



THE WRANGLER

3rd Edition

Serving the 4th Sustainment Brigade during Operation New Dawn

June 2011



Traveling roads ...
Far from home

Pg. 12

Just Get It Done!

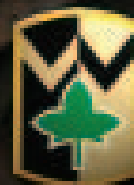


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The WRANGLER

*The Official
4th Sustainment Brigade Magazine*

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“The Wrangler” is authorized for publication by the 4th Sustainment Brigade for any interested personnel.

The Wrangler Newsletter is distributed based on the unit commanders’ requirements

The contents of “The Wrangler” are unofficial and are not to be considered the official views of, or endorsed by, the U.S. Government, including the Department of Defense or Operation Iraqi Freedom.

“The Wrangler” is a command information publication in accordance with Army Regulation 360-1.

“The Wrangler” is published monthly by the 4th Sustainment Brigade Public Affairs Office.

The Brigade Public Affairs Office is located in room 114 at building 7449, COB Adder, Iraq, 09331.

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*To the Soldiers, Civilians, and Family
Members of the Wrangler Brigade*

Team Wranglers--

Another great month for the Wrangler Brigade! The team continues to provide outstanding support to Operation New Dawn as we lean forward to execute the historic changes that will occur during the reposturing of forces and equipment from Iraq. Our success enjoyed so far in this deployment is a testament to the resolve of our Soldiers, outstanding support from loved ones back home, and expert leadership down to the squad level.

We have been knee deep in conducting deliberate planning and preparations for Phase II of our mission which include: United States Division – South sustainment conference, a base closure review of concept drill, the Mayor Cell's transition of authority, and Convoy Support Center preparations and operations.

All units are heavily engaged in prepping for mission changes in Phase II. The 1st Combined Arms Battalion, 163rd Infantry Regiment, is coordinating training requirements at Camp Beuhring, Kuwait, for their replacements. Currently, the 749th Combat Sustainment Support Battalion is providing data to their replacements so that they can incorporate it into their mission readiness exercise; this will set them up for success.

There are a few transfers of authority within the brigade that are scheduled to occur during the Summer and Fall in which our CSSB and securities forces will play an essential role. I am excited to announce that our Special Troops Battalion will change mission next month from Mayor Cell to node operations, which is a huge transition for the STB.

As close management of distribution operations continues, we engage daily with our higher command, 310th Expeditionary Sustainment Command and United States Forces-Iraq to ensure we are moving the right commodities at the right time to balance sustainment transportation movement requests with the retrograde requirements of responsible drawdown.

Lastly, we are honored to welcome the 68th Transportation Company, who hails from Fort Bliss, Texas, and bid farewell to the 15th Transportation Company, Fort Sill, Okla., who has done an outstanding job in supporting the drawdown efforts. We wish you a safe journey as you travel back home to your families. Job well done!

Wranglers! Just get it done!

Wrangler 6

4th Sustainment Brigade
Commander
Col. Ron Kirklin

WRAN

***To the Soldiers, Civilians, and Family
Members of the Wrangler Brigade***

When it comes to enforcing standards, our job, as noncommissioned officers, is not to interpret the policy – our job is to enforce the policy. In order to be strong, effective leaders, we must be strong, effective followers.

Policy letters are signed by, in most cases, a commanding officer. NCOs don't write policy. We are not empowered to write policy – and there's a reason behind that. Commanders write policy. That's why they call it Command Policy – and that policy must be enforced by the noncommissioned officers.

The NCO's mission is very clear. We provide recommendations and advice to commanders based on operational experience and input we receive from subordinates.

When the commander has received all input and makes his or her decision and says "This is now policy," and by signing his or her name to it, then it is our duty and responsibility to enforce standards within the commander's established policy.

That is not to say that we are not effective in the position that we hold as noncommissioned officers. There is a time and a place to make recommendations and give advice, but once that is done, the commander makes the final decision. That is their responsibility as the commander.

NCOs and leaders get themselves into trouble when they interpret things the way they want – instead of the way they are intended. It's our job as leaders and NCOs to enforce the "letter of the law," standards, from my level as the command sergeant major, all the way down to the squad leaders.

There's no room for interpretation in most policies because they are cut and dry.

It's not about whether we agree or disagree with them. It's all about enforcing the standard! And if there are Soldiers who do not follow that policy, it is our job to make sure that they comply. And if that means we need to coach, teach and mentor, then that's what we must do.

Remember, like I said earlier, in order to be good, effective leaders, we also must be good, effective followers.

At the end of the day, when all the dust settles, it's not our job to interpret. Rather, it's our job to follow the guidance and enforce the Standard.



4th Sustainment Brigade
Command Sergeant Major
Command Sgt. Maj. Erik R. R. Frey

GLERS

YOU'RE THE
MOST HARDCORE
WRANGLER IN
THE UNIT
UNTIL YOUR FACE
GOES THROUGH
THE WINDSHIELD.



Just get it fastened.

UNDESIGN

Fun in Sun ...

Soldiers compete at COB Adder Organizational Day

Article by Capt. Antowone M. Wilson
4th STB UPAR

CONTINGENCY OPERATING BASE ADDER, Iraq – Plenty of Soldiers were in attendance to enjoy volleyball, basketball, card games, music, food and drinks during a May 29 organization day for 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command.

This quarterly event brought out more than 150 Soldiers throughout the day from all across the brigade, giving them a chance to relax and have some fun in the sun.

“Org Day is all about building morale and esprit de corps,” said 1st Sgt. Alan Kitchen, Headquarters and Headquarters Company, Special Troops Battalion, and a Bangor, Maine, native.

“I believe our Soldiers’ morale is the highest it’s been since I’ve been in the unit. They’re doing their mission on a daily basis, and that’s very gratifying to them.”

The timing of this event couldn’t have been any better since the brigade just recently reached its 100th day of deployment in Iraq.

The fiercest competition came in the “North side” vs. “South side” basketball and volleyball games.

The north side won the basketball game, while the south side won the volleyball game.

All in good fun, both teams vowed to even the score on the next Organization Day.



Soldiers with the 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, play a game of volleyball during their organizational day at Contingency Operating Base Adder, Iraq, May 29. (Photo by Pfc. Amy Lane)

15th Transportation Company transfers authority, concludes mission in Iraq

Article by Sgt. Zerphlee Watson
15th Trans. Co. UPAR

CONTINGENCY OPERATING

BASE ADDER, Iraq – Applause filled Memorial Hall as Capt. Stacey Jelks, commander of the 15th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Fort Sill, Okla., native, saluted Lt. Col. David Ceniti, commander of the 749th CSSB, and Sacramento, Calif., native, and said in a loud and thunderous voice; “Sir, mission complete.”

Soldiers and civilians across Contingency Operating Base Adder gathered for the transfer of authority ceremony between the 15th Trans. Co., and the 68th Trans. Co., 749th CSSB. The transfer of authority signified the end of the missions for the 15th Trans. Co. and the beginning for the 68th Trans. Co.

“It’s been a long year,” said Spc. Tiffany Zackery, a Shreveport, La., native, and a unit supply specialist with the 15th Trans. Co. “I’m glad we came here and did what we were supposed to do: accomplished the mission. But most of all, everyone we came here with, we are going home with.”



Capt. Tyler Olsen (left), a Nephi, Utah native, and 1st Sgt. Anthony Scymanky, a Kerzer, Ore. native, the command team for 68th Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, salute the unit’s flag during the transfer of authority ceremony between the outgoing 15th Trans. Co. and incoming 68th Trans. Co. (U.S. Army photo by: Sgt. Zerphlee Watson)

As the 15th Trans. Co. said their goodbyes, many Soldiers talked about all they accomplished throughout the year, and how they were eager to get back home and spend quality time with their friends and families.

“I feel that the unit is up to the job, all the training we had prior to the deployment has prepared us for the job we have been tasked to do,” said Sgt.

Matthew Gilson, a Cedar Ville, Ark., native, and a motor transport operator for the 68th Trans. Co.

The Soldiers of the 68th Trans. Co. were standing tall as Capt. Tyler Olsen, commander of the 68th Trans. Co., and a Nephi, Utah, native, let them know that all general orders, rules and regulations were still in effect and to get ready to start working.



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Fire prevention

It's 'Wrangler' team effort

Article by Pfc. Amy Lane
Public Affairs Specialist

CONTINGENCY OPERATING BASE ADDER, Iraq – Many Soldiers may be unaware that the electrical system in Iraq is different from what they are accustomed to back stateside.

The common belief that any adaptor or power strip will work the same as the next is a major cause of fires and electrical shocks on U.S. military bases in Iraq.

A recent electrical fire in a Soldier's living area has caused safety officials at Contingency Operating Base Adder, Iraq, to take a closer look at fire prevention and electrical safety efforts.

Michael Moore, the garrison safety officer with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Madison, Ala., native, said units will conduct monthly inspections of Soldiers' living quarters.

They will ensure fire extinguishers are charged and electrical adaptors and power strips are compliant with safety standards.

"Iraq has no electrical code," said James Scarlett, a master electrician and a Ravenna, Ohio, native.

"We inspect electrical systems to ensure that they are safe for use. If I inspect your [area] and find an unapproved power strip, I leave an approved one. All I ask from you is that you use it and get rid of the unsafe one."

Moore said the equipment sold in the PX is approved and in compliance with safety standards.

Soldiers should not use power strips and adaptors purchased from the local shops and markets.

Soldiers should take care not to



Soldiers line up June 6 to exchange their unapproved power strips and adaptors for ones that are compliant with U.S. safety standards on Contingency Operating Base Adder, Iraq. (U.S. Army photo by Pfc. Amy M. Lane)

overload power strips, and Moore said never 'daisy-chain' power strips.

These are not only fire hazards; they can also cause electrical shocks.

In addition to electrical hazards, Soldiers should also be careful of cigarette butts and storing barbecue supplies.

2-Soldier team keeps connectivity flowing

Article by Capt. Antwone M. Wilson
4th STB UPAR

CONTINGENCY OPERATING BASE ADDER, Iraq – Have you ever wondered how your computer magically recognizes you during the initial login process? What about how Microsoft Outlook and Army Knowledge Online mysteriously link with your Common Access Card, allowing you to bypass the tedious

and sometimes annoying username and password?

The answer to these questions is neither mysterious nor magical. In fact, at the Contingency Operating Base Adder mayor cell, the answer is found within a dynamic, two-Soldier information management team.



Spc. James Gardipee, a Green Bay, Wis. native, and information management officer with 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, helps a fellow Soldier with a computer issue ensuring each Soldier has necessary user rights and privileges to perform his duties on Contingency Operating Base Adder, Iraq. (Photo by Capt. Antwone M. Wilson)



Sgt. Kevin Serna, a San Marcos, Texas native, and the information technology staff non-commissioned officer-in-charge for 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, stands on top of the Garrison Command mayor cell building, June 9, to adjust the Armed Forces Network antenna at Contingency Operating Base Adder, Iraq. (Photo by Capt. Antwone M. Wilson)

They are none other than Sgt. Kevin Serna, a San Marcos, Texas, native, the information technology staff noncommissioned officer in charge, and Spc. James Gardipee, a Green Bay, Wis., native, and information management officer. Both Soldiers are part of the 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command.

Their daily tasks include running computer automations, responding to trouble tickets, Armed Forces Network repair, and running the

communication cell phone tower. They hold down the mission all by themselves in a section that normally would require at least five Soldiers and one officer.

Gardipee has completed more than 600 trouble tickets since assuming the duties of IMO for the mayor cell.

“Every day brings a new and unique learning experience,” he said. “I like meeting new people and being able to solve their problems. My major goal is to make sure computers, printers and digital senders don’t fall off the network. It keeps me busy.”

Moving forward into phase two of the of the unit’s mission in Iraq, each passing month will see a decrease in automations for the 4th STB. Serna is actively working to develop an automations blueprint that will support the unit until the mission is complete.

“I have to be much more versatile here in comparison to my job back at home station,” he said. “I have to look at the big picture and account for all the small variables that affect that picture. I enjoy my job and I am confident we will continue to be successful in servicing our customers.”

Wranglers celebrate Father's Day in style

Article by Pfc. Amy Lane
Public Affairs Specialist

CONTINGENCY OPERATING BASE

ADDER, Iraq – Not to be outdone by the mothers at Contingency Operating Base Adder, Iraq, deployed fathers received their special treatment during a Father's Day celebration at Memorial Hall, June 19.

Dads were treated to music, food, games and prizes at the Sunday night party. They won gifts for answering trivia questions correctly and played dominos and card games.

"After the Mother's Day celebration, the guys asked for this," said Sgt. Suzanne Sampson, a New York, N.Y., native, and garrison contracting assistant with the 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment



Sgt. Pamela Jones, a patient administration noncommissioned officer with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and an Irvington, Ky., native, and Spc. Donzaleigh Pantan, an award clerk with the 4th Sust. Bde., and a Lauderdale Lakes, Fla., native, dance during a Father's Day celebration at Memorial Hall on Contingency Operating Base Adder, Iraq, June 19. (Photo by Pfc. Amy M. Lane)

Command. "I was hoping we would have a lot of people tonight. This is more than I expected."

While Sampson brought up the idea of the

celebration, she said many others supported the idea and helped her expand on it.

They received donations of gift cards from a variety of retailers and restaurants to include gift bags that were handed out as prizes. The bags also included ties, MP3 player speakers, clocks, cigars, cologne and body wash.

"It's always nice to get people to come out and hang out," Sampson said. "I'm looking forward to doing more things for my unit and the people at Adder. It isn't just 4th [Sust. Bde.] Soldiers here today, it's people from all over Adder."

Staff Sgt. Darrell Allen, a Houston, Texas

native, and senior plans noncommissioned officer with the 4th Sust. Bde., answered a trivia question correctly to win a gift bag with things like shaving cream, candy and a water gun.

"It was a cool party," Allen said. "We were dancing and I filled up the water gun right away."

Allen, who has two kids waiting for him to come home, said last year was a more typical Father's Day. He and his family went out for breakfast and visited some friends.

Approximately 100 people were in attendance throughout the evening, including Soldiers, Airmen and civilians.



Spc. James Jamison, a heavy equipment repairer with the 1729th Forward Support Maintenance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Baltimore native, answers a question during a game of Jeopardy during a Father's Day celebration at Memorial Hall on Contingency Operating Base Adder, Iraq, June 19. (Photo by Pfc. Amy M. Lane)

Roads far from home

Article by Spc. Sean McGuire
Public Affairs Broadcast Specialist

CONTINGENCY OPERATING BASE ADDER, Iraq – The sky is pitch black. The only illumination stems from hulking gun trucks lined up one after the other. For some, June 3 is just another night in Iraq, but with only a few minutes remaining for these Montana National Guardsmen, it's almost go-time.

"I have a weird feeling going into this mission," said Spc. John Jodsaas, a .50-caliber machine gunner and Missoula, Mont., native, who is in the trail vehicle on this mission.

His strange gut feeling is shared by fellow "Outlaw," Sgt. Brandon Paye, a truck commander and the mission's assistant convoy commander.

"There's been a lot of activity in the southern region lately," said Paye, a Belgrade, Mont., native.

These Soldiers of Company Bravo, 1st Combined Arms Battalion, 163rd Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command have been on the roads since November. Before that, they spent two months at Camp Shelby, Miss., training for their tour, totaling at this point eight months away from home.

They run convoy escort and security missions for civilian contractors and third country nationals as well as fellow Army transportation units, who bring commodities all around United States Division-South's area of responsibility.

Only sometimes do they have the luxury of air weapons teams

providing eye-in-the-sky cover.

Out of all the teams in the battalion, they have one thing going for them.

"We're still the only guys to not see contact – knock on wood," Paye said.

While they have been lucky enough thus far into the deployment not to encounter any attacks, the Soldiers are constantly watching the roads for signs of possible improvised explosive devices as well as assisting with numerous vehicle breakdowns.

On this mission alone, Paye would stop and dismount three times, including one halt to sort out a fuel truck's crossed break lines, which can cause a fire.

"There aren't any rules on these roads. But I'd take breakdowns anytime, just as long as there aren't any [explosively formed

projectiles]," Paye said.

Everything these infantry Soldiers have seen stands in stark contrast to previous years in a country that has had a U.S. presence since 2003.

"Back in 2004-2005 when I was with Charlie Company, it was all about kicking down doors," said Sgt. 1st Class Clay Cooper, a truck commander with 19 years of Army service.

Cooper's last time with the 163rd Inf. Regt. in Iraq was days spent on foot and in Humvees, many without armor.

"For now, it's about getting safely from point A to point B. It's not a sexy job, but it's a job and one we signed up for," he said.

Paye, as a noncommissioned officer, is a leader in Iraq. Back home, he's a stone mason and has

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Sgt. Brandon Paye, a truck commander for Company B, 1st Combined Arms Battalion, 163rd Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command and a native of Belgrade, Mont., talks to his driver June 5 during a convoy escort and security mission bringing his set back from Victory Base Complex to Contingency Operating Base Adder, Iraq.

Motor pool foreman recognized for safety improvements

Article by Pfc. Amy Lane
Public Affairs Specialist



Sgt. Jonathan Mock, the motor pool shop foreman for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Soldotna, Alaska native, receives a certificate of appreciation from Michael Moore, the garrison safety officer with the 4th Sust. Bde., and a Madison, Ala. native, for his efforts in improving the safety of the brigade's motor pool on Contingency Operating Base Adder, Iraq (Photo by Pfc. Amy Lane)

CONTINGENCY OPERATING BASE ADDER, Iraq – A Soldier with 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, received a certificate of appreciation, June 1, for his efforts to improve the safety of the Wrangler brigade's motor pool on Contingency Operating Base Adder, Iraq.

Sgt. Jonathan Mock, the motor pool shop foreman for the 4th Sust. Bde., and a Soldotna, Alaska, native, received a certificate and a multi-tool from Michael Moore, the garrison safety officer with the 4th Sust. Bde., and a Madison, Ala., native.

Following the presentation, Moore completed an initial walk-through for a safety inspection.

Moore said the motor pool was not up to standard as far as safety and cleanliness when the brigade first took

over – that's not the case anymore.

"He's the kind of person who doesn't take 'no' for an answer," Moore said.

"He visited other motor pools to see how they were running. He had the wash rack repaired and made sure the maintenance tents have proper lighting."

Mock has also worked on getting rid of trash and debris that was littering the motor pool, as well as repairing eyewash stations.

The Department of State now uses his newly repaired wash rack to clean their vehicles.

"The real challenge has been accomplishing the maintenance mission while also trying to clean and bring the motor pool up to safety standards," Mock said.

While the facility has come a long

way, he said it still isn't where it needs to be to meet his standard.

"We just do a little more each day," he said. "There is no reason for unsafe acts; I try to focus on being safe while accomplishing the mission."

Mock said he can't take all the credit for the improvements.

He said his motor sergeant, Sgt. Kenneth Andrews, has played a role as well.

"I'm just executing his vision," he said. "I know what he wants and I do my best to do it. And of course my Soldiers have provided the manpower; they've been involved in regularly cleaning up, and setting up materials for turn-in."

A particular challenge has been figuring out where to dispose of old tires that were left behind by a previous unit.

Moore said he has confidence that Mock will handle this like he has handled other challenges.

"Mock has made tremendous progress in the motor pool," Moore said. "They're on the right track now and I'm very pleased with the men and women of the 4th Sust. Bde."

Adder adds place to call home

Article by Spc. Sean McGuire
Public Affairs Broadcast Specialist



Lt. Col. John Hickey, native of Killeen, Texas, and commander for the 4th Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and Contingency Operating Base Adder, Iraq's mayor, speaks during a ribbon cutting ceremony June 20. (Photo by Spc. Sean McGuire)

CONTINGENCY OPERATING BASE ADDER, Iraq - There are mere months remaining before U.S. forces are scheduled to complete Operation New Dawn's mission and exit Iraq.

To prepare for the year-end deadline, the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, opened two living areas on Contingency Operating Base Adder, Iraq, with a ribbon cutting ceremony June 20.

The living areas will house units convoying into Contingency Operating Base Adder before they move out of country and into Kuwait for re-deployment.

"For thousands of Soldiers, it will be the

last place they sleep before finally leaving Iraq," said Capt. Jacob Addy, a Pensacola, Fla., native and the project planner from the 4th Sust. Bde., who oversaw the construction project.

Personnel will be housed inside three-to-four person rooms, with restrooms and showers just a short walk away and indoors. Capable of taking on 2,000 residents, the living areas will be home to service members for 24-to-48 hours before units roll out again.

It's a vast improvement from when Operation Iraqi Freedom began, in the eyes of one Soldier.

Staff Sgt. Charles Cook, who worked

alongside Addy and the contracting agencies to complete the project, was part of the first wave that crossed the border into Iraq in March 2003 during the beginning of combat operations.

"We'd drive for hours and when we stopped, we slept in tents and in the dirt," said Cook, a Las Vegas native. "It's amazing now 10 years after it all started that guys who are leaving have such a nice place to rest."

The 4th Sust. Bde. took on the project in February when they deployed to COB Adder and worked alongside various groups such as the Defense Contract Management Agency and Kellogg, Brown & Root.

Senior leaders discuss Soldier wellness

Article by Staff Sgt. Jason Thompson
Public Affairs NCOIC

CONTINGENCY OPERATING BASE ADDER, IRAQ – Senior leaders from the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, joined together to discuss opportunities and trends in the health and wellness of the Wrangler Brigade Soldiers during a health promotion council at Contingency Operating Base Adder, Iraq, June 9.

Col. Ron Kirklin, commander, 4th Sust. Bde., and Killeen, Texas, native, enlisted the help of his staff members to discuss suicide prevention, sexual harassment/assault awareness, medical trends,

legal assistance and safety, with the group of commanders and senior enlisted leaders from throughout the brigade.

Kirklin said that his goal was to provide the senior leadership a forum to review trends, performance and lessons learned, so that commanders could develop other ideas in order to provide a safe training and working area for the Wrangler Soldiers.

"This council gives us an opportunity to see what's happening across the brigade," said Kirklin. "It gives better situational awareness to the commanders so they can be aware of what they might see within their own units."

Kirklin said that these councils have increased communication within the brigade and the commanders are working together to find solutions which have decreased the trend of accidents, injuries and sickness among the Soldiers.

"We can always find better way to handle different solutions," he said. "Through communication, commanders can work together and discover available opportunities that may not have been thought of before to help the Soldiers."

Even as the commanders are focusing on the mission at hand, they have not stopped placing the well being of their Soldiers at the top of their priorities.

Going extra mile

189th CSSB Soldiers compete in Wadi Dog Days Half Marathon



Sgt. Anella Oliva, logistics noncommissioned officer in charge for Deployment/Redeployment Operations, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and native of Lewiston, Mich., runs down the home-stretch to the finish line of the Wadi Dog Days of Summer Half Marathon held on Al Asad Air Base, Iraq, June 4. (Photo by Spc. Maribel Granados)

Article by Capt. Damian Oliver
189th CSSB UPAR

AL ASAD AIR BASE, Iraq – In the midst of a 13-mile trek, that contained neither a car, truck, nor bicycle — only Soldiers and their motivation to run — Soldiers raced.

The Wadi Dog Half Marathon was a 13.1-mile race in the humid conditions of the Al Anbar province of Iraq. Two Soldiers from the 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, laced up to run against the course, the clock and their own personal goals.

Sgt. Anella Oliva, an automated supply specialist with the 189th CSSB, and a native of Lewiston, Mich., ran the course in just two hours, six minutes.

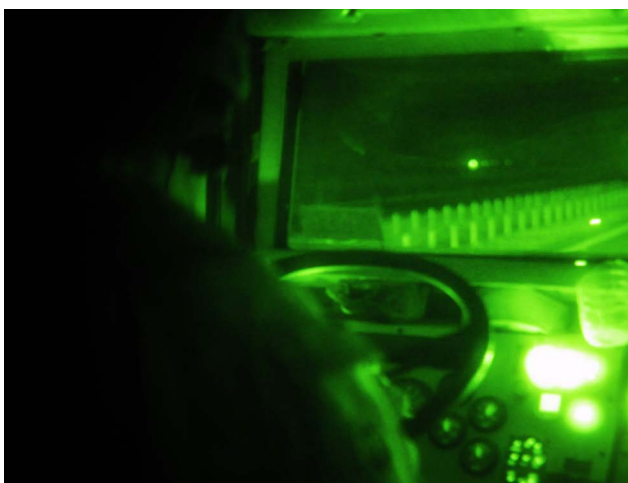
She serves as the noncommissioned officer in charge for the Deployment/Redeployment Operations section's logistics cell, 189th CSSB.

Oliva has previously completed one marathon, 14 half marathons and countless other shorter races. She carries with her a family tradition of more than 120 years of military service.

Master Sgt. Kenneth Mackeprang, the D/ROPS NCOIC for the 189th CSSB, and a native of Norman, Okla., ran the course in one hour, 59 minutes. He said he deployed with a goal of running a half marathon under two hours within the first hundred days in theater.

Mackeprang is not new to running long-distance races and has a lot of experience under his belt.

"I run with the old folks," said Mackeprang, who has run 18 marathons and more than 100 half marathons.



Spc. Steve Spencer, an infantry Soldier with Company B, 1st Combined Arms Battalion, 163rd Infantry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, drives a mine resistant ambush protected vehicle during a convoy escort and security mission June 3, heading away from Contingency Operating Base Adder, Iraq.

"We're here to keep our head down and get the job done."

ROADS continued from page 12

a wife and an eight-month-old baby girl who was born three weeks before the unit left for pre-deployment training.

"I fell in love with having work I enjoy and still being able to serve," said Paye, who enlisted in 2005.

As for Jodsaas, he wants to eventually enter schooling to become an emergency medical technician and a firefighter.

First and foremost, however, he will be going back to his wife of nearly two years.

Cooper is eyeing retirement.

Before Paye, Cooper, Jodsaas and the rest of the 163rd Inf. Regt. can head home, they must keep driving on.

"We aren't here to argue over the big picture," Paye said. "We're here to keep our head down and get the job done until we can go home."

'Super Bullets' encourage Soldiers to compete

Article by Spc. Victoria Prescott
8th OD UPAR

CONTINGENCY OPERATING BASE ADDER, Iraq – The Soldiers of 2nd Platoon, 8th Ordnance Company, are beginning to make a name for themselves within the 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command.

Two Soldiers from the detachment recently won the Soldier of the Quarter and Soldier of the Month awards for the battalion.

And now another Soldier is setting his sights on continuing that tradition of excellence.

Spc Keith Gonzalez, an ammunition stock control clerk with

the 8th Ord. Co., is embarking on a journey to further his military career by competing in June's Soldier of the Month board.

He studies every evening for a study hall session with fellow Soldiers providing positive feedback and constructive criticism to his performance.

Gonzalez said he hopes his hard work and dedication will pay off.

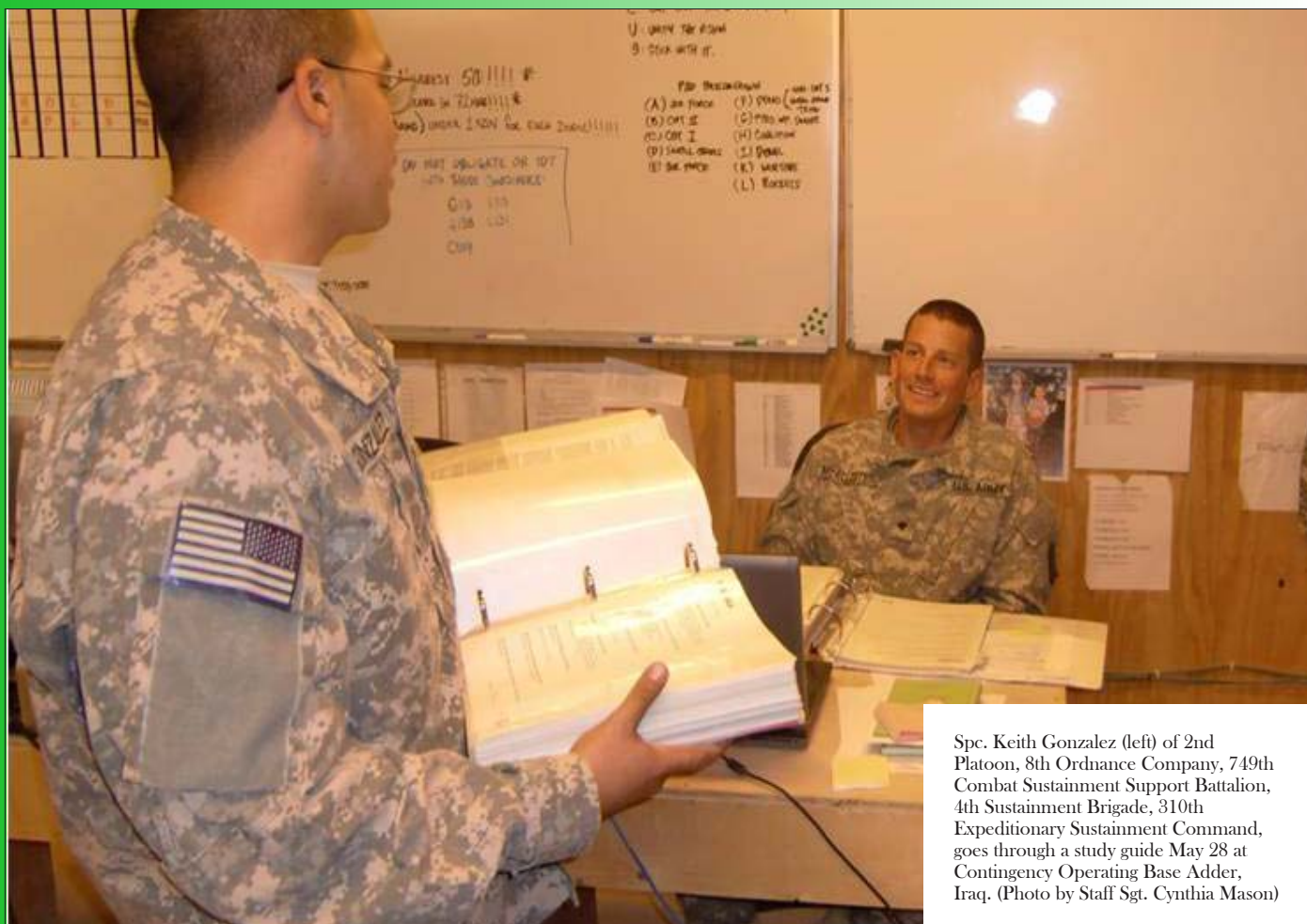
"I'm learning with my peers and we are all becoming better Soldiers," Gonzalez said. "This study hall has boosted my confidence and I am ready to do my best at the board."

Staff Sgt. James Walker, an ammunition noncommissioned

officer from 3rd Armored Cavalry Regiment attached to 8th Ord. Co., said he is extremely impressed by the motivation the Soldiers are showing.

"Being a detachment out here representing 8th Ord. Co. is showing the pride of the 'Super Bullets.' Coming from a small element and actually winning is very impressive," said Walker, a Greenville, S.C., native. "I commend each Soldier that has the personal courage to compete."

"Super Bullet" Soldiers continue to show exceptional performance of duty, leadership, knowledge, and combat readiness in their steadfast approach to redeployment.



Spc. Keith Gonzalez (left) of 2nd Platoon, 8th Ordnance Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, goes through a study guide May 28 at Contingency Operating Base Adder, Iraq. (Photo by Staff Sgt. Cynthia Mason)

Truck drivers accept new responsibilities

Article by Chief Warrant Officer 2 Terrie Wood
941st Trans. Co. UPAR

CONTINGENCY OPERATING BASE ADDER, Iraq – When a mission comes up at the 941st Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, many Soldiers might think about loading the trucks and driving, but other tasks must be accomplished to complete each mission.

Several members of the 941st Trans. Co. work at the 749th CSSB on a daily basis to help the mission run smoothly.

Pvt. Mychal Stevens, a Rocky Mount, N.C., native, and Spc. Robert Hill, a Mebane, N.C., native, both truck drivers with the 941st Trans. Co., are dedicated to ensuring the correct people move in and out of the battalion's headquarters building.

They stand and greet all who enter and ensure that those that enter have the proper clearance or have a proper escort. They also serve as directory assistance for the building.

"It has its perks," Hill said. "There

is a set schedule, and I still get to see my 941st Trans. Co. battle buddies back at the living area."

Capt. Jesse Estrada, a Riverview, Fla., native and a transportation officer with the 941st Trans. Co., is assigned to the battalion for the duration of his deployment. Estrada, who works in the Tactical Operational Center, became part of the battalion family when he was promoted to captain. He works with the various units under the

battalion concerning the mission needs.

He said he enjoys meeting new people and has a strength in deciphering paperwork.

Pfc. Aja Singleton, a truck driver with the 941st Trans. Co., and a Charleston, S.C., native, also works



Lt. Col. David Ceniti, a Sacramento, Calif. native and commander of the 749th Combat Support Sustainment Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, stands with Capt. Jesse Estrada, a Riverview, Fla. native and a transportation officer with the 941st Trans. Co., on Contingency Operating Base Adder, Iraq. (Photo by Chief Warrant Officer 2 Terrie Wood)

in the TOC as a radio transmission operator. She directs convoys and updates briefing slides among other duties.

"I have learned military bearing working with so many higher ranking officers," Singleton said.

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Snail-Mail hasn't lost power to boost Soldiers' morale

Article by Sgt. 1st Class Roger Phillip
189th CSSB UPAR

AL ASAD AIR BASE, Iraq – Spc. Natasha Ware, a human resource specialist and certified mail handler with the 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a New Jersey

native, is helping to boost morale for Soldiers in her battalion by ensuring they receive their letters and care packages from family and friends back home.

Mail operations for the 189th CSSB are in full gear, with sometimes more than 50 large boxes arriving at any given time.

Ware works in the mail room as an additional duty. She said, at first, she was doubtful about the idea of extra work, but she soon realized the impact letters and packages have on Soldiers.

“Soldiers are happy when they receive mail,” she said. “Mail operations have a serious effect on their morale.”

For as long as there have been deployments for Soldiers, there has been military mail. Even in this age of the internet, it remains a huge morale booster for troops.

“The mere possibility of some buried goodie in a box or some special piece of news in a letter still makes mail

call one of the best parts of a deployed Soldier's day, even when care packages from home become routine - the same candy bars, socks and undergarments every month,” Ware said.

Mail call has a clear morale boosting power. In a close-knit unit like the 189th CSSB, Soldiers who receive regular packages will often turn them into grab and go boxes full of bags of candies, books, magazines, T-shirts and personal hygiene items that they share with the rest of their team.

Leaders recognize the emotional benefits of getting a letter or care package at the war front from the bottom of the chain of command to the top, which is why the U.S. subsidizes military mail, said 1st Lt. Kristen Adams, the human resources supervisor with the 189th CSSB and native of Fultondale, Ala.

“Sending a box to a Soldier in Iraq can sometimes be cheaper than sending it domestically,” Adams said. “You just need to know the APO AE address of the Soldier. Letters and care packages sent to an APO AE address actually go to New York, which means you pay domestic mail rates instead of international rates. Mail is then sent via the Army Postal Service once it leaves the country.”

However, they don't call traditional post “snail mail” without reason; some letters can take weeks to receive. Although digital mail can be received by the recipient in a matter of minutes, there is no question that sending and receiving a hand written letter via traditional mail can be exciting and enjoyable.

“There is something about this form of mail that is very personal and can be very



Spc. Justin Williams, human resources specialist and certified unit mail clerk, native of Dothan, Ala., and Sgt. 1st Class Roger Phillip, human resources supervisor, and native of Brooklyn, N.Y., both with the 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, sort the latest arrival from the Contingency Operating Base Al Asad Mail Distribution Center. Once they have sorted all parcels and packages, they will notify the mail recipients the same day and wait for the rush of Soldiers coming to pick up their mail - some of whom anticipating their shipment and others excited about the surprise. (Photo by Spc. Maribel Granados)

SNAIL MAIL Continued from page 18
heart warming,” Ware said. “It’s commonly said that it’s the thought that counts, and I can see truth in that statement whenever I’m handing out mail.”

In the days of cell phones, e-mail, twitter and text messages, letter writing can seem hopelessly outdated. However, the writing and reception of letters continues to offer an experience that modern technology cannot touch.

When it comes to sharing one’s thoughts, sincere sympathies, ardent love and deepest gratitude, words traveling along an invisible superhighway will never suffice.

“Sending a letter is the next best thing to having my husband here with me,” Ware said. “Ink from his pen touches the stationery, his fingers touch the paper and his lips seal the envelope. The paper that was sitting on his desk, now sits on mine.”



Spc. Natasha Ware, human resources specialist and certified mail handler, 189th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a New Jersey native, shares the treasures in her own mail package with her peer, Spc. Justin Williams, human resources specialist and certified mail handler, 189th CSSB, and native of Dothan, Ala. (photo by Sgt. 1st Class Roger Phillip)

Letters create a connection that modern, impersonal forms of communication will never approach. Thus “snail mail,” as it has done for

generations of Soldiers past, is continuing to perform a significant role in boosting the morale of troops for the unforeseeable future.

SUDOKU



The rules are simple. All you have to do is fill in the grid so that every row, column and 3x3 box contains the number 1 through 9. **Remember**, each puzzle has only one solution.

Puzzle: Easy
Solution on Page 21

6			2				1	
		7	9	8			5	2
4			6	1	3	9		3
7		2	5				8	
	8							
					6	4		9
2		6	8	4	1			5
	7				9	2		
1				5	2			1

It's time to get your annual legal check-up

By Capt. Ean P. White
Brigade Judge Advocate, 4th Sust. Bde.

An old medical saying goes, "an ounce of prevention is worth a pound of cure."

This adage applies to your legal affairs as much as it relates to medical concerns.

Far too many Soldiers never see the inside of a legal assistance office. When they do, their problems have usually magnified to such an extent that no amount of legal advice or action will keep them out of the courts.

Worse yet, they may learn that they have lost thousands of dollars through ignorance of the law - money which might have been saved by a few minutes spent on sound legal advice from a legal assistance attorney.

Today, many Soldiers have become familiar with, and have accepted, the value of preventive measures in such areas as annual physical and dental checkups - recognizing that they often head-off

major problems and illnesses that could result in catastrophic results.

How many Soldiers give similar forethought and planning to their legal condition?

Soldiers often go about their daily lives without ever thinking about having to sign papers, enter into verbal and written contracts, or buy, sell or lease property.

They never consider the legal ramifications of getting married, furnishing their homes, trying to collect money due them, or even building a nest egg to provide for their families, in case of emergencies.

Even if you don't need a legal assistance attorney on a continuing basis, you do need up-to-date legal advice.

One way to accomplish this mission is to get an annual legal checkup.

It is designed to encourage the orderly arrangement of your legal and personal affairs.

It puts your legal assistance attorney in a position to advise you not only on those problems for which you ask attention, but also on those legal needs of which you may not be aware.

Once a year, you and your legal assistance attorney should go over the activities of the past 12 months.

Your legal assistance attorney updates an abstract of your legal history, which includes personal affairs, estate planning concerns, and other relevant matters.

The completed history is then reviewed and analyzed critically from a legal point of view.

Then, your legal assistance attorney makes recommendations concerning your affairs. Your lawyer is bound by a professional and ethical oath to keep your affairs confidential.

You owe it to yourself and your family to make an appointment for an Annual Legal Checkup. Make it soon.

Visit the 4th Sustainment Brigade Legal Assistance Office on South Contingency Operating Base Adder, just off of Perimeter Road, and across the street from the 4th Sust. Bde. Headquarters.

Please stop by or call 833-6857 for more information.

Soldiers practice hand-to-hand combat skills

Article by Spc. Crystal Williams
941st Trans. Co. UPAR

CONTINGENCY OPERATING BASE ADDER, Iraq – Soldiers with the 941st Transportation Company, 749th Combat Support Sustainment Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, participated in basic hand-to-hand combative training at Contingency Operating Base Adder, Iraq, May 28.

This training consist of hand-to-hand combat as an engagement between two or more persons, with or without hand-held weapons, such as knives, sticks, or projectile weapons within the range of physical contact.

“Class was great, it was a good refresher,” said Sgt. Terrance Clausell, a Mobile, Ala., native, and truck driver with the 941st Trans. Co.

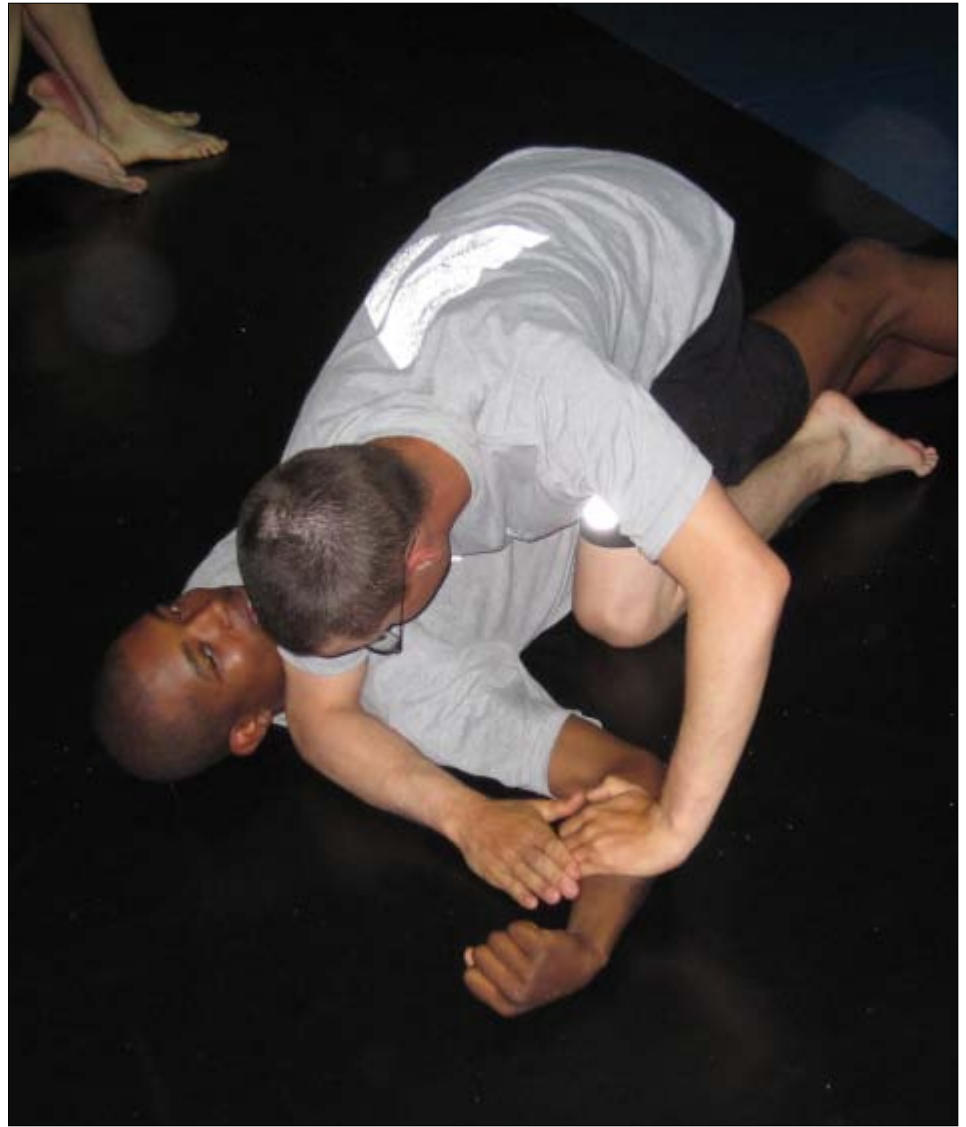
Instructors showed the Soldiers moves, and they followed.

“It is imperative that we understand the movements so we don’t hurt one another. It is also important because we want the most up to date training available,” said Sgt. Brian Salvo, a Charleston, S.C., native, and truck driver with 941st Trans. Co.

Combatives training was developed in 2001 out of Fort Benning, Ga. Since then, it has been integrated into the Army’s Soldiers readiness.

“The class was very informative, simple and easy to catch on. I liked it, it was fun and a great way to get together,” says Spc. Jeffrey Darwin, a Kennesaw, Ga., native, and truck driver with 941st Trans. Co.

The initial techniques are simple strategies that are taught as easily repeatable drills so that Soldiers can build on the basic techniques as they progress and learn more difficult



Sgt. Ninh Pangting, a Greensboro, N.C., native, and Cpl. Alexander Moultrie a Charleston, S.C., native, both truck drivers with 941st Transportation Company, 749th Combat Support Sustainment Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, duel it out during combatives training on Contingency Operating Base Adder, Iraq, May 28. (Photo by Spc. Crystal Williams)

mechanisms throughout the course.

Proficiency in combatives is one of the fundamental building blocks for training the modern Soldier.

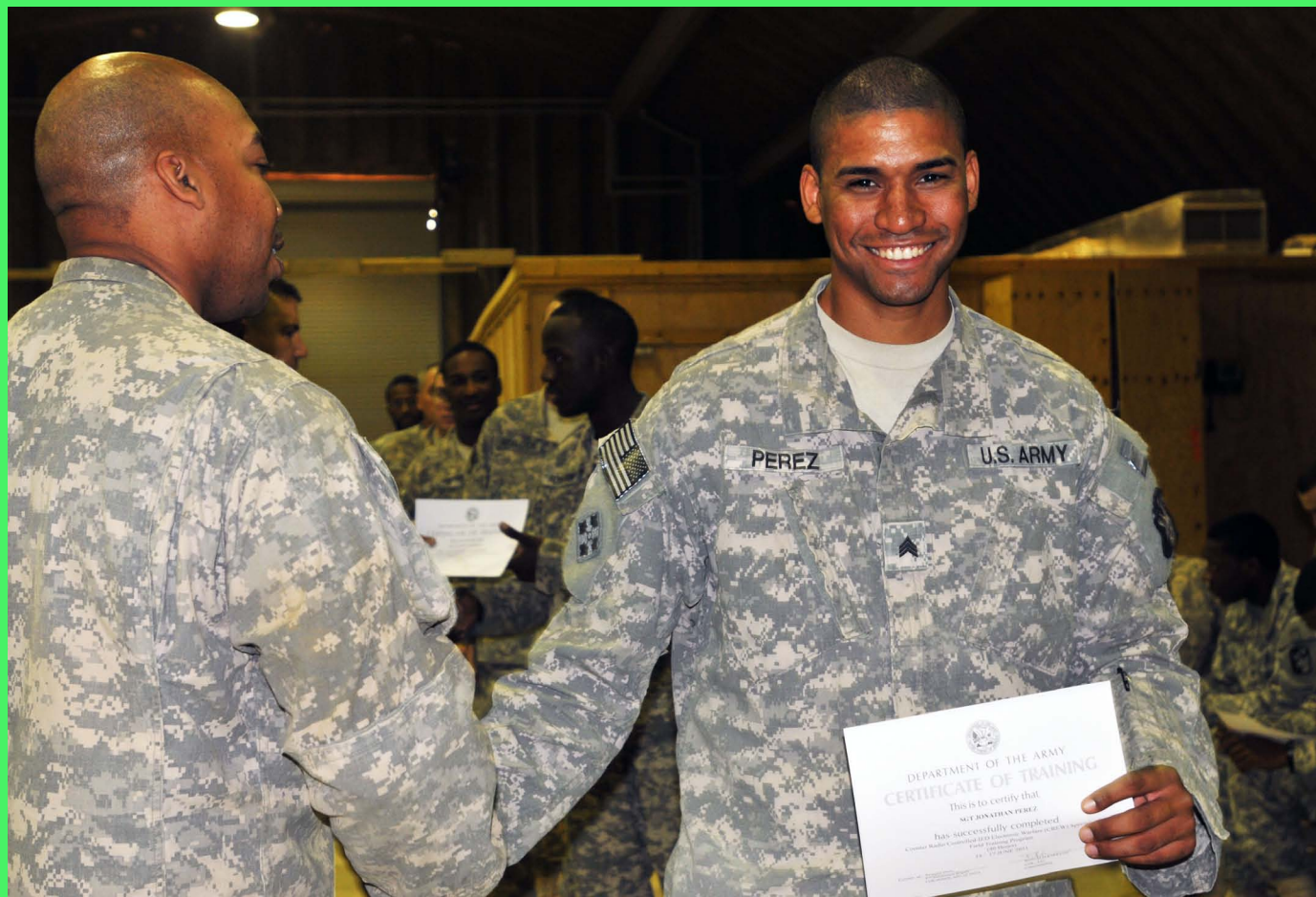
“I had so much fun, it should have been longer. I also think that this training should have been co-ed, because all Soldiers need refreshers,” said Spc. Thaddeus Austin, a Mobile, Ala., native, and truck driver with 941st Trans. Co.

Puzzle Solution From Page 19


6	5	9	2	3	7	8	1	4
3	1	7	9	8	4	6	5	2
4	2	8	6	1	5	9	7	3
7	4	2	5	9	3	1	8	6
9	6	1	4	2	8	5	3	7
5	8	3	1	7	6	4	2	9
2	3	6	8	4	1	7	9	5
1	7	4	3	5	9	2	6	8
8	9	5	7	6	2	3	4	1



WRANGLER PHOTO SPOTLIGHT



Sgt. Jonathan Perez-Reyes, a container noncommissioned officer in charge with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Killeen, Texas native, receives a certificate after completing electronic warfare field training June 17 at the Wrangler Dome on Contingency Operating Base Adder, Iraq. (Photo by Pfc. Amy M. Lane)



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Transportation companies improve security on road

Article by Pfc. Amy Lane
Public Affairs Specialist

CONTINGENCY OPERATING BASE ADDER, Iraq – Nine Soldiers with the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, participated in a graduation ceremony signifying the completion of Company Intelligence Support Team training May 28 on Contingency Operating Base Adder, Iraq.

The five-day course taught the Soldiers to collect, analyze and disseminate intelligence at the company level. The training is aimed at transportation Soldiers with the 749th Combat Sustainment Support Battalion, 4th Sust. Bde., and convoy escort teams with the 1st Combined Arms Battalion, 163rd Infantry Regiment, who provide convoy security for the transportation companies.

Lt. Col. Robert Villalobos, the deputy commanding officer of the 4th Sust. Bde., and a Palm Coast, Fla., native, spoke to the Soldiers at the graduation.

“Nobody knows the roads that we travel like the Soldiers who use them every day,” Villalobos said. “They know every piece of trash and every pothole in the road. Each Soldier is

able to play a role in his own safety as well as the safety of others.”

He said the Soldiers learned how to use several intelligence systems to understand what is important and how to pass the information on in order to improve security on the roads. The intelligence can be used by 4th Sust. Bde. and all other units in the area to keep Soldiers safe.

“The best information comes from the Soldiers who drive the roads every day,” Villalobos said. “We’ve given them the tools to turn that knowledge into useful intel. Working together to make sure the roads are secure will be very important to our mission.”

Spc. Greg Breha, a truck driver with the 15th Transportation Company, 749th CSSB, and a Cleveland native, said the class was a big eye-opener for him.

“Now we can give information to other battalions and companies that will improve the safety of the personnel out on the road every day,” he said.

Breha, who is on his second deployment to Iraq, said it is interesting to see the improvements in tactics, techniques and procedures as they develop.

“This gives me more confidence that I can help other Soldiers get back home safely,” he said.



Lt. Col. Robert Villalobos, the deputy commanding officer for the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Palm Coast, Fla., native, introduces Pfc. Santiago Buck, a truck driver with the 941st Transportation Company, 749th Combat Sustainment Support Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and a Charleston, S.C., native at the graduation for the Company Intelligence Support Team course on Contingency Operating Base Adder, Iraq, May 28. Buck was the honor graduate. (Photo by Pfc. Amy M. Lane)

Keeping local traditions builds strong bonds

Article by Capt Antwone M. Wilson
4th STB UPAR

CONTINGENCY OPERATING BASE ADDER, Iraq – The Iraqi-Based Industrial Zone is a theater wide program that promotes economic and infrastructural development to Iraq. Contingency Operating Base Adder has a very lively and robust IBIZ that provides positive socio-

economic value to its surrounding area.

Working with the local populace creates many opportunities to build strong bonds and relationships through observing some of the local traditions.

Recently, Soldiers of the Special Troops Battalion, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command,

were invited to share a traditional meal with one of the shop owners at the IBIZ. These Soldiers work in the IBIZ section of the COB Adder Mayor Cell and work closely with the shop owners.

“I always enjoy meeting new people and interacting with different cultures. It’s not every day that you get a chance to do something like

this,” said Pfc. Juevani Fontanez, a Guayama, Puerto Rico, native, and an IBIZ technician with the 4th STB. “The food was great and the tea was really good. I wish more Soldiers had a chance to experience the local culture in this way.”

It appears the IBIZ program will leave a lasting mark on Iraq and its people for years to come.

1-163rd Soldiers recognized for actions

Article by Capt. Russ Cunningham
1-163 UPAR

CONTINGENCY OPERATING BASE

ADDER, Iraq - One of the highlights of leadership in the Army is the ability to recognize outstanding Soldiers for their many contributions to the success of any unit, large or small.

Brig. Gen. Don S. Cornett, Jr., commanding general of the 310th Expeditionary Sustainment Command and an Aurora, Neb., native, took the opportunity during his visit to Contingency Operating Base Adder to recognize Montana National Guard Soldiers from the 1st Combined Arms Battalion, 163rd Cavalry Regiment, 4th Sustainment Brigade, 310th ESC, June 10.

Cornett presented combat action badges to nine Soldiers with Echo Company, 1st CAB. The award recognizes Soldiers who were personally present and actively engaging or being engaged by the enemy and performing satisfactorily in accordance with the prescribed rules of engagement.

The badges were awarded for three improvised explosive device attacks involving the convoy escort teams.

Soldiers awarded the CAB were: Spc. Brandon Dunkerson, a mechanic with E Co., 1st CAB, and a native of Ronan, Mont.; Spc. Jeffery Martin, a gunner with E Co., and a native of Ronan, Mont.; Staff



Pfc. Joshua Sweeney, native of Anaconda, Mont., and a gunner for Company B, 1st Combined Arms Battalion, 163rd Cavalry Regiment, 4th Sustainment Brigade, 310th Expeditionary Sustainment Command, and native of Billings, Mont., receives a congratulatory hand shake from Col. Ron Kirklin, a Killeen, Texas, native, and commander of the 4th Sust. Bde., on Contingency Operating Base Adder, Iraq, June 10. (Photo by Maj. Lakesha Warren)

Sgt. Jonathan Rassmusson, a truck commander with A Co., 1st CAB, and a native of Billings, Mont.; Sgt. Henry McLaughlincross, a truck commander with A Co., and a native of Helena, Mont.; Spc. Dustin Schimetz, a gunner with A Co., and a native of Minot, N.D.; Spc. Brandon Thronson, a driver with A Co., and a native of Billings, Mont.; Spc. Nick Vanmierlo, a driver with A Co., and a native of Roundup, Mont.; Spc. Tyler Catron, a driver for B Co., and a native of Missoula, Mont.; and Pfc. Joshua Sweeney, a gunner for B Co., and a native of Anaconda, Mont.

Cornett also awarded three team commanders with Army Achievement Medals for leading their teams through 100 accident-free days.

Staff Sgt. Matthew Sather, convoy commander with A Co., said this accomplishment is significant when considering how often they are on the road, what goes into maintaining their vehicles and how much they put into their off-time activities.

"I'm happy we've gone this long without serious incidents," Sather said. "If we make it through the rest of the deployment without anything serious happening, I'll be happy."

The Soldiers awarded were: Sgt. 1st Class Lorin Peterson, a convoy commander with A Co., and native of Billings, Mont.; Staff Sgt. Troy Mellum, an assistant convoy commander with A Co., and a native of Helena, Mont.; and Sather, a native of Billings, Mont.