

Desert Voice

December 8, 2010



Ready to Fight Tonight

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Command Corner

Happy Holidays Third Army,

On December 19, 1944, General Patton issued the codeword “Nickel”, initiating Third Army’s counter-offensive in the Ardennes. The logistics of Patton’s maneuver – changing the direction of an Army from attacking to the east, to swinging 90 degrees to attack to the north – had never been done before. Third Army did it in three days.

Much like Patton’s Own during World War II, today’s Third Army remains forward deployed over the holiday season to support our Nation’s needs. Our Soldiers, Sailors, Marines and Airmen continue to perform our Nation’s hard work so that future generations have the opportunity to celebrate Hanukkah, Ashura, Christmas and other holidays in safety and security. The legacy of Patton’s Own persists as we remain engaged in Operation Nickel II, the largest logistical operation since the build-up for World War II. Our Mission of maintaining Readiness, Sustaining land forces, and Shaping the operational environment is as important to our Nation’s defense today as it was in 1944 Europe. Our tasks may have changed over the years, but our formula for success has not – Mission, People and Teamwork.

To all the Soldiers, fellow service-members and civilians of the Third Army / ARCENT Team, thank you for your outstanding Teamwork over the past year. Together, we will continue to accomplish our Mission in 2011 and beyond. Thank you for your service, especially during this time in which many of us are unable to be with our Families. We wish you and your loved ones the best. Have a safe and happy holiday season.

Hanukkah: The Jewish Festival of Lights (2-9 December)

Muharram: The Islamic New Year (7 December)

Bodhi (Rohatsu): The Buddhist celebration of the enlightenment of Buddha (8 December)

Ashura: The tenth day of Muharram, the Islamic New Year (16 December)

Christmas: The birth of Jesus (25 December)

Kwanzaa: A secular U.S. holiday honoring African heritage / culture (26 December-1 January)

New Year’s Eve: A popular and secular holiday (31 December)



Patton’s Own!


William G. Webster
Lieutenant General, US Army
Commanding General


John D. Fourhman
Command Sergeant Major, US Army
Command Sergeant Major

GRANITE SHIELD

Third Army Soldiers Improve Readiness through command exercises

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

“READY TO FIGHT TONIGHT” -- THAT’S THE POSTURE THIRD ARMY SOLDIERS ARE EXPECTED TO MAINTAIN AT ALL TIMES.

WHETHER IT IS REACTING TO INDIRECT FIRE, PROVIDING MEDICAL AID TO A FELLOW WARRIOR OR ACCURATELY FIRING A WEAPON SYSTEM, THIRD ARMY SOLDIERS ARE TRAINED AND READY TO EXECUTE ANY WARRIOR TASK OR SKILL AT A MOMENT’S NOTICE.



Lt. Gen. William G. Webster, Third Army commanding general, (right), listens as he is briefed during the Granite Shield overview in the command operations information center Dec. 3, at Camp Arifjan, Kuwait. Granite Shield is a new initiative which ensures Third Army is Ready to Fight Tonight.

In the command's latest push to ensure its Warriors are ready to react to any threat in its 20-country area of responsibility, Lt. Gen. William G. Webster, Third Army commanding general, gathered commanders and staff members at Camp Arifjan Dec. 4 and 5 for "Granite Shield Readiness Review."

Granite Shield pulls together under one name all of the things Soldiers and commanders are doing to be prepared for potential threats. It encompasses the readiness of individual Soldiers, Sailors, Airmen, Marines, Coast Guardsmen assigned to Third Army, collective training, leader training, cyber readiness, crisis response teams, command post readiness and other types of readiness. Sister services serving alongside Third Army in Kuwait also participated in the Granite Shield Readiness Review.

"We owe it to our Soldiers and to

the nation to ensure we are prepared for what our current and potential enemies may want to do to us," said Lt. Gen. Webster.

In addition to sustaining operations in Iraq and Afghanistan in support of Operations Enduring Freedom and New Dawn, Third Army has the mission of being able to provide support across the full spectrum of operations anywhere in the U.S. Central Command Area of Responsibility. In the result of any crisis in the region, Third Army is likely to be among the first responders.

In light of this important responsibility, Third Army strives to maintain its readiness.

Readiness and teamwork are the keys to success of any mission, according to Lt. Gen. Webster.

Readiness in all aspects will result in successful missions, said Lt. Gen. Webster. Emphasizing teamwork, he

also said, "If we build and maintain a strong team, I believe we can accomplish anything."

As teams and individuals, Third Army Soldiers continue to train and hone their skills every day through a combination of individual and collective tasks.

"Our strength as Third Army Soldiers and leaders is in our preparedness," said Sgt. Maj. William Hagzan, Third Army personnel and strength management sergeant major and native of Kings Park, New York.

"The training our Soldiers receive ensures they are ready to fight anywhere as an expeditionary force," he added.

At the conclusion of the Granite Shield conference, Third Army leaders were instructed to build on past successes and to push their Soldiers to greater heights in all aspects of readiness in the coming months.

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Granite Shield training

1. Command Post Readiness

Third Army's command post will continue its operational ability to provide accurate and timely information and process it to maintain the current operational picture. Third Army must ensure its ability to react to any possible situations within the U.S. Central Command area of responsibility. The chief of operations must routinely execute command center battle drills, release both operation and fragmented orders and messages in standard formats and establish tracking procedures for these actions, as well as serve as the storage area of information across the command.

2. Crisis Readiness

Third Army is able to respond to threats, natural disasters or requests for assistance throughout its area of operations. Third Army's security force will continue to conduct battle drills which prepare them to be able to deploy in platoon, company and battalion sized elements in response to these crises. Third Army's assault command post and contingency command post must be ready and able to tailor their capabilities to meet new requirements.

3. Small Unit Readiness

Commanders will continually

assess their unit's ability to operate proficiently at the lowest level. Without continual reinforcement of Soldier Readiness Checks, battle drills and a focus on small unit readiness, personnel turbulence can undermine unit readiness and Third Army's ability to effectively accomplish the mission. Small unit leaders' primary responsibility is to ensure their unit is ready to accomplish its wartime mission. The best way to accomplish this is to carry on tough, realistic training while maintaining a high level of unit readiness.

4. Cyber Readiness

Third Army's networks are probed continually by its adversaries. The first line of defense against these acts is the individual computer user. All Third Army computer users will therefore ensure completion of required information assurance training and adhere to safe computing practices. Third Army's commitment to protecting the cyber domain is absolute; therefore, the failure to comply will subject the user to removal from the network.

5. Leader and Training Assessments

Leaders must maintain the standard and prioritize

requirements to ensure Forces are Ready To Fight Tonight and continue to meet present and future contingencies. All leaders must know the standards and underlying doctrine. Leaders must ensure personnel within their command are trained and ready for potential threats. Continued development of leaders is crucial to a well functioning Army. For Soldiers to be able to follow orders immediately, they have to trust their leaders. Army leadership training creates commissioned and noncommissioned officers who know they are technically proficient, accomplish the mission and look out for their Soldiers.

6. Individual Readiness

Every Soldier, Airman, Sailor, Marine and Coast Guardsman must continue to maintain his or her personal readiness. They must be physically fit and competent with their weapons and warrior tasks. They must build on their knowledge of their tasks, conditions and standards of their jobs. Third Army Troops must know their job and how it contributes to the fight. They must also continue to master required battle drills to maintain confidence in their ability to perform during a crisis.



Third Army conducts force-readiness exercise

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

Third Army Soldiers conducted a mass-casualty exercise to ensure force readiness at Camp Arifjan Dec. 4.

The exercise scenario had a local-national employee, who was forced by insurgents holding the employee's family hostage, bring a notional bomb on camp with a fictitious vehicle. The exercise was a reaction to the detonation of the bomb, which hypothetically injured several Soldiers.

"We're here to help train the first responders in the event of an incident," said Sgt. Keith Campbell of Schnecksville Pa., a container-control officer for Headquarters and Headquarters Company, Area Support Group — Kuwait.

Campbell was one of several Soldiers who role played as casualties. The role players wore casualty cards and make up to imitate their wounds.

"These exercises let first responders make sure procedures are in place and that they know how to care for people so first responders feel a lot more comfortable when they get to the scene," Campbell said.

The exercise utilized several first responders, from civilian firefighters to military-dog handlers, all of whom appreciated the chance to hone and sharpen their skills.

"It's good practice," said Spc. Joseph Kaho of Fort Worth, Texas, a Soldier and role player with Headquarters and Headquarters Battery, 143rd Transportation Command.

"Being a role player you can see from the outside looking in what first responders would do," Kaho said. "The more we practice the more we'll be ready in the event of a real incident."

Campbell expressed what's at the heart of mass-casualty exercises such as this.

"We prepare for the worst and hope for the best," Campbell said. "But in the event we are attacked here our response will be second nature — muscle memory."



Spc. Joseph Kaho of Fort Worth, Texas, a Soldier with Headquarters and Headquarters Battery, 143rd, role plays during the mass-casualty exercise held at Camp Arifjan Dec. 4. Third Army Soldiers conducted the mass-casualty exercise to ensure force readiness. The exercise utilized several first responders, from civilian firefighters to military-dog handlers.



Under Secretary, Army Vice Chief of Staff tour Third Army



Photo by Sgt. Ryan Hohman

Top Left: Gen. Peter Chiarelli, who serves as the Army vice chief of staff, was shown retrograded equipment Third Army has processed from Iraq before it is sent to Afghanistan or back the U.S. during a tour of Camp Arifjan, Kuwait, Dec. 2. During the tour, Gen. Chiarelli was able to see how Third Army not only supports the war fighter but is a war-fighting headquarters by receiving hands on experience with different vehicles and state of the art satellite equipment used by Third Army. "What has impressed me the most is Third Army's emphasis on battle focus training, while at the same time continuing the day to day mission here," said Gen. Chiarelli. "It is a true testament to a command who knows what its doing."

Right: Lt. Gen. William G. Webster (right), commanding general of Third Army, leads the Honorable Joseph W. Westphal (left), who serves as the under secretary of the United States Army, on a tour of Camp Arifjan, Kuwait, Dec. 2. "Coming here and seeing how Third Army continues its mission while at the same time preparing for any mission that might arise is truly impressive," said the Hon. Westphal.

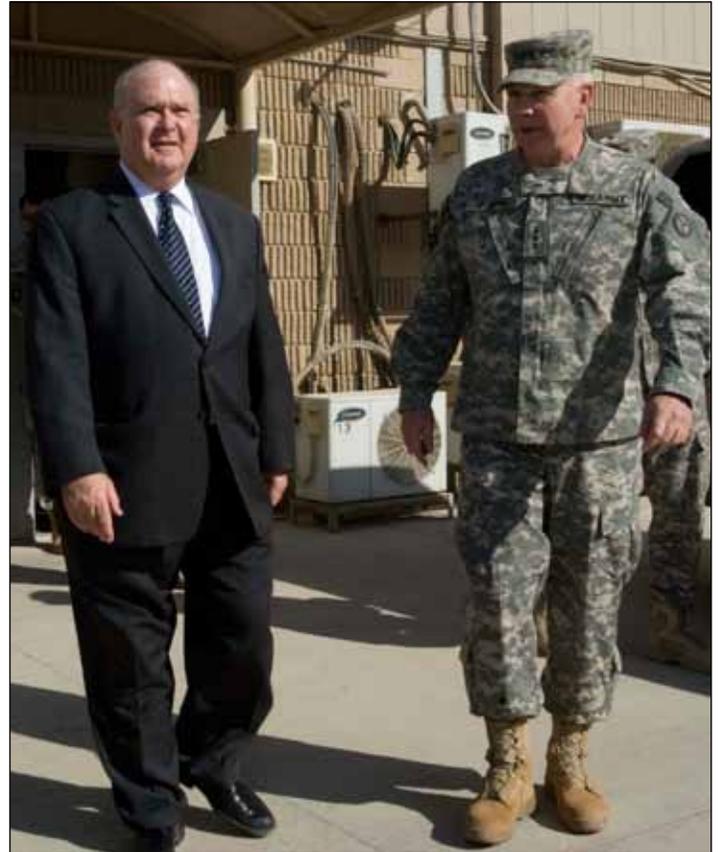


Photo by Sgt. M. Benjamin Gable

A breath of fresh air: MAAMS ensures clean air for Servicemembers

*Story and Photo by
Sgt. Ryan Hohman
Third Army Public Affairs*

Servicemembers working at the Port Ashuiba industrial area act as the life line to the front line by shipping supplies in and out of Kuwait by boat 24-hours a day.

To ensure the air quality in the surrounding area is safe for Servicemembers, the U.S. Army Public Health Command operates a Mobile Ambient Air Monitoring Station at the Sea Port of Demarcation, Kuwait.

"We use the MAAMS to ensure satisfactory air quality for our Soldiers in the high industrial area," said Maj. Khalid Chaudhry, who serves as the force health protection officer with the 3rd Medical Deployment Command Support. "With so much manufacturing in the area, we want to make sure it is a safe environment for our Servicemembers."

The MAAMS ensures the air the



Terra Murphy, a civilian environmental scientist with the U.S. Army Public Health Command, checks the air monitors on top of the Mobile Ambient Air Monitoring Station at the Sea Port of Demarcation, Kuwait.

Servicemembers breath is safe.

"The MAAMS allows us to sample the air for pollutants," said John

Cepis, an environment protection specialist with the U.S. Army Public Health Command. "It collects the dust particles in the air. With the raw data we can look at the wind speed and direction, temperature and humidity as well as the contents in the air."

The data collected from the MAAMS is not only used to monitor the current air quality but it is processed to determine long-term effects of the air as well.

"All the data we collect is stored in a global network," said Cepis. "If Soldiers get sick in the future, we can look back at this site and assess what kind of exposures could have lead to their illness."

Monitoring air quality is crucial to ensuring Third Army Servicemembers are working in a safe environment.

"The MAAMS is important because it allows us to take care of our Soldiers' health," said Cepis. "We can make sure that the air they breathe as they work will not make them sick."

Sustainment Soldiers in southern Afghanistan unite, work around the clock to tackle holiday mail surge

Story and Photos by
Natalie Cole

1st Theater Sustainment Command
Public Affairs

For most in the U.S., the holiday season brings time to celebrate and reconnect with loved ones. However, for Soldiers and civilians working Army postal operations in southern Afghanistan, the holiday season brings a two-month long deluge of packages, cards, and letters averaging 70,000 pounds a day and peaking at 125,000 pounds a day.

Known as the holiday mail surge, the influx of packages sent to deployed areas happens each year from November 1 to January 1, explained 1st Lt. Jennifer Yurk, the 1st Theater Sustainment Command-Kuwait officer in charge of the Postal Assessment and Assistance Team for Afghanistan.

Postal teams have projected the 2010 holiday mail surge will bring an approximately 250 percent increase in the volume of mail coming into Afghanistan, said Yurk. Bagram Air Field in the North receives more than half of the influx, while Kandahar Airfield takes in the other portion of the surge.

During the regular season, mail is more of a mid-level priority for many leaders, who are typically focused on procuring the food, ammunition, and equipment - the beans and bullets - needed to complete their missions, said Maj. Todd Smith, Human Resources Operations officer in charge for the 184th Expeditionary Sustainment Command.

However, once November hits, Smith said the mail and Army Post Office operations climb the list of many leaders' priorities. "We know, during this time period, we're a hot item. We're a hot commodity. If anything goes wrong, (leaders) know it," said Smith, from Petal, Miss.

The 184th ESC is a Mississippi National Guard unit that assumed responsibility for the Joint Sustainment Command - Afghanistan in October. As part of their mission, the 184th ESC oversees Army postal operations in southern Afghanistan with support from



Soldiers and a civilian with the 328th Human Resources Company stand on top of pallets as they sort packages at the Army Post Office on Kandahar Air Field, Thanksgiving Day, Nov. 25.

the 43rd Sustainment Brigade out of Fort Carson, Colo.

The 184th ESC and the 43rd SB on KAF receive hands-on support from civilians and active duty and Reserve Soldiers with the 328th Human Resources Company. Personnel with the 328th HRC receive and sort the mail at the KAF APO, the site where all the mail for southern Afghanistan comes before being sent out to forward operating bases or being distributed to units in Kandahar.

To help the JSC-A tackle the holiday mail surge, the 1st TSC volunteered to send in some reinforcements from Kuwait to help pitch and sort mail alongside personnel with the 328th and other augmentees that came from units within Afghanistan.

"We got the augmentees in from the 1st TSC, we've gotten the local military augmentees, we've adjusted the contracts to provide more contract

personnel. We've worked with the 1st TSC to procure additional supplies: packing tape, bubble wrap," said 2nd Lt. Bryan Rushing, Postal Operations officer in charge for the 184th ESC.

Such collaboration of sustainment units within the theater is vital to delivering holiday packages to the tens of thousands of Soldiers in the region, Smith added.

The planning for the transportation, delivery, security, and manpower needed to handle the holiday mail surge starts in May each year, with adjustments made along the way. Smith, who was a high school football coach for 15 years before joining the Active Guard Reserve, likened holiday mail planning to Football season. "We're in the playoffs right now. This is our play off-season. Once January, February gets here, we'll be in preseason until the next season."

Because the 184th arrived in



Spc. Carlos Caballero, 1st Sustainment Brigade, 1st Theater Sustainment Command, hustles as he sorts a holiday package at the Army Post Office on Kandahar Air Field, Thanksgiving Day, Nov. 25.

Kandahar in October, Smith said much of the holiday mail plans were already in place. “Once we got here, we had to make a lot of adjustments to that plan based on some of Rushing’s analysis and different changes like the extra zip codes that were added, the extra locations where mail is coming in. So we had to take that holiday plan and adjust it to fit what’s going on in the theater right now,” he explained.

Rushing, from Madison, Miss., described himself as a planner by nature and said he enjoys figuring out ways to adapt to the changes that influence the delivery of holiday mail.

Spc. Carlos Caballero, with the 1st Sustainment Brigade, 1st TSC, volunteered to travel from Camp Arifjan, Kuwait to the APO in Kandahar to sort the heaps of mail in the APO yard. From Phoenix, Az., Caballero said he wanted to help sort mail during the busiest time of the year “just to get a new experience; to try something new.”

Personnel with the 328th HRC do much of the holiday mail sorting during brisk afternoons in an outdoor lot amidst dust clouds and the beeps of oversized forklifts that bring in a steady stream of pallets stacked 8-feet high with packages. As each pallet hits the ground, the postal personnel hustle to break open the pallet and start tossing and sorting the packages into the appropriate bins, which are marked for different Forward Operating Bases and units in Kandahar.

“It takes a little getting used to, just to know where everything kind of goes, how the operation is run,” Caballero said about joining in the hustle and bustle. “You just gotta really get used to where everything is at because everything is well organized, has its set places, but the personnel here - whether it’s the civilian or the military side - they’ll help you out.”

In addition to working long hours and exerting the energy to heave large boxes into bins, certain augmentees and permanent personnel at the Kandahar Army Post Office face risks as they leave the security of the base to escort packages, according to Yurk.

“APO workers help in their own way to provide that holiday cheer to the Soldiers ... (by) getting out to these forward operating bases. A lot of the postal workers actually have to go out from their bases and escort any accountable mail to drop it off at these bases that are out in the middle of nowhere, so they’re facing a little bit of danger to deliver that package out to them,” she said.

While there are shops and Post Exchanges where personnel can buy necessities and even souvenirs in Kandahar, those at FOBs do not have such shopping opportunities, making holiday packages a welcome sight. Additionally, even for personnel who have access to shopping facilities, mail from home has an unbeatable personal quality, Smith said.

“For me, for instance, it’s a lot different just going and buying yourself something at the PX versus opening a package that came from your wife or your mother. There’s not only the things that you need – snacks, shaving cream, stuff like that. There’s also the sentimental reasons: Your wife at home or kids at home are taking care of you,” said Smith, who said he recently received his holiday packages in the mail.

“And you also get schools that will send you care packages, so it makes the Soldiers feel good whenever they get something from a school, a city, or a local church that (shows) ‘hey we’re there, we’re supporting you, we want to do anything we can to help (make) your life a little bit easier while you’re here.’ It’s more of a sentimental thing. I know it is for me,” he said.

In addition to the sentiment, holiday and care packages contain necessities that can quickly sell out on crowded bases, Rushing said. “There are things you can’t get here that people do ship to you. For example, I mean, they’re always running out of shaving cream or whatever, so those kinds of things you can get from home that you can’t necessarily get here. Even though they do have things here, you can’t get everything here,” Rushing added.

With thousands of packages containing holiday goodies and coveted necessities circulating on planes, on pallets, in convoys, and in a post offices, everyone working in postal office this time of year has to stay focused to survive the push.

“The motivational factor for me (is) to support the troops. They may have their beans and their bullets, but if their mind is worried about how their family is doing back home or if they haven’t heard from their Family back home, emotionally, they cannot do their mission as well,” Smith said.

“But if they’re getting those letters, cards, packages from their Family, it makes them feel better. It connects them to home. It gives them that motivation to work harder that day and achieve the ultimate goal which is to go home safely,” Smith said. “So I feel like we play an important role in that factor of getting the Soldiers emotionally ... fit like they should be to be able to carry out their mission.”



The WTP: Making the way home easier

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

As Sailors head home after six-to-12 month deployments from Iraq and Afghanistan, they are faced with a difficult transition from a war zone to their Families.

The Warrior Transition Program at Camp Arifjan, Kuwait, assists in the Sailors' transitions by gathering their gear and weapons and providing them with emotional support.

"We try to make everything easier for them by taking their weapon and all of their gear and ship it home for them," said Navy Petty Officer 2nd Class Nnamdi Emenogu, a Gardina, Calif. native who serves as an aviation boat's mate handler with the WTP. "It takes a lot of the burden from them because they don't have to fly with their gear because we do all the work for them."

As Sailors take part in this process, they often express their joy of handing



Petty Officer 3rd Class Eric Blondeaux, who serves as a cruise lodge technician dumps his gear on a table to get rid of it before he heads home from Bagram, Afghanistan.

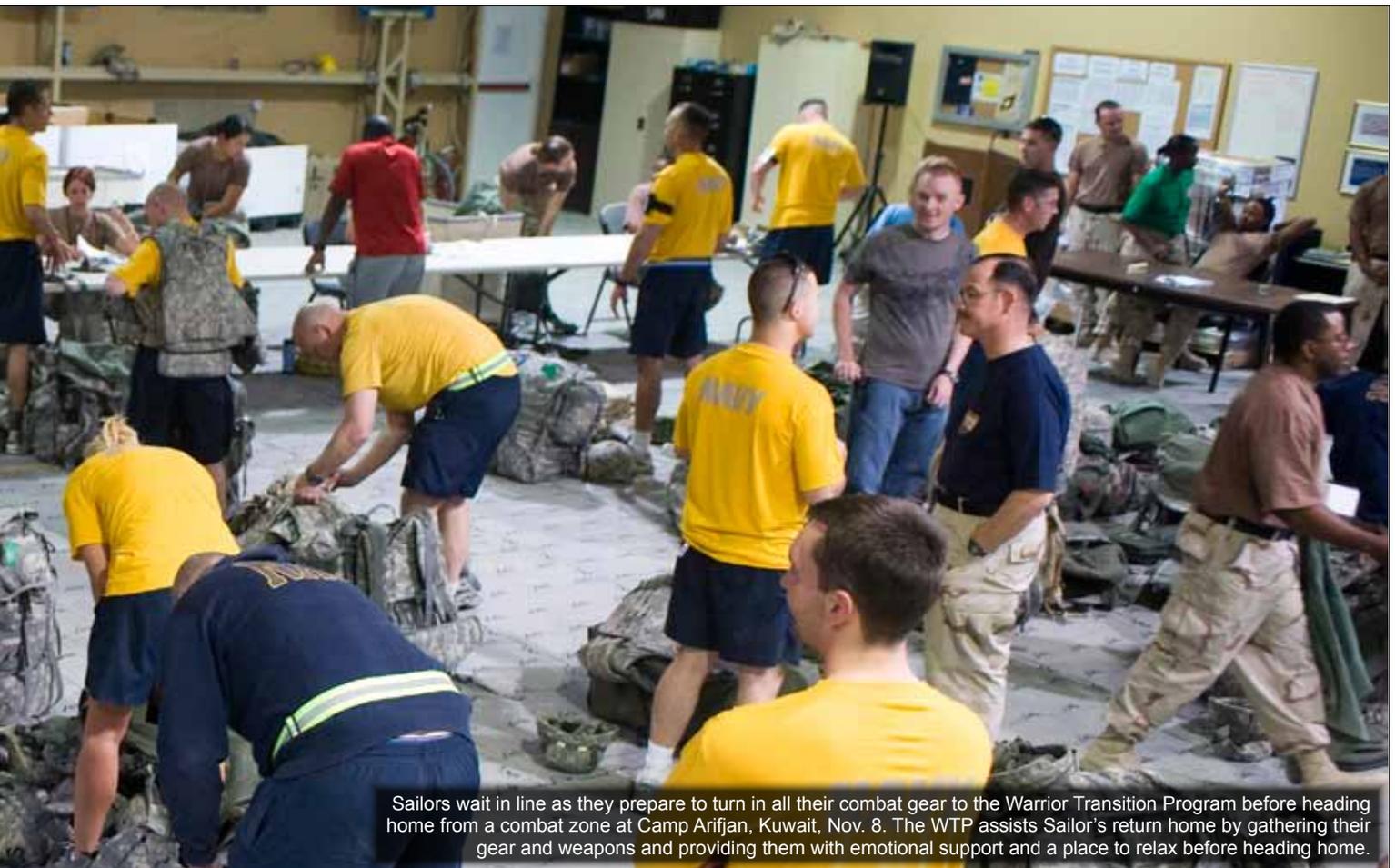
off all their gear.

"This whole process of getting rid of all my gear feels liberating," said Petty Officer 3rd Class Eric Blondeaux, a Cleveland, Ohio native, who serves as a cruise lodge technician and is heading home from

Bagram, Afghanistan. "I can't wait to get back to the States."

The WTP not only tries to lighten the physical load of the Sailor but the emotional one as well.

"One way we help Sailors is by offering workshops where we



Sailors wait in line as they prepare to turn in all their combat gear to the Warrior Transition Program before heading home from a combat zone at Camp Arifjan, Kuwait, Nov. 8. The WTP assists Sailor's return home by gathering their gear and weapons and providing them with emotional support and a place to relax before heading home.

focus on combat operational stress control and reintegrating Sailors back with their Families,” said Navy Commander Anthony Wright, who serves as the commander for the WTP.

This is designed to assist Sailors in the short time frame they face between a combat zone and being back home with their Families.

“We learned a lot from Vietnam,” Wright said of past conflicts. “They came out of the jungle, got on an airplane and their heads were still spinning. Mentally, we try and get them to unburden themselves so when they go back to their Families and loved ones they can be in a much better place.”

The WTP offers presentations by care teams made up of chaplains and trained psychiatrists to assist in the Sailors’ reintegration process from a combat zone.

“Sailors are grouped by rank and like experiences, so they are able to talk about what they have been through together,” said Wright. “Our goal here is to help put them in a better place mentally before they go



Petty Officer 2nd Class Leslie Rodriguez (left) and Petty Officer 2nd Class Jan Baker (right), both logistics specialists with the Warrior Transition Program, take accountability of a Sailor’s combat gear home.”

The WTP not only provides a presentation to assist in the Sailors return home but a place to relax.

“We have our own [Moral, Welfare and Recreation center] filled with video games and movies that offer the Sailors a chance to sit back and relax,” said Wright.

The services provided by the WTP provides a way for the Sailors to continue to Sustain the Fight by making the transition home a simpler process.

“I feel the Navy makes a very serious effort here to let them know they care about them, as both Sailors and individuals,” said Wright.

Third Army encourages Soldiers to make Shaw move 'a priority'

Story and Photo by

Pfc. Dan Rangel

Third Army Public Affairs

Third Army Soldiers and Families have begun preparations for the closure of Fort McPherson, Ga. Sept. 15, 2011.

Spc. Valeria Tikhonova, a Third Army video-teleconference scheduler from Homestead, Fla., expressed her concerns with the move.

"I'm most concerned with good schools and good areas to live for my 10-year-old daughter," Tikhonova said.

Tikhonova is also concerned about her husband.

"My husband has a job as a [Department of Defense] Civilian. If he can get another job, I will be happy."

Tikhonova, who holds a master's degree in Criminal Justice from American Military University, also wonders about the education opportunities near Shaw AFB so that she may complete her doctorate.

Third Army operations are scheduled to continue uninterrupted throughout the next year while relocating to Shaw Air Force Base, S.C.

"Soldiers need to start thinking of it as a priority right now," said Sgt. Maj. David White, office of strategic relocation sergeant major. "The timeline is shrinking, and before you know it, May will be here, and that first migration is going to move."

The movement to Shaw is in compliance with the 2005 Base Realignment and Closure requirements; therefore, senior Third Army leaders have prepared a detailed plan to keep their Soldiers and Families informed.

"We want everyone to be informed. That's what we're here for," said Sgt. Maj. William Hagzan, personnel and manpower sergeant major for Third Army.

"If Soldiers have a question, they need to come and ask us," Sgt. Maj. Hagzan said. "I can tell you what the plan is."

Some Army Families have already made the move.

"We absolutely love it here," said Staff Sgt. Jimmy S. Blackwell, noncommissioned officer in charge of operations for Headquarters and Headquarters Company, Third Army.

"The people are so friendly and the community has gone out of their way to ensure all our needs are met," Blackwell said. "What we like most is the small, home-town



Sgt. Maj. David White, office of strategic relocation sergeant major, speaks during the Sept. 30 brief at Camp Arifjan, Kuwait to Third Army senior leaders about movement from Fort McPherson, Ga. to Shaw Air Force Base, S.C. Informing Soldiers and leaders ensures they will meet the challenge of continuing the Third Army mission during its strategic relocation.

atmosphere. It reminds me of where I grew up. We are planning on retiring here next year."

Relocation tasks will be organized into four phases – shaping, pre-move, capability migrations and closure.

Shaping, closure and pre-move tasks will primarily involve Third Army leaders at the office of strategic relocation.

Movement will be organized into a torch party, advance party, a main body of four capability migration windows and a trail party.

Most Soldiers will execute movement during

the capability migration windows.

Shaping is scheduled from Aug. to Nov. of this year. Pre-move operations are in place now and are scheduled to continue through April, 2011. Capability migrations are scheduled from May through Aug. Closure activities are scheduled from June through Oct., and the trail party is scheduled to move from Aug. to Sept.

Specific activities will be more defined when the migration windows draw closer.

Third Army leaders expect every one of their Soldiers to be a part of the move — even Soldiers who will be moving to somewhere other than Shaw AFB.

"Every Third Army Soldier will be going," Sgt. Maj. White said.

He has guidance even for those leaving Third Army.

"You've still got to do transportation," Sgt. Maj. White said. "They need to start thinking about getting in a mind frame of 'PCSing' [Permanent Change of Station] somewhere right now. It may not be to Shaw, but you're going somewhere."

Sgt. Maj. White also has guidance for Third Army leaders.

"We want directors to put the right people in the right migration windows at the right time," Sgt. Maj. White said. "Take care of all Soldier problems and issues, so that Soldiers show up to work ready to go, with a clear head and a clear mind, knowing that if the Soldier has a Family, that the Soldier's Family is taken care of."

Soldiers and Families can call DSN 367-1938 or 404-464-1938 commercial for more information. They may also e-mail Sgt. Maj. Hagzan at william.hagzan@arcent.army.mil.

Arifjan Articulators build their skills

Story and Photo by
Sgt. Ryan Hohman
Third Army Public Affairs

For many people, the thought of standing in front of a large group and delivering a speech brings anxiety. But for Toastmasters across the world, the thought brings nothing but joy.

Calling themselves the Arifjan Articulators, Servicemembers and Civilians at Camp Arifjan, Kuwait, meet every Monday at the Education Center to take part in the weekly local Toastmasters meeting.

“Toastmasters is a worldwide organization. Its mission is to teach people to be able to speak in front of a large audience,” said Lester Berry, who serves as the Arifjan Articulators club president. “We do that by preparing written speeches on different subjects.”

Every week the members are given a topic to talk about. They are given a week to prepare their speech and present it at the next meeting. Once the members present their speeches to the club, they are judged and given pointers on how to improve for next week.

“We have a wide range of military personnel and civilian contractors. We use their experience to try and teach



Avery Goss, a Lithonia, Ga., native, who serves as the senior logistics planner with Third Army and a member of the Arifjan Articulators, gives a speech during the weekly Monday night meeting.

individuals how to become eloquent speakers,” said Berry. “We are not here to beat anyone up. We are here to learn from each other.”

Members of the club are able to take the advice they are given to build their own confidence.

“Toastmasters has made me a better communicator. I am able to plan and work out speeches ahead of time, as well as think quickly on my feet,

and just be ready to talk about any topic,” said Avery Goss, a Lithonia, Ga., native, who serves as the senior logistics planner with Third Army, and a member of the Arifjan Articulators.

Goss, who has been a club member for two months, has been able to use this confidence in his everyday life.

“When I am prepping briefings, I often times have to go in and talk to senior leadership,” he said. “I am now able to go in there and present my ideas in a clear and efficient manner.”

Building its members’ confidence is the main goal of the Toastmasters.

“Becoming a part of Toastmasters you will be able to speak confidently, fluently and with authority without having a fear of speaking in front of an audience,” said Berry.

As members of the Toastmasters continue to come together and build their skills and friendships, they look forward to more people coming together to take part in their meetings.

“If you are a young Soldier, and you come to our meeting, you will learn how to better articulate your thoughts, and we can give you the skills that will help you in everyday life,” said Berry.

The Arifjan Articulators look forward to new members joining their club every Monday at 7 p.m. in room 112 at the Education Center at Camp Arifjan, Kuwait.

U.S. ARMY

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Turkey in the desert? You bet!

Story and Photo by
Lt. Col. Catie Morelle-Oliveira
1st Theater Sustainment Command
Public Affairs

The smiles almost outshone the holiday décor in this small dining facility in the desert, Nov. 25. Although the sun was shining, one could almost feel a cool, fall-like breeze as dozens of Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and civilians waited patiently in line for their Thanksgiving meal.

Anticipation was high and hunger rampant amid holiday cheer. Mellisha Thompson, budget analyst, G8, 1st Theater Sustainment Command, said she and her friends were minutes away from satisfaction. "We've been waiting about 20-30 minutes and we're ready!"

"It was worth the wait," said Mike Morgan, a cost analyst with the 1st TSC. He said the dining team outdid themselves with the food and decorations and that his 20-minute wait didn't diminish the overall effect at all.

Diners entered the autumn colored hall, complete with ice sculptures and an impressive array of complicated melon carvings. Senior officers served the multitudes, all under the watchful eyes of the dining team.

The menu offered cranberry juice cocktail, shrimp cocktail, spicy vegetable soup with oyster crackers, roast turkey with gravy, carved ham with raisin sauce, baked seasoned cod loins, prime rib au jus with horseradish sauce, creamy mashed potatoes, baked sweet potatoes with cinnamon-sugar topping, savory bread dressing, parsley carrots, sesame glazed green beans, steamed broccoli spears, assorted salads and desserts.

Additionally, the various dining facilities compete for the title "best in category," based on their presentation, themes and decorations, said Sgt. 1st Class Sharon Douglas, G4 Food Service, 1st TSC and a member of the judging committee. The judges included representatives from Third Army, 1st TSC, Department of



Pfc. Daniel Quigley, cook, 217th Trans. Company, takes a moment during the lunch rush, Nov. 25, at DFAC #2. Said the San Antonio native of his first deployment and holiday meal away from home, "Every meal makes people happy, and that makes me feel good."

Logistics and this year included the 53rd Infantry Brigade Combat Team G4, who is a food advisor for the Florida National Guard and an executive chef at Disney. Douglas said she anticipated the winners to be announced early next week.

Robert Lee Bolden Jr., of Houston, Texas sat down to a full plate of his favorites: Turkey, dressing and pie. "The trimmings and sculptures were pretty impressive and the food was good," said Bolden. "What I really appreciated was the care they took to make it special."

After days of preparations and

hours of serving, the dining team finally took some well earned time after the extended lunch rush, to sit together and enjoy the fruits of their labors.

"I've been cooking since I was five," said Pfc. Daniel Quigley, 217th Trans. Company, a reserve unit out of San Antonio, Texas. "I'm having a great time. Back home I'm a cook for a retired military facility and every meal makes someone happy. That makes me feel good." The newlywed is on his first deployment. "The Christmas competition will be awesome!" he said with a smile.

CSM Fourhman visits Troops in Egypt

Command Sgt. Maj. John D. Fourhman, Third Army command sergeant major, speaks with Staff Sgt. Brad DeGrave, a cannon crewmember with A Battery, 2nd Battalion, 123rd Field Artillery Regiment, Illinois Army National Guard, serving with Multi-National Force and Observers, atop Observation Post 31 at South Camp, in Sharm El Sheikh, Egypt, Nov. 16. DeGrave, a native of Milan, Ill., and his Soldiers with Company A, rotate 21-day shifts at the observation point located above the Strait of Tiran to observe and report all vessels and aircraft movement through their area of operation. Third Army's top noncommissioned officer visited Soldiers at multiple observation posts during a three-day tour to see the full spectrum of Third Army operations and receive updates on current missions.



Photo by Sgt. M. Benjamin Gable

The "Cost" of Cash

Story by
Col. Luis B. Crespo
266th Theater Finance
Management Center

"I hate using this Eagle Cash Card. Why did finance stop giving cash to Soldiers and civilians like they used to before?" That's what I heard a customer say while he was waiting for the vendor to process his transaction inside the PX. The vendor did not have his own point-of-sale Eagle Cash device and had to rely on the PX cashier to process the transaction for his customer. The customer's frustration with the process is legitimate. Everyone's time is precious and no one wants to spend it frivolously. So—why did finance stop giving cash to Soldiers and civilians as they did in the past? Well, there are several reasons, all of which have to do with cost, directly or indirectly.

Bringing cash (i.e., bills and coins) to the Theater is expensive. The



Col. Luis B. Crespo

most obvious cost is the transportation of the cash from outside the Theater—mainly from Germany. A few million dollars in bills and coins take one pallet inside an aircraft; flying is not free. Until recently, the 266th FMC in Germany was sending approximately \$1.5 billion (yes, with a "b") into the Theater every year. That represented many, many, pallets worth of cargo. Expensive. And, that space could have been used to transport Soldiers, equipment, mail, etc. I know, you are thinking, "Why not get the cash from local banks here?" Simple, local banks

don't sell you dollars for free.

Another cost related to bringing large amounts of cash into Theater is the interest taxpayers must pay for the money. Why? The U.S. Government works in a budget deficit. This means that to get cash, the U.S. Government must borrow money; there is not extra revenue just lying around the Treasury in the form of dollars. Did we mention that the U.S. national debt is \$14 trillion (yes, with a "t") and growing?

Did you know that printing dollar bills itself, regardless of denomination, costs money? Yes, about 6.4 cents per bill. So, printing a million bills costs the taxpayer \$64,000. "Well, that's an investment. Once the bills are printed, we can use them for many years," you may think. But, did you know that after circulation every bill is eventually deposited at one of the Continental United States Federal Reserve Banks? Once deposited, the FRB must inspect every bill and determine if the bills are suitable for re-

circulation. On average, the FRB ends up destroying one third of the bills deposited. And then, back to the printing shop! Also, consider the equipment and workforce needed to do the inspecting and destruction of bills. Not cheap. (Note: The average lifespan of \$1, \$5, and \$10 dollar bills is less than two years; It is two years for \$20 dollar bills).

We are not done yet. We must consider the strategic "cost" of cash in the battlefield. Reliance on U.S. dollars in Kuwait, Iraq and Afghanistan has a negative impact on those countries. For example, it devalues their own currency and undermines the countries' effort to establish their own strong currencies that can be exchanged on the open market. Also, a country's currency is a symbol of sovereignty and independence. Another thing, if you were buying explosives to use against allied forces—would it be easier to buy the explosives with Dinar, Afghani, or U.S. dollars?

Think about it.

Chaplain's Corner

Story by
Maj. Ernest West Jr.
ASG-QA Command Chaplain

A couple of years ago, I asked one of my Jewish Soldiers to attend a study group and explain Chanukkah to the participants. After his presentation a Soldier asked, "Sir, can you tell me in one or two sentences everything you've just taught us?"

After pausing, the officer replied, "Chanukkah calls us to remember, with thanksgiving, [God's] miracles, and the courageous faithfulness of our ancestors in rededicating the Temple. If you want one word instead of two sentences, think 'Dedication'."

Now, that summation offers a valuable prescription for each of us: to remember God's activity, and to give thanks for the awesome courage and faithful witness of our ancestors.

It also asks a probing question: How dedicated are the faithful to honoring our traditions? It calls us to consider how our spiritual values shape our lives, and how those same values guide our interaction(s) with the larger culture.

Let's review: Chanukkah celebrates events that occurred over 2,300 years ago in a land called Judea (now known as Israel.) Events began during the reign

of Alexander the Great, and culminated during the rule of Antiochus IV. Religious oppression of the Jews and desecration of the Temple marked Antiochus' reign. As a result, Jewish fighters waged a revolt, ultimately succeeding. During the Rituals of Re-dedication, when it came time to light the Temple Menorah, oil sufficient for only one day, instead of the requisite eight days, could be found. Miraculously, the oil burned for the entire eight days!

As one who expresses my faith through the Christian tradition, Chanukkah teaches me a couple of lessons: faithful expressions of spirituality are part of our shared humanity, and that tradition and community are important ingredients of our collective experience.

When we celebrate Chanukkah, we can be reminded of the Divine's wonderful miracles on our behalf, the times when we've experienced Divine protection throughout our lives, and we can be encouraged to remain true to the Divine even when the world around us tries to force us into assimilation.

May I encourage you to honor your religious and/or spiritual tradition(s), dedicate yourself to honest and faithful expressions of your traditions, respect the traditions and expressions of others, and give thanks for those who have served as "Keepers of Faith" in your life?

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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

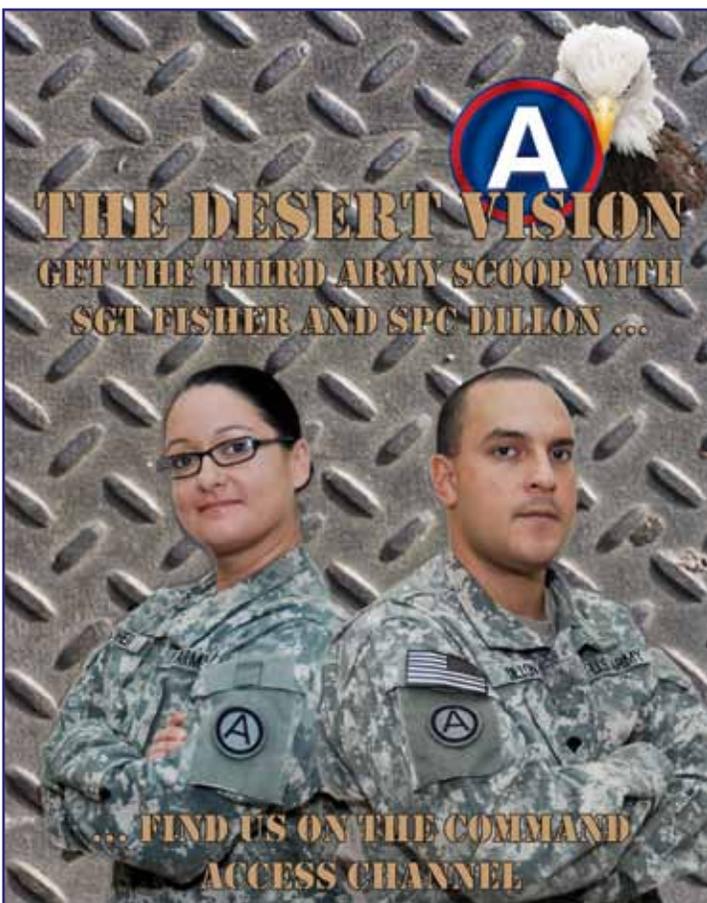
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KCIA/APOD Cell 6706-0165

SPOD DSN 825-1314

SPOD Cell 9720-5982

KNB DSN 839-1334



Calcium: Stealth Nutrition Protecting Our Bones

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

Calcium is an essential mineral nutrient for sustaining life and maintaining bone health. Calcium-containing foods, however, are sadly lacking in the diets of many deployed Servicemembers. Dietary calcium deficiency often goes unnoticed in young individuals, because the body can draw calcium out of bone and continue to work normally in the short term. With proper nutrition at birth and throughout childhood, calcium is slowly added into bones, which allows us to grow into strong and healthy individuals. Unfortunately, as adults, many people tend to shy away from calcium-containing foods. People may go on living “normally” for months or even years with dietary calcium deficiency, while calcium is being gradually lost from bone, thereby weakening the skeleton and increasing risk for bone fractures.

Due to the fact that calcium deficiency generally does not have immediate consequences, adults may get in the habit of replacing dairy products with other, calcium-poor, foods and beverages. While deployed, many Servicemembers fail to get the recommended three daily servings of dairy (e.g., milk, yogurt, cheese), which provides the vast majority of dietary calcium. To make matters worse, some people replace milk with soda. Aside from not getting the calcium they otherwise would from drinking milk, sodas often contain phosphorous (in the form of phosphoric acid, which gives soda its tart flavor), that can cause an even greater loss of calcium from bone. Drinking soda in moderation is fine, but people should make every effort to drink three cups of milk each day. If lactose-intolerant, options include calcium-fortified soy milks and juices, yogurt and hard cheeses. Remember, all of these options contain calories,



Foods like yogurt, cheese and milk provide the needed daily dose of calcium.

but some are more caloric than others. Choosing skim milk rather than whole or two percent milk will help with weight management due to fewer calories from fat, while still providing the same calcium and protein.

The ‘muscle’ behind energy balance

Story by
Col. Jorge Klajnbar
Third Army Surgeon

Capt. Jackson has provided up to date information on healthy food choices. In his previous quad set of articles, he provided the *Desert Voice* with enough educational data to allow every Warrior in theater a first-class opportunity to get them fueled to be physically fit. Although the words documented in previous articles are sound and have your best interest in mind, they need to be practiced in a consistent manner to form positive habits.

As an Orthopedic Surgeon and the Deputy ARCENT Surgeon forward, I realize that turning the pages of this magazine do not assist in expending the calories necessary to succeed at a “negative energy balance” or weight loss program. Maintaining



Using the exercise ‘push away’ with desert like this is the first step to losing weight.

your readiness posture is more than performing for your physical training examination. The mind set needs to be underpinned with your future. Many diseases like diabetes, high blood pressure and heart disease can be improved with a balance of a healthy diet and regular exercise. This leads to the simple mathematics of calories in and calories out. If you ingest more than you expend, guess what- you gain weight, period. Yes, it is that simple.

The exercise to be practiced is

called the “push away.” When at the dining facility and you are about to get your second dessert or another portion of your favorite high calorie item- **PUSH AWAY**. This also goes for all those other eating establishments located around the camps. Our “supersize” society has left our Nation with 30% of the population being overweight. This has also reared its ugly head within the ARCENT community.

I will address exercises in future articles as required. This is not a New Year’s resolution activity, a challenge like “biggest loser,” or a competition of any sort. This is about you and a life-long commitment to choosing the harder right when it comes to your overall health. As wisdom has taught us, you may have a lot of money or worldly possessions, but if you don’t have your health.

Third Army/U.S Army Central

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Third Army/U.S. Army Central What would you most like to see on the Third Army Facebook page?



Capt. Jodi Marang "I want to see all the pictures from everywhere around Third Army."
840th Transportation Battalion



Sgt. Eric Bello "We fight the same fight. It's important to represent the Marine Corps with our Army brothers in arms."
Marine Central Command



Sgt. Shannon Hernandez "I'd like to be able to keep in touch with people we know are deployed with Third Army."
416th Transportation Company



Sgt. Brian A. Stout "Alot of the information being put out is coming from higher [headquarters], which makes my family even more inclined to log on and stay informed."
416th Transportation Company



Staff Sgt. Rondal Adams "I'd like to find out more about what people in Third Army are doing."
416th Transportation Company



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