



# LOG WARRIORS

Volume 1, Issue 1

311th Sustainment Command (Expeditionary)

October 1, 2008

## New 311th Newsletter

This is the first internal command information newsletter for the 311th Sustainment Command (Expeditionary) - deployed.

The command wishes to keep its Soldiers informed of local news and events of interest among its members and their families.

The Log Warriors newsletter will depend upon the thoughts and actions of readers like you over the next half of the 311th

ESC deployment.

Remember, the newsletter is all about you ... contributions are welcome.

This year will fly by and before you know it, you will see the March newsletter.

To find more news about the 311th ESC and its subordinate units in Kuwait then please feel free to visit [www.dvidshub.net/units/311ESC](http://www.dvidshub.net/units/311ESC) to see pictures, stories and video.



"We've come a long way since Fort Hunter Liggett," said Brig. Gen. William D. Frink, Jr.

## STRONG Program makes its debut this month

The conception of the 311th Sustainment Command (Expeditionary) STRONG program began six months ago.

Today the program officially takes birth and will grow as the year progresses, said Col. Joel Mjolsness, the leader of the think tank that

developed the program.

The STRONG toolbox will be used by leaders at all levels to help improve body, mind, spirit and environment for servicemembers, DoD civilians, contractors, and families.

**S**elf Improvement  
**T**rain for the Future  
**R**eadiness  
**O**n-going Pursuit of Excellence  
**N**ever Quit  
**G**row as an Individual

### STRONG Team Four Pillars of Excellence

"Everyone improves"

#### BODY

- Fitness
- Nutrition
- Preventive Medicine

#### MIND

- Education
- Develop Skills
- Stress Mgt

#### SPIRIT

- Religious Spt
- Individual Ready
- Family Ready

#### ENVIRONMENT

- Personal Safety
- Financial Mgt

Visit the STRONG Website at [HTTP://ARFJA0N0311G611/](http://ARFJA0N0311G611/)

# COMMANDER'S CORNER

## Teamwork matters

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



Wow, it is hard to believe we are at the halfway point of our deployment and time seems to be accelerating everyday.

The 311th ESC trained for more than a year for this mission including home station training in Los Angeles, California, the Logistics Training Exercise at Fort Lee, Va., our Army Warrior Task training at the Regional Training Center at Fort Hunter-Liggett, Calif., the Mission Readiness Exercise at Fort Bragg, N.C., and in-theater on-the-job training during Leader Recons, Pre-deployment Site Survey, and Transfer of Authority.

Did you know that the 311th ESC is comprised of Soldiers from California and 20 other states? But, no matter what unit you came from and where you will go back to when we get home, today we all work together as the 311th Sustainment Command's Log Warriors. The value of teamwork and unit of ef-

fort is paramount. The units that we work with here on a daily basis have come to respect the way we do business.

More than 7,000 service members, civilians, and contractors work with us to provide support for the entire war effort. Nothing moves in Kuwait without the 311th ESC knowing about it and leaving our mark on it.

In addition to the more than 250 of us over here, let us not forget about the rest of our 'Log Warrior' family. Our loved ones are also playing a vital role in this deployment. They are taking on roles that they may have never dreamed of. Spouses are playing the role of both mom and dad. Our children are helping out around the house (hopefully) in ways we never thought possible. Our parents are very proud of us and tell all of their friends about the amazing accomplishments we are making.

I trust that all of you are finding time throughout the week to contact your family and thank them for their support. Whether it's a quick e-mail or a phone call, or even a letter, take the time to thank your family for their support. Their service is vital to our mission.

Let us all sustain the fight together  
- Log Warrior!



**311th Sustainment  
Command (Expeditionary)**

**Commander  
Brig. Gen. William D. Frink, Jr.**

**Command Sergeant Major  
Command Sgt. Maj. Jerry L. Ayala**

**Public Affairs Officer  
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*Log Warriors* is the monthly command information newsletter of the 311th Sustainment Command (Expeditionary) and is an authorized publication for members of the Department of Defense, according to the provisions afforded by Army Regulation 360-1. The opinions and views expressed in *Log Warriors* are not necessarily official views of, or endorsed by, the U.S. Government, or the Department of the Army. The editorial content of this publication is the responsibility of the 311th Sustainment Command (Expeditionary) public affairs officer. This publication is written, edited, and published by the public affairs office of the 311th ESC. Submit editorial and photographic submissions to the public affairs editors Staff Sgt. William W. Martin and Sgt. Tracy L. Ellingsen.

This newsletter is available on the 311th ESC  
AKO page, PAO section:  
[www.us.army.mil/suite/page/424951](http://www.us.army.mil/suite/page/424951)  
More News: [www.dvidshub.net/units/311ESC](http://www.dvidshub.net/units/311ESC)

# Continue to lead from the front



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

311th ESC Soldiers, there's one thing that's true, all of you are Warriors.

Each of you have proven that a sustainment command can sustain the force and successfully accomplish any mission or task.

It's Soldiers like yourselves who have always placed Soldiers' needs before self.

All sections within the unit have contributed tremendously to the unit's accomplishments; there is

not one Soldier or leader whose efforts go unnoticed.

This unit is very blessed with having Soldiers coming from 20 different states, bringing their skills, experience, professionalism and most of all the will to serve.

What an exciting time this is ... what awesome experiences we have encountered together so far. There are new goals and ideas on the horizon to improve our fox-hole, but more so, to improve and develop better ways to support our

Soldiers in the "Fight."

You have already devoted countless hours in your work areas to make sure that the Warriors' requests are met, and their issues are no longer issues.

311th ESC Soldiers, you have shown you are dedicated in assuring that the "Defenders in Iraq" receive the supplies needed to win the "Fight." You truly wear the name "LOG WARRIOR" proudly; continue to lead from the Front, Hooah!

## Congratulations to all the enlisted Soldiers who proudly wear new rank

**(Right)** Newly minted NCOs receive applause from the many Soldiers who attended the promotion ceremony at the new Log Warriors Annex at the Zone 2 DFAC on Camp Arifjan, Kuwait on 16 September.

**(Below)** Sgt. Robert Miranda, a food service specialist at the Zone 2 DFAC, receives his chevrons with a thump on the chest from Sgt. 1st Class Sharen Calvin, his NCOIC.



### Promotion to Sergeant

Spc. Felix Cadena  
Spc. Paul D' Agostin  
Spc. Sandra Deleon  
Spc. Anne Dios  
Cpl. Conan Gross  
Spc. William Merrick  
Spc. Robert Miranda  
Spc. Ian Rutledge  
Spc. Alejandro Villasenor

### Promotion to Staff Sergeant

Sgt. Milthon Galindo  
Sgt. Herbert McKenzie  
Sgt. Leticia Mendez  
Sgt. Emir Modarress  
Sgt. Walter Orr  
Sgt. Cory Patrick  
Sgt. Teofilo Salugao  
Sgt. Edwin Santiago

# BAND OF BROTHERS

By Brig. Gen. William H. Forrester  
Commander of US Army Combat  
Readiness/Safety Center

We all hear about the positive impact engaged leadership at all echelons makes toward protecting our Soldiers, Civilians and Families and decreasing accidental loss.

But who provides that leadership? Who are the Leaders in our Army responsible for taking accountability for safety? Your answer is "me." Every member of our Army team is a Leader.

Each person makes a difference in preventing accidents, engaging in safety practices both on and off duty, and mentoring and bridging the gaps in knowledge for others by sharing their experiences.

But the key to success in decreasing accident losses remains "engagement" – each one of you stepping up, engaging and sharing from the lowest level to the top.

Engagement means your personal involvement – stepping in wherever and whenever the situation calls for it. It can be as simple as just asking the right question at the right time.

For instance, seeing your Family member head out the door to ride a motorcycle without all the proper protective equipment – "Don't you need all your PPE?"

Or watching your buddies put together a spur-of-the-moment road trip – "Have you thought this through? Which one of you is taking responsibility for ensuring a safe ride back for all of you?"

How many times have you heard someone, upon learning of a tragic accident, say out loud, "I knew something like that was going to happen. Why didn't somebody do something?"

You are that somebody and you can do something! That's how an individual Leader makes a difference.

But why make such a commitment? Think that is a "no-brainer" question, as well?

The Army codified our commitment to the team through the Soldier's Creed. Within the Creed are four very powerful sentences which are further described as the "Warrior Ethos."

The last line of the "Warrior Ethos" states, "I will never leave a fallen

comrade."

But when is a comrade fallen? Obviously, we have fallen comrades on the mountains above the Shahi-Kot Valley and in the streets of Fallujah.

But don't we also have fallen comrades in the bars of Itaewon, in our own formations and even inside their own homes? Aren't these comrades also worthy of our engagement?

So, we remain committed to our comrades by engaging and remaining engaged at every level required. Only together can we reduce accidental losses to their lowest levels yet.

This year, we are on our way to achieving that goal. This is the result of each one of you stepping up every day and actively honoring your sworn commitment to your comrades.

By exercising ownership of our Army, we enter into a culture that strives to continuously reduce our accidental losses to levels never before achieved, where we truly operate as a "Band of Brothers."

Army Safe is Army Strong!



**U.S. Army WWII Veterans - made famous by the HBO series Band of Brothers - sign autographs for troops in Kuwait in September to help boost the morale of servicemembers supporting Operation Iraqi Freedom.**