



Volume 1, Issue 6

LOGFIRE LEDGER

298TH COMBAT SUSTAINMENT SUPPORT BATTALION



August 31, 2011

5K MUD RUN



CPT Battle "Don't even ask!"



From left to right: CPT Barber, MSG Alford, SPC Wright, SPC McDonald, CPT King, SPC Bostick, SSG Gonzalez, CPT Brownlee

"Route is flat with obstacles. It will be generally sandy, muddy and wet, costumes welcome" is the challenge issued by Firebase Thomas for their 5-K Mud Run. Several members of the Logfire Team took the challenge. Check out the before and after photos. (More photos on page 12)

Photos by SFC Bonnie Hughes, 298th Public Affairs



From left to right: SSG Gonzalez, CPT Brownlee, CPT King, SPC Wright, CPT Barber, MSG Johnson-Williams

Lines from "LOGFIRE 06"



The Championship Year-----

Anyone who knows me also knows that two of my favorite personal interests are the National Football League, and more importantly, the Green Bay Packers. I've been a Packer fan for longer than I can even remember. Those of you who follow the NFL know that the Packers are the current Super Bowl Champions. Most notably, the Green Bay Packers struggled their way through an injury plagued season and still managed to reach the pinnacle of championship competitions and win.

For those readers who aren't football fans, let me put your minds at ease. The focus of this article is not on football, or the Green Bay Packers. However, I do believe that the 2010 Green Bay season is a great example as comparison with a military deployment. As noted earlier, the Packer's winning season was filled with injuries. Throughout the season, some of their most critical players were left "sidelined" due to injury. All of the team's plans involved the skills of those players. Despite their adversity, the team chose not to give up on their season. They transformed bad situations into opportunities. They discovered a mental toughness about themselves that matched the "Herculean" physical qualities of most NFL players. Instead of giving up on their season, they energized their focus; picked each other up, changed strategy, and most importantly kept their "eye on the prize".

As the players became exhausted and injured, they must have also become very frustrated. In times of adversity, an overarching temptation is to fall captive to frustration. Those who are strong minded enough to persevere through adversity, are the ones who will forever be recognized as "Champions".

As we in the "Logfire Team" set out on this journey, we compared our goals and objectives with that of a football team. I referred to key training events as pre-season, regular season, the playoffs, deployment to the combat zone would be our "Super bowl". As a simple man, I found this to be a simple reference that most soldiers could relate to. What was most important to me was that we, collectively, had tangible goals that we could shoot for.

These references seem so long ago now. Much has happened, and our lives have changed greatly since this time. Our team has collectively made significant marks on this country, and on the military operations being conducted here. Simply put, so much has happened that we're all feeling a certain level of fatigue. Fatigue is a reality that impacts all soldiers, family members, and friends.

All of you, soldiers and family alike, can look back with great pride for what you have accomplished. I'm so very proud of what our team has completed so far. However, I challenge you to do something else now. I challenge you to set your focus forward. We still have many things to accomplish here. Now is the time that, despite our fatigue, we "re-focus" our energy. It's time to consciously "pick each other up", and set our "eyes on the prize". The "prize" for us is to meet all of the objectives that we set out for; leaving a mark of greatness on this place, and safely completing our mission and returning to our loved ones.

You, the "Logfire Team, continue to impress me each day. Your efforts have never swayed, and never once shifted from what is important. I know that you're tired. We all get tired, and I want you all to know how very proud that I am to serve as your commander. Let us never lose sight of what is important in this journey. Keep the focus, and we will embody the meaning of our battalion motto, "Approach through Adversity"!

As I began this article with a reference to my "beloved Packers", let me conclude with a quote from their most famous coach, Vince Lombardi-----"I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle-victorious."

As always, it is my honor to stand in the ranks of the "Logfire formation". Thank you for what you do; thank you for your dedication, and thank you for your sacrificial commitment to our great nation. God Bless the warriors, families, and friends of the "Logfire Team" on our pursuit of the "Championship".

Words from Command Sergeant Major

Hello to all Logfire Team.

Leaders, make sure you monitor and enforce hydration, standards and warning signs. Remember safety starts with each individual soldier. Use the Battle Buddy System when walking around. Always wear reflective belts/vest while doing PT and during the hours of darkness. When in a vehicle wear seatbelts at all times and obey the speed limit. Slow Down! Leaders, check for sensitive items and no negligent discharges. Leaders we need to uphold the Army Standards and Live the Army Values.

I would like to personally thank the Family Readiness Group for all that you do.

Thank you Logfire Team. Stay focused.

Logfire 09



Stay Hydrated



Congratulations to:



Soldier of the Month

SPC Brenton Benner

548th Trans CO

I told him to stay hydrated!



602nd Support Maintenance Company

Greetings,

Allow me to introduce the 602nd Support Maintenance Company from Fort Hood, TX: Our goal here is simple, be the best at what we do and get better with every day. My name is Captain (CPT) David Moreno Jr. I'm the Commander of this group of amazing Soldiers, and we are excited to be a part of the Logfire Team! We have been preparing for well over 6 months to make it here to Shindand, and likewise we have aggressively taken the mission from the 183rd Maintenance Company. We would like to thank the 183rd for their patience with us during the transition, as well as our new family the 298th CSSB for our very warm welcome onto the team.

July through the middle of August has been a blur for the entire 602nd as we have transitioned into our day to day mission; the past month has literally just blown by us. We have settled well into our new living arrangements, and this past month all the Soldiers of the Company have made the extra effort in making their living quarters more accommodating. We're ready for the long haul, and in saying such we are determined to get involved:

This month many Soldiers from the 602nd will be participating in a "Mud Run" a 5K sponsored by our friendly neighborhood Special Operations Soldiers, we'll be sure to publish photos of this fun filled event! But most of all we are just glad to be doing our mission! We have been in training mode for such a long time that it is really exciting for all the Soldiers of the Company to be back doing their job, and an interesting job at that.

Again, thanks for the welcome, the 602nd has been waiting for this moment and we certainly are glad to be a part of the Logfire Team.

Hammer 6
Deuces Wild!



Top right: SPC Mausau, PVT Rivera, SPC Roberts, SPC Richmond;
Bottom left: SSG Compton, and SGT Trimble





377th QM DET/ 298th CSSB

377th Quartermaster Detachment

"Movement Brings Victory"



The 377th QM Platoon provides Container Management for FOB Shindand. SSG Belinda Tyson is the Contracting Officer Representative (COR) who provides oversight of government and commercial containers to customers throughout FOB Shindand. She is directly involved in the shipping and receiving process of all containers coming into or leaving the FOB. As COR of Container Management SSG Tyson's responsibility is to reduce detention costs. Detention accrues when a Carrier Owned Container exceeds its "Free Time" limit, normally 10 days after the container is off loaded. After the free time has expired, the containers start accruing detention fees. She tracks leased and empty containers on the FOB. SSG Tyson also maintains 100% inventory, accountability, tracking, and reporting of containers in the Integrated Booking System-Container Management Module (IBS CMM). The IBS CMM is an Army approved automated web-based container management database that provides container visibility in the CENTCOM AOR. It is updated as the containers are received at location (in-gated), shipped from location (out-gated), or as the status (emptied or filled), use, and/or condition of the container is changed.



SSG Tyson reviewing the IBS CMM in the tracking of in-gating and out-gating of containers.



SSG Tyson managing the tracking of containers on the bulletin board.

548th Transportation Company

This month was a little more exciting for the 548th Transportation Company as they were the highlight of a nationally televised game of baseball. FOX Sports Kansas City provided a live telecast of the Kansas City Royals home game at Kauffman Stadium against the Detroit Tigers, shown worldwide on Armed Forces Network and FOX 4 television. The 548th Transportation Company watched the game in our "Scooter's" tent starting at 0200 with the pregame show where FOX Sports began with interviews and Shout-outs from our families. The families tailgated prior to the game and taped messages for their Soldiers to watch during the game. Our Soldiers taped shout-outs to be aired during the game for our families to see; we also included our Soldiers that are stationed at other locations so that their families could see them as well. FOX Sports and the Royals sent the 548th TC T-Shirts, Royals Baseball Jerseys, hats, magnets and banners for us to wear and display for the game; they also provided our families with over 600 tickets to the game, 200 parking passes and matching T-shirts to wear during the game with a special logo designed just for this game. Throughout the game FOX Sports interviewed family members in the crowd and focused the camera on the many signs that were being displayed in support of the 548th TC deployed service members; it was definitely a "Night at the K for the 548th Transportation Company Families."

The 548th also had a strong showing of Soldiers in the Firebase Thomas Mud Run. Our Soldiers really enjoyed this event, saying it was a great challenge to them and allowed for a "different type of fun run event." They really look forward to more events like this in the future.

Even though it would be nice to have all play, we also have to work. And work we have done. The 548th has continued doing missions but they have also conducted a lot of training this month. The training they have conducted was not for themselves, but for others. SGT Flores, SGT McGregory and SPC Roach assisted with training the Italians in the operation of the Blue Force Tracking (BFT) system. This will benefit us when on convoys so that we are able to communicate directly with each other on the road more efficiently; so we were very excited about that. SSG Thomas trained the DynaCorp employees on the Palletized Load System (PLS) system so that they would be operated correctly and safely, while conducting missions on base at Shindand. SGT McGregory, SPC Hochee and SGT Pekarek trained the Italians on the use of mine rollers when operating the Multipurpose All-terrain Vehicle (MATV).



Chaplain's Corner by CH Heather Duff

A Joyful Heart

"A joyful heart is good medicine, But a broken spirit dries up the bones" (Proverbs 17:22).

I had a soldier come into my office, yesterday. He is an NCO of high rank and he is well respected. He talked about the difficulties of his job. He talked about the heavy work load that he was under. He talked about the frustration of trying to meet certain expectations with few resources. And as he talked, I noticed that he did so with a joyful heart. Even when venting, his joy was evident. His visit reminded me that no matter the circumstances of deployment, we soldiers have a choice to be joyful. Actually, we have a command to be joyful: Rejoice in the Lord always. I will say it again: Rejoice! (Philippians 4:4).

Like 2:40 states that the grace of God was upon Jesus. If you will refer to Luke 2:40, you will see that the word applied to Christ as a young boy as well as to Christ as a young adult. "Grace," in this context, means that which causes joy, pleasure, gratification and favor. Jesus was growing in favor with his Heavenly fa-

ther -- and the implication is that, consequently, God grew in favor with His son. In other words, their relationship was a delight to both of them. We can rejoice in this, because we know that our relationships with each other should be a delight to all parties involved.

We're capable of enjoying many things, but what makes those events and experiences truly special? It's the people who share them with us. People find enjoyment in other people. People delight in other people.

As soldiers, who are around each other every day and sometimes every night, we can chose to be a source of joy and grace to those around us. When we make that choice, the obvious consequence is: soldiers around us will become a source of grace and joy for us! As soldiers, we are more than capable of doing our jobs. But what makes the events and experiences of deployment truly special? It's the soldiers who share them with us. We should find

enjoyment in other people. We should delight in other people.

The effect of the mind on the body is well known. Let us rejoice in those around us, and in doing so, bring strength to our bones!



SFC Tucker and MSG Carter

What Leadership Looks Like

by CPT Fanneta Battle

How does one define leadership? Leadership is a process by which a person influences others to accomplish an objective and directs the organization in a way that makes it more cohesive and coherent. A leader is someone who puts the goals of the organization ahead of their own goals and challenges others to work toward the same goals. Managers can drive schedules and get things done, but Leaders make everyone around them more productive and more effective. COL Lawrence Kominiak and CSM Tony Escalona, embody all the traits of leadership, which make up the “Resolute” Command Team.

A hero’s work is never done, and the same could be said for the Resolute Command Team, as they are always on the move. During a visit to Shindand Air Base to visit the 298th LogFire team, COL Kominiak and CSM Escalona had the opportunity to observe firsthand the day to day operations that are happening in Regional Command West (RC-W). The 298th Combat Sustainment Support Battalion (CSSB) is just one of the great organizations that make up the 7th Sustainment Brigade. The LogFire Team was ready, as always, to showcase the great work and talented soldiers that fall under the 7th SB, to the brigade commander and command sergeant major.

From the minute the Resolute Command Team hit the ground in Shindand, they were busy touring expansion sites, sitting in on briefings, meeting coalition commanders, visiting the SSA, ASP and a host of other acronyms. This was all done simultaneously while still making meetings via VTC, and being kept abreast of what was going on with the other battalions, by various means of electronic communication. COL Kominiak and CSM Escalona make time in their busy schedules to get out and visit their troops on a regular basis to see how the troops are doing, especially when new soldiers arrive in theater. CSM Escalona said that he enjoys getting out and seeing the new guys. He was very impressed with the progress the SSA has made over the last several months. He stated that, “Shindand has its mission and does it well.”

COL Kominiak was also pleased with the operations taking place in RC-W, particularly the Afghanistan Transportation Network (ATN). COL Kominiak stated that, “Afghanistan Transportation Network, does a lot for COIN operations by it reducing the need for security forces on the road and creating a boost to the local economy for families that each owns a truck.” He went on to say that, “The battalions are doing an exceptional job. The increased efficiency of the ATN trucks means more effective distribution.” RC-W and SW were the first places to use the ATN.

COL Kominiak and CSM Escalona both agree that commanding a brigade that encompasses multiple components such as: Regular Army, Reserves, and National Guard, brings a lot of challenges. However, it also brings a lot of unique skill sets to the table. COL Kominiak and CSM Escalona both bring unique and impressive skill sets to the table having been around the world literally, and holding practically every position in leadership that has been created. Looking at them on paper would make anyone a little intimidated upon first meeting them...that is until you sit down and listen to the proud father talk about taking his daughter back to school for her second year of college. Even more refreshing is looking at the proud husband beam as he talks about his better half in the first year of her new command. Then you realize you are dealing with two individuals that are very normal, very approachable, and extremely capable of leading soldiers.





All Together Now...



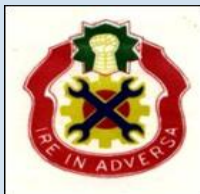
377th QM
548th TC
602nd MC



Camp
Stone
Combat
Logistics
Patrol



Grand Opening of Green Beans Coffee on July 30



CERP



HHD 298th Soldiers Assist with Humanitarian Assistance Mission

Clockwise from top left:
HHD 298th Truck loaded
with toys, shoes,
clothes, and school
supplies for daycare;
Soldiers from HHD 298th
and 838th AEAG pose for
picture with Najiba and
her assistant; CPT
Brownlee helps with the
loading of supplies; CPT
Barber and CPT
Brownlee talking with
Najiba and her
interpreter



The Commander's Emergency Response Program (CERP) has been very successful since our arrival to Shindand Airbase. We have been involved in the stability of a main water source for local villages, renovated schools, re-paved roads, and just recently received approval to build two water wells in a nearby village. Under the umbrella of CERP, the 298th CSSB has also done numerous Humanitarian Assistance (HA) missions, providing critical needs and emergency medical care to local Afghans. On August 13th, the 298th CSSB was called on once again, to provide toys, clothes, shoes, and classroom supplies to a local daycare owner in the Shindand District area. Najiba, owner of the daycare was in dire need of items for 50 children and with help from our higher headquarters, 7th Sustainment Brigade and donations from businesses, family, and friends from Mississippi, we were able to give Najiba a truckload of supplies for her daycare. We also partnered with the civil affairs representatives from the 838th Air Expeditionary Advisory Group (AEAG), who provided backpacks filled with school supplies. Najiba is a leader in the Women Shura, meaning "consultation" in Shindand and is a voice for local Afghan women.

One Team

Supply Support Activity (SSA) functions include receiving, storage and handling, order selection, packing, issuing and preparing material for shipment. The demands of the supply chain system require that SSA warehouses serve customers/warfighters in a timely fashion during peaks in demand or to ensure a steady supply of material. The SSA as a part of the total supply chain will support objectives of reducing costs and improving customer service. Property acquired by the Army must be processed through and accounted for either by property or stock accounting records and procedures. Accounting will be continuous from time of acquisition until the ultimate consumption or disposal.



CW2 Jeff Revette, Accountable Officer of the Supply Support Activity-Shindand, assumed the daunting task of overseeing the day to day operations of the SSA back in April of this year. He and the DYNCORP contractor team of 70 personnel serve an average of 185 units/customers at any time. The challenges of day to day meeting the needs of the customer are widely varied. On one day it may be getting in that shipment of repair items that are desperately needed while another day it is aggressively shipping out excess or unserviceable parts back to the distribution center. Since taking over the Accountable Officer role of the warehouse, Chief Revette has seen many benchmarks and goals met. Chief Revette stated, "Our records are more accurate and inventories are being conducted with a 98-99% accuracy rate." He went on to say, "This is so important, especially when a customer has an urgent need of an item we are supposed to stock, we can supply it immediately without delay."

In addition to the support of the warfighters here in this theater, another substantial aspect of the SSA is shipping products both in and out of theater. With the use of the Afghan Trucking Network (ATN), the SSA receives and ships the supplies that support the war fighter, all the while, giving local support to the people of Afghanistan. Chief Revette commented that, "It is great to see these opportunities for local Afghanistan people to be given the chance to better themselves and provide a better way of life for their family by this trucking network." The trucking network is made up of several trucks locally owned by Afghan families. The network leaders coordinate with the Army to provide the service of transporting much needed items to and from the base to support the mission of the Army here in Afghanistan.

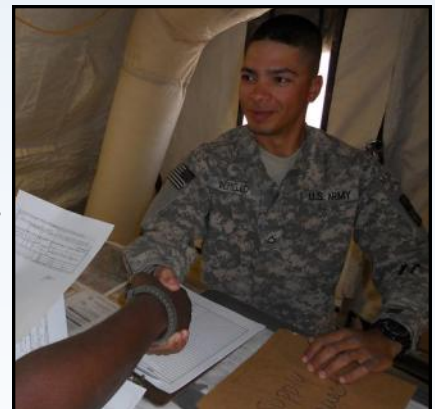
The motto "One Team" is very special to Chief Revette and the DYNCORP contractor personnel at the SSA. According to Chief Revette, "We simply cannot do anything without a mutual trust and reliance on each other." The "One Team" concept spans over the boundaries of the Army and contractor relationship, as well as, the nationalities of all the workers both contractor and Afghan. In a final statement, Chief Revette expressed, "I am proud of the support we offer to the mission. I am also very proud of the relationships we have made both, within the Army and the staff of the Shindand Supply Support Activity."



ATN drivers



Customer service is our main priority.



CW2 Revette and Mr. McMahan at the new SSA site



5K MUD RUN



Photos by SFC Bonnie Hughes, 298th Public Affairs





Get Out and Play! Safety Tips Help Minimize Injury

Throughout the year, people in Mississippi are cleaning out cleats, hitting the links, finding tennis rackets, going for a jog and working up a sweat. Whatever sport is yours, it is important to remember how to stay safe and in the game and not sitting on the sidelines. Injuries during routine workouts or organized team sports are frequent no matter what the game. The good news is that almost half of all sports related injuries are preventable.

Warm Up: A proper warm-up prepares the body for training and competition by increasing body temperature, respiration (oxygen availability), and heart rate while reducing the risk of muscle tendon and ligament strains. Warm up before you work out—or begin any strenuous activity (even yard work)—by walking briskly for five minutes, then doing some easy stretching. Never stretch ‘cold’ muscles—warm up first. Stretch again after the activity.

Drink Lots of Water: Dehydrated athletes do not perform well. Fluid loss through sweating directly impacts strength, endurance, power, and cognitive abilities. Drink plenty of water before, during and after working out or playing the game.

Feel the Burn, Not the Pain: Pain can indicate a muscle, bone, or joint injury that can be made worse by continuing to participate in a sports activity without seeking medical attention or resting the affected area. Pain can also indicate overuse injuries such as bursitis, shin splints, stress fractures, and tendonitis. If you are experiencing pain, tell your coach, stop playing and consult with a doctor.

Cool Down: Ending a training session with a cool down period reduces

the risk of muscle cramps, soreness, stiffness, fainting and dizziness. Cooling down helps the body make the transition from vigorous activity to a normal state of activity.

Protect your skin: Sunlight contains two kinds of UV rays—UVA increases the risk of skin cancer, skin aging and other skin diseases; UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10 a.m. and 2 p.m. and wear a sunscreen with a sun protection factor of SPF 15 or greater.

Watch out for dangerous too’s. Too tired. Too thirsty. Too much sun. Too much strenuous activity.

Watch for signs of heat stroke: Heat stroke is life-threatening. The victim’s temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Symptoms include hot, red and dry skin; changes in consciousness, rapid, weak pulse, and rapid, shallow breathing. Call 9-1-1 and move the person to a cooler place.

Use the right equipment for the right sport: That means always wearing a bike helmet when biking. Wearing kneepads, elbow pads, wrist guards and a bike helmet when in-line skating. A water bottle is essential for every outdoor sport. Protect your corneas with eye guards for all racquet sports (tennis, racquetball, and squash).

Get a Pre-Season Medical Check Up: An appropriate medical examination helps to assess overall health, reveal past and present injuries that could be aggravated by participating in the sport, and identify conditions pre-disposed to injury. Often, treatments can be prescribed to heal injuries or alleviate the condition prior to beginning training.

CW2 James Ballard “Families that are Army Safe, are Army Strong!”

We're on Facebook

<http://www.facebook.com/pages/298th-CSSB/126140340773566>

Thought For The Day

When one door closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.



Promotions:

SPC Morehead (298th)



On The Funny Side

After God had created Adam he noticed that he looked very lonely. He decided to help. He said, “Adam, I’ve decided to make you a woman. She’ll love you, cook for you, be sweet to you, and understand you.” Adam said “Great! How much will she cost me?” The answer came back, “An arm and a leg.” “Well,” said Adam “what can I get for a rib?”