

Desert Voice

November 3, 2010



Lucky Warrior 2010

• The Army 10-Miler • Sgt. Maj. of The Army visit

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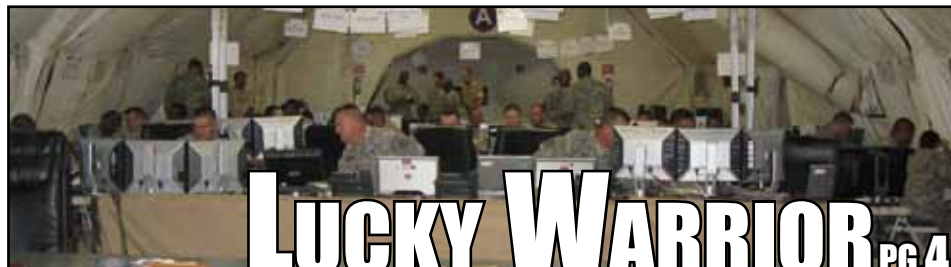
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Third Army Commanding General

Command Sgt. Maj. John D. Fourhman
Third Army Command Sgt. Maj.

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From the Top

To the Third Army/ARCENT Team,

During the Month of November we observe two important dates, traced back to World War I, that reaffirm the importance of Mission, People and Teamwork: Veterans Day and the Third Army Birthday. The foundation of Third Army's success, as ingrained in our past as it is relevant to our future, is our Soldiers working as a Team.

Soldiers. Nov. 11 marks our 91st observance of Veterans Day. Originally established as Armistice Day in 1919, marking the first anniversary of the signing of the armistice that ended World War I, this holiday evolved into a national day of appreciation for all U.S. veterans. Renamed as Veterans Day in 1954, this day honors America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good of our Nation.

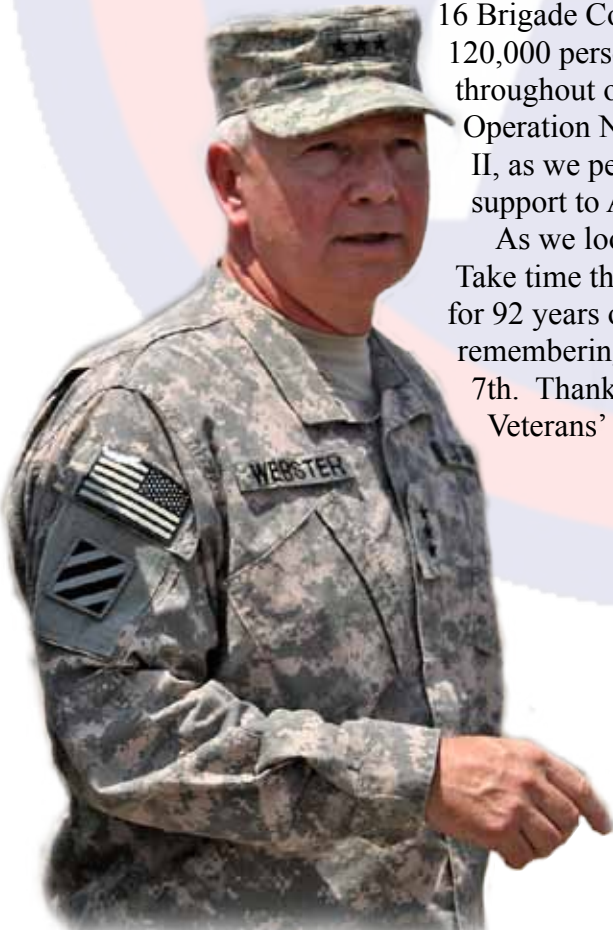
Teamwork. Since its inception, Third Army has etched its name in American history through two World Wars, Desert Shield/Desert Storm, Operation Enduring Freedom and Operation Iraqi Freedom. Activated in France Nov. 7, 1918, Third Army initially served as an army of occupation in post-war Germany. During the subsequent 92 years of our existence, Third Army has led America's fighting forces through combat in Europe and Southwest Asia. We celebrate Third Army's birthday Nov. 7, in recognition of the proud history of our team of teams.

Mission. Credited with seven wartime campaigns, Third Army has a distinguished history of mission accomplishment. We continue that success today as we refine our operational capabilities to be Ready Tonight, as demonstrated through our recent and successful exercises: Internal Look and Lucky Warrior. We're Shaping the Future by conducting Theater Security Cooperation events in 16 countries across Southwest and Central Asia. We Sustain the Fight as we support

16 Brigade Combat Teams, a ground force population of more than 120,000 personnel, and operations in Afghanistan, Iraq, Kuwait and throughout our area of responsibility. And we continue to carry out Operation Nickel II, the largest logistical operation since World War II, as we perform the Responsible Drawdown of Forces in Iraq and support to Afghanistan.

As we look to the future, we build upon the successes of our past. Take time this month to honor our history and to thank our veterans for 92 years of Mission success. Honor the legacy of our Team by remembering the 92nd birthday of our Third Army on November 7th. Thank and pay due respect to our People by recognizing Veterans' Day on November 11th.

Patton's Own!



William G. Webster
William G. Webster
Lieutenant General, US Army
Commanding General



Photo by Lt. Col. Jonathan Allen

Third Army Soldiers erect a DRASH, or deployable rapid assembly shelter, in support of Lucky Warrior 2010 at Camp Arifjan, Kuwait, Oct. 15. The DRASH can be erected in a single day and enhanced with communications equipment and logistics support allowing Third Army Soldiers to be prepared for contingency operations anywhere in U.S. Central Command's area of responsibility.

Third Army showcases its readiness at Lucky Warrior 2010

Story by
Pfc. Dan Rangel
Third Army Public Affairs

The Third Army team conducted an exercise at Camp Arifjan Oct. 16-19. The focus of the four-day mission was to ensure Third Army's ability to react to any possible situations within the U.S. Central Command area of responsibility.

The Lucky Warrior exercise has been conducted periodically throughout the years to maintain readiness for contingency operations throughout the Middle East.

"This exercise brings the team together and poises them for a mission-setting focus to gather intelligence, assessments, data and holistic information that is shared as a team," said Sgt. Maj. William Hayes, Third Army aviation sergeant major and native of Memphis, Tenn.

The focus is geared toward training the command-post staff to be ready

and effective if called.

"Lucky Warrior is an exercise designed to train the Third Army command post to conduct different contingency operations in our area of responsibility," said Col. Paul Humphreys, Third Army chief of future operations.

"These exercises ensure we are ready for real-world contingencies," Humphreys said. "The exercises we're going through right now identify tactics, techniques and procedures and battle drills that we could use in a real-world situation later on."

The Third Army team consists of more than Soldiers and has a joint-service structure.

"We have Soldiers, Sailors, Airmen and Marines," Humphreys said. "We also have Department of the Army Civilians. We also have contractors who are working with us."

Humphreys was pleased with the

results of the exercise.

"It's going very well," he said. "There's a lot of hard learning going on. We're feeling our way through some things at the same time we're building some strong relationships within the staff and our supporting units, which will enable us to get better each day."

Exercises of this type aren't expected to run flawlessly. Team members are expected to make mistakes and learn from them.

"The mistakes we make today we are correcting, and we're improving what we do so that we don't make the same mistakes again tomorrow," Humphreys said.

Third Army exercise leaders are also happy with their Soldiers performance.

"Our Soldiers did a great job ... I couldn't be prouder of them," said Maj. Tom Moran, the communications officer in charge for



Photo by Pfc. Dan Rangel

the contingency command outpost and native of Fairport, N.Y.

“We work together really well ... we were flexible to adapt to new changes,” Moran said. “Everybody had a really good attitude putting up the tents and running cables, so I declare it a success.”

Physically, the Lucky Warrior exercise has grown from being just a handful of tents in the desert to an intricate web of communications and operations cells linked together to form a first-class command post.

“I’ve been at Third Army for four years. I’ve been doing exercises for the last three,” said Chief Warrant Officer Christopher Crozier, a communications chief from Fairfield, Calif. “The command post has grown. It’s changed from what we used to have. We’ve gone from just the deployable, expandable shelters, which we’ve moved into the tent complex here now.”

Humphreys also expressed the significance of exercises like Lucky Warrior and just how relevant they are to real-world events.



Photo by Pfc. Dan Rangel

“I went through a Lucky Strike exercise back in 2002 we used to prepare for Operation Iraqi Freedom. We went through it in November of 2002 and in March of 2003 we were actually conducting real-world operations based on the exercise we

TOP: Third Army Soldiers work in the Command Operation Information Center at the Lucky Warrior at the 2010 Lucky Warrior training site, held in Camp Arifjan, Kuwait, Oct. 15. In the COIC it is every Soldier’s responsibility to take the information they receive from downrange and analyze it for the other sections.

LEFT: Third Army Commander, Lt. Gen. William G. Webster (left), sits next to Col. David Bishop, who serves as the Third Army chief of staff, and gives guidance to senior leadership during a rehearsal of concept (ROC) drill at the 2010 Lucky Warrior training site, held in Camp Arifjan, Kuwait, Oct. 15. The focus of the four-day mission was to ensure Third Army’s ability to react to any possible situations within the U.S. Central Command area of responsibility.

had done in November,” Humphreys said.

So what is the status of Third Army’s readiness?

“This command is ready to serve in this area for whatever the contingency might be,” Humphreys said.



CSB provides much needed contracting support in Pakistan

Photo by Staff Sgt. Andy Kin

U.S. Army Soldiers from the 16th Combat Aviation Brigade, Fort Wainwright, Alaska, arrive at Chaklala Air Force Base, Pakistan, aboard a C-17 Globemaster III aircraft in support of flood relief efforts Sept. 1. The 16th CAB also brought two UH-60 Blackhawk helicopters along with personnel.

Story by

Maj. Ryan E. Ocampo

408th Contracting Support Brigade

In July, disaster struck the people of Pakistan after heavy monsoon rains flooded the region and left thousands killed or injured and millions homeless. Within days, U.S. Forces were on the ground ready to help and ready to provide life-saving services and support.

This is the second time this year the Expeditionary Contracting Command has exercised its expeditionary capabilities in support of humanitarian relief efforts. The first response was to provide humanitarian assistance and disaster relief efforts in support of the earthquake in Haiti.

The 408th Contracting Support Brigade provides operational contracting support to Third Army and is designed to support Title 10 U.S. Forces and their contracting requirements in the U.S. Central Command's area of responsibility.

"This mission is the pinnacle event for Contingency Contracting Officers," said Col. Michael J. Rogers, who serves as the 408th



Photo by Staff Sgt. Wayne Gray

U.S. Marines from the 26th Marine Expeditionary Unit land a U.S. Marine CH-53E helicopter to drop off food to isolated Pakistanis in support of the Pakistan flood relief effort in Pano Aqil, Pakistan, Sept. 11.

CSB commander and Principle Assistant Responsible for Contracting –Southwest Asia. "It's a real-world contingency mission."

The 408th CSB was notified of the need for contracting support in Pakistan and deployed two CCOs to

the region within 48 hours, both from the Army Contracting Command – Kuwait offices at Camp Arifjan.

"This represents a new paradigm shift in the expeditionary nature of Army contracting, which provides Contingency Contracting Teams in



U.S. Army Soldiers from the 16th Combat Aviation Brigade, Ft. Wainwright, Alaska, arrive to Chaklala Air Force Base, Pakistan, aboard a C-17 Globemaster III aircraft in support of flood relief efforts, Sept. 1. The 16th CAB also brought two UH-60 Black Hawk helicopters along with personnel.

Photo by Staff Sgt. Andy Kin

response to contingency missions,” Rogers said.

U.S. military helicopters are currently operating out of Ghazi Airbase in northern Pakistan, Pano Aqil Air Base in southern Pakistan and Chaklala Airbase near Islamabad.

At the same time, U.S. military C-130 and C-17 cargo aircraft continue to provide airlift support to Pakistan, delivering relief supplies to multiple locations throughout the country including Skardu, Sukkur, Quetta, Jacobabad, Sharea Faisal and Gilgit.

The 408th CSB CCO team will continue to provide day-to-day sustainment support for the Soldiers, Sailors, Airmen and Marines, fulfilling vital humanitarian assistance support to Pakistan, during their initial entry into the region until which time the crisis response effort is complete.

“This initial response capability is vital to the Forces enabling HA efforts because units in support of crisis events rarely deploy with all their organic assets to sustain themselves,” Rogers said. “Essential resources such as food, water and hygiene maintenance, if not taken care of, can quickly incapacitate personnel and hinder the vital support they provide, making the unit operationally inefficient.”

The 408th CSB will continue to be on the leading edge of these missions in the future and continues to posture itself for full spectrum contract support by remaining focused, determined and Ready Tonight.



Photo by Staff Sgt. Wayne Gray

An aerial view of Pakistani flood survivors grouped together on an isolated road surrounded by flood water as U.S. Marine pilots from the 26th Marine Expeditionary Unit begin their approach to deliver food supplies in support of the Pakistan flood relief effort in Pano Aqil, Pakistan, Sept. 14.

CFC prepares kick off

Story and Photos by
Pfc. Dan Rangel
Third Army Public Affairs

Volunteer

Servicemembers began training for this year's Combined Federal Campaign during sessions held Sept. 24 and 25 throughout bases in Kuwait.

The CFC Overseas orchestrates the annual charity campaign among federal employees working abroad. Federal employees may choose from thousands of charities to give to through the CFC Overseas.

"It's all about personal choice. [Servicemembers] can direct the funds to exactly the charity they want their money to go," said Constance Baker, CFC Overseas deputy director.

This year's CFC



Constance Baker, CFC Overseas deputy director, conducts training for CFC Overseas volunteers at Camp Arifjan Sept. 25. This year's CFC Overseas campaign begins Oct. 4 then runs through Dec. 3.

Overseas campaign begins Oct. 4 and runs through Dec. 3. Volunteers intend to ask every Servicemember overseas to make an informed decision.

"The number one reason someone gives to charity is because they were asked," Baker said. "That is our mission. We want to give a 100 percent informed opportunity to give."

CFC Overseas recruits vast amounts of volunteers; in fact, organizers hope to have one volunteer (or keyperson, as they are known in the organization) for every 20 Servicemembers.

Having so many volunteers ensures that each Servicemembers' contact with the CFC Overseas is through someone they all ready know.

"It's a personal transaction. We want to keep it personal," Baker said.

Many volunteers are new to the CFC Overseas campaign but want to get involved with charity work.

"I'm motivated to help people in need and to contribute to a

good cause," said Capt. Sebastien Goillandeau, Third Army surgeon cell from Coahoma, Texas, who attended the training.

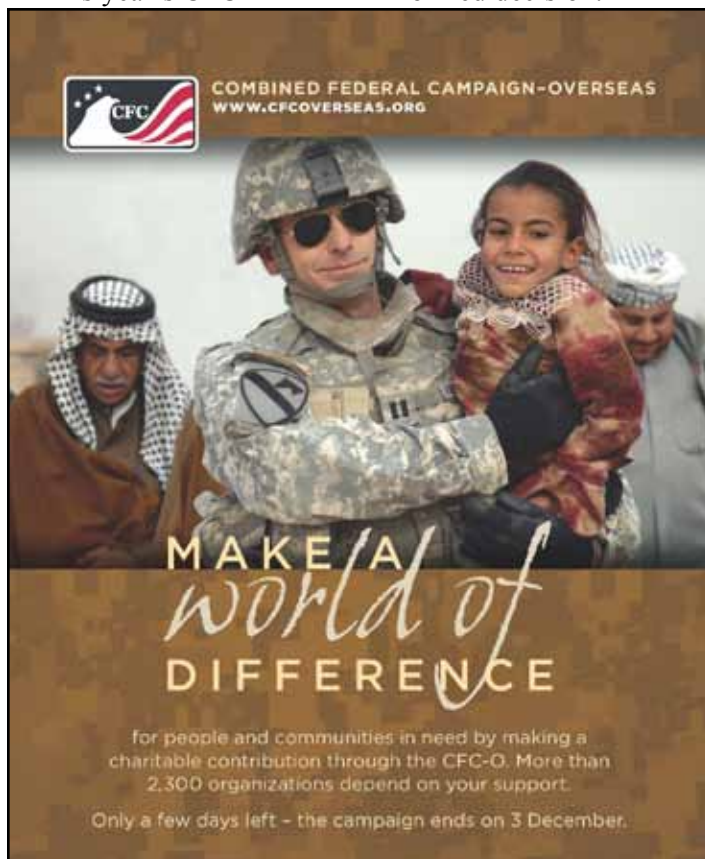
Some Servicemembers, such as Navy Petty Officer 1st Class Rene Barrera, an administrative support specialist at Kuwait Naval Base, are more experienced.

"I've been involved with CFC before," Barrera said. "It was great knowing how to touch peoples' lives and knowing that every little bit helps no matter how small the contribution."

Experienced or not, some volunteers are motivated to contribute to a good cause for very personal reasons.

"I participate because I have a Family Member affected by Multiple Sclerosis," said Staff Sgt. Lori Costello, an 1188 DDSB transportation control officer.

"I hope one day they find a cure," she said.





Sgt. Maj. of the Army Kenneth Preston addresses more than a thousand Third Army Soldiers during his visit to Camp Arifjan, Kuwait, Sept. 29.

Army's top NCO visits Third Army

*Story and Photos by
Sgt. M. Benjamin Gable
Third Army Public Affairs*

Sgt. Maj. of the Army Kenneth Preston climbed atop the trailer of a heavy equipment transporter to address hundreds of Third Army Soldiers who gathered as the sun set at Camp Arifjan, Kuwait, Sept. 29.

"We, as a fighting force, need to be 100 percent in all phases of preparedness," said Sgt. Maj. of the Army Preston. "There are Soldiers mobilized in war zones, but there's also Soldiers mobilized back home helping on the gulf coast, helping with border patrol and helping with the floods in Missouri," he said stressing the importance of preparedness at all times.

Sgt. Maj. of the Army Preston encouraged Third Army Soldiers to go online and take the Global Assessment Tool training which will help enhance preparedness.

According to Sgt. Maj. of the Army Preston, the training will allow Soldiers to become stronger by assessing their spiritual, emotional, physical, social and Family preparedness.

The Comprehensive Soldier Fitness program, a type of Soldier fitness tracker linked to the Global Assessment Tool, develops and institutes a holistic fitness program for Soldiers, Families, and

Department of the Army Civilians in order to enhance performance and build resilience.

Though he spent multiple hours addressing crowds of Soldiers, Sgt. Maj. of the Army Preston's main objective was to meet face-to-face with individual Third Army Soldiers.

The Army's top noncommissioned officer pinned new ranks on three Soldiers during a promotion ceremony with Alpha Company, 3rd Battalion, 43rd Air Defense Artillery Regiment. Sgt. Maj. of the Army Preston then had individual conversations with more than 50 Soldiers with the 1st Battalion, 124th Infantry Regiment. The 13th sergeant major of the Army asked questions ranging from missions to Family life and personal goals.

After meeting with both individual and groups of Soldiers, Sgt. Maj. of the Army Preston fielded questions from those in attendance.

According to one Third Army Soldier, this was a welcomed opportunity.

"It was a great experience for me to talk directly to 'the man,'" said Spc.



Sgt. Maj. of the Army Kenneth Preston participates in the promotion of Sgt. Jason Blanco, a native of Miami, Fla. and patriot missile launching station enhanced operator with Alpha Company, 3rd Battalion, 43rd Air Defense Artillery Regiment, during a promotion ceremony Sept. 29, at Camp Arifjan, Kuwait. The Army's top noncommissioned officer pinned three Third Army Soldiers during the ceremony.

Anthony Wilson, an infantryman with Delta Company, 2nd Battalion, 124th Infantry Regiment and a native of Orlando, Fla. "How many times in my career will I get a chance to do that?"

After each session, Sgt. Maj. of the Army Preston left the Third Army Troops with praise for the job they are doing in Kuwait with a lead role in the Responsible Drawdown in Iraq and its support of the increase of Troops and resources for Afghanistan.

"[Third Army Soldiers] have been the backbone of the operations, with all the services they have provided the Warfighter," said Sgt. Maj. of the Army Preston. "Third Army has been magnificent and the work is transparent to the American public."

Partial pavement

Deployed runners tackle



Runners turn the corner on a paved part of the Association of the United States Army Ten-Miler race course at Camp Buehring, Kuwait, Oct. 3. This year was the si

Story by
Natalie Cole

1st Theater Sustainment Command

Sand, rocks, broken pavement, heat. Runners conquered these and more at the Sixth Annual Association of the United States Army Ten-Miler race on Camp Buehring, Kuwait Oct. 3.

The desert version of the race offered deployed personnel who could not make it to the Ten-Miler in Washington, D.C., the opportunity to run – a timeless Army activity that is part of Soldiers' lives even when they are deployed. Volunteers from the military; Morale, Welfare and Recreation; the USO and Association of the United States Army all worked together to set up the event and provide runners water, fruit, T-Shirts and awards.

Runners of all ability levels came to Buehring from more than four camps in Kuwait. The race was a particularity fast one, as two runners, Capt. Elias Gonzalez and Capt. Robin Herndon, set camp records for male and female runners. Gonzalez, a member of the 53rd Infantry Brigade Combat Team, crossed the finish line in less than an hour at 59 minutes, 2 seconds. Herndon, who represented the Air Force, came in at 1:07.22.

While the speedsters stole the show, other runners set



Photo by Pfc. Daniel Rangel

Capt. Elias Gonzalez holds the finish-line tape after setting a camp record for fastest male runner in the Sixth Annual Association of the United States Army Ten-Miler race at Camp Buehring, Kuwait, Oct. 3. Gonzalez, a member of the 53rd Infantry Brigade Combat Team, crossed the finish line in less than an hour at 59 minutes, 2 seconds.

records of their own. Petty Officer 2nd Class Chris Esperti, a Navy Customs agent, said he trained his way up to the event, and the 10-mile distance was the final test.

"I've been running for about six, seven months. I got up to about eight miles a day, so this is my longest run for a race," he said. When asked his time, Esperti knew it to the second. "1 hour 15 minutes and 32 seconds. I missed third place in my age group by a minute."

Other runners took on the race without having completed an organized training plan. Staff Sgt. Alejandro Aguilar, from Madera, Calif., is a National Guard Soldier with the 1836th Transportation Company. He said he has run in Esprit de Corps and Battalion runs, but the Ten-Miler was his time to see what he was made of.

"I just heard about it, and I wanted to do it to see if I could still do it. I'm 39 years old, but I still have it in me," he said after the race. Aguilar crossed the finish line in 1:24.00. "It was painful," he said with a smile. He declared that he passed his personal test by finishing the race. "I'm not hurt, until tomorrow, anyway," he said.

Aguilar, who is a Border Patrol agent in his civilian career, said the desert course offered unexpected surprises.

...t? No problem: Army 10-Miler in Kuwait



...xth annual Ten-Miler in Kuwait and it gave Servicemembers from all services the opportunity to show their support for the AUSA.

Photo by Pfc. Dan Rangel

“There [were] a couple spots where it was kind of rocky and bumpy.... That was kind of unexpected. I know there were some tank trails back there where it was really bad so you had to find a good spot to trot along in,” said Aguilar, who has been deployed for six months.

The terrain was not too harsh to slow Aguilar down, however. “All in all, I think it was one of the better courses I’ve ran. There was only one major hill, I thought. To most people it probably wouldn’t be a hill, but to me it was. I think it was around the fifth mile where it popped up,” he said.

Aguilar laughed as he recounted his thoughts during the last mile of the race. “Honestly, I didn’t even know where the last mile was. I just looked at the water tower ‘cuz you knew when you saw that water tower that was basically where it was going to finish off.”

Other runners came to the Ten-Miler with a long resume of running experience and practice. Col. Jorge Klajnbart, deputy surgeon for Third Army, traveled from Camp Arifjan for the race. He placed second in the 50-plus age group with a time of 1:18.52.

An orthopedic surgeon, Klajnbart said he has been running for about 10 years. He said as he ran the last mile of the race,



Capt. Robin Herndon (middle) smiles as she accepts her award for fastest female runner in the Sixth Annual Association of the United States Army Ten-Miler race at Camp Buehring, Kuwait Oct. 3. Herndon set a camp record when she crossed the finish line in 1 hour 7 minutes 22 seconds.

Photo by Pfc. Dan Rangel

he thought “I can’t wait ‘till it’s over. I can’t wait to get sprinkled by the fire truck. But I felt good. I did. I ran it in under 80 minutes so that was my goal. I accomplished my goal.”

Klajnbart said the course - with its sand, rocks and dips - was all in the name of the desert run. “It was perfect. I loved it.” Although it is an Army event, the race had a good mix of runners, Klajnbart added. “It’s good to see Army, Air Force, everybody running together.”

Command Sgt. Maj. John

D. Fourhman, Third Army command sergeant major, ran the race in 1:16.04. He presented awards to the top-placing runners after the race. The desert Ten-Miler is an example of how Third Army encourages Soldiers to stay active in support of the mission and the physical aspect of Comprehensive Soldier Fitness.

“Events like this are fun, but the underlying thing that goes into this is personal fitness,” said Fourhman, who plans on running the Ten-Miler in Washington Oct. 24.

The event had a joint-service and civilian turn out of about 500, Fourhman said, adding that in the spirit of the Army race, “everyone left feeling Army strong.”



DA Civilians get familiarized with CBRNE

*Story and Photos by
Cpl. Ryan Hohman
Third Army Public Affairs*

Third Army operates from five locations within Kuwait to support the Warfighter, and they rely on the support of their Department of the Army Civilian employees for logistics and personnel support.

To ensure their safety, DA Civilians working for Third Army in Kuwait attended Chemical, Biological, Radiological, Nuclear, and high-yield explosive training at Camp Arifjan, Kuwait, Oct. 14.

The training provided DA Civilians the opportunity to become familiar with response measures in the event of a CBRNE attack, by allowing them to get a hands on experience with all of their gear and the procedures following a CBRNE attack.

“During this training our goal was to allow the people to become familiar with the 15 CBRNE tasks and their gear,” said Larry Smith, a CBRNE specialist with Area Support Group – Kuwait. “If something was to happen, it is important they know how to respond.”

During the training the DA Civilians were taught how to put on their masks and Joint Service Lightweight Integrated Suit Technology, how to decontaminate themselves and learned the different Mission-Oriented Protective Postures.

“A lot of these people have never been in the military, or they have been out for a long

time, so they’re not used to this training,” said Smith, a former Soldier.

The instructors took into account the lack of formal military training and familiarization the DA Civilians might have, and eased the participants into the training at the most basic level. The class was broken up in to four small groups with each group focusing on different tasks. Each group was then able to receive hands on training to better familiarize themselves with their gear.

“When we were in the Army, we taught crawl, walk and run phases when we trained Soldiers,” said Smith. “With our training today, we taught at a pre-crawl phase allowing them to get used to their equipment and give them an understanding of what would happen.”

This process allowed for the participants to feel comfortable with the training and helped them better understand how they can protect themselves.

“This is great information with all the instructors telling us step by step what to do in a chemical attack,” said James Canterbury, a senior enlisted manager with ASG-K. “As we began these classes a lot of people didn’t know how to put stuff on or were stuff went.”

At the end of the class, as the JLIST suits and gas masks were packed up and the participants returned to their normal duties, they were able to walk away knowing they will know what to do in case of a CBRNE attack.



TOP LEFT: Carolyn Hickman, a quality-assurance, supply-ammo specialist with the Defense Logistics Agency, puts on her Joint Service Lightweight Integrated Suit Technology during Chemical, Biological, Radiological, Nuclear, and high-yield explosive training at Camp Arifjan, Kuwait, Oct. 14.

TOP: Larry Smith, a CBRNE specialist with Area Support Group – Kuwait, instructs Department of the Army Civilian employees working in Kuwait on how to properly decontaminate themselves during the training.

LEFT: Carla Johnson (right), a contract specialist with the Department of Labor, assist Carolyn Hickman (left), in removing her JLIST during CBRNE training at Camp Arifjan, Kuwait, Oct. 14.

Sexual assaults in Kuwait decrease, courses having positive effect

Col. Robert Kay, who serves as the Human Resource Senior Director with Third Army, speaks with graduates of the Unit Victim Advocate and Deployed Sexual Assault Coordinator courses during their graduation ceremony at the Zone 1 Chapel, Camp Arifjan, Kuwait, Aug. 25. The courses are an extension of the I. A.M. (Intervene, Act, Motivate) Strong campaign, the Army's campaign to combat sexual assaults by informing all Soldiers how to prevent sexual assaults before they occur. Seventy-four Servicemembers from both the Army and Navy received their certificates during their ceremony.

*Story and Photo by
Sgt. M. Benjamin Gable
Third Army Public Affairs*

Seventy-four Servicemembers from both the Army and Navy received certificates for the Unit Victim Advocate and Deployed Sexual Assault Coordinator courses during a graduation ceremony held at the Zone 1 Chapel at Camp Arifjan, Kuwait, Sept. 25.

During the courses, Servicemembers learned awareness and prevention, reporting and response guidelines and victim advocacy. The courses these Servicemembers participated in ranged from Unit Victim Advocacy, or UVA, to Deployed Sexual Assault Response Coordinator, or DSARC. Upon completion of the courses, the graduates are qualified to help victims of sexual harassment and sexual assault.

"These courses, whether it's the forty-hour program or the eighty-hour program, are extremely important," said Sgt. 1st Class Ara Carter, equal opportunities operations and administration noncommissioned officer with Third Army. "Our subject-matter experts give the students a real-life picture of what they are dealing with and how they can best handle a situation."

While the courses lengths vary, the goal remains the same.

The goal of the UVA and DSAC courses is to ensure the trained Servicemembers have the information needed to aptly handle any reports of sexual harassment or sexual assault. These Servicemembers can then be the voice for the sexually assaulted. The training also stresses the importance of every sexual assault being reported.

This program is an extension of

the I. A.M. (Intervene, Act, Motivate) STRONG campaign. I. A.M. STRONG is the Army's campaign to combat sexual assaults by informing all Soldiers in how to prevent sexual assaults before they occur.

The program and courses being offered here are having a positive effect.

According to Carter, sexual assaults in Kuwait have decreased significantly over the previous year. The Sexual Assault Prevention and Awareness Training allow the UVA's and DSARC's to give victims the best possible support.

For further information on policy, prevention and training or the sexual assault prevention courses, you may contact the equal opportunity representative at 430-6867 or visit the official sexual harassment/assault response and prevention program at sexualassault.army.mil.



SHARP Program
Sexual Harassment / Assault Response & Prevention



I. A.M. STRONG
INTERVENE • ACT • MOTIVATE

Third Army food service looks to remain a cut above with healthy alternatives

Story and Photo by
Sgt. M. Benjamin Gable
Third Army Public Affairs

Third Army food service personnel and senior members of the food service management board from multiple countries participated in their quarterly meeting, which was held at the Zone 1 theater here, Oct. 20.

The main goal of the meeting was to provide a quarterly exchange of information for the food service leaders and receive updates on food services. The meeting focused primarily on ways to improve food quality and timeliness for Troops in the war zone.

But coordination wasn't the only item on the menu.

The group also discussed the new Army "Soldier Athlete" initiative program. The "Soldier Athlete" initiative is a new program that treats and trains Soldiers like athletes. This is a three-tier program that improves upon the physical readiness program by introducing the new Training Circular 3.22-20, places athletic trainers with initial military training in units to optimize training and begins the initiative that no longer "feeds" the Soldier, but rather "fuels" the Soldier by adding a menu cycle with healthier choices and low-fat or sugar-free alternatives.

And Third Army is meeting this challenge, even before many others.

"We've remained a year ahead of the power curb," said CW4 David J. Longstaff, Third Army command food advisor. "[Third Army] is beating 'big Army' to the punch."

With this foresight, Third Army will be implementing the changes to ensure healthier eating for its Servicemembers.

Longstaff is at the front of the line in ensuring Servicemembers throughout Third Army's area of operations have a variety of healthier alternatives. Some of those items will be baked goods in the place of fried, more milks and juices instead of sodas, whole grain pastas and breads and even more choices in fresh fruits.

Lasagna, for example, will be reformulated with better ingredients and



Capt. Steven Jackson, Third Army dietician, samples some of the healthier food choices Third Army is scheduled to introduce into menus during the quarterly food service management board meeting held at the Zone 1 theater at Camp Arifjan, Kuwait, Oct. 20. Third Army food service personnel and senior members of the food service management board from multiple countries discussed the new Army "Soldier Athlete" initiative program. Part of the program centers on the "Soldier Athlete" initiative that no longer "feeds" the Soldier, but rather "fuels" the Soldier by adding a menu cycle with healthier choices and low-fat or sugar-free alternatives.

have a vegetarian option and gravy bases will have less sodium than before.

All of these are part of ongoing processes set by Third Army food service personnel. Many of these items are already in circulation while others are expected to be appearing on menus in the coming months.

This eight-hour meeting is indicative of strides Third Army has made in recent years with the quality

of its food. The quarterly meeting also demonstrates what Third Army's food service leadership can do with continued coordination and fresh ideas to ensure its Servicemembers live a healthier lifestyle.

"We never want to take any food options away from Third Army Soldiers," said Longstaff. "But we do want to give them a lot of healthy alternatives to help them be more physically fit."

Show me the money:

Financial leaders come together to discuss lessons learned

Story and Photos by
Cpl. Ryan Hohman
Third Army Public Affairs

Whether in the mountains in Afghanistan or training the Iraqi Security Forces in Baghdad, Soldiers rely heavily on their equipment, training and living conditions.

Financial leaders throughout Kuwait, Iraq and Afghanistan attended a financial management conference at Camp Arifjan, Kuwait Oct. 28-29 to discuss lessons learned throughout fiscal year 2010, so they can continue effectively cutting cost transparency and responsibility throughout the Army.

“During the conference we will discuss what assets we have, that we are helping to meet the goal of ensuring commanders have what they need, but at the same time ensuring we are being good stewards to the taxpayers money,” said Brig. Gen. Robert McCaleb, who serves as the director of resource management for Third Army and host for the financial management conference.

The conference was able to act as a platform for discussion allowing the leaders to discuss their experiences from the field. This allowed the attendees to build plans to better shape the Third Army’s financial future by saving money but still getting the equipment and supplies to the Warfighter.

“We structured this conference to be at the end of the fiscal year 2010, so we could get everyone together and talk about what we have learned throughout the year,” said Brig. Gen. McCaleb. “This conference is a team building exercise so we come together to discuss what we can do to improve the Army’s audit ability in fiscal year 2011.”

During the conference the Honorable Mary S. Matiella, assistant secretary of the Army, financial management and comptroller, spoke with financial leaders in attendance to discuss the importance of ensuring



TOP: Brig. Gen. Robert McCaleb (top right), who serves as the director of resource management for Third Army, spoke with financial leaders throughout Iraq, Afghanistan and Kuwait at Camp Arifjan, Kuwait Oct. 28 and 29. Financial leaders attended the financial management conference hosted by Brig. Gen. McCaleb to discuss lessons learned throughout fiscal year 2010 with the goal to continue effectively cutting cost transparency and responsibility throughout the Army.

LEFT: The Honorable Mary S. Matiella, assistant secretary of the Army, financial management and comptroller, spoke with financial leaders during the financial management conference. She spoke with the attendees about the importance of ensuring their financial processes run as smoothly as possible so Third Army can sustain the force effectively, while conserving the cost and being accountable.

their financial processes run as smoothly as possible.

“We need to keep our ears open to requirements. What is it the Warfighter needs to make sure they can save lives?” said Matiella. “We need to ensure that the Warfighter gets what they need, not that you have contracted for it, not that you have planned for it, but that they get it.”

The leaders hope the conference will improve their processes of supporting the Warfighter.

“The Soldiers may not directly see the effects of the conference,” said Brig. Gen. McCaleb. “What they will see is the improvement of their equipment, training and living conditions.”

As the conference comes to a close, the financial leaders will be able to take what they have learned and not only shape Third Army’s future, but the Army as a whole, by sustaining the force effectively, while conserving the cost and being fiscally accountable.

Chaplain Corner

Story by
Chaplain (CPT) Vince Hokkanen
2-124 IN BN, 53rd IBCT

As we approach a new season, I think of the children back home who are imagining all the candy they will receive and the tricks they will play on each other. However, Halloween in the Christian tradition is about remembering the Saints who have gone before. Regardless of your theological or personal view of Halloween, it is a wonderful time to reflect upon the people of the past. Psalms 19:14 says, "Houses and riches are the inheritance of fathers." When I imagine the costumes, I think of the great leaders of ages past. Eisenhower, Moore, Kennedy, Reagan, Lincoln all have inspired in us the qualities and character that contribute to

being great American citizens.

Perhaps we should take this time of change in season and reflect upon whether or not we should make changes in our own lives. Naturally, we are very grateful for our families, husbands, wives, children, but we must never forget the hard work and inheritance that we receive from our own "fathers" and "mothers." All that we have in America was built upon the work of those that have gone before us and have paid for the freedoms we now enjoy. As we seek to benefit from this season of change, let us strive for excellence in all we do; let's allow ourselves to be inspired by the character and fortitude of those who have helped make our nation great and do our best to follow in their footsteps.



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You are Cordially Invited to Attend

The 160th Signal Brigade Change of Responsibility Ceremony

In Honor of

CSM Kenneth Stockton

And

CSM Gerald L. Tyce

"Forged in Fire"

DATE: NOVEMBER 18, 2010

PLACE: ZONE 1 GYM

TIME: 0900 hrs

RSVP: NLT NOVEMBER 6, 2010

D5N: 430-2202

COM: (011-965) 2-389-2202



Health Corner

Weight Gain – Insights to a Solution (Part 4 of 4)

Story by
Cpt. Steven Jackson, PhD, RD
Third Army Dietitian

Soldier weight control has become a major problem for the service. Recent articles have been my attempt to define this problem, as well as describe some things that can make weight loss easier for people. In this final article devoted specifically to weight management, the reader is now asked to think seriously about his or her values in life, with an eye toward identifying a personal goal.

Individuals should then ask themselves, “What motivates me to achieve this goal?” It’s important to realize that different people may have different types of motivations driving them to achieve their goals.

Unfortunately, dietitians and other healthcare providers often miss the boat by preaching to people about all the long-term health benefits of proper weight management. Simply knowing about a health benefit years down the road, generally does not motivate people to make

changes today. In other words, education does not necessarily equal behavior change. This is why each person must find his or her own personal driving force to make changes and to sustain those changes over time.

In order to find lasting motivation, it all comes back to the individual’s values, priorities and ambitions in life. The key to weight control is maintaining a mental link between one’s desired body weight and something else that is very important to that person. This mental

link could be somewhat related to future health, such as “If I keep my weight down, I’ll have more energy to keep up with my kids.” More often, however, the mental link relates to personal appearance (e.g., “...I’ll look so much better in my uniform...or swimsuit”) or physical ability (e.g., “...I’ll be able to run faster and longer without getting winded”). It’s important to keep goals and motivators freshly in mind on a daily basis. If the mental link is lost, it’s just too easy to fall back into old habits.

The Desert Vision is on the Command Information Channel

Find out what’s going on in all branches who serve Third Army by watching the Command Information Channel on your local broadcast station.

Emergency Numbers

911 Emergency DSN – 911/112
 From cell phone 2389-9911
 Camp Arifjan
 DSN 430-3160 / PMO 430-1343
 Arifjan Cell 6682-2120
 Camp Buehring
 DSN 438-3224 / PMO 438-3325
 Buehring Cell 9720-5396
 Camp Virginia Emergency DSN 832-9111
 Camp Virginia DSN 832-2559
 Virginia Cell 6705-9470
 LSA DSN 442-0189
 LSA Cell 6682-2467
 K-Crossing DSN 823-1327
 K-Crossing Cell 682-0095
 KCIA/APOD Cell 6706-0165
 SPOD DSN 825-1314
 SPOD Cell 9720-5982
 KNB DSN 839-1334

Just one Question? Why is it important to vote?



"I vote for our president because he's our Commander-in-Chief."

Petty Officer 2nd Class
 Chrystle Martinez
 Provost Marshal Office



"I think it's important that everyone has a say in who our leaders are."

Sgt. Mark Whitaker
 1st Theater Sustainment Command



"I think more people would be motivated to vote if they had someone to show them how."

Spc. Sharlene Christensen
 HHD 54th Signal Battalion



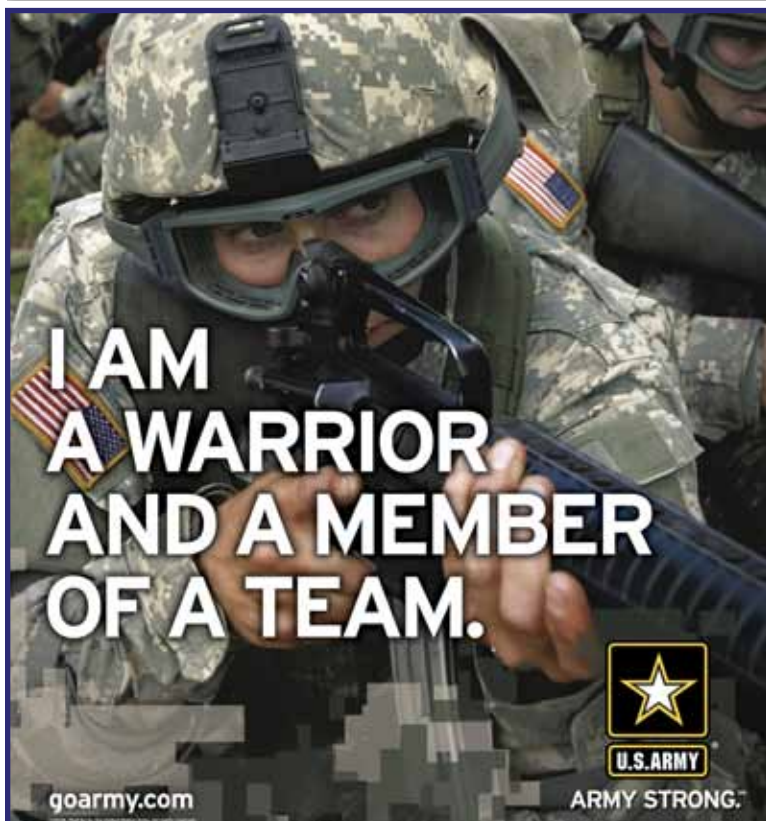
"We put people into office, so our vote matters. Getting people involved in politics, letting people know how important voting is can shape the future of our country."

Sgt. Theodore Martin
 HHD 54th Signal Battalion



"Make it easier. It's still a difficult process to get all the information you need for your state and send out your absentee ballot."

Air Force Airman 1st Class
 Justin D. Adkins
 386 COMSQUAD





**READY TONIGHT
SUSTAIN THE FIGHT
SHAPE THE FUTURE**