional peace disturbance...and they wind up with minor offenses," said Mills adding "These guys are not threats to the community."

Veterans that seek legal help during the Stand Down are escorted to the county courthouse to appear before the judge, and their minor issues are forgiven.

"It cleans their record so that future interaction with law enforcement doesn't have to be negative," said Mills. About 100 veterans sought legal help.

Jennifer Gould, Stand Down Coordinator, said that this year's event included over 1,000 volunteers and around 100 service organizations provided assistance in everything from VA benefits to consumer credit counseling. Approximately 40 Soldiers of the 103rd ESC cooked and served over 1400 meals to the veterans of the Kansas City area.

Heart of America Stand Down 2010

Pvt. Michael Murphy, a cook for the 129th Transportation Company, and a Kansas City, Mo., native, ladles mixed vegetables into hot pans for the serving line at the Heart of America Stand Down.



The Cost of Freedom

Story and Photos by Sgt. Joe Villines
103rd ESC Public Affairs
Story follows on page 7

The Cost of Freedom

Memorial Day 2010

Soldiers, Sailors, and Airmen

participated in this year's Memorial Day Service, dubbed "The Cost of Freedom", held at the Ft. Des Moines Museum and Education Center, Thursday, May 27th, 2010.

Keynote speaker for this year's Memorial Day event was Brig. Gen. Roma J. Amundson, Assistant Adjutant General for the Nebraska Army National Guard. Amundson began her career in the Women's Army Corps (WAC) in 1978 in the Army Reserve before moving through the ranks to her current assignment.

Amundson said she feels the spirit of the WAC at Ft. Des Moines, the first training facility of its kind, which began training women in 1943 for the Women's Army Auxiliary Corps (WAAC), later shortened to WAC. Ft. Des Moines was also the first Officer Candidate School open to African Americans, starting in 1917.

"This museum underscores, if



Keynote speaker for this year's Memorial Day event, Brig. Gen. Roma J. Amundson, Assistant Adjutant General for the Nebraska Army National Guard, articulates the history and significance of Memorial Day. Amundson began her career in the Women's Army Corps (WAC) in 1978 in the Army Reserve before moving through the ranks to her current assignment. Memorial Day Service held May 27th, 2010 at the Ft. Des Moines Museum and Education center in Des Moines, Iowa.



Staff Sgt. Trenton Byler, a member of the 103rd Expeditionary Sustainment Command in Des Moines, Iowa, alongside fellow Servicemembers, salutes a wreath and folded Flag in honor of America's fallen Soldiers while Taps is played by Brenna Carlson, a student from Hoover High school in Des Moines, Iowa

you will, the desire of all groups of citizens to serve our nation through uniformed service in times of war," said Amundson , adding "And that is what we are here for today – to remember the fallen warriors who gave their lives to preserve and protect our nation as a constitutional republic that offers its citizens the freedoms and rights to life, liberty, and the pursuit of happiness."

Memorial Day originated as "Decoration Day" to remember those who have died in the service of our nation. After the Civil War, the Decoration Day movement was started by a Pharmacist in Waterloo, N.Y., who suggested patriots who died in the war should be honored by decorating their graves. This idea took hold, and on May 5th, 1866, veterans led a procession to the town's graveyards, the flags were lowered to half-staff, and townspeople adorned veteran's graves with homemade wreaths, crosses, and flowers. The name was changed to Memorial Day in 1882 to honor the dead from all wars, and later in 1971, Congress declared it a national holiday to be observed on the last Monday in May.



The Hoover High School Band, from Des Moines, Iowa, conducted by Band Director Randall Hoepker, performed traditional and patriotic melodies for the Memorial Day Service held at the Ft. Des Moines Museum and Education Center on May 27th, 2010 to honor Servicemembers who have fallen in defense of the United States.

The Cost of Freedom

9/11/01

Terrorist Attacks

Throughout our history, certain images become engrained in our minds - the flag raising at Iwo Jima, the day President John F. Kennedy was killed, Dr. Martin Luther King, Jr. telling all of us about a dream for a better America he envisioned, President Ronald Reagan telling the Soviets to "tear down this wall."

For all of us, the events of September 11th, 2001 will forever live in our memories. We shall never forget the images of planes flying into the World Trade Center or the smoke rising from the Pen-

tagon. We also shall never forget the courage and compassion of men and women racing into burning buildings to save the innocent or those heroes who died in a southwest Pennsylvania field.

They were our sons and daughters, grandsons and granddaughters, husbands and wives, co-workers and friends, who were merely going about their daily routine - working hard to provide for their families and to build the life they dreamed of.



(Above) Steve Layton, of Ankeny, Iowa, plays "Amazing Grace" on his bagpipes during a 9/11 memorial held at the Ft. Des Moines Museum on September 11, 2010 to remember the fallen and celebrate the heroism and patriotism shown during the terrorist attacks in 2001. (Left) Soldiers and Sailors formed the Color Guard for this year's memorial. (Photo by Sgt. Joe Villines, 103rd ESC Pao)

Many fellow citizens were lost on that fateful day nine years ago. It is a heartfelt loss which can never truly be compensated. Although they may not be physically here with us, they will forever remain in our hearts and minds, and we will forever mourn their deaths and honor their sacrifices.

For every story of grief we glean, there is also a story of heroism. Ordinary men and women, who sought not fame or reward, joined first responders in aiding those in need. They were everyday citizens from all walks of life who answered the call to duty to help find, rescue and comfort victims of the attacks with compassion and humanity.

It is important that we commemorate September 11th every year - not only as a day of loss and tragedy, but also as a day of triumph and patriotism. Let us remember all of the Americans who have made this date unforgettable, and express our gratitude by carrying on their spirit of courage and loyalty.

From flood and famine, from economic depression and civil unrest, from wars home and abroad, and from unthinkable, man-made acts of terror, we, as a people, are steeled by our legacy of determination and resolve. As we pay tribute to loved ones, friends, fellow citizens, and all who died, we reaffirm our commitment to the ideas and ideals that united all of us in the aftermath of the attacks.

We must continue to apprehend all those who perpetrated these heinous crimes, seek justice for those who were killed, and defend against all threats to our national security. Our democracy is strengthened when we uphold the democratic freedoms upon which America is built: equality, justice, and liberty.

My wife, Laura, and I wish to thank each one of you who serve our country as a member of the Army Reserve team. Your selfless service and commitment to duty in this time of persistent conflict is truly commendable.

May God continue to bless each of you and your families for your service, your sacrifice and your commitment to freedom.

JACK C. STULTZ
Lieutenant General, US Army
Chief, Army Reserve

(Below) An aerial view of the destruction at the Pentagon caused by a terrorist attack. The morning of September 11th, in an attempt to frighten the American people, five members of Al-Qaida, a terrorist group of fundamentalist Muslims, hijacked American Airlines Flight 77, then deliberately impacted the Pentagon killing all 64 passengers onboard and 125 people on the ground. The impact destroyed or damaged four of the five rings in that section of the building. Firefighters fought the fire through the night. The Pentagon was the third target by four hijacked aircraft, the twin towers of the World Trade Center (WTC) were the other targets, and one unknown when the passengers brought the aircraft down in a Pennsylvania field. (Photo courtesy of USAF)



The sound of incoming fire ceased and the air became quiet and still. Out of ammo, the Soldier wondered "Was the battle over? Had the enemy finally retreated?" Just as cautious optimism began to set in a figure charged out from nearby cover and attacked the Soldier with nothing but his bare fists and an empty weapon.

Story and photos by Spc. Christine Bernat, 203rd PAD

READY, FIGHT!

This Soldier may have been caught by surprise, but was not caught unprepared for the fight. Combatives classes are part of every Soldier's training and range from the basics at level one to the highly advanced at level four.

A level one, 40 hour Combatives class, hosted by the 103rd Expeditionary Sustainment Command (ESC), from Des Moines, Iowa, was held at Camp Dodge in Johnston, Iowa the week of August 16th 2010. This class had a very important purpose: to train the trainer. It is the intent of the Chief of Staff of the Army for every Soldier to experience hands on combatives training prior to deployment. Each of the 28 Soldiers who attended this class will return to their units not only more confident in themselves but confident also in their

capacity to teach others.

"This class teaches Soldiers confidence and the ability to close the distance in a fight," said Staff Sgt. Jeremiah Sample, a level four certified Combatives Instructor from the 89th Sustainment Brigade (SB) in Wichita, Kans., "It installs the warrior ethos and provides realistic training so their first hand-to-hand combat immersion is here and not on the battlefield."

Once certified in level one combatives, that Soldier can now teach and refresh other Soldiers in that level; however, only an instructor of at least two levels higher than the level of combatives being taught may certify the attending Soldiers. While level one training is one week in length, level two combatives training is a two week course and levels three and four are both one month long. Level three and four certification can only be done at Fort Benning, GA.

"The Army Reserve is at a disadvantage for time and space compared to active duty components; mass Train the Trainer classes are great opportunities to hand down the training and multiply the combat ability within the U.S. Army Reserve," said class attendee Maj. Michael Poss, Bri-

gade Operations Officer from the 326th Area Support Group, based in Kansas City, Kans.

The Modern Army Combatives Program is based on Brazilian JiuJitsu, incorporating American wrestling, boxing, and kick-boxing techniques. Combatives training is an adapting class meaning that the program is reviewed and shaped to meet Soldiers' needs in a constantly changing combat atmosphere.

"Soldiers come back from overseas and share what their combat experiences were like and what would have been helpful to have learned in combatives training. The course incorporates these suggestions," said Sgt. 1st Class Troy Nuckles, from the 89th SB, a level three certified Combatives Instructor.

There are no rank restrictions when it comes to attending and certifying in any of the four levels of combative classes. However, a good state of physical fitness and no limiting health conditions is key to success in such a physically demanding course. Soldiers leave at the end of the training day with a great physical workout and plenty of sore muscles.

"The more physically fit you are, the easier this class will be, that's for sure!" said Nuckles, "the best way to prepare for higher level combatives is to take this class and stay refreshed as often as you can."



Two Soldiers attending the combatives class practice ground fighting during a one-on-one sparring session.

Story continues on page 11

Soldiers learn combative techniques ranging from ground based dominant and submissive positions and transitions to standing positions, blocking, punching, kicking and take downs. These techniques, or drills, are performed several times over before moving on to the next position. At the end of the day time is reserved for one-on-one rolling and grappling to practice every lesson of the day in unison.

"I love this kind of military training; it's the real thing and a real challenge. This is one of the reasons why I joined the Army to begin with," said class attendee Sgt. Kristina Heller from the 847th Human Resources Co. from Ft. Snelling, Minn.

Due to the physical demand on the body from this course, safety is a very important factor in every combatives class. A medic is always on site and protective gear for certain portions of the class is mandatory. This gear includes but is not limited to mouth pieces, boxing gloves, helmets, and even modified wear of the Army Combat Uniform (ACU). The ACU blouse is worn inside out to avoid injury from the zipper or the hook-and-loop fasteners. Tennis shoes or no shoes are the preferred footwear to avoid injury to opponents.

Soldiers are briefed before every lesson on safety measures and the proper way to execute moves without injury to themselves or their opponent. By using the "tap out" method, the Soldier can signal to their opponent when to stop to avoid injuries.

Aside from the physical demands of this course, mental demands are also present for many soldiers.

"When you come here you have to drop any attitudes, have an open mind, and stay motivated. It makes the class fun and you will learn more with an open mind," said Heller.



Staff Sgt. Shawn Sherman, a level two Combatives Instructor from the 95th Division Drill Sergeant Unit, spars with a student during a one-on-one stand-up fighting and clinching exercise. Boxing gloves are one of the pieces of safety gear required for punching exercises.



Two Soldiers attending the combatives class practice dominant ground positions and techniques during a one-on-one sparring session. At the end of every training day, Soldiers are given time to pair up and practice what they've learned with an opponent.

Remembering his training, the Soldier quickly dodged the combatant and threw two well aimed punches at the figure. Quickly grabbing the enemy and clenching him tightly around the waist, the Soldier swiftly brought him to the ground. Suppressing his enemy's intent, the Soldier had won the fight.



Shoulder to Shoulder

I will never quit on life

Army Suicide Prevention
Reach Out ★ Talk ★ Listen



Casualty Assistance and Casualty Notification Officers

Story and background photo by
Spc. Christine Bernat, 203rd PAD

**PEOPLE THINK OF
MANY THINGS WHEN
THEY HEAR THE WORD
“WAR”.**

They think about things like politics, the economy, and patriotism. One thing that no one wants to think about, but is one of the harshest realities of war is the death of a Soldier defending their country.

A movie called *The Messenger*, released in 2009, tells the story of two men, Staff Sgt. Will Montgomery and Capt. Tony Stone, who are Casualty Notification Officers (CNO) for the U.S. Army. Their job is to deliver casualty notifications to the families of fallen Soldiers. However, throughout the movie both men show poor attitudes, poor behavior, and deteriorating states of mental and emotional health as a result the nature of their mission and how often they get called to perform these notifications.

In reality, the Army trains enlisted and commissioned Soldiers from all around the states to become CNOs. This class, called the Casualty Assistance Officer (CAO) course, teaches Soldiers the process, the rules, and provides them with the tools to emotionally prepare themselves to deliver the notification.

The movie, however, does represent some of the technical aspects of the process fairly well. Notifications are given to only the primary next-of-kin, which is pulled from the Soldier's personnel records, within 4 hours of receiving the casualty report, and a second team is sent out to inform the secondary next-of-kin shortly after. Casualty notifications are done between the hours of 5 a.m. and midnight.

Stone and Montgomery also mentioned before leaving the resident that there would be a CAO following up with the family; during an actual notification, a CAO

would in fact follow up with family typically the same day with a call or in-person appointment.

Also, before leaving the residents, the two men always asked if there was a friend, neighbor, or family member they could call to come over before they left the family member alone. This is also something that would occur during an actual notification. It can be difficult to decide when to leave after the CNO notifies the family: depending on the family's reaction, it may be best to have someone close to them come to keep them company before leaving.

The training course allows the Army to cycle through Soldiers to perform CNO and CAO duties instead of using the same few people over and over like the movie depicts. This is done in order to prevent the sort of stress portrayed in the movie.

In *The Messenger*, the notification team is made up of a Captain and Staff Sergeant. In an actual notification team, a Chaplain is the preferred person to accompany the CNO in order to provide additional emotional and spiritual support for both the CNO and the next-of-kin receiving the notification.

Montgomery in particular suffers not only from the depressing nature of delivering notifications but also his past combat experience. Some Soldiers experience difficult emotional responses from combat in real life. Recognizing this, the Army established both mandatory and optional counseling and numerous other resources for both the Soldier and their families to take advantage of at their convenience to help cope with stress brought on by military duties. These resources are available to the families of fallen Soldiers as well.

The job of a CAO is not one any Soldier takes lightly. It is a duty that is done honorably, professionally, and with the upmost sympathies and respect toward the family and the fallen Soldier.

**Comparing what is
taught vs. its portrayal
in the movie *The
Messenger***

*“This mission
is not simply
important, it
is sacred.”*

*--Lt. Col. Stuart Dorsett,
played by Eamonn Walker
in *The Messenger*.*

103RD ESC'S BEST WARRIOR COMPETITION

Photos by Capt. Mark Walter, 103rd ESC Public Affairs



Col. Glenn A. Kolin, Commander of the 103rd ESC (Rear), presents the Army Achievement Medal to Sgt. Marcus Caruso, 847 HRC, Ft. Snelling Minn., noncommissioned officer winner of the 103d ESC Best Warrior Competition 2010.



Staff Sgt. Edwin Velez, 326 ASG, Kansas City, KS, goes for one more sit-up during the Army Physical Fitness Test 103rd ESC Best Warrior Competition 2010.

103D ESC BWC 2010



Col. Glenn A. Kolin, Commander 103rd ESC (Rear), presents the Army Achievement Medal to Spc. Ron Larson, 353 TC, Buffalo, MN, winner of the junior enlisted 103rd ESC Best Warrior Competition 2010.

Pvt. 1st Class Ryland Sims, 326 ASG, Kansas City, KS, succeeds in finding the elusive night land navigation point during 103rd ESC Best Warrior Competition 2010.

I am an American Soldier
WARRIOR PRIDE

I am Drug Free...

I am a Warrior



For more information visit the website at www.acsap.army.mil



Equal Opportunity

Warrant Officer Erica Crawford

EQUAL OPPORTUNITY/SEXUAL HARASSMENT

Complaint Process and Hot line



If the behavior continues

File a formal written complaint on DA Form 7279 with any of the following agencies. Complaints must be filed within **60 days** of the incident. Complaints made after **60 days** may be pursued at the commander's discretion.

Chain of Command	EO SPECIALIST or ADVISOR	Inspector General	Housing Referral Office	Judge Advocate General	Military Police or Criminal Investigator	Chaplain	Medical Agency
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AGR



Complaints, except those filed with the IG, must be acted upon within **3 calendar days**. Complaints filed with an agency against a member of the Chain of Command will be referred to the next higher commander in the chain. All formal complaints will be reported within **72 hours** to the first General Courts-Martial Convening Authority (GCMCA) in the Chain of Command. Provide a progress report to the GCMCA **21 days** after the date on which the investigation commenced and **14 days** thereafter until completion.

TPU



The commander or the investigating officer appointed by the commander has **14 calendar days (or 3 MUTA 4 drill periods for TPU Soldiers)** to investigate the allegations. The commander will meet with the victim and the subject(s) of the complaint to discuss the outcome and results. A **30-day extension (or 2 MUTA 4 drill periods for TPU Soldiers)** may be granted from the next higher commander if circumstances require it. Further extensions can be approved only by the first General Officer in the Chain of Command. Complainants must be notified of extensions.



The complainant and/or subject(s) of the complaint have **7 calendar days (or at the next MUTA drill period for TPU Soldiers)** to appeal to the next higher commander if he or she is dissatisfied with the investigation results or action taken. That commander has **14 calendar days (or 3 MUTA 4 drill periods for TPU Soldiers)** to act on the appeal and provide written feedback on the results. Final decisions on complaints/appeals not resolved at Brigade level rest with the General Court-Martial Convening Authority.



30-45 days (or 4 to 6 MUTA 4 drill periods for TPU Soldiers) after final decision of the formal complaint (substantiated or unsubstantiated), an assessment is conducted by the Equal Opportunity Specialist/Advisor to determine the effectiveness of any corrective actions taken and to detect any incidents of reprisals. Reports and recommendations are submitted to the Commander on a DA Form 7279 NLT **45 days** following the final decisions made on complaints.



Soldiers knowingly submitting false EO complaints may be punished under the UCMJ

ARTISTIC TALENT BOOSTS MORALE, PRIDE

Story and photo by Pvt. 1st Class Emily Walter, 103rd Expeditionary Sustainment Command Public Affairs

JOINT BASE BALAD, Iraq - Since the beginning of U.S. Forces' time in Iraq, units of all sizes and professions have upheld the tradition of painting T-walls to make their Soldiers' presence known during a deployment and beyond. When word spread around the 103rd Sustainment Command (Expeditionary), headquartered at Joint Base Balad, Iraq, that the command would hold a competition to pick a design for the unit's T-wall, one Soldier knew it would be right up his alley.

Spc. Joshua Polaschek, the support operations (SPO) fragmented order manager, 103rd ESC, and a Cresco, Iowa, native, quickly finalized and submitted a design he had originally created prior to arriving at JBB, and subsequently won the contest.

"And then the fun commenced," said Polaschek.

The project took about two weeks to complete. The most time-consuming task was transcribing his design from paper onto the walls prior to painting, he said.

"I plotted it out with a crappy tape-measure, an old No. 2 pencil, a rock to scrape the lines, and a piece of cubicle wall I found to use for a straight edge," explained Polaschek. "It took more time to plot the design than to paint it."

After two weeks of balancing his daily workload with painting the T-walls, which stand at the entrance of the 103rd ESC Command Center, the project was complete. Polaschek said managing both work and the painting was not too much of a challenge.

"I still had to fulfill my duties as FRAGO manager...but after a couple of months with the job, you're more comfortable, and the time management comes naturally," he said. "[Painting] didn't conflict with my duties, and the mission came first and took ultimate priority."

On the T-walls, Polaschek paint-



Spc. Joshua Polaschek, the Support Operations Fragmented Order Manager with the 103rd Expeditionary Sustainment Command, and a Cresco, Iowa, native, stands beside the T-walls he painted for the 103rd ESC, which are located outside the 103rd ESC Command Center at Joint Base Balad, Iraq.

ed the 103rd ESC patch prominently in the center. Subdued in the background, he painted both the Iraqi flag and the American flag next to each other. He said the reason he painted both flags is that he felt he should pay the Iraqis respect by including their nation's colors as well.

In addition to the flags, Polaschek painted silhouettes of cows and windmills beneath the American flag, and camels and palm trees beneath the Iraqi flag; farmland and wind power are signature images- of his home in Iowa, and palm trees and camels are indicative of Iraq.

Polaschek said he looked at the T-walls that have been painted by other units, and he feels that some of the designs do not accurately portray what their respective units do.

"We're smart and we're a logistics unit...and I just wanted to portray that with style," said Polaschek.

For many, the eye-catching 103rd ESC cactus patch that Polaschek painted on the walls instills honor in being a part of the unit.

"It definitely makes soldiers a little more aware and proud of the 103rd patch on their right arm," said Staff Sgt. Scott Williams, the medical logistics noncommissioned officer-in-charge with the, 103rd ESC, and an

Iowa City, Iowa, native.

Upon joining the Army Reserves, Polaschek said he never thought his creative side would be a part of his military life.

Polaschek, whose eclectic, artistic side led to him being voted least likely to join the military in high school, said, "I wanted to keep a bit of myself with the Reserves, but I still didn't think [my art] would tie into it. But it's fantastic. To be able to use this is a blessing. If I can represent the unit with what artistic ability that I have, that makes me even more proud."

Other soldiers with the 103rd ESC find the painting to be a morale-booster that accurately portrays the unit and its purpose here.

"It's an inspiration," said Sgt. 1st Class Ray Calef, the public affairs non-commissioned officer-in-charge with the 103rd ESC, and a Cedar Rapids, Iowa, native, who has known Polaschek for four years. "It provides a connection with what we have invested in this country. I like how it shows that [the U.S. and Iraq] are so different, but have so much in common within our joint effort to stabilize Iraq."



Chaplain

Capt. Nelson Nissley

***"My God, my God why have you forsaken me?
Why are you so far from saving me,
so far from the words of my groaning?
Oh my God, I cry out by day,
but you do not answer,
by night, and am not silent.
Do not be far from me,
for trouble is near and
there is no one to help."***

Deployments, job insecurities, debt, marriage problems, lack of marriage problem, hard-headed teenagers, diseases, injuries, and waking up this morning. Life comes at you hard. Life does not stop and give you 15 days R&R. Life is not fair. Why does my town flood and yours does not? Why did my loved one get sick and everyone else's did not? Why doesn't my wife love me anymore? Why did my husband cheat on me? Why, why, why? It is enough to give up and call it quits.

In the ancient times a man named David as a teenager herded sheep (boring) and played music at The Palace (exciting).

As a man in his twenties he fought in the Army against his country's enemies (heroic). He was hailed a hero by his commanders and the civilian public. Women sang songs in his honor (awesome). He was married (normal). What could go wrong? The authorities (& his father-in-law) wanted to kill him. The authorities labeled him a traitor and wanted him captured & executed. He had to run for his life, literally. Living in the field during a time of war is one thing, but to live in the field to hide from your own people because of false charges is downright depressing. What would you do?

He did what I would do. He prayed! Read his prayer in Psalms 22 (above). How could a man whom the Bible calls a man "after God's own heart," pray such a depressing prayer? Easy, he knew where his ultimate strength came from and went directly to the source, God Almighty. David went to God as he was, broken and hurting. God picked him up and carried him. God has big shoulders, tell Him exactly how you feel. Don't

mince your words. You cannot shock God with your troubles or your language. David did not turn from his faith, because later in that same Psalm David declares, "I will declare Your Name to my brothers."

In the New Testament the Apostle Paul talks about hard praying in hard times too. "The (Holy) Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us with groans that words cannot express (emphasis added)". When you truly trust God's Son, Jesus, as your Savior and trust Him with your troubles, your heartaches, then you can know "in all these things we are more than conquerors through Him who loved us."

Therefore I pray for your prayer life. I pray that you will turn to Jesus for help and strength and comfort no matter what evil befalls you in this life. For continued study in this matter read Psalms 22 & 139, then Romans 8. Afterward tell me how God has strengthened and comforted you.

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Quartermaster Cooks Make Cut, Move On

Story and Photos by Maj. Marisela Murdock

Soldiers of the 1011th Quartermaster Company (QM Co.) of Independence, Kans. competed against the units of the U.S. Army Reserve Command (USARC) on July 10th, 2010 as part of the Field Kitchen Competition of the 43rd Annual Phillip A. Connelly Awards Program.

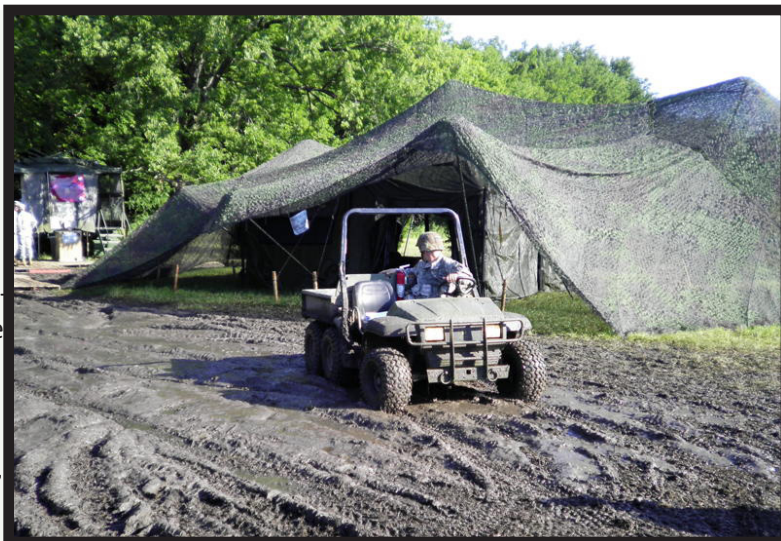
The unit had five chefs competing at this level, including Staff Sgt. Bruce Clemens from Independence, Kans., Spc. Benjamin Calonder from Cherryvale, Kans., Spc Lacy Helton, from Tulsa, Okla., Spc. Hadley Meyer from Beloit, Kans., and Spc. Andrew Russell, from Bartlesville, Okla.

The 1011th QM Co. is moving on to the Department of the Army (DA) level of competition in Ft. Riley Kansas in Mid-October. The DA evaluations will be conducted from October through December of 2010; the winners will be announced no later than July 15th, 2011.

According to 1st Lt. Gene Espinoza, commander of the 1011th QM Co., "This is my first year as company commander. I am proud of what my unit has accomplished thus far in the competition. I am confident that the 1011th QM Co. will continue to strive for excellence and strive above others."

This contest is named in honor of the late Phillip A. Connelly, past president of International Food Service Executive Association (IFSEA), regarded by the Army as the driving force behind obtaining IFSEA sponsorship for the Department of the Army's (DA) recognition of excellence in Army food service.

Beginning in 1968, this fierce culinary competition was designed to sharpen the skills of Army cooks while providing delicious, nutritional meals and to increase Soldier morale. Points are awarded to the competitors by



The 1011th OM Co. had a great opportunity to utilize the muddy fields from recent rains to provide a real tactical environment. According to Lt. Espinoza, the 1011 QM Co. is confident in its tactical and technical expertise with professional Soldiers, having deployed for Operation Iraqi Freedom two times.

a panel of three judges based on performance; often the competition is won by only a few points.

The winning unit will not only have bragging rights, but they also will receive a large Silver Bowl trophy at the Annual Connelly Awards ceremony. IFSEA representatives participate in the evaluation of finalists in five dining facility categories: Small Garrison, Large Garrison, and field kitchens in the Active Army, U.S. Army Reserve and Army National Guard.

The evaluators were looking for excellence in several categories, not just food quality. Points are awarded for sanitation, administration, general food service knowledge, the layout of the camp, maintenance, and procedures. They also meticulously evaluate food preparation, taste and temperature, nutrition, and service.

DoD to Troops: Tell Buddies about Stop-Loss Pay

With an Oct. 21 deadline approaching to apply for a \$500 monthly stop-loss allowance, the Defense Department appears to have exhausted most conventional means of trying to contact eligible veterans and is now asking current service members to get involved by calling any buddies who may be eligible.

http://www.armytimes.com/news/2010/08/military_stoploss_deadline_080610w/

What's in a Name?

Career Counselor
Sgt. 1st Class John Brower

When I first started in this field, we were known as CRTNCOs, or Center Retention NCOs. Then we were RTNCOs, or Retention/Transition NCOs. Now we are ARCCs--Army Reserve Career Counselors. To date, I guess that one fits us best, because it is, after all, what we do, which is to help Soldiers with their career life cycle management. Sounds like a canned statement, doesn't it? How about this one: Subject Matter Experts. That's how our current ARCD commander, Col. John Ilgon, likes to refer to us. That's a tough one to live up to, but it truly all boils down to this:

Soldiers don't care how much you know, unless you can first show Soldiers how much you care.

Leadership from the First Line Leader, to the Section Sergeant, to the Platoon Sergeant, to

the 1st Sergeant, to the Commander--that the LEADERSHIP, no matter what level, would show genuine, and sincere concern for the Soldier is what keeps our Army strong. The mutual support for one another, or what we call camaraderie, is the glue.

Regardless of how many titles, how many name changes, how many different patches you will wear on your uniform, the basic tenants of Soldier care do not change. If everyone embraced the idea that everyone else came first and me second, you would not need career counselors. There would be no need for the 79V MOS, because each and every one of you would be a career counselor in your own right. Am I right or wrong? So let me issue you all a challenge: Put me out of business.

For now, you are stuck with me. Please know that I am at your service. And that 'subject matter expert thing?' Sometimes I

feel more like a 'jack of all trades, master of none'. But know this: If I don't know an answer, I'll do my level best to find it, and I know my career counselor counterparts Army-wide will do the same. Things are constantly changing. I have the new Selected Reserve Incentive Program (bonus) list, dated 8 June, effective 1 July 2010. I said this before, and I'll say it again. If any Soldier begins a conversation with, 'I heard that...' stop them right there, and tell them, 'let's go find out the facts'. Get with your area ARCC, and get the straight stuff. Don't guess, and don't assume--get the correct info from your local career counselor. We are here to serve, just as your leadership is.

Sgt. 1st Class John Brower
Army Reserve Career Counselor
(515) 285-4692 x3107
john.brower@us.army.mil

Reclassification Opportunities

The 103rd Expeditionary Sustainment Command Staff Judge Advocate office has openings for 27D (Paralegal). If you are interested in reclassification into the JAG Corps as a paralegal, please contact Sgt. Shaundria Evans, 103rd ESC Chief Paralegal, at 515-285-4692, x 3017 or Capt. Everett McKeown, 103rd ESC SJA, at 515-285-4692, x 3038.

The open slots are:

SFC, 103D ESC, Des Moines, IA
SFC, 644th RSG, Ft. Snelling, MN
(x2) SSG, 89th SUS BDE, Wichita, KS
SPC, 89th SUS BDE, Wichita, KS
PFC/SPC, 326th RSG, Kansas City, KS
SPC/SGT, 649th RSG, Cedar Rapids, IA
SGT, 329th CSSB, Parsons, KS
SGT, 821st TC BN, Topeka, KS

POST-DEPLOYMENT YELLOW RIBBON:

Skills and Resources for Returning Soldiers and Their Families

Story and Photos by Sgt. Joe Villines, 103rd ESC Public Affairs



Brig. Gen. Frank A. Cippola, Deputy Commanding General of the 88th Regional Support Command in Ft. McCoy, Wis. presents True Patriot Awards to the children of the Soldiers that attended the Yellow Ribbon Event held June 11-13, 2010 in Schaumburg, Ill.

The Yellow Ribbon Reintegration Program (YRRP) takes aim at several issues over seven separate events to help Soldiers and their Families cope with the aftermath of deployments including coping with injuries, isolation, drug and alcohol abuse, depression, anger, estrangement and uneasiness in crowds.

The 88th Regional Support Command (RSC) hosted its YRRP for events 5, 6 & 7 in Schaumburg, Ill., June 11-13, 2010 for returning veterans from operations in Afghanistan and Iraq.

Bryan Taylor, Director of the Yellow Ribbon Reintegration Program for the 88th RSC since October of 2009, says "The Yellow Ribbon Reintegration Program was established in 2008 with the National Defense Act. It was stood up in response to the number of divorces, suicides, and substance abuse cases that were being identified with all Department of

Defense (DoD) Reserve forces as a result of the prolonged war."

Events 5, 6, & 7 of the program happen 30, 60, & 90 days, respectively after the Soldier is released from active duty, and includes informa-

"Civilians make 9,000 decisions a day; servicemembers make about 3,000..."

--Lt. Col. Cynthia Rasmussen, Psychological Director for the 88th Regional Support Command.

tion on current benefits and resources available to help overcome the challenges of reintegration. Events 1 & 2 are for Soldiers and their Families to start preparing them for separation; 3 & 4 are for Family only as a check-up and to prepare them for homecoming.

For Staff Sgt. Shawn Mason, an Information Technology Specialist who deployed to Iraq with the 326th Area Support Group from 2008-2009, the hardest part is trying to get over injuries so he can return to work as a heating and cooling specialist in the civilian world.

"I hurt my right shoulder on

the train-up to go to Iraq, and then in Iraq, I used it, but it was painful," said Mason, adding "At the Yellow Ribbon, I've had a lot of people help. It's been really nice because everybody seems to care about why you can't do the things you could do [before], and they really want to help out."

Mason is working with the Veterans Affairs (VA) representatives to get compensation benefits and with the Army for incapacitation pay while he heals.

For many, getting back into civilian life is difficult because as Taylor puts it, time stops at home when they leave, and picks up when they get home; meanwhile, home life continues forward.

A Soldier's life is also very structured. Downrange, the days tend to be routine.

"Civilians make 9,000 decisions a day; servicemembers make about 3,000—I didn't have to decide what I was going to wear today, how I was going to wear my hair, what kind of shoes I was going to wear.—All of those decisions were already made for me," said Lt. Col. Cynthia Rasmussen, the 88th Regional Support Command's Psychological Director, a mobilized Soldier at Ft. McCoy, Wis.

"You guys, civilian people, you've got to figure out when you get up, 'Am I going to wear my hair long? Am I going to put it up? Am I going to wear sandals? Am I going to wear shorts? Am I going to wear a nice tie? Is my wife going to dress me? What am I going to look like?'" said Rasmussen, adding, "Think about it once: Soldiers come home after four or five days at the [demobilization] site, take their uniform off, throw it under the bed or hang it in their closet, burn it, kick it, or whatever, and all the sudden, 'boom' you're a civilian and you've got make six thousand more decisions the next day when you wake up."

Returning veterans have a tendency to avoid crowds, and are

Story continues on page 22



Lt. Col. Laura J. Powell is a Reservist for the Army Sustainment Command, Army Reserve Element, which is a unit that supports the workers at Rock Island Arsenal in Illinois. Powell is a teacher at United Township High School in East Moline, Ill., where she also lives. She has been in the military 22 years, and has been teaching for 16. She attended the Yellow Ribbon Event held June 11-13, 2010 in Schaumburg, Ill. as part of a requirement for returning veterans. Powell talked with an Illinois state Veteran's Affairs (VA) and a "Troops to Teachers" representative to check into Post 9/11 GI Bill, to see what kind of educational benefits she could receive to further her education. According to Joan Ryan, a State of Illinois VA representative, Powell will most likely qualify for an \$8,000 grant and the Post 9/11 GI Bill since she has a year and some months of deployment time. "I didn't think I was eligible for anything. I had no knowledge that there might be some kind of a grant for teachers. I'm going to look into it!" said Powell.

often not trusting around people they don't know well, according to Rasmussen, and often don't feel comfortable unless they're with other servicemembers. "Being suspicious isolates you," she said.

There isn't any one issue that stands out for the Psychological and Behavioral Health Team. Transitioning veterans talk more about relationships, though there are usually other issues they are dealing with, which is why the YRRP brings Families in nearly all of the events. Word-of-mouth, phone calls, and visits to units combined with Yellow Ribbon events are how Rasmussen's team reaches the Soldiers.

"The Army has a lot of programs...the Yellow Ribbon program is a huge one, the Psychological Director program is huge, but I still think we have a lot to learn," said Rasmussen, adding "I'm working harder now than I was five years ago."

Mason attended Event 5 in Minneapolis in May of this year and said it was nice because there was information for spouses too. "That way, they incorporate your Family into everything...the Family is supposed to be entered into everything the military does, because, if not, the Family gets left out; that's not a good thing."

Another of many tools used to support Soldiers is the Military Family Life Consultant (MFLC) program, which is available for group and individual counseling at the events.

The DoD was noticing an emerging need to provide counseling and support to servicemembers to prevent personal and Family distress associated with increased deployments to contingency operations worldwide. The MFLC program is administered by the Military Health Network and employs licensed experts with Masters Degrees with a minimum of five years of experience in social work, counseling, or related clinical disciplines.

John Bassett, from Bellville, Ill., an MFLC Personal Financial Consultant with over 50 years of experience in the Financial Planning field, sees financial planning as one of the biggest problem facing our Soldiers.

"The thing that worried the command, as much as anything else, was that some of their better people were getting in bad debt trouble. There were all these credit cards coming in their mail, and they were getting in over their heads in debt. Some of them had to go bankrupt, which meant they had to get kicked out of the service, and they didn't want to lose them." The idea is to make this available so that people can help themselves, and avoid the traps," said Bassett.

Representatives from veterans service organizations, colleges, private business, VA, and other organizations such as Troops to Teachers gave their time to make Reserve Soldiers aware of the many benefits available to them.

Mason said this event is "helpful," but cautioned "You have to make it helpful; you can't just say 'Oh, I have to go.'"



Staff Sgt. Keith Kettenbach, a Mechanic for the 620th Combat Sustainment Support Battalion in St. Louis, Mo. and Chuck Corbin, a Department of the Army Civilian who works for Education Services for the 88th Regional Support Command, West Region, based in Seattle, Wash. go over the educational resources available to veterans at the Yellow Ribbon Event held June 11-13, 2010 in Schaumburg, Ill.

Scammers Target U.S. Military:

6 Scams You Must Know

JAG
Capt. Everett McKeown

By Katie Landan, News Editor/Producer at Fox News Channel
Information and quotes provided by: Holly Petraeus, director of the Better Business Bureau's military line (Gen. Petraeus' wife) and Christopher Grey, spokesman for the U.S. Army criminal investigators.

Online Dating Scams: These are the latest and most popular to hit the web. Scammers, usually out of Ghana or Nigeria steal identities of real soldiers on social networking sites like Facebook and Myspace and pose as military members. Others create identities off of British military members. After posting pictures and stories to popular dating sites, the scammers contact women. "People fall for the ploy, and some people are sending them money." Scammers ask for everything from laptop computers to money for airfare so they can fly back to the U.S. and visit the victims, most of whom are women.

Protest Scams: Not every online military scam is created for financial gain. Some scammers are contacting the families of military members by phone or e-mail and making false claims that their son or daughter is injured or wounded overseas. They sometimes ask for money for medical bills, but usually they are only contacting the family to scare them as an anti-war protest.

Craigslist Car Scam: Scammers are taking to Craigslist, offering too-good-to-be-true discounts on cars for military personnel. In some cases, the scammers claim they are military members about to be deployed and need to sell a vehicle fast. Similarly, others offer military members a special discount for serving their country. More disturbingly, the scammers are offering low-priced vehicles because a U.S. military member who died in combat owned the vehicle and the family wants to get rid of it fast. The Better Business Bureau (BBB) says scams like these usually require a wire transfer and promise free shipping. The description of the cars is lifted from auto sites, and typically you can Google the vehicle ID number, to determine whether it's a real deal or a hoax.

Military Loan Scams: Military members who have less than perfect credit are becoming victims of flashy offers that typically promise "up to 40% of your monthly take home pay," "same day cash," "no credit check," "all ranks approved." But these offers often up with sky-high interest rates that do more harm than good for military members. The BBB says that this scam involves the entire family of military members, so it can do years of damage to their financial security.

Terrorist Capture Scam: Some scammers claim to be military members fighting in Iraq or Afghanistan and who are faced with a tough decision -- they have either gained access to Saddam Hussein's secret fortune or have captured Usama bin Laden, and need your help. This scam preys on U.S. civilians who are looking to fight justice and maybe earn a little money in the process. Scammers say they have come across millions of dollars of Hussein's secret fortune but need a monetary advance in order to gain access to the money, and will give you a dividend when the cash is obtained. The BBB says that even though Saddam is dead, people are apt to believe that his wealth is still circulating somewhere out there. Other scammers claim they have captured bin Laden but need money to transport him, so that they can turn him over to authorities.

Housing Scams: Due to the nature of military service, those who serve and their families are forced to move from base to base around the country. Though the military often provides housing, some members are responsible for finding their own living arrangements, which scammers are fully aware of. Scammers go to Craigslist to target areas where they know military members will need housing. They lift the descriptions of legitimate rental properties and rewrite the post so it offers a special discount for military members. Depicting a too-good-to-be-true offer, they ask for a security deposit to be wired in advance to ensure their occupancy. But often, the individual or family arrives at the rental property only to find it already occupied.

The BBB outlines several tips to protect yourself from becoming a victim of military scams:

- Always research a company with the BBB before you hand over any money or personal information.
- Be sure to keep your computer protected by installing updated anti-virus software.
- Observe the golden rule of avoiding scams: if a deal sounds too good to be true, it probably is.

If you have found yourself a victim of a scam, you can file a complaint with the Better Business Bureau, the Federal Trade Commission or the FBI at www.ic3.gov.

SOLDIERS ON POINT



Soldiers from several units in the 103rd Expeditionary Sustainment Command spend their last day of Level 1 Combatives training with full-speed drills, using the skills they learned to neutralize a combatant, while their fellow students help keep the 'fight' on the mat for safety. (Photo by Spc. Christine Bernat, 203rd Public Affairs Detachment)

News and photos from the 103rd ESC:

Digital Imagery Distribution Hub
<http://www.dvidshub.net/units/103esc>

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366th Mobile Public Affairs Detachment
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