



VOLUME 1, ISSUE 2

MAY, 2012

IN THIS ISSUE:

BC's Corner

2.

CSM's Corner

3.

Commanders' Visit

5.

SPO Training

6.

Your UMT

7.

Family Day

8.

Around the Unit

11.

XO's Files

12.

Ghost Rider of the Month

14.

Competing to be the Best

By Sgt. Ruth Harvie
358th Public Affairs Detachment

MARYSVILLE, Wash. —The soldiers never expected a Chinook to actually show up. Spc. Michael L. Rinehart, with the 889th Quartermaster Company, called in a nine-line medevac request as part of an event for the 364th Expeditionary Sustainment Command's Best Warrior Competition, and to his surprise, air support arrived at the requested location within a few minutes.

"When they handed us earplugs, that's when I knew a Chinook was actually coming," said Staff Sgt. Benjamin Thorstad, with the 654th Regional Support Group, who was one of the seven competitors.

The Chinook was part of a scenario where warriors had to react to a "civilian on the battlefield." They came across a civilian being aggressed by another civilian and put their soldier skills to the test, specifically taking first-aid measures and calling in a nine-line medevac request. The request is used when an injury on

(COMPETING continues on Page 4.)



Staff Sgt. Anthony Mutter with the 191st Combat Sustainment Support Battalion sponsored Pfc. Carlton Joyner also with the 191st CSSB for the 364th Expeditionary Sustainment Command's Best Warrior Competition. Mutter is running alongside Joyner during the final stretch of the Army Physical Fitness run event at the Marysville Armed Forces Reserve Center, April 13, 2012.



Thousands of vehicles and equipment await to be retro graded in a lot at Camp Arifjan, Kuwait. The processing of equipment remains top priority for the Army as it pushes the repaired and usable equipment into other areas of operation.

Camp Arifjan, Kuwait

From www.militarybases.com

Camp Arifjan is vital to U.S. military operations in the Southwest Asian Theater. The camp is primarily an army post, but air force, navy, coast guard, marine personnel and international troops also call it home.

Camp Arifjan is situated to the south of Kuwait City within the sovereign State of Kuwait. Kuwait is a Persian Gulf state, located in Western Asia. It is bordered by Saudi Arabia and Iraq.

Housing

Troops live in transitional barracks, which are prefabricated concrete buildings. Camp Arifjan

('ARIFJAN' continues on Page 10.)

BATTALION COMMANDER



LTC James Groark

“Be assured, the Headquarters Company and Battalion Command teams will do everything within their power to look out for the interests of your loved ones.”

Ghost Riders, As I have mentioned on previous occasions, it is my privilege to serve with you in our upcoming deployment. I also appreciate all the hard work everyone has been doing with the pre-deployment tasks these past few months.

Ghost Riders never stop training!

As we embark on our important endeavor, you need to be confident that your loved ones will be alright while you are in Kuwait. Similar to the deployed Soldier, family members will find themselves in a new operational environment. New responsibilities fall upon spouses and children. A seat is now empty at dance recitals, sporting events, Christmas dinners. There is also one less shoulder for families to lean on. In other words, separation is never easy.

I offer these recommendations as you spend these last few weeks with your family:

- Practice family “battle” drills to test their knowledge on the many family support related organizations and processes briefed during the Yellow Ribbon event or our 191st Family Day – check the phone numbers and web sites.
- Encourage your family’s involvement in the 191st Family Readiness Group. The FRG’s goal is to establish a network that

enables family members to effectively gather information, resolve problems, and maintain mutual support, thereby reducing stress associated with military separations.

- Tell your spouse, daughter, son, father, mother, brothers, sisters and any other loved ones how much you appreciate the support they give you in your military career – they are part of the **Ghost Rider Team**.

Be assured, the HHC and Battalion Command Teams will do everything within their power to look out for the interests of your loved ones.

Army Strong – Family Strong! God bless.

Ghostrider 6



Ltc. James Groark addresses friends and family members of the 191st CSSB during ‘Family Day’ on April 22. Photo by Spc. Michael R. Gault, 191st CSSB Public Affairs.

**Post-Deployment Resilience Training for
Couples and Spouses:**

<http://csf.army.mil/resilience/family.html>

As we begin our journey from performing military duty on a part time basis to a full time basis there are several things to consider. Whether this is your first deployment or your fifth, you will get out of this deployment what you put into it.

The first thing to consider is starting with the right attitude. By choosing a positive attitude, you are more likely to have a better experience while on this deployment. Your attitude will also affect others around you. Your attitude is the only thing you get to choose everyday and you have the power to make a difference. The difference is made each day; therefore, I challenge you to choose a positive attitude regardless of the events or circumstances you are facing.

The next thing to consider is establishing goals while on this deployment. Opportunities will present themselves and it is up to you to seize them. Whether it be improving your civilian education, military education, physical fitness, or spiritual. Take the time now to establish your goals and then have a specific plan to accomplish these goals.

As you establish goals consider the following:

- Currently there is Tuition Assistance available for college courses and there

are several online universities or colleges accredited for this.

- All enlisted Soldiers have Self Structured Development Courses required for advancement.

- Correspondence Courses are free and count towards promotion points at the junior level.

- Several NCOES require distant learning.

- There are resources within the unit for both physical and spiritual assistance.

Finally, before you depart, ensure that you take time to spend with your family, significant other, or friends. However you should choose to accomplish this, cherish this time together.

Remember, choosing the right attitude will make a difference. You and ONLY you get to make this ultimate choice. Our deployment will bring new challenges, with the proper attitude we can grow together and make this a positive experience.

Ghostrider 7



CSM Christopher A. Beyer

“Opportunities will present themselves and it is up to you to seize them.”

(COMPETING continued from Page 4.)

the battlefield requires immediate medical attention. "We actually medevaced the casualty," said Sgt. 1st Class Daniel Alexander with the 96th Headquarters Headquarters Company, Special Troops Battalion.

"We do the radio practice all the time," said Command Sgt. Maj. Vicki Briggs with the 364th ESC. "Most of the time when it is done, the instructor tells the soldiers what they did right and wrong, and nothing happens from there."

The soldiers weren't expecting a real helicopter to fly in at that point, said Briggs.

The four-day competition started on April 12, 2012, and was hosted by the 364th ESC at the Marysville Armed Forces Reserve Center in Marysville, Wash.

In addition to the live scenario, the competition included weapons qualification, the Army Physical Fitness Test, an essay and appearance board, land navigation, a five-mile road march, and a combatatives tournament.

Alexander won the non-commissioned officer division and Pfc. Carlton Joyner won the soldier division. Alexander and Joyner are slated to compete in the 79th



Pfc. Carlton Joyner with the 191st CSSB battles it out with his opponent, Staff Sgt. Vincent C. Cabrera with the 364th Expeditionary Sustainment Command, during the 364th ESC's Best Warrior Competition, April 15, 2012 at the Marysville Armed Forces Reserve Center. Seven soldiers competed to be the Best Warrior.

Sustainment Command's Best Warrior Competition at Fort Hunter Liggett, California from April 22-27.

have to be physically fit, mentally prepared, and you have to apply all your knowledge."

"Everybody walks away having gained knowledge and experience"

The non-commissioned officer division included Alexander, Thorstad, Sgt. Lawrence C. Fenstermacher with the 654th RSG, and Sgt. 1st Class Jessica D. Lam with the 364th ESC, who was the runner-up.

The Best Warrior Competition is very challenging, said Lam. "Everybody walks away having gained knowledge and experience," she said.

Physical Fitness, solid knowledge of basic military subjects, and determination are key to winning, said Briggs.

"Every one of them wants to win and as far as they're concerned—they will win," said Briggs. "To a degree, they already have."

The soldier division included Joyner and Rinehart.

"I think it takes an all around soldier [to be the Best Warrior]," said Lam. You

"I'm very proud of them," she said.



Help us make the Ghost Rider Post even better!

What type of things is your unit doing? We want to know!

Send us your stories, photographs, comments, or suggestions to:

sarah.n.snow@usar.army.mil

Battalion Commanders visit trucking company

By Spc. Michael R. Gault

191st Combat Sustainment Support Battalion

SALT LAKE CITY, Utah -

During a visit of the Salt Lake City facility of Central Refrigerated Services, Ltd. James Groark, commander of the 191st Combat Sustainment Support Battalion, and Ltc. Kevin Banta, commander of the 382nd CSSB, met with company management to discuss the employment opportunities and the mutual benefits for both the employer and the Soldier on April 20.

“Soldiers display the discipline and the responsibility required to excel with Central Refrigerated,” said Rick Johnson, a recruiting officer at Central Refrigeration. “We are honored to offer discounted training and incentives to them and veterans.”

Central Refrigerated Services has developed an extensive career path for Army Reservists or Veterans seeking to become a professional truck driver. Regional training facilities nationwide specifically accommodate

Army Reserve Soldiers to obtain the training needed for a Class A (Certified Drivers License), become employed, and have the opportunity to lease a Central Refrigerated Services tractor trailer truck to become their own business or continue as a company driver.

“We have hundreds of trained truck drivers in our Army Reserve formations located in both Salt Lake Region and Pacific Northwest,” said Ltc. Kevin Banta. “These Soldiers can leverage their military training along with receiving specialized incentives



Ltc. James Groark (left), commander of the 191st Combat Sustainment Support Battalion, and Ltc. Kevin Banta (right), commander of the 382nd CSSB, visit Central Refrigerated Services in Salt Lake City facility where they were given a tour by Rick Johnson (middle), a recruiting officer for the company.

“Soldiers display the discipline and the responsibility required to excel”



Central Refrigerated Services is just one of many members who belong to the Army Reserve Employer Partnership program which provides America's employers with a direct link to some of America's finest employees – Service members and their families.

For more information on employment opportunities check out their web site at:

<https://www.employerpartnership.org/>

or contact Chuck Rackham at (801)656-4133

or email at:

charus.rackham@usar.army.mil

191st CSSB SPO Section attends Logistics Training

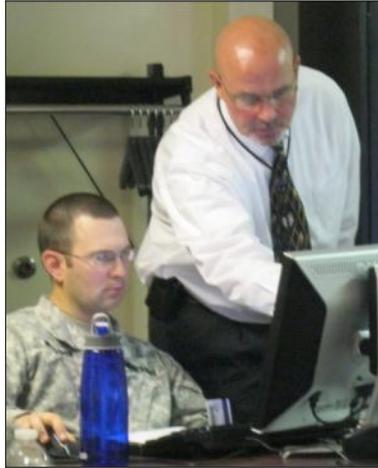
Editorial and pictures by Master Sgt. Michael Adam, Support Operations NCOIC

191st CSSB

On May 1, Soldiers of the 191ST Combat Sustainment Support Battalion 'Support Operations (SPO) section met in Ogden, Utah, to begin training on the military's Logistics Information Warehouse/Integrated Logistics Analysis Program (LIW/ILAP) system.

The course was designed to teach soldiers how to use this system in tracking, ordering and maintaining supply and maintenance needs. The course was instructed by Mr. Robert N. Carter, a contracted instructor from the United States Army Material Command Logistics Support Activity on Ft. Hood, TX.

Mr. Carter's expert instruction was fundamental in facilitating the Soldiers learning of this system and added to their



1Lt. Jeremy Wilson is shown a procedure by Mr. Robert Carter, an instructor during Logistics Information Warehouse/Integrated Logistics Analysis training on May 1.

tools available to them while serving downrange at Camp Arifjan, Kuwait, in support of Operation Enduring Freedom later this year. Mr. Carter was extremely knowledgeable in this system and maintained a fast paced and interactive classroom.

While some of the soldiers had prior experience with the LIW/ILAP system, most had not seen or laid hands on it. Soldiers from the SPO worked hard and were given hands on time with the system as we learned how to navigate through the various functions of each area of the system.

Several of the soldiers provided some comedic relief and

the instructor was more than willing to capitalize on their sense of humor. Staff Sgt. Jacob G Bodily and Sgt. John P. Smith, our resident 'experts' were always willing to assist with some 'pushing ahead.' This would often lead to the instructor having to bail them out and get them back on track with the class. These situations often provided the rest of the classroom with plenty of laughter and good natured ribbing.

Overall, this class was very beneficial to the SPO and will greatly add to the 'tool bag' we are taking downrange. The class was presented a certificate of training upon completion of the course on May 3, 2012.



Sgt. Miguel Sandoval tackles a program during Logistics Information Warehouse/Integrated Logistics Analysis training on May 2.



Spc. Benjamin Dupaix holds up his certificate of completion from the Logistics Information Warehouse/Integrated Logistics Analysis Course on May 3



"Mr. Carter's expert instruction was fundamental in facilitating the Soldiers' learning..."

Your Unit Ministry Team

191st Combat Sustainment Support Battalion

Deployments bring a lot of change to everyone in your lives. We leave behind our families, friends, jobs and travel overseas to serve our country. During this time of change, the Unit Ministry Team (UMT) wants to invite, and encourage, each soldier in the 191st CSSB to strengthen their family relationships and their personal convictions.

No matter what each of us believes, we all share common beliefs about the importance to do good, be kind to those around us, and to be honest at all times. As Soldiers, our support system is about to completely change. Usually we see each other for only a weekend every month so naturally we have stronger relationships with the people we see on a day to day basis. Soon, however, we will be spending a lot of time together.

In our lives, we must balance three aspects of our health: Physical, Mental, and Spiritual, and we all need each other's help to do this. We all know how important physical readiness is to a mission. A lack of physical health can be devastating to any mission and that is why the Army focuses so much attention on Physical Readiness Training. We are also constantly developing our mental capacity to perform our duties and accomplish our individual missions through schools, classes, and section training.

So, now that we are coming together

from all of our different support systems, we need work together to maintain a stable Spiritual health. Each of us can make goals that can be accomplished by working together. We must all live up to the standards that we each profess to believe in.

The most important thing we can do is watch out for each other, and support each other's beliefs.

We never can know when we are going to have a difficult moment and will be in need of someone else for support. We don't always know who that person is going to be for us will be. Therefore, make it a goal to watch out for one another so that everyone will be covered at all times. We, the UMT, are here to help and support Soldiers anyway we can. Not just in worship and religious studies, but to help each soldier maintain their Spiritual health. As long as we can each maintain our personal balance between these three aspects of our health, we can all grow and come safely home to our families.

Pro Deu et Patria,
"For God and Country"



1Lt. John B. Marriot
Chaplain

"Each of us can make goals that can be accomplished by working together."



Spc. Brandon K. Bassett
Chaplain Assistant



191st CSSB Family Day

Illustrated by Spc. Michael R. Gault, 191st CSSB Public Affairs

SALT LAKE CITY, Utah — Soldiers of the 191st Combat Sustainment Support Battalion enjoyed a day of fun with family and friends on April 22 for 'Family Day' at the Osborne Hall on Fort Douglas, Utah.

Finally, after months of winter, it was a nice spring day. The sun was warm and the lawn was green. The smell of a barbeque and music from the disc jockey filled the air as children ... and adults ... ran around playing tag, volley ball, passing footballs, and even trying a little hula-hooping with glee.

The Family Readiness Group, Veterans Administration and TRICARE were among other guest vendors who provided informative briefings and booths for the Soldiers and their families.

Volunteers from the Family Readiness Group, Veterans of Foreign Wars, and family members of Soldiers kept the party going for several hours with food preparation, clean ups, and setting up games for children.

As the day came to a close, as charity for the unit's FRG program funds, Soldiers randomly were put up for auction ... along with tins of whip cream pies. Bidding tug-of-war and over \$400 later, the audience watched, and dodged, as the pies flew.





(‘ARIFJAN’ continued from Page 1.)

is in an area that Congress has deemed a hostile-fire zone. As such, deployed troops are unaccompanied on their tours of duty.

Medical Care

The health clinic and the dental clinic are small: Medical services are therefore limited, but emergency dental or medical care is available off-post. Treatments are provided locally by American and British-trained dentists and doctors.

Education

Some undergraduate college courses are available via the Camp Arifjan Education Center. Troops have the option of studying online or on-post. Students have access to a multimedia center and computers.



Transportation contractors load armed personnel carriers for transport to Camp Buehring from Camp Arifjan, Kuwait, Jan. 18, 2012. Photo by David Ruderman, 402nd AFSB Public Affairs

Communication

Troops in the barracks may obtain wireless internet access for a monthly fee of \$35. The post library in Zone 1 has an internet café.

Post Office

Camp Arifjan has an APO office that provides many of the services that can be obtained at a state-side post office.

Dining

There are three dining facilities on Camp Arifjan. Furthermore, the food courts provide a taste of home: Burger King, Pizza Hut, KFC, Charley’s, Starbucks, Taco Bell and Baskin Robbins are all available.

Shopping

Camp Arifjan has two AAFES post exchanges. Debit cards are accepted, and cash-back is offered. Phone cards are sold



Ironhorse Brigade Soldiers conduct preventive maintenance checks and services during equipment draw operations at Camp Arifjan, Kuwait, Jan. 3, 2012. Photo by David Ruderman, 402nd AFSB Public Affairs

in the exchanges, along with the usual basic necessities. Local vendors sell additional goods.

Recreational Facilities

The camp has two community centers, and troops are provided with a games room, free snacks, board games, foosball tables and pool tables. Free movies and music nights are also offered.

Two fitness centers are provided: The 24-hour gym is in Zone 1, and the other gym is in Zone 6. They offer the usual equipments that can be expected in any gym, plus sports courts.

Outdoor amenities include a

swimming pool. The base has biking trails, and cycles may be rented from the recreation center.

The chapel in Zone 1 serves all major religions at different times, including Islam. Additional services are held in Zone 6.

Climate

Kuwait has a desert climate that is extremely hot and dry. During the summer months, temperatures can reach 124 degrees Fahrenheit. The driest months are June to September.



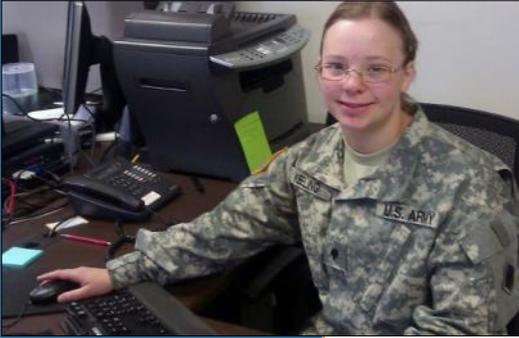
Members of 191st CSSB ‘SPO’ visits Champions



From April 16 through 20, Support Operations Soldiers for the 191st Combat Sustainment Support Battalion traveled to Scott Air Force Base, Illinois to attend Single Mobility System Training and discuss the 191st’s upcoming Kuwait mission with Surface Deployment Distribution Command. Staff Sgt. Ariel F. DeLeon, Sgt. George M. Ritchie, 2Lt. Erik F. Howard, and 1Lt. Jeremy Willson also enjoyed free seats at Busch Stadium from the 2011 World Series Champions, Saint Louis Cardinals in honor of American Soldiers’ service to their country.



AROUND THE UNIT



FORT DOUGLAS, Utah – Janessa Keeling, a unit supply specialist for the 191st Combat Sustainment Support Battalion, was promoted to the rank of Specialist on April 22, 2012. Keeling, a native of West Valley City, Utah, has been a member of the U.S. Army Reserves for a year. With the 191st CSSB mobilized for a tour in Kuwait, she is looking forward to her first deployment.



FORT DOUGLAS, Utah – Soldiers of the 191st Combat Sustainment Support Battalion, surprised the Unit's Executive Officer, Major Patrick G. O'Leary, with a signed card, a gift certificate and Army doll for his so called "30th" birthday on May 4.



CAMP WILLIAMS, Utah – Spc. Jennifer M. Gonzales a information technologies specialist with the 191st Combat Sustainment Support Battalion, resident of Salt Lake City, Utah, graduated Warrior Leadership Course at Camp Williams on May 3.

WLC is the first course of study in the US Army Non-Commissioned Officer Education System that trains Specialists and Corporals in the fundamentals of leadership. A Hard hitting and intensive course, its emphasis is preparing Soldiers for the responsibilities that comes with the rank of Sergeant.

FORT DOUGLAS, Utah – Pfc. Joseph S. McGrath, an intelligence analyst with the 191st Combat Sustainment Support Battalion, was promoted to the rank of Specialist on April 22, 2012. McGrath, resident of Ammon, Idaho, has been a member of the U.S. Army Reserves for two years. He is preparing for his first deployment to Kuwait with the 191st CSSB.



FORT DOUGLAS, Utah – Pfc. Nicolas A. Downs, a Signal System Support Specialist with the 191st Combat Sustainment Support Battalion and resident of Salt Lake City, Utah, assists Andy T. Mounsen, a information technologies specialist for the 191st CSSB, resident of West Jordan, Utah, with his pro-mask fitting and testing in preparation for unit mobilization on April 21.



The XO's FILES

LUNDBERG, MATT

Code Name: SPAMSaLottaEmails

191st Combat Sustainment Support Battalion, Salt Lake City, UT 84113
Made & Printed in U.S.A.

CLIP & SAVE
SAVE! PROOF OF PURCHASE
FOR SPECIAL
GHOST RIDER
PREMIUMS 1 PT. VALUE



Primary Military Speciality: Unit Movement Officer
Secondary Military Speciality: Battle Captain
Hometown: Salt Lake City, Utah

Kids adore him and ladies love him. This charmer loves restoring classic cars and currently boasts the longest car in the parking lot and refers to his cool ride as the Mattmobile! His grandfather was the biochemist working for Hormel Meats that unleashed SPAM onto the unsuspecting world in 1944. Although never having tasted SPAM himself, he admits he does enjoy making SPAM molds of his favorite celebrities. Rumor has it he is working on his latest masterpiece, a SPAM mold of Miley Cyrus (he is her biggest fan!)



Years in Service: 8
Grade: 2nd Lt. (O-1)

GAULT, MICHAEL

Code Name: CLICK

Salt Lake City, UT 84113

CLIP & SAVE
SAVE! PROOF OF PURCHASE
FOR SPECIAL
GHOST RIDER
PREMIUMS 1 PT. VALUE



Primary Military Speciality: Public Affairs Specialist
Secondary Military Speciality: Historian
Hometown: Anaheim, CA.

This shutterbug's dedication to Duty, Honor and Country resulted in him joining the Ghost Riders as the unit's PAO/Photographer and giving up his day job where he takes pictures and produces an annual Kozy Kittens calendar. Click is a Nationally Certified Phlebotomist that is an avid PC Gamer. He still holds the high score at the local mall arcade on Joust, Centipede and Lady Pac Man. He was arrested in 2001 for pushing a celebrity into a swimming pool and then putting on an Aqua Man suit before pulling him out.



Years in Service: 14
Rank: SPC (E-4)

JONES, GRAYLING

Code Name: SOULMAN

191st Combat Sustainment Support Battalion, Salt Lake City, UT 84113
Made & Printed in U.S.A.

CLIP & SAVE
SAVE! PROOF OF PURCHASE
FOR SPECIAL
GHOST RIDER
PREMIUMS 1 PT. VALUE



Primary Military Speciality: Logistics NCO
Secondary Military Speciality: Retention
Hometown: Aurora, ILL.

As a former cage dancer and amateur BBQ Pit Master, Soulman can often be found cutting a little rug with some classic moves like the moonwalk, the robot and the running man while whipping up a sampling of wings and various secret-family dipping sauces. His love of sports and natural athletic ability resulted in him earning a starting position on his freshman football team his senior year where he led them in fumble recoveries...his own!



Years in Service: 29
Rank: SFC (E-7)

SNOW, SARAH
 Code Name: ASIAN SENSATION

191st Combat Sustainment Support Battalion, Salt Lake City, UT 84113
 Made & Printed in U.S.A.

CLIP & SAVE
 SAVE PROOF OF PURCHASE
 FOR SPECIAL GHOST RIDER PREMIUMS 1 PT. VALUE



Primary Military Speciality: Human Resource Officer
 Secondary Military Speciality: Public Affairs Officer
 Hometown: Cleveland, OH

Don't let the glasses fool you. Asian Sensation, as she is known in the underground around Salt Lake City, may appear mild-mannered, but when she is not busy processing personnel actions, planning ceremonies and refilling her candy bucket, she can be found at a local club trying out a new dance move and secretly preparing for So You Think You Can Dance. Her hobbies include her love of cooking and cats.

Years in Service: 2
 Rank: 1LT (O-2)



LANDON, COLE
 Code Name: JOKER

191st Combat Sustainment Support Battalion, Salt Lake City, UT 84113
 Made & Printed in U.S.A.

CLIP & SAVE
 SAVE PROOF OF PURCHASE
 FOR SPECIAL GHOST RIDER PREMIUMS 1 PT. VALUE



Primary Military Speciality: Plans Officer
 Secondary Military Speciality: Master Resiliency Trainer
 Hometown: Idaho Falls, ID.

A picture is worth a thousand words! This crazy guy is capable of picking his nose without using his hands and can hold his breath for over two minutes, a skill he has mastered to become the Dutch Oven Champion in his home town of Idaho Falls. When he is not busy impressing the ladies with these unique skills, he loves splashing around in his kayak on his slip-n-slide in his backyard. He has earned his private pilot license to fulfill his dream of being as cool as MAJ O'Leary one day, but realizes rotary aircraft are far superior to fix wing aircraft.

Years in Service:
 Grade: 2LT (O-1)



BEYER, CHRISTOPHER A.
 Code Name: BLUE SLURPEE

191st Combat Sustainment Support Battalion, Salt Lake City, UT 84113
 Made & Printed in U.S.A.

CLIP & SAVE
 SAVE PROOF OF PURCHASE
 FOR SPECIAL GHOST RIDER PREMIUMS 1 PT. VALUE



Primary Military Speciality: Battalion Command Sergeant Major
 Secondary Military Speciality: -CLASSIFIED-
 Resides: Hooper, Utah

A closet superhero, Blue Slurpee, is a spin-off of his favorite childhood comic book hero, Blue Diamond, and his favorite drink, the 7-Eleven slurpee. Growing up, Blue Slurpee would put on a pair of tights, a mask and a cape and ride his Huffy bicycle with banana seat (and orange safety flag) up and down his street handing out violations to kids who left their toys outside and did not put them away. Today he serves as the 191st CSM where he is faster than paint drying, more powerful than a runaway scooter and able to climb a flight of stairs without being out of breath.

Years in Service: 28
 Rank: CSM (E-9)



Ghost Rider of the Month

FORT DOUGLAS, Utah – Salt Lake City resident, 2Lt. Matthew Lundberg, has been selected as this month's 'Ghost Rider of the Month'. As a newly trained Unit Movement Officer, he hit the ground running with the planning, resourcing and execution of a battalion-level movement. He has developed a detailed movement plan coordinated all aspects of equipment and personnel movement while working with various agencies at Fort Carson, the 364th ESC and Fort Hood. His attention to detail and meticulous planning was recognized during the unit's recent site visit to Fort Hood where he received praise for how prepared the unit was for mobilization despite the loss of 14 months of planning.

Outstanding Job!



Photo by Spc. Michael R. Gault

"What motivates me? The 'Golden Rule' of taking care of Soldiers and doing my part in serving this country." - Matt Lundberg

191st COMBAT SUSTAINMENT
SUPPORT BATTALION
'GHOST RIDERS'
BLDG 102 SOLDIERS CIRCLE
SALT LAKE CITY, UT
84113-5007

Battalion Commander:

LTC James Groark

Command Sergeant Major:

CSM Christopher A. Beyer

Public Affairs Officer:

1LT Sarah Snow

FaceBook Administrator:

SFC David Sivewright

Newsletter Editor, Layout:

SPC Michael R. Gault

Copy-Editor:

SPC Jennifer Gonzales

We're on Facebook!

<http://www.facebook.com/pages/HHC-191st-CSSB/220556144709869>

The *Ghost Rider Post* is an authorized publication for the U.S. Army. Content of the *Ghost Rider Post* is not the official view of the Army or the 191st Combat Sustainment Support Battalion. The appearance of advertising products and services in this publication does not constitute endorsement by the Department of the Army, the 96th Sustainment Brigade, the 191st Combat Sustainment Support Battalion, or the *Ghost Rider Post*. The *Ghost Rider Post* welcomes columns, commentaries, articles, letters, and photos from readers.

Contact us at:

michael.gault@us.army.mil



"Ghost Riders, Out Front!"