



U.T.S.

*NOTES USEFUL
TO SUSTAINERS*

VOLUME 3, EDITION 1
FEBRUARY 2012

Connelly Cooking Competition

Five Soldiers spice up Fort
Snelling with their skills

Also in this issue:

- Ribbon-cutting ceremonies mark progress (11,18)
- Troops recognize Veterans Day at Fort Des Moines (6)
- Unit inactivates in “bitter-sweet” ceremony (16)
- 103rd ESC Soldier sets world record in weightlifting competition (17)



Staff

103rd ESC Commanding General
Brig. Gen. Mark Corson

103rd ESC Command Sergeant Major
Command Sgt. Maj. LeRoy Haugland

103rd ESC Deputy Commanding Officer
Col. Arlan DeBlicke

103rd ESC Chief of Staff
Col. David Elwell

103rd ESC Public Affairs Officer
Maj. Monica Radtke
monica.m.radtke@usar.army.mil

103rd ESC Public Affairs NCOIC
Sgt. 1st Class Ray Calef
raymond.calef@us.army.mil

103rd ESC Layout and Design
Spc. Emily Walter
emily.walter@us.army.mil

About N.U.T.S.

N.U.T.S. Magazine is an authorized publication for the Soldiers, Families and civilian employees of the 103rd Sustainment Command (Expeditionary). Its contents are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or the 103rd Sustainment Command (Expeditionary).

N.U.T.S. is produced by the 103rd ESC Public Affairs Office. Submissions and suggestions may be sent to monica.m.radtke@usar.army.mil.

Highlights

On the Cover



A team of Soldiers gets cooking after progressing to the DA level of the Phillip A. Connelly competition. (p. 7)

9/11 Ceremony



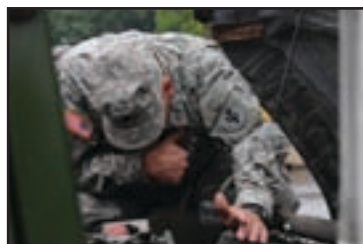
The 103rd ESC recognizes the 10th anniversary of 9/11 during a ceremony at the Fort Des Moines Museum. (p. 8-9)

Support for Vets



An award ceremony recognizes Principal Financial Group for going above and beyond for its Veteran employees. (p. 5)

Drivers' Rodeo



Soldiers test their driving skills and tactics at a "rodeo" unlike any other. (p. 15)

Commander's Notes

Brig. Gen. Mark Corson
103rd ESC Commanding General

This will be my final column before I relinquish command in April, so I would like to take this opportunity to thank all the Soldiers, civilians, and Family members of the 103rd ESC for your hard work, commitment, and dedication since I took command in 2009. It is with a heavy heart that I will be leaving the Command in April and heading to a new assignment with U.S. Forces-Korea.

As I have said many times before, next to the marriage to my wife and birth of each of my children, the Iraq deployment was the highlight of my life. You all contributed to our exceptionally successful mission, which was no easy task. Sustainment on the battlefield is highly complex- let alone undertaking the mission of overseeing the drawdown of forces and equipment, which had not been done before in modern times. Sustainment is often underappreciated, but know that you more than exceeded expectations and made a lasting impact on the people of Iraq. During the course of my command stateside and overseas, I learned that the 103rd is truly a group of professional and talented sustainers.

Even though the war in Iraq is over and combat operations are beginning to scale down in Afghanistan, there is still a lot of work to be done. There are 103rd ESC Soldiers still serving in Afghanistan as well as units deployed to Kuwait, where they are overseeing the monumental task of shipping vehicles and equipment from Iraq back to the United States. The Army Reserve's mission also extends to 16 other countries around the world. Units stateside must remain fully mission capable and ready to deploy one in five years under the Army Force Generation (ARFORGEN) model. The Army Reserve is now an operational force and we must remain relevant and ready to answer the call to mobilize and/or deploy, whenever called upon.

On top of all this, the 103rd ESC footprint will change in October. Based on Army mission requirements, an eighth Army Reserve Sustainment Command, the 451st ESC, will stand up in Wichita, Kan. Meanwhile, the remaining sustainment commands will realign in order to balance command responsibilities and force structure. The 103rd ESC's span of control will shift northeast and the new command's footprint will cover the states of Iowa, Minnesota, Wisconsin, Illinois and Michigan. The 103rd will transfer all units located in South Dakota, Nebraska, Kansas and Missouri to the 451st on Oct. 1. During the months ahead, we need to provide our current subordinate units the best possible customer service until the transfer of authority. We also need to work closely with our 310th ESC brothers and sisters to ensure a smooth transfer of their gaining structure and give those units a warm welcome to the 103rd.

This is a dynamic and exciting time for the 103rd ESC. I know that you are trained, ready and heading in the right direction. It has been an honor and privilege to serve with you. I am confident the 103rd ESC will continue to do great things in the future and I am hopeful that our paths will cross again.

We Succeed!



Cadets from the Red Oak and Fort Dodge Squadrons of the Iowa Civil Air Patrol served as the Color Guard for the Wreaths Across America Ceremony on Dec. 10. Brig. Gen. Mark Corson, Commanding General, 103rd Sustainment Command (Expeditionary) and former member of the California Civil Air Patrol, met with the cadets after the ceremony. Photo by Sgt. 1st Class Ray Calef, 103rd ESC Public Affairs Office.

Chaplain

Lt. Col. Richard Piontkowski
103rd ESC Command Chaplain



I have to be careful here; I'm talking to logisticians. Many people think logisticians are just truckers with money, but we know "loggies" are highly proficient experts in the procuring, maintaining and distribution of anything that makes the military run. Such loggies can be fragile to handle when speaking of their specialty of logistics, so I must be careful.

One of my dogs, Bert, a silky terrier, was having some intestinal problems. The vet thought it came from something he ate. Anyway, one morning as I took both my dogs, Bert and Ernie, out for their morning latrine break (here's where I have to be careful, loggies have such a delicate nature) Bert was attempting to go number two. I noticed that he began to shake violently and then stopped trying to drop the chalupa. A few moments later, he was once again trying to take the Browns to the Super Bowl, this time he began to howl in pain. I think

we've all been there and know Bert's agony. Feeling sorry for my dog, I called the vet, put him in the car and took off. You can guess what happened next. As I was approaching the Veterinary Hospital, I heard a long yelp and Bert climbed into the front seat. He had successfully completed the aforementioned major transaction in my back seat. Bert's "through put" mission ended up on my leather seats.

My loggie friends will call this story disgusting, but you had to be there to know the meaning of disgusting. As I was cleaning the car, I thought of all the things that get stuck in us. People can wrong us, cheat us, speak evil about us and we tend to hold on to those things. We don't want to let our anger or pain go. We wind up howling, shaking and yelping as we can't let the hurt go. This is harmful to the human spirit and holds us back from the positive outlook we need in order to build decent relationships and be happy in life. We all need time to examine our lives and see if there is something we need to "pass." Hold on to your blessings and drop your load of anger. God bless you!

I.G.

Maj. Erik Verhoef
103rd ESC Command Inspector General



The Inspector General is here to serve you, so please let me take this opportunity to introduce the 103rd Sustainment Command (Expeditionary) IG team and what they do. First let me introduce the team: Maj. Erik Verhoef is the command IG and Master Sgt. Arnett Cooper is the assistant IG.

As the IG, we are the eyes, ears, voice and conscience of the commander. As such, we conduct thorough, objective, and impartial assistance, inspections, investigations, and training to Soldiers and their Families as well as other civilians. We are also a tool for leaders in the command and can serve as a sanity check for them. All we do is meant to ensure the Army values, good order and discipline are maintained.

As mentioned above, anybody can call the IG if he or she has a problem that the chain of command cannot or will not solve. But before you tell it to the IG, please consider the following:

- Be sure you have a problem, not just a peeve. (Are the cooks really turning out lousy chow, or was it just one bad meal?)
- Give your chain of command a chance to solve the problem. (Most problems have to be resolved by the chain of command anyway.)
- If you need IG help, contact your local IG first.

(Higher IG channels normally refer the case back to the local IG for action.)

- Be honest and don't provide misleading information. (The truth will come out. . . . Make sure you're on the right side of it!)
- IGs are not policy makers. (If a policy is flawed, submit proposed changes to the policy maker.)
- IGs can only recommend – not order – a resolution. (The IG's role is to advise the commander; only commanders can order.)
- IGs can only resolve a case on the basis of fact. (Your claim must be supported by evidence.)
- Don't expect instant action on your request. . . . Be patient. (Investigations take time.)
- Be prepared to take "No" for an answer. (Regardless of "Yes" or "No," your IG will explain why.)

To complain without fear of reprisal is the right of any Soldier, Civilian, or Family member seeking IG help – after all, problem-solving is one of the IG's primary missions. You can contact us at 515-285-4692 ext #3154 or erik.verhoef@usar.army.mil.

Support for Veteran Employees

Principal Financial Group goes above and beyond for employees who serve



U.S. Army photo by Maj. Monica Radtke

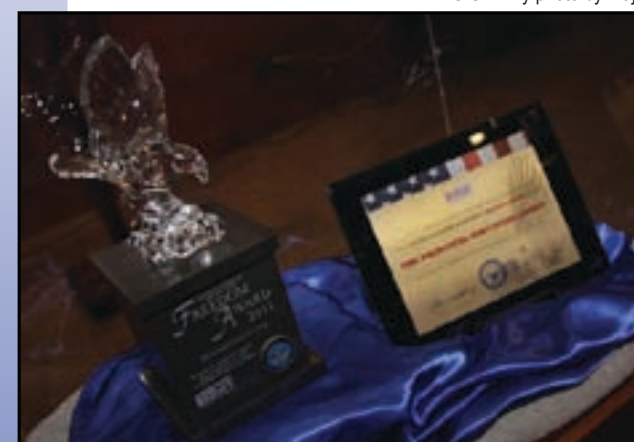


Photo by Rich Heki



Photo by Rich Heki



Photo by Rich Heki

Employer Support of the Guard and Reserve (ESGR) recognized Principal Financial Group as one of 15 recipients of the Freedom Award, the DoD's highest recognition given to employers for exceptional support of their employees serving in the Guard and Reserve. Nominated by Maj. Kerry Studer, former commander of the 443rd Transportation Company and a Principal employee, the company was chosen out of more than 4,000 nominations. Principal provided 300 newly designed physical fitness uniforms for the 443rd Transportation Company while the unit was deployed to Kuwait and Iraq,

and monthly letters and care packages for the unit's Soldiers. Pictured at top are Brig. Gen. Mark Corson, 103rd ESC Commanding General, Studer, and Larry Zimpleman, Chief Executive Officer of Principal Financial, attending the official award ceremony in Washington, D.C., Sept. 22. At right is Col. Arlan DeBlicke, 103rd ESC Deputy Commanding Officer, speaking at the Principal Military/Employee Appreciation Event in Des Moines, Iowa, Nov. 9. Pictured bottom left are Terrance Lillis, Senior Vice President at Principal Financial, and Studer at the Principal Financial Military/Employee Appreciation Event.

Veterans Day



First Sgt. Brandon Eckardt and Cpl. Adam Vandervort, both from the U.S. Marine Corps Reserve, fold the American flag during a special tribute as part of the Fort Des Moines Museum's Veterans Day Ceremony on Nov. 11.

Story and photos by:
Maj. Monica Radtke

103rd ESC Public Affairs Officer

FORT DES MOINES, Iowa— Veterans remembered Veterans during the Fort Des Moines Museum's Veterans Day Ceremony on Nov. 11. The ceremony was held in the museum's historic chapel and members of the Navy Reserve, Marine Corps Reserve, and Army Reserve units on Fort Des Moines, as well as the Iowa Air National Guard, participated in the event.

The ceremony included a joint service color guard, tribute to the American flag and the dedication of a memorial wreath in remembrance of fallen veterans from across each of the services.

Col. Janet Riley, Des Moines resident and currently assigned to the Army Reserve's 80th Training Command in Richmond, Va., provided remarks during the ceremony. "I'm sure that I can speak for members of the Army, Air Force, Marines, Navy and Coast Guard, that we are eternally grateful to our Families and the Community for your patriotism, strength and support," said Riley.

Members of the community in atten-



Master Sgt. Rebecca Starmer, with the Iowa Air National Guard, sings the Armed Forces Medley during the Fort Des Moines Museum's Veterans Day ceremony on Nov. 11.

dance included the East High School Band. The band, directed by Scott Davis, played patriotic music throughout the ceremony and accompanied Master Sgt. Rebecca Starmer, from the Iowa Air National Guard, during several selections, including the Armed Forces Medley.

Michael Kates, Executive Director of the Fort Des Moines Museum and Marine Corps veteran, hosted and organized the ceremony.

"Today, we honor our nation's veterans," said Kates. "Thank you to all the active duty service members and the veterans from all branches of service."

Soldiers cook up a storm

Story and photo by:
Spc. Monte Swift

203rd Public Affairs Detachment

FORT SNELLING, Minn.— Army Reserve Soldiers from the 847th Human Resources Company competed in the final stage of the Philip A. Connelly food service competition at Fort Snelling, Minn., October 15, after moving up from the 103rd Sustainment Command (Expeditionary) and U.S. Army Reserve Command competition levels.

The five-Soldier team, along with other supporting members from the 847th, carried out the competition in a field environment to best demonstrate real-world conditions and the challenges associated with maintaining a kitchen in the field.

The Philip A. Connelly Competition was established in March 1968 to recognize excellence in Army food service. The objective of the competition is to improve the professionalism of Army food service personnel and maintain high-quality food for Soldiers through proper sanitation, cooking methods, teamwork and preparation. The competition recognizes those who set the standard for preparing and serving food in dining facilities and in the field.

The competition is divided into five categories: Military garrison, civilian garrison, active Army field kitchens, Army Reserve field kitchens and National Guard field kitchens. The team is scored by two Department of the Army level raters and one civilian member of the International Food Service Executives Association (IFSEA).

"There is a very defined checklist that I have. It is pretty straight-forward, and includes sanitation, personnel, security, site location quality of food; it goes on and on," said competition evaluator Mr. Ron Coneybeer, Representative from the International Food Service Executives



Brig. Gen. Mark Corson, Commander of the 103rd Sustainment Command (Expeditionary), is served mashed potatoes by Spc. Shane Raden, from the 847th Human Resources Company, during the Philip A. Connelly cooking competition held at Fort Snelling, Minn., Oct. 15. The 847th advanced to the Department of the Army-level competition after winning at the 103rd ESC and U.S. Army Reserve Command levels.

Association. "It is a big responsibility being a cook. If standards aren't kept, it could really hurt a lot of people. Not only are you putting their health in your hands, you are taking care of their nutrition."

As the day drew on and the smell of freshly cooked food spread throughout the kitchen site, the minutes ticked down for the lunchtime deadline, also part of the competition. The team stayed motivated thanks to good training and preparation for the event. Lunch for the day included cajun meatloaf with creole sauce, mashed potatoes, salad, tomato soup, strawberry shortcake and two added sides of caesar salad and jalapeno corn bread. Nearly everything was made from scratch except for mixes for the biscuits and corn bread.

"They are going to win, I already know that," said Command Food Service Warrant Officer CW3 Kim Shiner, 103rd Sustainment Command (Expeditionary). "I attribute their success so far to their training, their discipline, and just the Soldiers themselves. We have made them do this several times, and they have gotten better. They critiqued it to the point that they can do this in their

sleep."

CW4 Terese Domeier, Nebraska Food Program Manager and Evaluator for the competition for the last three years, said maintaining Army food standards in an important part of ensuring its readiness and self reliance in the field. "(The Army) has lost a lot of food service slots, and it is not good because we still need to be self sufficient. You can't always rely on the civilian sector to take care of your Soldiers if you don't have food service personnel," she said. "If you want to go out to the field, and be self-sufficient, you need your food service personnel, and they need to maintain those standards."

"I think they did excellent today," said Capt. Olubunmi Adekunle, Commander, 847th Human Resources Company. "There was a lot of teamwork going on, they put their all into it and I am very proud of them. It has been a long road, and they have done very well up to this point, so there is no reason they shouldn't win."

At the time of the competition, the winning team had not been announced. Since then, the 847th was officially notified that it took 2nd place overall.



U.S. Army photos by Spc. Emily Walter



ABOVE/TOP: Sgt. James Yates and Staff Sgt. Josel Romero, both Soldiers with the 103rd Sustainment Command (Expeditionary), fold the American flag at a ceremony held Sept. 11 at the Fort Des Moines Museum in Des Moines, Iowa, to commemorate the 10th anniversary of the 9/11 terrorist attacks.

LEFT: Michael Kates, Executive Director of the Fort Des Moines Museum, speaks at a ceremony held Sept. 11 outside the museum in Des Moines, Iowa, to commemorate the 10th anniversary of the 9/11 terrorist attacks.



Soldiers with the 103rd Sustainment Command (Expeditionary) salute the American flag at a ceremony held Sept. 11 at the Fort Des Moines Museum in Des Moines, Iowa, to commemorate the 10th anniversary of the 9/11 terrorist attacks.

TRiPS: Still saving lives

Mr. Thomas B. Nielsen
103rd ESC Safety & Occupational Health Office

The season of holiday travel is here, and Soldiers driving to and from their destinations could encounter any number of hazards along the way. The Army's Travel Risk Planning System (TRiPS) risk assessment tool, found online at the U.S. Army Combat Readiness/Safety Center website, is a great resource to get Soldiers started safely on their holiday getaways.

All Soldiers planning to drive a privately owned vehicle on pass, leave, temporary duty or permanent change of station travel orders outside their immediate local area are required to complete a TRiPS assessment before their departure date. The tool allows supervisors to review a Soldier's travel plans for potential safety issues and open dialogue on how to further mitigate risk, especially off duty.

TRiPS, originally released Army-wide in fiscal year 2004, has proven successful in helping reduce driving fatalities every year since its inception.

In FY 2010, active-duty Army fatalities while on TRiPS assessed travel was only 17 percent of total fatalities occurring outside of 150 miles from the installation, according to the USACR/Safety Center. It's been so effective

that all the other military services have adopted it.

The key to the program's success is leader involvement. The tool provides leaders with important details about their Soldiers' plans, overall risk and options to mitigate hazards during specific trips. Armed with vital facts, leaders may then approve or disapprove the online assessment and request the Soldier alter his or her travel to reduce identified risks. This leader-to-subordinate interaction, fostered by TRiPS, is crucial to Soldier safety during long trips away from home station.

Despite its effectiveness, TRiPS is not intended to replace the supervisor's role in approving leave, nor should it become a check-the-block system to provide a paper trail after an accident. The intent is to empower leaders with the facts and bring them face-to-face with their Soldiers to better protect and inform them of driving hazards.

Soldiers can now take advantage of a new "comments" section added during the past year. With this enhancement, both supervisors and subordinates can convey thoughts not captured in the automated assessment. A motorcycle section has also been added for Soldiers riding motorcycles to their destinations.

Soldiers can find the tool at <https://safety.army.mil/>.

Did you have time to discuss your Soldier's POV travel plans?
TRiPS can help.

TRAVEL RISK
TRiPS
PLANNING SYSTEM
<https://safety.army.mil>

- Supports Leader engagement
- Provides risk mitigation
- Captures detailed travel plans
- Provides risk level

ARMY SAFE IS ARMY STRONG
A BAND OF BROTHERS & SISTERS

U.S. ARMY
U.S. ARMY COMBAT READINESS/SAFETY CENTER

Ceremony marks new beginning

Story and photo by:
Sgt. 1st Class Ray Calef
103rd ESC Public Affairs Office



The 203rd Transportation Company hosted a ribbon cutting ceremony for their new facility in Arden Hills, Minn., on Nov. 19. The ceremony also included an Army Community Covenant signing.

ARDEN HILLS, Minn.— A ribbon cutting ceremony for a new Army Reserve Center was held in Arden Hills on Nov. 19, providing a state-of-the-art facility for the 203rd Transportation Company (Inland Cargo).

Community leaders, including Rep. Betty McCollum, D-Minn., and Army Reserve personnel, were on hand for the event that included an Army Community Covenant signing.

"The ceremony provided an excellent opportunity for the Army Reserve to develop a partnership and work more closely with the state of Minnesota and Arden Hills community," said Col. Glenn Kolin, assigned to the 103rd Sustainment Command (Expeditionary) in Des Moines, Iowa. "The covenant reaffirms the bond between the military and the local community."

Covenant signers included Congresswoman McCollum, Arden Hills Mayor David Grant, Ramsey County Sheriff Matt Bostrom, Lake Johanna Fire Department Fire Chief Tim Boehlke, Capt. Wojciech Zajac from the Minneapolis Army Recruiting Battalion, Army Reserve Ambassador Tom Haugo, Army Reserve leaders from the 203rd Trans. Co., and the 203rd's higher headquarters: the 457th Transportation Battalion, Fort Snelling, Minn.; the 644th Regional Support Group, Fort Snelling, Minn.; and the 103rd Sustainment Command (Expeditionary), Des Moines, Iowa.

McCollum spoke highly of the new facility. "It's fantastic. It's also an opportunity for the Army Reserve to bring civilians and Soldiers together. It is a significant asset to both the Army and the community," she said.

The facility is so new, some finishing touches were still being done hours prior to the ceremony. It houses a weapons simulator, as well as a workout room, numerous offices, a computer lab, and a gymnasium.

Sgt. William Dullea, who joined the unit nearly a year ago, was pleased at the result of all of the hard work to facilitate the new building. "Amazing, big, it's everything we need," he said. "You don't have to go to another building to do training, and it has a huge parking lot. Plus, everything is solar."

"Solar" refers to solar panels, which are estimated to save the Army \$12,000 a year in power costs.

Command Sgt. Maj. Michael Koszuta, senior enlisted leader of the 88th Regional Support Command, Fort McCoy, Wis., explained the process that brought the facility to Arden Hills.

"The Commander of the 88th [RSC], Maj. Gen. Glenn Lesniak, oversees the Department of Public Works," he said. "That means that we are the landlords of the base operations including lights, land and water. This facility is a part of the Grow the Army (GTA) campaign, which is essentially the downsizing of the 'Big Army.'"

The GTA program is a transformation and restationing initiative of the United States Army, which was announced in 2007 and is scheduled to be completed by fiscal year 2013. Now that the Army Reserve has transformed from a Strategic Reserve to an Operational Reserve, the GTA project will ensure that force capabilities are balanced in accordance with the Secretary of Defense's guidance.

"In order to meet the demands, the Grow the Army initiative was enacted," said Kolin. "Minnesotans and Congresswoman McCollum answered the Army's call and the 203rd Trans. Co. was born."

The 203rd Trans. Co., activated on Sept. 16, 2010, in Arden Hills, is responsible for loading and transferring cargo at air, rail and truck terminals.

The new facility will enable the 203rd Trans. Co. to maintain a high level of readiness in order to perform their mission. "Just from a storage and maintenance standpoint, it gives us more capabilities," said Chief Warrant Officer 2 Robert Theobald, commander of the 203rd Trans. Co. "It addresses all of our training needs and beyond. We have room to expand and incorporate whatever the Army might throw at us."

The new building also provides additional benefits. Koszuta said the Army Reserve center was made to make the unit to feel comfortable. "With their weapons simulator and workout facility, it will be a great recruiting and retention tool for them," he said.

About 150 Soldiers are currently assigned to the 203rd Trans. Co., up from 30 Soldiers a year ago. "This great facility will do well for the Soldiers, and what they face in the future," said Kolin.

CSM Notes

Command Sgt. Maj. LeRoy Haugland
103rd ESC Command Sergeant Major



The last ten years have been a busy time for the Army Reserve. During this time, the 103rd ESC participated in numerous stateside mobilizations and countless rotations to Afghanistan, Kuwait and Iraq. The Command continues to support overseas operations as well as various training exercises. The mission is always at the forefront in everything we do, but we must not lose sight of basic Soldier skills. We must get "Back to the Basics."

"Back to the Basics" starts with Non-Commissioned Officers at every level as they are responsible for individual and team training. Duty MOSQ and NCOES qualified are critical parts of those training responsibilities. First Line Leaders and NCOs at the squad level must take charge of getting their Soldiers trained. They are responsible for ensuring their Soldiers are properly scheduled and adequately prepared to successfully complete the training required. First Line Leaders should track Soldier progress in Leader Books. That's back to the basics. Platoon Sergeants and Operations Sergeants also have a role of ensuring the Soldiers in their formations are enrolled in the appropriate training and are prepared for success. As do First Sergeants and Command Sergeants Major. We can't be successful in meeting this challenge by directing each Soldier from the top down. It starts at the squad level with the Squad Leader taking responsibility for the training of his or her Soldiers.

In the recent words of the Sergeant Major of the Army, we need to "tighten up the ranks." Tightening up the ranks includes uniform appearance, physical fitness, and meeting weight control standards.

All Soldiers need to be physically fit. Even though our mission in Iraq is over and operations in Afghanistan are starting to wind down, the Army Reserve still operates in other countries around the world. We need to be ready to answer the call if/when that happens. Physical fitness and mental preparedness are paramount as we need to be ready for the rigors of deployment or whatever mission we are tasked to perform. Physical fitness is also mandatory for attendance at Professional Development Education. Soldiers cannot attend schools unless they have passed a current APFT and meet weight control standards.

Weight control goes hand-in-hand with uniform appearance. As the Active Component Army and Army Reserve start to shape the force into an affordable and effective force, it is going to become a more competitive environment. Leaders at all levels absolutely must meet weight control standards. Non-Commissioned Officers need to set the example and lead the way in physical fitness.

Finally, the Army Reserve has reinstituted the Qualitative Retention Program. All Soldiers with over 20 qualifying years for retirement (i.e. eligible for a 20 year letter), will be reviewed by a board starting in August of this year.

As a team we can make positive changes and take the Command to the next level.

ESSAYONS!

We succeed!

Iowa Congressional officials get a closer look at the Reserve Component

Story and photo by:
Sgt. Daniel Lucas
203rd Public Affairs Detachment

FORT DES MOINES, Iowa— The Reserve Component is continually transforming to meet the needs of each of the services. In an effort to keep congress informed of the latest changes, leadership from the Army Reserve, Navy Reserve and Marine Corps Reserve units in Iowa joined together to host a Reserve Component Day for Iowa congressional officials Jan. 23 at Fort Des Moines.

Representatives from the offices of Sen. Charles Grassley, Sen. Tom Harkin, Rep. Leonard Boswell, Rep. Tom Latham and Rep. Steve King attended the event, which was facilitated by Maj. Gen. Glenn Lesniak, Commanding General, 88th Regional Support Command, located at Fort McCoy, Wis. The 88th RSC is responsible for Army Reserve facilities across a 19-state region, including Iowa.

"The messages coming out of our command are being heard on the hill," said Lesniak. "This is a chance to show off about what [the Army, Navy and Marines] do."

The day began at the 103rd Sustainment Command (Expeditionary), which hosted the Army Reserve portion of the event. Lesniak started the agenda with a general overview of the Reserve Component, followed by a review of the current state of the Army Reserve and a geographic overview of Army Reserve command structure. Brig. Gen. Mark Corson, Commanding General, 103rd ESC, followed Lesniak and spoke about the 103rd ESC's mission, recent deployment to Iraq, and the changes ahead for the ommand.

Leadership from the 300th Military Police Brigade, 402nd Engineer Company, 94th Division, and 4224th U.S. Army Hospital, as well as the Employer Partnership of the Armed Forces (formerly the Army Reserve Employer Partnership Office), were on hand to help answer questions.

The event also provided an opportunity for attendees to experience a little of the Army Reserve as, in the true spirit of sustainment, a lunch was prepared by 103rd ESC food service specialists. The 4224th showcased the vehicles and equipment they use as part of their homeland disaster response mission, and demonstrated several techniques used to treat patients by first responders.

"Every Reserve Soldier has a civilian career and background that allows him to bring certain higher-level skill sets to his military career," said Corson. "[The Army Reserve] is trained, ready and equipped."

Attendees spent the afternoon in the historical Fort Des Moines building, which houses the Navy Operational Support



Marine Sgt. Matthew Puddy, Inspector-Instructor Staff, 24th Marine Regiment, U.S. Marine Corps Reserve, shows Aaron McKay, representative from Sen. Charles Grassley's office, how to fire an M-249 squad automatic weapon on the firearms training simulator during the Reserve Component Day held Jan. 23 at Fort Des Moines, Iowa.

Center and E Company, 2nd Battalion, 24th Marine Regiment for the Navy Reserve and Marine Corps Reserve presentations, respectively. The Navy Reserve continued the event with a tour of the shared facility, provided an introduction to nautical flags and a briefing on the capabilities of the Navy Reserve in Iowa.

Lt. Christopher Smith, Commander, Navy Operational Support Center, quipped about the lack of large bodies of water in Iowa. "While we don't have boats, we have manpower. The Reserve is a force multiplier that takes the pressure off our active component."

The 24th Marine Regiment followed and provided an overview of their command structure and asked pointed questions about what local government expects out of Reserve forces in Iowa. "What do [Marine Reserves] have to offer?" asked Col. Gary Johnston, Commander, 24th Marine Regiment, U.S. Marine Corps Reserve. "Manpower and the readiness to help out. We don't have all the answers; that is why we have this venue to talk with everyone."

The day concluded with a demonstration by the Marine Corps on the type of equipment and firepower they use in combat. Each attendee was given an opportunity to personally fire an M-9 pistol, an M-16A2 rifle, and an M-249 squad automatic weapon on a weapons simulation system. The simulator allows the Marines to maintain proficiency on their weapon systems.

Overall, the Reserve Component Day served not only as an opportunity to educate, but also to build an enduring relationship and to continue positive communication between Iowa's Reserve Component and community officials. "No matter what happens, just know that we are here," said Lt. Col. Rosanna Dolphin, Legislative Liaison, 88th Regional Support Command. "And we can help."

Troops build combatives skills

Story and photo by:
Spc. Catherine Black
203rd Public Affairs Detachment

CAMP DODGE, Iowa— The 103rd Sustainment Command (Expeditionary) conducted Army Combatives Training: level 2 at Camp Dodge, Iowa, January 17-26. Approximately 10 Soldiers from units throughout the Midwest participated in the training.

Level 2 combatives training builds on combatives level 1, and focuses on more tactical technique, striking, room clearing and positioning oneself in hand-to-hand combat to effectively finish the maneuver. Throughout the ten-day training, Soldiers are required to learn and perform as many as 70 techniques and take two written exams. Modern Army Combatives are based on Ju Jitsu, and incorporate boxing, wrestling, take-downs and flex-cuff fighting.

“The fight determines what we teach,”

said Staff Sgt. Jeremiah Sample, assigned to 2/377, 95th Division, and an instructor for the course. “Once a year there is a combatives symposium in which all of the written comments, requests, and experiences of Soldiers in theater are considered in order to help continually develop dynamic combatives training.”

Because the training is 10 consecutive days, one of the biggest struggles for the participating Soldiers is retaining all of the maneuvers and staying healthy. There is continual medic presence to monitor Soldiers’ well-being and to keep an eye out for injuries.

An important and lasting impact of combatives training is that it helps build warrior ethos. Instructor, Sgt. 1st Class Troy Nuckles, a Soldier with the Army Reserve Careers Division, explains the importance of becoming comfortable and confident with fighting.

“Everybody fights here,” Nuckles said. “It’s a lack of confidence that

causes problems during deployments, and friendly fire accidents. Being sufficiently trained takes the fear away.”

The Army offers four levels of combatives training, each building off the other and implementing more situations in which combatives would be useful in the field. Completing the level 2 combatives course allows Soldiers to certify referees for combatives tournaments, and provides them with a tactical skill set to be competent fighters in the field.

In the future, members of the 103rd ESC, including Maj. Nathan Hays, 103rd ESC Safety Office, who fought to bring level 2 combatives to Camp Dodge, hopes to have level 1 combatives available to Soldiers in the spring, and level 2 available in the fall.

Soldiers interested in participating in combatives training should inform the leaders in their chain of command, who can help them get on available lists for the training.



Maj. Nathan Hayes (front), 103rd ESC Safety Office, and Staff Sgt. Jeffrey Miller, 649th Regional Support Group, practice combatives moves learned during a level 2 combatives course held at Camp Dodge, Iowa, January 17-26.

Drivers put their skills to the test

Story and photo by:
Sgt. Christopher Lesniak
363rd Public Affairs Detachment

ST. LOUIS— Spc. Vincent A. Masters usually only sees Army M988 Humvees through the rear-view window of his recovery vehicle, but recently the Army Reserve Soldier, assigned to the St. Louis-based 245th Maintenance Combat Support Detachment (MCSD), proved he had the skills to keep one on the road. Masters and his teammate, Spc. Mathew B. Reed, took home top honors for the 245th MCSD at a drivers’ rodeo held at the Major General Leif J. Sverdrup U.S. Army Reserve Center Oct. 18.

“It was definitely a learning experience,” said Masters of the course. “The backing up is always the most fun,” he added, referring to a section of the course that required drivers and guides to back their Humvees and loaded trailers into a narrow area outlined with traffic cones.

“If I can’t back something up, it’s a problem,” Masters said. “I’m a recovery driver.”

Masters said he enjoyed the competition.

“When we were walking through, it looked easy,” he said. “But it was actually a little harder than I expected.”

Masters and Reed were one of eight teams that completed the course. More teams were scheduled to compete however, inclement weather forced organizers to end the event early. Four units participated in the event, including the 245th MCSD, the 856th Transportation Detachment, the 377th Transportation Company, and the 620th Combat Support Sustainment Battalion (CSSB). The 620th CSSB organized and facilitated the event.

Sgt. 1st Class Francesco M. Sylvestri from the 620th CSSB, Noncommissioned Officer-in-Charge of the event, said the purpose of the competition was to build morale and increase unit cohesion. He noted that there were some inherent challenges in hosting a competition for the first time.

“For the first time, it was fairly well executed,” Sylvestri said. “But there was a lot involved in getting it approved and coordinating resources.”

The decision to end the event early ultimately fell on the shoulders of Master Sgt. Charles M. Lee, 620th CSSB safety NCO for the event.

“When we heard thunder, we said, ‘that’s it,’” said Lee. “I’m glad that we did get at least one team in from each of the competing companies.”

After scores from the course were tallied, a brief awards ceremony was held in the assembly hall of the reserve center. Both Masters and Reed received an Army Achievement Medal from Lt. Col. Darron A. Tolan, 620th CSSB Commander. Pfc. Samuel L. Evans and Pfc. Keith M. Kerr, both with the 377th Trans. Co., received coins for earning a 2nd-place finish in the competition.

After the ceremony, Staff Sgt. Alex Turley, a master driver assigned to the 620th CSSB, assisted in coordinating the driver’s rodeo and said the event was worth the effort.

“Everyone out there was motivated,” he said. “It’s up to these guys to take it to the next level back in their units.”



A Soldier participating in the drivers’ rodeo held at the Major General Leif Sverdrup Reserve Center Oct. 18 performs preventive maintenance on a Humvee. Preventive maintenance was just one of the criteria used to award points for the course.



The 417th Maintenance Company officially inactivated during a ceremony Sept. 9 at the Joint Guard and Reserve Center in Faribault, Minn.

Inactivation: 'bittersweet' step

Story and photo by:
Sgt. 1st Class Ray Calef
103rd ESC Public Affairs Office

FARIBAULT, Minn.— It was a “bittersweet day” Sept. 9 when the 417th Maintenance Company officially inactivated during a ceremony at the Joint Guard and Reserve Center in Faribault, Minn.

Lt. Col. John Hahn, Commander of the 457th Transportation Battalion, Fort Snelling, Minn., which is the higher headquarters for the 417th, said it was a necessary step for a military that continues to change with the Army’s large-scale transformation plan.

“It is bittersweet,” he said. “We figured what resources were needed and where they needed to go. It took awhile to find the right group of people to deal with the sheer volume of equipment. But once we did, the process went pretty smoothly.”

That volume included approximately seven million dollars-worth of equipment that was moved in nine months. Now, the Soldiers are talking about moving pieces rather than volumes of equipment.

“There was a lot of help all around,” said Hahn. “Just a month ago, the motor pool was still packed full of equipment. We had a lot of assistance from a number of individuals to make it all happen.”

The unit has operated in Faribault since 1968. Its lineage traces back to 1942 as a part of the 304th Ordnance Regiment. It underwent a number of changes and unit designations prior to the inactivation ceremony. It has been located in the current the facility, which is used by both the National Guard and the Reserve since its opening in 2010.

Family and friends crowded the drill hall along with Faribault elected officials to witness the ceremony.

“It’s sad,” said Maj. Keith Barta, Ex-

ecutive Officer for the 457th Trans. Bn., who oversaw the ceremony planning and execution. “These are great guys. They have spent a lot of time trying to find new homes when they were first told of the impending inactivation.”

Many of the Soldiers chose retirement, while many others found new homes. A few Soldiers cross-leveled out of the unit as recently as a month prior to the ceremony.

A total of 82 Soldiers had to make decisions that either changed their career paths or moved them to new units and jobs.

Staff. Sgt. Mathew Beckwith, a member of the 417th Maint. Co., said the unit was notified of the impending inactivation a couple of years ago.

“I chose to transfer to the 372nd Engineer Brigade at Fort Snelling because I didn’t want to be involuntarily transferred,” he said. “I loved the 417th [Maint. Co.]”



U.S. Army photo by Maj. Monica Radtke

Sgt. 1st Class Kevin Hawkins, mobilization team noncommissioned officer-in-charge with the 103rd Sustainment Command (Expeditionary), competed in the National Athlete Strength Association power-lift competition in October.

Soldier lifts fitness to new level

Story by:
Spc. Emily Walter
103rd ESC Public Affairs Office

FORT DES MOINES, Iowa— As a Soldier, Sgt. 1st Class Kevin Hawkins is used to the military’s mental and physical demands. This past October, however, Hawkins brought physical fitness to a new level by competing and breaking a world record in the National Athlete Strength Association (NASA) power-lift competition in Oklahoma City.

Hawkins, the mobilization team noncommissioned officer-in-charge with the 103rd Sustainment Command (Expeditionary), broke the men’s unequipped bench press record in the 148-pound bodyweight class within the “pure” division (intense muscle enhancement-free), by lifting one repetition of 254 pounds – 29 pounds heavier than the previous NASA record. This was just the third power-lift competition in which Hawkins participated since he started lifting competitively in 2011 after a long hiatus and he admitted to experiencing a level of nervousness.

“I wouldn’t be human if I didn’t say I was nervous,” said Hawkins. “But I already trained my mind to say, ‘Hey Kevin, you do this every day’... and dealt by refocusing on what got me there [to the competition].”

Hawkins also competed in a weightlifting competition at the Iowa State Fair in August, finishing 1st place in three contests and 2nd place in another. He said since he trained almost daily at Des Moines’ South Suburban YMCA to prepare for the competition, he was featured in their 2011 annual magazine.

While awards and public recognition might help motivate Hawkins to continue competing, he said they are not the only reasons. He said the youthfulness of his three children and the support of his family are significant motivator to stay fit.

“They [my family members] love it,” he said. “My oldest

one wants to start power-lifting...and my youngest daughter imitates me.”

Hawkins said his long-term goal is to connect the military and the community through physical fitness. He became a member of the YMCA board because of his weightlifting success and his frequent visits, a move that he said helps initiate and perpetuate the military-community connection.

“It’s a slow process, but it’s starting to work,” he said.

Hawkins said he is also greatly motivated by his desire to inspire other service members to follow suit by staying physically fit.

“I want to get more Soldiers involved,” he said. He added that he wants to help train his fellow Soldiers to “make a bigger goal” than working out just to pass the Army’s bi-annual physical fitness test. As an aspiring physical trainer, Hawkins said he “wants to help people properly take care of their body, and inspire [service members].”

To accomplish this, Hawkins said he has conducted nutritional meetings within the 103rd ESC to teach Soldiers how to eat properly, identify which foods to cut out of their diets, and learn which vitamins to focus on. He added that, since maintaining a high level of fitness helps him stay focused and feel better while fulfilling his military duties, he wants to spread his knowledge to other Soldiers in the unit. “If I can help myself, I’m going to share it,” he said. “I’m not in a military of one...I’m in the business of helping others.”

While not everyone may be able to break world weightlifting records, Hawkins has taken initiative to ensure that the service members and civilians he is around can reap the same benefits of staying fit and eating healthily, and he said he does not plan to quit anytime soon.

“I want to do anything that will keep me in shape as long as possible,” he said. “[Staying fit] helps me to stay focused on the job at hand and to inspire Soldiers and the community.”

New facility marks progress

Story and photos by:
Sgt. 1st Class Ray Calef
103rd ESC Public Affairs Office

CEDAR RAPIDS, Iowa— A ribbon-cutting ceremony was recently held to commemorate a new joint Guard/Reserve Center in Cedar Rapids, Iowa.

The 114,000 square-foot facility was built as a part of the Base Re-alignment and Closure Commission of 2005, which called for the Department of Defense to reorganize base structure in order to more efficiently and effectively support the force.

Col. Scott Ayres, Director of Installation Management for the Iowa National Guard, said he worked directly with the Army Reserve to help build this facility, as well as three other new facilities in the state. One opened a year ago in Iowa City and two others opened in Muscatine and Middletown, in October.

“We were under deadline to complete the new projects by Sept. 15, 2011,” said Ayres. “It was with great assistance from the Army Reserve that we were able to complete it on time.”

The center replaces an old National Guard Armory as well as an outdated Army Reserve Center. The new building houses a fitness center, several classrooms, administrative offices, a weapons storage room, and a 60,500 square-foot Field Maintenance Shop complete with work bays to maintain vehicles.

Many city leaders attended the event, including Mayor Ron Corbett of Cedar Rapids. Also in attendance was Rep. Dave Loebsack, D-Iowa, as well as several National Guard and Army Reserve members. Congressman Loebsack expressed his pride in attending the ribbon cutting.

“I work on the Armed Services Committee and it makes me proud to see what the Soldiers and their Families have accomplished,” he said. “It will make

“As we fight, there is no single component. Being co-located... has a positive impact on training and readiness.”

Command Sgt. Maj. LeRoy Haugland

TOP: Col. Scott Ayres (center), Director of Installation Management for the Iowa National Guard, cuts the ceremonial ribbon that marked the opening of the new joint Guard/Reserve center in Cedar Rapids, Iowa.

RIGHT: Col. Arlan DeBlieck, Deputy Commanding Officer of the 103rd Sustainment Command (Expeditionary), speaks during the ribbon cutting ceremony. “The Iowa National Guard has been a first-class partner throughout this project.”

better-trained and better-equipped Soldiers.”

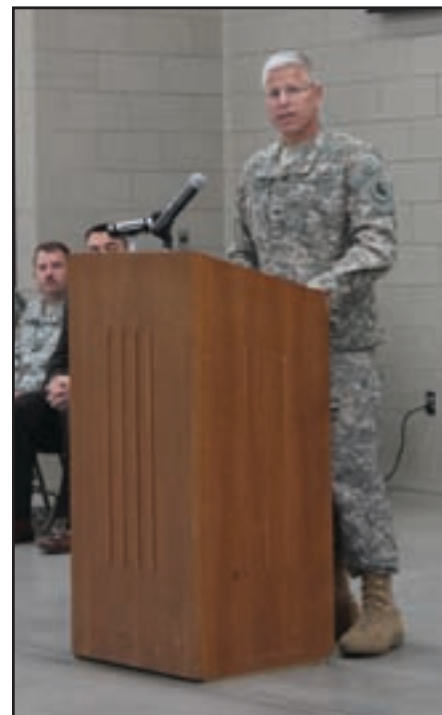
Command Sgt. Maj. LeRoy Haugland, Senior Enlisted Leader for the 103rd Sustainment Command (Expeditionary), Des Moines, remarked that the facility shows how the Guard and Reserve Soldiers work together overseas and the new joint Reserve Center reflects that reality.

“It shows re-investment in our Reserve forces,” said Haugland. “As we fight,

there is no single component. Being co-located with the Iowa National Guard as well as different units has a positive impact on training and readiness.”

Ayres echoed those comments, and added that readiness will improve.

“The recruiting capabilities will be enhanced, which will ensure readiness in numbers,” said Ayres. “The Reserve and Guard have smart, efficient Soldiers. They can help each other out.”



Members of the 452nd Ordnance Company, along with their Families, were recognized during a Welcome Home Warrior-Citizen ceremony in Aberdeen, S.D., Jan. 7. South Dakota Governor Dennis Daugaard and U.S. Congresswoman Kristi Noem were among the attendees.

Warrior-citizens welcomed home

Story and photo by:
Sgt. 1st Class Ray Calef
103rd ESC Public Affairs Office

ABERDEEN, N.D.— More than 100 Army Reserve Soldiers who deployed overseas were welcomed home by the community of Aberdeen, S.D., at a Welcome Home Warrior-Citizen ceremony Jan. 7.

The Soldiers were members of the 452nd Ordnance Company who served in both Afghanistan and Kuwait. The ceremony, which ceremonially bestows an American flag, an Army Reserve flag, and coins to the Soldiers, is a ritual that started at the beginning of the Global War on Terror and continues today.

Col. Arlan DeBlieck, deputy commanding officer of the 103rd Sustainment Command (Expeditionary), spoke of the challenges that deployed Soldiers face. “You get thrown together; you are very nervous, but you train as a team, and

you go to your [mobilization] station,” he said. “You then serve with active duty troops, and it can be frustrating.”

Family members lose a “team” member as well. “Your family continues to do the same thing without you,” added DeBlieck. “They depend on the community. This ceremony is about you, but it is also about the support the community has given you and your families. Now you are home safe. Thanks for a job well done.”

U.S. Congresswoman Kristi Noem (R-S.D.), echoed DeBlieck’s sentiments. “Thanks to the Families here for your encouragement and your support, which helped the Soldiers be successful. Thanks to the Soldiers for being role models who stand with integrity.”

The 452nd Ord. Co. is a subordinate unit to the 103rd ESC. Their personnel ensured timely shipments of armaments into Iraq and Afghanistan during their deployment.

“This is a nice way to thank the Soldiers for their sacrifice and to let the community recognize those accomplishments,” said 1st Lt. Chase Ludden, commander of the 452nd Ord. Co. “It’s important to remember that citizen-warriors are still members of the community. When we deploy, they deploy.”

Sgt. Alan Stellingwerf, who was deployed with the Afghanistan contingent, recognized the similarities the unit went through along with those back home. “It’s nice they show appreciation for the Family members as well,” he said. “They go through just as much as we do.”

Many community leaders, as well as state and national leaders/spokespersons, attended the event as well. Among them was the South Dakota Governor Dennis Daugaard.

“You are the epitome of dedication and competence,” said Daugaard. “Thanks to the Families who helped you do your job by carrying your load back home.”

NEWS you can USE

Useful blurbs and noteworthy features



U.S. Army photo by Maj. Monica Radtke
Col. Robert Wiley, 103rd Sustainment Command (Expeditionary) G3/Operations, along with Lt. Col. Dana Boyd-Donald, Chief of Plans, G3, deliver a box of toys to the Marine Corps Reserve's Inspector-Instructor Staff, E Company, 2nd Battalion, 24th Marines, which is located next door to the 103rd ESC on Fort Des Moines. The Marine Corps Reserve oversees the Toys for Tots donation program in the greater Des Moines area.



U.S. Army photo by Sgt. 1st Class Ray Calef
Brig. Gen. Mark Corson, Commanding General of the 103rd Sustainment Command (Expeditionary), spoke during the Wreaths Across America Ceremony at the Iowa Veterans Cemetery on Dec. 10. During the event, Corson placed a memorial wreath in front of the Global War on Terrorism Memorial, which lists the names of 87 veterans with ties to Iowa killed since 2001 while supporting the Global War on Terrorism. Corson commended veterans and their families for making "the last great act of devotion."



U.S. Army photo by Maj. Monica Radtke
Mr. Michael Borah, Alcohol and Drug Control officer with the 103rd Sustainment Command (Expeditionary), spoke to students at Willard Elementary School in Des Moines Oct. 24. The event coincided with the Army's Red Ribbon Week. Borah's goal is to expand awareness, within the command and in the local community. He reached out to schools in the Des Moines area to educate school-age children in the community about the effects of drug and alcohol abuse.



U.S. Army photo by Maj. Monica Radtke
Brig. Gen. Mark Corson (back), Commanding General of the 103rd Sustainment Command (Expeditionary), and Pfc. Lucas Schafroth, a Cable and Antenna System Specialist with the 103rd ESC, cut the first slice of cake at the 103rd ESC Winter Ball in Des Moines, Iowa, Dec. 10. Corson was the most senior unit member in attendance, and Schafroth was the most junior; by cutting the first slice of cake together, they symbolized the passing of the Army's tradition of honor and success from one generation to the next.

PROMOTIONS

NAME	RANK	DATE
Cynthia Deann Agler	SGM	November 2011
Michael Omar Booker	CPT	October 2011
Michael Jeffrey Campbell	SGT	December 2011
Kirstin Johanna Carl	SGT	December 2011
Brittany Anne Cash	1LT	September 2011
Michael Mata Castrodes	SGT	November 2011
Daniel Owen Chapman	SGT	December 2011
Harold David Clary, Jr.	SSG	November 2011
Dennis Craig Crosser	MSG	December 2011
Mona Rae Cudmore II	SGT	December 2011
Brian Keith Cushenberry	SGT	December 2011
Justin Wayne Deman	SGT	December 2011
Fabien Wulfran Edjou	1LT	September 2011
Seth Thomas Eldridge	SSG	December 2011
Brian Scott Flint	MSG	December 2011
Michael Lee Fransen	SGT	December 2011
Jacob Andrew Fulcher	SGT	December 2011
Shawn Thomas Girgen	SGT	December 2011
Brian Joe Grisolano	SGT	December 2011
Courtney Lynn Hampson	1LT	November 2011
Patrick M. Harnan	CW3	November 2011
Heather Lynn Hedden	SGT	November 2011
Andrenia Henderson	SGT	December 2011
Troy Edwin Hurt	SGT	December 2011
Kurtis Wayne Inderlied	SSG	December 2011
Chad Alan Irwin	SSG	December 2011
Francois Mitterand Jean	CPT	October 2011
Matthew Carter Jensen	SGT	December 2011
Joel Adam Johnson	SGT	December 2011
Mathue David Johnson	1LT	October 2011
Kent Edward Jones	MSG	December 2011
Joshua Maddy Kohler	CPT	October 2011
Michelle Christine Knabe Mo	SSG	December 2011
William Warren Koontz	SGT	December 2011
Adam William Linck	SSG	December 2011
Joshua Ryan Littrell	SSG	November 2011
Shawn Patrick Lustgraaf	SGT	November 2011
Sylvester Conquest Marshall	SGT	January 2012
Ryan Phillip Mazzulla	SSG	December 2011
Andrew Joseph Moffet	1LT	November 2011
Andrew Clay Muilenburg	1LT	December 2011
Aaron Anthony Murphy	SSG	December 2011
Alexander Antonio Murphy	SSG	December 2011
Javier Alexis Pagannazario	SSG	December 2011
Jason Allen Palsma	MSG	December 2011
Mark Anthony Pearson	SSG	December 2011
Brian Donald Pickering	1LT	November 2011
Wayne Lewis Rasmussen	SSG	December 2011
Braden Andrew Robarge	SGT	November 2011
Dwayne Lamonte Robinson	SGM	November 2011
Edward Leo Ruggiero	SSG	December 2011
Brett Michael Runquist	SSG	November 2011
Christopher Allan Shannon	SGT	November 2011
Dwayne Scott Smith	SSG	December 2011
Christopher Andrew Stanford	CPT	November 2011
Lori J. Stanistreet	CW3	December 2011
Alan David Stellingwerf	SGT	December 2011
Alexandria Daniell Stimpson	SSG	November 2011
Israel Steven Terrazas	SSG	December 2011
Christopher Joseph Tubrick	SSG	December 2011
Sheena Marie Tubrick	SSG	November 2011
Isaiah Devaughn Williams	SGT	December 2011



U.S. Army photo by Spc. Emily Walter

Staff Sgt. Jonathan Vink (right), Information Assurance Non-Commissioned Officer with the 103rd Sustainment Command (Expeditionary), formally reenlists for an additional six-year contract with the Army at Fort Des Moines Jan. 21.



WE WANT YOU

TO GIVE US YOUR SUGGESTIONS!

Got a story idea, a good photo, or even a suggestion for a new publication name?
We'd love to hear it!

Contact the 103rd ESC Public Affairs Office
at: monica.m.radtke@usar.army.mil