

FALL EDITION 2005

# SUSTAINER

THE MAGAZINE OF THE 3RD CORPS SUPPORT COMMAND



TRAINED TO  
SUSTAIN!

# SUSTAINER

TELLING THE 3RD CORPS SUPPORT COMMAND STORY



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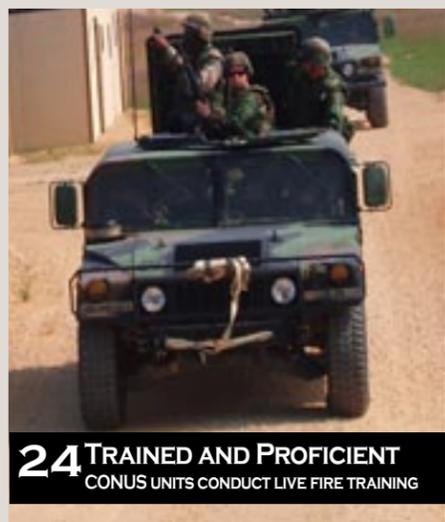
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**16 ZERO-DAY**  
AIR ASSAULT PRE-QUAL. COURSE



**24 TRAINED AND PROFICIENT**  
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**30 COME HOME SAFELY**  
MORE COSCOM SOLDIERS DEPLOY



**38 BATTLEFIELD READY CIVILIANS**

3rd COSCOM Soldiers assist their battle buddies in correctly adjusting their interceptor body armor.

On the Cover: Pfc. Richard Morgan



## ON THE BACK

Photo by Spc. Mary E. Ferguson

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THE SUSTAINER MAGAZINE, FALL EDITION 2005



## Balance: the key to running this marathon

After months of professional and personal preparation, the starting pistol has fired, and the marathon has begun. Look to your left, and your right. You are surrounded by fellow COSCOM Soldiers and civilians, all running the same rewarding race toward the end of global terrorism.

As we embark on this deployment marathon, we must remember it is just that, a marathon. Face it fueled with a sense of balance, dedicated to crossing the finish line having used this deployment as

**We are going to need each other to get through the inevitable low moments, and to rejoice in the high moments of this deployment.**

a time for personal and professional growth.

I personally try to achieve this balance by checking in with myself daily, weekly and monthly, making sure I am running toward a life of spiritual, mental and physical fitness. It is this total fitness that ensures I will have

the strength to finish this marathon.

Each night, I ask myself, "Did I do some form of physical training today? Did I do my daily devotional, and write in my journal today? Did I face this day, having gotten at least five hours of rest the night before?" If I can answer yes to all of these questions, I can add one more day of total fitness to my marathon matrix.

Building on this daily balance, I make a weekly visit to the hospital, no matter if

I know anyone there or not, just to let our Soldiers know they are in my thoughts and prayers. This, combined with attending chapel every Sunday, allows me to exercise my spiritual and mental muscles.

Every Friday, as I take the first bite of my weekly cheeseburger, I ask myself, "Did I earn this cheeseburger this week? Did I grow personally and professionally? Did I make a difference in someone else's life?" As my cheeseburger tally increases, I know I successfully ran another week of the marathon.

At least twice a month, I send a mass email to my friends and family. Remaining mindful of security, I share the progress we are making over here, the constant presence of teamwork, and a few stories about the Soldiers I am running this marathon with, not so much what they do, but who they are.

When we are thirsty during this deployment, our battle buddies, families and friends will be standing on the sidelines, holding out cups of support, and cheering for us to keep running. Actively embrace their cheers, and provide the same support to your battle buddies. We are going to need each other to get through the inevitable low moments, and to rejoice in the high moments of this deployment.

I'm excited to run this marathon beside each and every one of you, and look forward to celebrating our success at the finish line.

**Rebecca S. Halstead**  
Brigadier General  
Commanding General



## Know your Soldiers!

during this constant echo of combat operations, our Soldiers have been asked to make many difficult sacrifices. Deployment to a combat zone can be a challenging affair even for our most experienced Soldiers. Take into consideration that nearly half of the Soldiers in theater are deployed for the first time and for many of them, this is their first time being separated from family and friends. While the Army does an excellent job of providing guidance and directives to ensure Soldiers are trained, well equipped and focused for deployment, it is our leaders' responsibility at every level to keep Soldiers combat focused throughout the entire deployment.

During deployment training, I watched Soldiers with traditional support missions become extremely proficient in such combat tasks as conducting combat

logistics patrols, providing base security, and engaging targets with crew-served weapons. Confident that our Soldiers were ready to face the challenges of combat, I still had one major concern. Are our leaders prepared to keep Soldiers focused throughout the deployment?

It is my opinion that leaders in every organization should constantly ask themselves what they can do to keep Soldiers combat ready, day in and day out, for one solid year, or as long as it takes to get the mission done. We all know that good unit operating procedures are extremely vital in depicting the standards that keep units mission-focused and combat ready. However, it is one of the oldest and simplest responsibilities of leadership that significantly aids in keeping the individual Soldier combat focused ... *know your Soldiers!* We have to know and understand how the sacrifices

they are enduring are affecting their lives, both here and at home.

I challenge all leaders to get to know and understand their Soldiers, and all Soldiers to get to know each other. This task must be given the same emphasis as preparing for CLPs, pulling guard in a tower or any other combat mission.

When Soldiers realize that leaders and other Soldiers care about their well being, they will stay focused and will succeed here in theater.

Let's take care of our Soldiers and leaders so that our efforts to win this war on terrorism are maximized. Legendary football coach Paul "Bear" Bryant once said, "It's not the will to win that matters -- everyone has that. It is the will to *prepare* to win that matters."

**Trent O. Ellis**  
Command Sergeant Major  
4th Sustainment Brigade

## Moving Forward!

Welcome to the Fall 2005 Sustainer magazine. Our goal in this edition, as in every edition, is to provide a wide variety of information for and about the 3rd Corps Support Command and the Soldiers, civilians and family members who make up this proud unit.

Many COSCOM units have deployed over the past year in support of the war on global terrorism. In this edition, we honor the more than 500 Soldiers who departed for Iraq during this quarter to join the COSCOM forward presence, while taking you through the final phases of these Soldiers' pre-deployment.

You'll experience the tradition associated with a deployment ceremony, as you join the 3rd COSCOM commanding general, Brig. Gen. Rebecca S. Halstead and Command Sgt. Maj. David D. Wood as they case the COSCOM colors for the unit's upcoming movement.

Experience the weight of "Zero-day", as you negotiate the Air Assault pre-qualification course through the memories of several COSCOM Soldiers who

successfully conquered "Zero-day" ... and the 11 days that followed.

While our units in Germany approached deployment, COSCOM's CONUS unit was conducting its own convoy live fire training and casing of the unit colors, preparing to join its active counterpart in Iraq.

Our regular columns from the Family Readiness Group, Equal Opportunity Advisor, Chaplain, Inspector General, Career Counselors and Safety Officer are overflowing with information and we've continued our column geared towards civilian employees,

with "Battlefield Ready Civilians, Part 3."

This edition's double-sided poster features "Command and Control" and a special poster dedicated to the units that will work with COSCOM to sustain the line forward.

If you have any suggestions, or would like to make a submission for a future edition of Sustainer magazine, please contact us at the address to the right.

We ask that you keep the Soldiers and civilians who are serving in harm's way around the world, and their family members, in your thoughts. If you are one of them, we thank you for your service and sacrifice!

*Spc. Mary E. Ferguson*  
Editor/Layout & Design  
3rd Corps Support Command



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3rd COSCOM Commanding General

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## Families process deployment emotions

*Your Family Readiness Group is an organization of spouses designed to assist and support family members. The FRG belongs to the commander who encourages every spouse to take an active part in the FRG to both receive help and to help others. The FRG is a continuous activity. It extends beyond deployment.*

*Your FRG is a point of contact for:*

~ problem solving information

~ assistance in easing burdens of separation

~ emotional support

~ referral during times of crisis

~ accurate facts versus rumors

~ peace of mind

More than 2,000 3rd Corps Support Command Soldiers are deployed in support of Operation Iraqi Freedom, leaving about 6,000 family members behind to feel a host of emotions.

Feeling overwhelmed, loneliness, guilt, frustration, confusion and fear are common reactions to separations. Soldiers and family members alike may experience some or all of them—and others not listed here.

Loneliness comes from the isolation and the loss. Guilt comes from several sources such as acting irritable or angry before departure. Frustration and feeling overwhelmed come from the realization of what demands the separation places on you. Confusion is common in younger children. Fear is common in all people—such as fear of infidelity, of abandonment and of loss.

The 3rd COSCOM Family Readiness Guide suggests counteracting these reactions by remaining active, talking to friends and making use of your social support networks like neighbors, coworkers, friends and other family members in similar circumstances.

### ■ Meeting Children's Needs

Listening to young children and avoiding lecturing helps reduce their fears and confusion. Try to keep your children's bedtimes and mealtimes the

same. Sometimes children act out their emotions, because they don't have the sophistication to express themselves verbally. Some children experience withdrawal, become aggressive, lie, steal or have nightmares. Some children regress to prior behaviors such as bedwetting. Some may have difficulty concentrating and school performance may suffer. Some children may lose interest in things, or become more impulsive.

### ■ Communication is Key

These are how they express themselves. If asked, they probably will not be able to explain their reasons.

To address changes in a family member's behavior, begin by talking. Start a conversation with, "I've noticed..." The most important part of talking with your children is listening to what they say. Other parents can always offer feedback on their own experiences.

If problems persist or are severe, seek assistance through your Family Readiness Group, unit chaplain or other professional.

A few weeks after the service member leaves, family members often experience sleep difficulties, episodes of crying, irritability and tension. Remaining active, finding a hobby, and focusing on tasks may help get you through this period.



The 3rd COSCOM color guard presents the unit's colors to be cased during the Sept. 15 deployment ceremony.



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# CASING

—of the—

# COLORS

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*3rd Corps Support Command  
units case their colors during  
deployment ceremony.*

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BY KARL WEISEL  
U.S. Army Garrison Hessen Public Affairs Office

PHOTOS BY  
SPC. MARY E. FERGUSON



Battalion commanders and command sergeants major from the 3rd Corps Support Command case their battalions' colors.

**S**oldiers, civilians and family members gathered outside the 3rd Corps Support Command's Headquarters on Wiesbaden Army Airfield Sept. 15 to observe the traditional casing of the colors during the unit's deployment ceremony as COSCOM entered its final stages of pre-deployment. ¶ While individual COSCOM units are already serving as part of Operations Enduring and Iraqi Freedom in Afghanistan and Iraq, the upcoming COSCOM Headquarters deployment, symbolised by the casing of the colors, marks the second time the command will have served in Iraq in the past three years. ¶ "Once again, for the second time in three years, our nation has called upon you to do your duty defending our way of life as we continue to fight this extremist enemy," said Lt. Gen. Ricardo S. Sanchez, V Corps commander, during remarks to the ceremony's audience and participants. "As a nation we chose to go on the offensive in order to deny the enemy the ability to reach into our homes and threaten our families as they did on Sept. 11."

"Within a matter of weeks this proud unit and a great majority of its Soldiers will join hundreds of other logistics units from across our Army to form Task Force Sustainer," Sanchez said. "This COSCOM returns to Iraq with the reputation of being one of the Army's very best logistical units."

The Wiesbaden-based unit will oversee one of the largest logistical support commands organized for Operation Iraqi Freedom, Sanchez said.

The mission includes providing all classes of supplies to more than 140,000 U.S. Soldiers, sailors, airmen and marines, and thousands of coalition forces across Iraq.

"For most of you this is not the first time you have answered our nation's call to arms," Sanchez said. "We have been at war in Iraq now for almost three years and a large number of you have served multiple tours in the Central Command Area Of Operations. Because of your past sacrifices the people of Iraq and Afghanistan now have hope for the future and are enjoying freedoms that some had never known."

Hessen Minister President Roland Koch told departing

Soldiers that local German cities, officials and citizens will do their best to make sure families feel welcome in their absence.

"We, as your hosts in Germany, assure you that for those who will stay here, for your families and kids, we will try to provide everything that is necessary to have a comfortable situation here. That means of course security, but it also means being involved in the civil society of the cities in the area. ... Everything will be done to give them a situation where they are happy to stay here ... and they are as comfortable as we can provide for them."

In the past, Hessen officials donated free tickets to various theme parks and other entertainment, provided trips, opened their homes, and held various special events for families of deployed Soldiers.

The minister president stressed the long-held ties between the nations and peoples of Germany and the United States and the U.S.'s support during the Cold War, in peacekeeping missions in the Balkans and Somalia.

"We have to be very thankful for what the United States forces did for more than 60 years in the Federal Republic of Germany

and in Europe. ... The United States is one of the reasons why we are today a free and democratic, independent country," he added.

3rd COSCOM commander, Brig. Gen. Rebecca S. Halstead, recognized the more than a dozen units already deployed to Iraq and Afghanistan, and the units, which will soon join them in the coming weeks. She also thanked families, friends and communities for their support while Soldiers leave to serve in harm's way.

"The Soldier is the centerpiece of the formation, but each of us clearly recognizes that the heartbeat which sustains our formation, however, springs from the unconditional love and commitment our families, friends and communities provide to us every day — whether we are serving on the home front or serving on the war front," said Halstead.

"I believe we are doubly blessed to live and serve in Germany and have the treasured support of our German friends," she added.

"Today a new era of freedom, political progress and economic opportunity is being enjoyed by the Iraqi people," said Sanchez. "You will witness a historic period in the Middle East as the Iraqi people ratify their constitution and elect a new government. The impact of these actions will be profound on the Middle East."

"I am proud of your efforts in preparing for war, and I know that your duty performance over the next year will be magnificent," he said. "I can't guarantee that everyone in this unit will come home safely — that is the nature of our profession. But I charge every leader to remember that at the end of the day our solemn responsibility to America, our Army and, most importantly to our Soldiers and their families is to accomplish our mission at least cost. May God keep you safe and may he bless each and every one of you."

**"I AM PROUD OF YOUR EFFORTS IN PREPARING FOR WAR, AND I KNOW THAT YOUR DUTY PERFORMANCE OVER THE NEXT YEAR WILL BE MAGNIFICENT."**

**- Lt. Gen. Ricardo S. Sanchez -**  
*V Corps commander*



V Corps commanding general, Lt. Gen. Ricardo S. Sanchez, joins 3rd COSCOM commanding general, Brig. Gen. Rebecca S. Halstead in saluting the posted color guard.



Photo by Loni Witscheber

3rd COSCOM CONUS commander, Brig. Gen. Jerry D. De La Cruz and Command Sgt. Maj. David L. Shelby case the unit's colors.

# COSCOM CONUS CASES COLORS

By Sgt. Judith D. DaCosta

3rd Corps Support Command's CONUS Augmentation conducted a color casing ceremony Sept. 29 on the parade field at Fort McCoy, Wis.

The ceremony began with the arrival of the official party and a reading of the Soldier's Creed.

"It (the Soldier's Creed) highlights the warrior ethos, which all Soldiers of the 3rd COSCOM CONUS Augmentation live by as professionals," said Lt. Col. Thomas B. Nielsen, the ceremony's narrator.

After the unit posted its colors and the national anthem played, the commanding general, Brig. Gen. Jerry D. De La Cruz, Jr., addressed the ceremony's audience and participants, recognizing the completion of the unit's training and the beginning of a demanding mission awaiting them overseas.

"Within a matter of days, we will join hundreds of other logistics units from across our Army to form Task Force Sustainer, the largest Logistical Support Command we have organized during this war," said De La Cruz.

The mission requires provision of all classes of supply to over 140,000 U.S. Soldiers, Sailors, Airmen, Marines and thousands of coalition troops, he added.

De La Cruz concluded his speech by speaking directly to his Soldiers, "I charge each and every one of you to take care of each other."

"You are a constant reminder to this great nation of why we are able to enjoy freedom," he said.

He then joined the unit's command sergeant major, David L. Shelby in casing the unit's colors, signifying the units last step in deployment preparation.

Unlike previous deployments, the colors will remain cased until the unit returns home.

"When we land in country we will join a bigger entity of the same unit (3rd COSCOM Germany) and fall in on their colors," said Shelby.

De La Cruz also attended the Sept. 15 deployment ceremony on Wiesbaden Army Airfield, Germany, where the 3rd COSCOM headquarters and other subordinate commands cased their colors.

# THE POWER OF A POSITIVE ATTITUDE

*Do the thing you fear and the death of fear is certain.*

Ralph Waldo Emerson

By Chaplain (Col.) Larry Robinson  
3rd Corps Support Command Chaplain

John C. Maxwell's book, "The Winning Attitude" projects that a person's attitude affects their life. After reflecting upon this idea for several days, I realized that one's attitude does in fact, directly contribute to one's outlook on life. With this realization, I find myself approaching my own life with an improved attitude and increasingly positive mindset.

As I meditate on this idea of a new improved attitude, two things reach out and touch me. I realize I can influence my own attitude or I can allow others to influence the way I feel. My attitude can be low or high depending on my own mindset. I have, within myself, the ability to be happy or sad. I fuel my own attitude.

In a world full of things that produce happiness and things that generate a low self-esteem, people tend to have a positive winning attitude when things go their way. Job satisfaction, material possession, self-worth and a sense of identity all contribute to this winning attitude. Ironically, these same areas, when filled with obstacles, can generate a negative attitude.

Despite the deep internal origins of a positive and winning mindset, we wear our attitude on our sleeves. When positive, a person's

attitude can radiate constant self-confidence, revealing that they believe in something greater than them self. This radiance highlights a person's willingness to rise above difficulties.

The Apostle Paul was writing to the church at Philippi when he penned these remarkable words. "Let this mind be in you that was in Christ Jesus." A winning attitude comes from a winning mind. Those who overcome their fears are constantly defeating negative attitudes. I believe this success is the result of adopting the mindset that Saint Paul describes in the Philippians. To win is to believe that you are so much better than your fears.

I am currently laboring with our fellow Soldiers here in Iraq. We are thousands of miles away from our loved ones. It can become very easy to fall victim to our circumstances and develop a poor attitude while deployed.

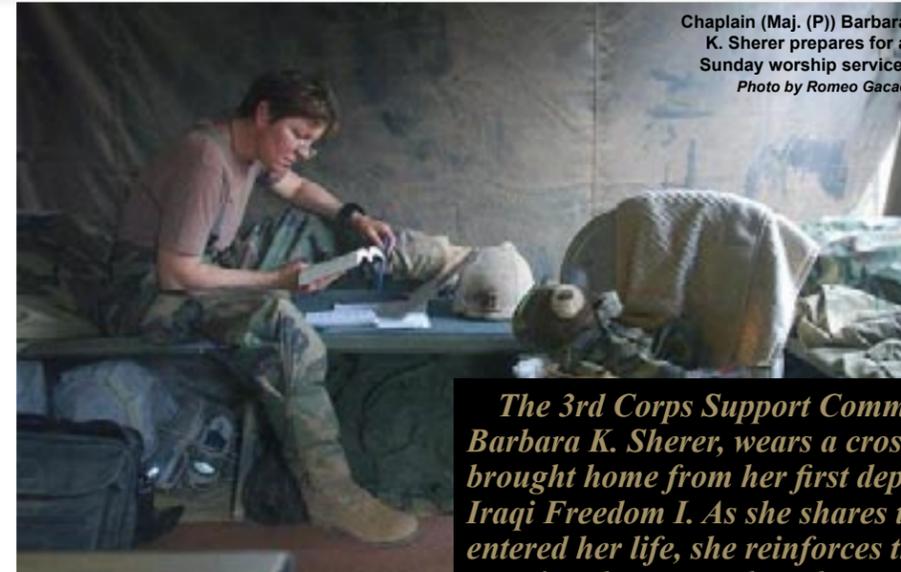
I am encouraging everyone to get up and get back into the fight armed with a positive and winning attitude. Yes, let this mind be in you that was in Christ Jesus. I encourage family members to do the same. Have that "can-do" attitude.

**LET US NOT BE DISCOURAGED BY OUR MISFORTUNES, BUT ENCOURAGED BY OUR ACHIEVEMENTS. LET US RISE EVERY MORNING EAGER TO FACE THE DAY AHEAD, AND REST EVERY NIGHT, PROUD OF OUR DAY'S ATTITUDE.**

*With the recent deployment, the 3rd COSCOM Chaplain team has grown. Though not all inclusive, this is a list of a few of the many Soldiers available to assist you throughout our deployment.*

3rd COSCOM  
Chaplain (Col.) Larry Robinson  
Master Sgt. Lew Lewis  
Chaplain (Maj.(P)) Barbara Sherer  
Staff Sgt. David Thomas  
Spec. Christopher Robbins  
27th Transportation Battalion  
Chaplain (Capt.) Ray Folsom  
Pfc. Jared Gregory  
7th Corps Support Group  
Chaplain (Maj.) Richard Pacania  
18th Corps Support Battalion  
Chaplain (Capt.) Denise Hagler

7/159th Aviation Intermediate Maintenance Battalion  
Chaplain (Capt.) Diane Crane  
Sgt. Angela Curry  
16th Corps Support Group  
Chaplain (Maj.) Vernon McClearn  
Staff Sgt. Arthur Washington  
485th Corps Support Battalion  
Chaplain (Capt.) Ferdinand Madu  
Pfc. Christina Peters  
181st Transportation Battalion  
Chaplain (Capt.) Todd Williams  
Sgt. Pamela Palager



Chaplain (Maj. (P)) Barbara K. Sherer prepares for a Sunday worship service.  
Photo by Romeo Gacad

*The 3rd Corps Support Command deputy chaplain, Maj. (P) Barbara K. Sherer, wears a cross on her dog tags. A cross she brought home from her first deployment in support of Operation Iraqi Freedom I. As she shares the story of how the cross entered her life, she reinforces the belief that with God's help we can rise above any obstacle ...*

# Out of the Ashes

By Chaplain (Maj. (P)) Barbara K. Sherer  
3rd Corps Support Command Deputy Chaplain

(The events described in this story occurred during Operation Iraqi Freedom I.) - The central dining facility at Camp Udairi, Kuwait, is gone. A fire that began in one of the DFAC tents quickly spread to engulf all five tents, completely destroying them in less than 30 minutes.

After the smoke cleared, and all units checked the status of their soldiers, it was apparent that everyone had made it out alive. Amazing. It was Sunday morning and a service had just concluded, but most of the worshippers had left. A Catholic service was scheduled next, and one of the tents would have been packed. During breakfast, all the tents were packed, but not at the time of the fire.

Firefighters arrived quickly and kept the flames from spreading to the rest of the camp.

What could have been a major catastrophe merely resulted in the loss of some equipment. I call this a miracle. God takes care of his children, even when they are deployed far, far away from homes. Especially when they are deployed far from home.

But let me tell you the rest of the story.

The fire occurred on the Sunday before Ash Wednesday. This is the day many Christians observe the beginning of the season of Lent. It is a time of penitence, as we prepare for Holy Week and Easter. We mark our foreheads with ash as a sign of this penitence.

I had planned to offer ashes for Protestant Soldiers who wished to observe this ritual. I didn't have any ashes though. Traditionally, you burn palms from the previous year's Palm Sunday celebration to make ash for Ash Wednesday. I didn't have any. So it seemed to me that the most significant ash to use for this occasion would be ash from the DFAC.

The site was under guard and things had calmed down, so I asked the Military Police to escort me to the firefighters who were working the scene.

I explained to the officer in charge what I wanted, who agreed it was a very appropriate request. I handed a cup to one of the firefighters, who walked to the rubble, scooped up some ash, and returned to me.

I placed the cup in a Zip-loc bag and

headed to my tent.

Two days later I opened the bag and noticed the edge of something metallic. I reached in, and pulled out a cross. A flat, metal cross. It had some dark smudges on it from the fire, but it was otherwise undamaged. I could still read the etching on it: "Jesus is Lord."

I can't even fathom the odds of picking the exact site of that cross out of the acreage destroyed by the fire.

**The message is clear to me: God walks with us through the terrible firestorms of our lives, and we are lifted unharmed out of the ashes.**

We may be marked in some way, like the cross of ash placed on our foreheads during Ash Wednesday. However, that mark is a symbol of God's love and protection.

I wear that cross now on my dog tags. No matter where the Army may send me, or what God may ask of me, I will cherish this special reminder that God will never leave us alone to face the tragedies in our lives. With God's help, we will always rise out of the ashes.

# Zero-Day

*Story and Photos by Spc. Mary E. Ferguson*

*Ask a Soldier to count to 11. Now, ask an Air Assault qualified Soldier the same question. While the first Soldier may begin, "One ... Two ...", chances are, that Air Assault Soldier will shake the earth with, "ZERO!" before even considering the numbers that follow. A day of constant, obstacle-ridden exhaustion tends to forever imprint its name in the minds' of Soldiers whose uniforms bear the Air Assault Badge.*



Soldiers negotiate "The Big One", the first obstacle of the Zero-day course.

Several 3rd Corps Support Command Soldiers' memories were etched with the word "Zero" after they experienced Air Assault School's pre-requisite Zero-day, hosted by 1st Infantry Division, in Schweinfurt, Germany.

A Soldier must successfully conquer Zero-day, before beginning Air Assault School, an 11-day course that teaches Air Assault techniques and procedures, and qualifies Soldiers to wear the Air Assault Badge.

According to the Air Assault School Course Overview, Zero-day is critical in determining if a Soldier will be able to complete the school without becoming a safety risk to themselves, instructors or other students.

The day starts with in-processing procedures. Soldiers then attempt to negotiate nine obstacles and a timed two-mile run, designed to assess agility, upper body strength, endurance, confidence and the ability to perform at heights without displaying fear or distress.

This particular Zero-day, or "the war waged against the weak," as described by 3rd COSCOM Soldier Pfc. Jeffery G. Samuel, began at 3:45 a.m. when Soldiers received their identifying O-tags.

O-tags are dog tags marked with a number to identify individual participants, and they are your "get out of one obstacle free tag," Samuel explained. "We gave up the O-tag if we failed an obstacle, but if we failed another, we were done."

After sprinting from the in-processing stations, the Soldiers formed two ranks and waited their turn to attack "The Big One", the first of the nine obstacles that make up the course.

"Only about half of us made it through the first obstacle, and that was a mandatory obstacle, so we could not use our O-tag to get through that one," said Pfc. Alex Muschek, a 3rd COSCOM administrative specialist.

At least one Air Assault instructor manned each obstacle, and instructors lined the paths between obstacles, constantly demanding push-ups, side straddle hops or some other form of exercise from the Soldiers waiting to attempt the next barrier.

"They [the instructors] would only smoke us using the muscles that we would need for the next obstacle," said Samuel. "If we had to climb a rope next, then they would make us do over-head arm claps."

Samuel and Muschek agreed that "The Weaver," was the most difficult obstacle.

We had to maneuver our bodies over the black logs, and under the gold logs until we reached the top of the pyramid-shaped structure, then we had to do the same on the way back down the

**"Two miles in 18 minutes seems easy enough, but not when you are tired from the obstacle course, and the two miles are up and down long, steep hills."**

*- Pfc. Jeffery Samuel, HHC, 3rd COSCOM*

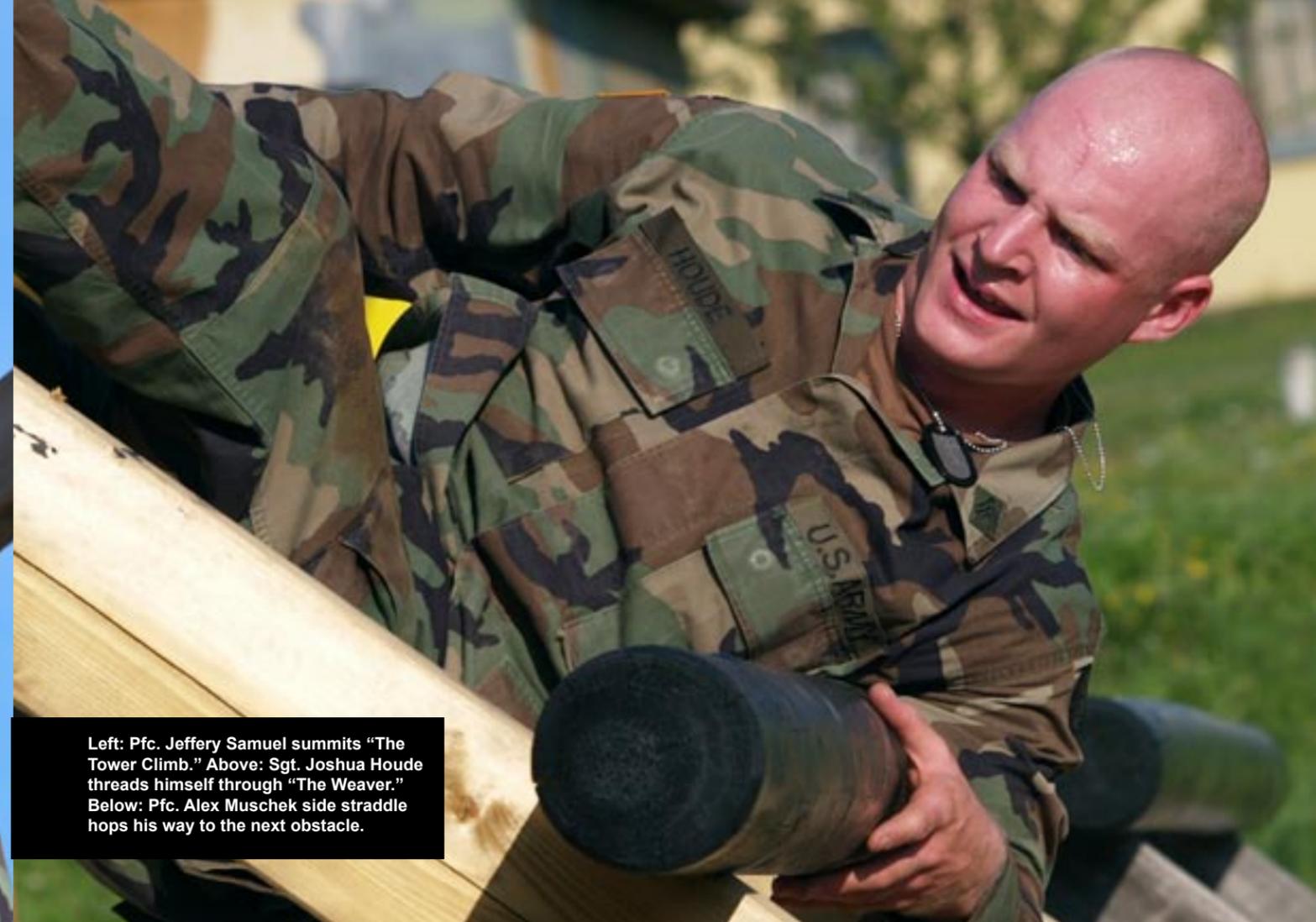
other side, said Muschek.

With these and other obstacles behind them, Soldiers swapped their boots for tennis shoes and prepared for a timed two-mile run.

"Two miles in 18 minutes seems easy enough, but not when you are tired from the obstacle course, and the two miles are up and down long, steep hills," said Samuel.

Eighteen minutes later, half of the Soldiers who started the day where that much closer to wearing an Air Assault Badge, and never forgetting the number "Zero" again.

Though the majority of Soldiers attempting to attend this Air Assault School where from 1st Infantry Division and 1st Armored Division, Samuel and Muschek joined several fellow 3rd COSCOM Soldiers in representing the support Soldiers' warrior mentality by completing Zero-day ... and the 11 days that followed.



Left: Pfc. Jeffery Samuel summits "The Tower Climb." Above: Sgt. Joshua Houde threads himself through "The Weaver." Below: Pfc. Alex Muschek side straddle hops his way to the next obstacle.





Spc. Marco Conteras low crawls his way through the "Zero-day" sand, each inch bringing him closer to his chance at an Air Assault Badge.

## COSCOM Soldier gains citizenship



Spc. Yulanda Grootfaam prepares to take the oath of citizenship.

By Nancy Marquardt

Spc. Yulanda Grootfaam grew up in Brooklyn, N.Y., is an avid Yankees fan and graduated from the oldest school in New York State. The G-3 administrative specialist also became the newest naturalized citizen in 3rd Corps Support Command Sept. 15 when she took the oath of citizenship at the U.S. Embassy in Frankfurt, Germany.

Grootfaam said, "This is a very important step for me, and one I am proud to take. Growing up in Brooklyn is about as American as you can get, and now I can finally vote."

Born in Georgetown, Guyana, South America, six-year-old Grootfaam, and her older sister Millie, joined their father and grandmother in Brooklyn, N.Y., in April 1990, to begin life in the United States. Growing up, her dad kindled a love of baseball, and her grandmother fueled her love of learning by encouraging her to excel in school, and ultimately attend college.

Grootfaam attended Erasmus Hall High School

for Science and Math, majoring in biology and chemistry. She's quick to point out that she graduated from the oldest school in New York—and the second oldest school in America.

Although she wanted to join the armed forces right out of high school, she kept her promise to her grandmother to finish one year of college before enlisting. After completing one year of criminology studies at John Jay College of Criminal Justice in New York City, Grootfaam signed up for the Army with buddy, Sheena Lawrence—both for 42 L, administrative specialist.

After completing one stop unit training at Fort Jackson, S.C., in December 2003, the two buddies shipped for Germany. Lawrence reported to Grafenwohr, and Grootfaam joined 3rd COSCOM's G-3 team at Wiesbaden Army Air Field.

A typical New Yorker, Grootfaam grew up cheering for the home team Yankees. Her favorite player this season is short stop Derek Jeter, whose .308 batting average and 15 home runs fan her fire for the team. Her love of baseball is still strong. She said, "Now that football season is here, you don't hear enough about baseball, and I miss it."

From now on, when the Yankees fight for the pennant, they'll have one more all-American on their side.

# reenlisting downrange

Information provided by the 3rd COSCOM retention office

**C**ould you use an extra \$15,000? How about a free round-trip plane ticket to your home of record for you and any command sponsored family members? Are you thinking about continuing your civilian education but do not have the time to attend classes or the assets to conduct online schooling? Is your military occupation speciality over strength? Maybe you have thought about changing to a critical MOS that is a breeding ground for promotion and career development. These are just a few of the options and incentives that you could possibly be qualified for.

**Eligible Soldiers in the rank of private first class and above in Iraq, Afghanistan or Kuwait can reenlist for a deployed reenlistment bonus and receive up to \$15,000 in tax-free money, paid in one lump sum shortly after the Soldier reenlists.**

You are authorized to place up to \$10,000 in the savings deposit program while deployed and earn a guaranteed 10 percent interest rate. That equals an extra \$1,000 if you keep the money in the SDP for the extent of your yearlong deployment. Every MOS is eligible.

What about extending your date eligible for return from overseas? Qualified Soldiers are authorized to reenlist for additional benefits. If you are on a 24-month tour, you extend for an additional 24 months and receive free plane tickets to your home for you and any command sponsored dependents. If your MOS is listed on Military Personnel Message 03-039, additional benefits may apply like non-chargeable leave, non-chargeable leave and a free plane ticket, special pay for every month your DEROS is extended, or a lump sum bonus in addition to any other selective reenlistment

bonuses you are offered. **eArmyU** recently changed the eligibility requirements for the laptop package. The requirement that you have 36 months remaining in service is still a must, and we can help you with that if you have less than 36 months remaining. The ranks of specialist to command sergeant major may be eligible if they meet certain prerequisites. If you complete 12 credit hours in three years, the laptop is yours to keep. An internet service provider is also given to you, so connection will not be a problem, whether you are downrange or in Germany.

Every MOS in the Army is either understrength, balanced, or overstrength. If your MOS is overstrength IAW MILPER Message 05-265, you could be eligible to retrain into a higher priority, understrength MOS. If you remain in an overstrength MOS, your chances for promotion and bonuses are limited.

The bottom line -- qualified Soldiers deployed to Iraq, Afghanistan or Kuwait are eligible to reenlist REGARDLESS of their end term in service. Options will vary based on different requirements.

For example, a Soldier with an ETS of April 4, 2010 just recently reenlisted for six years and his new ETS became Oct. 20, 2011. He added 18 months to his current term and walked away with \$4,000 and the eArmyU laptop program.

**Contact your unit's career counselor or retention noncommissioned officer to learn what opportunities are available for you. Remember, it is always better to be proactive than reactive when controlling your future in the Army.**

## Pull-Out Posters

*The 3rd Corps Support Command provides logistics support to V Corps. We enable the corps to support high levels of combat over the duration of major operations. Our battlefield support facilitates the V Corps commander's ability to generate combat power at the decisive time and place.*



*The center of each Sustainer magazine hosts a double-sided poster representing two of the 3rd Corps Support Command's areas of support ...*

*~ Moving ~ Arming ~ Fixing ~ Sustaining ~ Fueling ~  
~ Control Centers ~ Commanding & Controlling ~*





Maj. Larry L. Cottle provides cover for a fellow Soldier during the live fire exercise.

I am an American Soldier. I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values. I will always place the mission first. I will never accept defeat. I will never quit. I will never leave a fallen comrade. I am disciplined, physically and mentally tough,

# TRAINED AND

*3rd Corps Support Command's CONUS augmentation conducts live fire training before departing for Iraq.*

# PROFICIENT

in my warrior tasks and drills. I will always maintain my arms, my equipment, and myself. I am an expert and I am a professional. I stand ready to deploy, engage, and destroy the enemies of the United States of American in close combat. I am guardian of freedom and the American way of life. I am an American Soldier.

Story and Photos by Sgt. Judith D. DaCosta

***“The Soldiers must exercise the ability to recover a vehicle and perform a live stick and a medical evacuation of a Soldier to a helicopter landing zone.”***

**- Maj. Ricky Sager  
3rd Brigade, 335th Division  
Corps Support Battalion**

**S**oldiers from 3rd Corps Support Command CONUS divided into serials and conducted live fire training Sept. 10 on range four at Fort McCoy, Wis.

“The training takes two days to complete,” said Capt. Christine Daly, an observer controller trainer with the 3rd Brigade, 335th Division Command Support Battalion, Fort Sheridan, Ill.

One day is spent teaching Soldiers refresher classes in reporting, inserting an IV as practiced by certified Combat Life Savers, and rehearsing roll over drills, said Daly.

“On the next day, Soldiers do a dry run without ammunition, then they do a blank run using blanks as ammunition, and finally, when the observer controller trainers are comfortable with each Soldier’s level of muzzle awareness and muzzle discipline, then they do a live run with ammunition,” said Maj. Aaron Sager, the range four officer in charge, also with the 3rd Brigade, 335th Division Command Support Battalion.

“We like to take six vehicles out at a time for the live fire convoy training,” said Sager. “We go down into the range and they will have contact on the left or right. We train Soldiers on how to react to that contact.”

“We try to get them to the point where they work instinctively as a team,” he added. “The Soldiers must exercise the ability to recover a vehicle and perform a live stick and a medical evacuation of a Soldier to a helicopter landing zone.”

As the first serial to complete the course, serial one earned observer trainer compliments, paving the way for the other COSCOM serials, which all negotiated the training to standard.

“Sometimes we have to do two blank fires to get Soldiers to mold together and operate safely but they only had to do one,” Sager said in reference to serial one’s performance.

“I think our serial’s level of team work was incredible,” said Maj. Larry Cottle, serial one’s convoy commander. “I think we performed this mission about as well as we could. There were areas we could improve on but that will come with time.”



The serials’ goal was to depart the range’s Forward Operation Base Saber and arrive at FOB Wolverine safely and intact so that they could conduct resupply and repair operations. Serial one accomplished that goal to standard in about an hour and 10 minutes, said Cottle.

Overall, communication was an area that we improved on greatly. Our ability to quickly and effectively relay information between self-recovery and Medical Evacuation teams stood out

in my mind because these two incidents usually happen at the same time, he said.

The Soldiers who participated in the exercise agreed that the course was beneficial.

“Shooting the Mark 19 on the live fire range is like shooting a big shotgun,” said Sgt. Trenton Byler, a serial one gunner. “Hitting moving targets is not always easy so I feel that there is always room for improvement and practice.”

“Live ammunition is of course more dangerous to use but on the live fire range

I could actually see the targets that I hit,” said Spc. Barbara Boettcher, a serial one Soldier who fires the M-16A rifle. “This definitely helps my level of training for when I go downrange.”

“These Soldiers are better prepared each time they practice these drills,” said Daly.

We work hard here on this range to keep them safe and prepared for whatever they may face down range, and “they have already made great strides in two days,” she added.

A COSCOM CONUS Soldier calls in contact, while other Soldiers set up a secure perimeter around the vehicle.

## Your IG ...

Helps train the Army.

Is responsible to the U.S. Army, the Inspector General System and the commander.

Sphere of Activity includes everything for which the Commander is responsible.

IGs provide assistance, conduct inspections, conduct investigations/inquiries, teach & train.

Ultimately he/she is the extension of the eyes, ears, voice, and conscience of the commander.

IGs can only advise, not order or direct a Commander to act upon a situation.

IGs can inquire/investigate violations of laws, regulations and policies/directives.

**Army Active Duty personnel, Reserve (Federal Status), National Guard (Federal Status) and other DOD military and civilians must cooperate with an IG.**

### 3rd COSCOM IG Office

Lt. Col. Jonathan Spencer  
Kathy Melton

Master Sgt. Derrick Smith  
Sgt. 1st Class Michael Ervin  
Sgt. 1st Class Leslie Parker  
Sgt. 1st Class Michael Smith  
Sgt. 1st Class Gary Shuler  
Sgt. 1st Class Sharon Boose  
Sgt. 1st Class Keith Hayes  
Pfc. Victoria Johnson

**Balad, Iraq (LSA Anaconda)**  
**318-829-1125**

Kuwait (Camp Arifjan):  
318-430-6119 or 6330 or 7149

Baghdad: Afghanistan:  
318-822-2492 318-231-4028 or 4027  
Talil AB: Germany:  
318-833-1318 314-337-6939

**To complain without fear of reprisal is the right of any Soldier, civilian or family member seeking the Inspector General's help. Problem solving is one of the IG's primary missions. Before entering the IG's open door, please take a moment to send your concern through the IG Checklist. This will expediate the process, and assist the IG in resolving your complaint.**

## IG Checklist

- Be sure you have a problem, not just a peeve.**
- If IG assistance is needed, contact your local IG first.** *IG's at higher commands will normally refer the case to the local IG for action.*
- Be honest and don't provide misleading information.** *IGs will discover the truth quickly in most cases and there are penalties for knowingly providing false information.*
- Keep in mind that IGs are not policy makers.** *If a policy is flawed you can submit proposed change on a DA form 2028.*
- Keep in mind that IGs can only recommend, not order a resolution.** *Only Commanders can order; the role of the IG is to advise the Commander.*
- Remember IGs can only resolve a case on the basis of fact.** *Your claim that a supervisor has violated the rules doesn't make it fact. A claim must be supported with evidence.*
- Don't expect instant action on your request... Be patient.** *Investigations take time, and IGs tend to have heavy workloads.*
- Be prepared to take "No" for the answer.** *With any answer, "Yes" or "No", the IG will explain why.*

## Calendar

### 2006 Commemorations and Ethnic Observances

#### January

Dr. Martin Luther King Jr.'s Birthday

#### February

African-American/Black History Month

#### March

Women's History Month

#### April

"Days of Remembrance" for victims of the Holocaust

#### May

Asian - Pacific Heritage Month

#### August 26

Women's Equality Day

#### September 15 - October 15

Hispanic Heritage Month

#### October

National Disability Employment Awareness Month

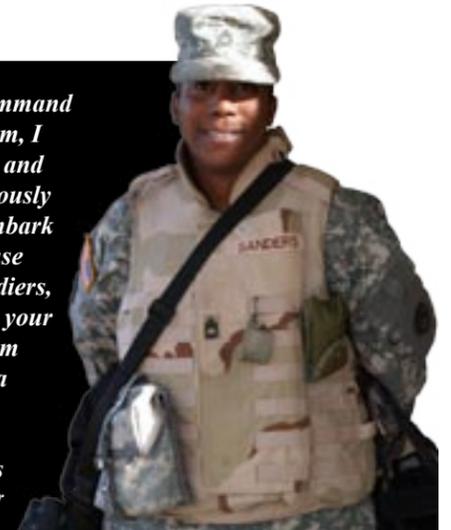
#### November

Native American Indian Heritage Month

Sgt. 1st Class Nichelle Sanders  
3rd COSCOM EOA  
(318) 829-1527

**On behalf of the 3rd Corps Support Command Equal Opportunity/Human Relations team, I welcome all newcomers to the COSCOM and extend a thank you to those who continuously give their all to sustain the line. As we embark on our forward mission, I would like to use this time to refresh the mind's of our Soldiers, civilians and family members on the role your Equal Opportunity/Human Relations team plays, and how you can help in creating a positive COSCOM environment.**

~ Sgt. 1st Class Nichelle Sanders  
3rd COSCOM Equal Opportunity Advisor



The Equal Opportunity program formulates, directs and sustains a comprehensive effort to maximize human potential and to ensure fair treatment for all persons based solely on merit, fitness and capability in support of readiness. EO philosophy is based on fairness, justice and equity. Commanders are responsible for sustaining a positive EO climate within their units.

**Goals** ~ Provide EO for military personnel and family members, both on and off post and within the limits of the laws of localities, states and host nations. ~ Create and sustain effective units by eliminating discriminatory behaviors or practices that undermine teamwork, mutual respect, loyalty and sacrifice of men and women who make up this proud organization. ~ Additionally, in many circumstances, Department of Defense civilians may use the Equal Employment Opportunity complaint system.

**Policy** ~ The U.S. Army will provide equal opportunity and fair treatment for military personnel, DoD civilians and family members without regard to race, color, gender, religion or national origin, and provide an environment free of unlawful discrimination and offensive behavior. This policy applies both on and off post, and during duty and non-duty hours. The policy applies to working, living and recreational environments.

**EOA** ~ Equal Opportunity Advisors are officers and noncommissioned officers serving in full-time equal opportunity positions, at brigade (or equivalent) level, or higher. EOAs are members of the commander's special staff with the primary responsibility of advising and providing training to commanders, Soldiers, DoD civilians and family members on policies concerning equal opportunity.

**Complaints** ~ An informal complaint is any complaint that a Soldier, DoD civilian or family member does not wish to file in writing. Informal complaints may be resolved directly by the individual, with the help of another unit member, the commander or other person in the appropriate chain of command. A formal complaint is a complaint an individual files in writing and swears to be accurate information. Formal complaints require specific actions, are subject to timelines, and require documentation of the actions taken.

**Your Role** ~ Individuals are responsible for; informing the command of the specifics of sexual harassment and unlawful discrimination complaints, while allowing the command an opportunity to take appropriate action to rectify/resolve an issue; submitting only legitimate complaints and exercising caution against unfounded or reckless charges.

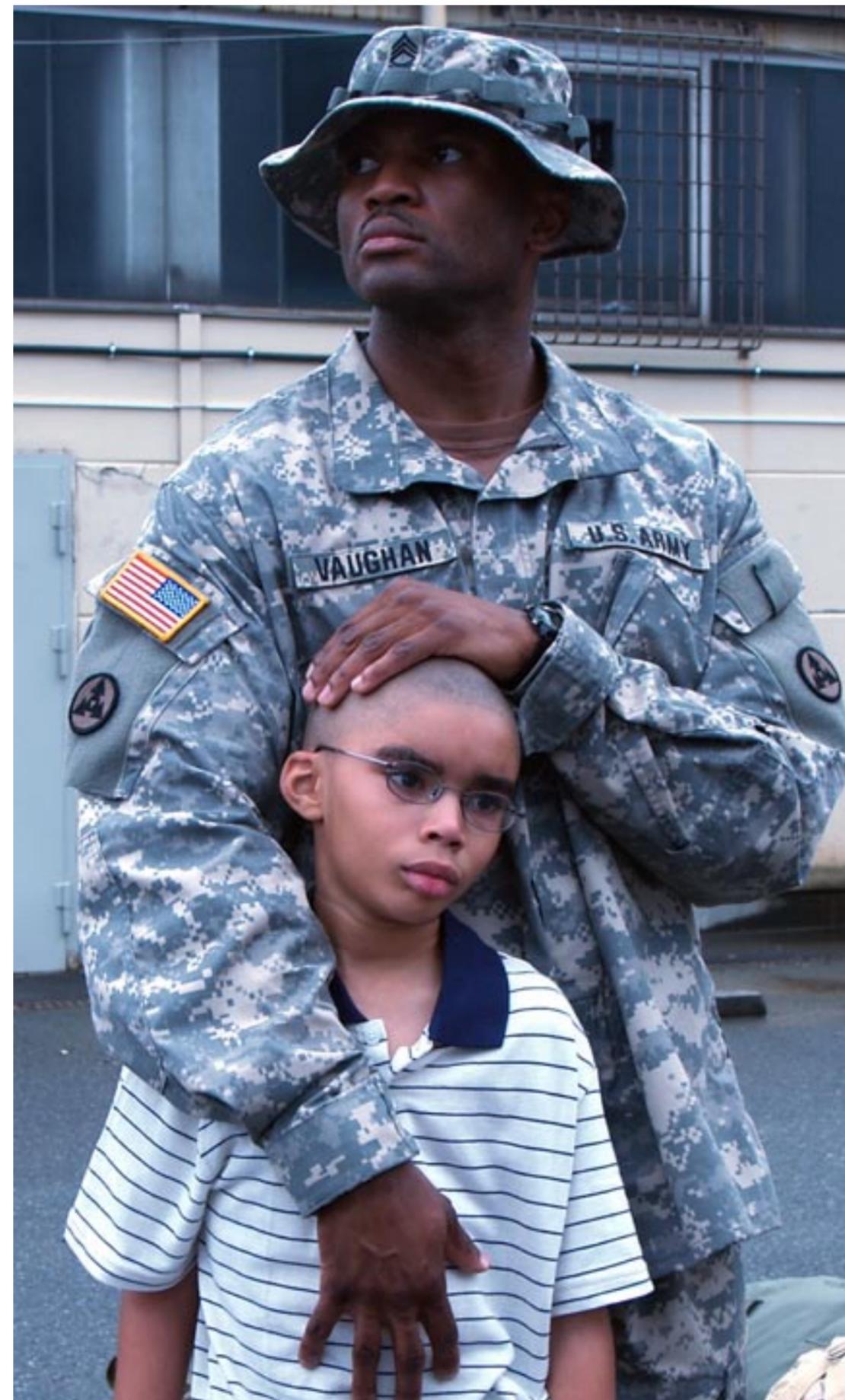
# COME *Home* SAFELY

By Spc. Mary E. Ferguson

*More than 500 3rd Corps Support Command Soldiers departed for Iraq during the months of September and early- October 2005, in support of Operation Iraqi Freedom 05-07.*



Photo by Spc. Mary E. Ferguson  
Sgt. 1st Class Guillermo Nieves of the Special Troops Battalion hugs his wife moments before departing.



Master Sgt. Steven Vaughan of HHC, 27th Transportation Battalion (MC) spends a few last moments with his son before loading his bags and leaving for Iraq.

Photo by Spc. Mary E. Ferguson

The Headquarters and Headquarters Company, 27th Transportation Battalion (Movement Control) and the Headquarters and Headquarters Detachment, 181st Transportation Battalion said goodbye to their families and friends in September, beginning their journey to Iraq.

Units from both battalions have been operating in Iraq and Afghanistan for several months. The HHC, 27th Trans. Bn. (MC) is joining its forward units in the mission of regulating movement and providing transportation support to coalition forces. The HHD, 181st Trans. Bn. will provide logistical and administrative support to its subordinate companies in the movement of bulk petroleum products, oversize/overweight cargo and palletized cargo.

After facilitating the deployment of these and many other 3rd Corps Support Command units over the past year, the COSCOM's Headquarters and Headquarters Company and Special Troops Battalion, joined Soldiers from the 19th Support Center in an Oct. 5 midnight departure to Iraq.

Just weeks earlier, the 3rd COSCOM commanding general, Brig. Gen. Rebecca S. Halstead and Command Sgt. Maj.

David D. Wood cased the COSCOM colors during a deployment ceremony, preparing their Soldiers for this departure, and the upcoming acceptance of command authority from the 1st Corps Support Command.

Many of the same Soldiers, civilians and family members who attended that deployment ceremony, gathered in front of the HHC, 3rd COSCOM headquarters for a 10 p.m. first formation Oct. 5.

With eyes fixed on her, Halstead praised her troops for their discipline, professionalism and dedication to the mission and reminded them that they are well-trained and prepared to succeed.

She then addressed the families, "I want to thank our Army families for the support they give our Soldiers."

Without your support, the COSCOM mission would be impossible, Halstead added.

As the minute hand approached midnight, the departing Soldiers and civilians gave their final hugs, slung their weapons, and loaded the 15 buses that lined the Wiesbaden Army Airfield road. Families, friends and fellow Soldiers waved as the bus wheels rolled away towards an expanded COSCOM mission -- Sustaining the line forward!

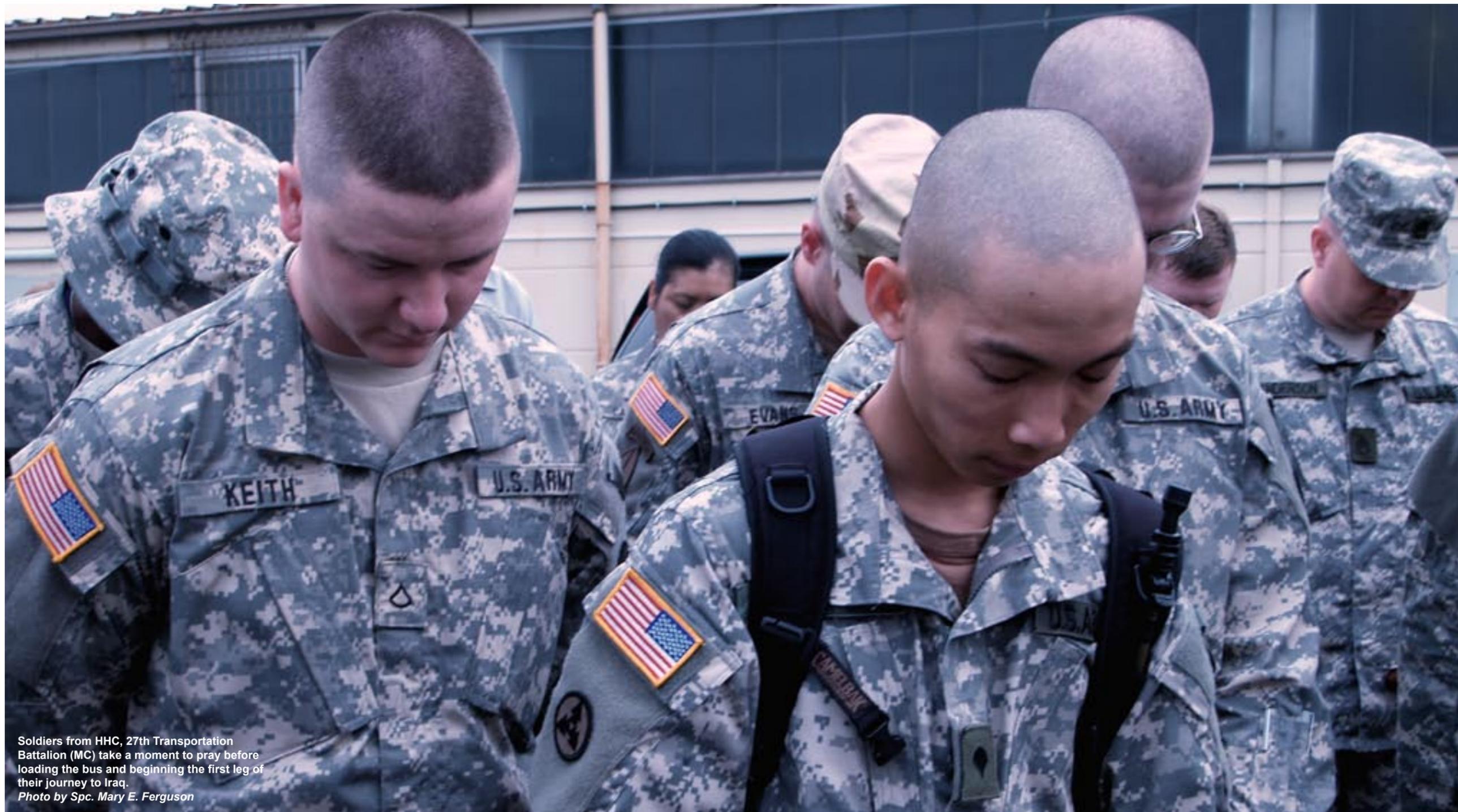


Photo by Spc. Mary E. Ferguson

Soldiers from the 19th Support Center pose for a photo while waiting in a line to draw their weapons from the unit's arms room.



An HHC, 3rd COSCOM Soldier loads duffel bags on to the bus just moments before the unit says its final goodbyes to families and friends.  
Photo by Spc. Andrew Orillion



Soldiers from HHC, 27th Transportation Battalion (MC) take a moment to pray before loading the bus and beginning the first leg of their journey to Iraq.  
Photo by Spc. Mary E. Ferguson

*“Thank God for the deep sense of commitment and character that exists within our Soldiers ...”*

*~ Brig. Gen. Rebecca S. Halstead, 3rd COSCOM Commanding General*

## Values influence generations

By Nancy Marquardt

To pass Army values from one generation to another takes time, involvement and example. At least those were the tools that led 18-year-old Pfc. Frank Jentink to follow his father in making a career in the Army.

Capt. Daniel Jentink works in the 3rd Corps Support Command's G2 shop. He traveled from Wiesbaden to Hanau, Germany Aug. 18 to swear his son into the Army . . . fitting for a father and son who have established a lifelong relationship of mutual respect, trust and companionship.

"I feel proud and privileged," said Jentink. "Swearing in my son was an awesome experience for me as a father."

"We were always very close. As a youngster, Frank was my 'little assistant,' constantly trailing behind me, wanting to know all the 'why, what, where and how's of everything I was doing," he said. "He would sit for hours watching me work on my car or any one of my many projects . . . passing me tools and eventually working with me side by side. He became pretty handy."

Pfc. Jentink enlisted in the Army's delayed entry program in January 2005, during his senior year at Buena High School in Sierra Vista, Ariz. He played soccer his first three years of high school and ran track during his senior year.

Besides athletics, he had an active social life, attending as many dances, plays and events as he could fit in.

"In my senior year I realized that no other place in the civilian world could offer me all the opportunities that the Army could," he said. "At 18 years of age I can train and work at what I really want to do, work towards my college degree and travel to different places . . . all at the same time."

**"I remember being about eight years old and deciding that I wanted to be a Soldier, just like him."**

- Pfc. Frank Jentink



Photo by Troy Darr

**Capt. Daniel Jentink assists his son, Pfc. Frank Jentink, in his swearing in ceremony, marking another generation of Army values.**

"I guess my dad was a major influence in my decision to join the Army," Jentink said. "I remember being about eight years old and deciding that I wanted to be a Soldier, just like him."

He learned what a patriot is early in life. "To me a patriot is someone who loves their country enough to die for it," his father explained.

Pfc. Jentink enlisted as an unmanned aerial vehicle operator because he wanted a job with an aviation focus. "I wanted an MOS that would give me the competitive edge I will need to compete for Warrant Officer Flight School Training," he said.

Like his dad, the younger Jentink plans to make the Army a career. He said, "I'm in it for the long haul . . . I hope to do 20 years. If I do, I'll only be 38 years old and young enough to plan a second career in any one of the many areas in aviation that interest me."

Pfc. Jentink has two younger brothers. Perhaps his Army values will influence them to become patriots too, and maybe even Soldiers.

## PDP prepares deploying Soldiers

Story and photo by Spc. Andrew Orillion

Soldiers from 3rd Corps Support Command's Headquarters and Headquarters Company and Special Troops Battalion completed a pre-deployment processing session Sept. 22 on Wiesbaden Army Airfield, in preparation for their upcoming deployment to Iraq.

"We do PDP to make sure that all our deploying Soldiers are taken care of," said Staff Sgt. Derek Smith, HHC, 3rd COSCOM.

The process begins with supply and administrative personnel checking to make sure that Soldiers have been issued the necessary equipment, including improved body armor, Army combat uniform and new Kevlar helmet.

Supply issue is followed by a Soldier's security clearance check. Next, have their photograph taken for an isolated personnel report, and visit tables set up to handle personnel, financial, legal and transportation issues.

A trip to the dental clinic and the Soldier Medical Readiness Center allows Soldiers to clear up outstanding issues, and receive necessary vaccinations, including the small pox vaccine.

Future PDP sessions are scheduled for COSCOM Soldiers who will be joining the coalition at a later date.



COSCOM Soldiers visit PDP stations.

## Report near misses; prevent accidents

By Graham Walker  
3rd COSCOM Safety Engineer

**Imagine, for a moment, that you're a young Soldier, new to your job as a humvee mechanic and way behind on your daily maintenance tasks. As you lay beneath a humvee, replacing parts and tightening bolts, one of your jack stands suddenly fails. The undercarriage of the vehicle slams to a stop, just inches from your face, and you narrowly escape from being squashed by the rear axle. After you recover from your near-death experience, you examine the failed jack, only to find that it shows no noticeable signs of misuse and was inspected just last month. What do you do now?**

How many times have you been on the job and said "Wow, that was a close one!" but neglected to report it afterward? Often, we hide these types of incidents, claiming no harm, no foul. But it is these near misses that are the most important to report. It should not take a serious injury or a fatality to identify an unsafe act or condition.

In the case of the jack stand, the cause of this failure could have been faulty testing, defective manufacturing or incorrect usage. No matter which of these possibilities caused the near miss, it is highly unlikely that it was an isolated incident. By reporting near misses, we are allowing others to learn from our mistakes and experiences. Bad testing procedures can be corrected, unreliable products can be recalled, and correct usage procedures can be emphasized.

Studies have shown that there are anywhere between 29 and 40 minor

incidents and between 300 and 600 near misses for every serious accident. The figure below is referred to as the Heinrich Pyramid, named after the scientist who first performed studies on near misses in 1931. It illustrates the relationship between what we call near misses, incidents or serious accidents.

We have up to 600 opportunities to identify a potential problem before it becomes a serious one. Unfortunately, most of the time these opportunities go unnoticed or even ignored. It is our duty to

**We have up to 600 opportunities to identify a potential problem before it becomes a serious one.**

report these incidents as we observe them and do our part to prevent another accident.

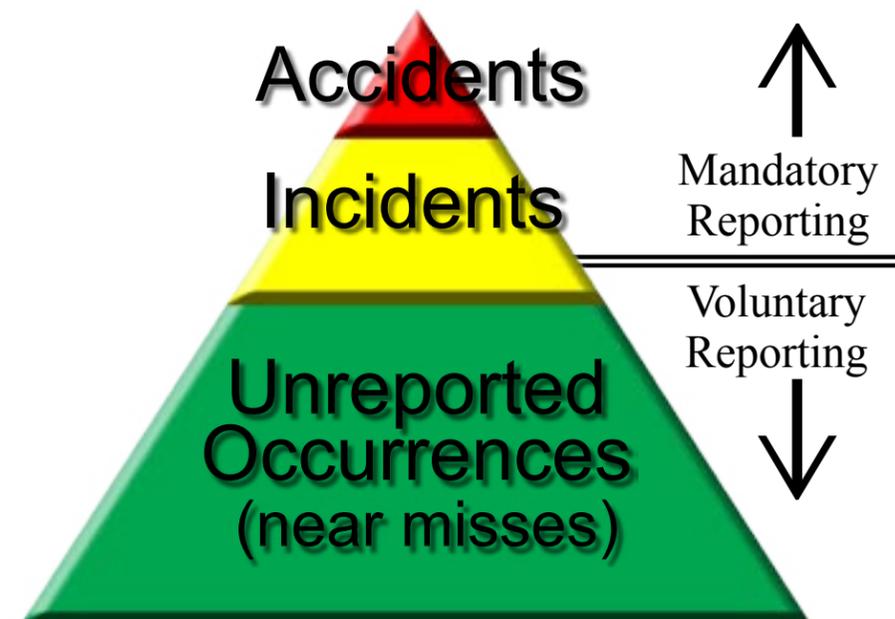
One prevalent type of near miss

in the Army is the negligent discharge. A negligent discharge can be defined as the unplanned discharge of a firearm caused by a failure to observe the basic safety rules. Why do we need a safety investigation of an incident in which the only cause seems to be an individual's carelessness?

The elusiveness of these incidents' primary and contributing causes is one reason to report every negligent discharge. In contrast to the jack stand example above, the events that commonly lead to this sort of accident can be difficult to detect.

Carelessness undoubtedly plays a part in every negligent discharge, but other possible factors could include difficult work schedules for the Soldier involved, insufficient training or confusing/conflicting clearing procedures.

Pointing out near misses in our daily activities isn't always easy, but the elimination of a serious accident is well worth the extra effort. Unlike accident reporting, near miss reporting is completely voluntary, but it is an important part of 3rd COSCOM's mission of preventing accidents and keeping Soldiers and civilians safe.



# BATTLEFIELD-READY CIVILIANS PART 3

By Karen Keller-Kappaun  
Chief of 3rd COSCOM's Manpower Management Division

In the early morning hours of Oct. 5, 2005, HHC, 3rd Corps Support Command's main body boarded chartered buses for the first leg of its deployment to Iraq. Among the group of more than 200, were 15 emergency essential civilians preparing to join four of their civilian counterparts who had already departed to the deserts of Southwest Asia.

As I later reviewed the list of civilians who had been called upon to serve their unit and help defend the cause of freedom so many miles from home, I felt confident that they were fully trained and prepared for the mission ahead.

For months, we had sponsored deployment and readiness training, scheduled medical evaluations, and ensured that our deploying civilians completed individual beneficiary and personal readiness documents such as powers of attorney and emergency contact data forms. Deployed civilians have a unique opportunity to take advantage of their

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***"When writing your accomplishments at the end of your rating period, be sure to highlight the time spent deployed and clearly identify any leadership abilities and extra responsibilities you took on during the deployment."***

---

~ Karen Keller-Kappaun ~

"captive" time downrange. With free time activities limited, civilians are encouraged to participate in professional development training such as completion of the Supervisor Development Course, Manager Development Course, and Action Officer Development Course.

Additionally, many universities have special arrangements with the US Forces overseas and offer distance education coursework for students interested in pursuing an Associates, Bachelors or Masters Degree. The Army Distance Learning website is also helpful for training in your specific occupational area, and for refresher and introductory training in occupational areas unrelated to a civilian's career code.

In any six month period, students can earn as many as 16 credit hours at participating colleges and universities through online programs, and up to

80 hours of normal Army classroom training and continuing education credits. The Sustaining Base Leadership and Management Program, or SBLM, is available during the deployment period as a non-resident course for civilian employees in GS grades 12 through 14, with GS-11 employees able to apply by exception. Deadline for application is Feb. 3, 2006. Details can be found at: [http://www.per.hqusareur.army.mil/CPD/Leader\\_Development/ArmyLeaderTraining.aspx](http://www.per.hqusareur.army.mil/CPD/Leader_Development/ArmyLeaderTraining.aspx).

Deployed civilians generally find themselves performing slightly different tasks in the deployed environment than their normally assigned duties in Central Region. For this reason, it is important that a clear set of performance standards are developed between the employee and his/her supervisor. Take advantage of the opportunity to let your deployed experience speak to

your outstanding service; when writing your accomplishments at the end of your rating period, be sure to highlight the time spent deployed and clearly identify any leadership abilities and extra responsibilities you took on during the deployment. Your deployment might also become your ticket to future employment opportunities. Be sure to update your Resumix with your deployment accomplishments and include points of contact outside of your immediate chain of command who can verify your skills and abilities.

For those civilians volunteering to deploy for a period of one year, special opportunities for rest and recuperation travel may exist. According to the current CENTCOM and USAREUR regulations on civilian deployment, the R&R program authorizes payment of all airline expenses for civilian employees

to the leave location of their choice. Ticketing to the airport nearest the leave address is arranged prior to departure from the theater of operation. Final decision regarding R&R eligibility belongs to the theater commander. For more information, visit the USAREUR Civilian Personnel Directorate webpage at: <http://www.per.hqusareur.army.mil/rr/details.htm>, and contact your 3rd COSCOM Resource Management representative.

As the period of deployment approaches its end, civilians will need to think about the upcoming redeployment period and home station reintegration procedures.

All deployed personnel are required to complete a post-deployment questionnaire, which enables health care professionals to better gauge their physical and mental health. Civilians should thoroughly and honestly complete the questionnaires, as access to military medical treatment facilities at government cost will be limited upon their return from the deployment. Medical conditions caused by deployment conditions should be well documented in the employee's Military Treatment Facility records and post-deployment questionnaire prior to redeployment. Employees who feel that they may have a valid claim for continued medical compensation should speak directly with their servicing Civilian Personnel Advisory Center representative.

Regardless of the stage of deployment, civilians and their family members are encouraged to use the family resources available to them in their communities. The local Army Community Service, Chaplain's office and Military Treatment Facilities all employ professional individuals to assist with your family's reintegration. Information concerning the redeployment of civilians can be found at the USAREUR Civilian Personnel Directorate website at: [http://www.per.hqusareur.army.mil/cpd/contingency\\_info/redeployment.htm](http://www.per.hqusareur.army.mil/cpd/contingency_info/redeployment.htm).

***On behalf of the entire 3rd COSCOM Resource Management team, we wish you all a successful deployment and a safe return to your friends and family.***



3rd COSCOM civilian employees join the ranks of deploying Soldiers during the unit's deployment ceremony.

Photo by Spc. Mary E. Ferguson

# "DOWNRANGE" SCRAPBOOK



*Spc. Leiderbach prepares a pump for transport.*



*Sgt. Newsome loads bags and liner crates on PLS systems.*

## 240th Quartermaster Company



*Spc. Bush scans his sector during a tower guard shift.*



## One child at a time

All over Iraq, Soldiers are making a difference to the Iraqi people, often one child at a time. As I travel around Iraq visiting Soldiers, I hear stories of love, kindness and a sincere desire to make a difference in these people's lives. Despite all the suffering and chaos at every corner in Iraq, the children touch the hearts of our Soldiers. It would be difficult to meet these children and not be touched.

The leader of a village we visited in Northern Iraq rolled out the red carpet for us and treated us very graciously. He offered us tea, although he could not participate due to the fasting during the month Ramadan. We sat under the shade of a tree, which is hard to find, and listened through an interpreter as he shared his village's history.

We learned that his village, where he was born over 60 years ago, was almost completely destroyed by the Bathist. He spoke of a mother, who lost both of her children during the attack, but she survived and later gave birth to twins. She saw this as the hand of God blessing her with the opportunity to raise two more children.

The housing in the village would not pass U.S. building codes, but they have been home for the villagers for many years. The buildings are made of mud walls, dirt floors and glassless windows, but the people have a roof over their heads and lots of love in their hearts.

The rainy season is just around the corner and the mud will keep most of the visitors who drive, away. The mud will make the roads impassable during the coming months. Visitors can trade out their trucks for donkeys, the villagers' mode of transportation.

They are in need of a teacher to educate their children, and I would imagine they would provide a mud house free of charge to anyone who would take the job. The parents may even sneak in to a few classes with their children, as there has been little to no education of any sort in the village in the past.

The children are very happy and act like any child from any other part of the world, running, playing and laughing. They really enjoyed the little packages of cereal we brought them, and I believe many had never had cereal before.

I challenge churches, cities and special groups to make contributions to change Iraq. As our Soldiers are proving, change can be achieved one child at a time.

- Chaplain (Capt.) Raymond Folsom

## 4th Quarter FY 2005 Re-enlistees

Staff Sgt. Vermica Loshira Bethea	Sgt. Wayne Aaron Mccoy	Spc. Pao Duong
Staff Sgt. Craig Earl Brockman	Sgt. Sydonie Eunice Mitchell	Spc. Michael Frank Edmonds Jr.
Staff Sgt. Linda Chisolm	Sgt. Heath William Mortensen	Spc. Emre Eroglu
Staff Sgt. Larry Davis Jr.	Sgt. Henry Negron-Diaz	Spc. Zachary Scott Evans
Staff Sgt. Demetrius Maurice Dukes	Sgt. John Allen Niles Jr.	Spc. Florida Phothisane French
Staff Sgt. Todd Steven Grendziak	Sgt. Rafael Angel Nunez	Spc. Orlando Joel Gonzalez
Staff Sgt. David Nathaniel Hedgepeth	Sgt. Jason Matthew Oberman	Spc. Wallace Dalton Graham
Staff Sgt. Pedro Henriquez-Morales	Sgt. Steven Thomas Ortez Jr.	Spc. Eric Saeed Green
Staff Sgt. Greg Lee Hockenjos	Sgt. Xavier Pabon	Spc. Kevin Maurice Green
Staff Sgt. Khandoker Manzoor Hossain	Sgt. Frederick Anthony Perkins	Spc. Clint James Hagans
Staff Sgt. Steve Wilfred Houston	Sgt. Cornell Ahnovel Reddick	Spc. Michael Anthony Hatfield
Staff Sgt. Derrick Jerrell Lawson	Sgt. Richard William Relyea	Spc. Denise Nicole Holmes
Staff Sgt. Raul Lopez	Sgt. David Rivera	Spc. Clayton Everett Hunsdon
Staff Sgt. Frankie Oliveras-Pacheco	Sgt. Eduardo Rivera-Zayas	Spc. Robert Evoy Hushbeck
Staff Sgt. Robert People	Sgt. Jonathan J. Robertson	Spc. Dwain Michael Israelsen
Staff Sgt. Johan Seba Ponder	Sgt. Patrick Roksandich	Spc. Brandon Dean Klug
Staff Sgt. Craig Oneal Schofield	Sgt. Guy Tyson Schluckbier	Spc. James William Ladnier
Staff Sgt. Bobby Dwayne Terrell	Sgt. Donald Joseph Schneider	Spc. James Franklin Lance Jr.
Staff Sgt. David Nelmes Thomas II	Sgt. Timothy Wayne Spurgeon	Spc. Nicholas Heath Lewis
Staff Sgt. Phileas Williams	Sgt. Christopher Eugene Stephens	Spc. Edward William Locher III
Staff Sgt. Randolph Shon Willis	Sgt. Kelvin Oneil Sweeper	Spc. Jeffory Lee Mabee
Sgt. Marc Daron Anthony	Sgt. Jesyline M. Swinton	Spc. Christine Marie Mann
Sgt. Frantz Belmont	Sgt. James Martin Tiller	Spc. Joshua Lee Marseilles
Sgt. Reginald Ashley Berry	Sgt. Kevin A. Tull	Spc. Monica Marie Mayweather
Sgt. George Evert Bono	Sgt. Ricardo Valdes	Spc. Gerald J. Mazurowski II
Sgt. Marlon Jermaine Bounds	Sgt. Steven Francisus Waddell	Spc. Daniel Esparza Meza
Sgt. Gerald Monroe Britt	Sgt. Damon Lovelle Walker	Spc. Helen Mary Nemetz
Sgt. Kedrick Kendall Bruce	Sgt. Johnny Calvin Wallace Jr.	Spc. Hector Jeremias Nieves
Sgt. Steven Cepeda	Sgt. Kirt Richard Wheatley	Spc. Shaun David Norwood
Sgt. Lorna Elizabeth Cole	Spc. Charity Akumki Abiemo	Spc. Ronald Woody Pulse
Sgt. James Bernard Curtis Jr.	Spc. Lashundria Chantri Armstead	Spc. Candies Elicia Ramirez
Sgt. Terry Daley	Spc. Anthony Vidamo Aure	Spc. Terrelishe Ahtasha Sanders
Sgt. Kevin Graham Dawson	Spc. Antonio Joseph Benjamin Jr.	Spc. Joseph Kory Simon
Sgt. David Nathaniel Deleston	Spc. Nathaniel Richard Bisel	Spc. Michael Garland Smart
Sgt. Robert Wayne Dodge	Spc. Jason Edward Bliss	Spc. Janet Sonntag
Sgt. Robert Lee Elson	Spc. David Erick Broin	Spc. Shaun Michael Steed
Sgt. Darnell Gasque	Spc. Nathan Arch Brookshire	Spc. Jonathan Michael Stewart
Sgt. Tasha Hayden Gibson	Spc. Ricky Nathan Bush Jr.	Spc. Jason Damon Stinson
Sgt. Aaron Bradley Haynes	Spc. Christopher Michael Byrne	Spc. Jessica Lynn Strang
Sgt. Thomas Bradley Higgins	Spc. Annique Marie Cabaniss	Spc. Jay P. Tarr
Sgt. Neasha Marlene Horton	Spc. Richard Dale Chalker Jr.	Spc. Ryan Lee Upton
Sgt. Francisco J. Irizarry-Lopez	Spc. Shastina Jean Christiansen	Spc. David Alando Whittaker
Sgt. Dave Lindo Johnson	Spc. Joshua Miles Coffman	Spc. Alex Eugene Wright
Sgt. Dewayne Augustus Kelly	Spc. Edwin Lyle Collins Jr.	Pfc. Daniel Fraire
Sgt. Roger James Kincaid Jr.	Spc. Stacy Gurrola Contreras	Pfc. Jenaë Rae Haenel
Sgt. Peter Joseph Laesch	Spc. Darrell Denard Crawford	Pfc. Toya Jackson
Sgt. Julian Carlos Martin Jr.	Spc. Michael Derenzo Drayton	Pfc. Brian Theodore Papet

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