

# The Steel Sustainer

Vol. 1 Issue 1

Serving Soldiers And Their Families With Pride

September 1, 2012

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U.S. Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

The 316th Sustainment Command (Expeditionary), an Army Reserve unit from Pittsburgh, took command from the 364th ESC, an Army Reserve unit from Marysville, Wash., during a transfer of authority ceremony at Camp Arifjan, Kuwait, July 18.

## Sustainment Forges on Under the 316th ESC

*By Staff Sgt. Peter J. Berardi*

CAMP ARIFJAN, Kuwait – The 316th Sustainment Command (Expeditionary), an Army Reserve unit from Pittsburgh, took control of its mission from the 364th ESC, an Army Reserve unit from Marysville, Wash., during a transfer of authority ceremony at Camp Arifjan, Kuwait, July 18.

The ceremony was attended by Maj. Gen. Kurt J. Stein, commanding general of the 1st Sustainment Command (Theater), and over 10 Kuwaiti generals and government

officials.

The 364th ESC's flag was slowly rolled up and cased, followed by the 316th ESC's flag being unfurled. This act signifies the transfer of authority from the 364th ESC to the 316th ESC.

Brig. Gen. Jonathan G. Ives, commanding general of the 364th ESC said, "The symbolic act of casing our colors today signifies all we have done and Gen. Jameson, commander of the 316th Expeditionary Sustainment Command, we know that you will take on

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By Brig. Gen. Bud R. Jameson Jr.

Greetings to everyone from the forward deployed Sustainment Warriors of Task Force Steel! Now that our transitional period with the departing 364ESC is behind us, our Soldiers have engaged in our missions with a level of enthusiasm and professionalism that has been warmly welcomed by both the ITSC and Army Central Command (ARCENT). Our Soldiers have surprised almost everyone with how engaged they are, how much they are working to improve operations in this theater, and how much value they are bringing to Sustainment across the ten nations of our Joint Security Area. They have earned the 316ESC a level of credibility that we will continue to work hard to sustain.

We are now all officially Combat Veterans – many for the second, third, or even fourth time – as we held a patching ceremony to issue each assigned Soldier their “Shoulder Sleeve Insignia- Former Wartime Service” (SSI-FWS) or more commonly, their “combat patch”. It was my honor to “patch” each Soldier as they came to the stage to also be congratulated by CSM Bolduc, CPT Odhner, and ISG Frank. PAO provided great coverage of the event

on our Facebook page.

Way back, even before we left Fort Hood, I challenged every one of these new Combat Veterans to set an ESC record of achievement and performance that would become the standard by which to judge every unit to follow us. By all appearances, by all reports, and by any measures, I am proud to say the Soldiers of Task Force Steel have taken up my challenge and amaze me with their efforts and accomplishments each day. They are doing this by working together, sharing ideas, recreating together, and doing what comes naturally to good, healthy units asked to do any important job. However, as we continue to engage in our missions each day, I need to remind everyone – from the most junior private to the most senior colonel – to keep in mind that **we are running out of time!** At the end of August we’ll only have 208 days to accomplish everything the Army is expecting us to do. Since we’ll start transitioning to the follow-on unit about 30 days before we leave, that leaves us less than six months to finish the many great projects, initiatives, programs, and “fixes” that we’ve got across the Task Force! I can only ask that no one “puts off until tomorrow anything that can be done today.” Thanks!

What is also impressing the leadership here in Kuwait, beyond the high level of professionalism and commitment of our “Reserve Component Soldiers”, is how they actually live the Army Values – Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage – in even their off-duty conduct. I am proud to say that in a permissive environment where many Soldiers from other units have not lived our values, have had discipline and conduct problems, and have brought shame upon themselves and

dishonor to their units, the Task Force Steel Soldiers have (so far) brought nothing but honor to the 316<sup>th</sup>. The way each of us conducts ourselves as individuals is the bed rock of our legacy. Again, my personal thanks to each Soldier for the personal choices they are making and for understanding how any individual failure will indelibly stain our unit reputation.

Some have said, jokingly, that perhaps my Soldiers are simply too busy taking care of business. Others have cynically suggested that it is just a matter of them simply not yet been caught doing wrong. I prefer to believe that I lead a group of patriotic Warrior Citizens who collectively represent the best that America offers – dedicated Soldiers who take care of each other; military professionals with the integrity to know right from wrong and the strength of character to make the right choice!

As always, my thanks for the hard work you do every day, for the sacrifices you and your loved ones are making for our Nation, and for the honor you bring to our unit, our colors, and to the United States Army Reserve through your honorable conduct and dedicated service!

Steel Sustainer Six, out!



## Steel Sustainer

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### From FORGES ON, Page 1

this mantle.”

Before heading home though, Soldiers of the 364th ESC worked to assist the Soldiers of the 316th ESC in preparation for the mission ahead.

“By building upon our months of experience here in theater, we’ll make sure the 316th will be able to pick up where we left off and have a successful deployment. We have provided them with an accurate day-to-day picture of operations in Kuwait and throughout the Middle East. The last seven months have given us the opportunity to set the stage the way we wanted, to establish

methods of doing business and accomplish the mission,” said Ives.

The ceremony marks the official acceptance by the 316th ESC of its mission in Kuwait.

“We have trained for nearly a year and are ready to begin,” said Brig. Gen. Bud R. Jameson, Jr., commanding general of the 316th ESC.

“Soldiers of the 316th ESC are excited to be in Kuwait, excited for the mission of supporting our forces and working closely with our allies, and excited to be taking over command from the 364th ESC,” said Jameson.



U.S. Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

The 364th Sustainment Command (Expeditionary), an Army Reserve unit from Marysville, Wash., gave the 316th ESC, an Army Reserve unit from Pittsburgh, control of its mission in a transfer of authority ceremony at Camp Arifjan, Kuwait, July 18. “The Soldiers of the 316th ESC are excited to be in Kuwait, excited for the mission of supporting our forces and working closely with our allies, and excited to be taking over command from the 364th ESC,” said Brig. Gen. Bud R. Jameson, Jr.

(Below) The 316th Sustainment Command (Expeditionary) during mobilization training at Fort Hood, Texas, prior to deploying to Kuwait



U.S. Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC



U.S. Army Photo by 8th HRSC

Spc. Colby Garrett of the 8th Human Resources Sustainment Center records the results from the Finance section during an official Army Post Office (APO) inspection at FOB Shank.

## 8th HRSC Ensures Mail is Delivered on Time, Safely

By Sgt. 1st Class Dawn Ramos, 8th HRSC

Even with ever-growing technology and the capability to have a face-to-face conversation with someone over a computer or a cell phone, a big morale booster to deployed Soldiers is still getting mail.

The 8th Human Resources Sustainment Center, or HRSC, 8th Theater Sustainment Command, currently deployed, here, in support of Operation Enduring Freedom, ensures that Army Post Offices, or APOs, in the Central Command's area of responsibility, comply with U.S. Postal Service and Military Postal Service Agency policies.

The Postal Operations Division, one of five divisions of the 8th HRSC, is charged with this responsibility and accomplishes this task through its CENTCOM theater postal inspection team.

"Mail is a significant morale booster, and we make every effort to ensure packages arrive as quickly as possible

to the Soldiers in the field," said Lt. Col. Letitia Bryant, chief, Postal Operations Division, 8th HRSC, 8th TSC.

The CENTCOM theater postal inspection team is comprised of two separate entities, which combined make one super team.

This inspection team inspects 18 APOs spread throughout Afghanistan, Qatar, Egypt and here.

One part of the CENTCOM theater postal inspection team is the Postal Assessment and Assistance Team, or PAAT. During its inspections, the team looks at 10 areas within the APO. These areas begin from when the package is first brought into the APO by the customer and receives an open parcel inspection. The team observes these inspections and ensures they are done correctly, making sure that no unauthorized or unsafe items are permitted to enter the mail system.

On the other end of the spectrum, the team observes how packages that arrive in theater are delivered by APO staff to



U.S. Army Photo by 8th HRSC

Capt. TiCondra Swartz of the 8th Human Resources Sustainment Center provides technical guidance during an official Army Post Office (APO) inspection to 1st Lt. Donald Breazeale in reference to the Postal Operations Division policy on duffel bags.

the unit mail clerks for delivery to the individual Soldier.

The team also inspects accountable mail, postal supply, finance, operations, administration and supervision, directory service, postal claims and technical inspections.

The unit verifies physical accountability of all funds, postage and other accountable items, such as money orders and postage meters.

Most of these tasks take place behind the scenes and out of view of the customer, but are all important functions in the successful operation of the APO.



By Maj. Matt DeVivo, 113th Sustainment Brigade Public Affairs

CAMP ARIFJAN, Kuwait – Chief Warrant Officer 4 Allen Layton and his team struggled to crack open a safe, in temperatures approaching 110 degrees Fahrenheit.

It wasn't the first time the team had been called upon.

The day's hot project: a 1,300-pound Diebold safe.

And it was all perfectly legal.

"This is the sixty-third safe we are opening," Layton said, a 28 year veteran in the North Carolina National Guard who resides in Greensboro, N.C. "There are 94 in all that need to be opened, and these Diebold's, so far, are the toughest to crack."

The North Carolina Army National Guard's 113th Sustainment Brigade has been deployed to the Middle East for more than six months in support of Operation Enduring Freedom.

During the responsible drawdown of forces from Iraq, convoys of Soldiers and materiel from Iraq traveled south by the

thousands. With that movement came hundreds of trucks carrying containers full of equipment, including locked safes. The safes that are not claimed on a unit's property book and that are locked and unable to be opened are placed in a sort yard to await Layton's team of safecrackers.

The safecracking mission is an example of additional duties that the 113th has been called upon to accomplish.

"The preferred method of opening the safes," Layton said, "is to cut a hole in the top and break the lock open from the back side of the door."

Once opened and emptied, the safes are delivered to Defense Logistics Agency Disposition Services, which manages the surplus federal property warehouse here.

Master Sgt. Terrill Huggins, 113th SB maintenance readiness noncommissioned officer-in-charge from St. Pauls, N.C., and Chief Warrant Officer 3 Billy Canada from Kinston, N.C., are members of Layton's safecracker team. "All of our enlisted personnel and other NCOs are forward in Afghanistan setting

conditions for the beginning of the responsible drawdown of forces there," said Canada. "So me and the senior guys in the section are having some fun getting dirty and out of the office for a change," he concluded.

For the past month they have been cracking open unclaimed, locked safes returned from Operation Iraqi Freedom, securing the items found in them, and delivering the goods to the brigade's intelligence officer for disposition.

"We mostly find nothing inside the safes, but on occasion, when we find documents we turn them over to our S2," said Huggins. "With every safe we start to open comes that excitement that maybe there is something interesting inside."

To date, Layton's team of safe crackers has recovered reams of unclassified miscellaneous papers and file folders, a few love letters and receipts for items purchased in Iraq, some tools and a few empty ammunition magazines. His team expects to finish this mission by the end of July.

# And So It Begins

By Staff Sgt. Peter J. Berardi

CAMP BEUHRING, Kuwait – In the 120-degree heat of the morning, Soldiers throughout the U.S. Army Central Command area of responsibility are arriving at day zero of the Warrior Leader Course at Camp Buehring, Kuwait, July 22.

WLC is the first leadership development course non-commissioned officers and specialists attend. It is a 15-day hard hitting and intensive course with an emphasis on leadership skills that gives Soldiers the tools needed to be great NCOs.

The WLC courses at Camp Buehring are designed to handle up to 120 Soldiers each and are taught and attended by active duty, Reserve and National Guard Soldiers, said Command Sgt. Maj. Franko J. Antolovich, the commandant of the Third Army NCO Academy.

The training in WLC combines

classroom instruction with practical application in the field.

“Soldiers coming here to WLC get to see what right looks like,” said Antolovich. “Everything the we do, all of the training, lessons and programs of instruction, teach them what a NCO’s duties and responsibilities are in that first level of being an NCO.”

Having this course available in theater is very valuable, said Antolovich. “This allows us to use Soldiers who are already on orders, especially for the Reserve and National Guard population, to put them into Warrior Leader Course training in a cost efficient manner.”

Improving leadership is one of the biggest takeaways from the WLC course.

“We empower them to take charge of their soldiers and to help their leadership lead,” said Antolovich. As they lead soldiers at the team level it takes the burden off of senior NCOs allowing them to focus on higher-level tasks.



US Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

Soldiers from the U.S. Army Central Command area of responsibility arrive for zero day of Warrior Leader Course at Camp Buehring, Kuwait, July 22. WLC is a hard hitting and intensive course with an emphasis on leadership skills that gives Soldiers the tools needed to be great non commissioned officers.

## Warrant Officer Corps Birthday

By Staff Sgt. Peter J. Berardi

Adding another year of illustrious service to the U.S. Army, July 9, 2012 represents the 94th birthday of the Warrant Officer Corps. Warrant officers are highly skilled specialty officers that serve as technical experts, providing valuable skills, guidance and expertise to their commanders.

Warrant officers originated before Christopher Columbus, said Chief Warrant Officer 5 Raymond Wolf. “Warrants got their start as commoners operating a specific technical aspect of a vessel and eventually warranted being an officer because of their technical expertise and functional knowledge,” said Wolf a member of the 316th Sustainment Command (Expeditionary). In today’s Army the warrant officer corps has grown to over 25,000 service members working in more than 40 branches. These branches cover many things including air traffic control technician, legal administrator, ammunition technician and special forces warrant officer.

“I feel that warrants bridge the gap between officers – the planners – and noncommissioned officers – the doers – with our years of technical experience and knowledge in a specific path,” said Wolf. Being the material readiness branch chief for the 316th ESC it is Wolf’s job to give the commander visibility on equipment readiness of units under its control so that future operations may be planned accordingly.

Chief Warrant Officer 4 Raymond Davis was a staff sergeant but felt he had more to offer and could better serve the Army with his technical knowledge and experience by being a warrant officer. “I feel the Army needs the warrant officer corps. With our high level of technical expertise we fulfill more specific technical roles that officers and noncommissioned officers aren’t necessarily qualified for,” said Davis, a member of the 316th ESC material readiness branch. Davis is a fleet manager and focuses on mitigating maintenance issues for units under the control of the 316th ESC. “I find the job of a warrant officer very rewarding and have had the 17 best years of my career as one,” he added.

“The great thing about being a warrant officer in my mind is that you are permitted to focus on your area of,” said Chief Warrant Officer 2 Mike Godfrey. Working in the 316th ESC’s ammunition branch Godfrey manages ammunition operations throughout the commands area of operations. “As enlisted I would see many avenues that I wanted to affect but couldn’t, I felt as if could do far better and have more of an impact if I became a warrant officer,” added Godfrey. “You know that you are counted on as a subject matter expert and valued for your insight and opinion.”

“We have a lot of vacancies in many warrant officer fields for noncommissioned officers, so if you are looking to be a subject matter expert in your technical field we would love to have you join our ranks,” said Wolf.



U.S. Army Photo by Spc. Jeffrey Brewer

“We have seen some interesting uses for these containers,” said Brewer. “They have become small shops, bridging material and bridges themselves, showers, latrines, offices, perimeter barriers, living quarters and the list goes on.”

## Hide and Seek

By Maj. Matt DeVivo, 113th Sustainment Brigade, Public Affairs

KABUL, Afghanistan – One of the 113th Sustainment Brigade’s command messages’ is: Soldiers need to be “ready, proactive and flexible,” and two Soldiers from the 1452nd Transportation Company were ready to test that message as soon as they arrived in Kuwait.

For Staff Sgt. Tyler Isenhour and Spc. Jeffrey Brewer, both North Carolina National Guard Soldiers on their first deployment, their new mission was nothing they had trained for or expected. The mission was to deploy to Afghanistan and support Joint Sustainment Command – Afghanistan’s Mobile Container Assessment Team (MCAT) program.

MCAT consists of dozens of Soldiers in locations throughout Afghanistan. The MCAT mission is to locate lost shipping containers (commercial and government) and reduce unnecessary spending and detention fees paid by the U.S. government to commercial carriers.

Since 2001, thousands of commercial shipping containers have been delivered to Afghanistan in support of U.S. and allied forces. Unfortunately hundreds have lost and/or not returned to their commercial owners and thus the U.S. government pays “detention fees” on those shipping containers.

“A detention fee for a shipping container is like a late fee on a movie you rented. Every day or month that passes without returning the movie, you are charged a fee,” explained Isenhour.

Brewer was tasked to work closely with the Massachusetts National Guard, 26th Maneuver Enhanced Brigade, in Kabul, Afghanistan and Isenhour with Regional Command – North for eight months to track down and account for missing commercial shipping containers.



U.S. Army Photo by Spc. Jeffrey Brewer

Staff Sgt. Tyler Isenhour (on right), from Concord, NC and Spc. Jeffrey Brewer, both North Carolina National Guard Soldiers, from the 1452nd Transportation Company, served on Mobile Container Assessment Teams in Afghanistan. Their hard work resulted in the identification of 82 commercial containers that were previously unaccounted for and worth over \$1,245,000 in government property and detention fees.

“We have seen some interesting uses for these containers,” said Brewer. “They have become small shops, bridging material and bridges themselves, showers, latrines, offices, perimeter barriers, living quarters and the list goes on.”

Once they have located a commercial container and determine if it is returnable, meaning not damaged or modified to the point that it cannot be shipped safely back to its owner, the team empties its contents into a government-owned container and processes the carrier-owned container for shipment in a timely manner. In some instances the containers, having been detained for many years, are now property of the U.S. government (due to years of paying detention fees) in which case it is put back into service.

“Our priority was to find missing containers and to reduce the government’s container detention fees of non-government containers, and we accomplished that during our tour here,” Brewer proudly claims. The two Soldiers recovered 82 commercial containers that were previously unaccounted for and worth over \$1,245,000 in government property and detention fees.

# 316th Soldiers Endure WLC at Camp Buehring

By Staff Sgt. Peter J. Berardi

Sgt. Timothy Jarosz, Spc. Patrick Claybaugh and Spc. Bilal Rasul, all members of the 316th Sustainment Command (Expeditionary), along with nearly 130 others from around the Central Command area of responsibility attended Warrior Leader Course, class 12-709, at Camp Buehring, Kuwait, from Aug. 12 through Aug. 27.

WLC, the first leadership course Soldiers attend, is a 15-day hard hitting and intensive course with an emphasis on leadership skills that gives Soldiers the tools needed to be great noncommissioned officers. Throughout the course, Soldiers learn and get evaluated on many tasks including

drill and ceremony, conducting physical readiness training, writing operation orders, filling out awards and memos and leadership. The culmination of the training is the situational training exercise. During the STX Soldiers experience being a leader and being led during missions that include urban operations, improvised explosive device reaction and medical evacuation using UH-60 Blackhawk helicopters.

Rasul, a resident of Ravenna, Ohio, and a cook with the 316th, was recognized as the distinguished honor graduate of the class by earning over a 90% on every testable assignment and having the overall highest average of all Soldiers in the class.

When asked before the class started,

Rasul, who had not planned on achieving such an honor, said he was looking forward to attending WLC in country. "I think it'll be an interesting experience, a change of pace from my daily routine and good training towards my professional career in the Army," he said. "Getting some tactical training and leading a squad will be fun. I haven't had the opportunity to lead, so that will be something new for me to experience, and I'm looking forward to getting that kind of training."

Claybaugh, a member of the 316th support operations section and resident of Belle Vernon, Pa., expected other types of training. "I was expecting to learn a lot of the paperwork side of being a leader and how to lead formations," he said.

There were few things that concerned Rasul about the course. "I'm going with another sergeant [Sgt. Timothy Jarosz] so I'm just going to ask him as many questions as I can before we go and if I need any help look to him for guidance," he said.

During the course, Soldiers learn and experience many new things. "I got put in some leadership roles that I've never dealt with before, so that took me out of my element," Rasul said, "But I accomplished my mission and had a great time doing it." He also learned the Creed of the Noncommissioned Officer which is an ethos that entails what it means to be a great NCO and garrison leadership while getting a refresher on tactical training.

Claybaugh also learned some new skills while reinforcing others. "I learned the different ways to do an OPORD and also how to do DNC properly, to a T," he said.

The training tested Soldiers' physical and

mental capabilities. "The hardest part was the tactical training," Rasul said. "I haven't done that since basic training, so it was almost brand new to me, but everybody was in synch and we made it run smooth."

Jarosz, a resident of Pittsburgh and member of the 316th headquarters section, thought the new Army PRT was the toughest. "I grew up with the old Army physical training and being out in front of the formation is a little tougher for the PRT," said Jarosz.

The most important lessons learned vary from one Soldier to the next. Having already been an NCO Jarosz said, "Soldiers need to know what NCOs have to go through every

day, leading Soldiers, keeping calm, keeping your cool."

Learning how to do OPORDs was the most important thing for Claybaugh. "I plan on going infantry eventually and I believe OPORDs were the best thing for me to learn if I decide to go that route," he said.

After the graduation ceremony Rasul said he was glad to represent the 316th at the course and to return to the unit with increased confidence. "I was placed in a lot of positions that I never had been in before," added Rasul. "You don't know how you're going to perform until your placed in those positions and now that I have that experience I'm confident in my abilities."



All WLC Photos by Staff Sgt. Peter J. Berardi, 316th ESC

Spc. Bilal Rasul, a cook with the 316th Sustainment Command (Expeditionary), and other Soldiers practice the proper technique to load and unload casualties from a UH-60 Blackhawk helicopter while attending Warrior Leader Course, class 12-709, at Camp Buehring, Kuwait, Aug. 24.



Spc. Bilal Rasul graduated from Warrior Leader Course, Class 12-709, at Camp Buehring, Kuwait, Aug.27.



Sgt. Timothy Jarosz graduated from Warrior Leader Course, Class 12-709, at Camp Buehring, Kuwait, Aug.27.



Spc. Patrick Claybaugh, a member of the 316th Sustainment Command (Expeditionary) SPO, and other Soldiers practice the proper technique to load and unload casualties from a UH-60 Blackhawk helicopter while attending Warrior Leader Course, class 12-709, at Camp Buehring, Kuwait, Aug. 24.



Spc. Patrick Claybaugh graduated from Warrior Leader Course, Class 12-709, at Camp Buehring, Kuwait, Aug.27.

# Land and Water Challenge Drives Service Members to Their Limits

By Staff Sgt. Peter J. Berardi

KUWAIT NAVAL BASE, Kuwait — Standing on the sands of a beach at 5 a.m., looking out over the Persian Gulf, watching as the sun rises and pokes through the haze of dust, you can almost forget you are on a military installation. But for more than 80 service members this would be no relaxing walk on the beach.

The Soldiers of the 569th Engineer Detachment (Dive) organized the Diver 250 Challenge at Kuwait Naval Base, July 14. The competition pitted six or seven member teams from multiple services in a race to complete several events including a 250-meter zodiac row, two 250-meter track pulls, 250 pull-ups and burpees, a 2.5-mile run and a mystery event. The mystery event had the teams jump into a pool that was over 12-feet-deep while trying to recover the team brick from the bottom so it could be carried to the finish line.

“The event took about a month to plan, but the most difficult part was determining the events,” said 569th 1st Sgt. Earnest Vance, a resident of Fort Eustis, Va. “We wanted the overall event to be challenging but doable for all the participants.”

“This was like a sprint compared to what we did at Fort Eustis, Va.,” said Army Staff Sgt. Josh Palmer, a member of the 569th. The course here was only 2.5 miles while at Eustis the commanders diving challenge is nearly a 15 mile course with events throughout.

Army Capt. Brett Evans, a resident of Fort Eustis Va. and the commanding officer of the 569th Engineer Detachment (Dive), echoed the first sergeant adding, “We wanted it to be fun for everyone. They could come out and enjoy it, but at the end of the event they could walk away and say they pushed themselves and feel proud for completing it.”

Demonstrating teamwork, cohesion and having some fun was the purpose of the event. “I thought it was a good event,” said Coast Guard Petty Officer 2nd Class Aaron Burgin of Toledo Ohio, “It was very challenging, good teambuilding and we had a good time.” Burgin a member of the Port Security Unit 309, added, “We all motivated each other.”

With many different parts to the event the



U.S. Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

Teams struggle to knock out the 250 pull-ups of the Diver 250 Challenge at Kuwait Naval Base, July 14. The challenge was sponsored by the Army's 569th Engineer Detachment (Dive) to help build esprit de corps between the services.

teams had several responses for what event was liked most. “The zodiac paddling was fun,” said Burgin. “We pulled out front and were the first team to come in.”

A Navy team was part of the first heat and observed few teams having problems with steering the zodiacs causing a pile-up in the water. Navy Petty Officer 2nd Class Alejandro Escontrias, a member of the Navy Customs unit at KNB, said, “Our strategy in the row was to let everyone get out in front of us, so we wouldn't get messed up and bump into everybody,” Escontrias, a resident of Greenville, S.C., added. “We let everybody else do the bumper boat thing and kinda stayed behind letting them expend their energy.”

“We really had a lot of fun,” said Escontrias, “It was an experience that we didn't think we would have here, getting to row out into the ocean.”

“I liked the rowing,” said 1st Lt. Alexander Ruckh from Buffalo, N.Y. “We aren't allowed to go in the water, that was the first time we actually got to go anywhere near the water so it was nice,” added Ruckh, a military police

officer with the 27th Brigade Special Troops Battalion.

Evans enjoyed the mystery event. “The pool was pretty fun,” he said, “I like being in the water, but did find myself unlucky, I pretty much did the whole circle of the pool before I found my brick.”

One team found the pool to be a problem and had to check every brick. “Our one Achilles heel was that we can't swim,” said Army Sgt. 1st Class Alex Garcia from the 59th Chemical Company based in Fort Drum, N.Y.. The 59th had two teams participating. Although they had trouble with the pool event, they remained in good spirits. “We love a challenge, we love physical training and we had fun,” added Garcia.

After the final team crossed the finish line everyone gathered in a large clamshell tent to get some much needed water, breakfast, shade and possibly more importantly a seat.

“We got multiple services together today and I noticed throughout the event a high amount of spirit de corps,” said Evans. “People seemed like they really enjoyed themselves and that's what's important.”

# My First Deployment: Operation Desert Storm

*Editors Note: This is the first story in a series about Soldiers of the 316th Sustainment Command (Expeditionary) and their prior overseas deployment experience.*

By Sgt. 1st Class Adam Stone

Capt. Lori Volden has served as a citizen soldier in the Army for 23 years. Her current overseas deployment to Kuwait with the 316th Sustainment Command (Expeditionary) is her second. Her first was in support of Desert Shield and Desert Storm as a private first class supply clerk with the Alpha Company, 24th Forward Support Battalion, 24th Infantry Division (Mechanized) of Fort Stewart, Ga.

Volden, a native of Cashton, Wis., joined the army in 1989 at age 18. She was right out of high school.

Her story to support Operation Desert Shield & Desert Storm started on the plane ride back from the National Training Center in Fort Irwin, Calif.

“We were on the plane on July 31. I remember because it was my birthday,” Volden explained. We hadn't gotten off the plane yet when someone came over the loudspeaker and said don't unpack because we were probably going to Saudi Arabia. At the time, I had no idea where Saudi Arabia was.”

Thirty days later, Volden and her unit were on a plane headed east.

When the 24th arrived in Saudi Arabia, they got there at the same time as many other units and space was tight. After a week, her unit was pushed out to their piece of the desert with a 5,000 gallon fuel truck, a deuce-and-a-half truck, the first sergeant's Commercial Utility Cargo Vehicle, a water buffalo, the maintenance truck and sleeping bags. Volden said they didn't have amenities such as bottled water, latrines, hot chow or regular showers. In fact from August to the ground invasion at the end of February 1991, Volden only remembers having two showers. But, on Thanksgiving, the soldiers were given the day off and didn't have to be in full battle rattle. Most people would call those conditions less than austere.

In February, she knew the ground invasion was imminent when she walked into the A co. tent.

“I saw the big map with all these arrows going north kinda like a ‘you are here’ and a ‘you will be here.’ I asked my first sergeant

‘is this really us?...are we really going into Iraq?’ He said yea, so I packed my stuff.”

“We got up to the border and we just sat there en masse, the whole division, for about 16 hours. Then en masse we just went forward it was quite a site.” Volden continued, I remember looking out, you could see 20 lines of vehicles and tanks. Just vehicles as far as you could see in every direction.

“Then about 18-hours after we started heading south on highway 8 the armor came up from behind and since we had all the fuel tankers with us they pulled up for fuel, which I thought was odd since I thought and assumed they'd be ahead of us,” said Volden. “As we're sitting there I remember sitting on the hood of my deuce-and-a-half. I remember hearing a pop-pop-pop to the left of us and all the armor was to the right of us. I look and then all the tanks start shifting their guns over to where the sound is and they fire a couple of lobs over there, I hear a couple more shots, and I'm like ‘what is that, what are they shooting at.’”

Currently a logistics officer in her 23rd year in the Army, ten as enlisted in the quartermaster branch, she feels she brings a good amount of experience to army logistics.

Now stationed at Camp Arifjan, Kuwait,

with the 316th ESC Volden said, “This deployment is so much more different then 20 years ago, as there was absolutely no life support when we arrived and the whole mindset was different and “Safety” was only a concern for a garrison environment.” Adding, “There has been a realization that “Safety” is actually a Combat Multiplier and leaders have a responsibility to ensure no soldiers are lost to a Preventable Accident.”

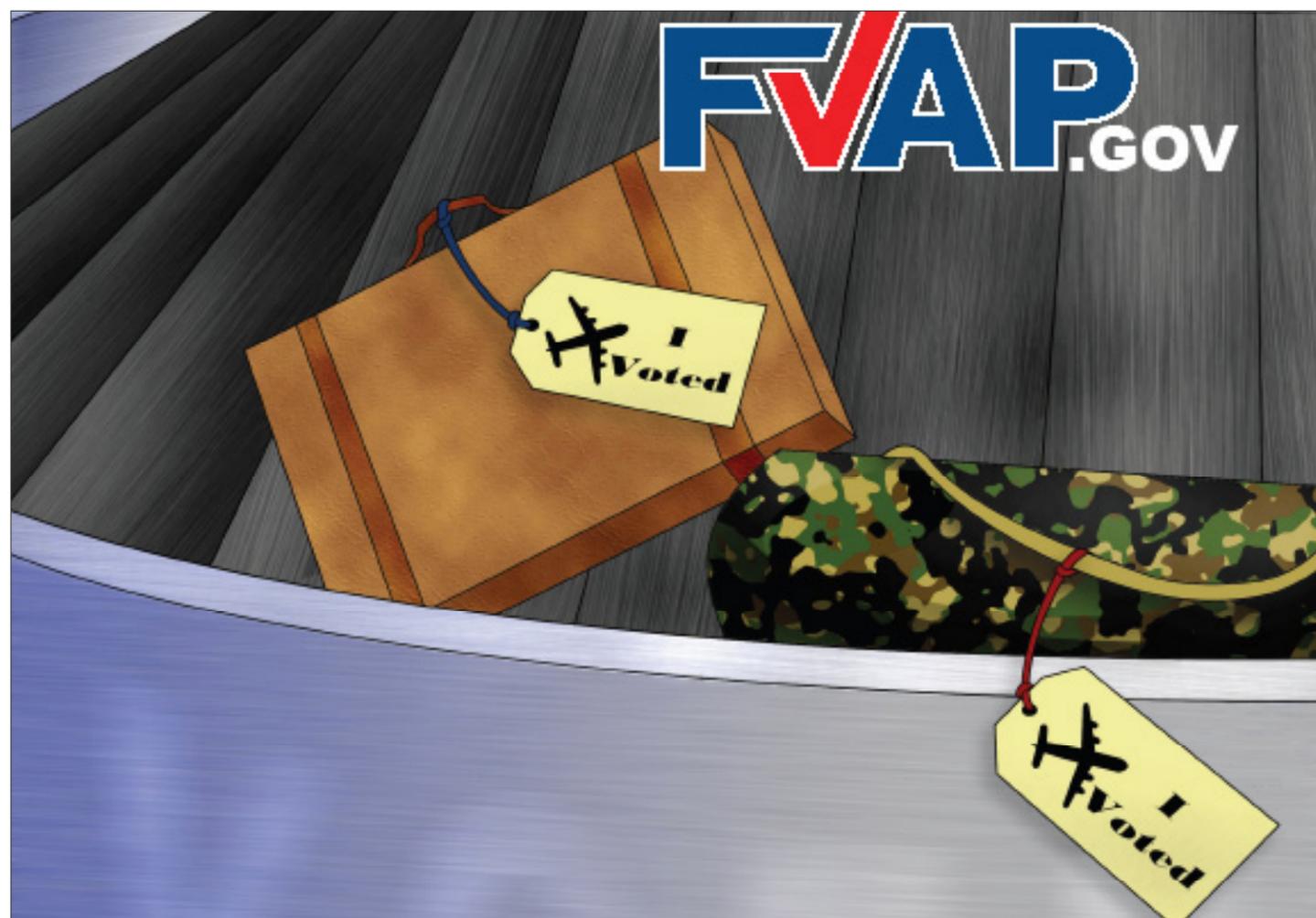
Putting her experience into perspective Volden added, “When you can see what your cog [in the machine] does it helps it make more sense. It's hard to relate what you do at such a high level to the war fighter. When you've been on the ground and been in the dirt you always wonder where all these boxes of stuff come from or these supplies or how do they know we need this stuff, it puts two and two together.”

“I've done many jobs with the Army. I've been a brigade safety officer, headquarters company commander, and an S-4 supply officer. I used to sit in the S-3 planning meetings and wonder why their plans were so complicated. Now that I'm in planning, my experience from being a supply clerk to a brigade safety officer helps me make better plans for the 316th.”



US Army Photo by Sgt. Peter J. Berardi, 316th ESC

Capt. Lori Volden, a native of Cashton, Wis., poses for a photo in the Camp Arifjan, Kuwait Starbucks after her interview. Volden, a 23-year veteran of the Army, served as an enlisted Soldier during Operation Desert Storm. “When you can see what your cog [in the machine] does it helps it make more sense. It's hard to relate what you do at such a high level to the war fighter. When you've been on the ground and been in the dirt you always wonder where all these boxes of stuff come from or these supplies or how do they know we need this stuff, it puts two and two together.”



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Army nurses, taken prisoners by the Japanese at Bataan and Corregidor and recently freed from the Santo Tomas University Civilian Concentration Camp at Manila, are awarded Bronze Stars, along with promotions, before their departure for the United States. Brig. Gen. Guy B. Denit, Chief Surgeon, SWPA, made the presentations at the 1st Convalescent Hospital, Tolosa, Leyte Island. 20 February 1945



Manila during February 8-12, 1945. U.S. Army Nurses from Bataan and Corregidor, freed after three years imprisonment in Santo Tomas Internment Compound, climb into trucks as they leave Manila, Luzon, P.I., on their way home to the U.S. The nurses are wearing new uniforms given to them to replace their worn out clothes. [12 February 1945]



US Army nurses from Bataan and Corregidor, freed after 3 years imprisonment in Santo Tomas Internment Compound climb into trucks as they Leave Manila, Luzon, P.I.

## Women's Equality Day

Aug 26 is recognized as Women's Equality Day. Women have served in the United States Army since 1775. They nursed the ill and wounded, laundered and mended clothing, and cooked for the troops in camp on campaign; services that did not exist among the uniformed personnel within the Army until the 20th Century. Women are an invaluable and essential part of the Army. Currently, women serve in 91 percent of all Army occupations and make up about 14 percent of the Active Army. Women continue to have a crucial role in the War on Terrorism and their sacrifices in this noble effort underscore their dedication and willingness to share great sacrifices.

### American Nurses in the Philippines

The Angels of Bataan were the 72 members of the United States Army Nurse Corps and the United States Navy Nurse Corps who served during the Battle of the Philippines (1941-42) and endured the miseries of Bataan spending years in captivity.

When the Allies surrendered Bataan to the Japanese it left 70,000 American and Philippine troops to endure the infamous "death march." The Army nurses, now prisoners of the Japanese, were transported to an internment camp in Manila, where they remained for nearly three years.

They continued to serve as a nursing unit throughout their status as prisoners of war and after three years of hardship, they were finally liberated in February 1945.

After their liberation the Army nurses of

Bataan and Corregidor were awarded Bronze Stars, along with promotions.

On April 9, 1980, a bronze plaque was dedicated at the Mount Samat shrine by those who survived Bataan and Corregidor. It reads:

TO THE ANGELS-- In honor of the valiant American military women who gave

so much of themselves in the early days of World War II. They provided care and comfort to the gallant defenders of Bataan and Corregidor. They lived on a starvation diet, shared the bombing, strafing, sniping, sickness and disease while working endless hours of heartbreaking duty. These nurses always had a smile, a tender touch and a kind word for their patients. They truly earned the name--THE ANGELS OF BATAAN AND CORREGIDOR."





# Chaplain Brings Soldiers the RESST

Chaplain (Capt.) Demetrius Walton  
Family Life Chaplain, 316th ESC

Give me R.E.S.S.T. and what does it mean? It is a new acronym that stands for Relationship Enhancement Single Soldier Training. In essence, the Family Life Chaplain a member of the Unit Ministry Team will provide advice and tips to soldiers that may help them choose the right spouse.

The Army believes in preventive maintenance checks and service or PMCS before conducting any major training or going off to war. This mitigates against critical failures that can lead to serious injury or death. This proven practice can translate well in the marriage realm concerning Soldiers, too.

Marrying to the wrong person can lead to financial ruin, loss of mental clarity required for tough missions, early departure from the military, or be less likely to re-enlist due to marital difficulty. In the Book of Proverbs, the wisest man in the world wrote 'whoever finds a good wife finds a good thing'.

During R.E.S.S.T, Soldiers will receive training in the area of dealing with expectations, communication, commitment, relationship values, intimacy, and dealing with the in-laws. So that the goal of choosing a good spouse becomes attainable and allowing the Soldier to continue

fulfilling their military obligations. The first R.E.S.S.T event is scheduled for Sept. 27 through 30 at Camp Al Sayliyah, Qatar.

In addition, morale, welfare and recreation activities such as a spa, swimming pool, mini-golf, bowling, and camel riding will be included during the Comprehensive Soldier Fitness Time to help build resiliency for the Soldiers.



Photo by Chaplain (Lt. Col.) Charles Yost

## Soldiers Blog

### My First Week Deployed:

By 2nd Lt. Samantha Yeager

I will have to say that I am glad we are finally here. It seems like it took forever to finally get here. Between all the pre-mob training and seemingly never ending plane and bus rides, we FINALLY made it! I was so glad to finally get off the plane, that the blast of heat blown into my face was one of the greatest feelings but only for that one moment. I quickly realized it will always feel like that whenever I go outside. It feels like you've stepped into your car that has been in the summer sun all day and then turn on the AC right away only to feel a gush of hot air in your face. After a week of this and my first welcoming dust storm, I've grown accustomed to the new additions to the uniform to avoid inhalation of dust. Water bottles have become my new best friend tagging along everywhere I go. After a few minor adjustments to the new environment, I have grown to accept this new home and indulge in the learning opportunities at hand. Being a LT in my position I have a lot to learn and I am eager to get started. In one of our medical meetings, I looked around the table at all my counterparts and realized I will be working hand in hand with LTCs and Colonels. While initially this could seem intimidating, I quickly acknowledge this as a wonderful learning opportunity. In front of me was a wealth of knowledge and experience welcoming me into the group. I feel I will be in good hands and if nothing else, I will learn a thing or two.

## Nearly One Month Down

By Staff Sgt. Kristin Walker

We're almost at the end of our first month of deployment, and for the most part everyone seems to be settled in. I'm learning that the phrase 'settled in' is relative, and pretty much just means that we're all in one routine or another. That being said, some have eased into a routine of indulging in some much needed rest and relaxation right after work, others have opted to take a casual stroll across the sandy lot or gravelly knoll (depending on which Zone is still 'temp home') to the Dining Facility (DFAC) followed by long calls home, and a restless few have accepted the challenge of doing all of the above plus engaging in the various activities that Camp AJ has to offer. I fall in to this final category.

I have taken full advantage of the Camp's calendar of events in order to settle in. Between karaoke, Zumba classes, church services, Open Mic Nights, two movie theaters and dance night I don't have enough time to sink into hum drum of boredom. Just like at home, every good time is made even better with good company which is why I

can almost always be found with SPC Teresa Saenz, and if they so choose to grace us with their presence, SGT Nichelle Wester, SGT Taylor Kline and SPC Caroline Shaw. For me the week has been transformed from just 'Mondays' to 'phone night with my family', 'Tuesdays' have become 'karaoke night', 'Wednesdays' are 'Bible night' and so on, and so on until the conclusion of the week which ends in dancing until zero-dark-thirty on Saturdays. Another week ends the next begins, and now we have arrived at the end of the first month of the deployment.

Whatever routine that we have all found ourselves in helps to provide a sense of normalcy. With temperatures well over 110 degrees every day, dust/sand storms, limitations on what we can eat and restrictions on how we can dress most if not all of us are far removed from anything that feels "like home". Even still, being 'settled in' to a routine, and having at least a couple of buddies a part of that makes the overall experience seem just a little less foreign, and a little more home-like.

## My First Week Deployed

By Spc. Caroline Shaw

I never thought I would get used to 115° heat. When you step off that plane, you get used to it pretty quickly. It's exactly how everyone describes it-- a blow dryer on the hot setting to the face.

However, we really can't complain here at AJ. It has all the necessities such as a pool, movie theater, fabulous MWR center, dining facilities, food court equipped with Subway, Hardees, Charley's Subs, Taco Bell, not to mention the Starbucks, Baskin Robbins and gym which run 24/7. It's pretty much like a little American oasis in the middle of the desert.

The worst part about AJ is being away from family and having limited contact. Yes there is internet and the opportunity to use the phone via internet, however you have to remember that whenever it's convenient for you, it's probably not convenient for the other person since there is a 7 hour time difference. The second worst part is the mouth full of sand and the constant layer of dust which

never seems to disappear no matter how much you clean.

I have been lucky enough to be able to get off post to go to Kuwait Naval Base (KNB) and see what the real Kuwait is like. It took a while to even get off post. You have to go through several different checkpoints and have documentation as to why you're leaving. You also have to take off your ACU top when you drive off post. But surely people won't recognize a bunch of guys in the same tan t-shirt with the same haircut... Also, for some reason, Kuwaitis generally don't like to follow road signs or traffic laws. If you are driving too slowly, they'll tailgate until you get out of their way, or they'll just go around you. It doesn't matter if you are already in the left lane because they don't mind driving on the shoulder over rumble strips. These are just some of the strange things in Kuwait you learn to accept.

All in all I would say Kuwait is a good first deployment... And 1000x better than North Fort Hood Penal Colony!

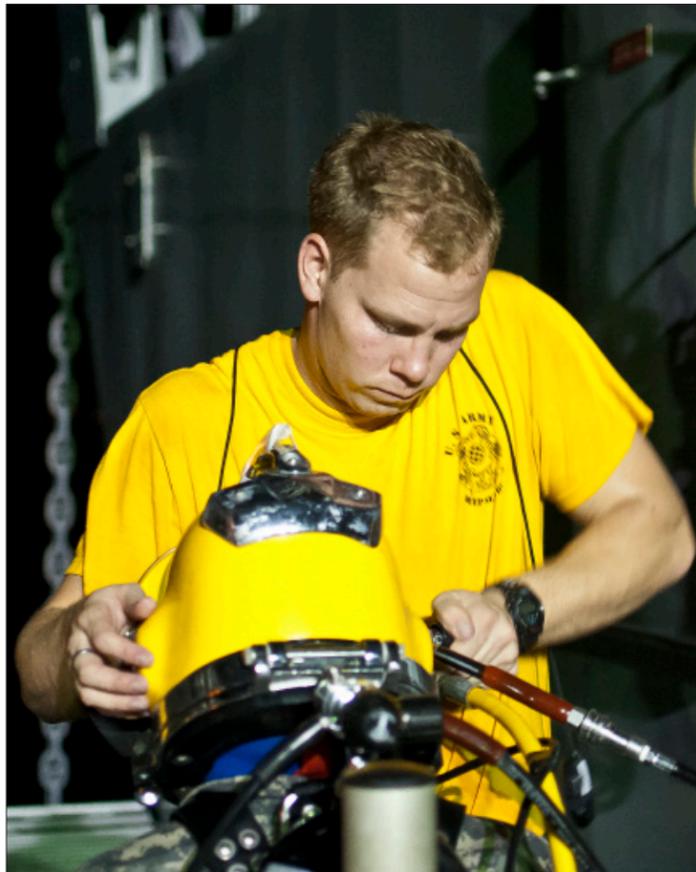
## Soldiers Blog

### My First Week Deployed:

By Spc. David Niedergall

Kuwait? It's hot, that pretty much sums it up. I wake up at six in the morning, step outside to go get ready for the day, and it's already over 100 degrees and I have to wear shades so I can keep my eyes open. I go to work for 9 hours, unrelenting Excel spreadsheets and finger-blistering e-mails filling the hours; never a dull moment. I've learned a lot in my first week here about ammo and cohesion in the office. I sit between a sergeant major and a CW4, so this should be a learning experience for a lil' PFC like me. After work I wind down, talk to the family, and hang out with friends. The sand gets everywhere, there is no such thing as a cold shower (its either hot or it just melts your skin, but at least you get a choice) and I love it. It's going to be a great deployment. I keep in contact with loved ones enough so I'm not homesick, and there are enough things here to do so that I won't get bored after work. It is definitely a learning experience, and one I am very thankful for. Oh, and it's not Fort Hood, so that's a plus.





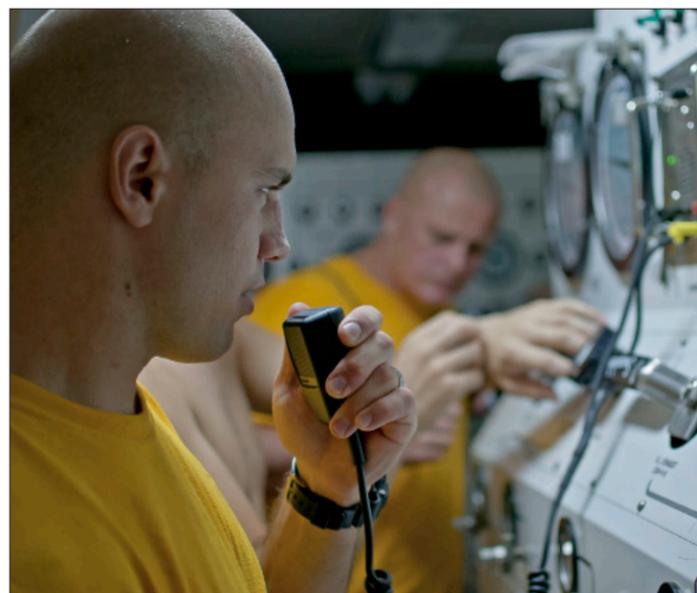
Staff Sgt. Andrew Miltenberger, a member of the 569th Engineer Detachment (Dive), does final checks on a divers helmet, prior to authorizing the dive, during exercise Deep Blue in the Persian Gulf, July 26.



Staff Sgt. Marcelo Mendoza, a member of the 569th Engineer Detachment (Dive), removes the dive helmet from Pfc. Matthew Jones, after finishing a dive during exercise Deep Blue in the Persian Gulf, July 26. "It's important for the supervisors, so that in case there's a real emergency we are running through the drills and protocol that could happen," explained 1st Sgt. Earnest L. Vance, master diver of the 569th.



Pfc. Scott Wilson, a member of the 569th Engineer Detachment (Dive), sits with Spc. Matthew Schlosser, who is the back up diver during a scenario of exercise Deep Blue in the Persian Gulf, July 26.



Spc. Richard Lee, a member of the 569th Engineer Detachment (Dive), communicates with a diver who has been placed inside of a recompression chamber located on the deck of USAV Churubusco (LCU 2013) during exercise Deep Blue, July 26.



Staff Sgt. Daniel Giagnocavo, a member of the 569th Engineer Detachment (Dive), assists a diver getting out of the water during exercise Deep Blue in the Persian Gulf, July 26.

# Taking the Dive During "Deep Blue"

By Staff Sgt. Peter J. Berardi

Plunging into the dark depths of the Persian Gulf, from the ramp of the USAV Churubusco (LCU 2013), Soldiers of the 569th Engineer Detachment (Dive) from Fort Eustis, Va., participate in exercise Deep Blue underwater diver training near Kuwait Naval Base July 21 through 26.

"Exercise Deep Blue specifically trains supervisors and Soldiers on the tactics, techniques and emergency procedures of surface supplied diving, SCUBA [self contained underwater breathing apparatus] and recompression chamber operations," explained Capt. Brett D. Evans, commander of the 569th.

This quarterly training is used to keep current supervisors qualified and to certify new supervisors, explained 1st Sgt. Earnest L. Vance, master diver of the 569th.

"The most important part is giving two newly promoted sergeant first class' one last chance at all the scenarios and to run through all their emergency drills before they go to senior leader course and actually test," said Vance. "It's a go or no-go course and you get two attempts, if you fail both times you have to re-class out of the MOS [military occupation specialty]."

Many of the scenarios test the divers on things that can go wrong from equipment errors to Soldier injuries, Vance explained. "This is basically the run phase before you would do any dive operations where something

could go wrong."

"We've been out here for a couple of days and it has been really good," said Staff Sgt. Joshua A. Palmer, a native of Columbia Mo. and diving supervisor with the 569th. "A couple of the divers are getting ready to go to master diver evals in October so we are putting them through the paces of advanced training."

"Master diver Vance has done a really great job of changing up the scenarios to keep people guessing and also coming up with some pretty creative issues to solve while keeping it realistic," added Palmer

There were also dive team members working on other qualifications and honing other skills.

"All sergeants will be evaluated on salvage diver skills and specialists and below will be evaluated on diver second class skills. Secondly, all diving supervisors will work on becoming command qualified," said Evans.

"We have also incorporated some hydraulic tool training and underwater welding training," said Palmer. "I know the guys have enjoyed that."

In observance of Ramadan and because of the severe heat during the day this iteration of the exercise was done overnight and things went smoothly, said Vance. "The guys are used to working in zero vis anyways, so it hasn't affected them during the training."

"Overall the situational training exercise ensures the unit's personnel are qualified and prepared for any mission that may arise underwater," said Evans.

All Deep Blue Photos by Staff Sgt. Peter J. Berardi, 316th ESC

# My First Deployment: The Mean Streets of Ramadi, Iraq

deployments. During which they learned and experienced many things, dealt with different kinds of stressors and a lack of amenities. Lt. Col. Eric Johnson, the 316th chief of operations, says these are some of the things that make Brine a great asset for the 316th and its Soldiers.

Brine was commissioned as an infantry officer in 2003 and sent to Korea. In August of 2004, Brine was deployed to Ramadi, Iraq as a rifle platoon leader with the 1st Battalion, 503rd Infantry Regiment.

"We were on the eastern side of Ramadi in a little outpost, a duplex that was half under construction," said Brine. "We occupied the thing with no sandbags or overhead cover."

Brine and the other members of the 503rd improved the buildings survivability themselves. Filling sandbags, hoisting four 400-pound aircraft cargo pallet to the roof, setting up observation posts and laying down concertina wire were just some of the improvements.

"I put in stakes with another lieutenant around the top of the back wall to run concertina on," he said. "It was so hot I was only wearing my kevlar, body armor, a t-shirt, shorts and boots."

Leadership skills along with taking a lot of initiative and being able to read into implied tasks are just some of the things the infantry taught him. "These skills help the 316th ESC because the officers above me don't have to worry about my lane. They can feel that the SOC [Sustainment Operations Center] is properly run without too much oversight, allowing them to focus their attention on more important tasks," he said.

The living conditions also added some unique experiences said Brine.

"We fit a whole 120 person company in the duplex," he said. There was a lot of ingenuity and working alongside Soldiers of all ranks to improve the survivability of the duplex and to make it as comfortable as we could.

"Being able to communicate to all ranks and convey my points to multiple mindsets was something I learned through that," he said. Working with ranks from private first class to brigadier general in the 316th makes that skill indispensable, he added.

The stressors that the infantry are exposed

to differ greatly from the ones the Soldiers of the 316th are currently going through said Brine.

"The day-to-day operations were a lot tougher physically than what we are doing here," he said. "We ran missions that lasted anywhere from 8 to 96 hours, wearing full gear for up to 24 hours straight was not uncommon and neither was walking up to 20 clicks [km] to an objective."

One day the observation post received a rocket attack. "A vehicle pulled up right behind the back wall, opened up its hatch back and shot a rocket at the duplex. The rocket went right through the cinder block wall and angled up hitting the very top of the building," he said. "Thank God it angled up and the wall had so much standoff from the building, if the wall had been any closer the rocket could have hit a Soldier-filled area of the duplex."

"The stresses with the 316th ESC are different," he said, "You are working for a product not an end state. Your not working for the hearts and minds of the people directly but everything that we do supports those that are, making our mission very important and indispensable."

Another very noticeable difference is the amenities available to Soldiers now as opposed to then remarked Brine.

"My two meals a day consisted of a meal ready to eat and a mermite supplemented with Cup-Of-Noodles, we slept on cots and had to build our own furniture," he said. "We got a hand saw, hammer, wood and nails and built our own shelves, desks and even some self closing doors."

"I think I only got to call my Family every four or five days and probably only showered five times during the entire deployment," he said.

"It is nice being able to sleep in a bed with air conditioning, take a shower every night, go to the gym and especially have the ability to call my wife whenever I get off duty," he added, "This is a pretty nice deployment, emphasis on nice, bold and italicized."

The toughest part of deploying with infantry was losing Soldiers said Brine. My battalion had several killed in action and many more wounded. "I was real fortunate that none of my Soldiers were



U.S. Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

Capt. William C. Brine poses for a photo following his interview at Camp Arifjan, Kuwait.

*Editors Note: This is the second story in a series about Soldiers of the 316th Sustainment Command (Expeditionary) and their prior overseas deployment experience. By Staff Sgt. Peter J. Berardi*

Moving through the streets of what USA Today called "Iraq's most dangerous city," during late 2004, Capt. William C. Brine leads his infantry rifle platoon towards a group of buildings through the cover of darkness.

Reading his map through night vision goggles to conceal his platoon's position, he tries to determine if the buildings before them are ones that need to be breached.

Being briefed that the mission could be absolute hell on earth kept us on edge the whole time, Brine remarked. Luckily the operation succeeded without incident. We also detained several insurgents and recovered many caches of sniper rifles, mortar rounds, vehicles that were modified to fire mortars and an assortment of explosive priming devices.

That's how Brine, a resident of Bethel Park, Pa. and currently deployed as the 316th Sustainment Command (Expeditionary) battle major at Camp Arifjan, Kuwait, remembers the 48-hour operation his platoon took point on to establish a presence on the east side of the wild, wild, west of Iraq. The city of Ramadi.

Many Soldiers of the 316th have prior

killed. I think it's one of my life's greatest accomplishments, making it through a whole 12-month deployment inside a hostile city like that and not having anybody killed," he added.

"I still feel it was the most rewarding experience of my life," he said. "Going out there and knowing that your making a difference in peoples' lives made me feel that I contributed to the betterment of a nation."

On the current deployment with the 316th, whose mission includes planning, preparing, deploying and executing logistical sustainment operations, he said, "I enjoy handling the daily activities from higher and lower and making sure that our operation is running smoothly."

"I'm very happy with where we are as a unit, looking at where we were," said Brine.

"The amount of growth we went through is absolutely phenomenal, I have a lot of confidence in our group and that's a great sign."



Capt. William C. Brine, a resident of Bethel Park, Pa. and currently deployed as the 316th Sustainment Command (Expeditionary) battle major, communicates with friendly elements during a deployment to Iraq, 2004.



Capt. William C. Brine, a resident of Bethel Park, Pa. and currently deployed as the 316th Sustainment Command (Expeditionary) battle major, was previously deployed with the 503rd Infantry Regiment to Ramadi, Iraq in 2004. During that deployment his company occupied a duplex that was still under construction. The company reinforced and improved the survivability of the building themselves using sandbags, concertina wire, aircraft pallets and weapons placements.



Sgt. Andre Patterson, a resident of Swissvale, Pa. and member of the 316th Sustainment Command (Expeditionary), participates in some warm up exercises while attending Modern Army Combatives Program Level One training at Camp Arifjan, Kuwait, Aug. 6 through 10. "I wrestled in high school, I finally got a chance to get into a combatives course and I'm loving it," said Patterson.



## 316th Soldiers Learn Combatives on Deployment

By Staff Sgt. Peter J. Berardi

The sun was going down, the heat of the day still lingering in the air, and deployed Soldiers were arriving at a large, dusty, mat filled tent to attend Modern Army Combatives Program Level One training at Camp Arifjan, Kuwait, Aug. 6 through 10.

Level one combatives is a five-day course designed to teach Soldiers the basics of self-defense and to familiarize them with the challenges of hand-to-hand combat. "Level one is not meant to make you proficient in fighting, it's meant to allow you to control the situation and protect yourself long enough for help to arrive," said Staff Sgt. Justin Day, lead instructor and member of Bravo Company, 45th Air Missile Defense. "Soldiers don't always fight on the battle field, sometimes we have to fight at Walmart to protect our family," added Day.

The first day the Soldiers went through many warm up drills and exercises before starting to learn any techniques.

For one Soldier, the course was an opportunity to not only learn a new skill but to also test his physical and mental limits. "The first day was pretty rough," explained Spc. Regis Kessler, a resident of Pittsburgh and a member of the 316th Sustainment Command (Expeditionary). "There was a lot of physical exercise that I wasn't ready for. It was very tiring, I'm sore, still feeling it from the first day," added Kessler.

"I thought it was going to be more instruction and less jumping and rolling around on the ground," he said. "I didn't expect to come in to do more PT and get all sweaty."

By day three Soldiers were practicing many fundamental techniques including clinches, takedowns, and head control.

Maintaining these techniques is very important. "The trainings been good, it's tiring and extra PT [physical training], but it's something different," said Kessler. Also, "when you do something 70 times it tends to sticks with you," he added.

"My favorite part so far has getting to throw around Sgt. [Andre] Patterson, cause he's a lot bigger than me," said Kessler. "I get him down once in a while, but every time I do he comes right back and does the same to me," added Kessler. It shows that the moves really work and that size isn't everything in a fight.



Spc. Regis Kessler practices a take down on fellow 316th Sustainment Command (Expeditionary) member, Sgt. Andre Patterson, during Modern Army Combatives Program Level One training at Camp Arifjan, Kuwait, Aug. 6 through 10. "My favorite part so far has getting to throw around Patterson, cause he's a lot bigger than me," said Kessler. "I get him down once in a while, but every time I do he comes right back and does the same to me," he added.



All Combatives Photos by Staff Sgt. Peter J. Berardi, 316th ESC

Spc. Regis Kessler, a resident of Pittsburgh, practices technique with fellow 316th Sustainment Command (Expeditionary) member, Sgt. Andre Patterson, a resident of Swissvale, Pa., during Modern Army Combatives Program Level One training at Camp Arifjan, Kuwait, Aug. 6 through 10. "The trainings been good, it's tiring and extra PT [physical training], but it's something different," said Kessler. Also, "when you do something 70 times it tends to sticks with you," he added.

Along with a steady workout, overcoming bumps and bruises are part of the course.

"The fighting is really tiring," explained Kessler. "Actually going through the moves, rolling around on the ground, having your opponent resist, that can really wear you out. At one point I ended up with a bloody nose and don't even know how it happened."

After five days of training, one last hurdle remains for the students to earn their level one certification, passing the performance test. "In the performance test there are 15 testable moves and they have to pass six out of eight moves for a go," said Day.

"They made me pretty nervous coming into the test," Kessler said, "but once we started the moves it got pretty easy cause everything came back to me."

Now Kessler is certified as a MACP level one combatant.

"I was second guessing myself after the first day or two, but after that it was worth it. I didn't expect it to be such a rough workout and then having to come to work the next day wasn't enjoyable," Kessler continued, "knowing to do those moves, anybody can do them, now I know that I can do them."

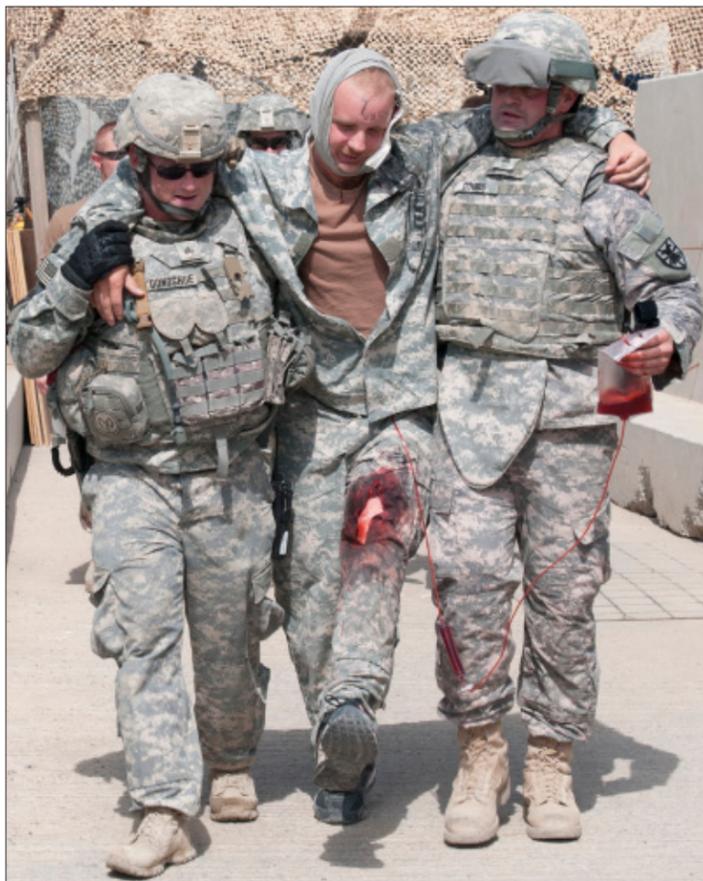


Staff Sgt. Justin Day, lead instructor and member of Bravo Company, 45th Air Missile Defense, and an assistant instructor show the class proper technique prior to allowing the Soldiers to practice on one another during Modern Army Combatives Program Level One training at Camp Arifjan, Kuwait, Aug. 6 through 10. "Soldiers now have a high propensity for engaging a combatant very close, hand-to-hand, within arms reach. The problem is these combatants are very well trained, at least some of them are. These skills could potentially save their lives or that of someone else," said 1st Sgt. Wilfrid Chapdelaine of the 160th Signal Brigade.



Sgt. Andre Patterson, a member of the 316th Sustainment Command (Expeditionary), participates in some warm up exercises while attending Modern Army Combatives Program Level One training at Camp Arifjan, Kuwait, Aug. 6 through 10.

# Mass Casualty Exercise at KNB



US Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

Soldiers with the 492nd Harbor Master Detachment assess and treat casualties during the Camp Patriot mass casualty drill at Kuwaiti Naval Base, Kuwait, Aug. 26. The drill, which was conducted in coordination with anti-terrorism month, tested Soldiers and units across the base on reacting to a high volume of casualties with varying injuries.



US Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

Soldiers participate in the Camp Patriot mass casualty drill at Kuwaiti Naval Base, Kuwait, Aug. 26. During the exercise, which was conducted in coordination with anti-terrorism month, crewmembers aboard the USAV Maj. Gen. Charles P. Gross (LSV 5) secured the vessel, prepared crew served weapons and scanned the area for any potential threats.



US Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

Soldiers with the 492nd Harbor Master Detachment assess and treat casualties during the Camp Patriot mass casualty drill at Kuwaiti Naval Base, Kuwait, Aug. 26.

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**A Simple Observation**  
**A Single Report can lead to actions that may STOP a terrorist attack**

**See Something Say Something**



Afghan National Police use the services at the newly opened New Kabul Bank located at the Joint Regional Afghan National Police Center in the Kandahar province, Afghanistan.

## 18th FMC Helps Open Afghan Bank

By Staff Sgt. Peter J. Berardi

Direct deposit and online banking, including using your smart-phone, is a common occurrence for many U.S. service members, but for members of the Afghan National Police simply getting paid can mean putting their life at risk.

For members of the ANP, getting paid often requires a dangerous trip across the countryside and many ANP members just leave because it's too dangerous to get paid.

Now, members of the ANP don't need to worry about that. After an 18-month long process involving cooperation among many agencies including the Afghan National Police, U.S. Department of the Treasury, NATO Training Mission in Afghanistan and the expertise of the 18th Financial Management Center Banking team, the New Kabul Bank branch has opened at the Joint Regional Afghan National Police Center in the Kandahar province, Afghanistan, July 25.

The JRAC is the largest Afghan National Police basic training post and getting paid involved a dangerous trip to the next closest

bank branch. Once Afghan Recruits finish with their training or get half way through they end up not staying, many of them just leave because it's too dangerous to get paid, said 1st Lt. Peterson Pierre, the 18th FMC Deputy Banking Officer.

The Afghan leadership had expressed their need for financial infrastructure right on their compound, said Pierre. "One of the biggest, most sought out things by everyone is money, they had to get paid otherwise they would seek alternate employment which often times means trouble," he added.

It is anticipated that over 5,000 Afghan personnel will use the services provided by the newly opened branch of the New Kabul Bank, said Pierre. "It will provide them with the financial infrastructure to pay their personnel and that should increase the retainability of their forces, which in return will mean that there will be more Afghan forces prepared, trained and ready to take on the mission after we redeploy."

This should have a major impact on attrition. Now that personnel are more safely getting paid, explained Major General Ehsas, the Commanding General for the

404th Maiwand Zone Afghan Police for the Kandahar District. Having work that allows people to support their families keeps police safer and lowers AWOLs.

The 18th FMC Banking Team plays a crucial role in supporting U.S. Forces Afghanistan's efforts to support responsible economic transitions, and the U.S. Department of State's efforts to establish strong financial institutions within countries where military operations are conducted. The team's mission is to strengthen the host nation's banking. Such services eliminates the security risk and cost that would otherwise be associated with finance personnel having to travel to a financial institution off post to obtain U.S. dollars or foreign currency to support deployed military and civilian personnel, explained Pierre, the 18th FMC deputy banking officer. "Their banking system is the main tool through which we go about doing that."

The most viable piece of the experience is when we go in there and see these guys in line, said Pierre. "It gives you a sense of accomplishment. Knowing that we are making a difference towards the right direction and having a potentially lasting impact is great.



**DON'T LET ENERGY GET YOU DOWN!** by the 316 ESC Surgeon Cell

Energy drinks are now so popular that Americans are expected to spend \$9 billion on them this year, making them the fastest-growing beverage market in the U.S. Energy drinks consumed in excess of, say two cans a day, may prove harmful to your health.

**ENERGY DRINKS and CAFFEINE**



Since they're marketed as dietary supplements, they often contain unregulated herbal stimulants like taurine, guarana, creatine and B vitamins. (Guarana for instance contains two to three times more caffeine than coffee beans do.)

Along with providing a boost of energy, some side effects of energy drinks that are directly related to high caffeine intake are:

- Insomnia
- High Blood Pressure

- Heart Disease (arrhythmias)
- Ulcers
- Irritability
- Anxiety
- DEHYDRATION
- Dependency

The biggest concern that Soldiers and their command have regarding the excessive use of energy drinks, is the fact that it may cause serious dehydration which puts you at a greater risk of becoming a heat casualty.

Good old-fashioned water is the best alternative to energy drinks and rehydrating is a great way to stay alert and move other nutrients through the body.

**SUPPLEMENTS**



Many people use muscle-building and weight loss supplements, which claim to enhance the results of training and diet.

Manufacturers of dietary supplements do not have to prove that a supplement is either safe or effective before it can be sold to the

public. It should also be remembered that "natural" does not necessarily mean safe when it comes to dietary supplements.

Research has shown that there have been many hazardous side effects associated with the use of fat burners. Choosing a natural and suitable "fat binder" weight loss supplement instead of a fat burning supplement is much safer.

**WHAT THIS MEANS TO YOU**

Some take-a-ways from this article include being cautious of what you put into your body because "you could have a very bad day" and cause very significant health issues, especially if you already have preexisting health conditions. Research and check with your health care team members or nutritionist prior to taking any supplements, dietary or weight loss/gain. Leaders need to be aware of what their Soldiers are putting into their bodies by staying engaged in aspects of their on and off-duty activities. Staying engaged and keeping Soldiers healthy keeps our Army Strong!



By Army Staff Sgt. Peter J. Berardi

Sexual harassment and sexual assault is unacceptable, goes against all Army values and destroys teamwork, unit cohesion, trust and degrades mission readiness. "From my perspective, there is nothing more contrary to the basic values of being a Soldier than sexually assaulting a fellow officer, or any person for that matter," said Secretary of the Army John McHugh.

Third Army, 1st Sustainment Command (Theater) and 316th Sustainment Command (Expeditionary) are all working towards the U.S. Army's goal is to eliminate sexual harassment and sexual assault with the use of a new program, Sexual Harassment Assault Response and Prevention training. Some of the things SHARP teaches Soldiers about are awareness, prevention education, victim advocacy and reporting options.

"Even one case of sexual harassment or sexual assault is a big problem and it could happen anywhere, at the work place, on post or off post," said Sgt. 1st Class Sandra Wheaton, the 316th ESC SHARP representative. The most important way to prevent this from happening is to

intervene, act and motivate. I.A.M. Strong is a campaign the SHARP program uses to educate Soldiers. "Battle buddies should get involved, we are all brothers and sisters. Every Soldier has to take care of their buddy, if they see them going down the wrong path pull them back, it's not bad to intervene, you could save somebody's life," added Wheaton.

Echoing the 316th SHARP representative's message, the 1st TSC SHARP representative Chief Warrant Officer 2 Christina Lunardini thinks that acting and intervening are the most important takeaways for Soldiers. "I think if soldiers could get those two words in their brain and that's all they remember about sharp I think that would go a long way to help this program help the army and help our team."

"By acting Soldiers can prevent sexual harassment and sexual assault from occurring in the first place," explained Lunardini. "If you see something that shouldn't happen do something about it, stop it from happening, stop people from making mistakes."

Intervening is also important. "If you see something that could potentially happen intervene and stop it," said Lunardini. "If you hear someone joking around, or see someone

touching people or acting inappropriately pull them aside and stop them. Tell them that this isn't behavior that we need in the Army, there's no place for it here."

Additionally, all Soldiers need to understand that sexual assault can be more than just rape. "Sexual assault is not only rape, but wrongful sexual contact, abusive sexual contact and aggravated sexual contact," said Third Army senior SHARP representative Master Sgt. Jamey Sanders.

To increase Soldiers' awareness and understanding there is upcoming SHARP training for 316th Soldiers in October and there will also be a class for SHARP unit reps to become victim advocates starting in September, said Lunardini. "We are trying to get as many soldiers trained as we can to get the awareness out there."

"We are one soldier one fight, we are a band of brothers and sisters and we need to start looking out for our fellow soldiers," said Lunardini, "If we do that we could stop sexual harassment and sexual assault from occurring."

For more SHARP information or training opportunities please visit <http://www.sexualassault.army.mil/>.



Photo by U.S. Army

Master Sgt. Jose Ramirez, Master Sgt. Raymond Darr, 2nd Lt. Samantha Yeager, Command Sgt. Maj. Michael Bolduc and Sgt. Maj. Paul Leckinger recently attended the Joint Humanitarian Operations course in Tampa, Fla.

## 316th Soldiers Attend JHOC in Tampa, Fla.

By 2nd Lt. Samantha Yeager

One day at lunch Command Sgt. Maj. Michael Bolduc came up to me and jokingly said, "I heard you were just begging to get into this course." My response was simply a confused look that read "what are you talking about?" He further explained that I was on the list to go to The Joint Humanitarian Operations course in Tampa, Fla.

I couldn't believe it! I was chosen to attend this course as one of the representatives for the 316th ESC because of my medical service position in the unit. My next thought was, "really? They're sending us to Florida?" So of course I didn't complain too much. I accepted the fact that I would be taking a 13 hour flight back over the ocean to Florida for an opportunity to learn something new that I can apply to future work. When I found out more about what the course was, I realized this would be an incredible experience to assist in humanitarian operations if the

situation ever arose. Truth be told, I wasn't excited about the long flight, but I was eager to see what the course had to offer.

The JHOC informs military personnel of what the Office of U.S. Foreign Disaster Assistance and the U.S. Agency for International Development provides in response to a foreign disaster and how their military liaison team coordinates with the military and Non-Government Organizations should military assistance be needed. The department only deals with relief missions during a disaster whether it is due to a natural disaster or human conflict in order to save lives.

Once the course began, I did not know what to expect. I had no experience with humanitarian work and frankly, didn't know anything about what it entails. In a matter of two days discussing only a piece of the humanitarian effort puzzle I have a much better understanding of the humanitarian aid coordination. I learned there is a centralized organization that actually dealt with such

issues and served as the connecting piece for the host nation, NGOs, U.N. and U.S. military. It was good to learn there was an organization that attempts to coordinate and organize a chaotic situation on a regular basis. That was absolutely fascinating to me.

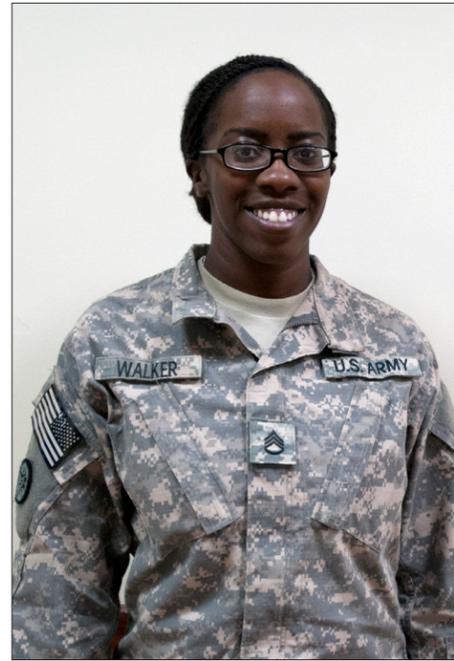
I learned many things but probably the most important thing I learned was how the military would get involved in humanitarian assistance and provide support. It is the host nation's authority to determine whether they want or need help. If they don't request help, then help can't be given. If a country requests and accepts aid, the majority of the manpower and supplies are provided by NGOs and U.N. organizations. It is when a specialized service or expertise that is unique to the U.S. military that assistance can be provided by the military.

What does that mean for me? I am the medical representative for our unit and had to ask the question, "What is unique to the military's medical system that would lead to utilization of their assets?" The answer was quite simple, "It depends".

Every disaster is different. The military is not used for every humanitarian operation but when they are it's for a unique reason. The best and most recent example was when military medical assets were used during the January 2011 earthquake in Pakistan. The U.S. military utilized MEDEVAC helicopters and a Combat Support Hospital to evacuate casualties and get them to treatment. This was unique because the location of the earthquake was in a mountainous area and roads were either destroyed or blocked by rubble. The best way to move patients to quality medical care was to MEDEVAC them using helicopters that the NGOs and host nation couldn't provide.

The 316th ESC is a logistical unit and one of the most important things the course emphasized was the necessity for logistics; ordering of supplies, movement of supplies, organization of supplies, and distribution of supplies. The unique characteristic that the 316th ESC has to offer is its ability to provide logistical assistance and the ability to coordinate. We have our skill and if needed, know how to use it!

The 316th ESC now has select personnel who have a greater understanding of humanitarian operations which better prepares the unit to address any related issues. We now know what we have to offer and who to communicate with to coordinate support if needed.



## Group Dynamics

By Staff Sgt. Kristin Walker

There are a surprising amount of "extracurricular" endeavors for Soldiers of all ages to take part in here at Camp AJ. Dominoes and Texas Hold 'Em tournaments, karaoke nights, Zumba and dance classes, movies with free all-you-can eat/drink

popcorn and soda (\*two thumbs up\*), and of course the highly competitive and intense games of Bingo are just a few of the many events that are available daily. However, there is an activity that you won't find fliers posted around the Morale Welfare and Recreation (MWR) centers or in the Resiliency Centers, but many have either participated in willingly or unknowingly. 'People watching' is a recreational activity that occurs almost anytime and anywhere for unspecified amounts of time. I know this because I have been a guilty culprit on many occasions. I am not talking about snickering at every day common follies such as people fighting sleep in meetings – when I manage to stay awake long enough to make the observation – or the "inconspicuous" stumbles over cracks in the sidewalk followed by the makeshift dance move to disguise the social faux pas, what I find most interesting are group dynamics.

Shakespeare once said "All the world's a stage, and all the men and women merely players" – well I like to think of working here more like being in the jungle. When you walk into the building at the start of the work day and peek into the cubicles, you can already hear the call of the wild as the more aggressive and assertive personalities dictate that task and suspense for the given day. The elephants impart deeper insight for the members of the pack that may need

additional help understanding the task, while the monkeys help to lighten the mood by keeping everyone laughing throughout the day with quick one-liners or anecdotes, and the worker bees keep the hive moving. Similar dynamics exist outside of the office, and can be seen at the DFAC. You can always tell who the leader of the pack is because the rest of the group will either wait until he or she sits down before they start eating, or will eat slowly as they continuously glance at the entrance in hopes to see him or her getting in line. At the movie theater, the group leader says where he or she wants to sit and the rest of the group follows whether or not they preferred the chosen seats.

As silly as this may all seem, it is reflective of the group/unit cohesion and esprit de corps. We all have our roles to play both socially and professionally. Regardless of the roles we play, or if we're the group leader or a worker bee we are all essential to the successful completion of the 316th mission. There is strong sense of unity within the 316th and we are all either directly or indirectly bound through a sense of common interests and responsibilities. But still... if you have that feeling like somebody's watching you when you drop ketchup on your shirt or trip over the crack in the sidewalk, they probably are. They are also probably mildly entertained.

## 316th Soldiers Earn Combat Patch



US Army Photos by Staff Sgt. Peter J. Berardi, 316th ESC

Brig. Gen. Bud R. Jameson Jr. shakes hands with Col. David Whaling (left) and places the 316th Sustainment Command (Expeditionary) patch on Sgt. 1st Class Nancy Rexach's (right) right sleeve during a ceremony for the Soldiers of the 316th. The ceremony commemorates the earning of the unit's patch as their shoulder sleeve insignia former-war-time service at Camp Arifjan, Kuwait, Aug. 2. "I want you to be able to wear this patch with pride, knowing the legacy that you build here is going to be unmatched in the ESC and sustainment community," said Jameson.

# Soldiers' Best Shots of the Month



Photo By Sgt. Sidney Mozingo, 316th ESC



Photo By Spc. Reina Dandar, 316th ESC



Photo By Spc. Brittany Carroll, 316th ESC



Photo By Sgt. Anthony Fletcher, 316th ESC



Photo By Sgt. Anthony Fletcher, 316th ESC



Photo By Sgt. Javonnii Curry, 569th DIVE



Photo By 316th ESC



Photo By Staff Sgt. Ramon Delgado, 316th ESC



Photo-by Random Passerby



Photo By Spc. Brittany Carroll, 316th ESC



Photo By Spc. Brittany Carroll, 316th ESC



Spc. Rachel Julien, a resident of Brooklyn, N.Y., was promoted to the rank of sergeant at a promotion ceremony at Camp Arifjan, Kuwait, Aug. 4.



Chief Warrant Officer 2 Jeremy Gula, a resident of Leetsdale, Pa., was promoted to the rank of chief warrant officer 3 at Camp Arifjan, Kuwait, Aug. 29.



StaffSgt. Kimberly A. Taylor, a resident of Sharpsville, Pa., was promoted to the rank of sergeant first class at Camp Arifjan, Kuwait, July 19.



Staff Sgt. Dominique C. Allbritten, a resident of Westminster, Md., was promoted to the rank of sergeant first class at Camp Arifjan, Kuwait, July 19.



Sgt. Kristin Walker, a resident of Manassas Park, Va., was promoted to the rank of staff sergeant at Camp Arifjan, Kuwait, Aug. 6.



Sgt. Sam Orsini, a resident of Ambridge, Pa., was promoted to the rank of staff sergeant at a promotion ceremony at Camp Arifjan, Kuwait, Aug. 6.



Sgt. Jonathan Coupal, a resident of Rouses Point, N.Y., was promoted to the rank of staff sergeant at a promotion ceremony at Camp Arifjan, Kuwait, Aug. 4.



Sgt. Anthony Chavis, a resident of Pittsburgh, was promoted to the rank of staff sergeant at a promotion ceremony at Camp Arifjan, Kuwait, Aug. 6.



Sgt. John Loughran, a resident of Howard Beach, N.Y., was promoted to the rank of staff sergeant at Camp Arifjan, Kuwait, Aug. 4.



Pfc. David Niedergall, a resident of Pittsburgh, was promoted to the rank of specialist at a promotion ceremony at Camp Arifjan, Kuwait, Aug. 4.



Pfc. David Wolf, a resident of Pittsburgh, was promoted to the rank of specialist at Camp Arifjan, Kuwait, Aug. 22.

# 316th Reenlistments



US Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

First Lt. Brian Ricco, a resident of Adah, Pa. and member of the 316th ESC G-1 section, reads Staff Sgt. Anthony Chavis, a resident of Pittsburgh and member of the 316th ESC G-1 section, the oath of enlistment during Chavis' reenlistment ceremony at Camp Arifjan, Kuwait, Aug. 20.



US Army Photo by Sgt. 1st Class Adam Stone, 316th ESC

First Lt. Brian Ricco, a resident of Adah, Pa. and member of the 316th ESC G-1 section, reads Staff Sgt. John Cumberledge, a resident of Beaver Falls, Pa. and member of the 316th ESC G-1 section, the oath of enlistment during Cumberledge's reenlistment ceremony at Camp Arifjan, Kuwait, Aug. 22.



US Army Photo by Staff Sgt. Peter J. Berardi, 316th ESC

First Lt. Brian Ricco, a resident of Adah, Pa. and member of the 316th ESC G-1 section, reads Sgt. Nichelle Wester, a resident of Pittsburgh and member of the 316th ESC G-1 section, the oath of enlistment during Wester's reenlistment ceremony at Camp Arifjan, Kuwait, Aug. 29.



US Army Photo by Sgt 1st Class Adam Stone, 316th ESC

Capt. Phil Gyskewicz, a resident of Franklin, Pa. and member of the 316th ESC SPO, reads Staff Sgt. Ebony Holt, a resident of the Bronx, N.Y. and member of the 316th ESC SPO, the oath of enlistment during Holt's reenlistment ceremony at Camp Arifjan, Kuwait, Aug. 23.

Thank you for all of the submissions. Keep them coming and maybe your photo will be featured in the next edition or on [www.facebook.com/316thESC](http://www.facebook.com/316thESC)

If you would like to submit a photo please e-mail it to:

[adam.r.stone@kuwait.swa.army.mil](mailto:adam.r.stone@kuwait.swa.army.mil) or [peter.j.berardi@kuwait.swa.army.mil](mailto:peter.j.berardi@kuwait.swa.army.mil)

Please submit your very best photos and on the subject line please put Photo of the Month.

Thank you again for your submissions and readership, it is greatly appreciated.