

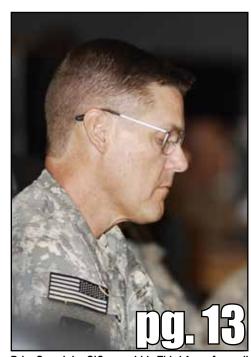
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Gen. Casey Visit



Army Chief of Staff Gen. George W. Casey, Jr visited Servicemembers deployed to Camp Arifjan, Kuwait Dec. 20 to thank them for their continued service during the holiday season.

Lucky 4 Over and Out

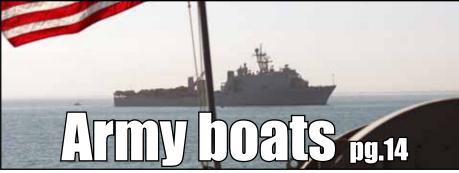


Brig. Gen. John O'Connor bids Third Army farewell in Washington, D.C..

Third Army Military Working Dog Team members keep Troops deployed to Camp Arifjan, Kuwait and various other theaters safe with the assistance of their canine partners.



Third Army revolutionizes the R&R program, enabling Troops to get home faster to be with Families.



Army boaties offered up two of their specialized cargo boats, the Logistics Support Vessel-6 and the Landing Craft Utility-2029, to unload the USS Carter Hall at sea.

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Command Corner

To the Third Army/ARCENT Team,

Happy New Year and congratulations on another remarkable year in Third Army. Our Team was successful in 2010 because of the hard work of every Soldier, Sailor, Airman, Marine, civilian and contractor with Third Army, regardless of rank or tenure. As we advance into the New Year, let us first reflect on the past year.

During 2010, our Team accomplished the missions set forth by U.S. Central Command and the U.S. Army as a result of your dedication to the Third Army Mission. The past year has seen our advance-party Soldiers' movement to Shaw Air Force Base, a successful Land Forces Symposium, the completion of Operation Nickel II as well as the implementation of Granite Shield, to name a few.

2011 will have many challenges for us all. We are going to continue to charge ahead, maintaining our 24-hour, seven-day-a-week operations. We will continue to anticipate the needs of the Warfighters in Operations New Dawn and Enduring Freedom and to give them what they need, before they know they need it.

Right now, we must remain focused on our 25-meter target, the upcoming 50/20 celebration of Kuwait's liberation from Iraq in Desert Storm. On Feb. 26, Third Army will join our Kuwaiti and coalition partners in showing the world that the partnership is a powerful ally to our friends and an overwhelming force to those who oppose international peace and justice.

Team, stay focused and vigilant. We must remain competent and confident in our battle drills and warrior skills and tasks, so we will be ready for any contingency. This year will

certainly be tougher than the last.

Take this time during the New Year to reflect and renew your commitment to the Mission, People, and Teamwork of Third Army.

It is an honor for me to serve with each and every Third Army Soldier, Sailor, Airman and Marine. I am proud of what you have accomplished during 2010 and look forward to what we accomplish together as a Team in 2011.

Patton's Own!

Lieutenant/General, US Army Commanding General

Command Sergeant Major, US Army



Petty Officer 2nd Class Brian Teart, the leading petty officer for Area Support Group- Kuwait's Military Working Dog Unit and a Detroit native, places a leash on Military Working Dog Blecky after her completion of the ASG-K military working dog obstacle course at Camp Arifjan, Kuwait, Dec. 20. The ASG-K military working dog unit is responsible for finding contraband, explosives and patrols within the Third Army area of responsibility.

Working dogs keep Soldiers safe

Story and Photos by Spc. Eric Guzman Third Army Public Affairs

The use of military working dogs is nothing new to U.S. Forces. First utilized in the Revolutionary War as pack animals, the mission and impact of the military working dog has changed significantly as they are being integrated more and more into Operation Enduring Freedom as lifesaving tools.

Troops today face an ever-changing enemy with a near endless set of improvised weapons at their disposal. To defeat the threats posed by adversaries, Servicemembers rely on the military working dog to assist them.

"Our dogs are more deployable than we are; there's a high demand for dog teams right now on deployments," said Air Force Staff Sgt. Jonathan Forgham, a K-9 handler with the Third Army K-9 team, and a Syracuse, N.Y. native. "We're here to constantly train to make sure that our dogs are efficient at everything that they do."

The roles of the military working dog in theater range from the detection of improvised explosive devices to counteracting narcotic activity as well as acting as a mission enabling asset to patrol officers.

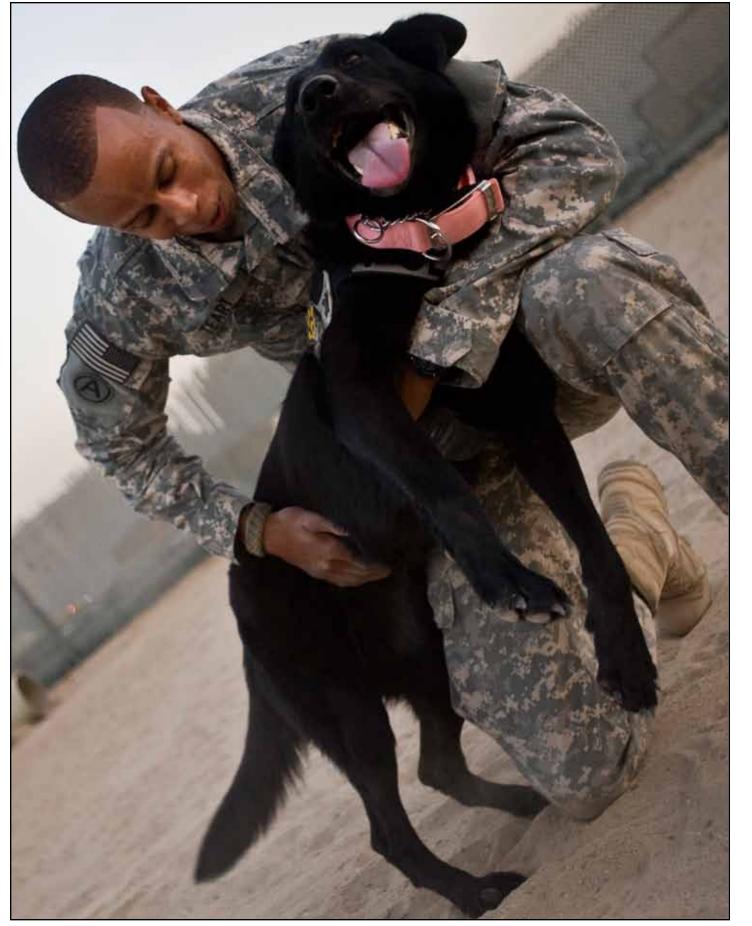
The military working dog has become a major benefit to Soldiers deployed to Afghanistan, as they allow a means to detect and react to the increasing improvised explosive device presence there. "We have some dogs that find explosives and some may look for narcotics. Most dogs are trained patrol dogs; in that case, they act as patrol officers," said Petty Officer 2nd Class Brian Teart, a Detroit native and military working dog handler with Area Support Group- Kuwait's Military Working Dog Unit. "They can tackle and apprehend people. It's like having a weapon with paws. We try to only use our dogs as a last resort."

Consistent training is one of the fundamentals that keep the military working dog teams prepared to react efficiently in the event an incident requiring their presence

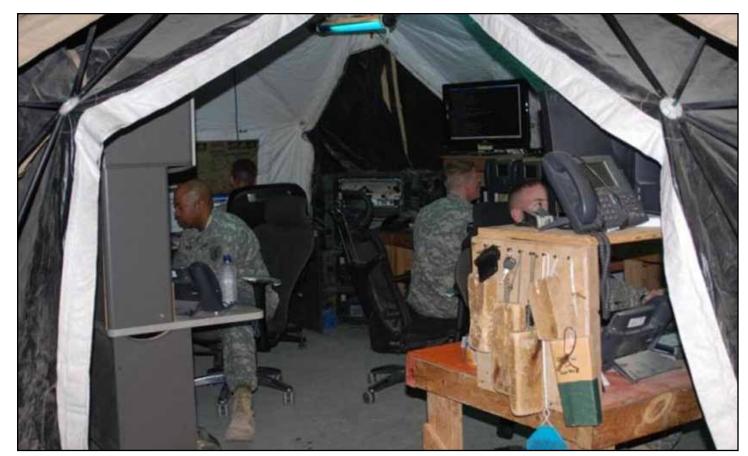
"We plant things that the dogs can't see, and then we make them search for it. We practice how we play; we're trying to build dog independence so they can find things on their own and then let us know that there's something there. That way everyone gets home safe," said Teart.

Working day in and day out with their animal partners builds a unique relationship with the dog, making efficient training and attention to mission readiness even more important in assuring the safety of both members of the team.

"Blecky is a good companion; she's very smart. She's like my best friend; it's a different kind of bond you build with a dog," said Teart. "We're here to build good habits day in and day out. We understand where we are and what that means."



Petty Officer 2nd Class Brian Teart, a Detroit native and the leading petty officer for Area Support Group- Kuwait's Military Working Dog Unit, entertains Military Working Dog Blecky at the ASG-K working dog obstacle course Dec. 20. The ASG-K military working dog unit is responsible for finding contraband, explosives and patrols within the Third Army area of responsibility.



Soldiers from the Hub Platoon, Signal Company, Division Headquarters and Headquarters Battalion, 1st Infantry Division manage the Wideband Global SATCOM satellite, a successor to the Defense Satellite Communications System-III. The WGS2 and Hub Platoon are the reason units throughout all of southern Iraq are able to communicate on a daily basis.

Out of sight, out of mind: 1st Inf. Div. platoon keeps units in Iraq connected

Story and Photos by Sgt. Jason Kemp 1st Infantry Division Public Affairs

Every day in southern Iraq, thousands of U.S. Soldiers across 33 bases are communicating with each other. Most don't realize it, but their connectivity is due to the efforts of a small group of Big Red One Soldiers in Kuwait.

The 1st Infantry Division's "Hub Platoon" at Camp Arifjan is keeping U.S. Division–South units connected, and they are doing it through the use of a new satellite.

The Wideband Global SATCOM satellite is the successor to the Defense Satellite Communications System-III. One WGS2 satellite has about 12 times the bandwidth of a DSCS-III

satellite

"We are the first divisional unit to be on the new satellite, WGS2, a military owned satellite," said Chief Warrant Officer Kevin Watson, the Hub Platoon leader from Atlanta. "We are the first successful unit to be on it."

"Being on this military-owned satellite saves us millions of dollars," Watson said, "but it's a brand new satellite and no one could tell us how it would perform. We are the test pilots for this satellite."

Although they're based in Kuwait, the Hub Platoon and its use of the WGS2 satellite are the reason units throughout all of southern Iraq are able to communicate daily.

"All those [bases] out there each have a satellite shelter, the receiving

end of the network we send out, and that is what makes it possible for them to use phones and check their emails," said Spc. Matthew Heinen, a native of Ann Arbor, Mich., and a satellite operator and maintainer with Sig. Co., DHHB, 1st Inf. Div..

"When something goes down, we are the ones who start figuring out how to fix the problem."

Being so far away from the rest of their unit, the Hub Platoon is sometimes forgotten about, but they like it that way. It means they are doing their job.

"We are the primary source for the division communication and we have a success rate of 98 percent," Watson said. "I have some of the best operators in the Army."



Courtesy Photo

Through the U.S. Central Command Rest and Recuperation leave program, Third Army has accommodated more than one million Servicemembers as of November at the Army Life Support Area in Kuwait.

Third Army revolutionizes R&R process

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

Third Army has accommodated more than one million Servicemembers through the U.S. Central Command Rest and Recuperation leave program as of November at the Army Life Support Area in Kuwait.

"Third Army has revolutionized the R&R process," said Lt. Col. Maureen Bessingpas, theater gateway director.

Third Army has accomplished this by keeping Servicemembers moving.

"[The timeline is] under 48 hours," said Warrant Officer Sheree S. Johnson, deputy theater R&R program manager from Baltimore.

"[Servicemembers] go to the LSA and can fly out that same day, especially those in Kuwait," Johnson said.

In the past, some Servicemembers have been held up at the various hubs en route to their destination.

"We have gained efficiencies to ensure we return Soldiers to the battlefield as soon as possible with the R&R program," Johnson said.

"We all have to work together," she said

Once Servicemembers arrive in Kuwait, Johnson explained what they can expect.

"They can expect to in-process and get their ID card scanned when they arrive at Ali al-Salem," she said. "They will be given when the very next R&R brief time is. They'll have to show back up at that brief time. It is the Soldier's responsibility to ensure that they report to that tent then receive that R&R briefing."

Over time, Third Army has gone through great strides to execute the R&R process with precision.

"The process is streamlined," Johnson said. "The process doesn't change, because the process is dictated by regulations and policies that are above Third Army. Third Army executes those policies and we inform the field of what those policies are."

But as Johnson emphasized, Servicemembers and Third Army R&R program managers must all work together to achieve their common goal.

"Get back to the mission," Johnson said. "They know that it's important to get out there and get your rest and recuperate, but it's just as important that you hurry up and get back in the fight."

Army Chief Of **Staff visits Third Army**

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

The Chief of Staff of the Army, Gen. George W. Casey, Jr. visited Third Army Servicemembers at Camp Arifian, Kuwait Dec. 24.

Gen. Casey addressed the hundreds of Servicemembers in attendance and thanked them and their Families for their continued sacrifices while serving in Third Army.

Gen. Casev lauded the efforts and professionalism of Third Army Soldiers and supporting organizations for executing their missions efficiently and effectively in a manner that will benefit the long-term health of the Army.

"I want to thank the men and women of Third Army for their magnificent work in the Drawdown of Iraq and its continued missions," Gen. Casey said.

Gen. Casey also addressed Servicemember concerns about the military budget, housing, future deployment cycles and the recent repeal of the "Don't Ask, Don't Tell" policy.

This visit was just one of several visits for Gen. Casey and his wife Sheila during their holiday tours which includes stops in Alaska, Japan, Korea, Afghanistan, Iraq and Germany.



Army Chief of Staff Gen. George W. Casey Jr. speaks to Third Army Soldiers during his visit to Camp Arifian. Kuwait, Dec. 24. Gen. Casev visited Camp Arifian to speak with Third Army personnel and thank them for serving their country. During his speech, Gen. Casey thanked Third Army personnel for their contribution to the Drawdown of Iraq and spoke about the future of the Army budget, implementing a longer stabilization period after future deployments, and the important role the Army Reserves and National Guard will play in future operations.



Chaplain (Lt. Col.) Gary Taylor shows Sheila Casey, the wife of Army Chief of Staff Gen. George W. Casey, Jr., some of the free resources available to Servicemembers at the Life Support Area Chapel in Kuwait, Dec. 24. Mrs. Casey toured the travel and morale facilities at the LSA while Gen.

Sheila Casey pays a Christmas Eve visit to Servicemembers in Kuwait

Story and Photos by Natalie Cole

1st Theater Sustainment Command Public Affairs

Sheila Casey, an honorary board member of United Service Organizations and wife of Chief of Staff of the Army Gen. George W. Casey, Jr., toured the Life Support Area in Kuwait on Christmas Eve to greet Servicemembers and spread holiday cheer.

While Gen. Casey spent time with Soldiers at nearby Camp Arifjan, Mrs. Casey met volunteers at the LSA USO tent, checked out the Morale. Welfare, Recreation spots, and walked through the

passenger customs points and terminals. Designed to sustain personnel who are in transit, the LSA is a busy desert travel hub where military personnel and civilians await their flights for Rest and Recuperation leave. "It's nice to see the whole process," said Casey as she toured the phases of the customs and travel processes.

Mrs. Casey, an advocate for military Families, ate lunch with Airmen. Marines, Soldiers, and Sailors at the LSA dining facility. During the meal,

she chatted with the Servicemembers about winter sports and the accompanying broken bones, sports, and travel.

Mrs. Casey's tour concluded with a round of caroling with Soldiers (some in Santa hats) who were awaiting their departing flights in the Freedom Yard at the LSA. In her address to the group, she thanked Soldiers for their service and dedication. "I wish you all a safe trip home [and that] you will be surrounded by people who love you," she said, adding, "and a special thanks to your Families who have

sacrificed so much while all of you are away."

Leaders with the 197th Fires Brigade and the 651st Regional Support Group joined Brig. Gen. Nick Tooliatos, deputy commanding general, 1st Theater Sustainment Command, in hosting Mrs. Casey at the LSA.

Mrs. Casey's visit to the LSA was part of her and Gen. Casey's around the world holiday tour, in which the couple has been visiting Servicemembers in the Central Command area of responsibility during the past week.



Sgt. Maj. Michael Bush, G2 sergeant major, 1st Theater Sustainment Command; Sgt. 1st Class Darrin K. Douglas, noncommissioned officer in charge of dining facility No. 2; and Vincent Franklin, deputy intelligence officer, 1st TSC, share a light moment at the Christmas meal Dec. 25. Sgt. Maj.Bush and Franklin had just completed their shifts as servers, an Army tradition where senior leaders serve the junior Servicemembers their holiday meals.

Christmas in Kuwait

Story and Photos by Lt. Col. Catherine L. Morelle-Oliveira 1st Theater Sustainment Command

"I've been looking forward to this," said Sgt. 1st Class Raymond Thompson, strength management noncomissioned officer in charge, Third Army, as he tunneled his way through a mound of dressing to the turkey beneath. Deployed here since October, Thompson said he was enjoying his Christmas meal, despite being away from Family.

"It's pretty darn good," smiled his dining companion, Warrant Officer Marilyn Gunn, 3rd Human Resources Center, here on her first deployment. A Reservist based out of Richmond, Va., Gunn said she was impressed with the displays and food quality.

Dining Facility No. 2, nestled among a small desert mall of eateries and shops, provides three meals daily for all the troops and civilians who work in Camp Arifjan's Zone 2. The "Zone 2 DFAC" team is led by Sgt. 1st Class Darrin K. Douglas, food operations noncomissioned officer in charge, 1st Theater Sustainment Command and is comprised of 18 Tamimi Global contracted employees and 15 U.S. Army cooks.

A 22-year veteran and Morehead City, NC native, who has been with the 1TSC for the past two years, Douglas said his Christmas plan was to provide "the same high quality food and strive to exceed the standard."

Based on customer reactions, the team appears to have met that goal.

"There is but one term useable for the decorations in all of the events at the DFAC...Phenomenal!," said Vincent Franklin, intelligence officer, 1TSC. "They do such an amazing job there during the holidays....everyone goes sightseeing in the chow hall; the displays are great."

Franklin, a former Marine, also participated in the Army tradition by serving junior team members their holiday meal.

The team worked for days in advance, preparing hundreds of pounds of food, carving dozens of potatoes, melons and onions, and baking over a dozen cakes and pies to provide a bounty of Christmas favorites.

The display themes were developed through combined efforts. "Because the Third Country Nationals are expert culinary personnel, they have honed their skills from years of experience," explained Douglas. "A vast majority of our Soldiers/NCOs in the DFAC have had some extended food service training. Both teams came together as a collective to build ideas."

Douglas provided direction and oversight while Krishna Panthi, DFAC Manager, Tamimi Global, provided input to the contracted team members. The team sculpted and painted a traditional manger scene, a beverage bar, carvings and cake displays.

They even incorporated a water feature and snow blowing winter scene, all to "show respect and consideration," for their fellow Soldier-cooks and those serving here, far away from home, said Spc. Anthony Valencia, food service specialist, 217th Trans. Company.

"What contributes to the overall team effort is the cohesion that the TCNs and the military personnel have," said Douglas. "We both strive for the best we can do every opportunity we have."

The combined team's espirit de corps was not lost on their customers

"They seem to take pride in surprising us with such great displays and such a wonderful spread of food," said Franklin. "They really appear to take pride in their work over there; this is a morale booster that I greatly appreciate."



Soldiers and Airmen learn how to properly position themselves to engage a group target Dec. 17 in Southwest Asia.

Soldiers, Airmen train on force protection

Story and Photos by Spc. Harmony Pelletier 3rd Battalion, 2nd Air Defense Artillery Regiment Public Affairs

Soldiers from the 3rd Battalion, 2nd Air Defense Artillery Regiment, participated in a Force Protection class led by Air Force personnel on Dec. 17 in Southwest Asia.

When the idea of training with the Air Force was put on the table, many Soldiers wanted to give it a try. It didn't take more than one day before they realized that they were about to endure the toughest two weeks of their lives.

Being trained by six Air Force noncommissioned officers, a group of Soldiers and their fellow Airmen learned everything from searching a detainee to room clearing techniques. Local host nation forces were involved with the training as well.

"The language barrier posed an initial problem," Spc. James Howard, a Patriot fire control enhanced operator in Battery B, 3-2 ADA, said. "It didn't take long before it wasn't an issue anymore."

From sun up to sun down the Soldiers learned first-

hand what Force Protection was all about. While many of the Soldiers were doing standard physical training in the morning, they were low-crawling with their weapons as fast as they could in the afternoon as well.

"I achieved muscle failure on the first day," Howard said while explaining how they held their weapon straight in front of them until their arms couldn't carry it anymore.

"I am so sore," were the only words that Spc. Samantha Montanez, a generator mechanic from B Battery, 3-2 ADA, had to describe how the class was.

Along with pushing themselves physically, the Soldiers are becoming mentally stronger in the art of combat. Learning teamwork is important when going up against a strong force such as a group of insurgents or a public riot. Controlling a riot seemed to be a highlight for the Soldiers who made it through the course.

Although the course is intense, the Soldiers seem to really enjoy the challenge. Living on the Air Force's turf, it's nice to be engaged in friendly competition once in a while. The class is offered every month, and there is usually a significant wait to be expected upon application.

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CSM Fourhman visits Troops



Command Sqt. Maj. John Fourhman, Third Army command sergeant major, thanks Soldiers of Battery C, 3rd Battalion, 5th Air Defense Artillery Regiment, for their hard work throughout the holidays in Southwest Asia, Dec, 20. Command Sgt. Maj. Fourhman visited Third Army Soldiers throughout Southwest Asia to see first-hand how they continue to redefine readiness by staying Ready to Fight Tonight to face tomorrow's battles.



Command Sgt. Maj. John Fourhman, Third Army command sergeant major, speaks to Soldiers with Battery B, 3rd Battalion, 5th Air Defense Artillery Regiment, about the importance of their responsibilities and thanks them for their hard work throughout the holidays in Southwest Asia, Dec. 20.



One of the most innovative and pioneering generals in military-logistics history, Brig. Gen. John O'Connor, Third Army director of logistics, salutes his Soldiers before leaving Camp Arifjan, Kuwait for a mission. Brig. Gen. O'Connor and his logistics team played a leading role in moving millions of pieces of equipment from Iraq to Afghanistan or back to the United States in support of Nickel II, the largest logistical operation since World War II.

Lucky 4 bids farewell

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

One of the most innovative leaders in military logistics, Brig. Gen. John O'Connor, Third Army director of logistics, was succeeded by Brig. Gen. Jesse R. Cross, former commanding general for the U.S. Army Quartermaster Center and School, Fort Lee, Va., at Camp Arifian, Kuwait

"General O'Connor carried a huge load for Third Army," said Lt. Gen. William G. Webster, Third Army commanding general. "He was an integral part of Operation Nickel II, one of the most complicated set of maneuvers and deployments in military history."

As Third Army's director of logistics, Brig. Gen. O'Connor and his team of logisticians played a leading role in moving millions of pieces of equipment from Iraq to Afghanistan or back to the United States. They exceeded the Aug. 31 deadline to increase Forces in Afghanistan by 30,000 Troops and 5,000 mine-resistant vehicles; simultaneously, he led the Responsible Drawdown of Iraq by redeploying 90,000 troops and 70,000 pieces of rollingstock equipment.

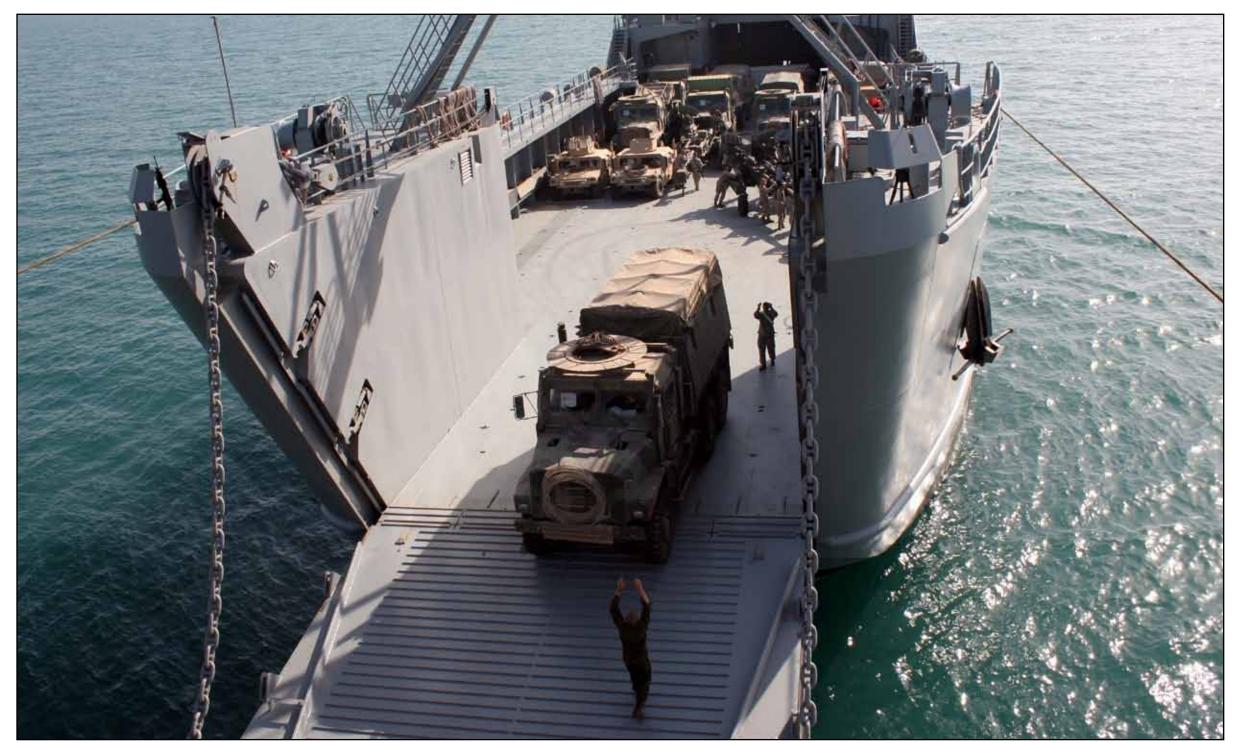
"He has performed his duties superbly by showing managerial skills and foresight we've come to expect from our senior leaders," Lt. Gen. Webster said.

Brig. Gen. O'Connor's successor is Brig. Gen. Cross, who comes to Third Army with over 30 years of military experience including serving as a supply-management officer during Operations Desert Shield and Desert Storm. Brig. Gen. O'Connor plans to serve as the Department of the Army Operations and Logistics Readiness director in Washington, D.C.



Third Army director of logistics Brig. Gen. John

O'Connor, was succeeded by Brig. Gen. Jesse R. Cross, former commanding general for the U.S. Army Quartermaster Center and School, Fort Lee, Va. Dec. 20. Brig. Gen. O'Connor was an invaluable asset to the Third Army mission during his tenure as director of logistics.



Army boat crews help get Marines, Sailors on USS Carter Hall get on land in time for Christmas

Story and Photos by Natalie Cole 1st Theater Sustainment Command

The United States Ship Carter Hall sailed into the Gulf off the coast of Camp Patriot, Dec. 23, to offload Marines and cargo for further travel into the Central Command area of responsibility. With only two days left until Christmas, the Sailors and Marines were facing a days-long grind of unloading their tightly-packed ship; this all changed with the help of the Army. The turquoise waters off the coast of Camp Patriot are home to Army watercraft and their crewmembers, known as Boaties. In the spirit of joint-service collaboration, Army Boaties offered up two of their specialized cargo boats, the Logistics Support Vessel-6 and the Landing Craft Utility-2029, to unload the USS Carter Hall at sea.

Typically, the Navy uses Landing Craft Air Cushion hovercraft to unload a ship at sea. LCACs can unload no more than a few vehicles at a time, which would have made the process of offloading the fully stocked USS Carter Hall

(Landing Ship Dock -50) a lengthy affair.

"We were given two to three days to be able to do the offload with our own landing craft, but thanks to the Army landing craft we've been able to expedite our timeline. We [were] able to offload everything that we had planned on putting to shore in less than one day," said Cmdr. George Doyon, commanding officer, USS Carter Hall.

The LSV-6, the larger of the two Army boats, took on two full loads of armored vehicles, containers, combat gear and



Marines escort a weapon onto the Army's Logistics Support Vessel-6. By offering the use of two boats, the Army boat crews helped save the Marines and Sailors days worth of time. Typically, the Navy offloads its ships using hovercraft that can only take a few vehicles at a time. The LSV-6 offloaded vehicles, combat equipment, and personnel from the USS Carter Hall while at sea. The operation was the first time an Army LSV has ever offloaded equipment from the USS Carter Hall, Landing Ship Dock – 50.

personnel.

The LCU-2029 took on one load. In all, the operation took less than 24 hours, making it possible for the Navy crew to be at port and the Marines to be on land in time for Christmas.

In order to unload while afloat, the USS Carter Hall dropped its massive stern (rear) gate to form a ramp that dropped off into the sea. Then, the LSV-6 pulled up to the Carter Hall's stern gate ramp and lowered its bow (front) gate on top of the Carter Hall's stern gate.

The two gates formed an approximately 30-foot bridge strong enough and wide enough for armored vehicles and forklifts with containers to traverse. The LCU-2029 carried out the same procedure when its time came to take on cargo.

Warrant Officer Robert Penner, harbor master for the 164th Transportation Battalion, 1st Sustainment Brigade, helped organize the joint-service operation. He said the stern-gate marriage demonstrated the handiness of the Army's boats, which typically load and unload cargo at ports. "This just shows more of their capabilities and versatility for the Army watercraft and how they can work with other services in different aspects," he said.

Doyon said the USS Carter Hall offloaded supplies with Army LCU boats in early 2010 as part of the American military's relief efforts in Haiti.

The Dec. 23 offloading in the Gulf is the second time the Army and Navy have joined in such an effort, and it is the first time the two services have ever done so in the Gulf. Additionally, Doyon and Penner each pointed out that the Dec. 23 offloading was the first time an Army LSV has ever done a stern gate marriage with a Navy ship.

"We do amphibious operations all the time. That's what we're all about, but being able to operate with the Army like we did with the LCU 2000s off of Haiti earlier this year gives my crew a chance to see another side of the sea service, especially operating with folks that they normally don't get to work with," Doyon said, adding that pooling resources improves operations. "It expands all of our capability[ies]. It makes us all better."

The crewmembers of the LSV-6 and the LCU-2029 fall under the 1st Theater Sustainment Command, Third Army.

Ready Tonight....Sustain the Fight....Shape the Future Ready Tonight....Sustain the Fight....Shape the Future



Lt. Gen. Jack C. Stultz, Chief of the Army Reserve (right) answers a question from Capt. Steven Lively, a supply officer with the 469th Combat Sustainment Support Battalion, during a town hall meeting at Camp Arifjan, Kuwait Dec 28. Lt. Gen. Stultz answered questions concerning promotions, job stability and predeployment issues.

Shaping the Future of the Army Reserve Lt. Gen. Stultz provides answers to Soldiers' questions, explains the future of the Army Reserve

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

Lt. Gen. Jack C. Stultz, Chief of the Army Reserve and Command Sgt. Maj. Michael D. Schultz, Command Sergeant Major of the U.S. Army Reserve, visited Camp Arifjan, Kuwait, to host a town hall meeting with Soldiers Dec. 28.

"I like to get all of the Reserve Soldiers together, so we can talk a little about the future of the Reserves," said Lt. Gen. Stultz. "I also like to give them a chance to ask some questions. This gives me a chance to hear their concerns and see what is on their mind."

Kicking off the town hall meeting, Lt. Gen. Stultz reenlisted nine Army Reserve Soldiers serving here at Camp Arifjan.

"Here it is the holiday season, and I have Soldiers who are away from their Families, jobs and making huge sacrifices, and here they are standing on stage raising their right hand to reenlist in the Army Reserve. It is awesome," Lt. Gen. Stultz said.

Lt. Gen. Stultz then talked with Soldiers about the changes in

the Army Reserve as it has shifted from a strategic force to an operational force.

"When I came into the Army Reserve we did our one weekend a month and two weeks a year. Today we are part of the operational force," said Lt. Gen. Stultz. "We are currently providing medical support in El Salvador, Honduras, Columbia, Vietnam and many other places."

Lt. Gen. Stultz spoke about how the Army Reserve is engaging countries around the world through theater security cooperation events and stressed the importance of their roles in these missions.

"There are requirements from all around the globe for medical, engineer, logistical and foreign army capabilities that are needed. We want to get in there first, so we can win the hearts and minds of that country," said Lt. Gen. Stultz.

With the demand for such an active Army Reserve force needed throughout the world, Lt. Gen. Stultz laid out his plan to a more stable five-year deployment cycle. The five-year deployment cycle would consist of one year of mobilization and four years back home.



Lt. Gen. Jack C. Stultz, Chief of the Army Reserve (left) reenlists nine Army Reserve Soldiers at Camp Arifjan, Kuwait, during a town hall meeting Dec. 28. "Here it is, the holiday season, and I have Soldiers who are away from their Families, jobs and making huge sacrifices, and here they are standing on stage raising their right hand to reenlist in the Army Reserve. It is awesome," Lt. Gen. Stultz said.

"We are truly working toward making the five year cycle a reality. We are not there yet. We have certain capabilities that are spinning faster than that, but we are trying to build our structure so we can give that Soldier, his Family and his employer that predictability," said Lt. Gen. Stultz.

Once Lt. Gen. Stultz finished laying out the plans for the future of the Army Reserve, Command Sgt. Maj. Schultz took time to explain to the Soldiers changes in the promotion system and the importance of sergeants time training.

"The Army Reserve will begin to have its first semicentralized promotions in 2011," said Command Sgt. Maj. Schultz. "The Army Reserve will have our first brigade board in October. We are mirroring the Active Component."

After discussing the changes the Army Reserve will be going through in the future, Lt. Gen. Stultz and Command Sgt. Maj. Schultz took questions from the audience to give them a chance to express their concerns. With over 14,500 Reserve Soldiers serving in Third Army, the questions spanned a broad range of topics.

"It was great to have interaction with the leadership," said Sgt. Jonathan Hanson, who serves as the operation noncommissioned officer with the Joint Visitor Bureau, Third Army and a Portland, Ore. native. "I came here to get some inspiration and settle my mind about some of the things I have been hearing."

Lt. Gen Stultz answered all of the questions with grace and humility. He was really honest, he told what he was going to fix and what he wasn't, said Hanson.

Lt. Gen. Stultz commented on how these town hall meetings gives him confidence in his Soldiers' ability to prepare for the future.

"The big thing I learn from these town hall meetings is we have a great group of Soldiers serving their country who want

to keep serving their country," said Lt. Gen. Stultz. "Soldiers feel good about being part of this operational force and what they are doing here."

As the Army Reserve continues to play a more important part in the military, Lt. Gen. Stultz spoke about how he plans to ensure the Army Reserve is ready for the future.

"With our leadership changing, there is a lot of uncertainty for the future. So we have two choices here: we can sit back and wait to see what the future looks like, or we can try and drive the future," said Lt. Gen Stultz. "I want to shape the future of what the role of the Reserve is going to be, so that when the leadership gets in place we can help them understand what our roles and missions are by showing them what we have accomplished and what we can accomplish for the future."



Lt. Gen. Jack C. Stultz, Chief of the Army Reserve speaks with Reserve Soldiers at Camp Arifjan, Kuwait Dec 28. Lt. Gen Stultz used this opportunity to talk with Army Reserve Soldiers about how the Army Reserve has shifted from a strategic force to an operational force and what that means to the Soldiers.

Ready Tonight....Sustain the Fight....Shape the Future

Off-post travel: The revised Third Army Policy

Third Army commander, Lt. Gen. William G. Webster, signed the revised policy for off-post travel in Kuwait Dec. 28. The policy contains force protection guidelines for off-post travel and supersedes FRAGO 09-196, 301615Z Oct. 2009, and the previous Third Army/ USARCENT Command Policy 23, dated Oct. 25, 2009, concerning off-post travel within Kuwait.

Since Third Army is the Joint Security Area lead for Kuwait, this policy is applicable to Air Force Central Command, Navy Central Command and Marine Corps Central Forces assigned to Kuwait. This policy also applies to all military and Department of Defense Civilians with a command, control or support relationship to Third Army not falling under Chief of Mission control. Overall, the policy contains 21 changes across 14 categories from the previous versions. The policy becomes effective Jan 29.

The revised policy provides commanders and supervisors greater capability to account for their Servicemember who travel off base. For example, whereas previously off-post travel memorandums were valid for a maximum of seven days, the current policy states the memorandums are now valid for a maximum of 24 hours and must include a risk assessment with a date and signature from a proper approval authority, identify the date(s) and estimated times in which travel is expected within a 24-hour window. Travel beyond the 24-hour window requires a new memo. A new memo must be created for each authorized mission and limit off-post travel to specifically named individuals for that mission and shall include specific locations, the official reason for travel, and the estimated times of travel. Reasonable delays may be presumed authorized when circumstances permit (delays due to air traffic, mission changes, delayed shuttle buses, traffic congestion, etc.). Approval authorities for the memorandums remain the same: Any

O-5 or above from any service, any CW-4 or CW-5, GS-14 or equivalent civilian grade or above, and any E-9 from any service.

These same approval authorities may authorize personnel to be armed during off-post travel but only when the threat, mission and or risk assessment warrant an escalated defensive posture. The off-post travel memorandum must stipulate a weapon is authorized and when weapons are required, personnel will follow the current Third Army Rules for the Use of Force and according to the Third Army Arming Stance, which was also updated and is included in the policy as an enclosure.

While off-post travel is generally confined to official mission-essential travel, the new policy does provide for exceptions for units to hold official functions off post. The policy defines the difference between Morale, Welfare and Recreation events and other off-post events requested under this policy. Essentially, the MWR program belongs to the ASG-KU commander and has a select list of approved sites, while other event requests can only be approved by the Third Army commander, deputy commander, or chief of staff on a case-by-case basis.

There are exceptions to the various rules within the revised policy which are addressed in detail. Further, it is recognized in some cases units may be incapable of meeting all the standards due to a variety of reasons, such as the complexity of their mission, a lack of manpower, etc. Therefore, this policy clearly defines the request for exception process in detail. All exceptions are staffed through Third Army for decision by the Third Army commander, deputy commander, or chief of staff. The policy is available for review in detail on the Third Army website located at http://www.arcent.army.mil/. The Third Army Force Protection point of contact for this policy is Mr. Dan Walters, AT principal analyst/project manager, at DSN: 318-430-6297, or e-mail dan.walters@us.army.mil.



Cut the fat to help your heart

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

The typical American diet is high in fat and contributes to the development of heart disease. While some fat in the diet is necessary for absorption of important fat-soluble vitamins, limiting fat intake to less than 30 percent of daily calories (for adults) is thought to reduce one's risk for heart disease. In addition, fat is an energy-dense nutrient (9 calories per gram), and contributes to weight gain if those calories are not burned off. It's important to recognize that simply being overweight puts people at higher risk for developing heart disease.

Saturated fats and trans fats are particularly bad for the heart, as they are the major dietary factors contributing to high blood cholesterol. Saturated fats are found in animal-based foods (red meat, butter, dairy products), while trans fats are derived from "partial hydrogenation" of oils used

to make margarine and processed foods. Reading food labels is the key to knowing how much saturated or trans fat is contained within foods. Less than 10 percent of daily calories should come from saturated fat, while trans fat should be minimized or eliminated from the diet.

An easy way to reduce fat intake is to limit the butter, margarine and oil that is often added to foods. These fat sources should be used only sparingly, and as required for food preparation. One might start with an otherwise healthy food choice (e.g., chicken breast on whole grain bread), but the fat content skyrockets if too much oil is used on the skillet/griddle. Bread is very porous and will rapidly soak up hot grease. Consider using a light coat of cooking spray as an alternative to frying with margarine, butter, oil or lard. When more fat is necessary for cooking, unsaturated fats (e.g., olive, canola, safflower, sunflower, corn, or soybean oil), are better choices to help improve blood cholesterol.

Tapping into potential: A Leadership Resolution

Story by
Chaplain (Lt. Col.) Darrell E. Thomsen, Jr.
Third Army

One day, just prior to a formal briefing on leadership principles, a conversation transpired between those present, who were discussing leadership skills and qualifications.

The presenter made some minor changes to the slides and saved them - or so he thought. Advancing to the slide that was supposed to read, "Leadership Skills," the presenter somehow deleted the first "S" from the word, "Skills," so the slide read, "Leadership kills."

For a brief moment, everyone laughed, but the laughter turned to sober thought as the truth of that statement sank in. If not practiced properly, leadership does kill. It doesn't take a trained eye to see the knife of poor leadership pierce the hearts of organizations, stealing life away and killing an individual's personhood, along with an organization's potential.

Poor leadership practices kill hope, kill relationships, kill inspiration, kill service, kill trust, kill potential and ultimately, kill the spirit of an organization.

As members of the Armed Forces, we are all leaders in some capacity, and if we resolve to do anything in 2011, let it be a resolution to lead well. America depends on us to set the standard for great leadership. With that in mind, it is important to understand this leadership fact: if good leadership is about influence, then great leadership is about impact. Leaders will either raise or raze the potential of their organizations simply by the way they

impact people. A leader's capability to influence is limited or limitless by one's method and measure of impact. For better or worse, leaders always impact those around them. The types of impact can include the crashing effects of bad leaders, the colliding effects of better leaders, and the constructive effects of the best leaders.

Certainly, those leaders possessing the greatest potential for leadership impact success view the blessing and burden of leadership as a privilege.

Privileged leaders, armed with the values of honesty, integrity, trustworthiness and sincerity, step into the leadership batter's box and deliver quality "hits" that make a positive impact on people.

These transformational leaders succeed because they've learned the art of connecting as they build their leadership platforms.

Great leadership platforms can never be built by the love of power, but by the power of love; a love not only for those they are privileged to lead, but also for the wealth of their potential.

Resolute leaders, determined to lead greatly, are possessed by the belief that their primary task is to impact people positively with the purpose of tapping into potential.

Determined leaders know that chance does not determine leadership success; choice does.

Great leaders choose to tap into potential by connecting with and staying connected to those they lead. They accomplish this by practicing leadership as courageous deliverers of hope, who relate to, inspire, and serve while consistently building environments of trust.



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Third Army/U.S.Army Central



Third Army/U.S. Army Central What should be the Army's New-Year resolution?



Sgt. 1st Class Wesley Coombs "Make sure the new policy for 'Don't Ask, Don't Tell' is implemented as painlessly and seamlessly as possible." Area Support Group-Kuwait



Master Sgt. Rodney Halloway "Put a little more emphasis on military Families, especially for the Reserves and National Guard." Area Support Group-Kuwait



Sgt.1st Class Jason Barr "Get back to basics and train the basics." Third Army Command Group



Sgt. Marc Abeles "Ensure Soldiers have the proper amount of time to reintegrate back into our home and Family lives." 335th Theater Node Operations Site



Sgt. Ashley Gerken "Make our training more MOS specific." 217th Transportation Co.