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# SUSTAINER

*Minute*

THE NEWSLETTER OF THE 3RD CORPS SUPPORT COMMAND



Photo by Sgt. Ashly N. Rice

Capt. Lorene Rodan takes the time to play a game with local girls during a November humanitarian mission to the Kurdish village of Soyra.

## MCT commander visits Kurdish village

*By Sgt. Ashly N. Rice, 101st Sustainment Brigade*

Helping others comes naturally to Capt. Lorene Rodan, who took a November trip to deliver supplies and hope to the Kurdish village of Soyra.

Rodan, a former social worker, is the company commander of the 627th Movement Control Team, 27th Transportation Battalion (Movement Control), a 3rd Corps Support Command

unit out of Germany.

Now deployed to Habur Gate, Iraq, one of Rodan's efforts is in helping surrounding villages near the Turkish and Syrian border.

"People in the village asked for buckets and toys for various ages, including baby dolls and puzzles," said Rodan.

"I picked up some paint and plaster for

the schoolhouse walls. Some of the older girls wanted to color their hair, so I got hair dye too," she said.

Boxes of donated school supplies, clothes and shoes were handed out to the village's families.

Candy and ice cream accompanied the donations as added treats for Soyra children.

-cont. pg. 2-



Photo by Sgt. Ashly N. Rice

**Capt. Lorene Rodan offers a pair of shoes to a Kurdish boy during her recent visit to Soyra.**

**- MCT commander visit cont.**

On Rodan's visit, the village of Soyra had 18 families, three more families than were there on Rodan's last visit.

Houses are constantly under construction in this small village and are warmed by a generator that is connected throughout the houses.

Electricity for the village is one of Rodan's top priorities, as well as ordering parts and continuing to provide maintenance on the generator.

Soyra is two miles off the closest paved road, where vehicles must park to avoid getting stuck in the mud during the rainy and cold seasons. This makes it difficult for emergency vehicles or outsiders to travel to Soyra during those times.

"They have had a school for 13 years, but no one has ever attended it because they have not had a teacher," said Rodan. "It would be hard for a teacher to try and get to the school during a rainy day when the road is deep in mud."

Rodan added, another mission is to get gravel for the road so the residents

of Soyra can travel more easily, and then to try and find a teacher for the village. Rodan received word from the local department of education, that if the school could prepare, they would assist in finding a teacher.

Workers are clearing the school building of debris and painting and plastering the walls. Desks and chairs are under construction and should arrive in the weeks ahead to place inside the school, Rodan added.

Rodan acknowledges that there are other villages that need just as much help, but says her philosophy is to "get one village self-sustained and work on from there."

Other items on the village's future agenda include obtaining the correct documents needed for families to receive kerosene to warm their homes, and for medical teams to come out and give classes on hygiene and infection prevention.

Rodan divides her time to help the area: "Go to a village during the day, work and sleep at night."

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***"They [Soyra villagers] have had a school for 13 years, but no one has ever attended it because they have not had a teacher."***

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*~ Capt. Lorene Rodan ~  
627th Movement Control Team commander*

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## EO Classes

*By Sgt. Judith D. DaCosta*

Advisors from the 3rd Corps Support Command's equal opportunity office plan to teach two-week equal opportunity classes once every other month with the first class beginning Dec. 5, said Sgt. 1st Class Nichelle A. Sanders, the 3rd COSCOM EO advisor and instructor for the course.

"It is a 40-hour Department of the Army course that is usually taught by civilians," said Sanders. This EO class is unique in that it affords the opportunity for Soldiers to train Soldiers and several other branches of the military as well.

"Emphasis will be placed on understanding the EO program as a whole," said Sanders. "Participants will learn about differing ethnicities and cultural differences such as Native American, White American, Arab American, Hispanic American, Black American, Asian American, Jewish and women in the military," she said.

Once individuals complete the course they should receive a certificate from the Department of Defense, and those who have this training can then become equal opportunity representatives for their unit, she added.

Classes will run from 8:00 a.m. to 2:00 p.m., Monday through Saturday, in order to meet the 40-hour requirement, while giving participants who work on Logistical Support Area Anaconda time to complete their daily duties, said Sanders.

"Soldiers should pass this knowledge on to superiors, peers and subordinates," said Sgt. 1st Class Hector R. Sarratoga, a 3rd COSCOM EO advisor and instructor in the two-week course.

Sanders said her personal goal is to get as many individuals trained as possible and keep in line with the commander's intent.

***For more information contact the 3rd COSCOM EO team.  
(318) 829 - 1527***

# Soldiers serve feast of awareness

## COSCOM EO team provides opportunity to honor, educate

By Spc. Mary E. Ferguson

The 3rd Corps Support Command's Equal Opportunity team served a gourmet performance of American Indian heritage to Soldiers and civilians during a Nov. 19 lunchtime event at Logistical Support Area Anaconda's dining facility # 1.

The hour-long event blended exhibitions of traditional prayer, dance and culture to create a flavorful presentation in honor of National American Indian Heritage Month.

"Events like this are designed to enhance cross-cultural awareness and promote harmony among all military members, their families and our civilian workforce," said Sgt. 1st Class Nichelle Sanders, the 3rd COSCOM equal opportunity advisor.

Several COSCOM Soldiers exhibited the pride they associate with their own American Indian heritage by participating in the performance.

Sgt. Marta Pebeahsy, a Comanche from Oklahoma, opened the event with the Comanche flag song and prayer. Pebeahsy is with the 183rd Maintenance Company out of Fort Carson, Colo.

Following Pebeahsy's emotional performance, the 3rd COSCOM Chaplain, (Col.) Larry Robinson, offered an invocation, and Col. Sharon Duffy, the 3rd COSCOM deputy commander, expressed the importance of such observances through her opening remarks.

Eyes then focused on Sgt. 1st Class Mitchelene Bigman as she shared a spiritual rendition of the Lord's Prayer in native sign language. Bigman is a member of the Crow Nation tribe, but traces of Northern Cheyenne, Blackfeet, Gros Ventre and Hidasta touch her heritage.

As the audience applauded Bigman, Sgt. Maj. Julia Giles of the Crow Nation



Photo by Spc. Mary E. Ferguson

**Sgt. 1st Class Mitchelene Bigman, a 19th Support Center Soldier from the Crow tribe, performs the Lord's Prayer in native sign language during the Nov. 19 observance.**

tribe, made her way to the podium where she spoke on her heritage. Giles is with the 19th Support Center and works in the 3rd COSCOM Corps Distribution Center.

Giles then performed the smoke dance, which was originally a slow war dance. There are faster modern versions of the dance, explained Staff Sgt. Brian Reels of the Pequot Nation tribe. Reels is also with the 19th Support Center.

Staff Sgt. David Cygan of the Heron Nation tribe from Michigan, the region where the jingle dress dance originated, then explained the jingle dress dance, as Bigman performed.

"The jingle dress is also called the prayer dress, and the dance style is known as the dance of healing," said Cygan, a 19th Support Center Sol-

dier. "Jingle dresses are decorated with rolled up snuff can lids that form cones, which are hung with ribbon."

"A full size dress has usually up to

365 cones, but there are some dresses today with up to 1,000 cones," he added.

The sergeant first class rank and the 3rd COSCOM patch also decorate Bigman's dress.

"I am considered a warrior among my people, and I made my dress to reflect my way of being a warrior and who I fight with ... COSCOM," Bigman said.

As the dancers caught their breath, Pfc. Randy Carter from 3rd COSCOM's Headquarters and Headquarters Company, talked about the culture, language, religion, community and fight for recognition of his native Lumbee tribe in North Carolina.

"Actually listening to someone from a Native American nation is the perfect way to understand and respect our culture."

After exercising the eyes and ears of their audience, the performers invited the Soldiers and civilians to participate in several native dances.

"The focus of observances should be directed toward encouraging interaction and not just recognition," Sanders said.

Those who experienced this observance left the dining facility with full minds, hearts and stomachs, after feasting on a meal of education and awareness.



Photo by Spc. Mary E. Ferguson

**Sgt. Marta Pebeahsy honors her heritage with a native prayer.**

# 35th ASG Soldier gives Thanksgiving interview to home state

By Sgt. Judith D. DaCosta

“Is this thing working?” said Spc. Scott A. Banelos, a 35th Area Support Group Soldier, tapping the ear microphone during a live television broadcast to Seattle, Wash. “Am I on? I’m on.”

On Nov. 24 Banelos was interviewed by KOMO-TV, an American Broadcasting Corporation television network affiliate covering general entertainment out of Seattle, Wash., to be seen by friends, family and loved ones in a short live television interview, said Staff Sgt. Gary M. Stacy of the 207th Mobile Public Affairs Detachment.

Banelos has lived in the Seattle, Wash. area with his mother for 15 years. For the past two years, since he joined the military, he has been away from home during his mother’s birthdays, Banelos said.

For Banelos, the interview was more than just an opportunity to be on television for Thanksgiving, it was a chance for his mother to see her deployed son on her birthday.

“There was a three second delay during the interview,” said Banelos. “It was exciting. It was the first time I had done

that.”

“A lot of it [responses during the interview] was improvisation and I didn’t know what to expect or what questions would be asked,” he added.

“They [news station] asked what it was like to be away from family and what the food is like, if we enjoy our jobs and if we enjoy helping the Iraqi people,” said Banelos.

“I said that we [Soldiers] were getting through this time,” said Banelos. “The food of course was wonderful – more than I could ask for. There was turkey, cranberry, stuffing, pie and all the trimmings like I would have back home.”

Banelos continued to say that he enjoyed his job of maintaining generators around the post for the military.

“I travel from generator to generator and I encounter the local nationals that work on the equipment as well,” said Banelos. So I get a chance to meet them and share a few things with them. They are pretty friendly.

Still, the interview left Banelos wanting to say more.

“I didn’t have the chance to say what I wanted to my family back home,” said

Banelos. “I wanted to tell her [mother] happy birthday – that I miss her and love her and that I will be there for her next birthday. I knew that she would cry... I don’t want to make her cry but I want her to know that I didn’t forget.”

Banelos may have other opportunities to visit friends, family and his mother. His rest and recovery leave is tentatively scheduled around the time of his daughter’s birthday, said Banelos.



Photo By Sgt. Judith D. DaCosta

**Spc. Scott A. Banelos receives a microphone before his Nov. 24 live interview.**

# Soldiers participate in Thanksgiving praise, worship service

By Sgt. Judith D. DaCosta

Soldiers from a variety of religious backgrounds gathered in the Provider chapel at 10:00 a.m. Nov. 24 to celebrate Thanksgiving here.

Gospel, Catholic and traditional protestant services were all represented through special music. The gospel choir raised their voices with the accompaniment of trumpets, keyboards and drums. Soldiers who participated in Catholic services sang hymns and Spc. Monica Olson from the traditional protestant service

performed a flute solo.

The music focused on the joy that is the by-product of giving, setting the stage for the Thanksgiving sermon.

“We should give thanks for our spouses, our children, the little things and everything without complaint,” said Chaplain (Col.) Larry Robinson, the 3rd Corps Support Command chaplain, who preached the sermon. “God knows what we need before we ask,” he said.

Robinson closed the hour-long service by thanking God for prayer, singing, praises and thanksgiving.

Soldiers continued to share their enthusiasm for the holiday after the service was complete.

“I am here to ask thanks for the day because we don’t always have the opportunity,” said Staff Sgt. Sam Freeman, a 211th Maint. Co. Soldier who attends the traditional protestant service.

“I have been in a revival all week and my spirit is high. There is no better day to give thanks than today,” said Sgt. 1st Class Troy L. Joyner, a 130th Eng. Brig. Soldier and participant in the gospel service.

“It was a great service,” said Capt. Robert B. Bertsen. “I am able to give thanks. It’s a special day.”

As Soldiers departed, the impact of the service remained and could be seen on the smiling faces of Soldiers and civilians as they continued on to accomplish their respective daily tasks.



Photo By Sgt. Judith D. DaCosta

**The gospel choir performs several songs for special music as part of a Thanksgiving service that took place at the Provider Chapel here.**

# Chaplains offer individualized care

Ministers share methods for aiding Soldiers spiritually and mentally

By Sgt. Judith D. DaCosta

“Just as Soldiers are different and unique, so are chaplains. We each have separate strengths and gifts that give us the ability to help Soldiers individually,” said Chaplain (Maj.) Steve R. Quigg with the 3rd Corps Support Command.

Three chaplains of separate faith groups here at Logistical Support Area Anaconda shared their methods for helping the deployed Soldier with issues concerning spiritual and mental health.

“My method varies depending on the stage of care that I am trying to give the Soldier,” said Chaplain (Maj.) K. Llewellyn McGhee, the installation chaplain and pastor for the gospel service with the 35th Area Support Group.

He has three phases of care: preventive spiritual care, ‘interventive’ spiritual care and long term care.

First, McGhee prefers to give Soldiers preventive spiritual care, by evaluating a Soldier’s overall well-being prior to deployment. He also educates them on what to expect during deployment, said McGhee.

“At this point, I will explain the possibility of post traumatic stress and describe different reactions to stress in order to prepare a Soldier for going downrange,” said McGhee.

“The second phase is what I call ‘interventive’ spiritual care,” said McGhee.

This happens about 30 days after being in theater, he said, and this evaluation helps Soldiers deal with separation anxiety.

He gives Soldiers suggestions for strategies to cope with stress.

“If Soldiers aren’t adjusting well to being in theater, I make suggestions such as starting a journal,” said McGhee.

“The third phase is long term care,” said McGhee. Soldiers can benefit from additional counseling beyond 30 days, he said. “I try to continue to help with stressful situations.”

A traditional protestant chaplain offers

a different approach to helping Soldiers.

“My method is to make Soldiers feel relaxed and comfortable so that they can say what is on their heart,” said Quigg.

“We are physical beings with mental and physical sides but we also have a spiritual side,” said Quigg. “Just like doctors take care of medical needs, I see chaplains as being there to help minister to Soldiers.”

Military chaplains can be more helpful in ways that civilian chaplains or pastors cannot, said Quigg. “We can relate in so many ways to Soldiers because we are Soldiers. We go through similar situations like being separated from our families for several months or sleeping in tents in the desert.”

“I am interested in Soldiers, who they are, what they have accomplished in their lives, and even their fears and discomforts,” said Quigg. “I care about what Soldiers have to say. Every person is unique and so are their situations,” he added.

“One of my focuses in counseling is to help Soldiers think through their problems and come to a solution themselves,” said Quigg. There seems to be a pattern of

adjustment that each Soldier goes through. Some Soldiers are having a difficult time just adjusting to moving and living here, he added.

“I try to keep counseling

sessions flexible,” said Quigg. “Soldiers are always welcome to come to my office anytime they want to talk, he added.

In addition to the gospel and traditional protestant chaplains, one of the Catholic chaplains on LSA Anaconda shared his viewpoint on helping Soldiers as well.

“In reference to those things that are specifically Catholic, people might come to me for confessions and that can only be done by a Catholic priest, said Rev. (Capt.) Ferdinand E. Madu with the 1-58th, 18th Aviation.

“But for counseling, anyone from any



Photo By Sgt. Judith D. DaCosta

**Chaplain Steve R. Quigg (Maj.), a 3rd Corps Support Command traditional protestant chaplain at Logistical Support Area Anaconda, prays alongside Col. Susan Sowers, the 3rd COSCOM Chief of Staff, during a Thanksgiving worship service at the Provider Chapel here.**

faith group can come to you,” he added.

“We are always there to help Soldiers, even those outside of our faith group when it comes to counseling,” said Madu.

“From my own observations, very few Soldiers come for spiritual counselings,” said Madu.

“Most will come for family problems, suicidal problems or just problems in general. When Soldiers have problems they run to any chaplain,” he said.

He has to be prepared to help all Soldiers at any time, said Madu.

“I think the chaplain is a general representative of God or a ‘God man’. That is who I am here,” he said.

“God is a necessary part of our lives,” said Madu. He is in the background of all things.

A good number of Soldiers have come here and died here. We do the best we can to help those who are here, said Madu.

Each chaplain mentioned has a different approach to aiding the Soldier during deployment. Though several other approaches exist, their goals remain the same.

Regardless of their denomination, each chaplain is committed to their mission of being available to assist Soldiers in their spiritual lives as a fellow Soldier and representative of the God they serve.

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***“One of my focuses in counseling is to help Soldiers think through their problems and come to a solution themselves.”***

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*-Chaplain (Maj.) Steve R. Quigg-  
3rd COSCOM Traditional Protestant Chaplain*

# Unit adapts to support mission

By Staff Sgt. Monika Comeaux, 207th MPAD

The field artillery Soldiers conducted endless drills and practiced 24-hour operations to make sure everybody was proficient in their military occupational specialty as artillerymen before being deployed.

Little did they know that they would have a completely different mission when they deployed to Iraq.

While serving under the 3rd Corps Support Command downrange, the B 2/5th FA supports the 142nd Corps Support Battalion, providing combat logistical patrols and escorts at Logistical Support Area Diamondback.

“At any given time we could escort up to 90 third country national trucks, and that is amazing ... that is a combat logistics patrol almost three miles long,” said Capt. Thomas A. Caldwell, the company’s commander.

Following their official warning order at the end of February, the company reorganized as a palletized loading system company May 9.

The company almost doubled in size because of the change, Caldwell said.

From May to August, the company spent all their time training up for their new mission. Soldiers participated in driver’s training, learned how to load and unload the cargo, and even partook in combat logistics patrol live fire exercises.



Photo by Staff Sgt. Monika Comeaux

Pvt. John R. Murphy (L) and Pvt. Trevor Vise (R), both cannon crewmembers from B 2-5 FA prepare their .50 caliber machine gun for an overnight escort, a part of their new mission.

They had to learn everything from scratch. For example, PLS vehicles are ten-axle trucks weighing about 60,000 pounds. They carry flat racks which are ideal for shipping pallets.

“We carry everything from mail to food to wood, basically all classes of supply,” said the company’s first sergeant, Thomas J. Parsley

Sgt. 1st Class Franklin K. Climes, platoon sergeant for 2nd Platoon, found that

Soldiers transitioned into their new role.

Parsley said that a combat service support mission requires a different mentality than field artillery.

“I am very proud of the ability of this battery to adapt to new missions,” he said.

“They take a lot of pride in what they do,” he said. “They know that they are one of the first units to get the chance to show what we have outside the cannon lane... they are setting the standard every day.”



Photo by Staff Sgt. Monika Comeaux

Country music star Aaron Tippin performed for a capacity-sized crowd at LSA Anaconda’s Sustainer Theater Nov. 25.

## PSB offers personnel services

By Staff Sgt. Monika Comeaux, 207th MPAD

Detachment C of the 502nd Personnel Services Battalion on Logistical Support Area Anaconda helps over 20,000 personnel here, and additional customers from the surrounding forward operating bases with personnel issues.

PSB offers a wide variety of service including: updating non-commissioned officer evaluation reports and officer evaluation reports, issuing common access cards and ID cards/tags, and providing information on the Servicemember’s Group Life Insurance and Family Servicemember’s Group Life Insurance.

“We do citizenship applications, personnel actions if Soldiers want to go to warrant officer boards, OCS [Officer Candidate School] boards, we work on promotion documents, ERB [Enlisted Records Brief] updates, ORB [Officer Records Brief] updates,” said Chief Warrant Officer 2 Patricia Winfrey, the officer in charge of personnel services support.

The LSA Anaconda PSB is located in building 4141-A, or customers can call (318) 829-2883/2978 for more information.



An airman finalizes a fast-break with a stinging dunk during the men's game.



An airman shovels a pass to a teammate.



A Soldier prepares to play defense.



A Soldier and airman rocket toward the men's game opening jump ball.

## ***A side of hoops with your turkey?***

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

Soldiers and airmen burned off that extra turkey and sweet potato pie during the Logistical Support Area Anaconda's Thanksgiving 2005 Army versus Air Force basketball games.

The bleachers were overflowing with cheering servicemembers as the referee tossed the first jump ball in to the air, beginning the women's competition, which was directly followed by the men's game. The scores appeared irrelevant to most fans, whose cheers were for their participating battle buddies.

These games were just a few of the many Thanksgiving events hosted by the LSA Anaconda Morale, Recreation and Welfare.

# Train your brain during deployment

By Spc. Andrew B. Orillion

With an increasingly competitive job market back home, earning a college degree or continuing higher education is an important goal for many Soldiers. Being deployed does not require putting this goal on hold. With help from the Logistical Support Area Anaconda's Education Center, finishing a degree plan or starting a new one is an easy process.

"Decide what type of classes you want to take. If you want to take online courses, College Level Examination Program exams for credit, or just take correspondence courses," said Major Chris Jackson, the education center officer in charge with the 35th Area Support Group.

The next step is to choose a college that offers what you are looking for.

"Decide where it is you want to go to school, look to see if they accept the College Level Examination Program exams if that's the way you want to go through it," said Jackson. "Then contact the school and

enroll."

CLEP exams allow a Soldier to test out of entry level courses in a variety of subjects.

After choosing a school, tuition assistance is the next hurdle. This step is not handled through the downrange Education Center.

"All your tuition assistance is worked back through where you deployed or mobilized from," said Jackson. "You should allow at least 21 days, or three weeks, for tuition assistance to kick in, so plan accordingly."

On top of the standard amount of tuition assistance, all Soldiers receive an additional \$4,500 in assistance while deployed.

After a Soldier enrolls in a school, and handles tuition assistance, all that remains is for the Soldier to learn.

Soldiers who have already begun a degree plan can continue it while stationed at LSA Anaconda.

In January the Education Center will offer a new and wide range of correspondence courses and degree plans through Indiana Tech.

"We will offer three or four different tracks for undergraduate degrees plus graduate degree programs in accounting, business management and as well as others," said Jackson.

LSA Anaconda's

Education Center also houses a computer lab, class and meeting rooms, and an extensive library to those who seek to train their brains during deployment.

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**All Soldiers receive  
an additional \$4,500 in  
annual tuition assistance  
while deployed.**

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~ LSA Anaconda's Education Center ~



Photo by Spc. Mary E. Ferguson

Several 3rd Corps Support Command Soldiers who work at LSA Anaconda's dining facilities spread Thanksgiving spirit as they literally transformed into the day's main characters. DFAC personnel, like these, dedicated hours of free time to create a festive Thanksgiving.

3rd COSCOM Commanding General  
Brig. Gen. Rebecca S. Halstead

3rd COSCOM CSM  
Command Sgt. Maj. David. D. Wood

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