

# STEEL PRESS

Vol. 1, Issue 2

March 2012

## STRATEGIC RESERVE DRAW



TRIGGER  
TIME

RPAT ACADEMY

EAGLE CASH  
CARD:

HOW? WHERE?

WHY?



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## LETTER FROM THE

## 113TH SB PUBLIC AFFAIRS OFFICE

**W**elcome Steel Brigade Soldiers, Airmen, Family and friends to the second issue of the "Steel Press!"

I'm **Sgt. 1st Class Keith Warzon**, the Joint Visitors Bureau noncommissioned officer-in-charge for the 113th SB and I'm very excited to share the stories in this issue with you! Our first issue focused on the Soldiers at the brigade level; but, from this issue on, we are incorporating more pictures and stories from the battalions of the 113th

SB. These articles would not be possible without the help of the battalion Unit Public Affairs Representatives listed below. They are an integral part in the mission of telling the story of our Soldiers and Airmen.

Please help us spread the word about our missions here by viewing and sharing information posted to our two social media web pages: <http://www.facebook.com/113thsb> and [www.flickr.com/113thsb](http://www.flickr.com/113thsb). Remember, these social media sites and newsletters are for YOU - so let's work together on making them the best! Our goal is to keep everyone back home linked and updated on what our brigade accomplishes throughout this deployment. We try to continue to improve our product each month, so we are open to suggestions for story topics. Our newest idea is a question and answer section, starting next month. Submit questions, whether it's instructions on how to fill out Army forms to proper latrine etiquette to how to ward off a werewolf from your living quarters, to "Ask Booger" at [113thsubdepao@gmail.com](mailto:113thsubdepao@gmail.com).

We look forward to hearing your suggestions and feedback. Please enjoy this issue of the "Steel Press!"



## STEEL PRESS

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Do you have something you'd like to add to the magazine? Tell us! Contact your battalion UPAR for your story submissions, ideas, pictures, editorials, poems or art - become a published author/photographer/artist!

Interested in becoming a UPAR? Contact your battalion UPAR for training information.

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## LETTER FROM THE

## COMMAND SERGEANT MAJOR

Greetings to all 113th Sustainment Brigade Soldiers, Airmen, Families, and friends. Another month is behind us as we continue to reorganize our brigade footprint while simultaneously sustaining forces here in Kuwait and across Central Command's area of responsibility. In the near future, many subordinate units of this brigade will transition or redeploy to their home stations. These great men and women, logistics professionals in every sense of the word, played a critical role in accomplishing the massive task of being the logistics task force supporting the responsible drawdown of forces in Iraq. They did an outstanding job, working as one safe and efficient team. Their achievements will be recorded in the history books and they are truly Steel Warriors.

As these units depart or begin to prepare for their departure, and as new units arrive, we must remain focused on our Soldiers' and Airmen's health and discipline. I'd like to share some words from Sgt. Maj. of the Army Raymond F. Chandler III as he discussed the new publication of Army 2020: Generating Health and Discipline in the Force Ahead of the Strategic Reset Report 2012, better known as The Gold Book.

"As the standard bearer in our Army, [noncommissioned officers] must play an active role to ensure our [service members] receive the care they need while maintaining the high standards of discipline that is the cornerstone of our profession," Chandler writes. "The Gold Book can assist NCOs and their commanders in making informed decisions regarding [service member] rehabilitation, treatment, retention, and transition."

The health and discipline of our Soldiers and Families is entering a distinctive period in a postwar environment, when the Army is still at war and at the same time being reorganized to defend against future threats. Soldiers, Airmen and Families still suffer from the effects of deployments and we as leaders must be educated to understand how to assist them during difficult phases of their transition.

The Gold Book is your guide.

Whether you are with a redeploying unit or one that has just arrived, I task every leader to read The Gold Book. It will help all leaders. Just as reading field manuals and Army regulations are crucial to professional development, comprehending and implementing programs described in this report will help you achieve the bottom line in this profession: taking care of our Soldiers and Airmen, and family readiness.

The Gold Book can be found at <http://usarmy.vo.llnwd.next/e2/c/downloads/232541.pdf>.



*William Gill*

Command Sgt. Maj. William Gill

# LETTER FROM THE COMMANDER

Greetings to all Steel Brigade Families, Soldiers and Airmen.

It never ceases to amaze me how our Soldiers and Airmen readily accept tasks which seem daunting and near impossible, then safely and efficiently execute those tasks with above-standard results.

We will be saying farewell to two of these “making the impossible, possible” units this month. The 330th Transportation Battalion (Movement Control) and Joint Logistics Task Force 6 will depart for home station, and their contributions to Operation New Dawn will, no doubt, go down in military history.

Each deployment is different; a homecoming will never be exactly the same as the last one. Leaders, at all levels, must be prepared to support the men and women under their charge during this critical phase of transitioning back to home station, Families, and communities. The most important phase of any deployment is the reintegration phase. I charge all Soldiers and Airmen entering this phase of the deployment to do so with an open mind and a strong focus on Family.

The transportation companies and movement control teams within JLTF 6 and the 330th have logged more than 5 million miles with no serious safety incidents. These units, which include two Air Force combat transportation units, operated in and out of Iraq, supporting Operation New Dawn, executing convoy escorts and drawdown missions. The units traveled throughout Kuwait, sustaining and supporting all types of Department of Defense elements. The service members drove their trucks to the operational limits and flawlessly protected, regulated, and coordinated DoD ground movements of personnel, supplies, and equipment within our area of operations, using every mode of transportation available.

There is still work to be done. The future is not written as spring approaches. As we prepare for that uncertain future, leaders must ensure that we remain trained and ready to provide the full spectrum of sustainment operations anywhere within Central Command’s AO. The Steel Brigade must be adaptive and flexible in our mission planning and execution. And, as always, we must be proactive and involved with our Soldiers and Airmen; maintain loyal watch over them during their re-deployment and transition period; and, here in Kuwait, keep them as engaged as possible in current operations, training, physical training, and Morale, Welfare, and Recreation activities. On behalf of all the Soldiers and Airmen with the 113th SB, I wish the 330th

Transportation Battalion and JLTF 6 a safe journey home and best wishes in their future endeavors. One Team, TWICE AS STRONG!

Col. David L. Jones




# AROUND THE BRIGADE

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## 113th STB

Soldiers of the 113th Special Troops Battalion recently deployed to Afghanistan to assist in setting conditions for the responsible and safe draw-down of U.S. forces.



## 728th CSSB

The 1462nd Heavy Equipment Transportation Company, a Michigan Army National Guard unit deployed here, held their "combat patch" ceremony Feb 25.



## 330th TB (MC)

The 330th Transportation Battalion's flag football team won Camp Arifjan championship game. Their reward? Getting to play in a flag-football game with active NFL players!



## JLTF-6

Eight Soldiers of the 206th Transportation Company were awarded 1st Theater Sustainment Command coins for excellence and their hard work supporting Foreign Military Sales.



## 821st TB

The battalion sponsored another Iron Wheel Challenge here at Camp Arifjan. This is the toughest physical team challenge on Camp Arifjan.



## SAFETY MESSAGE

## SAFETY

## As the 113th Sustainment Brigade settles into our mission, work place safety is very important.

By Master Sgt. Gregory M. Greene

Workplace safety is very important as the 113th Sustainment Brigade settles into its mission at Camp Arifjan. When the 230th SB left, our work stations were retooled for current operations. Cleaning, consolidating and accountability of equipment established a productive work environment.

Safety is always in the forefront. As work areas are established, electrical safety is paramount. To prevent electrical incidents, selected Soldiers from each section are required to attend the Camp Arifjan fire marshal class. This class provides pertinent information on basic electrical and fire safety in the workplace. Each area has designated a fire marshal, a Soldier who inspects the work area daily and conducts a thorough monthly inspection to ensure that the area meets safety standards.

A facility maintenance officer is responsible for any maintenance involved in the workplace. The FMO coordinates the replacement of outlets and light fixtures, handles indoor temperature issues, and any other facility problems.

Leaders ensure that maintenance is completed to the highest state of readiness, from power generators to heavy trucks. The maintenance work area is often more complex than most work tents; it requires intensive daily, weekly, and monthly inspections. It also has the most potential to be a very hazardous work environment.

Every Soldier should make sure that workers are safe while using equipment, inspecting tools, and personal protective equipment such as eye protection, gloves and hard hats.

Hazardous materials also have the potential for adverse environmental impacts. We must follow all U.S. environmental rules and regulations in addition to those of Kuwait. A clean and safe work environment will allow the 113th SB to complete its mission with minimal impact to its Soldiers and the environment.



## Steel Safety is Always Safe!



# LEGAL BRIEF



**A**s service members, we must appear politically neutral while carrying out our military duties. As we approach the primary elections and caucuses this spring and the general elections this fall, military members need to be aware of legal limitations on engaging in partisan political activities.

Partisan political activities include those relating to candidates or issues identified with specific political parties. Army Regulation 600-20 and Department of Defense Directive 1344.10 outline

specific permitted and prohibited political activities. Army members should review these before participating in political activities; a few key points to keep in mind are outlined below.

### **Members on active duty MAY:**

- Register and vote, and/or express a personal opinion on political candidates and issues, but not as a representative of the Armed Forces.
- Make monetary contributions to a political organization or political committee favoring a particular candidate or slate of candidates.
- Attend political meetings or rallies as a spectator when not in uniform.
- Join a political club and attend its meetings when not in uniform.

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## LEGAL BRIEF

- Sign a petition for specific legislative action or a petition to place a candidate's name on an official election ballot, if the signing does not obligate the member to engage in partisan political activity and is done as a private citizen and not as a representative of the Armed Forces.
- Write a letter to the editor of a newspaper expressing the member's personal views concerning public issues, if those views do not attempt to promote a partisan political cause.
- Display a political sticker on the member's private vehicle, or wear a political button when not in uniform and not on duty.
- Write a personal letter, not for publication, expressing preference for a specific political candidate or

cause, if the action is not part of an organized letter-writing campaign on behalf of a partisan political cause or candidate.

### **Members on active duty MAY NOT:**

- Use official authority or influence to interfere with an election, or to solicit votes or political contributions.
- Be a candidate for, or hold civil office, with very limited exceptions.
- Participate in partisan political management, campaigns, or conventions, or make public speeches in the course of such activity.
- Serve in any official capacity or be listed as a sponsor of a partisan political club.
- Speak before a partisan political

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## LEGAL BRIEF

gathering promoting a partisan political party or candidate.

- Participate in any radio, television, or other program or group discussion as an advocate of a partisan political party or candidate.
- Conduct a political opinion survey for a partisan political group, or distribute partisan political literature.
- Perform clerical or other duties for a partisan political committee during a campaign or on Election Day.
- March or ride in a partisan political parade.
- Attend, as an official representative of the Armed Forces, partisan political events, even without actively participating.
- Make campaign contributions to a partisan political candidate.
- Make campaign contributions to another member of the Armed Forces or an officer or employee of the federal government for promoting a political objective or cause.
- Solicit or receive a campaign contribution from another member of the Armed Forces or from a civilian officer or employee of the United States for promoting a political objective or cause.
- Use contemptuous words against office holders described in Article 88 of the Uniform Code of Military Justice (the President, Vice President, Congress, etc.).
- Display a large political

sign, banner, or poster on the top or side of a member's private vehicle (as distinguished from a political sticker).

- Sell tickets for, or actively promote, political dinners and other such fund-raising events.

Members should note that some of these restrictions are prohibited even out of uniform and when acting as a private citizen. To the public, you are seen as a representative of the American government and military. Use common sense and avoid activities that could possibly associate the Armed Forces with a partisan candidate or cause. Don't forget that if you are a citizen, you still have the right to vote. Visit the Secretary of State's website for your state if you need to register to vote or to request an absentee ballot. 



By 1LT David S. Bradford, 113th STB UPAR



“What do you recommend I invest in?”

This is a vague and open question. It can be compared to asking an infantry commander what his plans are to attack an objective; except, the commander knows nothing about the objective. To make the plan for attack, the commander needs to be able to visualize his goal and the different ways to accomplish it.

With financial planning, you must be able to visualize your objective. This financial objective is whatever you define as financial success.

To achieve financial success, the first step is to start out with goals. There are three things that can sabotage your financial goals: not defining your goals, making unrealistic goals and not planning for an end date or time. The Army has an acronym for goal setting called “SMART” (see figure 1) and it can be very helpful in defining and setting your goals (personal, professional or financial).

Anyone can achieve a goal if they write them down, use good discipline and frequently review their goals. The successful focus is on the goals, never on the investments. This may be shocking advice, but look at the goals and not the investments. If you take your eyes off your goals, you take your eyes off of the prize. When you focus on the prize, you always find a way to succeed.

To get started, a good way to define your financial goals is to plan a target for one to three years, four to six years, seven to 10 years, over 11 years, and for college and retirement.

For example, simply saying, “I want to be debt free” is not a goal. There is no specific time set to achieve the goal, or any way to measure for success.

Instead, you can write your goal as “I will be

debt free in five years, by saving [X] amount each month, and by changing my priorities to doing [Y] and [Z].”

Explain the actions you need to take to become debt free. Make the time and effort to try using the “SMART” way to define your goals.

To ask a financial education question, please email 1Lt. Bradford at [113thsubdepao@gmail.com](mailto:113thsubdepao@gmail.com).

*1st Lt. David Bradford holds Financial Industry Regulatory Authority Series 6 & 63 investment advisor licenses and has worked as a personal investment planner, manager of 401(k)s, 401(a)s, tax specialist, and executive compensation specialist. The information contained here is for general information purposes only.*

### Figure 1

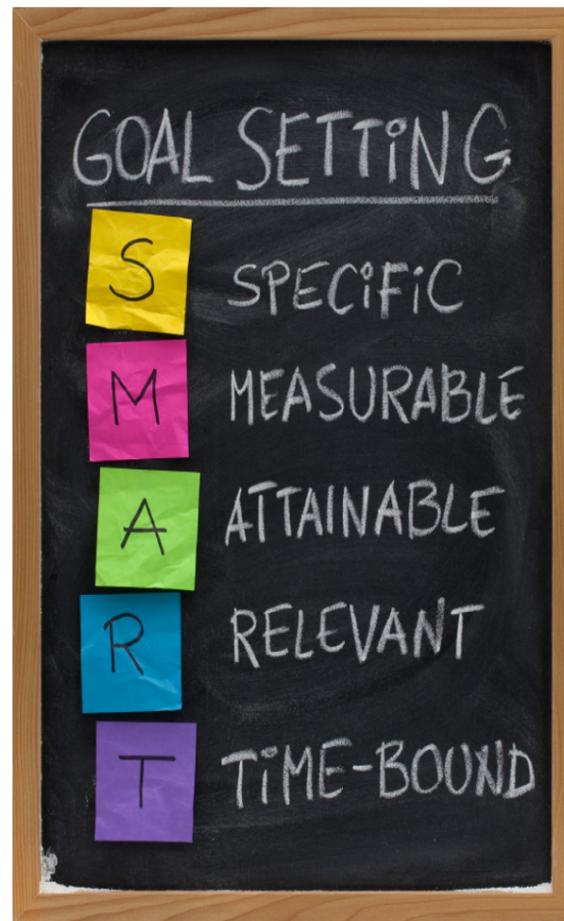
- **Specific** means that the goal is concrete, detailed, focused and well defined

- **Measurable**, is to track the *results* of our actions used for comparison, i.e. “I save \$50.00 every week and put it into saving account.

- **Attainable (Achievable)**, or can goal be done in the proposed timeframe? Do you understand the limitations and constraints?, Can you do this with the resources you have?, Has anyone else done this successfully?

- **Relevant (Realistic)** Goals that are achievable may not be realistic. *Realistic does not mean easy.* You will have to change to achieve your goals. Are you being honest with your goals? Can you do this? Is it realistic?

- **Time Bound** means setting deadlines for the achievement of the goal(s). Deadlines create an all important sense of urgency. If you don't set a deadline, you will reduce the motivation and you will procrastinate.



# Trigger Time

Story and photos by Maj. Matt DeVivo  
113th Sustainment Brigade

CAMP ARIFJAN, Kuwait – Members of the 113th Sustainment Brigade took part in weapons refresher and familiarization training at the weapons qualification range here Feb. 9. During the three-day range training, over 30,000 rounds of ammunition were expended and each Soldier completed the training.

**CAMP ARIFJAN, Kuwait** – Equipped with weapons and sporting combat helmets, ear and eye protection and body armor, more than 250 Soldiers of the 113th Sustainment Brigade here deviated from their daily routines to participate in well-deserved trigger time at the weapons qualification range Feb. 9.

Headquarters and Headquarters Company of the 113th SB planned, supported and ran a rifle and pistol range for three days. “Soldiers need to remain proficient in their ability to handle and operate their assigned weapon safely and effectively,” said Staff Sgt. Jason Williams, noncommissioned officer in charge of the event. Soldiers were also given the opportunity to receive training on and

familiarization firing of the M-9 pistol.

“It’s been great to get out of the office and do something different for a few days,” said Spc. Carlos Espinoza, an HHC postal clerk. He was assigned to support range safety and ammunition for the event.

By the end of the three days at the range, more than 30,000 rounds of ammunition were expended. Every Soldier completed the training.

“Spc. Espinoza, Spc. [Jasmine] Martin, Staff Sgt. [Rita] Rice, and the HHC Soldiers here did an outstanding job with planning, supporting and running this range safely and professionally,” said 1st Lt. Ryan Autry, the HHC executive officer.

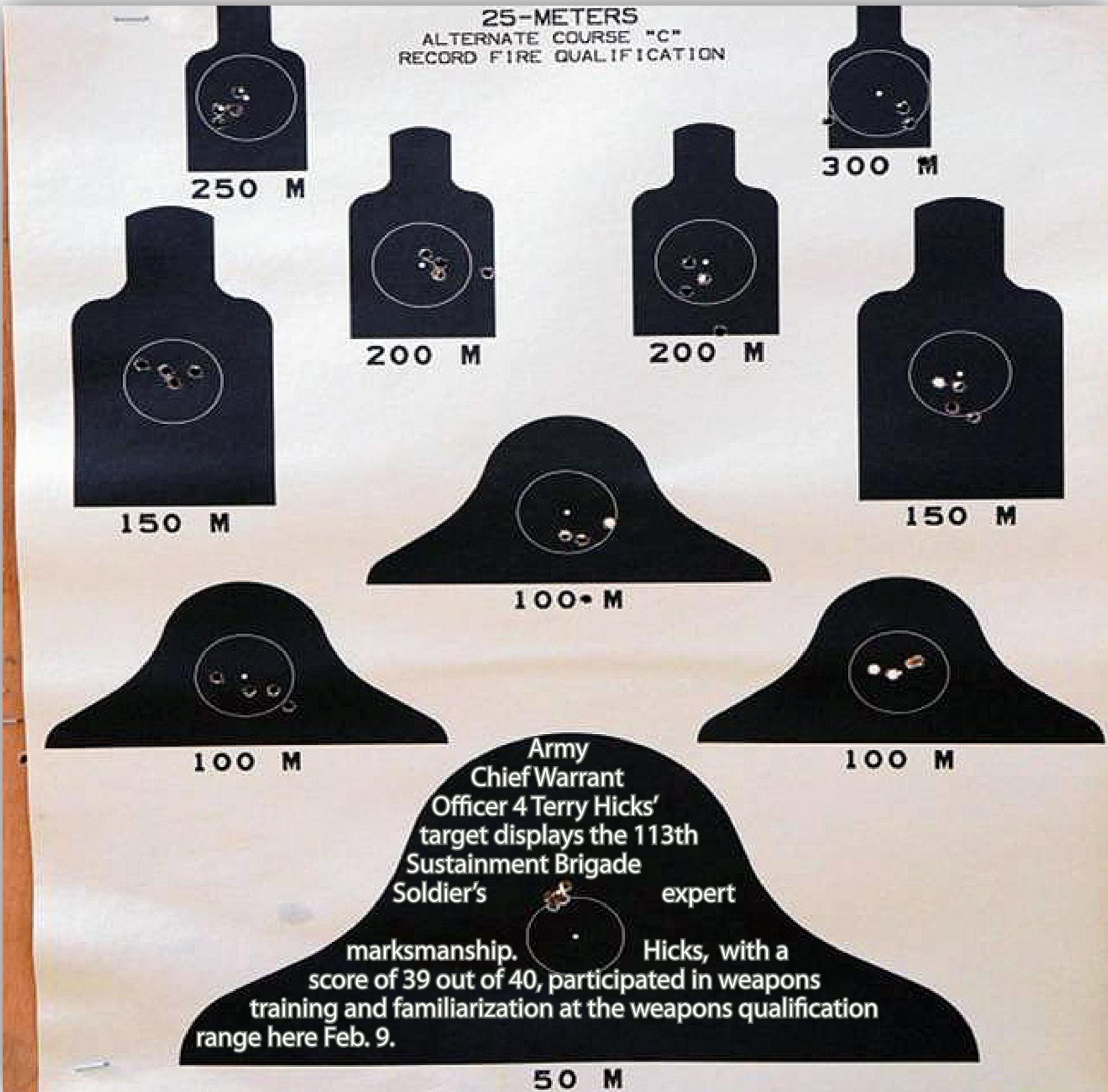
“It has been a fun event,” he said.



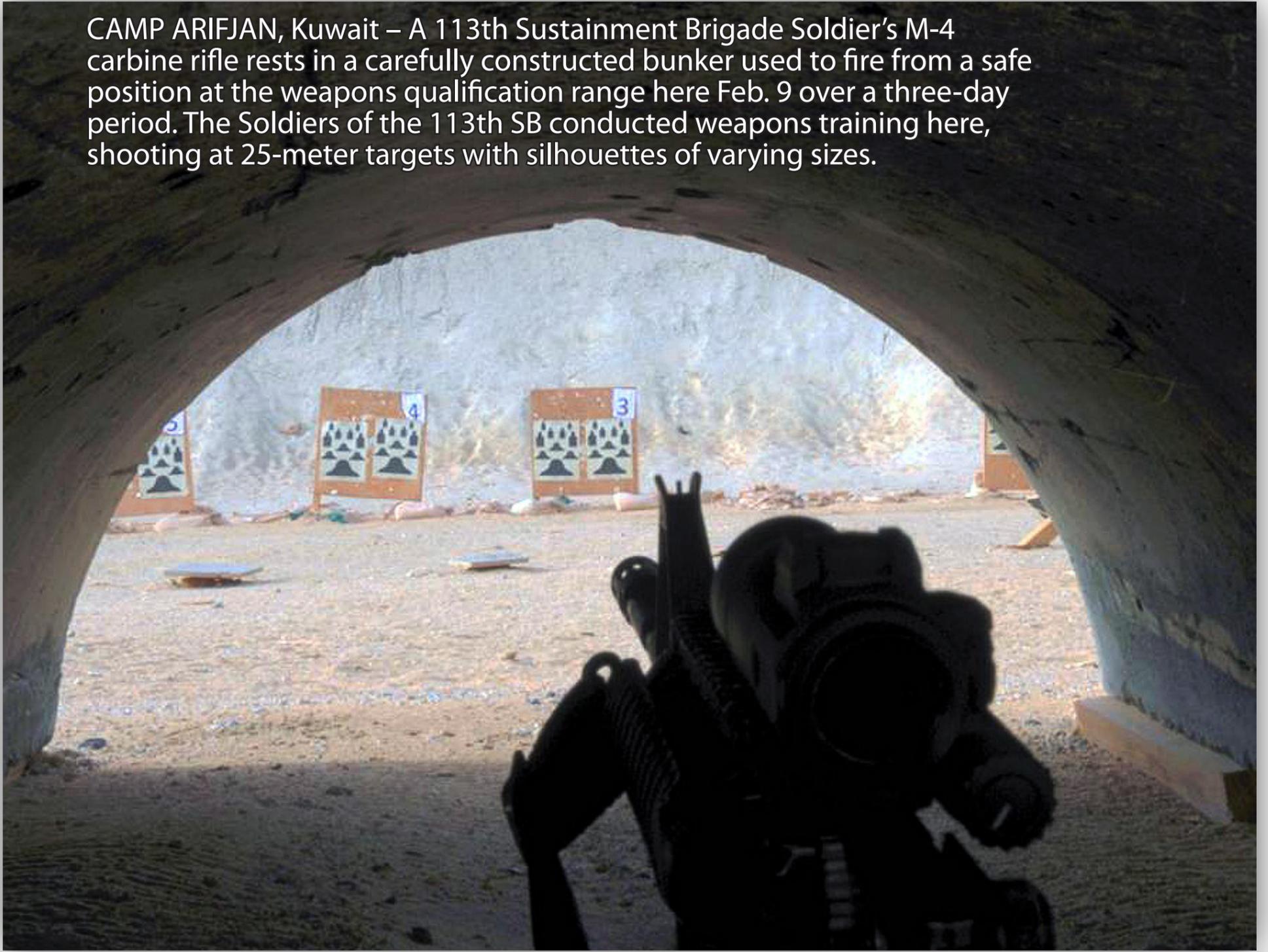
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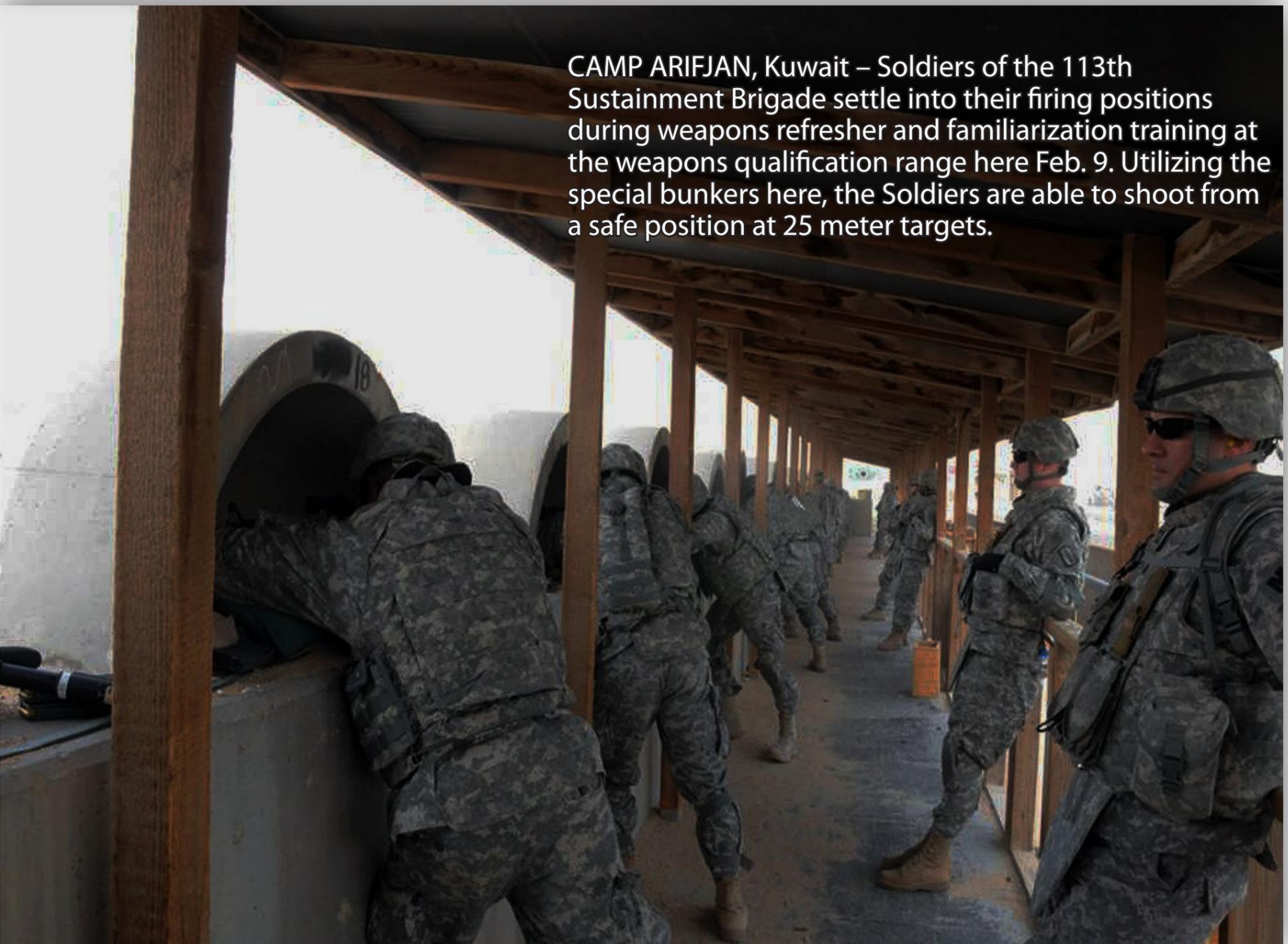




CAMP ARIFJAN, Kuwait – A 113th Sustainment Brigade Soldier's M-4 carbine rifle rests in a carefully constructed bunker used to fire from a safe position at the weapons qualification range here Feb. 9 over a three-day period. The Soldiers of the 113th SB conducted weapons training here, shooting at 25-meter targets with silhouettes of varying sizes.



CAMP ARIFJAN, Kuwait – Soldiers of the 113th Sustainment Brigade settle into their firing positions during weapons refresher and familiarization training at the weapons qualification range here Feb. 9. Utilizing the special bunkers here, the Soldiers are able to shoot from a safe position at 25 meter targets.





# Combat Carpenters

by Army Sgt. Michael Boatwright

**SOUTHWEST ASIA** - The riggers of Detachment 1, 421st Quartermaster Company can now add 'combat carpenter' to their job description.

The detachment's Soldiers kept busy in February by rigging, or preparing, cargo parachutes for airdrops with items much different than their normal fuel deliveries.

The aerial delivery unit noticed an increase in demand for construction materials such as plywood, nails, and lumber by ground forces in Southwest Asia. By mid-February, the detachment had rigged and dropped more than 40 bundles of plywood and lumber.

A request for firewood followed the ones for construction supplies. The riggers wasted no time scrounging up every bit of scrap

wood they could find.

"It was a challenging build," said Spc. Ryan Madole, an airdrop specialist. "There were a lot of things had to be taken into consideration, such as, was the wood treated? Was glue used and could this harm the Soldiers? Also, we had to reach a certain weight and cut up pallets don't weigh that much, so maximizing resources was vital in this mission."

In the end the riggers of the 421st finished in fine style, producing 10 bundles of firewood, each weighing almost a thousand pounds.

"It's more than tying knots," said Staff Sgt. Erik Ballengee, an ammunition specialist. "There are many moving parts that people do not see to make this operation here run efficiently." 

## SPECIAL REPORT: WE ARE RIGGERS

**AL UDEID AIRBASE, Qatar** – The Airborne Riggers of the Detachment 1, 421st Quartermaster Company, have answered the call of duty yet again, working in overdrive on overtime. The riggers conducted an emergency resupply of fuel mission Feb. 11, assisting NATO forces in an undisclosed location in Southwest Asia.

The day started out like any other normal work day. Riggers of the 421st QC got down to business and completed the daily mission for supply deliveries via aerial delivery. As they prepared to return to their barracks for the night, they were halted by Sgt. 1st Class Richard Davis, the detachment's noncommissioned officer-in-charge. Davis' instructions were clear; the riggers were to eat a quick meal and return to work immediately.

That night they had a special mission: 600, 55-gallon fuel barrels needed to be fueled and prepped for air-to-land transport.

Fueled and prepped in less than 24 hours, that is.

Most have a hard time giving up time off;

however, when it was explained that the requesting unit was down to a critical amount of fuel, it was all the Riggers needed to hear.

"Someone downrange needed what we had and they needed it now," said Spc. Stephen Wilson. "And that's what we do."

Once the process began, the Soldiers moved in unison like a well-oiled machine. The hours passed and the riggers continued. As the sun began to rise, the Riggers were about two-thirds complete with the mission. More hours passed; yet the Riggers showed no signs of exhaustion.

Finally, the 24 riggers loaded the last of the 463L master pallets and moved them to the flight line.

"This is what we are trained to do," said Spc. Sean Bryant. "That was our mission; and we will do it again when we are called upon."

"I'm proud of all of you and you have yet again set the standard for yourselves," said Chief Warrant Officer 2 John Harris III, the unit's commander, as he addressed the riggers after the mission. "Get some rest, but be ready because there are still troops that need us and we will deliver." 



# 113th Soldiers attend RPAT Academy

By Army Maj. Matt DeVivo

113th Sustainment Brigade Public Affairs

CAMP VIRGINIA, Kuwait – Soldiers from the 113th Sustainment Brigade and its subordinate battalions graduated the 10-day Redistribution Property Assistance Team training academy here Jan. 27 to prepare for their next assignment in Afghanistan.

The 402nd Army Field Support Brigade's 541st Combat Sustainment Support Battalion developed and administered the RPAAT academy training based on its extensive experience in property accountability activities, said Col. John S. Laskodi, commander of the 402nd Army Field Support Brigade.

"The academy curriculum is a direct result of lessons learned from the Iraq drawdown less than 90 days ago," stated Maj. Damiko Moore, lead instructor with the 541st CSSB. In November and December 2011, thousands of 20-foot containers filled with supplies, military vehicles and other equipment moved south out of Iraq into Kuwait.

The 402nd and its subordinate units were neck-deep in performing sustainment operations to support

the drawdown, especially property accountability and redistribution activities. Because of this experience, the 402nd was a logical choice to develop and lead training in current property accountability and redistribution procedures, Moore said.

Sixty Soldiers have graduated from the RPAAT academy to date. Upon graduation, Soldiers return to Camp Arifjan for a few days of administrative business, personal time and before long, depart for Afghanistan.

Soldiers from the 113th SB are deploying to Afghanistan for a short time to conduct sustainment and redistribution operations. Those Soldiers will help set conditions for the responsible drawdown of forces in Afghanistan in accordance with U.S. government directives.

Theater-provided equipment such as vehicles, ammunition, life-support items and medical supplies must be turned in before units leave Afghanistan. An RPAAT will account for and process the items for future use. RPAATs, made up of two to 10 Soldiers based on location and mission, operate

as contact teams for customer units.

“Property accountability doesn’t change. It is the cornerstone to successful sustainment and logistics operations,” said Moore,

The RPAT training academy Moore and her team have developed has gotten attention at the general officer level in Kuwait here and back in the States. The academy is highly regarded for its up-to-date property accountability techniques and procedures, as a benchmark in unit flexibility in mission assignment, and as an example of how an adaptive team



can achieve mission success.

The RPAT training curriculum will be refined over the coming months as more Soldiers attend the academy and has the potential to be incorporated into sustainment and logistics doctrine and professional development training at Army institutions back in the States.



# GET ON THE ROAD TO FINANCIAL PEACE

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March 6

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\$93 (including tax) for your Financial Peace Kit

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# ON THE MOVE AGAIN:



Cpl. Zachary "Huff" Gloynahuff provides security from an MATV truck during 926th MCT's training for its mission in northern Afghanistan. The 926th recently relocated to Afghanistan to assist with retrograde operations in support of Operation Enduring Freedom.



# 926TH MCT TRANSITIONS TO MISSION IN AFGHANISTAN

Story and photos by Army Maj. Rhonda House

BAGRAM AIR BASE, Afghanistan — Just one month after the 926th Movement Control Team arrived at Camp Buehring, Kuwait, the Shadow Warriors were given a new mission: relocate to Afghanistan and assist in setting the conditions for future retrograde in support of Operation Enduring Freedom.

With a short movement deadline, Soldiers of the 926th MCT quickly organized the details for the move. Sgt. Armando Campos, the 926th's movement control noncommissioned officer, made sure Soldiers were properly equipped with gear to protect them from the bitter Afghan winter weather. Sgt. Christopher Schimpff, the unit's human resources noncommissioned officer, completed all necessary orders and administrative paperwork. First Lt. Jackie Orozco, the 926th's mobility and executive officer, accounted for and packed the team's equipment for the move to Afghanistan. She also transferred equipment not needed by the team to other units at Camp Arifjan, and coordinated unit movement.

The 926th MCT, accompanied by the 486th Movement Control Team, arrived here in early February and were greeted by the movement control battalion for in-processing. The units went through a round of clothing issue and other equipment. Several Soldiers learned how to operate the Mine Resistant, Ambush-Protected, All-Terrain Vehicle and received primary marksmanship instruction on the M-240B machine gun in preparation for the new mission. After completing the training, the Shadow Warriors moved forward to their operating post in northern Afghanistan to begin the job.

The 926th is now working with the 10th Sustainment Brigade and the Surface Deployment Distribution Command to ensure that all equipment coming into Afghanistan is properly tagged. By setting conditions and procedures for accurate accountability and tracking of resources, the 926th MCT hopes to have set the standard in logistics and sustainment management for the responsible drawdown of Afghanistan.



# END OF TOUR

By: Army Sgt. Erikewanna T. Maxwell  
Joint Logistics Task Force 6, Public Affairs

**CAMP ARIFJAN, Kuwait** — The 51st Transportation Company here played an important role during the drawdown of Iraq, at the same time making the transition from a gun-truck unit to a line-haul unit.

Before the 51st TC's parent unit, Joint Logistics Task Force 6, arrived here, the unit had already completed their relief-in-place training with the previous transportation company.

The 51st TC also had a head start in conducting convoys and making history. The unit completed more than 75 missions from Kuwait to Iraq, not including local missions. While the company logged more than four million miles on the road, its primary role was that of protectors. The Soldiers served as convoy escort teams, manning the Caiman and Caiman Plus vehicles that guarded the line-haul vehicles transporting equipment to be retrograded.

During their deployment, the

Soldiers of the 51st TC had their share of enemy contact. Combat Action Badges were awarded to 36 Soldiers and one Soldier received a Purple Heart for wounds received in combat.

The "Maintainers," the 51st TC's maintenance platoon, kept the fleet running flawlessly while maintaining a safe motor pool. The Soldiers' efforts were recognized by winning the Zone 6 Mayor Cell's Motor Pool of the Month award six times during their tour.

In addition to these responsibilities, the company had a detail working throughout the nights to help upgrade the 230th Sustainment Brigade's Caimans into the Caiman Plus variant.

Three noncommissioned officers were individually recognized with the Order of Saint Christopher Medal. A prestigious award for a Soldier in the Army Transportation Corps, it is given to those who hold the highest standards of integrity, display an outstanding degree of professional knowledge, and serve the Transportation Corps in a selfless manner.

51st  
TRANSPORTATION  
COMPANY





Maj. Patrick Almond, JLT6 acting commander, awards the Order of Saint Christopher Medal to Staff Sgt. Shannon Allen during the 51st Transportation Company's End of Tour Award Ceremony. Allen was nominated for the award based on his performance during Operation New Dawn. (U.S. Army photo by Spc. Deepinder Singh)

The personnel of the 51st Transportation Company's maintenance platoon pose with the "Motor Pool of the Month" trophy. The contenders are judged by the cleanliness, safety, and Hazmat-free areas of the work environment. This was one of six victories gained by the "Maintainers." (U.S. Army photo by Sgt. Erikewanna T. Maxwell)



Spc. Jesse Mahin of the 51st Transportation Company lifts a Caiman tire with a forklift during the process of a Quality Assurance and Quality Controls inspection. Mahin and his fellow "Maintainers" kept a fleet of over 60 Caimans on the road while upgrading the vehicles to Caiman Pluses. (U.S. Army photo by Sgt. Erikewanna T. Maxwell)

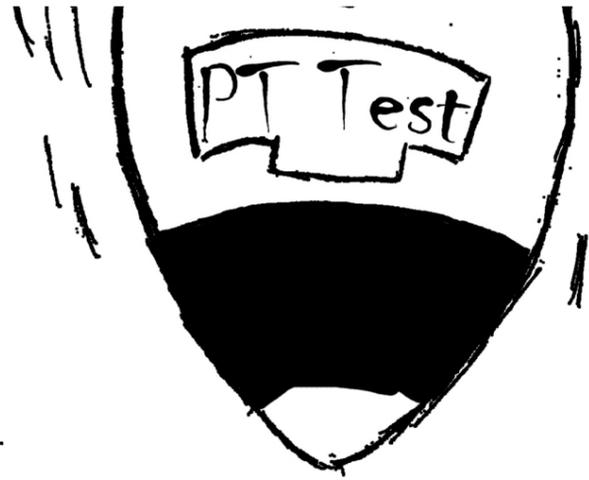


# TWISTED STEEL

**It's that Time Again!**

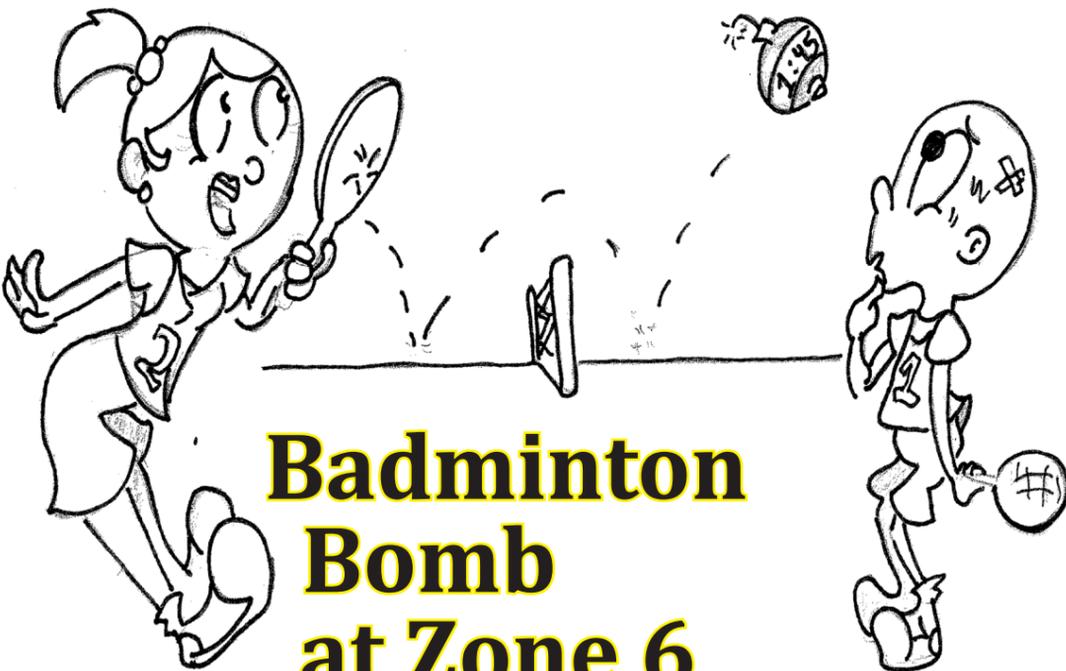


Profiles



**Here are the new Camp Arifjan APFT exercises:**

Start



**Badminton Bomb at Zone 6 MWR!**

**Timed End of Tour Award Writing!**



**Escape from Zone 6 DFAC!**



**Soldiers: can YOU meet the standard? Good luck!**



# LAST RIDERS CONVOY

## ROUGH RIDERS

CAMP ARIFJAN, Kuwait – The 1452nd's last HET convoy consisted of six vehicles (five HETs and one M984 Wrecker-Recovery vehicle). They hauled other HETs and two MRAPs (pictured here) to Kuwait Naval Base for preparation for movement out of the region.



Story and photos by Maj. Matt DeVivo, 113th Sustainment Brigade Public Affairs

**CAMP ARIFJAN, Kuwait** - The 1452nd Heavy Equipment Transport (HET) Company conducted their last HET mission here Feb. 23, hauling equipment to Kuwait Naval Base.

"It's bittersweet," said Sgt. Ronnie Parham, a native of Warrenton, N.C. "We knew this day was coming, and I'm proud and sad at the same time.

"We drove lots of miles over the past seven months. We've travelled all over Iraq, on missions that were over two-weeks long, and have seen almost every inch of Kuwaiti roads," said Parham.

Nicknamed the "Rough Riders," the unit is a North Carolina National Guard unit based out of Winston-Salem. The unit has hauled all types

of large and heavy equipment to locations across Kuwait for transport back to the United States or other locations. The unit used and maintained M1070 HETs, the largest truck in the U.S. Army inventory, to accomplish the mission.

As the reorganization of military units continues, so does the transfer of

large quantities of property that was critically needed during the Iraq War. The number of HETs in the 1452nd's catalog has slowly decreased over the past few months as a result from the drawdown of troops and the official end of Operation New

Dawn.

The last HET convoy was small in comparison to those during the war and the movement of forces out of Iraq. There were only six vehicles on the mission (five HETs and one M984 Wrecker-Recovery vehicle). The distance was shorter, too, but the Soldiers tasked to this last mission were still excited.

It was 10:30 in the morning when the HETs rumbled to life, pulling their empty trailers and disappearing into their own dust cloud, en-route to the equipment staging area. There, the HET teams received two Mine Resistant Ambush Protection vehicles and three HETs. The MRAPs and HETs were lifted onto the trailers and within one hour, the Rough Riders were on the move.

Pfc. Thomas Sharpe, a native of Perquimans, N.C., was thrilled to be on the last HET convoy mission.

### Steel Facts:

- + The 1452nd was activated as a unit in the North Carolina Army National Guard in 1999.
- + Both Durham and Oxford, N.C., have 1452nd HET Co. armories.
- + Sixteen Soldiers of the 1452nd HET Co. were part of the final convoy to leave Iraq on Dec. 18.
- + The M1070 can transport equipment weighing up to 70 tons.

*"We knew this day was coming," said Sgt. Ronnie Parham. "I'm proud and sad at the same time."*

CAMP ARIFJAN, Kuwait – The 1452nd’s last HET convoy consisted six vehicles (five HETs and one wrecker). They hauled other HETs (in picture above) and two MRAPs to Kuwait Naval Base for preparation for movement out of the region.



“This is a great truck to drive,” said Sharpe. “It’s kind of sad to know we probably will not be in these vehicles much after today.”

“My best memory of driving a HET is when I hauled M1 Abrams tanks out of Iraq,” added Sharpe. “That was cool.”

The HET convoy reached the destination and large cranes lifted each piece of cargo off of the trucks and trailer. Like hundreds of missions in

the past, the HET crews collected up the tie-down chains and bracing tools, completed the shipment paperwork, and were quickly back on the road to their home base.

“I’m happy that we have been so busy and have accomplished a lot with no serious accidents or injuries,” said Parham. “I wonder what’s next.”

But for now, mission complete.



CAMP ARIFJAN, Kuwait - Soldiers of the 1452nd HET Company gathered in front of their trucks for a photo. They were tasked to drive the last HET mission for the unit.



CAMP ARIFJAN, Kuwait – Sgt. Ronnie Parham (above), a native of Warrenton, NC., keeps his eyes on the road ahead during the 1452nd Heavy Equipment Transport Company's last official HET convoy.



KUWAIT NAVAL BASE, Kuwait – A HET tractor, weighing over 20 Tons (approximately 41,000 lbs) is gently lowered in place onto another HET's trailer.

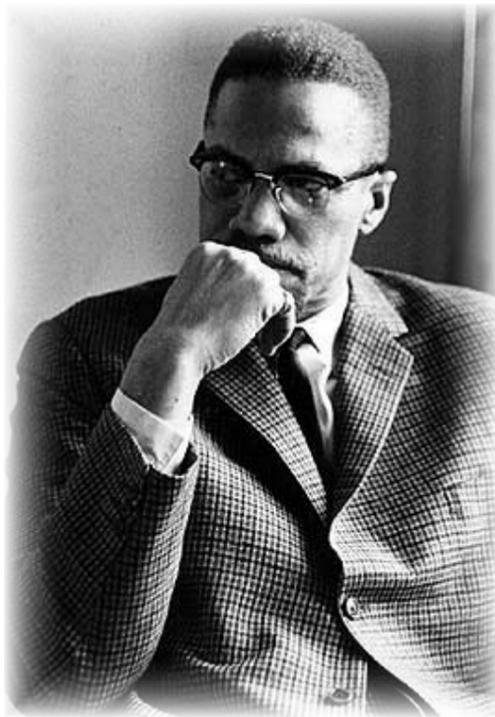
**Need Access To Your Funds?**

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*Convenient Locations - Available 24/7  
No Transaction Fees*



# OPINION: BLACK HISTORY MONTH



*Martin Luther King, Jr. Malcolm X. Rosa Parks. Charles Drew.*

The achievements of these and many other prominent African-Americans are remembered every February during Black History Month, a national observance to remember and reflect upon notable African-American people and events in our nation's history.

African-Americans have played key roles in America's military history from Colonial days to the present.

A slave, John Martin, of Wilmington, Del., was the first black Marine. Enlisting in the Continental Marines in 1776, Martin served at sea and took part in several battles against British forces before going down with his ship in the North Atlantic.

In the War of 1812, 15 to 20 percent of U.S. Navy personnel were of African ethnicity. Approximately 185,000 African-Americans served as Soldiers in the Union Army during the Civil War; 16 were awarded the Medal of Honor.

Following the Civil War, four all-black regiments, the 9th and 10th Cavalry and 24th and 25th Infantry – the famed Buffalo Soldiers – were raised, and served with distinction

during the Indian Wars and the Spanish-American War. The four regiments played a key role in the American victory at San Juan Heights, Cuba, on July 1, 1898, fighting alongside Teddy Roosevelt's Rough Riders.

For his actions in World War I, Cpl. Freddie Stowers of the 371st Infantry Regiment, 93rd Infantry Division, was posthumously awarded the Medal of Honor by President George H. W. Bush on April 24, 1991.

Stowers received the medal for his actions in France on Sept. 28, 1918, when he led an attack on German trenches. Taking charge of his decimated company, Stowers urged his Soldiers forward, even after he was fatally wounded by German machinegun fire. He was the only black Soldier to be awarded the Medal of Honor in World War I.

During Black History Month, we remember the past, celebrate the present, and anticipate the future. Many outstanding Soldiers serve in the 113th Sustainment Brigade; I recently had the chance to sit down with a few and talk about their careers.

**Lt. Col. Angela Jones:** Jones, the 113th SB's executive officer, is

# OPINION: BLACK HISTORY MONTH

known for the way she cares about Soldiers and how she treats everyone with dignity and respect. Jones has been in the Army for 26 years. She began her career as an enlisted Soldier.

"The main reason I first enlisted in the Army was to take advantage of the educational benefits that the Army offered," she said. "My parents raised six children and I knew that they could not afford to send me to college."

Jones said she has never experienced any racial discrimination in the Army.

"I refuse to let race become an issue, and I stand up for what I believe in and I do the right thing up front," Jones said.

**Master Sgt. Ander Wilds:** Wilds, a mild-mannered person, often lends his ears to young Soldiers.

"I enjoy helping young Soldiers and giving advice based on my military experience," Wilds said. "Soldiers should do the right thing, even if they do not agree with the situation."

Wilds, a 30-year veteran, said he respects former Secretary of State Colin Powell because of the many obstacles Powell had to overcome as a young man and gained the respect and honor of people with whom he came in contact.

"Always have confidence in your abilities and seek others for advice and assistance when you need help," Wilds added.

**Command Sgt. Maj. Michael Scott:** Scott, command sergeant major of the 113th Special Troops Battalion, is always upbeat, even when he's making on-the-spot corrections.

Scott lives the Army's noncommissioned officer creed, often reminding enlisted Soldiers and NCOs that they are the backbone of the Army. Scott is proud of becoming a command sergeant major in the Army National Guard and spoke about overcoming obstacles, such as being an NCO new to the National Guard and not being known by anyone.

"You never are finished working and proving yourself to your peers; the Soldiers you lead and your superiors," he said.

Scott said he couldn't have accomplished everything he has in life without help from many others.

"My advice to African-American Soldiers is to never forget where you come from and to pave the way for others," he said.



# OPINION: BLACK HISTORY MONTH

A big supporter of education, Scott stressed that “young people need to get all the education they can.”

Scott said he was inspired by the example of Harriet Tubman because of the attitude and determination she showed in helping others, even though her own life was in constant danger. In the years before the Civil War, Tubman, who had escaped from slavery, safeguarded and assisted in freeing hundreds of slaves who fled the South. During the Civil War, she served with the Union Army as a cook, laundress, nurse, scout, and spy behind Confederate lines.

**Master Sgt. Brenda Mitchell:** Mitchell has achieved much in her 24-year Army career. Mitchell said there were very few African-Americans in her first unit, the 118th Military Police Battalion. Mitchell said she had to prove herself because of her race and gender. Mitchell said she was the first black female promoted to the rank of sergeant first class in the 30th Heavy Brigade Combat Team, of the North Carolina Army National Guard. She deployed with the 30th HBCT in 2009 in support of Operation Iraqi Freedom as its first black female first sergeant.

“I believe in the Army values and standards and hold myself and other Soldiers to those standards,” she said.

**Lt. Col. Darryl Godwin:** The recently-promoted Godwin has spent 26 years in the Army. Godwin said young people should take advantage of all the opportunities that are afforded them and have goals.

“I credit my success with the fact that I have surrounded myself with positive people,” Godwin said. “I had a good mentor: Chief Warrant Officer Terry Hicks.”

All the Soldiers said that while a lot of progress has been made in closing the racial gap in America, much work remains to be done before the goals expressed by Martin Luther King, Jr., in his 1963 “I Have a Dream” speech can be fulfilled.

There is greatness in our midst. In the coming years, I’m sure African-Americans in our unit and throughout the military will continue to achieve success and greatness. But as these Soldiers said, no one can do it alone.

As Booker T. Washington said, “If you want to lift yourself up, lift up someone else.”



*Master Sgt. Maxine Carr is the support operations and transportation noncommissioned officer in charge, 113th Sustainment Brigade, Camp Arifjan, Kuwait. The views expressed do not necessarily reflect those of the Department of Defense or Department of the Army.*



# EQUAL OPPORTUNITY

## March is Women's History Month

The "Steel Press" asked Soldiers, which female has made the biggest impact on your life?



Pfc. Christy Hall  
**My Mother**

My mother is my hero. She raised three kids on her own and sacrificed a lot for us. She showed me how a family is suppose to be.



Spc. Neka Meadows  
**My Mother**

She made me the woman I am today.



2nd Lt. Jessica Lofton  
**Maya Angelou**

She is my role model; a celebrated poet , novelist , producer, film maker, actress, singer, civil rights activist. She had also worked with Malcolm X to help build his new Organization of African American Unity. She served as the Northern Coordinator for the Southern Christian leadership Conference.

### Observances 2012

On behalf of the Department of Defense USD (P&R), Diversity and the Defense Equal Opportunity Management Institute publishes themes in conjunction with national observances. While all DEOMI published themes are representative of the Department of Defense, this does not preclude an organization from creating their own theme or using previously published themes.

Observance	Date	Source/Theme
<b>Women's History Month</b>	1-31 March 2012	<b>National and Department of Defense USD (P&amp;R) Theme</b> Source: Women's History Project <i>Women's Education – Women's Empowerment</i>
<b>Holocaust Remembrance Day</b> <b>Days of Remembrance</b>	19 April 2012 15-22 April 2012	<b>National and Department of Defense USD (P&amp;R) Theme</b> Source: United States Holocaust Memorial Museum <i>Choosing to Act: Stories of Rescue</i>
<b>Asian Pacific American Heritage Month</b>	1-31 May 2012	<b>National and Department of Defense USD (P&amp;R) Theme</b> Source: Federal Asian Pacific American Council <i>Theme TBD</i>
<b>Women's Equality Day</b>	26 August 2012	<b>National and Department of Defense USD (P&amp;R) Theme</b> Source: Women's History Project <i>Celebrating Women's Right to Vote</i> (This theme does not change.)
<b>Hispanic Heritage Month</b>	15 September- 15 October 2012	<b>National and Department of Defense USD (P&amp;R) Theme</b> Source: National Council of Hispanic Employment Program Managers <i>Theme TBD</i>
<b>National Disability Employment Awareness Month</b>	1-31 October 2012	<b>National and Department of Defense USD (P&amp;R) Theme</b> Source: Department of Labor <i>Theme TBD</i>
<b>National American Indian Heritage Month</b>	1-30 November 2012	<b>Department of Defense USD (P&amp;R) Theme</b> Source: Society of American Indian Government Employees (SAIGE) <i>Theme TBD</i>

# EQUAL OPPORTUNITY



## Staff Sgt. Felicia Padilla Great Aunt

I grew up in the system and my great aunt was the only one that fought for me and my sister. I was the eighteenth child she had raised; she only had two children who were hers biologically.

## Sgt. Gabrielle Noviello Beyonce



She is my role model because she travels the world and interacts in everything she does, always taking a piece of that country with her. I'm inspired by who she is as a person and how she carries herself.



## Pfc. Jade Bumbry My Grandma

She raised four children by herself with no father figure during a time it was frowned upon. Even though we stayed in a low-income area, she never treated it as if it was that. She always pushed me to be more than myself.



HEY, SPC. JOSHUA LEE!  
YOU DON'T NEED TO SIGN  
ANYTHING TO RECEIVE  
THE "STEEL PRESS!"\*

Just look for it every  
month on the 113th  
Sustainment Brigade's  
Facebook page!



\*BUT WE'LL TAKE  
YOUR PEN IF YOU'RE  
NOT USING IT!

## FROM THE WHISKEYS

# Mind Your Metabolism in March!

## Ways to Eat Healthy in the Dining Facility:

1. Eat lean protein more often, such as fish, chicken, and turkey breast.
2. Eat slowly and stop eating **BEFORE** you feel full.
3. Make half of your plate only fruits and vegetables.
4. Trim the fat off meat and remove skin from chicken to reduce fat.
5. Add lemon, instead of sugar, to your tea for flavor.
6. Eat whole grain breads for more nutrition.

Need a little **pep** in your **step**? Here are a few ways you can help **speed up** your **metabolism**.

Genetics play a big part in our health. However, when it comes to your metabolism, your age, weight, diet and exercise habits are even more important factors.

When planning your meals, be careful not to cut your calories too drastically; skipping meals automatically slows down your metabolic rate. Your body assumes that you are starving, so it begins to store fat. In order to get a good idea of how many calories you should be taking in, multiply your current weight by 11. This will put you in range to lose anywhere from one-half to three pounds a week.

People don't just say breakfast is the most important meal of the day for nothing! When you go to sleep, your metabolism slows down and doesn't speed back up until you fuel your body. Eating a high-fiber high carb breakfast will kick start your metabolism. It takes longer for your body to digest and absorb these kinds of foods, leaving you feeling full longer. Eating small snacks such as fruit, nuts, yogurt or small cans of tuna throughout the day will help you

from over eating and will keep your metabolism from dipping inbetween meals.

Exercising is the best way to increase your resting metabolic rate. Fatty tissue only burns two to five calories per pound when the body is at rest; however, muscle tissue will burn 30-50 calories while resting. Keep in mind that your metabolism will stay on overdrive for up to two hours after you finish your workout. Adding interval training to your workouts (small bursts of high intensity) can give you the extra "umph" you may need. An example would be 30-second sprints or a few minutes of incline during your treadmill workout. Studies show that people who incorporate interval training a few times a week will burn up to twice as many calories in their workouts.

Having a good understanding of how to control your metabolism is key in helping you understand how to control your weight and body fat. Both of which have an extreme effect on your body and your over all health.

\*All information in this article was provided through [www.redbookmag.com](http://www.redbookmag.com)

## Medic Challenge of the Month

Ever heard the phrase "**your eyes are bigger than your stomach**?" Well, here is a way to test the theory. Fill your plate with the amount of food that you would normally eat. Then, **blindfold yourself**. Eat your food slowly, giving yourself time to enjoy it. Continue to eat until satisfied, then stop. Take off the blindfold and see

how much is left over. Typically, people will eat about a third to a half of what they would if they were looking at their food. This will give you a better visual idea of the amount of food you should be putting on your plate.

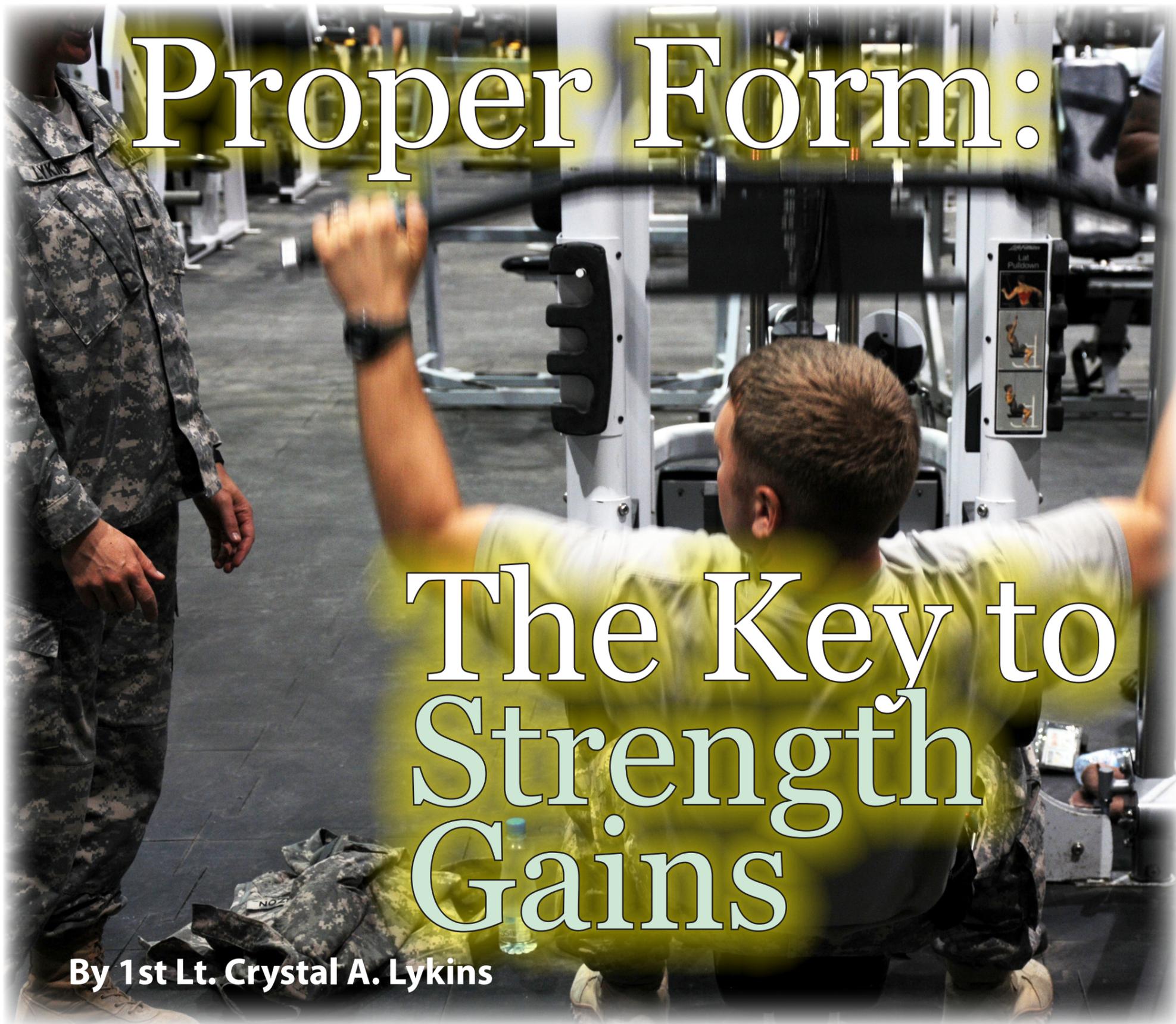


**NINE HOLE GRASS COURSE  
added as MWR Tour Site.  
10 KD per person to play.**

**See MWR Tours & Travel Office  
for more info or call  
Camp Arifjan Zone 1 @ 430-1223  
Camp Buehring @ 438-3056**

# PROPER FORM : KEY TO STRENGTH GAINS

.....



# Proper Form:

# The Key to Strength Gains

**By 1st Lt. Crystal A. Lykins**

*(1st Lt. Crystal A. Lykins holds a bachelor's degree in health and human performance. She is a certified personal trainer and aerobics instructor, and has been a dance, gymnastics, and fitness instructor.)*

The human body has more than 650 muscles and two types of muscle fibers. Type I fibers, known as slow twitch fibers, are used for endurance activities. These fibers don't require maximum strength. Type II fibers are used for strength and come into play when 25 percent of one's maximum strength is used to perform an exercise.

So more weight is better, right? Not exactly. Increasing weight in order to increase strength is important, but not as important as maintaining correct form. Strength and physiological changes of muscle mass takes consistent and efficient

training.

The next time you head to the gym, focus on form and notice how your body is moving with each repetition. Having a battle buddy work out with you is also a good way to ensure you are performing each exercise in the correct manner.

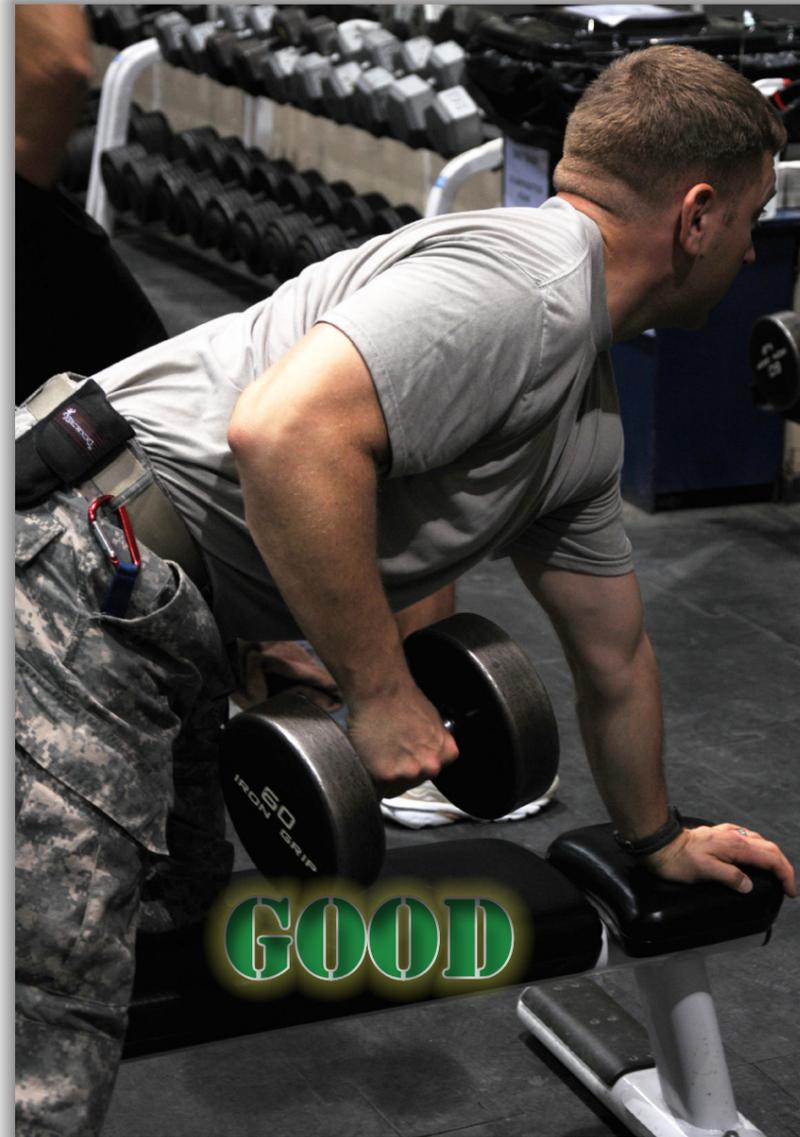
Working out is never a waste of time, but sacrificing form for strength gain is. Make the most of your workouts and continue your journey to fitness armed with knowledge, and strength will follow.

Let's review three different exercises: the lat pull down, a one-arm dumb bell row and abdominal crunches.

# PROPER FORM : KEY TO STRENGTH GAINS



## “ONE-ARM DUMB BELL ROW”



Incorrect: The demonstrator can't lift the weight effectively due to fatigue and excessive weight usage. The back is losing placement when the weight is lifted, making this exercise ineffective. To effectively exercise the latissimus dorsi, the larger, flat and lower muscle underneath the arms, also known as the lat muscle, the back must be flat.

Correct: This exercise is normally performed incorrectly because those doing it use too many weights and quickly experience fatigue. The correct form includes keeping the back flat and pulling the elbow past the lateral plane of the back.

Correct: Lay flat on the floor with knees up to prevent lower back injury. The elbows are out wide and chin is pointed up. A good trick is to pretend to have an apple or orange preventing the chin from falling to the chest. The contraction of the abdominal muscles is important, too. Always keep the lower back pressed against the floor and make sure to lift the shoulder blades off the floor with each crunch.

## ABDOMINAL CRUNCHES



# PROPER FORM : KEY TO STRENGTH GAINS

Correct: This exercise requires multiple body placement procedures. The chest should be lifted and lower back slightly arched. Arms are wide on the bar and the elbows take the lead on pulling the weight back. The best thing to do is think about squeezing the shoulder blades together and pulling the elbows behind.



## “LAT PULL DOWN”

Incorrect: The demonstrator’s back is too straight and the hand positions are incorrect. He is pulling the bar with the lead of his hands and bringing his elbows to the front of his body. This position restricts the back muscles from working effectively, and actually makes the forearms do the work.



Incorrect: Elbows pulled in close to the body puts extra pressure on the neck and prevents the abdominal muscles from working effectively. The chin is incorrectly pulled into the chest. 



*The information contained here is for general information purposes only. Please consult your health provider before making changes to your diet or current exercise program.*

# “Why am I being pushed to use the Eagle Cash Card?”

Soldiers asking this question normally receive a vague answer about “security,” or something about “taking cash off the battlefield.” Instead of seeking more information about the card, most Soldiers leave the finance office shaking their heads and go directly to the automatic teller machine. Soldiers need to make informed choices when it comes to the method of payment for local purchases.

**“Okay, what is so great about the ECC? It’s just another document that I have to carry around and be responsible for – what am I getting out of this deal?”**



The first advantage of the ECC is the safety it provides to Soldiers’ personal bank accounts.

The use of debit or credit cards can bring enormous risk to your money; anytime you swipe your card, stateside or overseas, you run the risk of identity theft.

When outside the United States, you are at a higher risk, which rises even more if you’re deployed. Thieves will often wait until you leave theater to run bogus charges on your card. A common response is to just use cash, but when you research ATM scams, it’s easy to see the major flaws in that plan.

**“Great. Now I’m scared. Can we please get to the benefits?”**

Rest easy, Soldier – a great feature of the ECC is that your banking information is not stored on the card. Your account information is saved in a secure central database. Soldiers should know that only \$350 can be put on the card per day, so even if someone stole your card and your personal identification number, they

could only spend the amount on the card or until you cancel it. Do you know the daily limit on your debit card? Mine is \$5,000 per transaction. How much do you keep in your savings versus your checking account? The answers might create a bigger risk than you thought.

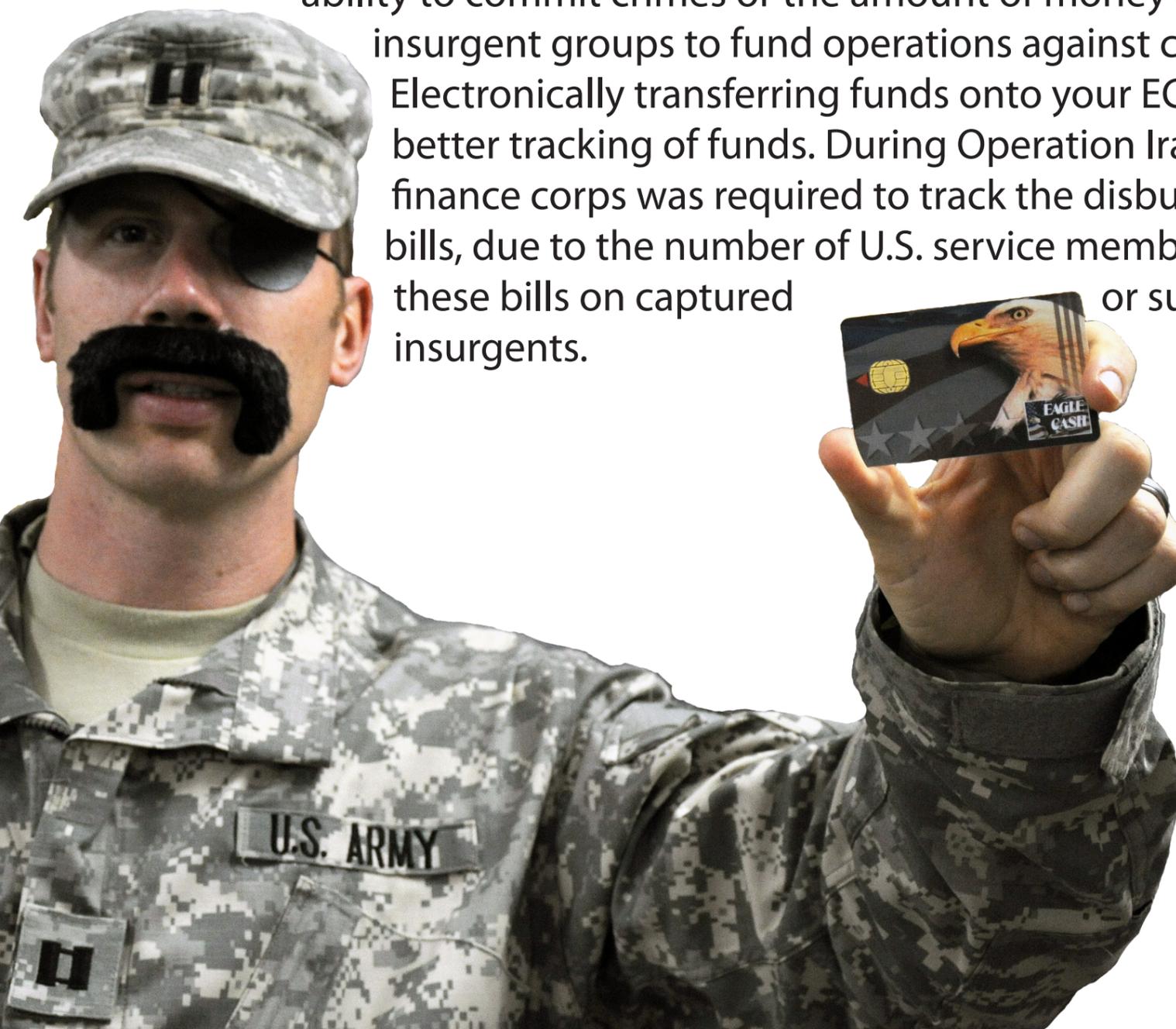
## **“I totally get it now. But what’s that part about taking cash off the battlefield?”**

By reducing cash on the battlefield, the military is able to decrease the exposure of Soldiers to the risks and costs associated with moving large amounts of cash. For every \$1 million, it costs roughly \$60,000 in security, logistics, and support fees to move American money overseas.

During the height of the Iraq war, about \$1 billion was brought into theater every year, creating an annual bill of \$60 million paid by U.S. taxpayers just for the use of hard currency. If the rest of the U.S. bases around the world are added in, the numbers turn into hundreds of millions of dollars wasted.

By reducing the amount of cash on the battlefield, the U.S. is able to reduce the amount of illegal activity. Criminals normally work for cash, since it’s harder to trace than electronic transfers of money.

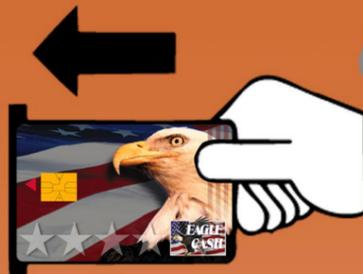
Using your ECC keeps cash out of the criminals’ hands, reducing their ability to commit crimes or the amount of money available to insurgent groups to fund operations against coalition forces. Electronically transferring funds onto your ECC allows for better tracking of funds. During Operation Iraqi Freedom, the finance corps was required to track the disbursement of \$100 bills, due to the number of U.S. service members discovering these bills on captured or surrendering insurgents.



# How To Use Your EagleCash™ Card

**1. Present EagleCash card and photo ID to Cashier.**

**2. Cashier inserts EagleCash card into terminal.**



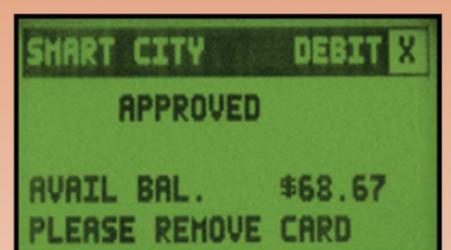
*Your available balance is displayed briefly.*

**3. Cashier enters the amount of your purchase.**

*Verify the total, enter your PIN and press Enter to accept the purchase amount, or press No to correct/decline the amount. Press Clear if you make a mistake entering your PIN.*



**4. Terminal will display your new card balance and print a receipt.**



**5. Wait for your card and receipt. The transaction is complete!**



- ✓ Use your EagleCash Card at all approved base/post merchants.
- ✓ Add funds to your card at the Finance Office or Kiosk (where available).

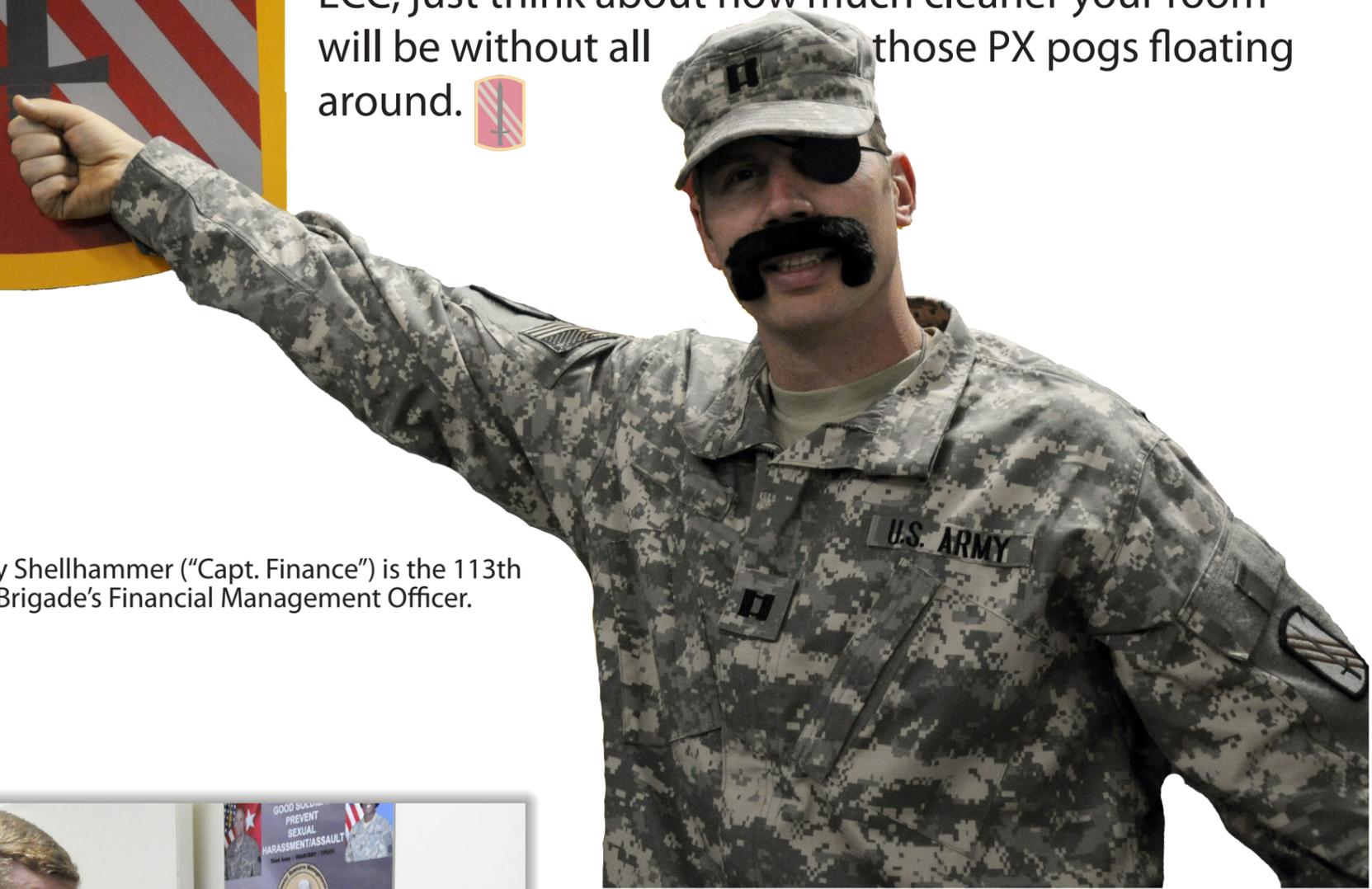
**See your local Finance Office or visit [www.fms.treas.gov/eaglecash](http://www.fms.treas.gov/eaglecash) for more information.**

# CAPT. FINANCE

## “Whoa. I’m even fighting terrorism when I shop?”

Of course! The bottom line is that the ECC is the safest and most beneficial way to pay for goods and services, making things cheaper for the people back home and helping to prevent terrorism.

If these aren’t enough good reasons to use your ECC, just think about how much cleaner your room will be without all those PX pogs floating around. 🗡️



Capt. Jeremy Shellhammer (“Capt. Finance”) is the 113th Sustainment Brigade’s Financial Management Officer.



CAMP ARIFJAN, Kuwait - Pfc. Lorena DeJesus of the 18th Financial Management Center from Fort Bragg, N.C., guides Maj. Gen. Kenneth S. Dowd, the commanding general of the 1st Theater Sustainment Command, on the use of the Eagle Cash Card. (U.S. Army photo by Capt. John Giaquinto, 1st Theater Sustainment Command, Public Affairs. )

# SOLDIER ON THE STREET

## What do YOU think of the Eagle Cash Card?



**2nd Lt. Marvida Watson** - I like that it can be used as a good budgeting tool. Instead of just using my debit card, I can put a certain amount on it and go from there. My only problem is that it takes about a week to pull the money from my bank account.

**Pvt. Demarcus Blakeney** - It is really easy to load funds onto the Eagle Cash card. I like how it helps me keep track of my spending.



**Sgt. James Wells** - It works great! I like that I don't have to use my debit card, which could put my information and money at an even higher risk.



**Spc. Steven Vines** - Its convenient for me. I use it instead of carrying cash for small purchases.



# Strategic Reserve Draw

Story and photos By Sgt. 1st Class Keith Warzon  
113th Sustainment Brigade Public Affairs



**CAMP ARIFJAN, Kuwait**  
– It was a cold February morning here when the 1452nd Transportation Company was getting ready to haul equipment to Camp Buehring, Kuwait, for the Army's 1st Cavalry Division. While riding the bus to the staging area of their vehicles, the Soldiers smiled and laughed, excited to know that they were about to do the job that they were trained for: transportation.

Once at their vehicles, each Soldier knew their part: start the vehicles, conduct a visual inspection, and to make sure the loads were properly tied down. It was apparent that these Soldiers had all been working together for quite some time.

Before leaving the base, one of the trailers had a tire blow out. The truck was moved to an open area and the driver and assistant driver went to work. While one Soldier prepared the trailer, the other got the tools needed for the change. The tire was changed and they were ready to continue on with the mission.

Army Sgts. Alan DuBois and Nicole Wilson took part in the convoy. They were both members of the same team for the security missions the 1452nd TC ran in and out of Iraq, to include the very last

convoy out of the country; however, this was the first time they were on a Heavy Equipment Transport vehicle together.

"I miss running missions in the MRAP [Mine Resistant Ambush Protected all-terrain vehicle]," said Wilson. "[The 1st Cav. Division's] equipment needed a little TLC



Two soldiers prepare a Heavy Equipment Transport Trailer to load vehicles. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)



when we first got it, but it's held up great throughout the missions."

The trip was long and slow in the HETs, resulting in plenty of time for conversation. DuBois explained that he and his wife were expecting their first child within the next month.

"I'm getting ready to go home on rest and recuperation leave and I'll be meeting my daughter for the first time," DuBois said with excitement.

"I can't wait to spend time with my wife and two children," said Army Pvt. Randall Cox. "I'm also planning on going back to school."

Once the trucks were parked in an area to unload the cargo, Soldiers from 1st Cav were standing by to receive their equipment. Looking like children on Christmas morning, each Soldier started releasing the chains holding down their equipment, working right alongside the 1452nd Soldiers. The drivers were happy that they successfully delivered their cargo, but they were only halfway done with the mission: they still had to drive back to Camp Arifjan. There was a quick stop for lunch, and then they were back on the road. After a long day of staring through a windshield, they made it back here safely. 





Soldiers head out to the loading area to prepare the Heavy Equipment Transport Trailers to receive cargo. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)



Abrams tanks are lined up in a loading yard before being moved to a different base. (U.S. Army photo by Staff Sgt. Steven Pearce, 113th Sustainment Brigade)

Two soldiers prepare a Heavy Equipment Transport Trailer to load vehicles. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)

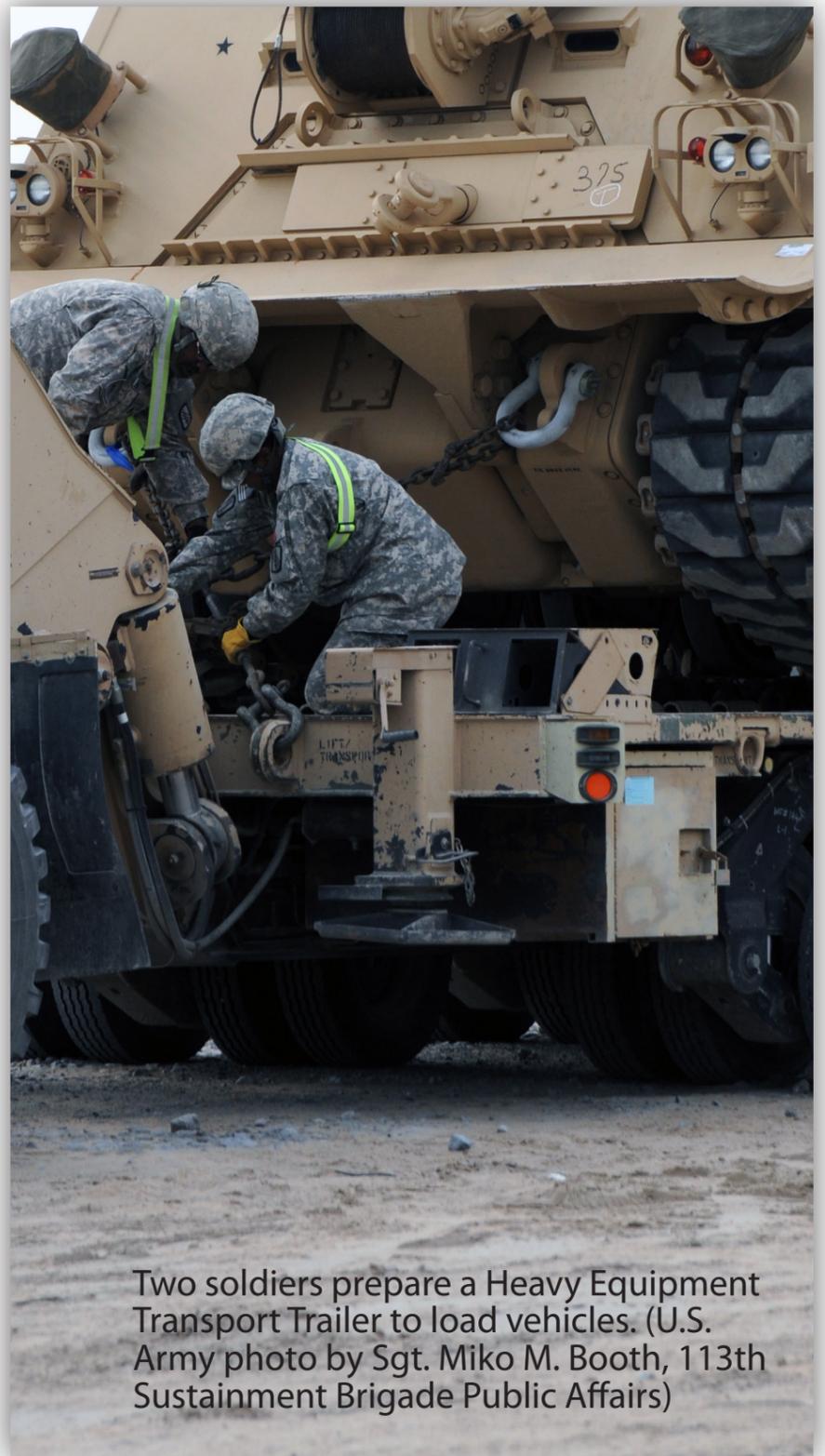


An M88 Recovery vehicle is guided on to the back of a Heavy Equipment Transport Trailer. (U.S. Army photo by Staff Sgt. Steven Pearce, 113th Sustainment Brigade)





Soldiers use their free time in between loading Heavy Equipment Transport Trailers to play short games. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)



Two soldiers prepare a Heavy Equipment Transport Trailer to load vehicles. (U.S. Army photo by Sgt. Miko M. Booth, 113th Sustainment Brigade Public Affairs)



A Bradley Fighting Vehicle is loaded onto a Heavy Equipment Transport Trailer. (U.S. Army photo by Staff Sgt. Steven Pearce, 113th Sustainment Brigade)



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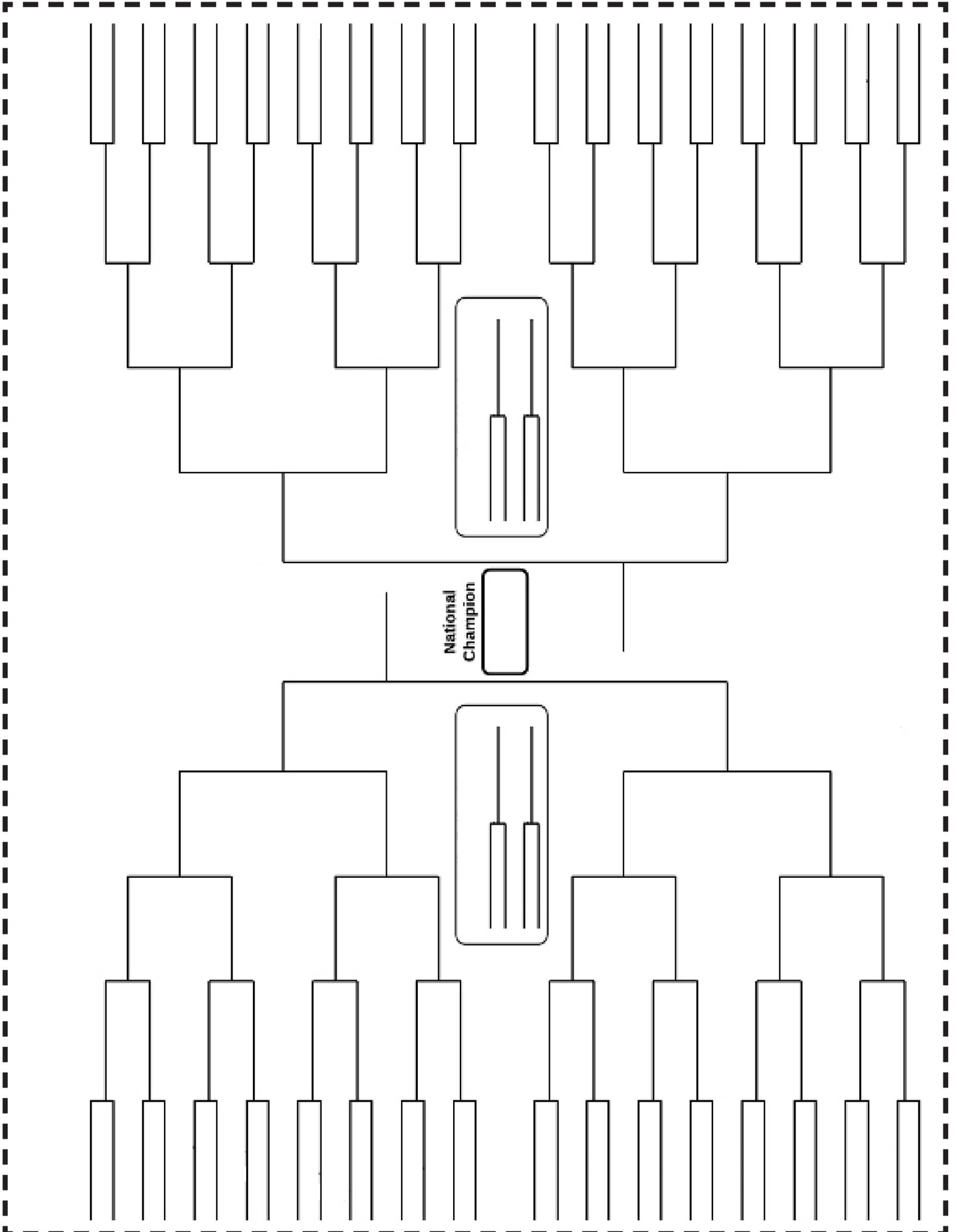
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# SPORTS

How closely can you predict the outcome of March Madness? Use this pre-made form to test your knowledge and skills! 🏀



# COMMENTARY - SPORTS

## THE (DEPLOYED) BASKETBALL EXPERIENCE

Commentary and photos by Spc. Damian Flowers  
113th Sustainment Brigade Public Affairs

How many sports team's jerseys do you have in your closet? For some, jerseys are collectibles; some could outfit an entire football team's defensive lineup. While shoppers inspect jerseys very carefully, going over the stitching, debating on whether to spend money on an exact replica, or on one that will just do for the right price, there's one thing consumers will never find on that jersey – the experience of being part of the team.

After arriving here in December 2011, Headquarters and Headquarters

Company of the 113th Sustainment Brigade quickly took to their duties in support of Operation Enduring Freedom. After completing the transfer of authority from the 230th Sustainment Brigade, the company took a "work hard, play hard" attitude; while it maintains operations here, it also formed two male basketball teams to play during Camp Arifjan's 2011-2012 basketball season.

The Young Stallions started out as a group of newly-made friends in the unit. These Soldiers would get together during their time off, playing a few pickup games on the courts for fun and to maintain physical fitness.

Now, the once-new friends have become a family, thanks to the passion of basketball. To some, basketball is just another way to pass time or stay in shape. But to the Young Stallions, it's more than a game; it's a passion, a love, and motivation to become a better Soldier.

The time between the company's arrival and the start of the basketball season was very short, creating a bit of a rough start with the players of the Young Stallions. Other teams started out with winning streaks and demonstrated plays practiced to perfection; the Young Stallions didn't do so well. Instead of yielding to the pressure,



# COMMENTARY - SPORTS



the Soldiers did what any other 113th Sustainment Brigade Soldier would do – they remained flexible, understanding it would take more than a few pickup games to develop as a team worth fearing on the courts. The players became proactive with their practices, playing new positions or attempted different plays in which they didn't have a lot of experience or the chance to play. Ready to face its opponents, the season began to pick up for the Young Stallions.



The 113th Tar Heels, the second HHC male basketball team, faced its own trials and doubts in the beginning of the season. Made up mostly of senior leaders, the Tar Heels are affectionately known for having the most players in the 30-40 age brackets.

Coached by Sgt. 1st Class Dora Everette and 2nd Lt. Jessica Lofton, the team struggled to find its rhythm throughout the season, but eventually came together and scored wins. HHC also fielded an all-female team, made up of Soldiers from various units here.

No matter how many practices or scrimmage games the teams take part in or how many hours they review various plays and techniques, both teams need a key player: the fans.

They may not be the ones sweating on the courts or experiencing the intense mental and physical exertion the game demands, but without the fans' support, players cannot draw their motivation. The 113th Sustainment Brigade fans show their support for every game played here.

The next time you attend a basketball game here, enjoy the game - but take a minute and notice the 113th Sustainment Brigade fans. Watch how their facial expressions and vocal pitches

# COMMENTARY - SPORTS

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and chants mimic the intensity of the game.

The game might not be anything like an NBA game, but these Soldiers are still your team, on the court and on the battlefield. Just showing up to the games makes you a fan; even if you don't know the rules of basketball, always know that the extra seat filled counts for something.

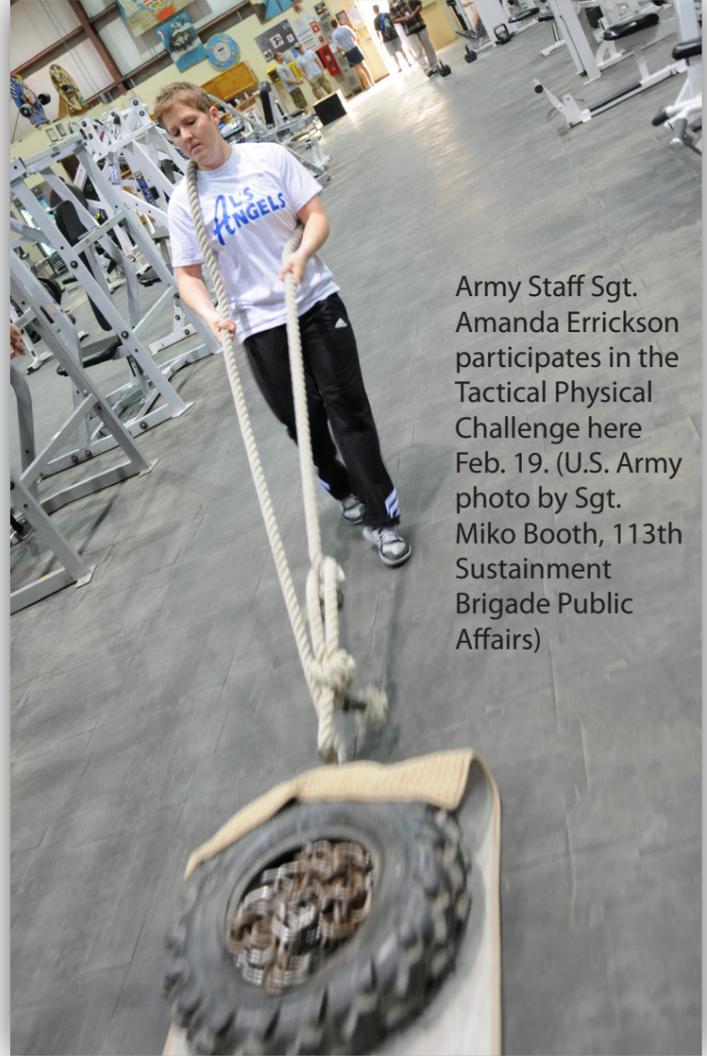
*Spc. Damian Flowers is the Public Affairs and Joint Visitors Bureau specialist of the 113th Sustainment Brigade and a serious basketball fan. The views expressed do not necessarily reflect those of the Department of Defense or the Department of the Army.*



# SPORTS AROUND THE BRIGADE



"Real Steel," the 113th Sustainment Brigade's co-ed team in the second Iron Wheel Challenge of the year, run to the next event. This tough team competition is hosted by the 821st Transportation Battalion. (U.S. Army photo by Sgt. 1st Class Keith Warzon, 113th Sustainment Brigade Public Affairs)



Army Staff Sgt. Amanda Errickson participates in the Tactical Physical Challenge here Feb. 19. (U.S. Army photo by Sgt. Miko Booth, 113th Sustainment Brigade Public Affairs)



The 330th TB flag-football team pose with visiting NFL players and two Kansas City Chiefs cheerleaders. After winning the post championship, the 330th team was rewarded by playing football with the NFL stars. (U.S. Army photo by Capt. Jane Wilson)



Army Sgt. Timothy Stanhope leaps over a barrier during the second Iron Wheel Challenge of the year. This tough team competition is hosted by the 821st Transportation Battalion. (U.S. Army photo by Sgt. 1st Class Keith Warzon, 113th Sustainment Brigade Public Affairs)



Approximately 1000 Soldiers and Airmen of the 364th Expeditionary Sustainment Command, the 113th Sustainment Brigade, and the brigade's subordinate battalions participated in an early morning "fun run" here Feb. 11. (U.S. Army photo by Sgt. Miko Booth, 113th Sustainment Brigade Public Affairs)

# STEEL WARRIORS OF THE WEEK

By Sgt. 1st Class Keith Warzon  
113th Sustainment Brigade  
Public Affairs

CAMP ARIFJAN, Kuwait – Soldiers assigned to the 113th Sustainment Brigade and its subordinate units have a chance each week to be recognized for something special. Prior to the brigade update brief, Col. David L. Jones, the 113th's commander, presents the week's Steel Warrior with a certificate of achievement in front of leaders from across the brigade.

Spc. Rodney C. Webster worked with Kuwait Ministry of Interior officers to coordinate more than 600 missions, moving more than 1,400 buses, 4,500 trucks, and 750 fuel trucks safely through the country. He also prepared for and won the 113th Sustainment Brigade's Steel Warrior of the Quarter board held on Dec. 30, 2011. Webster used his infantry background to enhance the unit's Army warrior training and primary marksmanship instruction. He also recently

**Spc. Rodney C. Webster**



completed six semester hours of college.

Sgt. 1st Class Winzer M. Jimerson II was selected as the lead contracting officer representative, responsible for managing a contract worth \$720 million. Jimerson oversaw a portion of the largest logistical movement of forces since World War II – almost 50,000 local and Iraq missions. While on leave, Jimerson made sure Soldiers' promotion packets were turned in, which resulted in five Soldiers being promoted.

Spc. Tommy J. Wilson, Jr., made sure the 113th Sustainment Brigade was in compliance with the Army Substance Abuse Program. Every month, Wilson consolidated information from 31 subordinate units for a report sent to the 364th Expeditionary Sustainment Command, the 113th's higher headquarters. Wilson revised and published the brigade's standard operating procedures for the ASAP, managed

**Sgt. 1st Class Winzer M. Jimerson II**



# STEEL WARRIORS OF THE WEEK

**Spc. Tommy J. Wilson, Jr.**



certification expirations and provided direction for training. He volunteered to attend the Combat Lifesaver course and did not fall behind when he returned to work.

Sgt. Emanuel E. Mengistu played a key role in the success of the Camp Buehring, Kuwait, ammunition supply point. Selected as the amnesty noncommissioned officer-in-charge early in the mission, Mengistu trained the incoming explosive ordnance disposal team for a successful battle hand off, which led to his selection as the EOD team leader. Each week, Mengistu increased munitions destruction by 10 percent, including one week when more than 20,000 rounds were disposed of properly.

**Sgt. Emanuel E. Mengistu**



