



The Desert Voice

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

June 23, 2010

Working the night shift

Contingency Command Post
holds five-day training

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Nickel II R3
Conference

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Strykers Page 8

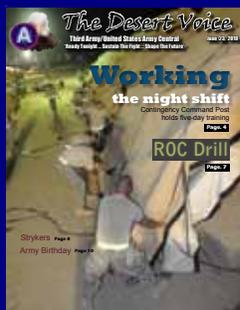
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On the cover



Third Army Soldiers work to disassemble the Contingency Command Post after a four day training exercise at Camp Arifjan, Kuwait (Photo by Sgt. Daniel Lucas, 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



Command Sgt. Maj. John D. Fourhman
Third Army Command Sergeant Major



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MEMORANDUM FOR Commanders, USARCENT

JUN 17 2010

SUBJECT: USARCENT Forward - Fourth of July Holiday Message

1. Being far away from home can be particularly difficult during holidays such as the Fourth of July. The holiday marks a significant date in the founding of our country, and is recognized as the time we outwardly celebrate our freedom and independence. Even though overseas at this time, we can expect Americans throughout the Area of Operations to observe the anniversary with some form of festivities or activities. So as we approach this Fourth of July holiday, and midpoint of the "101 Critical Days of Summer," we need all leaders and individuals to stay engaged with the safety precautions needed to prevent accidents.
2. Whether you live in downtown Kuwait City or on the installations, apply risk management to all that you do. Remain vigilant for potential hazards and apply sound judgment as you engage in your holiday festivities. For activities like the Fourth of July run, be mindful of the triple-digit temperatures that will affect all outdoor activities. Monitor your water intake, look after your buddy, and plan accordingly. These events can be fun and exciting, but can turn tragic without good safety practices. Remember that teammates take care of each other.
3. Driving around Kuwait can be a high risk activity, as many can attest. Plan off-post trips to permit defensive driving at slower speeds, and assure drivers are trained and proficient with the equipment they use. Minimize exposure to driving hazards by limiting off-post movement to mission essential trips and personnel only. Everyone wears a seatbelt.
4. Thank you for your continued service to our Nation. Whether you are a Soldier, Sailor, Airman, Marine or Civilian you are all valued members of the ARCENT Team. Be smart, take care of each other, and have a happy Fourth of July. Celebrate smartly, and return to work safely.

PATTON'S OWN!

WILLIAM G. WEBSTER
Lieutenant General, USA
Commanding

DV

The
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Voice

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Third Army hosts Nickel II R3 Conference

Story by
Sgt. David Nunn
203rd Public Affairs Detachment

Third Army leadership and other leaders from throughout the Central Command's Area of Responsibility gathered in Kuwait for the 'Nickel II Retrograde, Refurbishment and Redeployment' leadership conference June 8-9.

The purpose of the Third Army hosted event was to coordinate, synchronize and prioritize the end-to-end retrograde and redeployment of personnel, equipment, sustainment stocks and capabilities from Iraq, and to synchronize equipment disposition and sustainment across Third Army's Area of Responsibility in support of buildup operations

"Our priorities are the same priorities that Gen. Petraeus, Gen. Odierno and Gen. McCrystal have," said Lt. Gen. William G. Webster, Third Army commanding general. "Our staffs are working their tails off with each other and I really do applaud the team effort that all have been making here. We have the capacities necessary to achieve the drawdown in Iraq by the end of August as the President has directed. "

Third Army continues to set the theater in Southwest Asia in coordination with many other organizations throughout CENTCOM's AOR by conducting the extensive planning required to execute a move of this magnitude.

"We're here to support Third Army," said Lt. Gen. Jim Pillsbury, Army Materiel Command deputy commanding general who took the lead for Responsible Reset taskforce here in Kuwait. "We're here to provide a back stop for General Webster and his team as he supports the Responsible Drawdown of U.S. Forces in Iraq."

Third Army's efforts in the Responsible Drawdown of Iraq have resulted in a more than 30 percent reduction of force which amounts to over 42,000 Soldiers since October 2009. Third Army has withdrawn approximately 40 percent of containers and rolling stock items ordered to be moved from Iraq, and more than 139,000 items have been processed for disposition across the theater.

"We're going to do our best to continue to stay ahead of schedule and push it forward so that those warriors out there have what they need before they realize they need it," said Webster. 



Lt. Gen. William G. Webster, Third Army commanding general, along with other military and civilian leaders from around the Third Army Area of Responsibility, take part in the Third Army Nickel II Rehearsal of Concept Leadership Conference held at Camp Arifjan, Kuwait, June 8 (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment).

Contingency Command Post works through the night

Story by
Sgt. Daniel Lucas
203rd Public Affairs Detachment

As the sun went down over Camp Arifjan, Kuwait, the work was getting started on constructing and validating the Contingency Command Post-A with a team of Third Army Soldiers from Kuwait and Atlanta, June 7-11. The CCP-A has the capability to provide timely command and control and act as a forward headquarters anywhere in Third Army's Area Of Responsibility.

The CCP – A is another step in Lt. Gen. William G. Webster's guidance to turn from a larger and less mobile Early Entry Command Post to a new, smaller, modular package

able to accomplish more missions and more importantly, use fewer trucks and planes to move it.

"These systems are based on the commanding general's guidance to have tailored packages with integrated capabilities," said Capt. Emerson E. Bamba, current operations manager.

The CCP-A provides an enormous upgrade in capabilities compared to older forward command post models and a modest increase in personnel to accomplish more missions including: crisis planning, current operations, logistics and civil affairs support.

Most of the work was accomplished by hand as DRASH tents were spread out and setup while

the larger tents were inflated into position using a large air bladder to lift them into position. Once the tents and equipment were in place, each section performed their individual missions to keep Lt. Gen. Webster up to date as if the CCP-A were truly deployed.

"Our intent is to keep our package as small as possible while giving [Webster] the information he needs when he needs it," said Sgt. 1st Class James Kather, Air Missile Defense, noncommissioned officer in charge.

With the setup complete and validated, the tents were dismantled and stored, the equipment was packed and prepared for its eventual setup at Camp Buerhing, Kuwait later this year. With the successful validation, the CCP-A takes another step closer to being deployed anywhere within Third Army's Area of Responsibility on very short notice.

"This is a great opportunity to bring the [Third Army] team together in one place, for one purpose at one time," said Col. Marlon Blocker, Third Army Chief of Operations. "It is just another step in the CG's guidance of how he wants the [Third Army] command post improved. 



The Contingency Command Post-A is alive and moving as Soldiers of the CCP-A work busily during the four-day training exercise held at camp Arifjan, June 7-11. The purpose of the exercise was to train and treat the exercise as a real world situation in which the post would report information back to Third Army command from the field (Photo by Sgt. Daniel Lucas, 203rd Public Affairs Detachment).



62nd Chemical Company escorts MRAPs through theater

Story by
Sgt. Christopher Milbrodt
53rd Infantry Brigade Combat Team
Public Affairs

The Responsible Drawdown of U.S. forces in Iraq takes a combined effort across the military. The 53rd Infantry Brigade Combat Team was handed an important piece of the puzzle for the withdrawal.

Their mission is to facilitate the movement and security of Mine Resistant Ambush Protected MAXX-Pro vehicles from Iraq, and into other areas where the vehicles are needed for continued operations.

To accomplish the mission, the IBCT entrusted Soldiers of the 62nd Chemical Company from Fort Lewis, Washington, who are under operational control of the IBCT in Kuwait. Tasking the 62nd is not a standard mission set, but is one the company is carrying out with success.

“This mission gives me a chance to see the bigger picture,” said Pfc. Jordan Surett, a chemical specialist with the 62nd Chemical Company. “This is something different and out of the ordinary.”

Their tasking started early this year, and has been a constant part of their daily operations and planning. To ensure safety and keep up with operational tasks, the 62nd rotates the mission through their platoons. Each platoon goes through a red cycle, where they are responsible for the escort mission. The remaining platoons conduct training and

maintain a full Chemical Biological Radiological Nuclear response effort.

According to Staff Sgt. Althea Clarke, senior squad leader for 2nd platoon, a schedule is made so the Soldiers know when they will have a mission. They receive advance notice of their missions, but are ready at all times. Mission times can change due to technical difficulties with the aircraft or the weather, so while on cycle Soldiers may receive a week’s notice of a mission or only a few hours.

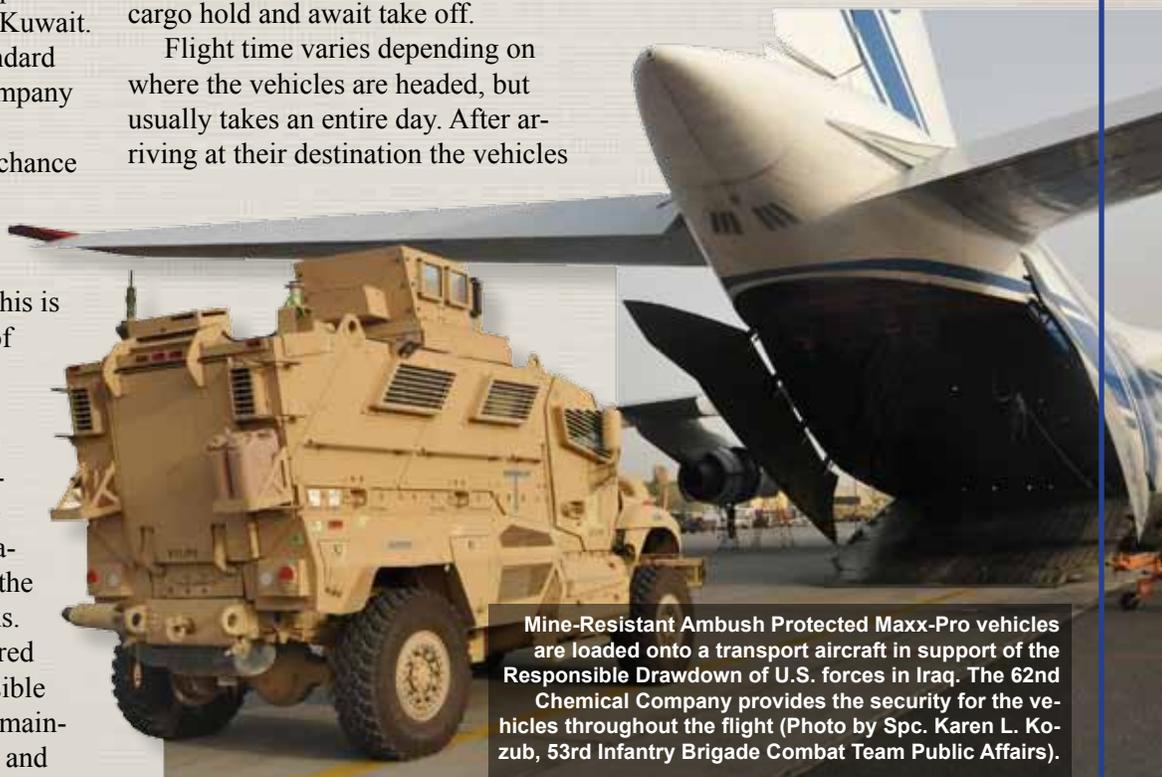
Typically a mission begins early in the morning when the Soldiers meet with the air crew and go over the flight manifest. The vehicles are then loaded into the cargo hold of the aircraft under the supervision of the Soldiers. Once all the vehicles are secured and ready for flight, the Soldiers seal the cargo hold and await take off.

Flight time varies depending on where the vehicles are headed, but usually takes an entire day. After arriving at their destination the vehicles

are accounted for and received by Air Force personnel and unloaded from the plane. At this point, the Soldiers journey is only half done.

Soldiers are then transported from the flight line to the air transport terminal where they arrange a way home. Depending on where they are, they may have to catch several small connection flights in order to get to a terminal that will fly them back.

Once they return to their home base, they fall back into the mission rotation schedule. They continue the process until their time on the cycle is over and they pass it on to the next platoon. **A**



Mine-Resistant Ambush Protected Maxx-Pro vehicles are loaded onto a transport aircraft in support of the Responsible Drawdown of U.S. forces in Iraq. The 62nd Chemical Company provides the security for the vehicles throughout the flight (Photo by Spc. Karen L. Kozub, 53rd Infantry Brigade Combat Team Public Affairs).



UNIT VICTIM ADVOCATE CLASS UPHOLDS ARMY VALUES

*Story by
Cpl. Brandon Babbitt
203rd Public Affairs Detachment*

Sixty-five Servicemembers from within the Third Army Area of Responsibility took part in a one-week course taught by equal opportunity and mental health professionals to become Unit Victim Advocate's for sexual assault victims June 2-8, at Camp Arifjan, Kuwait.

The course, sponsored by Third Army's Equal Opportunity Office, is geared toward the rank of E5 and above. To attend the course, the servicemember must be in good standing with their unit, be selected by their command, have an outstanding record and no past record of domestic assault.

For Sgt. 1st Class, Abigail Hutchinson, equal opportunity advisor, Third Army, the course and the Servicemembers participating embodies the camaraderie that exists within the ranks of the military.

"We look for Servicemembers who are able and willing to help a victim of a sexual assault through the whole process of reporting the assault to law enforcement, the doctor's exam and the potential trial," said Hutchinson. "The UVA is designed to let the victim know that they have the support of their fellow military

brothers and sisters behind them."

Studies show that many sexual assaults go unreported because a victim may feel intimidated and humiliated by the assault, but the Army has designed its program to give the victim as much privacy, unanimity and support as possible after the assault.

"We know it can be hard for some people to come forward," said Hutchinson. "Hopefully, the UVA can make fellow Servicemembers feel empowered and get them back on the road to recovery during the investigation and potential trial."

At the end of the eight-day course, Third Army held a graduation ceremony at the Zone 1 Chapel. There, the troops, supported by their various units, were presented with guest speaker Tiffany A. Gist, equal opportunity specialist, and one of the leading minds behind the UVA Course.

Before handing out the diplomas, Gist congratulated the graduates and reminded them of the responsibilities in front of them as a UVA.

"These servicemembers are leaders who are willing to stand up for what they think is right," said Gist. "This is an important responsibility that they are tasked with now, and it takes strong character and a sense of duty to be successful at it." 

LEADING with a Passion

Story by
Spc. Karen L. Kozub
53rd Infantry Brigade Combat Team
Public Affairs

Leaders must lead with passion, not obsession, and they must exhibit that passion to their subordinates in their everyday life. Seldom do we come across an individual who truly makes a lasting impression on everyone he meets.



Leading with a passion



(Above) Capt. Daniel S. Brown, 53rd Infantry Brigade Battle Captain, Tampa, Fla. (Photo by Spc Karen Kozub, 53rd Infantry Brigade Combat Team Public Affairs)

What is it that sets this person apart from so many others that we interact with on a daily basis? Usually there is not just one definitive attribute, but rather a compilation of traits uniquely combined that defines this person as being truly special.

Capt. Daniel S. Brown, a native of Tampa Fla., and Battle Captain of the 53rd Infantry Brigade Combat Team, is a prime example of a leader with passion.

Scoring a 402 on his Army Physical Fitness Test, winning the majority of the road races he competes in, and keeping his mind and body as sound as it can possibly be, isn't an easy task. Brown wakes up before sunrise every morning to meet with workout partner, Master Sgt. Paul McGarr, 53rd IBCT Operations, noncommissioned officer in charge.

"Capt. Brown has a great work ethic," said McGarr. "No matter how he feels he always gives 100 percent. His exceptional character and drive is what motivates me to push myself."

Brown strives to compete in as many athletic events as he can in order to test his body to see what his limitations are. So far, he has participated in the Bataan Death March, 72-hour marathon, shoulder/ bench press contest, push up/ sit up crunch club and is a member of the 53rd IBCT basketball team.

"My goal is to leave here in better shape than when I got here," said Brown. "If I don't win at something, I still benefit because I start to train harder and change my routine so I can continue to improve."

Leading the way comes natural to Brown. He inspires and motivates his Soldiers to want to do their best just by watching him run or workout.

"The day I met Capt. Brown, I was told he was a runner, which motivated me to give it my all," said Spc. Victor

J. Febus of Tampa, Fla. "Not only was he big in a strong sense, but he was fast, which is a rare sight. Whenever anyone speaks of Capt. Brown, they speak nothing but great things."

Not only does Brown's motivation and heart play into his workout ethics, it shifts over to his job and everyday life.

"I try to treat everything similar to how I treat running and working out. I don't want to be the guy who is a PT stud, but is technically/tactically weak," said Brown. "I knew that I would have the opportunity to learn under great leaders such as Lt. Col. David Yaegers Jr., 53rd IBCT Operations Officer. His reputation as an extremely educated person is well known and I am excited to experience it firsthand."

According to Master Sgt. McGarr, Brown's integrity can be seen in more than just his workout. It's a part of his everyday character.

"Brown inspires from direct motivation and is a great guy to emulate," said McGarr. "He sets the bar high and doesn't even know he is setting it." 



Capt. Daniel S. Brown, 53rd Infantry Brigade Combat Team Battle Captain, brings home another first place victory in the "Law Day 5k" at Camp Arifjan, Kuwait, May 1. (Photo by Spc. Spencer Rhodes, 53rd Infantry Brigade Combat team Public Affairs).

STRYKERS

join MRAPs in Afghanistan

Story by
Sgt. David Nunn
203rd Public Affairs Detachment

Third Army's support of the Buildup in Afghanistan, and the subsequent pulling of equipment and troops from Iraq is the largest logistical operation in modern military history. The operation runs 24/7, and incorporates a network spanning Third Army's 20-country area of responsibility supported by a coalition of multiple countries, Servicemembers from all the U.S. Armed Forces and civilian contractors.

This cooperation is evident every step of the way, from the closing of Forward Operating Bases across Iraq as part of the Responsible Drawdown, to land, air and sea distribution networks supporting the buildup of Afghanistan.

At an airbase in Southwest Asia, the flight-line is alive with activity in the pre-dawn hours of June 1. C-17 Globemasters arrayed across wind-blasted asphalt still hot to the touch

from the day before, are readied by their crews for flights into Afghanistan. As the awakening roar of their engines fills the air, a line of Stryker vehicles emerges from the staging lots nearby; their headlights pushing back the desert night.

"These [Stryker] vehicles are built for the infantry and we are loading them here to get them to our brothers in Afghanistan," said Pfc. Ralph Rambicure, a tanker with the 2nd Stryker Cavalry Regiment, Vilseck, Germany. "This mission is all about getting the

necessary equipment to the fight, and in doing so, we are remembering our fallen comrades."

As the vehicles approach the waiting C-17, its rear ramp lowers, revealing a brightly lit cargo hold that bathes the dark flight line and awaiting equipment in sharp contrast to the dark surroundings. Flashing hazard lights from the vehicles add a sense of urgency to the team of personnel backing a Stryker into the cargo hold.

"There is a real importance to our mission to support the war fighter," said Petty Officer 2nd Class Michael Fidel, 2-1 Naval Mobile Construction Brigade, Fort Dix, N.J. "We have [Servicemembers] in Afghanistan that need this equipment to perform their missions."

After the last Stryker is loaded into the aircraft, the red and amber hazard lights begin to recede as the ground crews move their vehicles back to their staging points off the flight-line.

With a soft moan the C-17 raises its ramp and the surrounding desert is once again plunged into darkness save the soft pulses that light the edges of the runway. 



Soldiers of the 2nd Stryker Cavalry Regiment upload a Stryker vehicle into a C-17 Globemaster for transportation in support of Operation Enduring Freedom on an airfield in Southwest Asia. Third Army rapidly deploys mission critical equipment and materiel to the war-fighter throughout Central Command's area of responsibility (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment).



A Stryker vehicle awaits transportation to war fighters in Afghanistan, at an airfield staging area in Southwest Asia. Third Army assists units mobilized in support of Operation Enduring Freedom in moving the war fighter's equipment and materiel, including Stryker vehicles (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment).

STRYKER

Mission

To fulfill an immediate requirement in the Army's current transformation process to equip a strategically deployable (C-17/C-5) and operationally deployable (C-130) brigade capable of rapid movement anywhere on the globe in a combat ready configuration. The armored wheeled vehicle is designed to enable the Stryker Brigade Combat Team (SBCT) to maneuver more easily in close and urban terrain while providing protection in open terrain.

Entered Army Service:

May 2002

Powertrain:

Similar engine used in Family of Medium Tactical Vehicles (FMTV)

Top Speed:

In excess of 60 mph

Crew:

2 (driver, commander) + 9 troops for ICV: 3 (driver, commander, gunner) for MGS

Weapons:

Infantry Carrier Vehicle -
0.50-caliber M2 machine gun, MK19 40 mm grenade launcher or MK240 7.62mm machine gun; 4 x M6 smoke grenade launchers

Mobile Gun System -

M68A1E4 105 mm cannon, M2 0.50 calibre machine gun; 2 x M6 smoke grenade launchers

Information courtesy of www.army.mil, and www.army-technology.com



THE 235TH UNITED STATES ARMY BIRTHDAY

1775-2010

235
years
strong



Maj. Gen. Randy E. Manner, Third Army deputy commanding general – Kuwait, reenlists 50 Soldiers as part of Third Army's celebration of the Army's 235th birthday June 14. The newly reenlisted Soldiers took part in a birthday cake cutting following the ceremony. The day also featured an Army Birthday 5k competition run (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment).



Army runners sprint to the finish line of the 235th Army Birthday 5K run at Camp Arifjan, Kuwait, June 14. Runners competed in gender-based age groups for medals and bragging rights, as well as a free t-shirt for all who ran (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment).



Servicemembers and civilians dash off the starting line to the sound of the Army song to begin the 235th Army Birthday 5K run at Camp Arifjan, Kuwait, June 14 (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment).



Brig. Gen. Stephen Twitty (Center), Third Army chief of staff, leads the command in a celebration of the U.S. Army's 235th Birthday with the ceremonial cutting of the cake at Third Army's Atlanta Headquarters June 14. In keeping with military tradition, Third Army's oldest present member, Chief Warrant Officer Clyde Green (Left), and its youngest present member Pvt. Owen David (Right), assisted with the cut. Before the ceremony, Third Army Soldiers listened to a recorded address from Lt. Gen. William G. Webster, Third Army commanding general, who thanked Third Army Soldiers for their continuous efforts to anticipate and sustain the needs of combat forces during Operation Nickel II (Photo by Sgt. 1st Class Jonathan Wiley, Third Army Public Affairs).

Maj. Gen. Randy E. Manner, Third Army deputy commanding general – Kuwait, along with Command Sgt. Maj. Miguel A. Rivera, 1st Sustainment Brigade Command Sergeant Major, cut the 235th Army Birthday cake along with the oldest and youngest present Servicemember, at a Cutting of the Cake ceremony at Camp Arifjan, Kuwait, June 14. Before the ceremony, 50 Soldiers (in background) were reenlisted by Manner as part of the Third Army celebration (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment).



Lt. Gen. William G. Webster (Second from left), Third Army commanding general and Command Sgt. Maj. John Fourhman (Second from right), Third Army command sergeant major, celebrate the U.S. Army's 235th Birthday with a ceremonial cake cutting June 14. Also part of the Army birthday cake-cutting ceremony, the oldest present Third Army member, Cpt. J.E. Elliott (Left), and the youngest present member Pfc. Octavio Lopez (Right) helped the commanding general and command sergeant major cut the cake. "Our Army is Two hundred and thirty-five years old," said Lt. Gen. Webster. "We are just as committed today to live the Army values and serve our country with valor as we've ever been" (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment).

False tourniquets could pose risk for SOLDIERS IN COMBAT

Story by
Steve Elliott
Fort Sam Houston Public Affairs

Counterfeit models of the U.S. Army's Combat Application Tourniquet are available on the Internet and on the open market.

Using the counterfeits can be lethal, and the Army considered this enough of a problem to send out a priority message April 14, sounding the alert on these bogus devices.

"While I haven't seen any of these counterfeits in use, I have seen a few ordered by logisticians more interested in cutting costs than in quality control," said Col. John Kragh, U.S. Army Institute of Surgical Research, Fort Sam Houston.

"The rod on the dummy tourniquet is bendable to a point where it cannot work right. It's like bending Gumby's arm," he said. "The makers do not market the item ostensibly as a medical device, but they sell it and package it like a retail item.

"The danger is if someone mistakes the fake for a real CAT or a real medical device," the colonel said. "That mistake could be fatal, since it cannot control bleeding."

A tourniquet is used to cut off the flow of blood to a part of the body, most often an arm or leg. It may be a special surgical instrument, a rubber tube, a strip of cloth, or any flexible material that can be tightened to exert pressure.

In a case of bleeding emergency, a tourniquet is used to completely stop the flow of blood.



The difference is packaging between the real Combat Application Tourniquet (above) and the counterfeit model (right) is obvious.

Meant as a temporary fix, tourniquets are not recommended to be used for more than two hours at a time because of the danger of congestion and ischemia, or lack of blood flow to tissues.

The message said that the Defense Logistics Agency knows the fake items are available for purchase through non-Department of Defense websites, and that authorized DoD procurement gateways will supply only the approved commercial part from authorized distributors.

If the counterfeits are found in any inventory, they should be replaced by the real thing and the counterfeit should be reported to that activity's logistical supply office.

"It's easy to get the right items using routine, professional supply channels," Kragh said. "If other channels are used, then it's easy to get the wrong stuff. It



(Above) The authentic tourniquet has a manufacturing date stamped on it.



just takes a credit card and choosing the wrong online supplier."

The message said the phony tourniquet was first encountered several years ago in a depot in Afghanistan and was thought to have been purged from the system. At that time, the item was of obviously inferior construction and recognizable as a counterfeit. Today, the product has been modified and is difficult to distinguish from the authentic CAT.

The Element Cat (E-CAT) is a carefully made counter-



Spc. Paul Killam, Albion, Maine, applies a tourniquet to a "wounded" Paratrooper during a combat life-saver qualification course, at Forward Operating Base Hammer, Iraq, located outside eastern Baghdad (Photo by Pvt. Jared Gehmann, 3rd BCT Public Affairs).

feit CAT tourniquet, manufactured in Hong Kong for \$8.50 each. The authentic item has a National Stock Number of 6515-01-521-7976 and has a unit cost of \$27.28.

"The markings appear to be a copyright or trademark infringement, and that is why law enforcement has become involved in the investigation," the colonel noted. "We have had a previous counterfeit CAT confirmed from the Middle East, but this was purged from the warehouses uneventfully a couple of years ago. This is one of the reasons why we should remain vigilant.

"The ordering system is decentralized giving initiative to low-level supply persons who can order what they think is best. An unknowing person could easily think that they are ordering a Combat Application Tourniquet online for a good price, but getting one cheap from China is too good to be true," Kragh said.

Information about the proper combat application tourniquet can be seen on the U.S. Army Medical Materiel Agency website (<http://www.usamma.army.mil/assets/docs/CAT.pdf>) under the category "Hot Topics." ^A

511th Dive Team Promotes Commander Under water



Water promotion

Story and photos by
Spc. Spencer Rhodes
53rd Infantry Brigade Combat Team
Public Affairs

The U.S. Army dive field is not a large one. With less than 150 Soldiers in its Corps, it's a small community. Twenty-five of these Soldiers are deployed with the 511th Engineer Dive Team at Kuwait Naval Base, Kuwait, in support of Operation Iraqi Freedom. In an effort to show more people what they do, the detachment sent out an invite for Soldiers to spend a day diving at the Kuwait Naval Base, under strict supervision and aid of the Dive Team.

Soldiers came out Tuesday to experience the 40-foot diving experience where they were lowered to the port floor with the Surface Supply Diving System. The system consists of a large diving helmet that allows the diver to speak and breathe freely without having to bite down on a regulator. Once on the bottom, Soldiers were given a small task to perform to get a better idea of what it's like working underwater.

"It's not something we normally do, but it's a good way to show people what our work is like and it allows them to have some fun too," said De Courreges.

The all day diving event also gave them the opportunity to hold an underwater promotion ceremony, promoting their company commander, 1st Lt. Edouard De Courreges, to the rank of captain. Promoting De Courreges in the underwater ceremony was Col. Sean Ward, 53rd Infantry Brigade Combat Team deputy commander. According to De Courreges, it was actually 1st Sgt. Ray Ramirez who brought the idea of an underwater promotion ceremony to the 53rd IBCT.

Once on the port floor, Col. Ward promoted De Courreges as a diver with an underwater camera documented the event. Above water, a Soldier read the attention to orders for those participating in the dive day.

Col. Ward, who took advantage of the opportunity to go diving, said he enjoyed the experience; the promotion was one of the most unique he's done so far. ^A



Capt. Edouard De Courreges, detachment commander, 511th Engineer Dive Team, is assisted up the steps at the Kuwait Naval Base, Kuwait, port wall after being promoted to the rank of captain in an underwater promotion ceremony 40-feet beneath the surface.

Third Army G-6 presents

Technology BYTES

A new editorial on all things technology

Provided by
Maj. Michael King
Third Army G6 Office

Lately, you cannot turn on the television or open the Stars and Stripes without hearing or reading a commentary about Social Networking and how the growing phenomenon affects our professional and personal lives. The theme of these stories tends to center around the negative implications and consequences of Social Networking. This article is intended to promote awareness and offer a few suggestions to promote safe and responsible Social Networking activities.

The concept of Social Networking is as old as time. While this phenomenon continues today, the advancement of technologies like the internet and computers have further expanded person to person interaction to hundreds of online forums using the World Wide Web.

Over the past several years, the Department of Defense (DoD) has struggled and addressed the concept of Social Networking. In 2007, Joint Task Force – Global Network Operations directed a ban on 13 popular social media sites, initially citing bandwidth concerns. In 2009, the Marine Corp followed similar suit banning several sites while citing security concerns. In February 2010, the Pentagon released a policy memorandum addressing the safe and effective use of Internet-based capabilities, including Social Networking services and other interactive Web 2.0 applications. Nonetheless, DoD is continually accessing the need to strike balance between accessibility of government IT resources, protecting critical IT infrastructures connected to the Global Information Grid and the growing trend to incorporate these internet based capabilities into our day to day military operations. As a result, major military commands are drafting local policies setting the framework for user and organizational access to Social Networking services, the responsible use of these internet based capabilities and implementing programs to further educate our military Servicemembers and their families.

Recently, a Servicemember was ordered to remove a video from Facebook and could possibly face UCMJ action based on the findings of the investigation. Aside from the UCMJ implications, international relations could be strained and retaliatory measures could be directed at U.S. and Allied forces.

While there is no doubt that utilizing internet based capabilities to access Social Networking tools and sites brings

about a set of risk, one can minimize those risks by following a few simple suggestions and acting responsibly.

To mitigate against some of the negative aspects of social networking, here are a few suggestions to foster a safe Social Networking experience:

Tips and Tricks

Dos and Don'ts of social networking

DO

- Change Passwords Frequently
- Update Profile Regularly
- Deactivate Unused Accounts
- Join Groups Selectively
- Use Privacy Controls
- Read Your Acceptable Use Policy
- Report Suspicious Activity
- Limit Personal Use on Government Systems

DON'T

- Use Weak Passwords
- Leave Full Birthdates in Your Profile
- Post Names of Children
- Discuss Sensitive Mission Related Activities
- Let Search Engines Find You
- Forget Others Can See Your Contacts
- Permit Youngsters to Use Internet Unsupervised

When used responsibly, internet based capabilities, such as social networking, can be valuable assets to any organization. Balancing the need to use internet based capabilities to share and gather information while preserving and protecting the integrity of our valuable information technology resources is a collective responsibility which begins with each and every one of us. Take a moment to see what steps you can take to make this a safer activity. 



Safety



Take Charge of Cell Phones

Article by
Master Sgt. Angela Clemente
Third Army Safety Office

We are conditioned to answer the cell phone whenever it rings. The cell phone has become a power over us rather than us over the cell phone. You hear it every day, “There’s no way we can do without cell phones.” It seems that nowadays we need immediate contact. This can cause dangerous situations while driving.

Have you ever driven behind a slow vehicle, then pass it only to see a cell phone conversation taking place? Minutes later, the driver speeds past you because he just hung up. This is not only aggravating, but it is also a serious hazard. Dialing numbers, receiving calls, holding conversations and texting while driving breaks the concentration required to safely operate a vehicle.

It has been found that the risk of a collision when using a cellular telephone was four times higher than when a cellular telephone was not being used. Leaders must protect their Soldiers by ensuring they do not use of cell phones when operating vehicles. Make sure they understand that they need to pull off the road if it is an emergency, or wait until they reach their final destination before communicating by cell phone while driving.



- Distraction from cell phone use while driving (hand held or hands free) extends a driver’s reaction as much as having a blood alcohol concentration at the legal limit of .08 percent. (University of Utah)

- The number one source of driver inattention is use of a wireless device. (Virginia Tech/NHTSA)

- Drivers that use cell phones are four times as likely to get into crashes serious enough to injure

themselves. (NHTSA, Insurance Institute for Highway Safety)

- 10 percent of drivers aged 16 to 24 years old are on their phone at any one time.

- Driving while distracted is a factor in 25 percent of police reported crashes.

- Driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent. (Carnegie Mellon)

Think twice about using a cell phone while driving. Don’t drive and talk on a cell phone.

Enforce DoD’s policy forbidding cell phone use on the road. Your life and the life of other drivers around you may depend on it. ⓐ

Chaplain's Corner



"Servant Leadership"

Article by
Chaplain (Maj) David Deppmeier
Area Support Group -Kuwait Command Chaplain

General Dwight D. Eisenhower liked to demonstrate the art of leadership with a piece of string. Setting it on a table he'd say, "Pull it and it will follow you wherever you want it to go. Push it and it won't go anywhere. It's the same way with leading people. They need to follow a person who leads by example."

As the saying goes, true leaders "know the way, go the way, and show the way." Real leadership offers more than a slick PowerPoint presentation; it provides a visible demonstration that provokes others to follow. I read an article on leadership once that asked the question, "Do you boss people or lead them?" Defining the difference, the article said:

- A boss creates fear; a leader creates confidence.
- A boss creates resentment; a leader breeds enthusiasm.
- A boss says, "I"; a leader says "We."
- A boss assigns blame; a leader fixes mistakes.
- A boss knows how; a leader shows how.
- A boss relies on authority; a leader relies on cooperation.
- A boss drives; a leader leads.

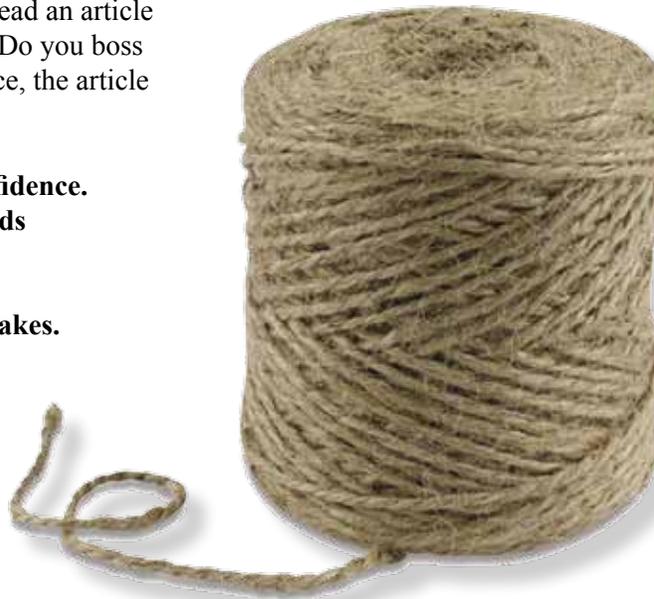
The night before he was killed, Jesus gave an up-front-and-personal training

session on true leadership. Rather than deliver a rousing speech or read a treatise on the subject, He took a more direct approach. Wrapping a towel around his waist, he took the place of the lowest servant and, one-by-one, washed his disciples' feet. Afterward, Jesus asked them, "Do you understand what I was doing? You call me 'Teacher' and 'Lord,' and you are right, because it's true. And since I, the Lord and Teacher, have washed your feet, you ought to wash each other's feet. I have given you an example to follow. Do as I have done to you." (John 13:12-15, NLT). His disciples never forgot that lesson, and the same feet that Jesus washed followed on in his steps.

Leadership doesn't just result from rank; it results from a life lived out in the power of humble service.

All great leaders are great servants.

With that motivation, the leader prays, "Lord, when I'm wrong, make me willing to change; when I'm right, make me easy to live with. So strengthen me, that the power of my example will far exceed the authority of my rank." 



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

VOTE!!

Have you registered to vote?

Voter's week is June 28 to July 7. Register to vote at www.fvap.gov or contact your voting assistance officer today.





Health



Helpful steps to prevent painful blisters

Article by
Gale Bernhardt - Gannett
Army Times

At one time or another, I suspect most of you have experienced sometimes tiny, often large, foot blisters, those pockets of fluid within the upper layers of your skin.

Before looking into other causes for blisters, first be sure your shoes fit properly — not too big and not too small.

The three other major contributors to blisters are heat, moisture and friction. Unfortunately, the best solutions to eliminating blisters seem to vary from person to person and place to place. What worked for you on your last long event or race may not work for the next one.

Wearing moisture-wicking socks can help. Some athletes prefer thin, single-layer socks, while others prefer double-layer socks. Double-layer socks keep feet cool and dry by wicking moisture. They reduce friction by transferring it from the foot-sock interface to the area between the two sock layers.

One of my training buddies did a weeklong hike in Nepal a few years ago. I loaned this Air Force pilot a book titled “Fixing Your Feet.” The best tip he got out of it was to wear ankle-high nylons as the first layer of socks. He said he struggled with blisters for years and this single tip cured his blister problems.

Some athletes get blisters even if they wear socks, and triathletes looking for fast transitions don’t want to bother

with socks. Then what?

Four major ways to combat blisters are lubricants, powders, hydration and taping. Lubricants help reduce friction by keeping skin-to-skin or skin-to-shoe areas wet and slick. Powders and antiperspirants reduce friction by keeping feet dry.

Keeping your body properly hydrated keeps your feet from swelling and rubbing on your shoes. If you overhydrate and take in excess sodium, fluid retention causes your toes and feet to swell. If you’re dehydrated and lose too much sodium from sweating, you end up retaining fluids in your hands and feet.



Lance Cpl. Cesar Reyes, 23, Fremont, Calif., a vehicle operator with Motor Transport Company, Combat Logistics Battalion 1, Combat Logistics Regiment 1, 1st Marine Logistics Group, sets the pace for the ten-mile forced march June 5, at Camp Pendleton, Calif. (Photo by Pfc. Jerrick J. Griffin, Marine Corps. Public Affairs).

Many athletes who don’t like lubricants or powders swear by taping - with duct tape. Other tapes can be used, but duct tape seems to be the favorite because of its slick surface. Athletes tape directly over areas where they’ve experienced blisters or hot spots in the past.

Immediately after taping, put talc or baby powder on all of the tape edges to prevent rocks and other debris from sticking to the tacky border.

A few triathletes who run without socks prefer to apply tape to the inside of their shoes, rather than their feet. Common areas to tape

include seams on the top and sides of the shoes, heel area and the insole and shoe interface.

With some knowledge and preventive action, you and your feet can enjoy an active, happy summer — without blisters.

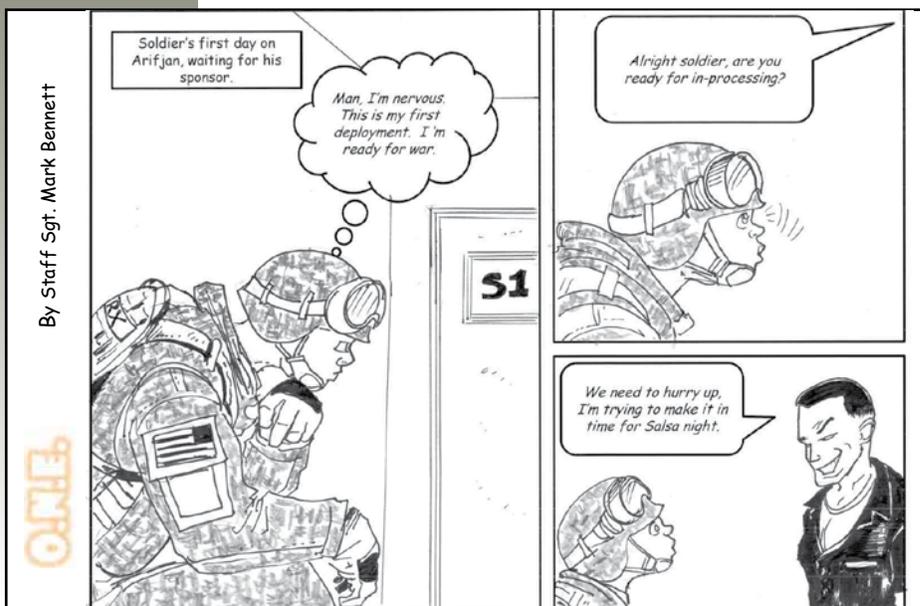
Fitness columnist Gale Bernhardt has coached at two Olympic Games. 

ATTENTION!

Do you have an interesting skill, a special talent or an interesting story about your life? If so, the Desert Voice wants to tell your story! Do you have an outstanding Servicemember in your ranks? Then we want to make them known!

Contact the Desert Voice today and let us tell your story!

430-6364



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There will be a limited number of T-shirts. Headphones may not be worn while walking/running. All participants must comply with ARCENT dress standard. Advance registration required. Registration accepted at the Zone 1 or Zone 6 Fitness Centers from June 23 until 1800 on July 3. For more information call 430-1302.

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

NCO Spotlight

Sgt. David B. Aubrey
Third Army G6



“Listen to your leaders and fellow Soldiers. They have a lot of experience that can help you along in your career.”

Sgt. David Aubrey, a Army Reserve Soldier with the 381st Replacement Battalion, Ponca City, Okla., grew up in the town of Still Water, Okla. He joined the U.S. Army four years ago because he he wanted something different and thought the military would be an interesting lifestyle. Aubrey is currently serving as the Human Resources non commissioned officer for Third Army G6. He is recognized by his command for replacing a sergeant first class and never missing a beat. He often assists the Main Command Post G6 Administrative staff in ensuring the G6 is never late, and is recognized by the Third Army Special Troops Battalion as the most reliable and hard working administrative NCO in the OCP.

Just One Question ...

What are you looking forward to doing when you get home?



“Going on a Jazz Cruise to the Bahamas with my wife in early November”

Maj. Bob Bush Sr.
Third Army G5
International Military Affairs



“Drinking a beer and riding my chopper”

Capt. Michael Young
Move Control Center Kuwait
OIC



“Fishing at a pristine lake in the North for sport fish”

Maj. Tom Laude
Third Army G37
construction officer



“Spending time with my family and resuming my position as a fast-pitch softball coach”

Master Sgt. Jeff Marsh
Third Army G38
NCOIC

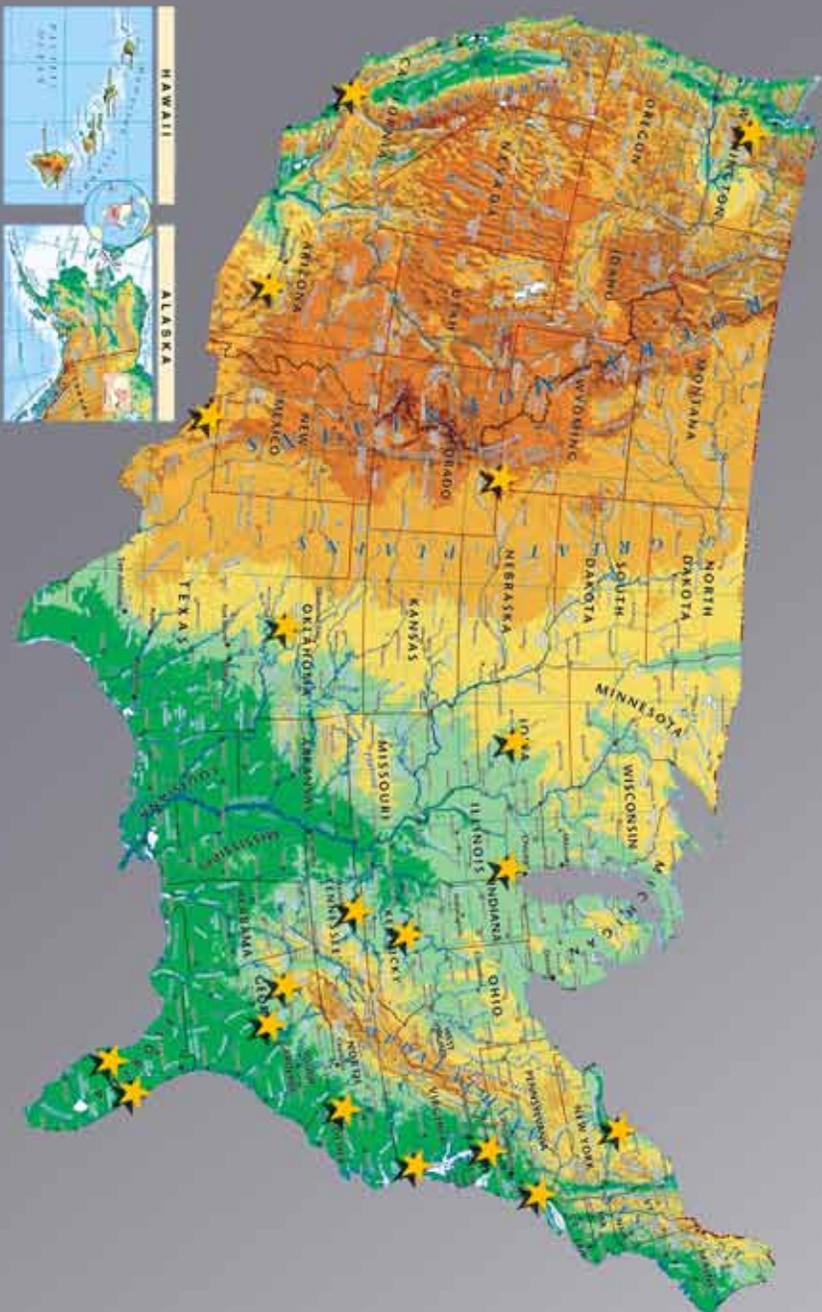


“Planning my wedding in March with my fiancé.”

Spc. Brian Duml
Third Army G2
Intelligence Analyst



THIRD ARMY TEAM



 **THIRD ARMY**
FT. MCPHERSON, GA

 **1ST TSC**
FT. BRAGG, N.C.

 **335TH SIGNAL**
EAST POINT, GA - HQ

 **160TH SIGNAL**
KUWAIT

 **7TH SIGNAL**
EGYPT

 **3RD MDSC**
FT. GILLEM, GA

 **11TH MP BDE (CID)**
ASHLEY, PA

 **31ST ADA**
FT. SILL, OK

 **82ND SUS BDE**
FT. BRAGG, N.C.

 **135TH ESC**
HOMEWOOD, AL

 **1108TH EOD**
GLENVILLE, NY

 **61ST CHEMICAL CO**
FT. LEWIS, WA

 **NAVY CUSTOMS**
KUWAIT

 **53RD INF BDE**
TAMPA, FL - HQ

 **AMC**
APG, MD - HQ

 **103RD ESC**
FT. DES MOINES, IA

 **43RD SUS BDE**
FT. CARSON, CO

 **169TH AVN GSAB**
FT. BRAGG, N.C. - HQ

 **392ND ESB**
BALTIMORE, MD

 **7TH TT SIG BDE**
MANNHEIM, GERMANY

 **3RD ID LNO**
FT. STEWART, GA

 **1ST BCD**
DAVIS MONTHAN AFB, AZ

 **3-43RD ADA**
FORT BLISS, TX

 **74TH EN TM (DIVE)**
FT. EUSTIS, VA

 **86TH ENGINEER BN**
FT. EUSTIS, VA

 **115TH FIRES BDE**
CHEYENNE, WY - HQ

 **595TH TTG**
KUWAIT

 **1ST SUS BDE**
FT. RILEY, KS

 **513TH MI BDE**
FT. GORDON, GA

 **352ND CACOM**
FT. MEADE, MD

**READY TONIGHT... SUSTAIN THE FIGHT... SHAPE THE FUTURE
THIRD ARMY/USARCENT**