



N.U.T.S.

Notes Useful to Sustainers

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

Volume: 1, Edition: 5 February 2011



Battle of the Chefs

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All of our Public Affairs professionals had a great time supporting your events, and your Unit Public Affairs Representatives (UPARs) are doing a great job of keeping us informed.

Do you have an extraordinary Soldier or Family in your unit? We're always looking for another great opportunity to tell the story of our Soldiers in the 103rd Family.

Please help us to continue to make this a comprehensive product by submitting your photos and stories to:

103ESCPAO@usar.army.mil



Commander's Notes

Col. Glenn Kolin, 103rd ESC Rear Commander

Soon we will be welcoming back those Soldiers of the 103rd Expeditionary Sustainment Command from a successful mission in support of Operation Iraqi Freedom.

I want to express my appreciation to the Soldiers, the families, and the community for their support during this last year. Let it be recognized that your Soldiers were not the only ones serving our Nation during this period; we could not have achieved mission success without your service and support. The next phase that we are about to enter into is the reunion phase. Reunion can be very challenging to everyone involved and I want to emphasize that although this mobilization is almost over, some of the challenges that go along with this mission may be far from over.

I encourage the Soldiers and their Families to attend the post mobilization Yellow Ribbon events (5 & 6) and to continue to

reach out to your buddies and chain of command for support, and keep these resources close at hand for continued future reference. It is all our duties to keep an eye open for any difficulties our Soldiers have as they reintegrate back into their families and the civilian world.

Family readiness does not stop at this point nor should it at any point during the deployment cycle. The Family Readiness Group is needed during the RESET years just as much as during deployment. We want to keep the Families Strong during whatever challenges may arise during this period and the FRG is a crucial part of that mission.

With everyone's support, we can all help our Soldiers reintegrate successfully back into their family and civilian lives. Welcome Home Warrior Citizens of the 103rd ESC!

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Yellow Ribbon Events

March

- 11-13 Orlando, Florida
- 18-20 San Diego, California
- 18-20 Bellevue, Washington
- 25-27 Callicoon, New York

April

- 1-3 Pocono, Pennsylvania
- 8-10 Orlando, Florida
- 8-10 Anaheim, California
- 15-17 Denver, Colorado

May

- 13-15 Orlando, Florida
- 20-22 Denver, Colorado
- 20-22 Los Angeles, California
- 20-22 Niagara Falls, New York

Inspector General

Maj. Teresa Baker

It is a huge responsibility when the mantle of leadership is accepted, regardless if you are a squad leader in charge of eight or ten fellow Soldiers, a platoon or section OIC/NCOIC in charge of twenty or forty, or a commander in charge of a company or higher. This message emphasizes Command responsibility, but the principle applies to any Leader.

Colin Powell said, “The day Soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership.”

According to AR 600-20, paragraph 2-2, “Soldiers are responsible to ensure that the commander is made aware of problems that affect discipline, morale, and mission effectiveness; and an open door policy allows members of the command to present facts, concerns, and problems of a personal or professional nature or other issues that the Soldier has been unable to resolve.”

Though a Leader may feel there isn’t time to

listen to individual “gripes” or address “low priority” problems, the time taken early on may actually deter having annoying but fixable issues turned into IG, EO, or Congressional complaints.

In COL Kolin’s Command Training Guidance for FY 2011-2014, it says under Command Priorities: “Resilience. Maintain a command environment built upon our Army values. The individual Soldier is the cornerstone upon which we build the force. The well-being of the total Army Family is essential for success.”

Leaders must keep in mind that perception plays a major role in determining command climate. When choosing a course of action, emotion must be taken out of the equation. This is not to say circumstances should not be considered on a case by case basis, but rather that each decision must be made outside the context of the individual’s quirks or personality. An unpopular decision may be accepted with minimal grumbling when Soldiers perceive their Leadership to be fair and just.



*Live the Army
Values Every Day*

LOYALTY
DUTY
RESPECT
SELFLESS SERVICE
HONOR
INTEGRITY
PERSONAL COURAGE

Virtual Reality REAL TRAINING

Story by
Spc. Monte Swift, 203rd PAD



An Army Reserve Soldier pulls security at a refueling station during annual training at Fort McCoy last fall. Military occupational specialties were one of the points of focus for the event which also included convoy, forward operating base security and checkpoint security training. (Photo courtesy of U.S. Army.)

The outdoor training season is quickly approaching, and soon Soldiers will once again find themselves grabbing their helmets and stepping out of the classroom and into the field.

Soldiers taking part in annual training at Fort McCoy, Wis. last Fall had the opportunity to receive state-of-the-art training on the new Virtual Combat Operations Trainer.

The VCOT is a multi-vehicle convoy trainer that places Soldiers in real world combat and ambush situations.

“The video trainer places Soldiers in a hostile environment to instruct them, teach them, and show them how to react to an attack in a convoy,” said Spc. William Bacon, VCOT instructor and Operation Iraqi Freedom veteran. “We can tell them what to do, but this system shows them what to do.”

Many of the scenarios involved in the trainer are Point A-B patrols that lead through villages and larger cities like Baghdad. The stations are set up to closely resemble the inside of a humvee or Mine Resistant Ambush Protected Vehicle (MRAP), and are placed in a row to simulate a convoy. All stations in the convoy are part of the same mission, and can communicate between vehicles.

During the exercise, trainees will learn how to respond under fire while learning the roles of the occupants inside the vehicles. The job of the driver is to navigate the vehicle using a virtual screen, listen to commands from the vehicle commander and react accordingly to terrain and ambush situations.

The vehicle commander’s job in the scenario is to navigate on a virtual map, and inform the driver of turns and possible ambush locations.

Story continues on page 12

Safety

Mr. Gene Noce and
Mr. Thomas Nielsen



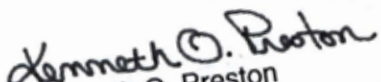
Leaders:

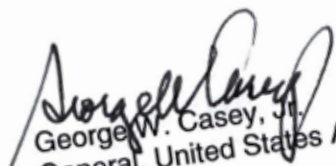
Thanks to the leadership of our Army Soldiers, Families and Civilians, FY10 was a record year for lowering the number of accidents in our Army. During the past 30 years, we have transformed a force that lost an average of 415 Soldiers annually to accidents into one of the safest institutions in the world, losing 180 Soldiers in FY10, which is one of our lowest rates on record.


During the first years of our wars in Iraq and Afghanistan, our accidental fatality totals and rates steadily increased. However, from FY06 through FY10, Army leaders dramatically reduced accidental fatalities. This was due—in large part—to direct leader engagement, coupled with aggressive application of composite risk management. Leaders, Soldiers and Families taking care of each other, both on and off-duty, were also key contributors to this improvement.

Last year, nearly 72 percent of accidental deaths occurred off-duty, which presents a real challenge for our leaders. Risky behavior and indiscipline (especially involving privately owned vehicles and motorcycle) are cited as contributing factors in the overwhelming majority of these cases. And many were lost because of a failure to wear a seat belt or helmet when operating a vehicle, drinking and driving, or speeding.

This year, we ask each of you—as leaders—to make a renewed commitment to the safety for your Soldiers. Soldier safety is vital to maintaining our combat edge, restoring balance and sustaining the health of our force. Nine years of sustained war have demonstrated that no Soldier fights alone. Like combat, safety is also a team effort that requires everyone be engaged 24 hours a day/7 days a week. With your support, we are confident that 2011 will be another banner year for our force. Thank you for your continued commitment to keeping our Army both safe and strong!


Kenneth O. Preston
Sergeant Major of the Army


George W. Casey, Jr.
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army

You've been served...

Story by
Capt. Michael N. Meyer
103rd ESC PAO



Food service personnel from the U.S. Army Reserve's 1011th Quartermaster Company (QM Co.) based out of Independence, Kansas won runner up for the Army Reserve in the Philip A. Connelly Awards Program for Excellence in Army Food Service.

"Last July, we competed in the U.S. Army Reserve Command (USARC) level, and competed against 13 other units, and won at that level. Now we are competing against four other units at the Department of the Army (DA) level," said 1st Lt Gene Espinoza, company commander of the 1011th QM Co.

The objectives of the "field kitchen" competition are to provide the best quality end-product to service members in an outdoor field kitchen environment. Evaluators visit each finalist to conduct the evaluations where the units are located. Food service staffs are judged in a number of areas including preparation, food taste, nutrition, service and sanitation. Evaluations take place October through December.

"We have chosen the "best of the best" at this level. We are looking at all the details," said CW4 Jose Molano of the Army Reserve Medical Command, an evaluator of the Connelly Competition. "We are also checking the



ABOVE: Spc. Hadley Meyer, head cook of the 1011th Quartermaster Co. serves a meal to Mr. Paul Deignan, a competition evaluator from the International Food Service Executives Association. Photo by Thomas Boggs, 329th CSSB.

temperatures that food is cooked, and the temperatures of the water that pots and pans are cleaned in. We are also asking questions of the cooks and crew to test their knowledge, and of course we are evaluating the taste of food, and it's acceptance by other Soldiers."

The 1011th QM Co. cooked a lasagna dinner with garlic bread, a side of broccoli, vegetable soup, and chocolate cake for dessert.

"It's delicious. I think it's the best field mess I've ever had," said a Soldier of the 329th Combat Sustainment Support Battalion (CSSB) who returned from the rifle range for lunch. His comment was met with approval from his fellow Soldiers.

"These Soldiers really take pride in cooking for their fellow Soldiers. That pride and morale really shines through in their food. A lot of our cooks do this on the civilian side and they really enjoy doing it." said Espinoza.

"At one point in time I was a sous chef for a restaurant in Phillips Okla., and I have cooked in several other competitions," said Spc. Andrew Russell, a cook for the 1011th QM Co. "Cooking is a passion. I enjoy

the rush of trying to get everything together at the last minute, multi-tasking when I have lots of things on the burner. It takes a lot of training, and it's all about technique and timing."

"These Soldiers displayed professionalism in every aspect of their work. We will have to evaluate the other three units over the next few months before a winner is announced," said Mr. Paul Deignan, an evaluator from the International Food Service Executives Association (IFSEA).

IFSEA has been a co-sponsor of the Connelly Awards since 1967 and is a professional organization dedicated to raising food service industry standards, educating members and future industry leaders, recognizing member achievements and serving the growing needs of the diverse, dynamic multi-billion dollar a year market for food away from home.

"We feel that the military gives many valuable lessons to the Soldier. In essence, a Soldier is pre-trained and ready to go for our industry. We want to keep that tie, and keep the Soldiers pursuing the hospitality industry throughout their military career," said Deignan.



Story and Photos by
Sgt. 1st Class Jonathan E. Hall
369th Transportation Company

The second fielding of M915A5 Truck Tractor to the Army Reserve began at Ft. Riley, Kan. Oct. 29 with Reserve units learning about the new features available to them.



Staff Sgt. LaPorte checks the engine compartment on the M915A5 to see the changes on the A5 series during training on the new trucks.

The 369th and 425th Transportation Companies (Trans. Co.), 821st Transportation Battalion (Trans. Bn.), conducted training on the new M915A5 Truck Tractor, fielded by the Honeywell Fielding Group. Training consisted of 16 hours of operator training and 24 hours of maintenance training and included presentations on new features of the truck, including collision avoidance systems, and the controls in the 60 new trucks they received.

The M915A5 is a semi-tractor, usually used for line haul missions. A line haul mission is when you attach a “line” to another piece of inoperable equipment and move it.

“The A5 series offer more torque for heavier loads and much needed room in the cab for storing equipment and supplies with the extended cab,” said Staff Sgt. Rafael Alarcon, of the 369th Trans. Co.

The trucks’ features include a two-passenger cab which is 10 inches wider than previous models and extends 34 inches behind the drivers and passenger seats,

a 500 horse power diesel engine, as well as a front and rear suspension system weight rated at 120,000 pounds.

“The new trucks ride smoother than previous models of the Freightliner M915 series,” said Staff Sgt. Chad Dester, of the 425th Trans. Co.

It also has a roll stability control system, which is a new feature that activates when the truck is turning at a speed that might cause a roll-over. The system causes the engine power to temporarily shut down until a safe speed is attained, then engine power is restored, said Dester.

Many of the Soldiers attending the training said the new trucks will increase or add new abilities to the 369th and 425th Trans. Companies to help with additional workloads the units may have over time. They said these new trucks will further enhance the abilities of the 821st Trans. Bn. to move equipment and supplies to where they are needed.

Check out Veteran's Day events on page 18

“I was over there, on the beaches, on D-Day. Everything you hear about it is true. It was tough, but it wasn't the toughest one, Omaha was the toughest one,” said Edward Smith, who once served as a corporal with the 899th Tank Destroyer Bn. D-Day on Utah Beach.



Community Cares

Story and Photos by
Spc. Christine Bernat
103rd ESC PAO



Brittney Cleave, daughter to Legion Auxiliary President Stacy Pohl, adds some of her favorite snacks into one of her care packages. Brittney, along with her sister Erin arrived early to the packing party to help fill out shipping papers for all the care packages.



Maj. David J. Burns' brother-in-law, Mike Eskens shows his daughter how to pack a care package at the American Legion Post 374 packaging party. Over half of the attendees were family members and close friends of the Burns Family.

A new tradition has begun for the members of the American Legion Post 374 in Omaha, Neb. Dozens of patrons, family members, friends and volunteers gathered there in October to show their love and support for our deployed Servicemembers by personally packing and shipping nearly 100 care packages to both Iraq and Afghanistan.

The tradition began in August of 2010 after the passing of Maj. David J. Burns, a beloved father, husband and member of Post 374 who served with the 372nd Engineer Group in Des Moines, Iowa. In an unexpected show of support, local and neighboring communities began sending donations to the post and Burns' family, amounting to nearly \$8,000. His widow, Doris Burns, who is also a Legion member, decided to begin a care package party with the donated funds in order to honor Burns' memory and show their continued support toward deployed troops. Many of the patrons and volunteers who come in to show their support have family members or loved ones who are currently or have been deployed overseas.

This allows them to gather a large list of names and addresses of deployed Soldiers to send care packages to.

Every care package is personally addressed to the Servicemembers and filled with gender appropriate personal hygiene products, food, snacks, stationary supplies, and even a handwritten personalized letter to the Soldier. For many of the patrons, the letter is the most important item they put into the care package and they enjoy the 'Thank You' letters that are sent back to them by the Soldiers who receive their personalized care packages.

"Our first package party we shipped over 100 care packages. The room was full to burst with two people to a care package and we nearly ran out of goodies!" said Pat Muckey, a Legion member and funds coordinator. Patrons and family members of all ages helped out in every step of the process from filling out shipping forms and weighing packages, to competing for the heaviest and fullest care package of the evening.

"We really hope this catches on in other places, we love to see the community support our troops," said Doris.



ABOVE: Soldiers practice mission scenarios on a virtual training simulator during annual training at Fort McCoy last fall. BELOW: The Virtual Combat Operations Trainer (VCOT) offered Soldiers the chance to drive in a convoy through a hostile environment and learn the roles of occupants in a convoy vehicle.

The gunner uses a .50 caliber machine gun simulator, and wears a virtual head set with 360 degrees of virtual environment visibility. The gunner must act accordingly to hostility while staying within his sectors of fire and using the rules of engagement.

Soldiers taking part in the VCOT each use a radio to communicate within the vehicle and the convoy. Calling a nine-line Medevac (medical evacuation) and the use of proper radio commands completed the realism of the training.

“This is probably one of the best ideas for anyone who wants convoy training,” said Bacon.

Not all training however, was virtual. Soldiers saw their fair share of dirt and action while completing multiple daily convoy missions, Forward operating base security, entry check point training, improvised explosives device training and military occupational specialty training.

The real-world scenarios were a first time experience for some 70 percent of those taking part in the training.

Pvt. Matthew Compton, who had spent several days on convoy missions and FOB defense, said his groups greatest leaps were in radio communication and etiquette.

“I have learned more about the radios than I have in the past. We experienced them a little in basic and AIT (advanced individual training), but didn’t get to use it,” said Compton. “I have actually learned how to use it here; the call signs, and the procedures in convoy briefing and making sure they are functional on the battle field.”

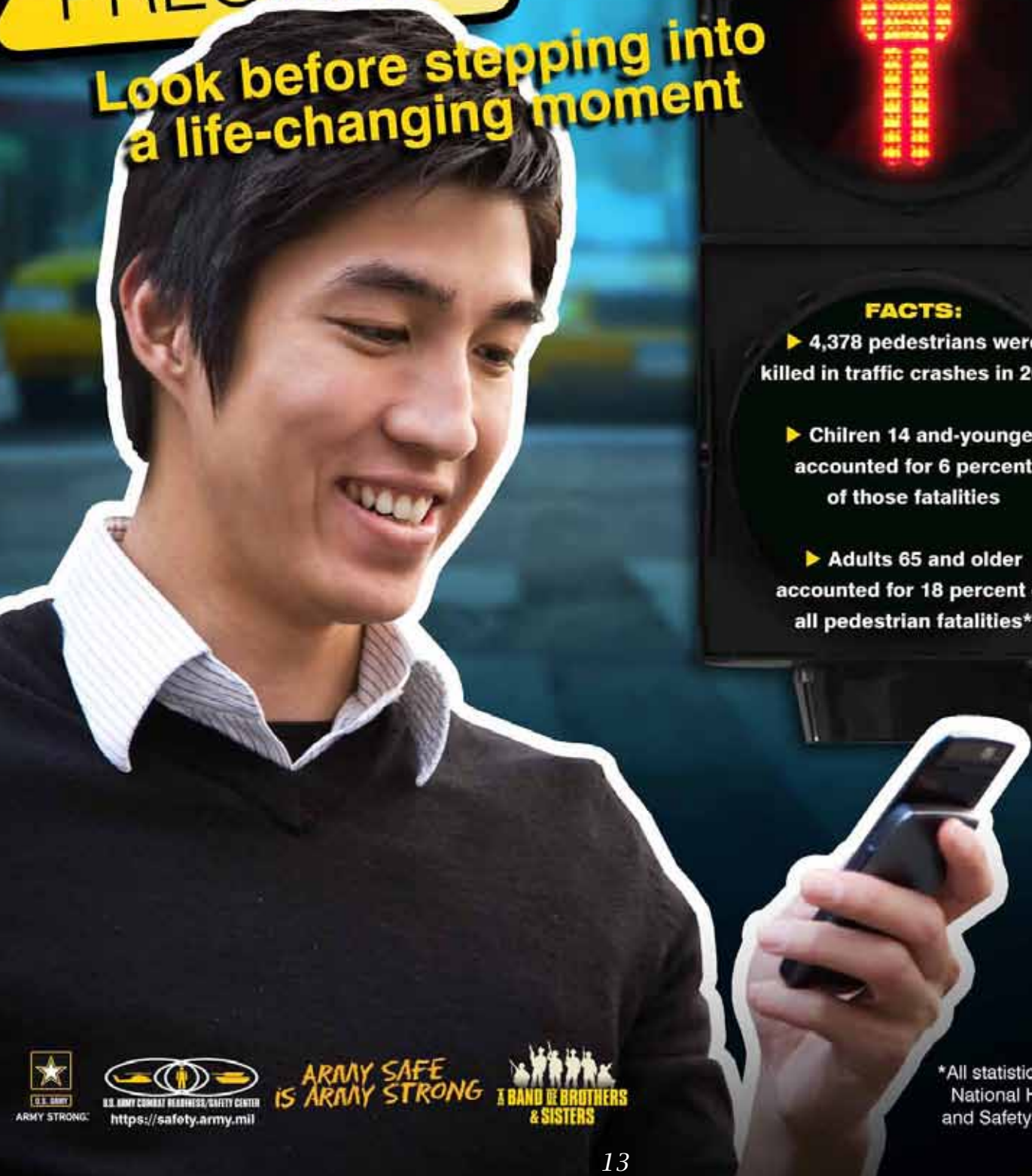
Other training in the convoy portion incorporated IED identification training, IED simulators, and how to deal with the chaos following a detonation while remaining aware of dangerous surroundings.

“We had to engage the OPFOR (opposing force) several times while on convoys,” said Spc. Antonio Sanchez. “The instructors place us in positions of leadership, and it forces us to make decisions and learn from our mistakes. All in all, this annual training has taught me a lot about reacting in a combat environment.”





Look before stepping into a life-changing moment



FACTS:

- ▶ 4,378 pedestrians were killed in traffic crashes in 2008
- ▶ Children 14 and-younger accounted for 6 percent of those fatalities
- ▶ Adults 65 and older accounted for 18 percent of all pedestrian fatalities*

*All statistics obtained from National Highway Traffic and Safety Administration.

103rd ESC HHC REACHES OUT TO THE COMMUNITY



Equal Opportunity

THE ARMY'S DEFINITION OF DIVERSITY

The Army defines diversity as the different attributes, experiences, and backgrounds of our Soldiers, Civilians and Family Members that further enhance our global capabilities and contribute to an adaptive, culturally astute Army.

THE ARMY'S DIVERSITY MISSION

The Army's diversity mission is to develop and implement a strategy that contributes to mission **readiness while transforming and sustaining the Army as a national leader in diversity.**

THE ARMY'S DIVERSITY VISION

The Army's diversity vision is to be the national leader in embracing the strengths of diverse people in an inclusive environment. This includes investing in and managing talent, valuing individuals and developing culturally astute Soldiers and Civilians who enhance our communities and are prepared for the human dimension of leadership and global engagements.

HOW A DIVERSE ARMY BENEFITS US ALL

There are many benefits of the Army's diversity efforts, including:

The opportunity to better understand our Nation's increasingly diverse population and attract the best available talent to fill our Soldier and Civilian ranks.

Personnel who feel valued are inspired to serve at a higher level and want to remain in the Army. Our diversity education and training will enable leaders to create environments that are inclusive of our Soldiers, Civilians, and Family Members, enhancing our ability to develop those who join our ranks and integrate individual talents into mission accomplishment.

A diverse Army does not determine success by a Soldier's or Civilian's appearance, preferences, ideas or beliefs, but rather by what's inside... the abilities, the determination, the courage. Bringing everyone's different attributes and experiences together will enhance our ability to operate globally with a culturally astute Force.

PLANS FOR A STRONG FUTURE IN DIVERSITY

The Army's future plans are reflected in a vision to become the national leader in embracing the strengths of diverse people in an inclusive environment by investing and managing talent, valuing individuals, and developing culturally astute Soldiers and Civilians who enhance our communities. The Army will pursue an aggressive, but comprehensive strategy that assures:

Leader commitment.

Managed talent across our diversity.

The best available diversity training and education.

Inclusive environments sustained by informed leaders.

These combined efforts will keep us Army Strong® well into the future.

Red Ribbon Week

Story and Photos by
Capt. Michael N. Meyer
103rd ESC PAO



“Drugs can destroy your dreams,” said Michael Borah, Alcohol and Drug Control Officer for the 103rd Expeditionary Sustainment Command, to 1st grade students of Willard Elementary School in Des Moines, Iowa. “Some people that get involved with drugs,” Borah explains, “drop out of school, get in trouble with the law, and end up in jail or prison instead of becoming a teacher, or fireman, police officer. Having a criminal record can sidetrack them and destroy their dreams, and can even prevent them from joining the military.”

Borah and Master Sgt. Perry Cook, the senior G-3 (Operations) mobilization cell sergeant, taught drug awareness education to more than 150 kindergarten and 1st grade children as part of Red Ribbon Week, which is the Army’s commitment and support to a nationwide substance abuse campaign.

Borah described the difference between the drugs that a doctor prescribes, and drugs that are taken illegally or without a prescription. He and Cook also talked about “trick-or-treating” safety on Halloween night.

“I try to do this every year. My goal is to can educate these young ones that drugs are bad, especially illicit drugs. This is our next generation of warriors. If we can get this into their heads at an early age...If we can save even one child, then it will be worth everything we do here,” said Borah.



Resiliency; An Army buzz word. Easy to say. Hard to do. What do you do when life sucker punches you in the gut and you are laying on the floor gasping for air, writhing in pain, and curled up in the fetal position? You are wondering when the pain will end? When will I be able to breathe again? When will I be “normal” again?

In a previous article I spoke about feeling so despondent and mad at God all you feel like praying is, “My God, my God; why have you forsaken me? Why are You so far from my deliverance and from my words of groaning?” (Psalm 22:1). But where do you go from there? Later in that same Psalm King David says, “For [God] has not despised or detested the torment of the afflicted. He did not hide His face from him, but listened when he cried to Him for help.” (Ps. 22:24) God listens.

Jesus said in Matthew 11:28, “Come to Me, all of you who are weary and burdened, and I will give you rest.” Jesus does not want to wear you out with rules and regulations and duties, but comfort you with forgiveness and healing. Healing does not come in a day, but is a process over time. Pain from an old injury may never completely go away, but with healing & forgiveness it will lessen and become bearable.

Time is not the healer of wounds. The forgiveness of God & living for today is the healer. You cannot & should not completely forget the past. How else can you learn & gain wisdom? But you do not have to always rehash & re-live the past every day. God will take you from where you are today and begin molding you into someone better. It may take a lifetime, but with the hope of God it can begin today. When

you have hope, life becomes bearable again. You can begin breathing again. You can stand on your own two feet again. A new normal can start today.

RESILIENCY

Veteran's Day 2010

Giving Credit to the Unsung Heroines of the WWII Era

Story and photos by
Capt. Michael N. Meyer
103rd ESC PAO

The Fort Des Moines Museum, in Des Moines, Iowa, hosted a special Veteran's Day this year to honor the women in America's history that have died in combat.

In 1942 the Army Air was in dire need of pilots and recruited women to pilot aircraft overseas. They were known as the Women Air Service Pilots, or WASPs. Over a thousand women flew in the WASPs, who ferried aircraft and tested them for safety. Thirty-eight were killed in crashes.

"Many of these 38 gravesites have no military symbols or markings. On most, the American Flag never flew, no memorial services were ever held. Ignored by both the public and veteran organizations, these brave young women have been forgotten, except by their sister WASPs," said Lt. Col. Bettina Moncus, 103rd Expeditionary Sustainment Command, G3, Chief of Operations.

Susan Cooper of "Operation Celestial Flight" offered an unofficial award to honor Beverly Moses of Des Moines, Iowa, a WASP that died during World War II. The symbolic award was offered to mayor of Spring Hill, who in turn donated it to the Fort Des Moines Museum for the public's enjoyment.

Brig. Gen. (Ret.) Douglas M. Pierce, Air National Guard and mayor of Norwalk, Iowa, was the guest speaker for this year's Veteran's Day ceremony. Peirce read a letter from his son, currently deployed to Iraq, describing everything he loved about America. He was joined by Maj. Gen. (Ret.) Linda Hemminger, USAF.



Amanda Pirog, Education Assistant at the Fort Des Moines Museum, is wearing a Women's Auxilliary Corps (WAC) uniform during the Veteran's Day ceremony at Ft. Des Moines, which paid a special tribute to the women who lost their lives in World War II, many who were not recognized or given military honors at the time of their death.

Remembering the holidays

Story and Photos by
Spc. Christine Bernat
103rd ESC PAO

A Christmas Care Package event for deployed Soldiers of the 103rd Expeditionary Sustainment Command was held at the Historic Fort Des Moines Museum on Saturday, December 4th. Volunteers from many organizations provided games, goodies and crafts for local children and their families who came to wish the Soldiers holiday greetings by making gifts, cards and chatting with them live via teleconference.

Volunteers from International Association of Administrative Professionals, In the Bag and Crafting for Charity hosted the 3rd annual Christmas Care Package event along with the Executive Director of the Fort Des Moines Museum, Joe Nolte. Together they provided gifts bags for the children, photos with Santa, Christmas cookies and everything you could ever want to make a Christmas card with.

More than 25 families came to the event to show their support and share in the holiday festivities.



“We came to an event here for Halloween and heard about this Christmas event so we decided to come to this one as well,” said Vona Currier, event patron, “it’s just a lot of fun. The kids just love it and we’ll continue to come to more of these events.” Currier brought her three daughters Katherine, age 10, Kira, age 8, and Kristal, age 5 to make Christmas cards for the Soldiers and have their faces painted with cheerful holiday icons.

Among the many families who attended this year’s Christmas Care Package event, Sonya Jones and her son Tommy Jones came to show their support and receive the special opportunity to see and talk to Master Sergeant Darnell Jones, husband to Sonya and father to Tommy.

“We try to talk as often as we can but something about actually seeing him just means so much,” said Sonya as tears swelled in her eyes while watching her husband and her son talk and wave to each other.

Games such as Ring Toss and Bean Bag Toss were held upstairs in the Museum with prizes for the children.



They were also able to decorate their own cupcakes and sugar cookies downstairs with marshmallows, red hots, frosting and sprinkles. However, the most popular event area was the teleconference room where everyone crafted cards and small gifts while waiting for a chance to talk to the Soldiers themselves overseas.

Many children stepped up to say Merry Christmas and Happy Holidays to the Soldiers. Some children got the opportunity to chat about their favorite sports teams, what they wanted for Christmas and what it’s like to be a Soldier. Together they shared smiles, laughs good holiday cheer.



gear UP!

DON'T USE THAT CELL PHONE

- Using a cell phone while driving, both handheld and hands-free, produces a delay in driver reaction equivalent to a blood alcohol concentration at the legal limit of .08 percent*.

- At any given moment of the day, 812,000 drivers of passenger vehicles are using a handheld cell phone*. Cell phone use is the number one source of driver inattention.

- Texting while driving increases your risk of a crash by 23 percent.

- Drivers who use handheld devices are four times as likely to get into crashes serious enough to injure themselves.

* According to the National Highway Traffic Safety Administration and U.S. Department of Transportation



ARMY SAFE
IS ARMY STRONG





Fort Des Moines Winter Ball 2010



Story by
Staff Sgt David Nunn
203rd Public Affairs Detachment

The 103rd Expeditionary Sustainment Command co-hosted the winter ball with the Navy Reserve stationed at Fort Des Moines to gather together with fellow service members and their friends and family.

This year's event proved to be unique from past years due to the majority of the Soldiers of the 103rd ESC are deployed forward overseas in support of Operation New Dawn at Joint Base Balad, Iraq.

"What we do is serious business and it requires absolute professionalism and dedication, but we are up to the task," said Brig. Gen. Mark W. Corson, 103rd ESC Commander, during the Winter Ball. "We cannot do what we do without the support of our family members, without the support of our [civilian] employers and without the support of our communities. I would like to thank those family members for the sacrifices that you make."

The staff of the Fort Des Moines Museum hosted several displays during the event celebrating the Fort's history as the first Women's Army Auxiliary Corps training center which opened in July of 1942. These displays not only honored the hard work and perseverance of



those women but also served to educate the participants of this year's Winter Ball of the historic significance of Fort Des Moines.

The museum displays were especially significant to one of the Soldiers of the 103rd ESC because she started her military career as a member of the Women's Army Corps in 1976. Lt. Col. Deborah A. Vacik, 103rd ESC Information Systems Assistant Chief of Staff, spoke during the event of the history of the WACs and how their service shaped the future of our Army.

"It's important for us to educate about our history," said Vacik, a native of Fargo, North Dakota. "Our military culture continues to change and we should continue to educate our force about our past."



Career Counselor

Sgt. 1st Class John Brower

You may have heard that there are changes coming to the Army Reserve Recruiting Assistance Program (AR-RAP). Those changes are now in effect, and include a more targeted recruiting effort -- and the good news is that 46Q and 46R are part of that targeted effort.

If you or your Soldiers are interested in making \$2000 per recruit, sign up at www.ar-rap.com. An explanation of the program and its rules are detailed during the sign-up process. MOST IMPORTANTLY -- Over the past year our Recruiting Tiger Team has discovered that many of our "vacant" PA positions are not being filled because they are not advertised as vacant on the REQUEST system. If you, your UA, Training NCO or others in your unit do not understand the REQUEST system, please seek assistance through your chain of command (S1/G-1 is a good place to start). That is the first step to assisting AR-RAP members, recruiters and career counselors.

Jobs

Effective February 1, 2011, the Army Reserve has directed the following changes to the Army Reserve Recruiting Assistance Program (AR-RAP) payments regarding eligible Army Reserve Accessions.

Payment eligibility will be based on the Future Soldier's selected MOS (Military Occupational Specialty). Only the following approved MOSs (the MOS assigned to the enlistment contract via Army Reserve Systems) will be payable through AR-RAP:

12B, 12C, 12K, 12M, 12N, 12R, 12T, 12V, 15R, 21B, 21C, 21E, 21K, 21M, 21R, 21T, 21V, 21W, 25B, 25C, 25M, 25N, 25Q, 25S, 25V, 31B, 31E, 35G, 35L, 35M, 35N, 35P, 35T, 36B, 37F, 38B, 42F, 46Q, 46R, 68A, 68H, 68J, 68K, 68M, 68R, 68S, 68T, 68W, 68X, 74D, 88H, 88M, 88N, 88P, 88T, 88U, 89A, 89B, 91C, 91D, 91G, 91H, 91J, 91K, 91L, 92F, 92G, 92L, 92S, 92W, 94F, 94M.

AR-RAP credit for accessions will be limited to NPS and PS civilian life gain (CLG) nominees for only the Military Occupational Specialties (MOSs) as specified in the list set forth on the website. Upon nominee's contract and NPS/PS Army Reserve accession, the RA will receive payment of \$1000. Second Payment of \$1000 will be made upon shipment to basic training for NPS accessions within 365 days of the contract date or affiliation with an Army Reserve TPU by attending 16 Unit Training Assemblies or unit affiliation of 120 days or more in an active pay status for PS-CLG accessions.

If you have any questions, please contact AR-RAP at 866-837-2541 or ar-rap@docupak.com.

TAPS

Sgt. Maj. Laborde, John K	22 April 2010	649th Regional Support Group
Staff Sgt. Gandy, Loleni W	19 November 2010	103rd Expeditionary Sustainment Command
Spc. Prothe, Michael A	4 October 2010	1011th Quartermaster Co. Detachment 2
Spc. Smith, Vernon L	1 August 2010	960th Quartermaster Co.
Spc. Courie, Jacob C.	18 March 2010	561st Transportation Co.

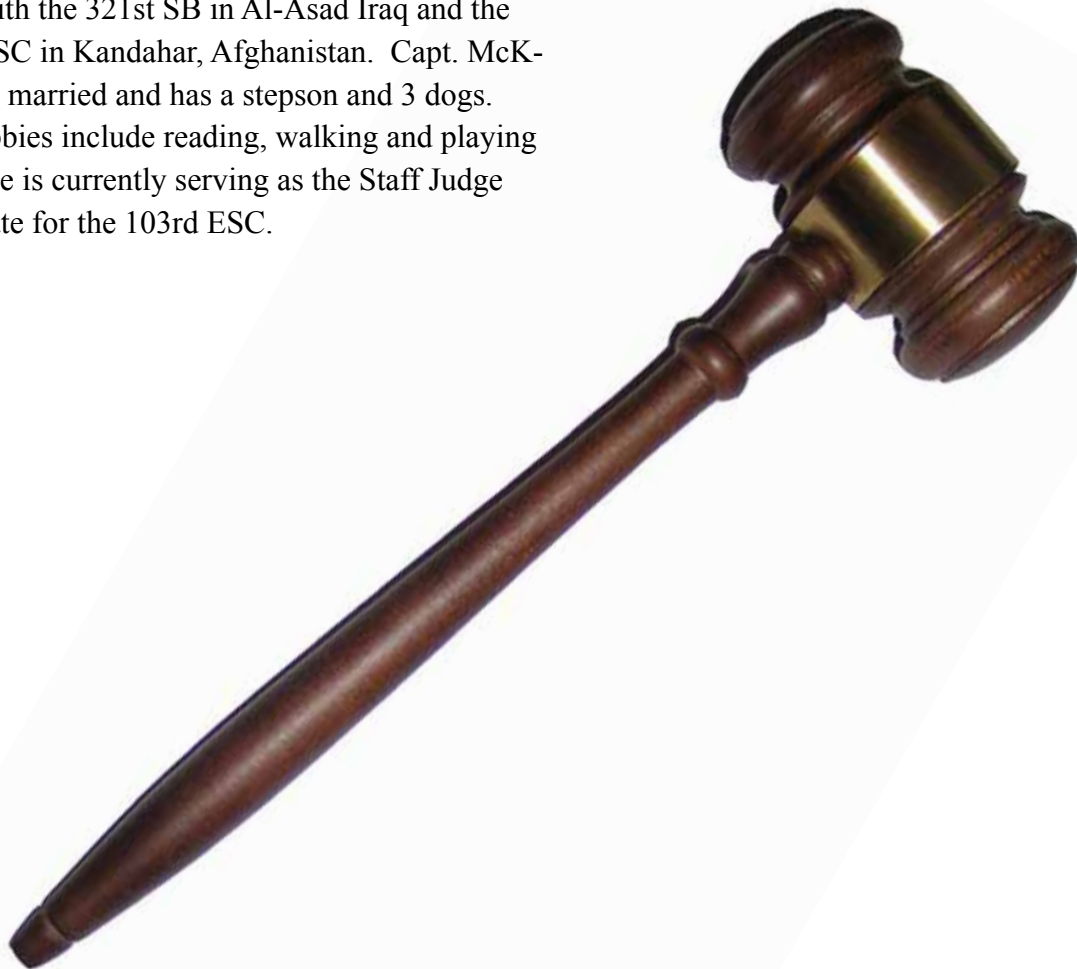
I am an American Soldier.
I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values.
I will always place the mission first.
I will never accept defeat.
I will never quit.
I will never leave a fallen comrade.
I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.
I am an expert and I am a professional.
I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.
I am a guardian of freedom and the American way of life.
I am an American Soldier.

Know your... JAG

Capt. Everett McKeown

Capt. Everett L. McKeown was born and raised in Rochester, NY. He joined the Air Force in 1982 as a radar operator, with tours in Germany, Korea, Florida and Desert Shield/Storm. He is a graduate from St. Leo University with a BA degree in Human Resources, Chapman University with a MS degree in Human Resources, an MBA from the University of Orlando and a Jurisdoctorate degree from Barry University School of Law. He was previously a paralegal in the Florida Army National Guard and the U.S. Army Reserves before becoming a JAG Officer. He served on overseas tours with the 321st SB in Al-Asad Iraq and the 143d ESC in Kandahar, Afghanistan. Capt. McKeown is married and has a stepson and 3 dogs. His hobbies include reading, walking and playing golf. He is currently serving as the Staff Judge Advocate for the 103rd ESC.

Spc. Shaundria N. Evans was born in Miami, Florida. Spc. Evans enlisted in the Army in July 2005 completed Basic Training and Advanced Individual Training at Fort Jackson, S.C. She is married and has two sons and one daughter. Spc. Evans previous assignments include: Paralegal Specialist, Conn Barracks, HHC Schweinfurt, Germany, Paralegal Specialist 174th LSO, St. Petersburg, Florida and Paralegal Specialist 143D ESC, Spc. Evans is currently the Chief Legal non-commissioned officer for the 103rd ESC, while they are deployed.



YEAR IN REVIEW

Welcome Home Warrior Citizen Award Ceremony

May 2010 129th Transportation Company
Jan. 2010 295th Ordnance Company
April 2010 326th Area Support Group
Feb. 2010 443rd Heavy Equipment Transport Company
Sept. 2010 620th Combat Sustainment Support Battalion

Return from deployment

Feb. 2010	443rd Heavy Equipment Transport Company	Kuwait
Feb. 2010	620th Combat Sustainment Support Battalion	Iraq
Feb. 2010	484th Movement Control Battalion	Afghanistan
May 2010	445th Transportation Company	Afghanistan
June 2010	561st Regional Support Group	Iraq
July 2010	387th Adjutant General Platoon	Iraq
Sept. 2010	203rd Public Affairs Detachment	Kuwait
Aug. 2010	366th Mobil Public Affairs Detachment	Iraq
July 2010	387th Human Resources Company	Iraq



Farewell Ceremony

March 2010	875th Replacement Company	Fort Benning, GA
March 2010	456th Transportation Detachment	Afghanistan
March 2010	368th Finance Management Company	Iraq
April 2010	103rd Expeditionary Sustainment Command	Iraq
May 2010	394th Combat Sustainment Support Command	Iraq
July 2010	452nd Ordnance Company	Afghanistan
Aug. 2010	535th Movement Control Team	Iraq
Sept. 2010	428th Transportation Company	Iraq
Jan. 2011	339th Transportation Company Detachment	Afghanistan



You no longer have to wonder what our troops are doing in Iraq with the help of the Boots in the Sand Facebook page. Our mission is to give the people back home the opportunity to show their support to the troops still in Iraq. Our goal is to get 50,000 friends for the 50,000 troops serving in Iraq.

Boots in the Sand is all about telling the military story. We want everyone to see what our Soldiers, Sailors, Airmen, and Marines are doing in Iraq as we carry out our missions as part of Operation New Dawn. Our print, video stories and photos cover everything from train, advise, and assist missions, to feel-good stories about Soldiers giving back to communities and enjoying their downtime.

“[I’m] so glad to have learned about the Boots in the Sand page. Thank you so much to all of our service men and women for every day they put in to protect our way of life and to improve lives in the places where they serve,” said Beth Leitch, follower on Boots in the Sand. The Boots in the Sand Facebook page enables everyone to not only follow the stories of our service members in Iraq, but also to comment and interact with them.

“The support from everyone back home is amazing. The comments our supporters post everyday is so en-



“Boots in the Sand” tells the military stories from Iraq. Experience the inspirational stories about our **Soldiers, Sailors, Airmen, and Marines** and their great work during Operation New Dawn. Come Check Us Out!

www.facebook.com/Boots.in.the.sand

Help us reach our goal of 50,000 friends for the 50,000 troops still serving in Iraq!

couraging. In the times when I feel discouraged, it is nice to know we have thousands of people back home standing behind us, cheering us on,” said Army Spc. Elizabeth Lynch, a Portland, Ore. native.

It is easy to show your support and become a follower of the Boots in the Sand page. All you have to do is visit www.facebook.com/Boots.in.the.Sand, click the “Like” button, and watch for daily posts and comments. The service members in Iraq need your support!

News and photos from the 103rd ESC:

Digital Imagery Distribution Hub

<http://www.dvidshub.net/units/103esc>

Facebook:

<http://www.facebook.com/#!/103rdESC>

Flickr

<http://www.flickr.com/photos/103rdesc/>

Check out the stories from our Public Affairs Detachments at home and around the world:

363rd Public Affairs Detachment

<http://www.dvidshub.net/units/363pad>

203rd Public Affairs Detachment

<http://www.dvidshub.net/units/203pad>

366th Mobile Public Affairs Detachment

<http://www.dvidshub.net/units/366mpad>