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VOLUME 1 ISSUE 3



Army Times



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SPECIAL RESILIENCY EDITION

BY THE NUMBERS:

Number of Days in Country:	243
Number of Days Left in Country:	122
Number of Promotions last 3 months:	4
Soldiers Reenlisted last 3 months:	5
Total number of years Reenlisted:	18
Reenlistment bonus money last 3 months:	\$27,500
Lowest temperature last 3 months:	49°F
Highest temperature last 3 months:	91°F
Cans of Monster consumed by Sustainment Times Team:	1845

DURABLE 6 SENDS



Col. Walker and SFC Wilson hang the 1SB Ornament during the 1SB Tree Lighting Ceremony on 15 Dec. 2010

As we pass by our deployment halfway mark, our top priority remains clear: to continue our support in the responsible retrograde of U.S. equipment from Iraq in support of Operation New Dawn. Our Soldiers and Airmen also continue to provide theater-level distribution and sustainment support through multiple transport modes—whether it be ground convoy operations in Kuwait and the IJOA, aerial delivery in Afghanistan, or watercraft operations throughout the Persian Gulf; the 1SB reaches multiple locations throughout the CENTCOM Area of Responsibility. While our Durable Soldiers and Airmen have continued to “get after” the mission at hand, we have also taken the time to build our resiliency – strengthening our five pillars (family, emotional, spiritual, physical and social) to ensure we are always fit for whatever the future holds in store.

With the holiday season upon us, the DURABLE Brigade held several events over the past month for our Soldiers, Airman and civilians to bring forth the holiday spirit. Thanksgiving began as teams from across the formation took each other on in a “Turkey Bowl” football tournament. We even had an Officers vs. NCOs game that started off with all of us more senior in years and eventually transitioned to younger leaders that definitely seemed to move a lot faster than us old guys. Our dining facility also cooked a tremendous Thanksgiving dinner where leaders of 1st Sustainment Brigade served our Soldiers and Airmen.

The first week of December, in honor of the holiday season and traditions, DURABLE Soldiers and Airmen also completed a Gift Card March, similar to our Durable Toy March at Fort Riley, to help support Families in need. As we continued to drift through the end of December, the spirit of giving was evident everywhere. Many units and sections held Christmas Parties, sharing in their traditions from home. We even brought along one of our very own traditions from Fort Riley, the Tree Lighting Ceremony, which was a huge success.

Even though we were away from our loved ones over the holidays, we pulled together to spend time with each other and practice common traditions while deployed. The holiday season truly is about sharing and giving and by being involved in events such as these, we were able to share in the holiday spirit together.

I continue to be absolutely amazed at what our Brigade consistently accomplishes on a daily basis. The Durable Team must remain steadfast and resilient. And as our deployment rolls on, we must never forget to continue to stay focused, enforce standards, and be disciplined.

DURABLE 7 OUT

As the 1st Sustainment Brigade enters into our eighth month of deployment, our Soldiers and Airmen are finally enjoying some relief from the severe Kuwait heat. While upholding the highest 1SB standards, our troops remain resilient and efficient while accomplishing our mission: to continue supporting Operation New Dawn. Our troops carry on support operations of OND via land, air and sea throughout Southwest Asia, ensuring service members all over the world receive vital supplies and equipment.

The holiday season is upon us and Soldier and Airmen welfare is a top priority for leaders in 1SB. As we celebrate the holidays apart from loved ones, I encourage each service member and Family member to maintain consistent communication with each other. We are hosting a variety of events to keep the holiday spirit high among our troops and their Families. Our Family Readiness Group is there for Family members who have any questions or concerns about their Soldier or who want to participate in FRG events. We can't thank our Families and civilian supporters enough for the many care packages our troops have received during this deployment. They are sincerely appreciated.

The Rest and Recuperation program is still going strong, allowing each Soldier serving year-long tours to take two weeks to enjoy time with loved ones. I stress the importance of safety and responsibility while taking R&R. The DURABLE Brigade needs every Soldier to come back refreshed and ready to take on any mission. We recently had the grand opening of our Resiliency Center; first one for Soldiers and Airmen in Kuwait. The center provides our Soldiers a venue to work on any of their Five Pillars, which include Social, Spiritual, Physical, Emotional and Family. We greatly appreciate the efforts of everyone involved in making this center a great success; it is becoming a place for Soldiers and Airmen to enjoy and obtain resources or assistance (massage chairs are a big hit).

It is vital to mission success that our Soldiers, Airmen and Families remain resilient and steadfast during a time that tends to be hardest during deployments. We are more than halfway through our deployment and must sustain our discipline, standards and resiliency in order to accomplish our mission and come home safely. Our mission is important and being here makes us appreciate the freedom we enjoy in our country and the peace of mind knowing our kids will be better off because of what we are doing here today.

Happy Holidays!

Durable 7



CSM Rivera fellowships with his troops during the Thanksgiving Festival.

US Army Photo Cpt. Daniel Hosaka

Resiliency During the Holiday Season



By 1st Lt. Frederick J. Shear

For many deployed service members, this holiday season marks the first time they will miss spending Thanksgiving, Christmas and New Year's with their Families. Nearly half of the 462nd Movement Control Battalion's Soldiers are experiencing their first deployment. Nothing replaces the quality of face-to-face time with parents, children and siblings. However, Soldiers can maintain and strengthen their resiliency by involving themselves in a number of activities and consistently staying in touch with those back home.



Despite the distance between Soldiers and their loved ones, leaders must emphasize the importance of communication. The Battalion Chaplain, Capt. Tony Duck, stresses that hand-written letters mean more to those who receive them than e-mails or Facebook postings.

"Skype, Facebook, e-mail and instant messaging are all great tools," said Duck. "Communication between deployed Soldiers and their loved ones has never been easier. We should use every means at our disposal to stay in touch with our loved ones, but there is something special about a hand-written card, note or letter. It takes a little more time to hand write a note, but when we put pen to paper the extra thought and effort communicate a depth of love and caring that digital media cannot match."

Deployments place stress on Soldiers, and not every minute of the day should be consumed by work. Over the next two months, the 462nd MCB will hold a number of morale-enhancing events and competitions. In November, the Liberty Battalion plans on hosting a battalion fair, with numerous booths, competitions and prizes. In early December, the battalion will participate in the 1st Sustainment Brigade Holiday Gift Card March, where Soldiers and Airmen, after marching with their rucksacks for four miles, will donate gift cards for distribution in the United States. Our unit appreciates the support from Family, friends and strangers back home, and this event helps us reciprocate that support.

In addition, a number of competitive sporting events fill the calendar of our battalion. The Liberty football and basketball teams play a number of games in the months of November and December. The Battalion will be represented at the 1st Sustainment Boxing Smoker Showdown shortly before Christmas. These events keep Soldiers in shape, provide an alternate form of physical training and allow the unit to fight for bragging rights at Camp Arifjan. Support for the Battalion's teams has been strong.

Often, morale and resiliency-building events enhance our partnerships with those we work with. Last month, the Liberty soccer team played the Kuwaiti Ministry of the Interior. While the Kuwaitis had the upper hand in the competition, it allowed our Soldiers and KMOI to engage each other outside of the workplace. Working relationships improve when both parties are comfortable with each other and events like the soccer game only build that level of trust.

Recently, the 462nd MCB commander, Lt. Col. Michael Butler, mandated training on the five pillars of resiliency. It is essential for Soldiers to keep up a high level of resiliency, not just during the holiday season, but also through the remainder of their deployment.

The Holiday Seasons Are Upon Us!



By 2nd Lt. Darrell Hampton

The holiday season is upon us here in Kuwait, and the 377th Transportation Company Heavy Equipment Transport (HET), is as busy as ever. The missions have slowed down some, but not enough to keep us off the road.

Although it would be nice for all of us to spend time with our Families during this holiday season, the mission at hand does not allow us to do so. Our first group of Soldiers returned from Rest and Recuperation leave in time to spend the holiday season with their comrades here at Camp Arifjan. Another group of Soldiers who departed theater recently will be home in time to be with their Families and friends for the Thanksgiving holiday. When those Soldiers return, a different group will be flying out to see their relatives and friends. This group has the opportunity to spend Christmas and New Year's back in the states or wherever they choose as their R&R destination.

The talk around the company to get this holiday season started, is online shopping. Several Soldiers have started shopping for gifts for their loved ones. With the convenience of online shopping, being deployed is not an obstacle to gift giving. It actually takes away the headache of having to go from store to store.

We as a company have been blessed prior to the holiday season. We have received several care packages from Families, friends and military supporters. We are very grateful for the many thoughts and well wishes that have been sent our way.

Without a doubt, every Soldier in our company owes a debt of gratitude in advance to all of our Families and friends back home who will be sending Christmas goodies this way. Although this is the hardest time of the year to be away from our loved ones, everyone is staying busy and optimistic. In closing, to all of our Families and friends back home, Happy Thanksgiving, Merry Christmas, and Happy Holidays from 377th HET.

Finish as a Family

By Spc. Allen

As the 217th settles into their first 30 days of deployment, the holidays are quickly approaching. The Soldiers' morale is very high and they are eager to get out on the road to accomplish their missions. The MWR has been very resourceful here at Camp Arifjan.

The Morale Welfare and Recreation, encourages the Soldiers to call home to Family members regularly. The MWR also has the capability to record Soldiers' reading books that can be sent back to the Soldiers' children and Family members.

This support gives our Soldiers' Family a chance to actually see their Soldier. With our Soldiers coming from a variety of places, they have managed to break down barriers and utilize the battle buddy team without any problems.

With Thanksgiving being right around the corner and knowing that the time has not come for Rest and Recuperation, we encourage everyone to go out and enjoy the festivities at the MWR!

As the Soldiers come on and off missions during the holidays there will be different events like Secret Santa and platoon area decoration competitions to keep the Soldiers in the holiday spirit.

It is often said that Soldiers tend to get sad around the holidays because of being away from Family members, so we want to fill in the gap as a Family and make it through the holidays and this deployment with all our Soldiers returning home safe to their Families safely.

The R&R Pass Program



By Spc. Ernest Villescraz and Staff Sgt. Oscar Muneton

After being deployed overseas for several months Soldiers' minds tend to drift and reflect on home. The rest and relaxation 4-day pass program in Camp As Sayliyah, Qatar is tailor-made for the deployed Soldier to rejuvenate and recharge from the stresses brought on from working in a deployed OCONUS environment.

Camp As Sayliyah offers many amenities that the deployed Soldier will not find on their local camps. One of the best parts of the pass is that it lets you experience the Middle East in a relaxed environment, while still giving you the freedom to explore on your own.

If you find yourself on pass at this particular camp your day could consist of jet skiing in the morning with the Doha city skyline as a backdrop, eating at the local Chili's located on camp that afternoon, and concluding your night with a few frames of bowling, while sharing a few beers with your buddies. This camp is truly an oasis in the desert, and every staff member's mission is to ensure your complete happiness while on pass.

Water sports, trips to the City Center Mall and Villagio Mall, deep sea fishing and the Dow Cruise are just some of the activities that Soldiers have to choose from while in Qatar.

During water sports activities, Soldiers are able to go jet skiing, water tubing and take a swim in the Persian Gulf off of the coast of Qatar. The trip to the City Center Mall takes you to the biggest mall in Qatar. The mall has five levels of stores where you can shop for hours. The City Center Mall also has American stores and restaurants, such as Star Bucks, Chilis, Applebees and Hollister. With all these stores, Soldiers feel like they are back at home. Overall Soldiers can relax and have fun while in Qatar.

"War is Hell, but when you come here, it's like being in a beach in Tahiti, minus the close beach and hot women," said Sgt. Derek Eveland, a signal support systems specialist and team chief, 469th Combat Service Support Battalion, 1st Sustainment Brigade.

Apart from their R&R leave, Soldiers can also look forward to their R&R 4-day pass. The 4-day Pass Program takes the Soldiers to Qatar, where they can explore the Qatari culture first hand. All-in-all, Soldiers can relax while on their 4-day pass and forget about all the stress that a deployment environment creates. The R&R Pass Program offers many activities that help relieve some of the Soldiers' stress. Along with having a great time, the Soldiers have an opportunity to explore a new culture.



STB HOLIDAY FESTIVITIES



By Cpt. Sandra Brown
STB, S3 OIC

With the Holiday Season quickly approaching, the Special Troops Battalion and their companies have different events planned in order to promote resiliency during this time of the year. There will be a great Thanksgiving and Christmas meal served at the dining facility. Several of the officers and senior enlisted Soldiers will be assisting in serving meals during various hours.

There is also a 5K run that will occur the morning of Thanksgiving. A flag football tournament is scheduled for Nov. 25. On the day of the championship game there will be an officer versus senior noncommissioned officer game within the Durable Brigade.

Each unit will also have their own activities for their Soldiers to participate in. Headquarters and Headquarters Company is having a Christmas Party on Dec. 18 and several of the sections will be doing gift exchanges along with decorating their work areas.

Signal Company will be decorating their work areas and each Convoy Support Team location will have activities planned for their own locations.

The 138th Financial Management Company also has several activities planned. They will be having a traditional Thanksgiving dinner for their Soldiers to participate in. They will also be decorating and having holiday parties as well.

Many sections will go to minimal manning to allow Soldiers to relax and enjoy the various activities and spend more time talking with their Family and friends back in the states.

The Reliable Battalion will be participating in the Holiday Ruck March on Dec. 1. At the end of the march, Soldiers will be afforded the opportunity to drop off gift cards that will be sent to the states in order to be given to the less fortunate.



SSG James Beal, SPO Effects, carries the STB colors during the Holiday Ruck March.



Soldiers from the STB makes Christmas hats for the Holiday Ruck March

RESILIENCY IN SPITE RESILIENCY



By Cpt. Daniel Clark
7th JLTF, BN S4

CAMP ARIFJAN, Kuwait—This holiday season, like every holiday season for as long as can be remembered, members of the U.S. Armed Forces will be spending the time away from their Families and friends. While spouses and children, parents, and friends sit around opening gifts and sharing home-cooked meals, telling stories about one another, mom or dad, son or daughter, Soldier, Airman, Marine or Sailor will be slugging through the mud, climbing a remote mountain or driving a truck over long and dangerous roads. If they're lucky, they will be eating a special meal in a dining facility thousands of miles away from home.

Throughout history, including recent conflicts, unit leaders have sought ways to maintain morale during the holiday season. Concert events, special meals, gift-giving and decoration contests and the like are concocted to keep the minds of service members occupied during the holidays. With each season these measures become more and more extreme and the case of Camp Arifjan, Kuwait is no exception.

This year Camp Arifjan will be a buzz with activity during the holidays; among which will be a “holiday toy march” being conducted by the 1st Sustainment Brigade. Soldiers and Airmen are encouraged to decorate their rucksacks and wear holiday themed hats as they march all around Camp Arifjan. Their rucksacks will contain gift cards that they will donate at the end of the march to a charity selected by their particular unit which will benefit the less fortunate at their home station areas.

For many though, the holidays are just another day on the calendar and all the revelry serves merely as another reminder that they are separated from their loved ones. Though the nature of these personnel is often forgotten by their leaders, it is especially important for them to find ways to cope with the heightened stress and depression that the holiday season can bring. It is incumbent upon them to ensure they maintain close contact with their Families and friends; no matter who that may be. In the modern age, and especially here in Kuwait, there is a plethora of means to communicate with the states. Phone calls, video messaging, e-mail and even “snail mail” are all readily available. It is vital that leadership ensures their personnel are in regular contact with their Families and friends to help ward off the depression that can set in.

Another important tool for Soldiers and Airmen to rely on for their personal resiliency, is their battle buddy or wingman. An adage as true as any says “your subordinates make you successful, your mentors make you who you are, but it's your friends who will get you through.” No one knows a Soldier better than their battle buddy, and no one knows an Airman better than their wingman. Relying on one another, telling stories about Family, sharing small gifts, and spending time enjoying hobbies together helps to ward off the onset of holiday depression, for most, better than any unit formation or turkey dinner ever could. The best way for leaders to ensure their subordinates are using this critical tool is through direct communication and observation. Paying attention to the things personnel say and do will clue a leader in very quickly to how they are coping.

Finally, it is important to remember that resiliency applies to everyone all the way to the highest ranking leaders. Leaders need to take time for themselves to decompress, contact their loved ones and maintain their own personal wellness so they have the strength and energy to ensure their subordinates are doing the same. If a leader's relationship with their Family is suffering, how then can they be expected to ensure their subordinates are maintaining healthy relationships with theirs? The attitude that “a leader who gets more than four hours of sleep is cheating his Soldiers” is even more destructive to unit morale than the leader who is completely absent. Sleep and decompression allow personnel to recharge their batteries so that they can make decisions and face challenges at the peak of efficiency.

The Army sponsored site Hooah 4 Health (www.hooah4health.com) offers some good tips in their “holiday survival kit” for dealing with many of the stressors that arise during the holiday season. Leaders and followers alike would do well to avail themselves of this tool if they are concerned for the wellness of a fellow service member.

THE HISTORY AND MEANING OF VETERANS DAY



By 1st Lt. Mark Salcedo

469th CSSB S2

As members of a younger generation with no real memories of the great wars with mass casualties and self sacrifice of the early to mid twentieth century, today's society tends to forget the history and real meaning of Veterans Day.

Typically observed on the weekday closest to November 11th, Veterans Day was first incorporated by President Wilson in 1919 and was known as Armistice Day. Even today, other countries still recognize November 11th as Armistice Day or Remembrance Day which marked the end of World War I. In 1938 Armistice Day became a legal American holiday. However, after World War II, people felt that all veterans should be recognized, not just those from World War I. Thus, in 1954, Congress changed the name to Veterans Day. In the U.S., the holiday now celebrates the accomplishments, sacrifices, and achievements of the approximately 21.9 million and growing U.S. veterans with parades and ceremonies among other events.

This history, lamentably, cannot convey the real meaning of Veterans Day. Those without military experience enjoying the day off or those too young to know, cannot know the real meaning from a textbook explanation. A 2005 letter to the editor of the Washington Post from a 26-year Army veteran may shed some light on the true meaning of Veterans Day.

The author went to Walter Reed Army Medical Center on Veterans Day to visit a relative wounded by an improvised explosive device in Iraq. On that day, the writer's relative, a Soldier, was in the critical-care unit with a tracheotomy tube and other tubes stuck in his body. He had a patch over his right eye, which still had shrapnel in it, and stitches to his face and hands.

He couldn't talk. His jaw had been shattered and was wired shut. He was frustrated, but he did his best to keep up his good spirits as he communicated by writing on a small white board. On that particular day, he was in great spirits, because then President George W. Bush had visited him the day before. The Soldier was described as an amazing young man and every bit a U.S. Soldier. He spent many days visiting his driver who was also wounded in the same explosion.

His driver, the son of Russian immigrants, was a 21-year-old private at the time. Both had undergone several surgeries during that year. The writer visited them often, took them out to dinner and had them over to his house. One day, shortly after the explosion, the writer asked the private what he hoped to do in the future. Sitting on his couch, with tubes still in his body and his head bandaged, he replied, "I just hope I can reenlist." At that the author felt compelled to leave the room – "too emotional for an old Soldier."

It was at that moment the writer understood the true meaning of both Memorial Day and Veterans Day. Memorial Day is to honor those who paid the ultimate sacrifice, while Veterans Day is to honor those who have to live with the sacrifices they made.

As we, the Soldiers of the 469th Combat Sustainment Support Battalion, celebrate Veterans Day overseas, we understand that the mission is first. So as most of us work, and some of us take part in various small remembrances throughout the post, let's not forget why this day which honors "Us" as veterans exists. Sometime in the day, take time to remember the sacrifices fellow veterans like those injured in battle will always have to live with. Also, always remember that Veterans Day is for honoring all the brave young people who are the vanguards of freedom for this generation, as well as those who suffered similarly in previous generations.

1SB RESILIENCY CENTER



Cpt. Daniel Hosaka
1SB PAO OIC

The 1st Sustainment Brigade (1SB) held a grand opening ceremony for their newly furnished Resiliency Center on Nov. 19, on Camp Arifjan, Kuwait.

The 1SB built the Resiliency Center to promote the Army's Comprehensive Soldier Fitness program and foster resiliency for all service members on Camp Arifjan.

The Center is open 24/7 and designed around the five pillars of Comprehensive Fitness: Emotional, Physical, Social, Family and Spiritual.

Maj. Gen. Kenneth Dowd, Col. Donnie Walker Jr., Command Sgt. Maj. Danfert J. Espinal, and Command Sgt. Maj. Miguel A. Rivera, the Commanders and Command Sergeants Major of the 1st Theater Sustainment Command and the 1st Sustainment Brigade cut the ribbon in front of the Resiliency Center signifying its official opening.

The Durable Brigade is committed to promoting the Army Comprehensive Soldier Fitness program and ensuring all service members are resilient.



Cpt. Hawkins enjoys the Resiliency Center State of the Art Massage Chairs.
US Army Photo By Cpt. Daniel Hosaka



The Resiliency Center grand opening ribbon cutting ceremony. (Left to right) CSM Espinal, MG Dowd, Col. Walker and CSM Rivera.
US Army Photo By Cpt. Daniel Hosaka



The 1SB "United Through Reading Room".
US Army Photo By Sgt. David Reardon



Soldiers using the Resiliency Center game Room. US Army Photo By Cpt. Daniel Hosaka



CONVOY LOGIS

By Spc. V. Michelle Woods
1SB PAO, Assistant Editor

As the missions and rules of engagement have changed in Iraq, so have the dangers facing Army motor transport operators, commonly known as drivers, deployed in support of Operation New Dawn. As the Army's mission in Iraq has changed from combat missions to advise and assist, drivers are no longer facing the same adversities as in Operation Iraqi Freedom. The turbulent and unstable environment Soldiers were accustomed to in Iraq has slowed to a more peaceful, monotonous scene.

Soldiers now struggle with challenges like complacency and traffic congestion rather than insurgents and fire-fights.

The 7th Joint Logistics Task Force recognized the need for updated training to ensure all incoming units were prepared to operate under the new conditions in Iraq.

The 7th JLTF established the Convoy Logistics Patrol Academy here August 2010, where Soldiers receive training on various aspects of transportation operations throughout Iraq and Kuwait.

"The CLP Academy's mission is to set the battalion standard across the board for each company and basically promoting safety at the same time," said Staff Sgt. Gunkano S. Luo, driver and CLP Academy cadre, 64th

Transportation Company, 1st Sustainment Brigade.

The CLP Academy is a five-day course that includes classroom lectures and hands-on experience. Convoy commanders teach the course. Day one teaches the basic standards of a convoy, rules of engagement, escalation of force, share the road policies and battle drills. Instructors cover communication and vehicle electronics on day two. Days three and four consist of hands-on training with military

"THE CLP ACADEMY'S MISSION IS TO SET THE BATTALION STANDARD ACROSS THE BOARD FOR EACH COMPANY AND BASICALLY PROMOTING SAFETY AT THE SAME TIME."

vehicles, driving on Kuwaiti roads and review. Day five is designated for Soldiers who have questions and seek additional training.

Convoys are constantly running missions to Iraq from Kuwait in support of OND, providing supplies to units in Iraq and withdrawing U.S. equipment from Iraq. Soldiers from different companies within 7th JLTF manage the convoys, a mission which requires a lot of coordination and communication. It is important for convoy commanders to follow the same standard operating procedures in order to successfully complete each mission.

"When I arrived in country, I arrived under a different command, and there was no one standard and everyone was doing it the way they knew how," said Luo. "That caused a lot of friction and the new command recognized the need for setting one standard across the board."

The CLP Academy sets the standards for battle drills and tactics, techniques and procedures; the standards ensure everyone is on the same sheet of music, so one company isn't operating in one way while another company operates differently, said Luo, who also deployed in 2003 in support of OIF.

"There's nothing worse than going from point A to point B to drop off equipment, and we get there and the guy you're suppose to link up with is nowhere to be found," said Staff Sgt. Gabriel T. Croker, driver and tank commander, 416th Trans. Co., 1SB. "You spend three hours trying to find him when you're suppose to leave in four hours so it only gives you an hour to get ready to go."

Veterans who served during OIF are accustomed to the rules of engagement and escalation of force used during combat missions. With the end of U.S.-led combat operations, Soldiers must be retrained and updated on the new rules, currently in effect.

"Some things are the same and some things are different in terms of RoE and EoF," said Croker. "My first deployment, we had the 1151 Humvees with signs in the back that said 'keep away 50 meters. If a vehicle came within 50 meters, we were authorized to go through EoF, but you were more inclined to shoot warning shots, deter vehicles. Now we're sharing the road. Vehicles are allowed to drive through your convoy, vehicles can drive right next to you almost, and it's a lot more Iraqi friendly."

He feels it's important that Soldiers who have deployed before understand how things have changed and learn the new

TICS PATROL

policies. He said the CLP Academy clarifies the new rules.

“The worst thing to have is a Soldier who is afraid to use the force that he is given because he’s afraid to get in trouble,” said Croker, who is on his third deployment in support of OIF and OND. “So the class is a good class to distinguish what’s right and what’s wrong, and that you can do this and you can’t do that. That’s the best thing about it. The more information you get, the more you know what you’re doing, the faster you can act accordingly and mitigate the situation.”

This is Luo’s first time being a convoy commander, and he is responsible for the entire convoy.

“I did a lot of training back at Fort Lee based on other people’s deployment,” said Luo, a 10-year veteran, whose unit is originally from Fort Lee, Va. “Every deployment is going to be different from your last, so we were doing things based on the past with no current training put in place. This CLP Academy prevents that because you have people that actually conduct missions who are currently in theater giving the class. It’s like first-hand information given to incoming units. We try to get them out of that old mindset.”

Now that U.S. convoys are sharing the road with Iraqis, traffic has also become an issue for convoys. The CLP Academy trains Soldiers how to handle congested roads and dangerous drivers.

Luo said the CLP Academy teaches vehicle and road safety such as

proper procedures for going through security check-points, following speed limits and avoiding complacency. He said Soldiers are also taught the same standards that one driver will not drive 40 mph while another drives 50.

“This class gives them a lot more information so they can act accordingly,” said Croker. “The biggest thing is not only being able to look and react, but look and react and know what you’re supposed to do. They learn what the battalion standard is. They learn from other convoy commanders what they encountered on the road and how to mitigate different situations dealing with each mission.”

“We try to prevent accidents and promote safety,” added Luo.

When driving through Iraq, Soldiers are required to wear all of their personal protective equipment such as eye protection, helmet and bullet-resistant vests. Soldiers are often tempted to remove all or some of the heavy and uncomfortable gear while on convoys, which can last for hours with heat in excess of 130 degrees Fahrenheit.

“In the past, there was no actual standard so people felt they could use whatever they wanted to use,” said Luo. “But now we try to tell them that the Army issues the equipment for a reason so it helps save your life if you end up in an accident. It emphasizes the importance of maintaining those standards and not taking their gear off.”

Luo said anyone within the 7th JLTf battalion can attend the CLP Academy; however, it is a requirement for all incoming 7th JLTf units. He said he thinks similar training would benefit other battalions and brigades leading to all units within Kuwait eventually operating under the same standards.



SUSTAINMENT

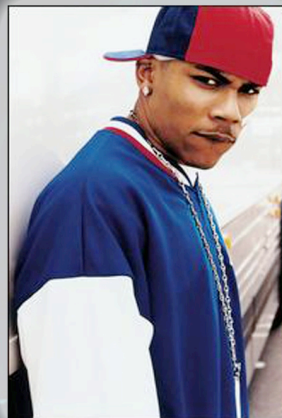
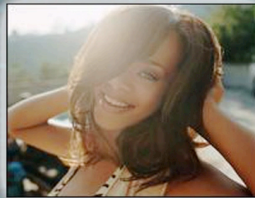
WARNING



Much like Nintendo's Wii, the Xbox 360 Kinect gets gamers active and all the way involved with their games. However, unlike the Wii, Xbox 360 Kinect recognizes users body motions and facial expressions without the help of a controller. That's right. Microsoft came and found a way to remove the final barrier of video game systems. Now it's just you, your friends and your TV. No controller, no cords everything is completely hands-free. What's even more impressive is, wait for it, the Xbox 360 Kinect can be controlled simply by speaking to it. Whoa! Welcome to the future.

DIGITAL TOP 10

- 1: WHAT'S MY NAME
RIHANNA FT. DRAKE
- 2: WE R WHO WE R
KESHA
- 3: LIKE A G6
FAR*EAST MOVEMENT
- 4: RAISE YOUR GLASS
PINK
- 5: ONLY GIRL (IN THE WORLD)
RIHANNA
- 6: FIREWORK
KATY PERRY
- 7: JUST A DREAM
NELLY
- 8: JUST THE WAY YOU ARE
BRUNO MARS
- 9: BOTTOMS UP
TREY SONGZ FT. NICKI MINAJ
- 10: WHIP MY HAIR
WILLOW



TRACE ADKINS

Supporting the Troops!



ENTERTAINMENT

2011 DODGE CHARGER



THE 2011 DODGE CHARGER FINALLY MADE ITS GRAND DEBUT LATE TUESDAY AT THE 2010 SEMA SHOW AS THE REDLINE CHARGER BY MOPAR UNDERGROUND. THOUGH THINLY DISGUISED WITH MOPAR PERFORMANCE AND DRESS-UP PARTS, IT'S THE REAL, PRODUCTION-SPEC CHARGER UNDERNEATH, AND IT PROMISES TO BE A GOOD ONE.

SOME OF THE BIGGEST NEWS FOR THE NEW CHARGER IS UNDER ITS HOOD. DODGE HAS CONFIRMED TO MOTOR TREND THAT THE NEW 3.6-LITER PENTASTAR V-6 WILL PRODUCE 305 HORSEPOWER IN THE CHARGER AND CHALLENGER. THOUGH IT AND THE CARRYOVER 370-HORSEPOWER 5.7-LITER V-8 WILL ONLY BE AVAILABLE WITH THE OLD FIVE-SPEED AUTOMATIC TRANSMISSION AT FIRST, AN EIGHT-SPEED AUTOMATIC IS ON THE WAY. INTERESTINGLY ENOUGH, THE REDLINE CHARGER IS EQUIPPED WITH A PROTOTYPE FLAT-BOTTOMED STEERING WHEEL WITH PADDLE SHIFTERS. WHEN PRESSED ABOUT THE POSSIBILITY OF GETTING PADDLES ON THE PRODUCTION CAR, THE DODGE FOLKS WOULD ONLY SAY "WAIT AND SEE."

THE VAMPIRE DIARIES



The Vampire Diaries sucks you in with its sexy drama and mystery as two vampire brothers, obsessed with the same gorgeous girl, battle to control the fate of an entire town. In the explosive season one finale, Elena's uncle set a plan in motion that brought the Founder's Day celebration to an end amid chaos, destruction and death, and saw the return of the vengeful Katherine Pierce. This season, Katherine's appearance in Mystic Falls will throw a wrench into the love triangle between Stefan, Elena and Damon, and the other residents of Mystic Falls must choose sides as they fall victim to a new breed of danger. New and unexpected friendships will be forged, allies will become enemies and hearts will be broken. Plus, Stefan and Damon will be forced to face a villain more evil and diabolical than they thought possible. The series stars Nina Dobrev, Paul Wesley, Ian Somerhalder, Steven R. McQueen, Sara Canning, Katerina Graham, Candice Accola, Zach Roerig, Michael Trevino and Matt Davis.

Truth or Bull

Back when Moses led a river crossing and confidence reigned supreme, there was a young Corporal (CPL) who needed to prove he had the confidence necessary to become a Noncommissioned Officer (NCO) In the United States Army. As a recent Ranger School graduate, CPL Thornburg, (aka Durable Battle Captain), was ready for anything the board had to throw at him. His confidence and abilities were prestige and he arrogantly stated to his peers, "I have more time in the harness then most of you have preparing for the board." Several hours went by, several went in, hearts were broken, and dreams were shattered and no one passed.

As time passed, doubt set in and many wondered if anyone had what it took to pass the board. The time of reckoning was at hand and CPL Thornburg was told to "enter" and enter he did. CPL Thornburg, utilizing his battle drills and squad movement techniques, conducted a combat door check.....and yelled back "Standby!!!" The CSM, brought to tears and moved by the professionalism of the door check stood up and said "CPL Thornburg, that was the best damn door check I've ever seen, now get the hell out!" CPL Thornburg continued on to make Sergeant First Class (SfC), went on to become a Captain (CPT), and currently shares his story of confidence with others while watching "Army Wives" in the 1 SB Resiliency Center.

TRUTH OR BULL?

ANSWER ON THE PAO PAGE

By Captain James Yaw
HROB

VENTRILO DIARIES

Chat

CAVSCOOut32: That golf course is so bad!!!!

Pattycake42: no it's not! it's YOU ☹...you are appalling.....we haven't won a scramble in months...sigh

CAVSCOOut32: it's the grass dude. If they would plant Kentucky blue grass instead of this perennial rye grass I would play so much better. They don't even put fresh water in the ball washer either. That is the only reason I was playing bad.

Pattycake42: Hey I'm rolling my eyes right now and flicking you off.

CAVSCOOut32: you know my game is better than yours bro. Thats why the Colonel always pics me to come with him on scrambles.

Pattycake42: SIGGHHHH... you are FAIL bro. the Boss pics you because you are worthless as a golfer and he needs a caddy to carry his stuff.

CAVSCOOut32

Pattycake42

Chat

CAVSCOOut32: Dude. I played against Mickelson in '03 in Atlanta on the tour, I lost by like 3 strokes,..... google that.....GOOGLE IT!!

Pattycake42: UHH.....yea.....I just did...as I expected :) ...LIES-----^^

CAVSCOOut32: whatever! they must have redid the website because I was there. Ask Josh he will tell you how good I am when I'm on a real course.

Pattycake42: DUDE STOP Lying Josh is horrible too. OK.....in '03 weren't you sitting next to me in the BUB in Baghdad? AND....if I recall correctly you were lying to the boss about something else and he called you on it and your eyes watered up?....remember?

CAVSCOOut32: UUUUUmmm?

CAVSCOOut32 HAS LOGGED OUT

Pattycake42: Choi ☹

CAVSCOOut32

Pattycake42

Send

Close

Hide

☐ Enable TTS

☒ Time stamp

100%

BY Staff Sgt. Matthew Veasley
1st Sustainment Brigade PAO NCOIC/Editor In Chief

1st Sustainment Brigade



COMMANDING GENERAL OF UNITED STATES FORCES-IRAQ

On 6 October, Gen. Austin received a tour of Third Army facilities on Camp Arifjan which included a stop at the 1st Sustainment Brigade's convoy staging lanes. The tour was designed to highlight the USAR-CENT role in the Responsible Drawdown of Forces (RDoF) and Equipment from Iraq.

Soldiers of the 164th Transportation Battalion and Joint Logistics Task Force 7, led by Lieutenant Colonel Al Versoza, Commander of JLTF 7, and Lieutenant Colonel Rich Rollins, Commander of 164 TB, were present to guide the Distinguished Visitor through a display of equipment used by Durable Express Convoys to complete the Responsible Drawdown mission.

Proceeding the tour, Gen. Austin recognized numerous Soldiers, Noncommissioned Officers, and Officers for their valuable roles in their units' mission supporting RDoF Operations.

MAJ Joel Torres (SPO-TRANS) received impact awards for notable contributions to transportation operations in support of the RDoF to meet the Presidential mandated timeline.



ARMY DEPUTY CHIEF OF STAFF VISIT

Lt. Gen. Daniel P. Bolger, Dept. of the Army's Deputy Chief of Staff (G-3/5/7) visited Camp Arifjan, Kuwait on 14 November to conduct site visits and meet senior leadership throughout the area of operation.

Bolger was given a tour of Camp Arifjan, hosted by Third Army and the 1st Sustainment Command (Theater). The tour included two 1SB sites, the Theater Redistribution Center (W2N) and the Multi-Class Warehouse (W7A).

Bolger was met by Col. Donnie Walker Jr., Commander of the 1st Sustainment Brigade and Lt. Col. Ronald A. Salas, Commander of the 469th Combat Sustainment Support Battalion.

Bolger was briefed on W2N and W7A missions and procedures by the officers and non-commissioned officers of the sites. He greeted several Soldiers and civilian contractors while touring the sites.



3RD ARMY LUCKY 6 VIST

Lt. Gen. Webster, Third Army Commander, came to visit the newly opened 1st Sustainment Brigade (1SB) Resiliency Center and Wellness Center on Dec. 14 at Zone 6, Camp Arifjan, Kuwait.

Webster was accompanied by Maj. Gen. Kenneth Dowd, Commander of the 1st Theater Sustainment Command and both were greeted by Col. Donnie Walker Jr., Commander of the 1SB.

Webster and Dowd were given tours of the facilities by Chaplain (Maj.) Ric Brown and Sgt. Cynthia McDougal.

The combination of the two centers focuses on the Five Pillars of Resiliency and is open to all service members. Over 1300 service members have visited the Resiliency since the grand opening on 19 Nov and the Wellness Center has helped over 1700 with their goals in physical fitness and overall health.



Fall Fun

By Staff Sgt. Matthew Veasley

The fall season was full of surprises for the 1st Sustainment Brigade. Soldiers of the 1SB built camaraderie and life time friends while participating in the Morale Welfare and Recreation events here at Camp Arifjan, Kuwait.

The festivities started with the Halloween Costume contest in which hundreds of Soldiers dressed up as their favorite costume character and competed for best of show, funniest, best couple and scariest. The Halloween contest was a great success. Soldiers participated in an anti tobacco drawing in which the winner won a PS3 valued over \$300.

The Thanksgiving festival was great. The daily festivities kicked off with the 1SB Turkey Bowl. The Turkey Bowl was a football tournament where all the battalions competed against each other. The Commissioned Officers of the 1SB competed against the Senior Non-commissioned Officer's. The Commissioned Officers won with a score of 14-0. The 1SB hosted a post wide Thanksgiving Luncheon and a Turkey Photo Shoot, where Soldiers, Marines, Sailors, Airmen and civilians had their pictures taken and created into post cards for their Families back home.

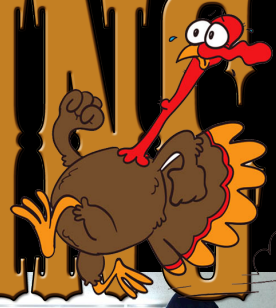
The 1st Sustainment Brigade sponsored The Holiday Ruck March on December 1, 2010. Soldiers post wide participated in the four mile ruck march that raised gift cards for Families in need during the holiday season. Soldiers were offered the opportunity to celebrate the holidays by wearing festive hats and clothing during the ruck march. The ruck march raised \$12,335 in gift cards for Families in need.

It is easily attributable that 1st Sustainment Brigade has dominated the support line of operations on and off the battlefield. The success of the Fall activities is due to supportive Families in the rear, great leadership from the front, and dedicated Soldiers. Sustain to Victory!

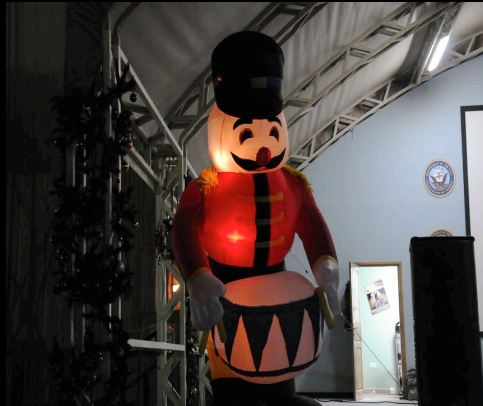
Halloween



THANKSGIVING



Christmas





1SB

SP



RTS

DURABLE FOOTBALL



By Cpt. Yutaro D. Hosaka

The 1st Sustainment Brigade hosted the Thanksgiving holiday, Turkey Bowl Flag football tournament Nov. 25.

The day began with an officer versus non-commissioned officer (NCO) football game to boost morale and Esprit de corps. Officers and NCOs from across the brigade made up the teams that competed. The opening series was kicked off by Col. Donnie Walker Jr., Commander of the 1SB, and the subordinate battalion commanders versus the Command Sergeants Majors of the brigade and battalions. The Officers in the brigade dominated the field and shut out the NCOs with a score of 14-0.

Immediately after the officer versus NCO game, the finals for the Turkey Bowl, a 1SB Thanksgiving flag football tournament, was played. The game featured two teams from the 164th Transportation Battalion, The Ruff Ryders, from the HHD, and the Titans from the 377th Heavy Equipment Transportation Company. The 377th Titans came out on top of 164th with a final score of 48-7.

Durable Football is more than just teams competing, it is a way for Soldiers to gain camaraderie and build resiliency during the holiday season.



The 1st Sustainment Brigade Body Building

CHAMPIONS



Sergeant 1st Class Crystal Yassir
Camp Arifjan, Kuwait
Bodybuilding Competition Winner

Maj. Allen Newton
Camp Arifjan, Kuwait
Bodybuilding Competition Winner

PRO'S vs Joe's

By V. Michelle Woods
1SB PAO Assistant Editor

Players from the National Football League Kansas City Chiefs competed against 1st Sustainment Brigade Soldiers in the Pro vs. GI Joe Program hosted by the USO at Camp Virginia, Kuwait Oct. 12.

Sgt. Anthony Braun, Sgt. Shawn Manfre, Pfc. Malachi Bickle and Pfc. Lawrence Sanchez played several matches of the Xbox game Modern Warfare 2 against KCC players Leonard Pope, Mike Cox, Reshard Langford and Brandon Flowers.

The Soldiers, stationed out of Fort Riley, Kan., played in the Camp Virginia USO center against athletes who were in the US. Participants viewed and conversed with each other using big screen televisions, webcam monitors and gaming consoles.

The event was coordinated with the USO by Braun in order to boost Soldier morale and encourage the USO to come to Camp Arifjan, Kuwait, where the 1SB is deployed.

Camp Arifjan currently does not have a USO.

The event was intended to open up communication between 1SB and Camp Arifjan and the USO, in an effort to get the USO here, said Braun.

This event was particularly special to Bickle and Sanchez, who are major KCC fans, said Braun.

“It’s a unique opportunity, especially out here for the Soldiers,” said Braun.

OBSESSION

By Staff Sgt. Matthew Veasley

We miss how the fire in the stove crackles so subtly, and how it creates an ambience only God himself could describe. We miss the smell of fresh oak, gunpowder, and cover scents but we still thank God for life. We miss the smell of homemade biscuits filled with Grand's fresh peach preserves. We miss Grandma's famous mustard on a slab of summer sausage. We miss the laughter; the stories of love, the camaraderie of our hunting partners, the truths of war and lies about the one that got away. We miss embracing the frigid fall air into our lungs, the fresh dew on our faces, and even the smell of the moist southern soil.

Obsessed with freedom, gripped with religion, and infatuated with our American heritage we miss locking hands in prayer before that convoy of four-wheelers travel into the darkness to our tree stands. Magical is the only term that comes to mind when you see the sun breaking over the horizon through the fog and you get a shot at that buck of a lifetime.

Embracing the world we camouflage ourselves and lace up our boots but this time not to feed our Obsession for the outdoors, but to fulfill our greatest obligation to our Nation as a Soldier.

Hunters abroad can contest to this Obsession and undying fever. The pain of watching your buddy post his 160 Pope and Young class Whitetail Buck on Facebook while you sit on a Contingency Operations Base, Season after season, can become nerve wrecking and depressing. We must remember that we would not be able to enjoy our sportsman Obsession if we do not remain resilient and protect it like we do on a daily basis. Take pride in putting down the Thompson Center for a season and picking up your M-16 because without Soldiers our Obsession would be nothing but a complex with no meaning or heritage.

BOW REPORT

Aggressively compact, the Mathews Z7 Xtreme offers a rare combination of size and agility for all hunting situations. With a generous brace height of 7 3/8" the Z7 Xtreme provides superior forgiveness and helps produce tighter groups at all distances. With speeds up to 330 fps the Z7 Xtreme will enhance your effective shooting distance and create more kinetic energy. Equipped with a ZX™ Cam and the revolutionary Reverse Assist™ Roller Guard, the Z-Series™ has earned a reputation as the smoothest-drawing bow ever designed. When the moment of truth finally arrives, we can unexpectedly be forced to improvise, stretch our abilities, and do the slightly impossible. Face your challenges with confidence and Experience the Xtreme. MSRP \$899.00





TRAVELER

Travel while using Your Military Benefits!

What's Hot?

By Staff Sgt. Matthew Veasley

The Army has integrated the Rest and Recuperation (RnR) policy to help Soldiers cope with the stress of combat deployments by flying them out of the combat zone to a place of their choice to rest and relax.

RnR is a great way to re-energize and clear your mind from the stress and tension associated with deployment. Soldiers can use the RnR benefits to travel to the place they have always dreamed of. Traveling is expensive, but when you incorporate the free RnR flight in the equation, you can save thousands of dollars.

The Armed Forces has provided programs that assist Soldiers when they want to travel and spend time with their Families. Armed Forces vacation club is a great program that gives Soldiers space available cottages, hotels, motels, condos and beach homes worldwide for \$369 for an entire week. Salute the Troops has offered Soldiers and their Families free tickets to Seaworld, Busch Gardens, Six Flags and numerous other places. Incorporated with the Armed Forces Vacation Club you can treat your entire Family to a vacation for less than \$500, which is amazing.

If you like to travel don't let the economy halt your life. The Army MWR Information Ticketing and Reservation (ITR) office was created for the Soldiers to give us the best travel deals possible. Although you may find better deals elsewhere it is not possible to find better customer service and support when it comes to our ever-changing lives as Soldiers. Soldiers who utilize these resources can easily see the world for a lot less.

The USO also has cultural tours in every country that the military operates in. These tours are cheap and totally worth it. USO culture tours have everything from sight seeing, deep sea fishing to golf. Leaders should remember to educate your Soldiers when it comes to travel, there are a lot of Soldiers who do not know what our entitlements are and they should know. You owe it to your Family and yourself to travel smartly and use the resources available.

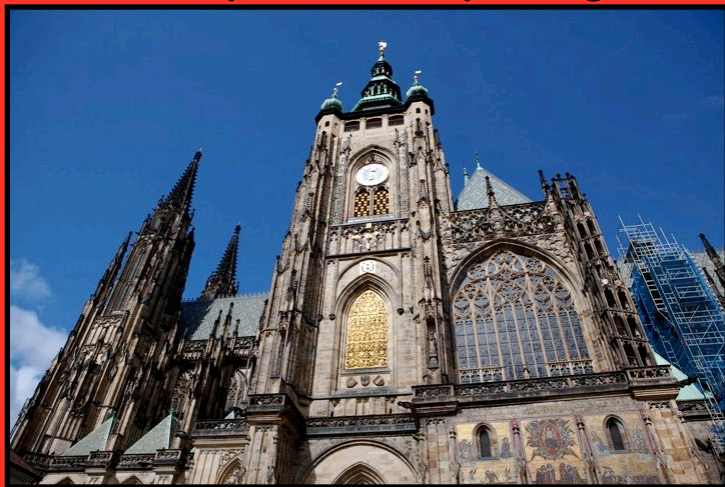
Prague, Czech Republic



By: Cpt. Yutaro D. Hosaka

PROS: Prague is the entryway into central Europe. Its culture shares influences from both Western and Eastern Europe. Much of the city's history can be seen through its architecture. Everything from Roman towers, gothic cathedrals and baroque palaces are prevalent here. Prague is also a new city. Prague nightlife is some of the best in Europe. Drinks and clubs fees are often half the price of their American or Western European counterparts. A local pub crawl caters to visitors and is an easy way to experience the local atmosphere with other English speakers.

CONS: Very little English is spoken. Other than Czech, most people commonly speak German and Russian. The Czech Republic doesn't use Euro either. Czech Crown is used as currency, but is relatively weak against the dollar.



San Juan, Puerto Rico

By Staff Sgt. Matthew Veasley



PROS:

Puerto Rico is a beautiful place to visit or live. The language barrier is non-existent and the people are beyond friendly. The food is nothing less than delicious and the beaches are gorgeous. The weather is always great, when it rains, it usually lasts only 10-20 minutes. The tours, horseback riding, scuba diving and deep sea fishing here are really cheap. The hotels are very inexpensive, for a one week stay you can get 5 star amenities for less than \$600. It also has great outlet malls and shopping.

CONS:

The plane ride is usually ten hours. The down town district of San Juan is fairly expensive so extra cash would be necessary. Pack small, the airport splits luggage on separate flights. Take the defensive driving course if you rent a car.



Negril, Jamaica



By Cpt. Courtney Olson

PROS: The weather was a comfortable 80-90 degrees in October. Although it rained almost every day, it only lasted a few minutes and was quite refreshing. The views in Negril were amazing. The sunset was visible from every area of the resort and turned the sky gorgeous shades of red and orange. The hospitality displayed by the workers of the resort was first class from arrival to departure there wasn't anything they were not willing to do in order to provide complete comfort. As relaxing as the atmosphere was, there were many activities for those who crave adventure. From cliff jumping to parasailing to scuba certification and diving through aircraft wreckage's, the staff sought to provide complete vacations for all visitors. The flight was rather inexpensive and if you stay at a resort like Sandals, Beaches or Couples; they provide transportation to and from the resort.

CONS: Leaving the resorts are frowned upon. There is not a lot to do other than resort/tourist activities. The vendors on the beach could be over bearing and loud at times distracting from the calm and peaceful ambience. Many of the tourist locations (Margaritaville and Rick's Café, for example) are overpriced and filled with tourists.



THE LEGAL SPILL

By Sgt. Julia Villanueva
469th CSSB Paralegal NCO

Being in the military, Soldiers come from various cultures, backgrounds and beliefs. No matter who they are or where they are from, they can all relate to the holidays. Once the end of the year rolls around everyone has turkey and candy canes on their mind. To those in Kuwait, it usually means another year down and one-step closer to getting back home.

The holiday season is a time when most choose to purchase extra items they normally wouldn't think of spending money on any other part of the year. During the Christmas/Hanukkah season, more than 1.76 billion candy canes are made. Surely candy canes do not get this much business the rest of the year. If Soldiers do decide to buy gifts and send them home, they should be sure to send them out early to avoid the rush to the post office.

When communicating with Family members back home, Soldiers should remember the change in time zones. It is difficult to find a convenient time for friends back home when they are on different sides of the world. Even Santa has a hard time with time zones during the holidays. Due to the time zones, Santa has 31 hours to deliver gifts, this means that he would have to visit 832 homes each second.

Some have that one cheerful person in the office that decorates and gets everyone else in the holiday spirit. If you are that person, remember that the biggest selling Christmas single of all time is Bing Crosby's White Christmas, but that does not mean Soldiers would like to hear it repeatedly to celebrate this time of year.

Our office, will say goodbye to one Soldier and hello to another. Sgt. Timothy Hession, the 164th Transportation Battalion paralegal, will be departing the office during this holiday season. He is overjoyed to make it home by the holidays.

As the time draws closer and closer, continue to stay strong during this separation. Soldiers would all love to be home for the holidays. Whether it's spending the holidays on Skype, Google Talk or Yahoo Messenger, though far from home, be sure to still share in the spirit with Family and friends.

INSPIRATION STATION

By Chaplain (Maj.) Ric Brown

With the changing of the months and the changing of the temperature come the thoughts of the holidays. Even in Kuwait, one's mind cannot help but wander to thoughts of Thanksgiving, Christmas, Hanukah and the other holidays that are celebrated during this season.

One's mind may go back to childhood traditions of traveling to the grandparents, or to the TV specials of "Rudolph," "Santa Clause is Coming to Town" and many others. Although these thoughts warm our hearts, they also can weigh heavy on some individuals. The key is showing these individuals how to be resilient through the holidays.

The key focus needs to be not just the holidays but through the holidays. There is a myth that is continually stated as fact that the holidays have the highest suicide rate. The fact is that the holidays tend to traditionally have the lowest suicide rate. The time of year that traditionally tends to be the highest is April through June.

The reason this is a myth is the fact that most people are surrounded by Family and friends and the New Year brings a hope for something different, something new. Therefore, these individuals feel closer to their support base and have a hope for the future. If things haven't changed, people begin to lose hope about the middle of the New Year. For this reason, focus should be before and after the holidays, not just during the holiday season.



We need to teach, mentor and guide people during the holidays but also well into the New Year. It goes to that old saying, "Give a man a fish and he eats for a moment, teach a man to fish and he eats for a life time." This holiday season don't just get a person past the hard times that they are facing during the holidays, but make a commitment to an individual to ensure they can get over all the challenges they may be facing both now and in the New Year.

MASTERS OF HEALTH

Train as we Fight

Story By Staff Sgt. Matthew Veasley

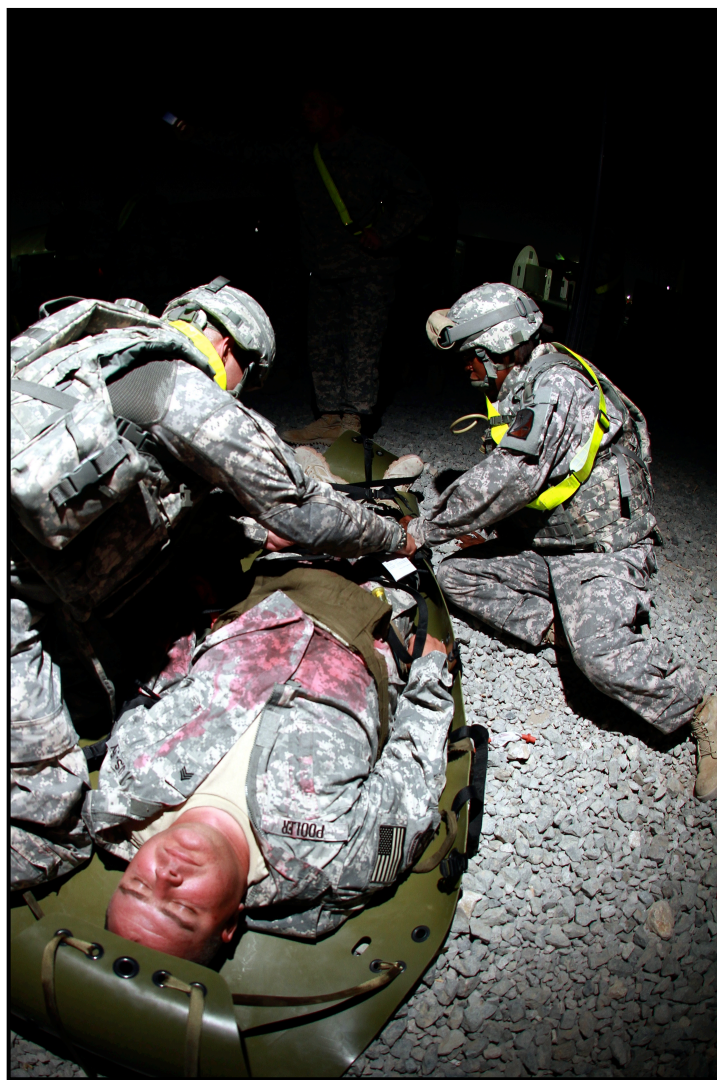
Photos by Sgt. David Reardon

Non-commissioned officers from the 1st Sustainment Brigade, Special Troops Battalion (STB), utilize battle focused training to train Soldiers on life-saving techniques here.

“The combat lifesaver course is a 40 credit hour, entry level course, designed to give Soldiers essential first-hand, point-of-injury, life saving skills to aid and assist their battle buddies and help them get back home to their loved ones,” said Sgt. Uriah Low, Combat Lifesaver Instructor and combat medic, with the STB.

In combat, medics and combat lifesavers will encounter multiple situations that yield high stress and require maximum competence. The only way to perform and execute the mission successfully in any task is to train, educate and then train harder. “My main focus is to train as we fight,” said Low.

“Although the course was originated by high speed individuals at Fort Sam Houston, we have tailored our course environment to meet the intent of our mission,” said Low. “Our course is dedicated to the War Fighter, we have incorporated simulated gun fire, low light conditions, indirect fire on tent scenarios, convoy based scenarios and high stress demands that push our candidates to their limits. A combat lifesaver trained Soldier will be depended on to provide life saving aid until other trained responders arrive, their job is critical to our Army’s combat strength.”



Soldiers prepare to carry a simulated casualty to cover during the Combat Lifesaver Testing.
US Army Photo Sgt. David Reardon



Soldiers treat simulated casualties in an office environment, during the Combat Lifesaver Testing.
US Army Photo Sgt. David Reardon

Throughout the War on Terrorism, the military as a whole has been challenged with numerous life threatening attacks. Improvised Explosive Devices (IEDs), Vehicle Borne Explosive Devices (VBEDs) and Explosively Formed Projectiles (EFPs) have claimed more than 2,000 lives in Iraq alone. Being trained to treat these common attacks is a force multiplier to the ranks.

With all the new technology and medical equipment coming out, leaders must change and evolve with the Army mission. Every United States Soldier should be required to take this course, said Low.

“It has been proven that first responders on the battle field save lives, Combat Lifesavers do save lives,” said Sgt. Bryan Oxley, Combat Lifesaver instructor and Medical Platoon Sergeant, STB.

“Our combat lifesavers can testify to the quality and seriousness of our training,” said Oxley . “Our trained Combat Lifesavers have been first responders in numerous incidents and accidents on the dangerous roads of Iraq with astonishing first aid success rates,” he said.

Throughout the 1st Sustainment Brigade’s deployment, combat lifesavers have successfully assisted and manned every mission essential operation during the Responsible Drawdown and Operation New Dawn. The STB has trained more than 50 Soldiers in first responder and combat life saving techniques through the Combat Lifesaver training.

“Battle focused training is the key to our success,” said Oxley. “Our leaders and instructors are passionate in the preservation of life and the mission. This course enables our Army to accomplish so much more due to so many Soldiers being Combat Lifesaver trained.

(Right) Soldiers explain the appropriate steps of treating an open chest wound to the CLS cadre during the testing phase. US Army Photo Sgt. David Reardon



(Above) Cpt. Courtney Olson, commander Headquarters Headquarters Company, 1st Special Troops Battalion treats a simulated casualty.



(Above) Spc. Stearns with the 1SB Legal office treats a simulated casualty during the testing phase. US Army Photo Sgt. David Reardon



SPO....THE #1 SUSTAINMENT “NERVE CENTER”

From October through December, the SPO staff has worked furiously planning and shaping future events as US and Allied forces within Afghanistan continue to operate at their peak performance while US forces from within Iraq prepare for one final drawdown and exit. The questions everyone on the SPO team continues to seek answers on deal primarily with the future. What will the future hold and what is the logistics requirement? How many trucks will it take to haul equipment from Iraq next year? How many containers will we need to support multiple theaters from the key platform here in Kuwait? How many Soldiers, civilians, and equipment will consume food, ammunition, fuel, repair parts, and other war fighting essential equipment? In particular, one of our favorite questions...how many containers will need unstuffed and where will the excess supplies go? No matter the question, the 1st Sustainment Brigade SPO shop is getting the answers. Whenever we were not planning and analyzing requirements these last three months, we were also participating in some much needed resiliency events – from softball tournaments to body building, and even Christmas “tent” decorating. Below are some wise and poignant comments from among our SPO leadership on RESILIENCY. We hope you enjoy reading them....and more importantly using them for your own “resiliency” building. *God Bless all of our Troops in 2011!* **LTC Jim Skrabacz “DURABLE 8”**

MARK YOUR
CONTAINERS!



Question: What are the 5 PILLARS of Resiliency in Army

RESILIENCY AND THE HOLIDAYS

CPT Tim Huang (SPO Plans) Soldier refit is a time for Soldiers to participate in resiliency events, such as the 1SB Annual Gift Card Ruck March, MWR runs/sports, visit the brand new 1SB Resiliency Center, and participate in the “record-a-book” program. This program allows parents to read a book on an audio device that will then be sent to the child with the book so that the child can hear the book being read to them by their deployed parent. This keeps the family bonds strong through long deployments.

SPC Cedric Wasisang (SPO Effects)

“Thanks to good camaraderie a new family is forged so that even in theater one will not be without family this holiday season. Cohesion is built, morale is boosted, physical endurance is enhanced, and good deeds are done! Thoughts of accomplishment and fellowship help deal with the idea of missing home and thanks to technology (Yahoo, MSN, Skype, Magic Jack, etc) we can almost be there without being there. The sense of hope is still there and new memories are created.”



MSG James Combs (FM SPO) “Building resilience in emotional, social, spiritual, and family will present challenges, especially during the Holiday Season. Eating a nice meal at the DFAC, amongst friends will bolster the social component for some. For others, watching their favorite movie or TV program will be just what they needed. Of course, there are those who will just want to be alone to do simply nothing...time to themselves...to read a book, which will be just the right thing to re-vitalize them, increasing their emotional and spiritual fitness.”

CPT Dave Leamy (SPO Ammo) “Giving the Soldiers something to keep their minds off of being away and keep them occupied can greatly increase resiliency. Spending time with your Army family when you are away from your real family can be a great way to help Soldiers. Being able to wake up and see everyone smiling and genuinely enjoying themselves was, as a leader, the most rewarding part of that event. The one thing most Soldiers will need the most is to understand they are not forgotten during a time of year usually dedicated to being with family.”

MAJ Larry Seward (FM SPO) - Continuously shares via Facebook funny and brilliant quotes from daughter Grace. These quotes from home are what keep him resilient during this special time of the year.

- I know my dad is coming back because he loves me.
- The world is safe- everybody is sleeping.
- We live in a world of pictures.



CPT Larry Cook (SPO Petroleum) – “Most of us are here in Kuwait with the comfort of safety and ability to speak to our loved ones on a regular basis. Remember, there are those in this fight that don't have that opportunity...so it could always be worse. We each have our own reasons for being here, and when it gets rough and you're missing your family during this holiday season, it is important to remember what that reason is.”

SGM Angela Rawlings (SPO SGM) – “Extended family has been proven a great asset in time of stress. 1st Sustainment Brigade is not only a brigade doing great sustainment operations in Kuwait, but this brigade is a Family. During this holiday season, if you find yourself needing a friend, brother, or a sister; just someone to talk to, laugh with, or cry with, reach out to your extended family and enjoy this holiday season while deployed.”



Happy Holidays from the 1st Sustainment Brigade SPO

Answer: Spiritual, Physical, Emotional, Social, Family

Heart of Gold

Someone with a heart of gold is a genuinely kind and caring person. They are selfless and giving and expect nothing in return. They deflect praise and work tirelessly serving others. Their kindness is contagious and the multiplied effects of their kindness can be exponential.

Karen McGarry can be described as someone who has a heart of gold. Her support for the military, with help from many coworkers and members of the YMCA in Greensburg, Pa., shows how contagious and exponential kindness can be.

Nov. 1 Karen and the Greensburg YMCA sent more than 300 pounds of freezer pops to members of the 1st Sustainment Brigade deployed to Camp Arifjan, Kuwait. The freezer pops arrived on a day when the temperatures exceeded 125° F. Needless to say, they were a big hit with the Soldiers.

Karen McGarry has a love for God, Family, country and an affinity for the military. Her husband joined the Navy during the Vietnam War and is now a retired Army master sergeant. All four of her children have served in the Army and two are still serving. She understands better than most the sacrifices our men and women make for our country. She devotes a great deal of time and energy to show how grateful she is. Her contagious kindness coupled with the multiplied effects of the Greensburg YMCA is shown throughout the military community.

Karen spearheaded many efforts to send baked goods and thank you cards to those serving our country in the military overseas. Her biggest effort was at the request of Sgt. 1st Class Adam Clark who was a member of a military transition team in Iraq 2007. Clark requested care packages be sent to Iraqi soldiers to show U.S. support for the Iraqi Army. It took a lot of coordination to make sure more than 350 care packages were distributed fairly. An Iraqi officer named it "Operation Soldier Smile." Karen and the Greensburg YMCA undertook this project which took countless hours and thousands of dollars to execute. The project could be described as a result of contagious kindness started by someone with a Heart of Gold.

The grateful Soldiers of 1st SB would like to thank Karen and the members of the Greensburg YMCA. Your kindness is appreciated around the world. Always Ready. Sustain to Victory.



Volunteers from the Greensburg, PA, YMCA created a collage of photos of 1SB Soldiers enjoying the donated freeze pops.



Volunteers from the Greensburg, PA, YMCA show their support for the 1SB Soldiers.



Brigade S-1



This quarter, Soldiers took part in many MWR events that really showed the Section's talent and esprit de corps. S-1 led the way in every event hosted.

With the holidays upon us, I would like to take this opportunity to thank all of the Soldiers and their Families for their hard work and continuous support throughout the year. This is the time where we come together as a Family during the holiday season. We won't be able to be home for the holidays this year, but we will celebrate as best we can. Families, friends and loved ones will be foremost on our minds during this time and the Family we have established here doesn't replace that, but adds to it. There is plenty to be thankful for. I personally am thankful for this extended Family here in Kuwait.

Sincerely, MAJ Ken Hanlen- Brigade S-1

Promotions

Congratulations to the following Soldiers for their outstanding achievements and moving Up the ranks of the Army:

2LT Henry- Promoted to 1LT
2LT Plata- Promoted to 1LT
SPC Carvotta- Appointed to CPL
PV2 Ayala- Promoted to PFC
PV2 Bickle- Promoted to PFC

Regards from SMA Preston

This month, SFC Lenton surprised the entire Brigade S-1 section by presenting all of the Soldiers with personalized autographed photos and coins from the Sergeant Major of the Army, Sergeant Major Preston.

Making an Impact

This quarter, we had 5 Soldiers from the S-1 Section receive impact Army Achievement Awards from the Brigade Commander during the Battle update Brief (BUB) for their assistance with the Brigade MWR Programs. They were 1LT Brown, MSG Wynn, SPC Williams, PFC Ayala and PFC Bickle.

Hard at Work

This month, four Soldiers within our section were commended by one of our subordinate battalions for receiving and processing over 1100 end of tour awards.

SGT Braun SPC Williams, PFC Ayala and PFC Bickle were awarded coins and certificates of achievement from the 164th Transportation Battalion Commander and Command Sergeant Major for their outstanding efforts and timely preparation.

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure"

By: Colin Powell

Birthdays of the Quarter:

1LT Brown- 30 Sep 10
PFC Walker- 4 Nov 10
CW2 Gil- 05 Nov 10
SSG Custis- 07 Nov 10
SGT Espinoza- 10 Nov 10

“Not a Creature was stirring....except..... Agent Fisher”



Happy Holidays from the BDE S2 section. As you prepare for the upcoming holiday season, Agent Fisher has a few tips about home security, specifically if you plan to leave your home area for the holiday season.

Christmas is a time where many people pack up and take a trip to visit Family or friends, sometimes for weeks, leaving their home unattended. Here are some useful tips for this Christmas holiday period to help deter robbers from entering your home while you are away.

The number one thing that will keep intruders out of your home is making it appear like someone is indeed home. Therefore, mowing your lawns, picking up rubbish from the front yard, fixing any broken gates or fences, and having your mail collected regularly are some simple steps to show that there is activity at your house.



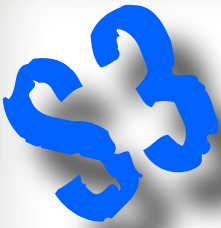
Agent Fisher Secret Squirrel

Another really important thing to do before you leave for your holiday is prune all of the bushes and trees surrounding your property. This will remove any hiding places and eliminate easy access to the second story of the house, should you have one. Even though you're not home, someone can be. Asking someone to house-sit is a great idea for those people leaving their home for extended periods. If there isn't anyone available to actually house-sit, ask a neighbor or friend to pop around on different days to ensure the house is secured, that bins are put away, and that all mail is collected on your behalf.

There are a range of gadgets on the market that can help deter robbers. Something as simple as a sensor light at the front door means no one can easily step into the area without literally having a spotlight on them. There aren't many burglars that like to have that kind of attention when breaking into someone's house. You can also buy great timers that will switch on an electrical appliance like a TV, radio or lamp at set times to make it appear like someone is home. An alarm system is a great option when it comes to deterrents and also peace of mind. If the alarm does happen to be set off, there are now programs which will send you a text message to alert you of the situation.

Sometimes, it's important to know that if all else fails and your home is broken in to, you are covered for damage or loss that may occur. Before you leave the house for any holidays, long or short, make sure you are covered with a comprehensive home insurance policy and you have a reputable insurer on your side.

In closing, Agent Fisher wishes you a holiday season filled with an abundance of friends, happiness and good cheer, and as the New Year approaches may you have good health, comfort and prosperity.



Brigade S3 Resiliency During the Holidays

This Holiday season the 1st Sustainment Brigade Operations Cell is participating in many activities to increase resiliency. With the help of the Morale Welfare and Recreation and our internet connection, the BDE S3 is using all possible assets to maintain resiliency.

The 1SB has established an MWR representative who has planned many activities which have been successful in increasing morale. The latest event seen come through email is for a fashion show here on Camp Arifjan. I know that it is hard to believe that Soldiers have enough time to fight a war in two countries and conduct fashion shows, but this is the US Army...we get more done by 0900 than most people do all day. Another event that the MWR representative established was a flag football tournament. 1SB pulled out all the stops, purchasing jerseys, cleats, gloves, and shorts only to be defeated by a team that showed up at the last minute in Hanes white t-shirts and their numbers stenciled on with Sharpie markers. Although it was a dismal performance by the 1SB team, the team work definitely boosted morale. The last mentionable event by MWR that will boost resiliency during the holiday season is the tree lighting ceremony. 1SB plans on having Soldiers singing Christmas carols and drinking hot cocoa. Whether or not it will be cold enough for hot cocoa is debatable but the Soldiers of the Operations Cell look forward to getting a taste of the holidays over 7200 miles from home.



Brigade S3 shop

The internet connection in Kuwait is a blessing for deployed Soldiers. Soldiers easily contact Family members and are utilizing the internet to increase resiliency by linking together PCBs (pre-constructed concrete billeting) so that groups of Soldiers can play X-box video games against each other. In the BDE S3 shop SFC Cole regularly utilizes his skills on Facebook to keep the Operations Center informed on the 1st Sustainment Brigade Facebook page. We regularly get a laugh at the pictures posted on the 1SB page from events like the body building contest and the Halloween costume contest.

Between the MWR and internet activities that are available in the 1st Sustainment Brigade, the resiliency is still high after six months in beautiful Kuwait. The S3 shop might pull long hours but the camaraderie is high and we have a good time while tracking all missions and providing the battalions and the brigade commander with the information needed to conduct our missions in a safe and effective manner.

We would like to wish our Families and friends blessed and wonderful holiday season and a happy new year!

“ABILITY TO RECOVER”

S4

By Sgt. Nathaniel Norval

1SB, Bde S4, Supply & Services NCO

Merriam Webster’s Dictionary defines resilience as an “ability to recover from or adjust easily to misfortune or change.” The members of the United States military, on a daily basis, live this definition in their lives and in their duties. Service members selflessly put aside the things that are important and dear to them as individuals to serve the greater whole of the nation, and often the human race. At no time is this undeniable truth more easily found than in the holiday season.



Col. Walker and CSM Rivera present SFC Wilson with a Brigade coin for the construction of a bridge leading to the 1SB Headquarters.

Regardless of age, ethnicity, religion or sex, as deployed service members, they all share two things in common: their respective distance from their loved-ones and the Family-like bonds they share among themselves. For some service members, a deployment can signify their first time away from home during the holidays. For others, it has become all too common, almost habitual, to say Merry Christmas over a video teleconference. For some, it is in this commonality resilience takes on a much greater, more personal definition: perseverance.

In everything they do as Soldiers, they are expected to push themselves to greatness, success and mission completion. The Warrior Ethos impresses upon them that they will never quit, nor accept defeat. In the face of adversity, personal or professional, they must drive on and push through their objective. During the holidays, the absence of and longing for their loved ones can distract even the most savvy, battle-hardened Soldier. It is in the spirit of their Warrior Ethos that they must find the strength to persevere, and in that perseverance any Soldier can show that he or she has the resilience to overcome any obstacle or any challenge.



“COMMUNICATING EFFICIENTLY”

By Spc. Christopher J. Albright

1st Sustainment Brigade BDE S6

Just a couple weeks ago we were blasting our air conditioners and comfortably wearing our summer physical training uniforms. The desert climate is quickly changing, reminding us that the holiday season is quickly approaching. This can be a very sensitive and emotional time of the year as we are spending this wonderful time away from our loved ones. It is tough on us and those who are stateside, and we must make extra effort in caring for our fellow Soldiers.

Our section (Brigade S6) will be spending the holidays running around together fixing network issues, unblocking user accounts and running new NIPR lines. We take pride in keeping everyone communicating efficiently, but we also find the time to relax. Soldiers in our section are currently competing in Fantasy Football together, which brings in plenty of friendly trash talk the beginning of every week. Much of the section can also be caught supporting the brigade flag football team as they go to battle against other units each week. Among us will also be a couple birthdays this holiday season, which we will all get together for and share cake and ice cream.

We understand the importance of sticking together, especially during the holidays. Even though we will be away from our Families back home, we work hard to care for our S6 Family and hope everyone else can do the same. Happy Holidays!

S6 Announcements:

On Oct. 13, Vincent Mendiola was promoted to the rank of Staff Sergeant. His promotion was held beneath the brigade flag pole on Camp Arifjan.

Additionally, Sgt. Vanessa Sinick reenlisted to continue her career as a Soldier on Nov. 13. Sgt. Sinick's ceremony was conducted aboard an Army Landing Craft Utility (LCU) watercraft in the Persian Gulf.

Congratulations to them both! I am proud and humbled to be associated with these Soldiers.

MAJ Bishop

S6 OIC



ISB

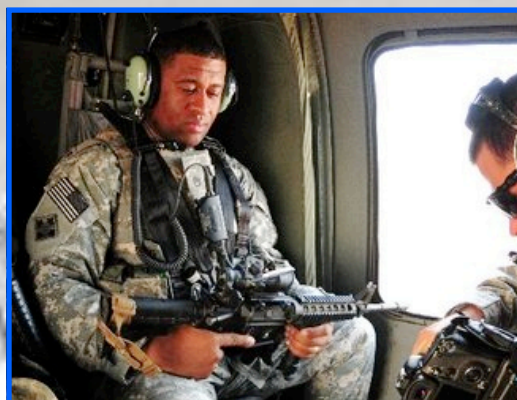
DAO



OIC Captain
Yutaro D. Hosaka



REPORTER/JOURNALIST
SPC(P) Vickie M. Woods



NOIC/EIC
SSG Matthew L.R. Veasley



CAMERAMAN
SGT David P. Reardon

BEST DIALOGUE OF THE MONTH:

“Are you aware that you
are in the United States
Army and not the Girl
Scouts?”

Spc. Andrew Simon

TRUTH OR BULL ANSWER: Truth and Bull. Story is true but it was not Cpt. Thornburg it was actually Cpt. James Yaw HROB.

"SUSTAIN TO VICTORY, ALWAYS READY, FIRST TEAM"



ABOUT US

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SUSTAINMENT TIMES

**1st Sustainment Brigade
Camp Arifjan, Kuwait
APO AE 09366**

Send submissions to
yutaro.d.hosaka@kuwait.swa.army.mil.

The PAO is not responsible for late submissions.