



The Desert Voice

Third Army/United States Army Central
"Ready Tonight ... Sustain The Fight ... Shape The Future"

March 17, 2010

Sustaining the
Third Army Mission Part 1

The Iraq Drawdown

What it takes to
Move an Army

- Moving an Army •
- The Drawdown in photos •
- 15th Drawdown mission •
- Receive, Repair, Reuse •



DV

Table of Contents

Drawdown in photos	4
15th Drawdown	6
Receive, Repair, Reuse	8
53rds new mission	9
Maj. Gen. Lawrence	10
Female WW2 pilots	11
TBI - a growing concern	12



A Heavy Equipment Transporter sits loaded with drawdown equipment in the 443rd Transportation Company lot at Camp Arifjan, Kuwait. The trucks are an important part of Third Army's mission as they move tanks, troop carriers, Mine Resistant Ambush Protected vehicles, HETS and other heavy equipment from Iraq. (Photo illustration by Spc. Monte Swift, 203rd Public Affairs Detachment)

Contact us

Comments, questions, suggestions, story ideas? Call the Desert Voice editor at 430-6334 or e-mail at desertvoice@arifjan.arcent.army.mil.



Lt. Gen. William G. Webster
Third Army Commanding General

Ready Tonight means we are an expeditionary headquarters, mission-focused, CFLECC team, combat-ready to handle tasks across the full spectrum operations for limited duration missions.

- Lucky Warrior
- Lucky Strike
- Bright Star

Sustain the Fight refers to actions of Third Army/USARCENT and subordinate organizations execute to provide logistics and personnel support for US and coalition operations in theater.

- Responsible Drawdown
- Retrograde
- Afghanistan Buildup

Shape the Future involves what we do for theater security cooperation and mil to mil activities, which include:

- Command Engagements
- Theater Security Cooperation
- Symposiums/Seminars

Strategic Relocation: in compliance with Base Realignment and Closure law, the move to Shaw Air Force base is critical for Third Army/USARCENT.

The Third Army Team will stay **ready** to conduct operations anytime, anywhere, as directed, in order to deter or defeat adversaries; while **sustaining** forces in theater in order to support combat and **shaping** operations, and continuing to shape the operational environment in order to enable partners.

The Mission. This is why we have an Army. Our team must accomplish the missions we are given by USCENTCOM and the US Army, as well as answer the legal requirements of forces currently committed in theater. **People** are the Third Army/USARCENT team's heart and soul. Preparing our people for what they have to do is essential for mission accomplishment. We must ensure functional operations through **Teamwork**, collaboration and fusion on a daily basis through the effective use of our staff processes.

Who else needs to know?
Does it **change** the commanders estimate?
If a **decision** is needed, how fast is it needed?

Mission: must stay focused on the priority tasks we have to accomplish.
People: must prepare people for the tough jobs they have to do.
Teamwork: build and maintain a strong team of teams.

Keep it as **simple** as possible.
Ensure it is **logical**.
Build in and protect **flexibility**.

Patton's Own!



DV
The
Desert
Voice

Volume 31, Issue 20

The Desert Voice is an authorized publication for members of the Department of Defense. Contents of the Desert Voice are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Central Public Affairs Office. This magazine is published by Al-Qabandi United, a private firm, which is not affiliated with USARCENT. All copy will be edited. The Desert Voice is produced twice a month by the 203rd Public Affairs Detachment. Find us online at www.arcent.army.mil.

Third Army Commanding General
Lt. Gen. William G. Webster
Third Army Command Sgt. Maj.
Command Sgt. Maj. John D. Fourhman
Third Army Public Affairs Officer
Col. Gerald O'Hara
Third Army Public Affairs Sgt. Maj.
Sgt. Maj. Brian Thomas
Third Army Deputy PAO (FWD)
Lt. Col. Jonathan Allen
Third Army PAO NCOIC
Sgt. 1st Class Duane Brown

203rd Public Affairs Detachment Commander
Capt. Tracey Frink
203rd Public Affairs Detachment Sergeant
Staff Sgt. Anaidy Claudio
203rd Public Affairs Detachment
Layout editor
Spc. Monte Swift
Print Team
Sgt. Daniel Lucas
Sgt. David Nunn
Cpl. Brandon Babbitt

What it takes to move an Army

Story by
Sgt. Daniel Lucas
203rd Public Affairs Detachment

Third Army, commonly known for its connection with Gen. Patton during World War II, is now serving an equally important, but less-known mission, as the Department of the Army and Central Command logistical center for the Responsible Draw Down of Iraq.

Third Army's mission includes synchronizing equipment movements with key players from U.S. Forces-Iraq, Air Force Central Command Surface Deployment and Distribution Command, Army Materiel Command and other DoD and CENTCOM components.

Since July 1, 2009, Third Army has moved: hundreds of combat vehicles, approximately 1,770 tons of

“ This is an enormous task, unprecedented in modern military history ”
- Lt. Gen. William G. Webster

ammunition and over one million items such as repair parts, barrier material, packaged petroleum products and general supplies worth approximately 90 million dollars from Iraq to Afghanistan. It has also moved over 22,000 containers and 8,200 vehicles to retrograde facilities. To date, Third Army has moved approximately 23 percent of U.S. Forces-Iraq.

“This is an enormous task, unprecedented in modern military history,” said Lt. Gen. William G. Webster, Commanding General,

Third Army. “We have a well thought out plan and the synergy and cooperation of our many teams involved that will ensure we anticipate and are prepared to meet all requirements for U.S. CENTCOM and our Army.”

According to Webster, port operations will also see an increase in movement as Third Army moves approximately 15 thousand containers, 11 thousand vehicles and an additional 40 thousand Soldiers out of Iraq over the next five months.

On Aug. 1, Third Army created ARCENT Support Element – Iraq, a team of specialists that accomplishes the task of responsibly drawing down forces and equipment from Iraq while concurrently building force structure in Afghanistan and throughout the CENTCOM area of operations.

“These next five months are going to be increasingly busy,” said Webster. “Between March and August, our Soldiers, civilians and contractors at the theater gateway will see an increase in the monthly flow of brigade combat teams and smaller units from the normal five thousand up to 30 thousand Soldiers deploying and redeploying.” 



An M-1 Abrams Tank is loaded onto a trailer in the 443rd Transportation Company lot at Camp Arifjan, Kuwait. Third Army moves tanks as well as Mine Resistant Ambush Protected vehicles and Heavy Equipment Transporters from Iraq to support the Responsible Drawdown. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment)

Third Army's MISSION

The drawdown of Iraq



Thousands of vehicles and equipment that have returned from Iraq wait to be retrograded in a Third Army lot at Camp Arifjan, Kuwait. Not limited to rolling stock, the base receives hundreds of trailer-sized containers a week filled with everything from medical supplies to ammunitions. The 24/7 process of repairing the battle-worn equipment remains a top priority for Third Army as it readies the repaired and usable equipment for the sustainment of operations in Third Army's Area of Operation. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment)



A civilian contractor cleans a humvee before taking it into the shop for inspection and repair at the maintenance facility, Camp Arifjan, Kuwait, March 2. The humvee is one of hundreds that pass through the facility each week, receiving everything from new tires, to body-off rebuilds. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment)

(Right) A Heavy Expanded Mobility Tactical Truck Wrecker tows a Heavy Equipment Transporter and trailer during a training exercise at Camp Arifjan, Kuwait. The trucks and the Soldiers who drive them make frequent trips into Iraq, retrieving equipment such as humvees, tanks and Mine Resistant Ambush Protected vehicles. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment.)



A civilian contractor guides a forklift carrying air conditioner units onto a ship at Port of Shuabiah, Kuwait. Third Army's vast reach allows it many means of transportation in order to fulfill its drawdown and buildup missions. (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment)



(Left) A Soldier at the redistribution yard, Camp Arifjan, Kuwait, stands in front of shipping containers filled with equipment from the drawdown in Iraq. Third Army unloads hundreds of the containers a week, sorting usable and damaged equipment to be retrograded for eventual support of operations in other areas of Third Army's Area of Responsibility. The process of repairing damaged equipment and putting good equipment back into the Army's inventory saves the U.S. military millions of dollars a year. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment)

(Right) A civilian contractor hammers a pin to repair a front loader for future Army Engineering operations at the Maintenance Facility, Camp Arifjan, Kuwait, Feb. 27. The facility employs over 500 civilian contractors who work hand in hand with Servicemembers to repair over 3,600 pieces of Iraq drawdown equipment each month. Third Army supports efforts to get vehicles and supplies to the war fighter no matter where the mission dictates. (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment)



An Army UH-60 Blackhawk helicopter is loaded into the cargo hold of a ship at Port of Shuabia, Kuwait, Jan. 24. The 1185th Deployment Distribution Support Battalion, along with civilian contractors and other military branches support Third Army's mission in the drawdown of equipment in theater. (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment)



Heavy Equipment Transporters wait to be unloaded from trailers in a lot at Camp Arifjan, Kuwait. HETs, along with Third Army transportation units who drive them, are a vital part of Third Army's mission in the Iraq drawdown. The trucks are designed to carry heavy equipment such as Mine Resistant Ambush Protected vehicles, M-1 Abrams tanks, troop carriers and other HETs. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment) 

15th Sustainment Brigade's **larger role** in Third Army's drawdown mission

Story and photos
courtesy of
Army Public Affairs

The 15th Sustainment Brigade, 13th Expeditionary Sustainment Command, assumed command and control over two more Combat Sustainment Support Battalions Jan. 15, making it the largest brigade currently deployed in Iraq.

The brigade is composed of seven battalions totaling more than 7,000 Soldiers from Victory Base Complex, Baghdad, to Habur Gate along Iraq's northern border.

"We're on the front-leading edge for the entire theater in terms of the way the theater will do business for the remainder of this mission," said Col. Larry Phelps,

commander, 15th Sustainment Brigade.

As the drawdown progresses, the brigade must look at a number of factors, including procedures, personnel and equipment, to ensure the right support is provided to the Soldiers still in theater.

"As the mission evolves with the maneuver forces, the mission also has to evolve with logistics," said Phelps. "We have to be smarter; we have to look at ways to become efficient, and not just effective."

With the addition of the new battalions, the conditions have been set for the future of logistics in Iraq. When the 15th is replaced, the tactics, techniques and procedures are all in place for the remainder of the mission in Iraq.

"The changes mean the "Wagonmaster" family has



Members of the 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Expeditionary Sustainment Command, conduct driver's training on a heavy equipment transporter at Camp Liberty, Iraq, Jan. 27. The Soldiers of the command are responsible for supporting Third Army's mission of responsibly drawing down equipment from Iraq so that it can be retrograded and used in other areas of operation.



Mine-Resistant Ambush-Protected vehicles light up the early morning darkness as members of the 15th Sustainment Brigade personal security detail prepare for a mission at Joint Base Balad, Iraq. The detail checks the convoy routes for possible hazards and suspicious activity that could hinder the mission of the safety of Soldiers.

taken on a larger support role, over longer distances and slightly different mission sets,” said Phelps.

Along with the changes, the brigade’s Special Troops Battalion has taken over command and control for all finance and human resources units across the entire country.

“The 541st Combat Sustainment Support Battalion will be the transportation spine that moves cargo north and south from Contingency Operating Site Marez in northern Iraq to Camp Adder in southern Iraq as the drawdown kicks into high gear,” said Lt. Col. Paul Dismar, commander, 541st CSSB. “This is a better way of doing business, and we are proud to be a part of it,” he said.

The 541st is taking in excess property from outlying forward operating bases, processing it, containerizing it and shipping it out of theater. To date, the retrograde yard and its supporting mobile redistribution team has put over \$12 million worth of property back into the Army inventory for reuse, and moved out over 159 containers worth of excess supplies.

The 80th Ordnance Battalion is also working to reduce the amount of equipment in theater.

“To date we have brought over \$225 million back into the Army supply system,” said Maj. Bryan Rider, executive officer, 80th Ordnance Battalion.

The 80th has been posturing US Forces - Iraq with responsible drawdown assets through the heavy equipment transporter maintenance services and the container repair yard, both one-of-a-kind operations in Iraq.

However, for the 80th, the mission has not really changed, but has rather become more focused.

“The first half of our deployment focused on efficiency improvements,” said Rider. “The new mission feels like a continuum of the first half of the deployment with the focus shifting more from posturing to executing responsible withdrawal.”

As the Soldiers of the 15th settle into their new routines, the leadership is confident in the professionalism and mission understanding of its Soldiers.

“All of this is being done with calm, confidence and competencies because we have great Soldiers who are professional and understand that it is necessary if we are to successfully support the increase in retrograde operations and eventually leave theater,” said Dismar. 



Col. Larry Phelps, the commander of the 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary), talks to members of the 260th Combat Sustainment Support Battalion about retrograde operations during a visit to Camp Liberty, Iraq.

Receive, Repair, Reuse

Maintenance Facility sustains two Third Army missions

Story and Photos by
Cpl. Brandon Babbitt
203rd Public Affairs Detachment

With the Responsible Drawdown of Iraq underway, things are heating up at Third Army's Maintenance Facility at Camp Arifjan, Kuwait. Soldiers and civilian contractors are working around the clock to repair damaged rolling equipment returning from Iraq, and pushing it out to other areas of Third Army's Area of Operations.

Sylvester Smith, supervisor of the truck repair department at

the Maintenance Facility, says his department alone repaired over 165 pieces of equipment in February, doubling production since December.

"My department alone services and repairs anything from fuel tankers, trailers, HETs, light, medium and heavy trucks and Humvees," said Smith. "Most of the equipment we fix here is battle-damaged from Iraq and is needed elsewhere."

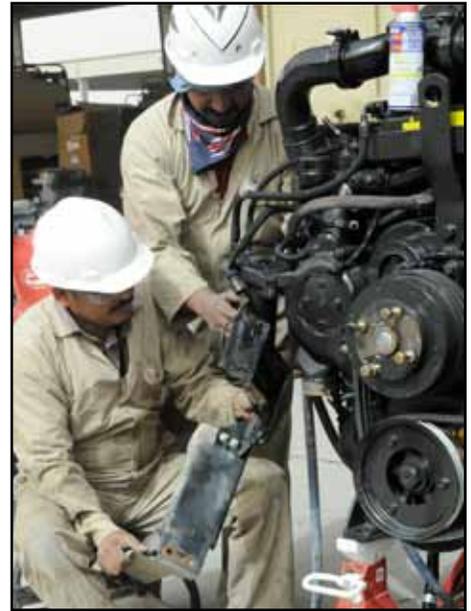
Jim Redpath, Mechanical Engineer, Maintenance Facility, and

native of Scotland, has experience working at Army Installations in Germany. He admits getting a lot of gratification in helping meet Third Army's mission.

"We all enjoy working together here to see a finished product," said Redpath. "There is a feeling of accomplishment when a battle-damaged vehicle arrives here from the north, gets repaired, and rolls off the lot ready to help operations elsewhere."

The retrograde program at Camp Arifjan allows Third Army to provide an increase to theater provided equipment while minimizing the flow of new equipment into theater.

Third Army's retrograde effort works with



Civilian contractors repair a truck engine received from the Responsible Drawdown at Third Army's Maintenance Facility, Camp Arifjan, Kuwait. The facility plays a key role in Third Army's retrograde mission as workers receive, repair and send out equipment to other theaters in Third Army's Area of Operations. Retrograde operations have already repaired over 38,000 pieces of equipment since the start of the Responsible Drawdown.



A civilian contractor washes the engine of a repaired Up-Armored humvee, part of Third Army's Responsible Drawdown at the Maintenance Facility at Camp Arifjan, Kuwait. The facility performs repairs from basic tire changes to body-off repairs and engine rebuilds.

many aspects of the U.S. Military, including transportation, communication, and intelligence staffs to meet the logistical integration of equipment into Afghanistan and returning from the Responsible Drawdown.

"This is an enormous task, unprecedented in modern military history," said Lt. Gen. William G. Webster, commanding general, Third Army. "We have a well thought out plan. The synergy and cooperation of our many teams involved will ensure we anticipate and are prepared to meet all requirements for U.S. CENTCOM and our Army." ^A

53rd IBCT takes over security mission in Kuwait

Largest deployment of Florida National Guard since World War II

Story and photo by
Sgt. Daniel Lucas
203rd Public Affairs Detachment

Nearly 2,500 Florida National Guardsmen from the 53rd Infantry Brigade Combat Team arrived in Kuwait March 15, to replace the 115th Fires Brigade as Third Army's Security Force Brigade.

Since 2001, more than 11,000 members of the Florida National Guard have served on federal active duty. Of those Soldiers, more than a quarter have been deployed with the 53rd IBCT.

"The morale is tremendous," said Col. Richard Gallant, commander, 53rd IBCT. "We have more than 2,400 great Floridians, great citizen soldiers, excited to be here. They are well rehearsed and have a sense of excitement and urgency to get on with the mission and do an excellent job."

The 53rd IBCT deployed more than 1,200 Soldiers to Afghanistan in 2005 to train the Afghan National Army, and saw 11 battalions graduate from the Kabul Military Training Center.

"We have 70 percent

combat veterans within the force," said Gallant. "We have a wealth of talent and a lot of young Soldiers very eager to participate in the mission."

The 53rd Infantry Brigade responded early in the Global War on Terror when its three infantry battalions, consisting of nearly 1,800 Soldiers, received mobilization orders in December 2002. By the Spring of 2003, the 53rd was part of the initial combat operations into Iraq.

The brigade, which includes

32 units in Florida, was previously designated as an enhanced readiness brigade, one of only 15 National Guard combat units so recognized.

"I can honestly say that we are the best National Guard Combat Brigade," said Command Sgt. Maj. Stephen Corrow, 53rd IBCT. "We have been preparing for this for over a year. [We] kicked tail and set the standard at Ft. Hood. We are ready to be here and the morale is excellent." 



The first Florida National Guardsmen of the 53rd Infantry Brigade Combat Team step off the plane in Kuwait to begin their mission of providing route security and base defense for Third Army in Kuwait and other sustainment operations. At nearly 2,500 strong, the Soldiers arrival marks the largest deployment of the Florida National Guard since World War II.

Maj. Gen. Susan Lawrence visits Camp Arifjan

Story and photos by
Spc. Monte Swift
203rd Public Affairs Detachment

Throughout our history, women have played a vital role in the success of military operations, serving in nearly every level of leadership the military has to offer. Women who support and serve Third Army's current mission are no exception.

One leader who helps to make Third Army's mission work is Maj. Gen. Susan Lawrence and her Soldiers of the 9th Signal Command.

The 9th SC assists Third Army's mission by providing networking and communication assets allowing Third Army to track and remain accountable for all Soldiers and equipment coming from Iraq during the drawdown.

"We know [Third Army is] very network dependant. Knowing where the people, vehicles and containers are is important," said Lawrence. "They are able to track that on the network and be able to watch the flow as it moves through theater. As a supporting commander to Third Army, that's what I worry about most, making sure the network is always available to them so they can do their mission."

As the military celebrates Women's History Month, Lawrence, who joined the Women's Army Corps in 1972, proudly admits that the role's of women in the military have come a long way since her days of enlistment.



Maj. Gen. Susan Lawrence (Center), commanding general, 9th Signal Command, meets with Soldiers at Third Army's Assault Command Post during a recent visit to Camp Arifjan, Kuwait.

9th Signal Command assists in Third Army's drawdown mission

"Back then we weren't able to wear pants or chew gum in public, we weren't issued weapons," said Lawrence. "Basic training consisted of learning how to conduct ourselves. I couldn't have imagined 35 years ago that I would be here as the commanding general of the 9th Signal Command, but the Army allowed that to happen."

Aside from providing network and communication support in theater, Lawrence and the 9th SC are providing support in Third Army's move from Atlanta, Ga., to its new headquarters at Shaw Air Force Base, S.C., using a communication and cyber security network called the Global Network Enterprise.

"The Global Network Enterprise will support that move," said Lawrence. "As we move Third Army onto that enterprise, Lt. Gen. Webster and his staff will be able to unplug in Atlanta, drive to Shaw Air Force Base, plug back in, and have all the same configurations he has today."

As a female Soldier and general, Lawrence has come a long way since waiting tables in a small farming town in Iowa. Her accomplishments in the U.S. Army remind her that anything is possible no matter who you are or where you come from.

"The opportunities that the Army gives us are just phenomenal," said Lawrence. "You are looked at and promoted based on your capabilities as a person, not whether you are a man or woman. It's important that we look at our history, where we have been and at those great women that have come before us. In the Army, we all come in on the same playing field, no matter where we grew up. What you do in the military and how you rise up is up to you." 

"The plan that [Third Army] has put together is impressive," said Lawrence of Third Army's ability to aid the warfighter.



Maj. Gen. Susan Lawrence (Left), commanding general, 9th Signal Command, is shown the interior features of a humvee while visiting the Assault Command Post at Camp Arifjan, Kuwait. "The plan that [Third Army] has put together is impressive," said Lawrence of Third Army's ability to aid the warfighter.

Female WWII pilots receive medals

Story by
Oren Dorell and Malia Rulon
USA Today

Jean Springer was 22 when she joined a corps of female pilots needed to help the country in World War II. Now 89, the Cincinnati woman is in Washington with about 180 other former fliers to receive the nation's thanks.

Congress is awarding the Congressional Gold Medal, the highest civilian honor, to members of the Women's Airforce Service Pilots, a civilian branch of the Army Air Force. Fewer than 300 of the 1,100 survive.

Barred from flying in combat, female pilots transported military personnel, towed targets for gunnery practice and shuttled planes from factories to bases.

Yet no military honors were granted to the 38 women who were killed during service to the program.

"One day I came back from a flight," said Doris Nathan, 93, of Kalamazoo, Mich. "The commanding officer said, 'I just got orders to tell you to get off the base by tomorrow morning.'"



Gen. Norton Schwartz, Air Force Chief of Staff, greets Betty Hall Stohfus of Faribault, Minn., on Capitol Hill, March 10. She and other members of the Women Airforce Service Pilots were awarded the Congressional Gold Medal. (Photo by Lauren Victoria Burk, Associated Press)

The former fliers tried to gain recognition as military veterans in 1976 when the Air Force announced that "for the first time ever" it would teach women to fly military airplanes, said Kate Landdeck, an associate professor of history at Texas Woman's University who is writing a book about WASPs and

their lives after the war.

The WASPs "realized their Air Force had forgotten about them," Landdeck said.

In 1977, after a "huge effort in Congress" and with the help of Sen. Barry Goldwater, who had flown with WASPs during the war, the women were recognized as military personnel and given partial veterans benefits.

"They get to go to VA hospitals, and they get that flag on the coffin," Landdeck said. "That's the most important thing to them." **A**

Remember OPSEC!

Practicing poor Operational Security puts you, your buddies and the mission in jeopardy!

Remember OPSEC when...

- Using the phone
- Sending E-Mail
- Using social networking sites
- In public places

YOU NEVER KNOW WHO IS PAYING ATTENTION TO YOU!



The Desert Voice
wants **you!** -personality stories
-training
-sustaining the fight
Contact the Public Affairs office today!

Traumatic Brain Injury

A growing military concern

March is Traumatic Brain Injury Awareness Month

Article by
Master Sgt. Kevin Lingenfelter
3rd Medical Deployment Support
Command

Traumatic Brain Injury is a significant health issue which affects Servicemembers and veterans during times of peace and war. The high rate of TBI and blast-related concussions from combat operations impacts the health and safety of Servicemembers, the level of unit readiness and troop retention. The effects of TBI are felt within each branch of the military and throughout the Department of Defense and Department of Veterans Affairs health care systems.

In recognition of Brain Injury Awareness Month, the Center for Disease Control and the Defense and Veterans Brain Injury Center launched campaigns to increase awareness and provide education on brain injury.

The most common form of TBI is a concussion often sustained from sports injuries or falls. It can result from a bump, blow or jolt to the head. Common signs are appearing dazed or stunned, loss of consciousness, change in mood, behavior or personality, headaches, nausea, vomiting, dizziness, confusion and blurred vision. Most people with a concussion recover quickly and fully. But for some, signs and symptoms can last for days, weeks or even longer.

Prognosis worsens with the severity of injury, but most TBIs are mild and don't cause permanent or long-term disability. However, all severity

levels of TBI have the potential to cause significant, long-lasting disability.

Permanent disability is thought to occur in 10 percent of mild injuries, 66 percent of moderate injuries and 100 percent of severe injuries.

Almost all people with mild TBI are able to live independently and return to the jobs they had before the injury, although a portion have mild cognitive and social impairments.

Over 90 percent of people with moderate TBI are able to live independently, although some require assistance in areas such as physical abilities, employment and financial managing.

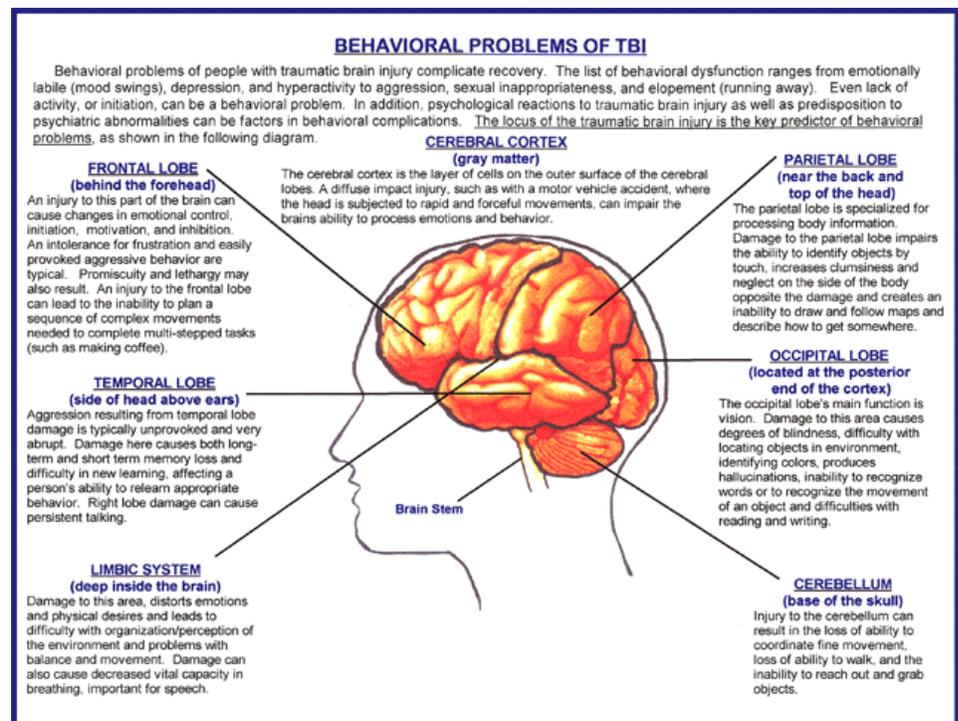
Most severe closed head injuries are either fatal or the casualty recovers enough to live independently; middle ground is less common.

Due to the increased use of Improved Explosive Devices, mild

traumatic brain injury and concussions are common combat related injuries. Because Traumatic Brain Injury cannot always be cured, steps must be taken to prevent injury from occurring. **A**

TBI prevention methods include:

- Always wearing a seat belt in a motor vehicle
- Never drive under the influence of alcohol or drugs
- Always wear an approved helmet when operating a bicycle, motorcycle, scooter, or tactical vehicle
- Use the rails on stairways
- Do not place obstacles in walking pathways





DRUMBEATS



MARCH 2010

The Inspector General Bulletin... to keep you in step!

Evaluations – A Must Do!

Doing it right, enhances our ability to “Fight Tonight”!

WHAT'S NEW...

LEADER SUPPORT OF BEHAVIORAL HEALTH GOALS

- Raters will discuss with rated officers and NCOs the importance of their support of behavioral health goals during initial counseling. Additionally, all rated officers and NCOs will have performance objectives identifying their support of behavioral health goals documented on their support and / or counseling forms. There is no exception that comments about the Army's behavioral health goals will be made on evaluation reports. – MILPER Message #09-295 – The following website provides a single link to a multitude of information regarding care and support options for behavioral health issues. <http://www.behavioralhealth.army.mil>.

RATING CHAIN

“Rating chains will correspond as nearly as practicable to the chain of command and supervision within an organization, regardless of component or geographical location.” – AR 623-3 para. 2-2.

ROLES OF RATING CHAIN MEMBERS

Rated Soldiers will participate in counseling, assessment and a final evaluation within 30 days after the beginning of each new rating period and at least quarterly thereafter. All rated Soldiers military / civilian school of instruction. – AR 623-3 para. 2-10.

RATER(s) will discuss the scope of the rated Soldier's duty description and the performance objectives with the rated Soldier within 30 days after the beginning of the rating period.

Senior Raters (SR) will ensure that the rated Soldier was counseled and provided copies of the support forms. SR's are also responsible for providing the completed report to the Soldier and acquiring the rated Soldier's approval (signature) of the report when possible. For NCOERs, SR's will review and initial the first DA Form 2166-8-1, then review the final DA Form 2166-8-1 and forward the NCOER to HQDA. – AR 623-3 para. 2-15-17.

Senior Raters of CPTs, LTs, CW2s and W01s will approve all developmental action plans and initial the DA Form 67-9-1a. – AR 623-3 para. 2-16.

Reviewers Every NCOER will be reviewed by the 1SG, CSM, or SGM and signed by an official who meets the reviewer requirements. Reviewers will ensure that specific bullet comments support the appropriate excellence, success, and needs improvement ratings. AR 623-3 para. 2-17.

COMMON ERRORS FOUND ON REPORTS

- Inaccurate duty descriptions.
- Missing YES or NO after HT/WT on OER.
- Lack of familiarity with appeals process.
- Lack of 67-9-1a for CW2s and CPTs.
- Consistency throughout report.

REFERENCES:

AR 632-3, Evaluation Reporting System; DA PAM 623-3, Evaluation Reporting System; MILPER Message 09-295, Leader Support of the Behavioral Health Goals.

QUESTIONS? ... Contact your chain of command or local IG

IG Contact Numbers	
IG	(404) 464-2994
IG SGM	(404) 464-1728
IG Assistance	(404) 464-2461
IG (FWD)	DSN 318-430-6089
IG (FWD) Assistance	318-430-6330

Army will allow soldiers to recolor M4s



The Army is finally going to give soldiers the green light to paint their black weapons so they blend in with the terrain on the battlefield. Soldiers have been using commer-

cially available, spray-on camouflage paint since the beginning of the war — despite an unenforced Army policy prohibiting the practice.

Army weapons officials announced March 2 they will soon release guidelines on the proper way to paint M4 Carbiners and other weapons so paint doesn't interfere with the weapon's operation.

"The soldiers are doing it anyway; if you go to theater, you will see that units have their weapons sprayed," said Col. Doug Tamilio, head of Project Manager Soldier Weapons.

The reversal of the policy follows the Army's Feb. 19 decision to start issuing MultiCam camouflage uniforms and equipment to soldiers deploying to Afghanistan this summer in an effort to help soldiers blend more effectively with the Afghan terrain.

Most Army infantry weapons are black.

"It sticks out, and we need to give them that ability," Tamilio said. "We should issue out in the next couple of months an advisory message ... to say, 'It's OK to spray paint your weapons, but here is how to do it.'"

The guidelines will identify parts of the weapons that should not be painted, such as inside the chamber and accessories such as optics.

"If you get any spray on these optics, you reduce the capability of that optic," Tamilio said. The guidelines will also recommend the safest paints to use.

Weapons officials stressed that soldiers will have to get approval from their unit commanders before they paint their weapons.

"It will be up to the commander to say we are going to do it or we are not going to do it," Tamilio said.

Academy Women to Become 1st Submariners

Female Sailors will begin serving on submarines by the end of next year, with Naval Academy graduates leading the way, Navy leaders told a Senate committee.

Navy Secretary Ray Mabus told the Senate Armed Services Committee that the Navy is in a good position to move forward with integrating women onto submarines.

"We think we learned a lot about integrating women in the services years ago, and those lessons are relevant today," Mabus said. Those lessons, he said, include hav-

ing a "critical mass" of female candidates, having senior women to serve as mentors, and having submarines that don't require modifications: the SSBN ballistic missile and SSGN guided-missile subs.

Finally, Mabus said, "We have the lesson learned to make sure any questions are answered, ... and we're very open and transparent on how we'll do this. We think this is a great idea that will enhance our warfighting capabilities."

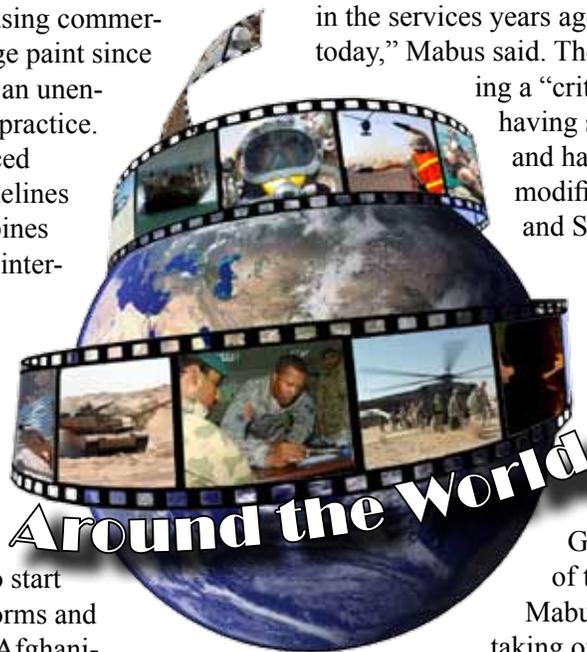
Defense Secretary Robert M.

Gates notified Congress on Feb. 19 of the intended change to Navy policy.

Mabus had pushed for the change since taking office in May. Adm. Gary Roughead, chief of naval operations, endorsed the change, saying in a statement released in September that his experience commanding a mixed-gender surface-combatant ship makes him "very comfortable" integrating women into the submarine force. The Navy changed its policy to allow women to serve on combatant ships in 1993.

"We have a great plan, and we're ready to go for the first women to come aboard in late 2011," Roughead told the Senate committee yesterday. In a prepared statement to the committee, he said the change would enable the submarine force

"to leverage the tremendous talent and potential of our female officers and enlisted personnel." 





Safety



Heat Related Injuries

Article by
Master Sgt. Angela Clement-
Third Army Safety Office

Soldiers participating in military deployments often encounter heat stress that will require management for successful mission accomplishment. Soldiers must become heat acclimated before they can tolerate extended exposure to the heat. Acclimatization will usually take at least a week or two, and will increase a Soldier's capacity to work in a hot climate.

It is important to stay well hydrated to prevent an abnormal rise in body temperature. Since the average person requires at least two liters of water each day, more water should be consumed in hot weather. Hydration should occur before participating in any physical fitness activity should be done in the early morning or later in the evening when it is coolest. Excessive sweating can cause an imbalance in electrolytes, so drinking fluids such as Gatorade or Powerade will assist in preventing a loss of electrolytes in the body.

Servicemembers should avoid consuming excessive amounts of caffeine as it acts as a diuretic, and can result in dehydration. It is also important to remember that thirst is not a good indicator of dehydration, so don't wait until you are thirsty to begin consuming water. Dehydration is a major contributing factor to heat related illnesses.

In hot weather climates, it is wise to eat foods rich in potassium such as citrus fruits, melons, strawberries,

bananas, potatoes, meats and tomatoes since potassium is lost through sweat. Avoid foods high in protein which increases metabolic heat, and eat small meals more often if possible.

The risk of heat related injuries occurs when temperatures rise above 90 degrees. Leaders need to be mindful of the high temperatures and the work being performed to ensure the well being of their Soldiers, as heat related illness can cause severe injuries and death if left untreated. Some of the following illnesses occur as a result of high temperatures and high humidity:



Heat cramps - are muscular pains and spasms due to an excessive loss of water and salt from heavy sweating.

Heat exhaustion - occurs when body fluids are lost through excessive sweating, which causes depletion of water and salt in the body, and decreased blood flow in vital organs. Symptoms may include weakness, headaches, nausea, vomiting, and even unconsciousness.

Heat stroke - is the most serious heat related illness as it causes a failure of the body's cooling system. The body temperature can rise so high that brain damage may occur if the body is not quickly cooled down. Symptoms include, hot dry skin, rapid pulse and shallow breathing. 



Camp Arifjan Tax Center

The Camp Arifjan tax center is open for federal income tax return filing, and will remain open during business hours through April 16, 2010. All servicemembers and DA civilians are welcome to walk-in, and retirees by appointment. The tax center will travel on Mondays to Camp Buehring, Camp Virginia and LSA.

What to bring:

- W-2s
- 1099 (If applicable)
- Last years tax return (If possible)
- POA from spouse (If married or filing jointly)

Hours of operation
Mon-Sat. 0900-1630

Chaplain's Corner



Overcoming Adversity

Article by
Chaplain Jonathan McGraw
Third Army Deputy Command Chaplain

Adversity can be found most any place we look. It may be challenges at work, financial struggles, difficulties in relationships, feelings of loneliness, separation from loved ones or the challenges of life on the job. If we stop and reflect just for a moment, it isn't hard to find a problem or two in our lives.

In scripture, Job was a man tested by adversity. He lost most of his wealth, health and family in a very short time. Job viewed these devastating events as an obstacle, which when surmounted, would bring positive benefits. Speaking of God he said, "When He has tested me, I shall come forth as gold" Job 23:10.

In the early 1900s, much of the South's agriculture was in single crop cotton. When the Boll Weevil, a beetle measuring about six millimeters in length and feeds on cotton buds, crossed the Rio Grand into Texas and entered the Southeastern U.S. cotton growing regions, unprecedented devastation followed. The offspring of one pair of Weevils emerging in the spring could reach 134 million before the coming of frost. They spread rapidly and could travel up to 160 miles per year. Cotton farms in the Southeastern U.S. were devastated. The weevil was a major obstacle to the livelihood of farmers.

The only means of survival was for farmers to grow a variety of crops, such as soybeans or peanuts and to raise cattle, hogs and chickens. Surprisingly the devastating weevil problem, a seeming insurmountable obstacle, led to greater prosperity for farmers than in the days when the only crop grown was cotton.

In 1910, the residents of Enterprise, Ala., erected a monument in the town center to the Boll Weevil

in gratitude for what occurred. What initially was an overwhelming problem, a seemingly insurmountable obstacle a few years earlier, now brought praise from former cotton farmers. The inscription on the monument read: "In profound appreciation of the Boll Weevil and what it has done to herald prosperity."

Had these people lost their minds?

No, the change that resulted from what initially was a devastating problem brought new life and wealth.

As we deal with the daily challenges of life as Soldiers, civilians or family members, remember the words of Job, "When He has tested me,

I shall come forth as gold." The seemingly insurmountable obstacles of life often are the very things that refine us as gold and build in us a greater strength of character and grace. **A**



Keep the Army Green!

The Pollution Prevention Branch Environmental Health & Safety Directorate can help!

Bring in:

- old pallets
- cardboard
- paper
- plastic bottles
- used toner cartridges

Get free printer paper and toner cartridges!

Call: 6-604-7612 or go to Bldg. T-823, Zone 7, Camp Arifjan





Health



March is National Nutrition Month

Over the last few generations, food and nutrition have become very complicated. In the early 1900s, health professionals were concerned about inadequate nutrient intake and diseases resulting from these deficiencies.

Now we are more concerned with “overnutrition” from excess calorie intake and chronic disease prevention. Research emerges daily about nutrients that might help us feel or look better, become better athletes or extend our life. There are new supplements for weight loss, muscle gain, and heart or joint health. We have foods fortified with extra vitamins, minerals or other nutrients to make them “healthier.”

Thanks to the internet, there are thousands of recommendations to better your health and fitness right at your finger tips. Some internet sources you can trust while others, written by “health enthusiasts” or those trying to sell you something, should make you suspicious. With so much information out there, it is no wonder some people would rather ignore it all than try to eat healthier.

With all that information and a million food choices, are we better off? Yes and no.

We have plenty of healthy foods available, and in theory, should have few barriers to good health. Yet rates of obesity continue to increase. Currently, around 60 percent of adults are overweight or obese. Childhood and teen obesity are also on the rise. One 2005 report suggests that today’s children may have a shorter life expectancy than their parents due to poor eating habits and lack of physical activity.

Obesity is not the only problem. Smoking, inadequate physical activity and diets high in fat, chole-



Capt. Kate Schrumm R.D.
U.S. Army Central Surgeon's Office

sterol and saturated fat, but lacking in fruits, vegetables and fiber increases our risk of countless other diseases from hypertension to cancer.

One major challenge in this fast paced world is that everyone expects a quick, easy solution. They expect to lose 10 pounds in 10 days. They want to take a pill instead of changing their lifestyle. Other than wasting your money, the main problem with many of the quick fixes like dietary

supplements and fad diets is that they do not teach long term change. When you stop the diet or taking the pills, people usually gain back the weight they have lost.

What can you do to avoid the quick fixes and optimize your health long term?

Get back to the basics of good nutrition and health. The theme of National Nutrition Month is “Nutrition from the Ground Up.” The goal of



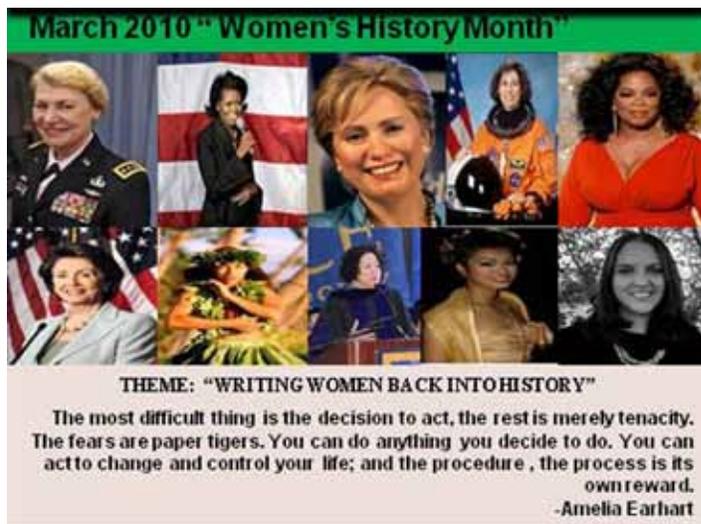
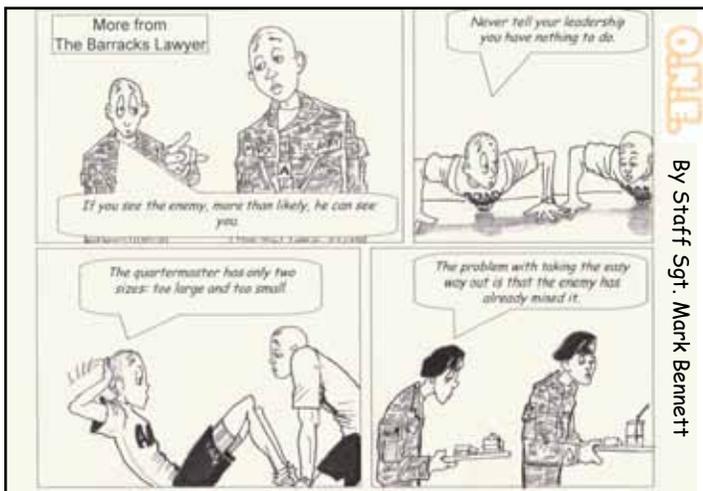
American Dietetic Association (www.eatright.org) campaign is to emphasize that we should focus on basic, wholesome foods as the majority of our diet.

Start with fruits, vegetables and whole grains as the basis of every meal. Include a whole grain with at least two meals each day. Vegetables should cover one-half of your plate at lunch and dinner. Fresh fruit makes a perfect snack between meals. Add lean proteins and low-fat or fat-free dairy to round out your meal.

If you are already optimizing your nutrition and exercising at recommended levels, then you can get into all the small details of food and nutrition. However, if you are not getting the recommended intake of each food group, are overweight, still smoke or are not exercising enough, those things should be your focus. Improve the parts of your lifestyle that we know will affect your health. Ignore the hype and get back to basics. 

VOTE!!

Have you registered to vote?
 If NOT, you need to fill out a Federal Post Card Application!
 Talk to your Voting Assistance Officer today!
 Visit www.fvap.gov for more info.





Find photos taken by our journalists on [dvidshub.net](http://www.dvidshub.net) at: <http://www.dvidshub.net/THIRDARMY>
<http://www.dvidshub.net.units/203PAD>

and on the shared drive at
 I:\ARCENT\CFLCC PAO Photos Movies\PAO Photo Library

The Desert Vision

is on the Command Information Channel



Find out what's going on in all branches who serve Third Army by watching the Command Information Channel on your local broadcast station.

Emergency Numbers

911 Emergency DSN – 911/112
From cell phone 2389-9911
Camp Arifjan
DSN 430-3160 / PMO 430-1343
Arifjan Cell 6682-2120
Camp Buerhing
DSN 438-3224 / PMO 438- 3325
Buerhing Cell 9720-5396
Camp Virginia Emergency DSN 832-9111
Camp Virginia DSN 832-2559
Virginia Cell 6705-9470
LSA DSN 442-0189
LSA Cell 6682-2467
K-Crossing DSN 823-1327
K-Crossing Cell 682-0095
KCIA/APOD Cell 6706-0165
SPOD DSN 825-1314
SPOD Cell 9720-5982
KNB DSN 839-1334

Officer Spotlight

Maj. Amanda Azubuike
Public Affairs Media Relations Officer, Third Army Public Affairs Office



“Women’s History month is an opportunity to highlight women in the military who have accomplished great things typically under a lot harder circumstances and ultimately paved the way for the current generation of females in the military. They are a source of inspiration and motivation.”

Maj. Azubuike, of African descent, grew up in London, England, where as a young girl her parents promoted education above all else. As a teenager, Azubuike moved to the U.S. with her mother and sister and enlisted in the Arkansas National Guard to use the G.I. Bill to pay for college. After realizing she liked the military and wanted to stay in, she joined Reserve Officer Training Corps at the University of Central Arkansas and entered flight school soon after earning her Commission. Azubuike spent over 12 years as an Active Duty Army Aviator flying Hueys and RC-12 Intel Platforms before branching over into Public Affairs in 2005. Her hobbies include running, fitness, fine dining and interior decorating. A future goal of hers is to be a division-level Public Affairs Officer.

Just One Question ...

What does women’s history month mean to you?



“As a commander it shows just how far women have come.”

Capt. Sonia Huerta
595th Trans. Brig.
San Juan, Puerto Rico



“It is a special time for us to be recognized for our accomplishments.”

Cpl. Dekisha Rhode
MARCENT
Clinton, Md.



“It reminds us we are just as capable.”

CW4 Ramona Hemphill
Third Army Surgeon’s Office
Atlanta, Ga.



“It reminds me of all the Middle Eastern women who don’t get credit for pioneering so many things throughout history.”

Eman Mahdi
Civilian Contractor – Linguist
Basra, Iraq



“It means a lot because it highlights great women of the past and reinforces that we can do anything we put our mind to.”

Spc. Jameilla Johnson
510th Human Resource Command
Dallas, Texas

In support of the troops - MRAPs fly to Afghanistan

Sgt. Kellie Collier, loadmaster, 816th Expeditionary Airlift Squadron, in support of Third Army, guides a Mine Resistant Ambush Protected vehicle destined for Afghanistan into the back of a C-17 Globemaster III aircraft at an airbase within Third Army's Area of Responsibility March 10. Third Army, in partnership with U.S. Forces - Afghanistan, provides continuous, uninterrupted world-class sustainment operations for U.S. and coalition forces. Third Army plays a key role in providing the necessary command and control and common operating picture for building up forces in Afghanistan and setting the conditions to restore strategic readiness in the Army. (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment)



After getting the MRAP into the C-17 Globemaster III, Sgt. Kellie Collier secures the vehicle for its flight to Afghanistan. Third Army provides the rapid transition of resources into Afghanistan through direct movement, and works to create smoother transition periods for units which allow them to focus on their missions. This process balances the flow of equipment and material throughout the U.S. Central Command area of operations. (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment)

The MRAP is secured and ready for transport to Afghanistan. Third Army sends many of the specially designed vehicles to Afghanistan every month to meet the needs of warfighters on the ground. (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment)

