



LOG WARRIORS

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311th Sustainment Command (Expeditionary)

1 December 2008

Soccer game brings allies together for Kuwaiti Appreciation Day

By Sgt. Nathan Hutchison

1st Sustainment Command (Theater)

CAMP ARIFJAN, Kuwait— The red carpet was rolled out here for Kuwaiti royal family members and dignitaries for an evening of sports and dining during Kuwaiti Appreciation Day Nov. 22.

The celebration, designed to show appreciation for the support from Kuwait and its residents from 1991 to current operations with the war on terrorism, included a soccer game between the Kuwaitis and the 311th's team followed by a formal dinner with the distinguished guests.

Army Lt. Gen. James J. Lovelace, Commanding General, USARCENT, welcomed the guests and expressed our Military's gratitude for their hospitality and support.

"It's a real pleasure to have our friends, our comrades, our hosts here today," Lovelace said. "The Kuwaiti people have been gracious hosts and supporters of US Military operations: a staging point for forces and equipment rotating in and out of theater, and I cannot overstate our appreciation for your hospitality."

Kuwaiti Maj. Gen. Khalil Y. Al-Shamali, Deputy, Operations, Ministry of Interior, commended the efforts by the US troops in preparation for the celebration as well the general's gestures of hospitality and camaraderie.

"This feeling is overwhelming because it makes me feel like we are united as joint forces," Al-Shamali said. "We are working together for the safety of Kuwaiti and US forces as well as that of the people of both countries."



Photo by Sgt. Tracy Ellingsen

Members of the 311th's "Blue Devils" and the Kuwaiti National soccer team pause before the Nov. 22 game for both the American and Kuwaiti National Anthems. See more pictures from Kuwait Appreciation Day on page 8.

Lovelace praised the commitment and strong relationship that has grown between the U.S. and Kuwaiti people.

"Our work together over the years has been powerfully important to the security of the region," Lovelace said. "We have continued to share ideas, further our relationships, and work towards a common vision of the future."

The celebration continued with a soccer game between a Kuwaiti team represented by members of their national squad and the "Blue Devils," a team comprised of the 311th Sustainment Command (Expeditionary) and 1st Sustainment Command (Theater) Soldiers.

After an intense game the Kuwaiti team walked away with a 3-0

win. The two teams exchanged a signed soccer ball, and through the language gap praised one another's skill on the soccer field.

This was the second game between the two teams, now tied with one win apiece. The future is certain to hold more celebrations with both teams anticipating a tie breaker.

Although the US team took a loss on the soccer field the celebration was a success, and the already firm relationship between the US and Kuwait was further strengthened.

"As I look at the Kuwaiti and US flags flying together I see them as a part of one, and I hope to forever see our countries' friendship grow," Al-Shamali added. "May God bless the US forces and bring them safely to their families."

COMMANDER'S CORNER

Family and Holidays

By **Brig. Gen. William D. Frink Jr.**
311th Sustainment Command

Log Warriors, can you believe it's December? December is an exciting month; it's the holiday season, family gatherings, ending a year, beginning a New Year, and I know what many of you are thinking: 90 days to redeployment.

During this holiday season whether you celebrate Christmas, Hanukkah, Kwanzaa, Bodhi Day, Eid Al Adha, Feast of the Nativity or any other holiday, it will be tough to be away from family. Even though we are half way around the world from our family, you can still be involved in your family's holiday planning. The holidays have always been a big part of our lives growing up and we are accustomed to being with our family to celebrate the holidays. But we are with our extended Army family, the Soldiers and civilians of the 311th ESC, and it is my honor and a privilege to celebrate the upcoming holiday season with you.

Many of you may not know about the different holidays so I thought I'd share a little bit about each one:

•**Christmas** is an annual holiday celebrated on December 25 which marks and honors the birth of Jesus of Nazareth. Modern customs of the holiday include gift-giving, church celebrations, and the display of various decorations—



including the Christmas tree, lights, mistletoe, nativity scenes and holly.

•**Hanukkah** is observed by millions of Jews around the globe, it commemorates the victory of faith

over tyranny. Although Hanukkah is technically a minor Jewish festival it is a holiday for which Jews exchange gifts. It also is celebrated in the Jewish month of Kislev, which usually falls in December.



•**Kwanzaa** is a festive, interfaith celebration, founded in 1966 by Dr. Maulana Karenga, during which African Americans celebrate and reflect upon their rich heritage. It begins December 26 and lasts for seven days. Each day focuses on one of seven principles: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith.



•**Bodhi Day** is the Buddhist holiday that commemorates the day that the historical Buddha experienced enlightenment, it is traditionally observed on December 8th or the Sunday immediately preceding.

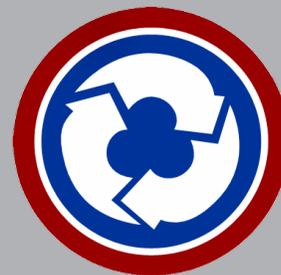
•**The Hajj** is a pilgrimage to Mecca; it is the largest annual pilgrimage in the world. It is the fifth pillar of Islam and a demonstration of the solidarity of the Muslim people, and their submission to Allah. The pilgrimage occurs from the 8th to 12th day of the 12th month of the Islamic calendar.

•**Eid al-Adha** or the Festival of Sacrifice is a religious festival celebrated by Muslims and Druze worldwide in commemoration of the willingness of Abraham to sacrifice his son as an act of obedience to Allah.



•**The Feast of the Nativity** commemorates the birth of Jesus, in accordance with the Old Calendar in Orthodox Christianity.

So, regardless of which holidays your family celebrates, this time of the year is about kindness, caring, love, and peace. It is important to focus on the things you are grateful for. Happy Holidays!



311th Sustainment Command (Expeditionary)

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

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

**Public Affairs Officer
Capt. Kenneth C. Morrison**

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

HHC Commander's notes

By Capt. Peter Amara
311th Sustainment Command

We have a lot to be thankful for this Holiday season. The support of our family and friends especially during this deployment is something we should never forget. However, while I appreciate all of your support, our camaraderie and friendship means even more to me.

I hope I've lifted my head off the grindstone enough these last few months to show my appreciation or share a laugh with you.

Sometimes I think that in the Army, where Soldiers work as hard as we do, there is a tendency to forget that what we do is only part of who we are. We're also parents, sons, daughters, lovers, friends, and neighbors. I hope your busy schedule allows you the time to share this holiday season with those you love. Celebrate your time together. Take time to remember those

you've lost along the way. Taste all the desserts, especially the pies. Eat whatever you want until January 2. Take a closer look at the relative you least understand, just in case you've been missing something and be more accepting. Take advantage of the season to gain perspective. Make a solemn oath that you'll celebrate life more and keep in mind that what you have is far more important than what you don't have. Pledge to devote more time to reflection because it's never time wasted. Make peace with yourself and while you're at it give yourself some credit for doing the best you can in the crazy world in which we live.

My wish is that the New Year brings you happiness, peace and prosperity. Happy holidays!



Photo by Sgt. Tracy Ellingsen

Maj. Mark Juliar from the 311th Plans Section performs cool down stretches after an early morning command run at Camp Arifjan, Kuwait.

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. Point of contact for questions and submissions is Staff Sgt. W. Watson Martin, chief of 311th ESC Pubic Affairs.

December Birthdays

- Dec. 1:** Sgt. Maj. Paul Shaw
- Dec. 2:** Maj. Eric Evans
- Dec. 3:** Master Sgt. William Poe
- Dec. 6:** Sgt. Javier Valdivia
- Dec. 7:** Sgt. Edward Chung
Sgt. 1st Class Isaac Gonzalez
Master Sgt. Mario Canizales
- Dec. 9:** Capt. Pili Faagai
Brig. Gen. William D. Frink Jr.
Capt. Eric Richardson
- Dec. 10:** Spc. Israel Vargas
- Dec. 12:** Staff Sgt. Jay Lietka
- Dec. 20:** Staff Sgt. Jose Villar-Ortiz
- Dec. 22:** Staff Sgt. Blanca Duran
- Dec. 24:** Capt. Blaine White
1st Lt. Ryan Odel
- Dec. 26:** Staff Sgt. Javier Mata
Maj. Angel Comas-Diaz
- Dec. 28:** Maj. Anthony Linyard
- Dec. 29:** Sgt. Daemion Nooner
- Dec. 30:** Maj. Darryl Weaver
- Dec. 31:** Spc. Alejandro Villasenor



Stay healthy this holiday season



By Staff Sgt. Kevin Cornett
311th Sustainment Command

As we enter the Holiday Season please keep in mind all of our Soldiers' health and well being. Without trying to sound cliché; Our Soldiers are our greatest asset; without them, we would be unable to accomplish the many great things that we have. Here are some tips that will help keep our Soldiers in the fight:

- **Hand washing:** has time and time again proven to be the single most effective method of preventing the spread of infection and disease. Soldiers should wash their hands with soap and warm water for at least 10 seconds. One way to help "keep time" is to sing "Happy Birthday" to yourself while washing your hands.

- **Battle Buddies:** Ensure that you always have a battle buddy when you are out and about; on or off post. Having a battle buddy ensures that you have someone to watch your back; and not just in the physical sense.

Sometimes we may be tempted to do something that is less than professional. Having a battle buddy nearby to sound your ideas off of or to prevent you from making a "stupid" mistake often prevents these transgressions.

- **Exercise:** Exercise is key to maintaining Soldiers' health and well being, as well as keeping them "fit to fight." A regular exercise program strengthens your heart, lowers your blood pressure and helps to improve your immune system. Exercise also provides a healthy way for Soldiers to "vent" or take out their frustrations, therefore controlling stress.

- **Social Activities:** All work and no play makes Staff Sgt. Cornett a dull and dimwitted Soldier. There are all kinds of programs available here on Camp Arifjan and other bases for Soldiers to participate in. Expand your horizons, increase your cultural awareness, have fun and encourage your Soldiers to do the same thing by taking advantage of the opportunities and programs that are already available.

- **Observe your Soldiers/Battle Buddies:** We all know the universal choking sign, and I am sure that we could recognize the distress of a sudden Myocardial Infarction (heart attack) in someone with the classic symptoms (crushing chest pain, difficulty breathing, profuse sweating, etc.) Are we able to pick up on far more subtle clues of distress though?

You should know your Soldiers and Battle Buddies better than almost anyone at this point, so any sudden change in behavior or mood could be an indication that something is wrong. Our Soldiers often only need the opportunity to talk a problem out.

Sometimes, they may not broach the subject themselves, but a simple and sincere "How are you doing today" or "Is everything ok" coupled with a sincere offer to listen or provide support is enough to get Soldiers talking about the problem and begin to take proactive steps to address it.

- **Keep up on your immunizations:** Contrary to the popular belief that medics are nothing other than sadists that want to poke large holes in your body and inject a serum that is nothing more a painful placebo, the immunizations provide Soldiers protection from disease and

possible biological attack. Be proactive in your health care and stay current on your immunizations. Then you will not have the added stress of SSG Cornett tracking you down with the largest bore needle and syringe that can be found.

- **Write/communicate with family and friends back home:** Your family misses you as much as you miss them. They are already worried about all the things that have to be done that Soldiers are not there to help them with. Not knowing how you are doing or if you are even still alive only adds to the stress that they are feeling. Give them a call, shoot them an email, and write them a letter. Take advantage of the "Connect through Reading" program.

- **Take a class/read a book:** Expand your vocabulary, make yourself more marketable in the civilian world, or increase your knowledge and expertise in your current field. The absolute worse that will happen when you complete a course over here is that you have managed to pass some time in a productive manner.

- **Spirituality:** Soldiers should find a way to explore their own spirituality, be it through Worship, Meditation or just self reflection. Encourage your Soldiers to grow spiritually in whatever manner they choose. This will help them find strength and inner peace and develop their faith.

These are only a few of the many things that Soldiers, and you as leaders, can do to continuously improve our Soldiers' over all well being. I am sure that you are already doing all of these and this is nothing more than a friendly reminder. Once again Happy Holidays!

The G-2's role in the 311th ESC mission

By Lt. Col. Heber S. Meeks
311th Sustainment Command



Being in the 311th ESC Intelligence Section, G-2, is one of the most rewarding missions in the ESC. I looked forward to being in the G-2 Section while I was at my last unit, the 304th Sustainment Brigade.

Prior to September 11, 2001, Military Intelligence was mostly about an enemy arrayed in the former Soviet Bloc configurations. We, in the

Intelligence community, had templates for every situation. Once you identified the locations of two or three small units and determined whether the enemy was in a hasty attack formation, deliberate attack formation, defense, etc. by using the template you could predict and assess with a high degree of accuracy the location of the remainder of the enemy forces. Under the Soviet Doctrine things were organized and deliberate and the enemy seldom varied from their doctrine.

After September 11, 2001 everything changed. The Military Intelligence world was definitely no exception. We were forced to start dealing with an asymmetrical battlefield. The dictionary defines asymmetrical as, "irregular in shape or outline; "asymmetrical features;" "a dress with a crooked hemline." That pretty well sums it up. We are fighting an enemy with a crooked hemline, or should we say, a crooked front line? How about no front line? The order is gone. From an Intelligence professional's standpoint we had to take a step back and try to figure out how to predict the enemy's next move; an enemy that had the ability to seemingly attack from many different directions. It became more important to understand the religion, culture, traditions, beliefs, and habits of our enemy than ever before.

After 9/11, the logistical unit was no longer the safe unit to be in. Instead of logistical convoys being in the rear and pushing the nine classes of supply forward they are now on the front lines of our wars in both Iraq and Afghanistan. The logistical convoys are likely to see the same kind of fight that the combat arms troops are seeing.

As an Intelligence professional our most important customers are those troops delivering supplies up and down our MSR's and ASR's. While we were in Fort Bragg, Brig. Gen. Kevin Leonard, 1st TSC Commander, suggested we watch a video series that was being played on the Public Broadcast System Television program called "Frontline." The series was called "Bad Voodoo's War." It was a program about a California National Guard Unit that deployed to Kuwait to run

convoy security into Iraq. I watched the program and something really hit me hard. One of the platoon members said something to the effect that his leaders sent him out on the routes of Iraq knowing he was going to get attacked but gave him no help in understanding where the enemy might attack him. He felt the convoys were not prepared to go out on their missions and he blamed the leadership.

When we arrived in Kuwait, one of the first places the G-2 Section visited were the convoy commander's briefings. I was excited, pleased, and overjoyed to hear the amount of detailed information about the enemy given to the Convoy Commanders by the Battalion S-2's. Every Convoy Commander is required to get this briefing each and every time he or she goes across the berm. The BN S-2's take the time to let them know where the "hot spots" and "high alert" areas are located. They review with them recent attack trends. The Convoy Commanders are given the opportunity to ask questions. In my opinion the Convoy Commanders are prepared as well as they can be to go across the berm.

The 311th G-2 Section works directly with our 4th SB and 29th IBCT Intelligence counterparts in order to better predict the enemy's next move. Soto is not only a seasoned intelligence analyst; he is also pretty good with computers. Shortly after arriving in theater he wrote a program that tracks the location, time, and type of every attack against a 311th ESC unit and every attack against anyone who drives on the same routes that our units drive on. The best predictor of the future is the past.

Every week our analysts, Staff Sgt. Kenneth Kim, Staff Sgt. Stacey Ellis, Staff Sgt. James Stokes, and Sgt. Anne Dios present a special topic at our Commanding General's Intelligence Update Brief to Brig. Gen. William D. Frink Jr. The topics are chosen by Lt. Col. Veronica Hernandez, Maj. Barton Brundige or myself based upon our assisting the commander in understanding the insurgent's, religion, culture, traditions, beliefs, and habits. And since the teacher learns more than the student, our analysts develop a reservoir of knowledge regarding the insurgency and Iraqis. Through analyzing the past behavior of the insurgents, understanding their religious beliefs, culture, traditions, and habits our analysts can better predict the insurgent's next move. We may not be able to tell you exactly where he may attack, but we can tell you the places that are most dangerous and where everyone in the convoy needs to stay alert.

So far, 311th ESC convoys have not had any serious injuries from an insurgency attack. But to keep it that way we must NOT slack back. As long as we have convoys going across the berm, the 311th ESC G-2 Section will be doing their part.



U.S. Army photo by Sgt. Tracy Ellingsen

Col. Wendy McGuire reads a children's book while being filmed to send to her family members back home. McGuire's mother, Mrs. Blossom Sanger, contacted her friends and family to gather donations for the 311's United Through Reading Program and collected more than 1000 books in less than three weeks.

Be a star and unite with family through reading

By Col. Wendy McGuire

311th Sustainment Command

What was the first book you remember reading? Who taught you to read? What lifelong lessons did you learn from your childhood books? How do you keep in touch with the children in your life?

Reading is fun, builds families, creates memories, and builds a child's self esteem. Now, you can continue the bond with a 311th reading program made possible by the United Through Reading Military Program.

Thanks to the generosity of friends and family (the response has been instant and enthusiastic!), the Headquarters and Headquarters Company has a video camera and a library of 1,000 children's books waiting for Soldiers to select, record themselves reading, and send the DVD and book(s) to children in their families.

The books are for all ages of children, and include classics, current bestsellers, books in Spanish, books for different cultures, sports, legends and fairy tales, and true stories.

Children will see their deployed parent, grandparent, brother, sister, aunt, uncle, or godparent on the DVD reading a story to them. Children can watch the DVDs over and over. The combination of visual image, children's storyline, and repetition are what makes this powerful.

- Children keep in touch with you, and children's reading skills may be improved.

- The joy of reading is instilled in children while meaningful communication is maintained.

- Children's self-esteem is enhanced and family bonding is strengthened.

- The caregiver at home feels a sense of support from the deployed

family member.

- The caregiver can explain the deployed family member's absence to the child(ren).

- You can actively support their family at home during deployment.

- Reading aloud serves as a morale booster.

- You can continue the read-aloud tradition from afar.

Recording hours are 7 p.m.- 9 p.m. daily. Contact Sgt. Sandra Deleon at Sandra.deleon@kuwait.swa.army.mil and Staff Sgt. Edgar Davila at edgar.k.davila@kuwait.swa.army.mil for reservations. Email your request three days prior. You will receive confirmation prior to reporting for "lights, camera, action!" Requests are limited to a reasonable number of books based on your family members' needs, so there are enough for everyone to send books and DVDs home.

Army Reserve offers 'Strong Bonds' weekend for re-deploying Soldiers

By Chaplain (Maj.) James Bray
311th Sustainment Command

As the time comes for 311th Sustainment Command (Expeditionary) service members to return home, some of you may be thinking about reunion, reintegration, and redeployment issues and concerns. The process of reuniting with family, spouse, and loved ones can be one of the hardest things we do during the deployment.

The Army wants to help smooth this transition for you. Studies indicate the majority of relationship issues will surface about 90 days after redeployment.

There are Strong Bonds training weekends available for married and single service members as well as for family members. This is a train-

ing weekend paid by the Army. All of your costs are provided such as transportation, pay, lodging, and meals. The easiest way to access the events closest to your home is to log on to the following web site:

www.strongbonds.org

This web site has the details you will need to register, the place of the training event, and the dates. It will also list whether the training weekend is for families, single or married service members.

Strong Bonds empowers Soldiers and their loved ones with relationship-building skills, and connects them to community health and support resources. It is a holistic, preventative program committed to the restoration and preservation of Army families, even those near crisis. The

program is initiated and led by the Army Chaplains. More than 90% of those who have attended the program rate it positively.

With Strong Bonds, participants not only bond with their loved ones. They bond with other Army families, chaplains and the Army community as a whole. In turn, our Soldiers realize that they're not in this alone. They have an entire Army of support, both on duty and off.

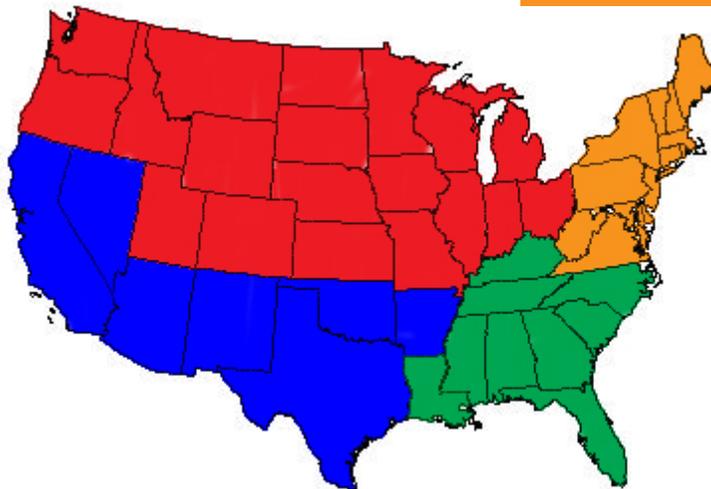
The Army introduced the Strong Bonds program to build strong and ready families in 1997. Initially, 90 active-duty couples participated in four events. Since then, more than 30,000 couples have attended over 1,300 events. The program's success has led to increased funding, expansion Army-wide, and more training options.

88th Regional Readiness Command

April 17-19: Chicago, Ill. (Single)
May 15-17: Bloomington, Minn. (Married)
June 12-14: Salt Lake City, Utah (Single)
June 26-28: Denver, Colo. (Married)

99th Regional Support Command

April 3-5: Williamsburg, Va. (Married)
April 3-5: Stowe, Vt. (Married)
April 24-26: Saratoga Springs, N.Y. (Single)
May 1-3: Niagara Falls, N.Y. (Married)
May 15-17: Hyannis/Cape Cod, Mass. (Married)
May 29-31: Niagara Falls, N.Y. (Single)



63rd Regional Readiness Command

April 17-19: Dallas, Texas (Married & Single)
July 31-August 2: Phoenix, Ariz. (Married & Single)

81st Regional Support Command

May 8-10: New Orleans, La. (Married)
July 10-12: Orlando, Fla. (Married & Single)



Photo by Sgt. Nathan Hutchison

Command Sgt. Maj. John Fourman, left, and Lt. Gen. James Lovelace participate in a cake cutting.



Photos by Sgt. Tracy Ellingsen

Sgt. 1st Class Juan Lopez is interviewed on camera after the game. Lopez has played on the team since it started as a group of Soldiers getting together for pick up games three times a week in May.



Sgt. Mike Perez reacts after watching the Kuwaitis score one of their three goals.



Staff Sgt. Jason Crow prepares to grill chicken for the diners at Kuwait Appreciation Day.