



LOG WARRIORS

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311th Sustainment Command (Expeditionary)

1 November 2008

Cooks Keep Bellies Full, Faces Happy



The cooks of the 311th Sustainment Command (Expeditionary) often find themselves with plenty to do by providing outstanding service to thousands of troops and civilians who eat at the Zone 2 dining facility on Camp Arifjan, Kuwait.

Many positive changes have been made to the facility since the 311th ESC arrived in theater.

The most significant improvement came with the addition of the "log warrior" annex to prevent overcrowding.

The 311th ESC food operations team partners with other Army servicemembers and foreign na-

tionals to continue to enhance services.

"Now that the grueling heat is gone, it's not so bad grilling the hundreds of steaks outdoors," said Spc. Carlos Deloera (above left, testing temperatures), one of the few 92 Golfs. The cooks serve about 700 pounds of steak every Wednesday.



A favorite for many comes on Fri-

day night when the Army and contracted cooks serve Mongolian barbecue, which is basically a choice mix of vegetables; choice of chicken, pork, beef and/or shrimp; and sweet or hot sauce; all grilled to perfection and served on a bed of rice.

It became such a big hit that the facility decided to operate both of its serving lines serving the Mongolian feasts, said MSG Veronica Avant.

Now, about 85 percent of the Friday night crowd head for the Mongolian barbecue.

It's all thanks to the dedicated staff of 311th ESC cooks and the dozens of work staff from abroad.



Mongolian BBQ night stays busy, three hours non-stop.

Sgt. 1st Class Patrick Chan gets his food to go.

COMMANDER'S CORNER

Camaraderie is the Ticket

By Brig. Gen. William D. Frink, Jr.
311th Sustainment Command
(Expeditionary)

Hello fellow Log Warriors! November 2008 is upon us with the memories of the past six months and the anticipation of the upcoming holiday season. Since we have been here at Camp Arifjan, there have been many Log Warriors who participated in the sports programs. This brings me to the thought of Camaraderie. Camaraderie not only works on the field, court, or track, it is also in the bleachers and on the sidelines. It's not whether you win or lose the game but people getting together for a common cause and Esprit de Corp. Esprit de Corp is "the spirit of a group that makes the members of the group want to succeed". I am proud to see so many of our Log Warriors supporting the sporting events. You may attend a sporting event because you have a friend playing, someone in your section is on a team, or someone asks you to attend, no matter the reason, I think everyone would agree these sporting events are entertainment. Entertainment is designed to provide relaxation or pleasure. And you do have to admit, most of the sporting events are entertaining. It

is imperative with our heavy workload that everyone takes time out of their busy schedule to relax and unwind. The sporting events continue and I encourage everyone to support any 311th ESC event.

During the month of November we will observe and celebrate a couple very important holidays, Veterans Day and Thanksgiving. Veterans Day is celebrated on November 11th and it is an American holiday honoring military veterans. It is the anniversary of the peace agreement from the end of World War I which took place on the 11th hour of the 11th Day of the 11th month in 1918. I honor and respect each one of you for volunteering to be an American Veteran and being assigned to the 311th ESC, I am thankful you are on my team. This year Thanksgiving is November 27th. I understand and sympathize that it's going to be difficult to celebrate Thanksgiving this year because we are away from our families. No matter where we are, what we are doing, and who we are with, always remember, Thanksgiving is

the time to express gratitude for the things one has. So take a moment and reflect on the things you have. I want you to know I truly appreciate all the hard work and efforts everyone is putting forth and I encourage everyone to continue to strive for excellence as we prepare to enter the homestretch.

"Sustain the Fight – Log Warrior"





**311th Sustainment
Command (Expeditionary)**

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This newsletter is available on the 311th ESC
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Continue to lead from the front



By Command Sgt. Maj. Jerry L. Ayala
311th Sustainment Command (Expeditionary)

311th ESC Soldiers, it's getting close to the holiday season again, but this time we celebrate across the vast shores of the United States away from our families. Some of us, at one time or maybe twice, have had the experience of being away from loved ones during this period; for some it will be the very first. It is at this time we need to encourage, mentor and lend an ear and listen to what Soldiers have to say. As always Leaders, we need to set the example and at times share our past experiences of being away from home during the Holidays. Leaders and NCOs I ask that you continue to be the torch and the compass that is needed when our Soldiers are feeling homesick.

I ask that you would be a torch to brighten their spirits with words of

wisdom so that their holiday season will be brighter. Nurture and build their trust in you as a compass to guide them in the right direction. And who knows, that direction might be you. Not only do we take care of our own, we remember them as well.

In a couple of weeks we will be honoring our veterans; you are a part of this tribute and honor. Your service and commitment has given you the right to be called a veteran. You are among the many who have served, from WWI to present time. Our forefathers made a difference and now its Soldiers like you who continue to make a difference for our future and for our families' future.

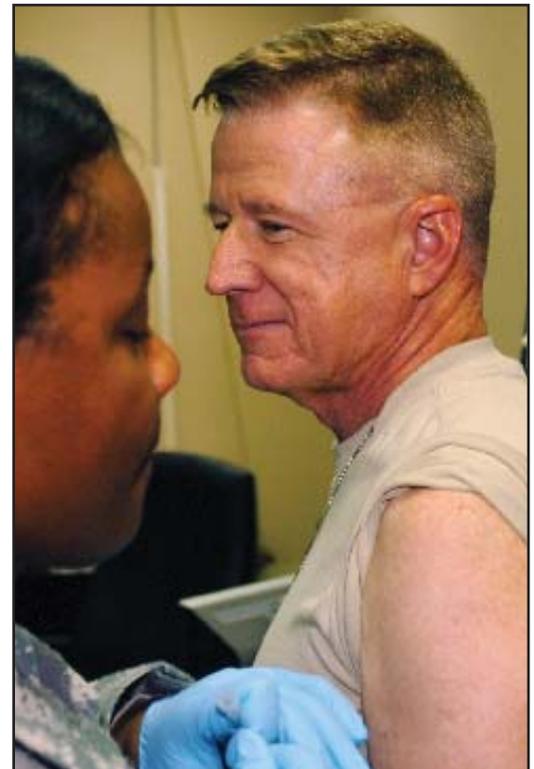
Did you know that there are 26.4

million veterans in the United States? Among the nation's veterans, approximately six million served in World War II, four million served in the Korean War, eight million during the Vietnam era and three million in the Persian Gulf. There are more than seven states with one million or more veterans. These states include California (2.6 million), Florida (1.9 million), Texas (1.8 million), New York (1.4 million), Pennsylvania (1.3 million), Ohio (1.1 million) and Illinois (1.0 million).

You and fellow veterans have made a difference. Thank you for your dedication and your commitment; thank you for taking pride in being a Soldier and serving your country; thank you 311th ESC Soldiers for leading from the front. Hooah!



(Above) Spc. Chris Garza, a munitions specialist with the 311th Sustainment Command (Expeditionary), receives his annual flu shot from Sgt. Rodney Thomas, a medic with HHC Area Support Group. (Right) 311th ESC Commander Brig. Gen. William D. Frink, Jr. receives his annual flu shot from Sgt. Lahendra McCray, also a medic with HHC Area Support Group.



Get the STRONG scoop

By Staff Sgt. W. Watson Martin
311th Sustainment Command
Log Warriors Staff Writer

The basis of the STRONG program is not new – it is the rejuvenation of a present charge to all leaders: taking care of those under their command and control.

The four pillars that rise from the foundations of program are mind, body, spirit and environment.

It's about empowering and holding people accountable for the personal and professional goals they wish to accomplish during their tour of duty here

in Kuwait and Iraq, said Col. Joel Mjolsness, the 311th Sustainment Command (Expeditionary) Chief of Staff.

STRONG focuses on ones well being. Leaders should be knowledgeable of their team members' possible personal issues they currently have or begin to have while in Theater to help alleviate any concerns or issues the Soldier may be having, said Master Sgt. John Barrow, 311th ESC chaplain's assistant.

Leaders are charged to help their subordinates find the tools and resources they need to be successful in the pursuit of their professional and personal goals, said HHC 1st Sgt. Stacy White.

HHC has done just that by helping the 311th ESC junior enlisted in general. HHC manages and provides NCO professional development training on Tuesday and Thursday evenings to help the junior enlisted prepare for the Warrior Leadership Course, said White.

The NCO DP initiative not only gives the junior enlisted a chance to learn and grow as future leaders, but it also gives the non-commissioned officers teaching the courses a chance to practice and keep themselves sharp, said White.

Hopefully every soldier will complete the deployment better than when they started, said Brig. Gen. William D. Frink, Jr., 311th ESC Commander.

Testimonials of 311th ESC Soldiers

Elevate your Spirit



"My girlfriend, Shawnda Thrasher, and I are from Cincinnati, Ohio where we both attend the church I was baptized, God's Church of Miracles," said Spc. Donald George, an information systems specialist with G6.

"The first challenge to overcome was the time difference, but we got over that pretty quick," he said. "The toughest challenge is really being away for so long."

"We Skype when we have free time and talk about what happened in

church," said George. "We also talk about how she performed that day; she praise dances."

"This will be the longest I've been away from her, not to mention the holiday season is coming up," he said. "But we pray to God all the time, so it isn't that bad."

"We both decided to trust in God, and know that this is a test, in which we will be greatly rewarded."

Happy 25th Birthday Shawnda!

Earn an Associates



"I just completed my associates in business from The University of Phoenix, which I restarted back in 2007," said Sgt 1st Class Brian Barry, a supply system technician and NCOIC of Support Operations' Mobility Readiness Branch.

"I started this degree at the Monterey Peninsula College back in 1992 but never completed the program," said Barry. "I was inspired to go back and complete the program after coming on the Active Guard/Reserve program, by my supervisor."

"He was a prior enlisted Soldier who

became an officer and achieved two masters," said Barry.

"I took three courses while here in Kuwait, starting in May and completing them on October 4th," he said. "All the courses were taken on-line and I worked on them from the barracks during my off hours."

"I couldn't have done it without my wife Lisa whose supported me throughout."

SEE OTHER TESTIMONIALS ON PAGE 5

Visit the STRONG website at <http://www.strong.kuwait.swa.army.mil/Pages/Header.aspx>

Testimonials . . . spirit, mind, body

Earn a Masters



Chief Warrant Officer 3 Michael Pineda, the 311th ESC SPO Support & Services branch general supply officer, graduated during Hispanic Heritage Month from Touro University with a Masters of Science Degree with an emphasis in emergency and disaster management.

He began this endeavor in 2005 during his last deployment at Abu Ghraib, continued through Ft. Hunter Liggett and Ft. Bragg mobilization training until its completion in September.

“The US Army will pay for a Soldier’s education,” said Pineda. “It’s up to us to take the opportunity, use our time wisely during our deployments, and come home with good accomplishments.”

“My goal during this deployment was to complete my masters and learn conversational Farsi – my wife Azita (a native of Iran) of 16 years has encouraged me to learn,” he said. “So why not take advantage of it and go home with some accomplishments?”

Get Fit for Life



“I’ve improved my run by swimming and using the elliptical,” said Sgt. 1st Class Robert Bodeman, a support operations administration specialist. “I did my personal best here, coming in at a little over 15 minutes.”

“I go to the No Excuses Gym every day except Wednesdays and Saturdays, which are my rest days,” he said. “I watch my diet; I started out at 190 pounds and built my muscle mass, putting me at a steady 208 pounds and feel better than ever.”

“I quit smoking cold turkey - the night before Fort Hunter Liggett - at the request of my wife and daughters (Claudia, Amanda, Stephanie and Emily) and turned to weight lifting,” he said. “Now I have no urge for cigarettes but have the urge to go to the gym.”

“I work for LA flood control as a heavy equipment operator and assistant driller where it helps to have a *STRONG* mind and body with the help of a good, healthy diet,” said Bodeman.

Moving Cargo through Watercraft Operations

**Story by Maj. Belinda May
311th Sustainment Command
Support Operations**

An Army logistics support vessel, or LSV, can cruise from Kuwait to Qatar in just two days with less manpower yet more cargo than 100 heavy equipment transporter trucks.

The Army Cargo Ships provide a good way to transport equipment intra-theater with less cost to the U.S. government and quicker turnaround time than using contracted commercial ships, said Chief Warrant Officer Robert Kimball, vessel master with the 1099th Transportation Detachment.

The two main Army ships used in watercraft operations are the LSV

and the landing craft utility vessel.

At 180 feet long, the LCUV is the smaller of the two, able to negotiate shallow waters (seen here beached on an island). The LSV is 274 feet long. These two vessels are the Army workhorses of the theater watercraft fleet.

The port of Shuaybah at Kuwait Naval Base acts as a hub for the fleet heading to and returning from ports in Qatar, Bahrain, Oman, Pakistan, the Horn of Africa and sometimes Jordan, via the Red Sea.

At the port, a vessel’s cargo is usually offloaded or loaded by cranes, although rolling stock or vehicles can sometimes be driven across cargo ramp. The large ramps are one of the unique features of the Army watercraft that support sea mobility op-

erations.

A few years back the ships traveled from the United States where it took about 55 days from the east coast across the Atlantic Ocean to Kuwait via the Mediterranean Sea, Suez Canal, Red Sea and the Persian Gulf, said Chief Warrant Officer Jeffrey M. Lloyd, watercraft operations officer for the 311th Sustainment Command (Expeditionary).

Lloyd prioritizes cargo missions from days out to last minute missions involving high priority deliveries, which can trigger sudden adjustments to prescheduled missions.

“The 311th sea mobility team – to include Sgt. 1st Class Suggs and Roberts as well as Maj. Weaver

SEE WATERCRAFT ON PAGE 6

Watercraft: Intra-Theater Transfer of Equipment

WATERCRAFT, FROM PAGE 6

– must coordinate with multi-service commands throughout the U.S. Central Command Theater to determine if they have vehicles, equipment or cargo movement requirements,” said Lloyd.

Cargo on ships consist of vehicles, including all rolling stock from tanks to humvees; 20- and 40-foot-long steel containers, also called milvans; other large containers and equipment; and even helicopters. The quantity and weight of the cargo on each ship varies, and ship loading operations can take up to a day, depending on the cargo.

When asked what his job was, Lloyd said his military job title was “Vessel Master.” Warrant officers who carry the military occupational specialty of 880A2, as he does, are considered to be Army “ship captains” able to conduct unlimited size vessel operations.

Lloyd, who is a licensed merchant captain, served for eight years in the Navy and one year in the Coast Guard before receiving a warrant officer commission into the Army.

He also has civilian experience working as a senior marine operations superintendent overseeing operations for two commercial shipping companies at Port Hueneme, near Ventura, Calif.

The 311th ESC’s watercraft operations fall under the officer in charge of Sea Mobility, who oversees three

sections of sea operations. The other two sections of Sea Mobility are container management and strategic vessels.

The U.S. military also contracts

tical mission to move supplies and equipment as close to the warfighters as possible, and are designed to land on a beach where supplies and vehicles can roll right off the vessel using its large ramp.

Another important mission of watercraft operations is to move equipment to repair facilities within the theater.

The 4th Sustainment Brigade supports watercraft operations by generating ship schedules and requesting country clearances for the ports of destination. The 6th Transportation Battalion provides Army watercraft operators.

The U.S. Coast Guard plays a major role in watercraft operations in Kuwait as their small patrol crafts provide port security, said Lloyd. The Navy also is involved with port security operations.

The 595th Theater Terminal Group oversees all theater port operations, including the loading and offloading of cargo. Watercraft operations also use small and large tugboats to facilitate precision movement of the ships at the port.

Whether by land or sea, or even air operations, the 311th ESC’s SPO Mobility section plays a vital part in coordinating the theater’s critical logistic support operations.



A Navy patrol boat guards an Army logistical support vessel while the *boaties* of the LSV and port operations personnel assist in loading Air Force mine resistant ambush protected vehicles.



An Army LSV at Kuwait Naval Base displays its ramp as a forklift operator drives from the dock to place a palletized-turret for an MRAP on the deck for an intra-theater transport for the Air Force.

commercial ships to transport cargo into theater under the oversight of strategic vessel operations.

Army cargo ships also have a tac-

MILITARY SPORTS



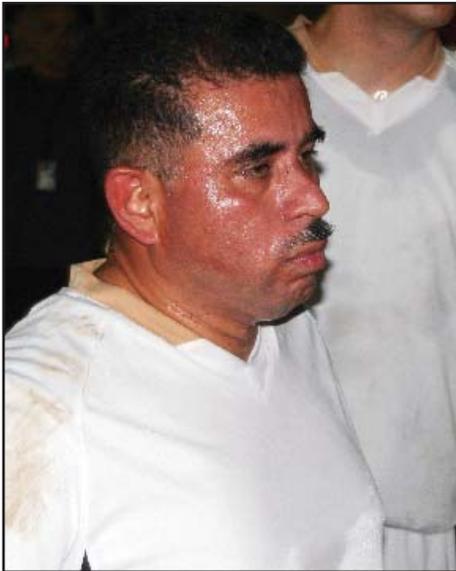
Kuwait's new soccer champions, the 311th ESC Blue Devils (aka Burros), relish in their glory after a celebratory dinner with their commander. From left to right: Sgt. Zuniga, Lt. Col. Magaddino, Col. Mjolsness, Sgt. Perez, Sgt. Villacorta, Sgt. 1st Class Lopez, Staff Sgt. Jimenez, Staff Sgt. Garcia, Master Sgt. Lopez (coach), Spc. Soto, Staff Sgt. Seymour, CW2 Francisco, Staff Sgt. Cornett, Sgt. 1st Class Ordaz, Capt. Amara and Brig. Gen. William Frink.



Staff Sgt. Kelly Winters remained a loyal fan as well as part time player.



In soccer, a player who is considered unskillful and relies overly on physical attributes to cover up his or her technical shortcomings, is often dubbed a "donkey," translated to Spanish it's Burro. This twist on words added to the lighthearted nature of the team.



by Master Sgt. Sergio Lopez (coach)

I have been in the US Army for 29 years and with the 311th COSCOM since 1997 and now known as the 311th ESC. This is my second deployment here at Camp Arifjan, Kuwait.

I played soccer here during my last deployment and just before the end of the Company Level Soccer Tournament was over we redeployed back home. I knew that here at Camp Arifjan we would

MEMOIRS OF THE BLUE DEVILS COACH

have the opportunity to play soccer, and also knew we would have a team to represent our unit just by watching a small group of our Soldiers kicking the ball around during the unit picnic at Ft. Bragg, N.C.

After arriving here, a small group of us started playing soccer at the soccer field and soon after we were playing pick-up games and just having a great time.

Before the scheduled game against the Kuwaiti Team I was asked by most of the team to be the coach, and I knew that it was a good opportunity for me to get the team together and get ready to play the Kuwaiti team and also the game against the British.

Thanks to the full support of our Commanding General, the "international" games acted as a morale booster and brought the team together.

The Company Level Soccer League was a complete success and our record of 14-1 proved to the other teams that the 311th Blue Devils was the top team. We

were ready for the championship and won the Company Level Soccer Tournament. However, our last game in the ASG Kuwait tournament, we lost by one goal.

TEAM, I thank you for a great season and for the opportunity to let me be your coach. Thanks to the American Youth Soccer Organization (AYSO) Region 603, Pico Rivera, Ca.

They donated three sets of uniforms and we were the most colorful team, also we were able to mix our uniforms and at the same time represented our unit's patch colors, Red White and Blue, including our Nations Flag, Old Glory.

I have been playing soccer since I can remember, and I have been coaching soccer since my son and daughter were five years old with the American Youth Soccer Organization (AYSO).

I am 48 years old and due to a knee injury I was not able to play as much as I wanted to, but I believe that after my recovery from knee surgery I will continue to play and coach soccer.

MEMORABLE MOMENTS

Mesmerized by SFC Lopez's Happy Feet skills and SSG Cornett's magnetic personality causing opponents to run into him. Painful moments from the pulled hamstring that never fully healed.

~ CW2 Ramil Francisco

The most memorable highlight that I remember had to be during the 1st game with EMF-K. This game had to be a sign of the rivalry that we would have with this team. We lost SGT Perez to a red card in the first few minutes of the game. Our morale dropped and we were down 2-0 by the half, in a miracle of events we scored a goal with one less player and then a member of EMF-K was also given a red card. We scored the neutralizing goal to even the game and went into overtime and eventually a shoot out to win the game.

~ SFC Edgar Ordaz

My most interesting highlight was when COL Mjolsness blocked the penalty kick that no one thought he would. This kick was important because it gave us a glimmer of hope that we might have been able to tie the game and go into overtime to win the ASG Kuwait CUP.

~ SFC Juan Lopez

My favorite 'highlight' is when SFC Lopez was trying to do his patented "Happy Feet" maneuver, and the girl from the other team just took the ball away from him. We were rolling on the bench with that one. Another great highlight was watching SSG Seymour do his start up for the penalty kicks... The serpentine pattern was great, and really messed with the other goalies' heads.

~ SSG Kevin Cornett

It's amazing how we got to nickname ourselves first and then as a team by calling each other "Burro." We adopted this unique way of communicating that was so successful for us and for the fans to say. It was so contagious to each other and the fans.

~ Sgt. Raul Zuniga

ARMY 10-MILER



Members of the 311th ESC cool off after running the Army 10-miler at Camp Buehring, Kuwait on October 5.





(left to right) 1st Lt. Christopher James, Staff Sgt. Stacey Ellis, Brig. Gen. William D. Frink, Jr. and Sgt. 1st Class Juan Lopez keep pace as they round the corner to the finish line during the 311th ESC STRONG 5k run on 18 October.



Sgt. Gregory Espinoza, a supply NCO with 311th ESC, swims the most laps before anyone else in the 311th ESC during the English Channel competition.

This Holiday Season let us all be thankful for the “good” life we have here in Kuwait.

The wash racks at Camp Arifjan, Kuwait stay busy around the clock with units heading home in late October from their 15 month deployments in Iraq. Members of the 2nd Stryker Cavalry Regiment thoroughly wash their vehicles so they can pass customs inspections before shipping the equipment back to Vilseck, Germany. “I’m excited about taking leave back in Los Angeles to visit family and friends,” said Pvt. Jason Dendendorfer, a tanker who survived an IED attack in September.



To learn more about the 2 SCR visit <http://collabman.blogspot.com>

2008 Thanksgiving Message



By Capt. Peter J. Amara, HHC
Commander, 311th Sustainment
Command (Expeditionary)

Log Warriors and Friends,

Never regret a day in your life. Good days give you happiness; bad days give you experiences. Both are essential to living a good life; however, Thanksgiving is a great holiday and should focus our minds on our blessings rather than our problems.

It makes the heart glad for what we have been given, and it takes our minds off the burdens we all have. In a life of plenty and prosperity we seem to take everything for granted. How appreciative we should be for our blessings and what a wonderful experience the holidays can bring when spent with either your family or your fellow Soldiers.

This year's Thanksgiving holiday has special significance for our Company. Six months ago Soldiers from HHC, 311th ESC deployed to Kuwait in support of Operation Iraqi Freedom. What has been evident throughout this period is a generosity of spirit across our en-

tire Company and family members who take care of each other back in the rear.

I extend my heartfelt gratitude and appreciation to our family members and Family Readiness Group who have worked tirelessly to keep us connected; to those who helped from a distance taking on extra work at home on behalf of our Log Warriors in Kuwait; and to the many who are always standing by ready to lend a hand of support. Wherever you find yourself on this life journey - from Kuwait to the United States - I wish you a joyous and blessed Holiday Season.

As we prepare to celebrate Thanksgiving here in Kuwait, we know that holidays are a time of reflection as well as celebration. Reflection and introspection help us to reinvent ourselves and are good things as long as we do not get stuck in sadness of remembering the bad days.

Often memories come up and give us the opportunity to heal com-

pletely from them. Anxiety can range from simple things like what to serve and how many friends stop by or to how to cope with a challenging family member or friend. Stress levels can and often do arise when we work all night in preparation for a Thanksgiving feast or even trying to meet a deadline.

The holidays can be a challenging time for family members who have already experienced loss this year and are grieving or worried over a loved one here in Kuwait. I wish you peace and the understanding that we will all be home and together again soon.

No matter where we are or in what circumstance we find ourselves, we can still be thankful. If we look around, we will see, or hear, of someone in far worse shape than we are. In the spirit of the Thanksgiving holiday, I thank each of you for your generosity and for your meaningful contributions to HHC, 311 ESC . . . and especially for your support to our deployed Soldiers.



**Many Thanks to The Cooks ...
From the 311th Sustainment Command
(Expeditionary) ~ Log Warriors!**

Trick or Treat



Halloween



Contest



SSG Lazo

CPT Eanet

SGT Vallesteros

Team Award

The competition was stiff and the talent was spooky. A Halloween decorating contest brought out the spirits in nine sections who participated as either goon squads or individuals freaks.

The judges included impartial members from different units.

For some, costumes took on more creativity than actual office decorations. (military justice section at left)

HHC's entryway guarded by bizzarro witcho. (middle left)

The G4 Pirates used garbage bags to make a huge spider and placed a skeleton in a missing comrade's chair. (below)



Made by SPC Slater

HHC Team with a helping hand from G5



SPO munitions goons.



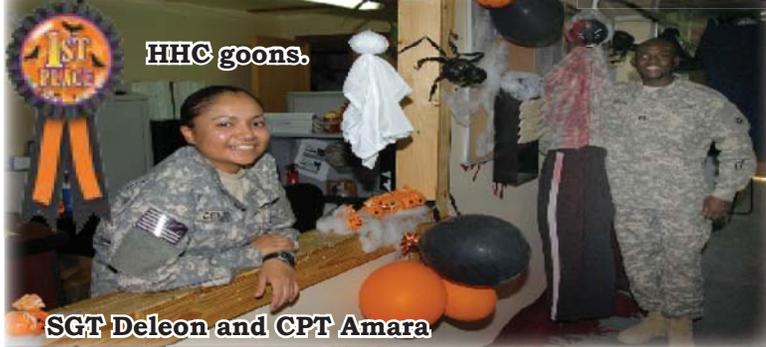


SGT Ocampo (right) won best individual award.

Collage by Evelyn Aguilera

HHC 1SG open door policy!

SGT Walker, mail clerk.



HHC goons.

SGT Deleon and CPT Amara



PAO Horror Shop

COL Spry



G8 Money Devils Team

SSG Winters (individual)



HHC goons took it over the top and 6 feet under with their many displays.