



From the 1st TSC Commander...



COMMANDING GENERAL
1ST SUSTAINMENT COMMAND (THEATER)
CAMP ARIFJAN, KUWAIT
APO AE 09366

January 15, 2011

Dear 1st TSC Family and Spouses,

I've been on the job six months now, and wanted to take a moment to share my gratitude for the support you provide to this great "team of teams" that makes up the 1st TSC.

Having been a married Soldier for many years, I know some of the challenges you all endure and want to thank you for providing safe havens for our troops. You hold a special place in my heart as you stand by our Soldiers engaged in missions in Kuwait, Afghanistan, Iraq, and at Fort Bragg. I cannot replace the precious time required of those who serve this country, but I hope that our efforts to establish standard six month deployments will provide a level of predictability to offset the sacrifices you and your family members continue to make.

Your loved ones are performing magnificently each and every day. With your support they are setting the conditions for success in all of our future missions. We couldn't do this without all of you.

God Bless all of our Soldiers, civilians, and families.

KENNETH S. DOWD
Major General, US Army
Commanding General

Ft Bragg
Elite Magazine



JAN 2011



Special Troops Battalion



1st Team –

I would like to thank the following Soldiers that helped with the FRG Holiday Party. They were a huge help and made it a very successful event!

- | | |
|----------------|-------------|
| SSG Williams | SGT Clogg |
| SGT Cartwright | PFC Jointer |
| SPC McDowell | SPC Rosario |

- | | |
|--------------|-------------|
| SPC Miranda | SPC Byers |
| PFC Flores | SSG Bryant |
| SPC Thompson | SPC Wallace |
| SPC Merz | |

SSG Aznaran, SSG Heard and Alissa Roberts were also a huge help in making the event a successful one.

There are also a few other noteworthy things going on around the battalion. MG Dowd will be holding a Town Hall on February 14th 2011. These Town Halls give the CG an opportunity to share his thoughts on the previous quarter, the upcoming quarter and other relevant events.

I would also like to take this opportunity to let you know that your 1st TSC leadership strongly believes in and supports the personal, relational and spiritual growth of all of our soldiers and

family members through the Strong Bonds programs which are led by our own exceptional 1st TSC Chaplains and encourage all of you to take advantage of these events. The next Strong Bonds retreat, a family retreat at Great Wolf Lodge scheduled for 4-6 of February is currently full. A Singles retreat is planned for 25-27 February at Beech, NC.

You will also be hearing more about quarterly team building events that are sure to be fun and designed to foster Esprit de Corps within the 1st TSC.

Lastly we are in the midst of planning what I'm sure will be a first class 1st TSC Spring Formal which will be held on May 13, 2011...Mark the date.

LTC Kevin Gilson



Team,

As winter settles in for the long haul at Bragg and the cold wind returns to Kuwait, I wanted to encourage you to continue your individual PT beyond what we do as a unit. Now I understand that everyone is not as enthusiastic about running as I am (there's hope for you yet) but here are a few tips about running in the colder weather here in the next few months.

If you're running an out-and-back course when it's windy, like down Patton Blvd or in the back roads of Zone 7 in Kuwait, or down Longstreet or Logistics back at Bragg, it's best to start the run into the wind so that you don't get chilled battling a headwind for the entire second half of the run. But you can also mix it up for a more interesting and challenging workout. Start with an easy 10-minute warm-up running into the wind. Then turn around and run with the wind for three to five

minutes. If you're winded, take a one-minute walk break, and then run into the wind again for two to four minutes. Continue this pattern for as long as you planned to run (which hopefully was a while).

Remember a few key things:

- Hydration is key even when it's not hot outside.
- Your PT belt may not be fashionable-but it's necessary.
- How old are your running shoes? The rule of thumb on mileage is that the spring the soles are designed to give your body is reduced significantly at appx the 400 mile mark depending on the brand and quality of shoe you have. When was the last time you really inspected your shoes?
- Run with a partner
- Set a goal. Last year I wanted to get to the point where I could average 40 miles a week while I was here, but you need to start somewhere. Set yourself a realistic goal that you can work towards and find someone who will push you a bit to run with. MAJ McDonald, the STB XO ran me into the ground last year, but in doing so he increased my overall speed for the last 4 miles of any distance we ran.
- Set a goal. Last year I wanted to get to the point where I could average 40 miles a week while I was here, but you need to start somewhere.

Establish a realistic goal that you can work towards and find someone who will push you a bit to run with. MAJ McDonald, the STB XO ran me into the ground last year, but in doing so he increased my overall speed

- Vary your routes. The ARCENT 5K run route and the PT route back at Bragg are both fairly flat and most of us have run or walked them numerous times. A change of scenery is good for your morale. If you don't know where to run ask someone, drop me a line or call me. There are many trails and routes back at Bragg and a number of different combinations you can run in Kuwait as well.
- Don't fear the treadmill when the weather gets bad. I'd rather run outside any day, but sometimes it's good to put on the headphones (when you're inside) and watch ESPN's SportsCenter for a good 30 min workout. I find that time goes by quickly that way.

Personally, I look forward to the point where I can join you all in running again soon. Believe me; no one misses it more than I do.

Kick Ass Support!
CSM Rich Greene
Kick 7

HHC Commander's Corner

Hello 1st TSC Families!

The Spring Ball Committee has now been formed and we are actively looking for Soldiers and Family members that would like to help either a lot or a little. We are also actively working on many diverse efforts to put on the best ball we can as the 1st Team! Of course fundraising is a necessity and the committee will be coming putting together several of these events to help offset the cost for all of our 1st TSC Soldiers. If you would like to participate in helping to raise funds, help out on a committee, or participate in other ways please do not hesitate to call myself at 396-9386 or Mrs. Roberts at 643-8254. Working together as team this is sure to be a wonderful event to bring the 1st TSC Family together at a formal event, that will be filled with tradition, a guest speaker, music and dancing. So... Mark your calendars for May 13, 2011.



V/R

Alexander J. Creamer
"One Team, One Fight"

HHC January 2011 Soldier of the Month Board



SPC Valle, G-6 help desk technician, won the HHC January Soldier of the Month Board.



We would also like to welcome out newest additions to the 1st TSC Family:

SFC Ortiz-Lawas
Jonathan Ortiz-Lawas
SFC McCoy
Kalei Michelle Grayson





Single Parents & Deployment

CPT Brooke J. Johnson, Esq.,
NC Bar 39789
1st Sustainment Command (Theater)
Legal Assistance Office

Being a soldier and a single parent is a challenge and adding a deployment into the equation can make it more of a challenge even in the most amicable of situations. Below we have compiled options that you might want to consider as well as a list of laws that have been enacted by several states to protect the rights of deployed Soldiers. In today's Army being deployed is no longer an obsolete thought but a reality. As a Soldier and a single parent being prepared for what may lie ahead is critical. You need to know your rights, have an up to date and workable Family Care Plan in place and you need to know where to go when you need assistance. Knowing that your household is in order will allow you to deploy with the confidence of knowing that you've risen to the challenge and overcome the obstacles that your unique military status may present.

Unfortunately, military service status can present problems when dealing with child custody issues. Generally courts will look at what is in the best interest of your child before making any decisions. There are things that you can do to protect yourself.

One of the specific problems you may face as a single parent with primary physical custody is temporarily giving up custody of your child. It is important to include the other parent when making any decisions on where your child will live while you are deployed. By including the other parent, this may prevent an unpleasant custody or visitation battle. Before deploying, consider getting written consent from the non-custodial parent allowing you to place physical custody of your child with the guardian of your choice during your deployment. If you believe the non-custodial parent will not agree, you may be able to get a court order permitting you to place your child in the physical custody of the individual in your Family Care Plan.

As a non-custodial parent, there are options you may want to consider as well. If you have joint physical custody or visitation, it is important that you preserve your rights. You should ensure that your

agreement with the custodial parent gives you reasonable visitation with your child while you are on leave and your child has reasonable availability for telephone calls and emails. While deployed, you may be able to give your visitation rights to a family member.

Because of the growing number of problems that Service members have when dealing with custody, several states have enacted laws to protect your rights. Depending on the state, the following provisions may apply to Active Duty, Reserve, or National Guard Service members. States have enacted one or more of the following types of provisions to ensure Service members are protected:

1. *Prohibition against the entry of a permanent change of custody order during deployment;*
2. *Requirement that any temporary change of custody order revert back to what it was prior to deployment;*
3. *Prohibition against a judge considering the fact of military parent's service or deployment in making a custody determination;*
4. *Explicit prohibition on using the fact of an absence due to deployment as a "material change in circumstances" prompting a review of custody modification;*
5. *Permission for a Service member to delegate guardianship during deployment; and*
6. *Allowance for expedited processing or electronic testimony in hearings on custody modification.*

North Carolina, on one hand, enacted provisions similar to 2, 4, 5, and both parts of 6. Although North Carolina enacted these provisions, nothing prevents a judge from looking at what is in the best interest of your child. Virginia, on the other hand, enacted provisions similar to 1 which puts Service members at more of a disadvantage if that state has jurisdiction over your child.

To learn more about what you need to do before deployment or learn what rights you have after deploying, visit the 1st TSC Legal Assistance Office located in Building M-2114 or ASG-KU Legal Assistance Office located in Zone 6.



Chaplain's Corner

The Greatest Love Story Ever Told

By CHP (CPT) Hagwood



Have you ever pondered in your heart the moment you knew that you were in love? Whether it was your first or new love, there is nothing quite like it! Our emotions and feelings become alive, full of creativity of how we may spend those precious moments with the one we care about the most. We strategically and logistically plan every detail with perfection to match the rhythm, and to reflect our innermost love and desire to our awaiting companion on Valentine's Day. What you may not realize is this day was named after a priest who sent

correspondence by way of the jailer's daughter. She was blind, but miraculously began to see after reading St. Valentine's letter to her father.

The power of pen on paper with words of love, compassion, hope and encouragement are a future expectation to embrace to our Valentine! The same is true from our God during eternity past, who spoke and ensured such words were penned to us! God loved us so much, that while humanity was shrouded in a darkness unable to discover the enlightenment of truth, God sacrificed His son before the earth erupted into existence. Even into existence. Even while we

are in search of our soul mate, don't forget, that God has invited us, because He loves us!

Won't you read His letters this Valentine's Day?

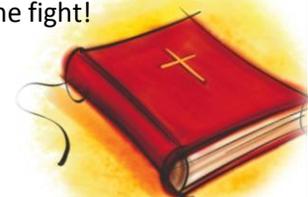
Since God has loved us, through sacrificing his son for our well-being, should we not sacrifice ourselves for the person we love?

The key to love, is what is needed to make our relationships to continue in a cycle!

Commitment, dedication, sacrifice, acceptance, appreciation, forgiveness, kindness, communication and longsuffering is what makes LOVE go around!

Deliverance from:

Moses. As a result of a bad report, by 10 of the 12 representatives, none of the 2 million people who came out of Egypt, ever entered their promise land, except Joshua and Caleb who gave the positive/possibility report of "We Can Do It!" Research new stories about people you have never heard before during this Black History Month. As you marvel at many of the accomplishments, against the overwhelming odds which individuals had to possess to gain their deliverance from slavery and oppression. Take a deeper look into that individual's soul. Learn the lesson, that true liberation is a freedom of the soul that possesses the determination to do what it takes to achieve deliverance from evil, oppression, bondage or death! Wherever you are allow your soul to find freedom, even when surrounded by enemies, you can win the fight, because God is for doing what is right! Continue to liberate and deliver others who struggle with their plight, by staying in the fight!




Deliverance From Egypt To Liberation Into The Promise Land

Who has not heard of the story about how God delivered his chosen people out of Egypt? Did you know that God always uses other individuals to reveal his will and accomplish his works? The magnificence of this history is, you can't want for someone else,

what others are unwilling to desire for themselves, even if you are God! It is amazing how God provides every resource and opportunity for we his people, but we must be open and willing to obey. You know the story. The people did not like Moses as their leader, when clearly he

was chosen by God. After many centuries of slavery, the people grumbled to go back before they crossed the Red Sea. While in the wilderness of their transition, the people chose to send representatives into the promise land, instead of possessing the land by faith as God told



Around the FCP

MG Dowd Hosts 1st TSC Town Hall



CAMP ARIFJAN, Kuwait - Maj. Gen. Kenneth S. Dowd, commander, 1st TSC, hosted a town hall to provide his vision for the next year. "I'm proud of the team," he said in his opening remarks. "I love your attitudes. You're accomplishing a lot every day." The commander provided an update on several focus areas: resiliency, safety, professional development and training others. He urged Soldiers to "stay connected" to their families and make time for a visit to the 1st SB's resiliency center in Zone 6. He provided a probable mission posture for the command in the next 12 months to include the potential for a redeployment to Bragg allowing an ESC to assume the enduring mission here in 2012. Additionally, two Soldiers were recognized for outstanding performance: Sgt. 1st Class Willie Johnson, mobility and Warrant Officer Richard Richardson, theater ammunition manager.

Camp Arifjan holds Bench Press Competition

SSG Marquis Brown, STB S-4 NCOIC, participated in the Camp Arifjan Bench Press Competition. Brown lifted 425 lbs as he placed 1st in the heavy weight division. His final lift was 450lbs.

1st TSC Soldiers and Civilians came out in full force to support SSG Marquis Brown, during the Camp Arifjan Bench Press Competition.

HOOAH!!





Family Readiness...

The answer is Yes...

Now what are your questions?



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We are well into the new year and I think we've all heard at least a little about one of the Army's newest initiative's "Comprehensive Soldier Fitness". But did you know that the Army is not just focusing on the Soldier. They are focusing on our Families as well. Here at Fort Bragg Army Community Services is now Offering "Spouse Resiliency Training" that complements what our Soldier's will be learning. Being part of a military Family is rewarding and yes, at times challenging. The Army's leadership is aware of these challenges and has put several programs in place to help us manage what can at times seem overwhelming. There are Family Readiness Groups, the Military & Family Life Consults program , Financial Aid programs and New Parent programs just to name a few. If you haven't looked into Army Community Service (ACS) to see what they have to offer lately, now might be a good time.

<http://www.fortbraggmwr.com/cal.php>

Singles Strong Bond Retreat

There will be an upcoming Strong Bonds Singles' Training retreat, 25-27 Feb 2011 in Beech, NC. We will be providing more information very soon and there are many openings. Please feel free to contact Chaplain Schaefer at 910-396-4494/7303.




910.396.7751

SPC Beachum is your 1st TSC BOSS POC



Lenny Harris/ 910-396-6198

Did you know that East Fort Bragg has an ACS Representative? Lenny Harris is the new East Fort Bragg ACS representative. His office is located in the 1st TSC , STB Headquarters Building on Quartermaster Street, building M-2567.

ACS provides classes and resources to meet your needs, go to:

<http://www.fortbraggmwr.com/cal.php>

Military & Family Life
Consultant (MFLC)

MFLC
Military & Family Life Consultants

Ft. Bragg
Ft. Bragg, NC
Phone: (910) 396-9131
(910) 489-5220
(910) 489-8020
(910) 610-2240

Michael Williams/ 910-709-4099

The 1st TSC now has a dedicated Military Family Life Consultant (MFLC), Michael Williams, that is on site two days a week in the 1st TSC, STB Headquarters building on Quartermaster Street, building M-2567.

MFLC's are like life coaches. They are all Master's and higher level therapists that work within the military family to offset the unique stresses of military life. They do not maintain records and all sessions are completely confidential.

Logistics command assists in delivering humanitarian aid

By Natalie Cole

1st TSC PAO

A hurdle in humanitarian support is getting supplies into the hands of people who need it, whether they are half-way around the world or in the midst of a crippling natural disaster. The cargo ships, air planes and manpower it takes to move 40-foot containers brimming with supplies are not cheap or easy to come by. In the face of such challenges, civilian non governmental organizations have been partnering with a Fort Bragg logistics command to deliver aid into Iraq and Afghanistan.

The 1st Theater Sustainment Command has a forward command post at Camp Arifjan, Kuwait, where deployed Fort Bragg Soldiers manage an extensive network of flights, ports, and ground transportation assets. Also at Camp Arifjan is the 1st TSC's Civilian Military Operations Center (CMOC).

The CMOC is operated by a small team of civil affairs specialists whose mission includes building strong relationships with local government leaders, delivering supplies to support on-the-ground relief efforts, and undertaking projects that improve quality of life for those in need. "What I like about Civil Affairs (CA) is the human part; keeping relationships going," said Lt. Col. Joseph Leon, who served as operations officer at the CMOC from 2009 to 2010.

The relationship between NGOs and the 1st TSC CMOC works two ways. The 1st TSC offers the use of its transportation capabilities to deliver aid for organizations, which have no low-cost shipping alternatives in place. In fact, if the aid organizations had to deliver the aid themselves, the cost would be so prohibitive, they wouldn't be able to do it, said Leon.

In turn, civil affairs and logistics Soldiers play a visible role in delivering aid that mitigates human suffering – a part of the delicate process of garnering local support for the U.S. military's objectives in the War on Terror.

The humanitarian aid transported by the 1st TSC and its trace units includes wheel chairs, winter clothing, shoes, medical equipment, dental supplies and school kits. The aid items are considered non-designated gifts, meaning they can be sent to wherever military operations and human need dictate, said Col. Michael J. Keller, CMOC team chief from 2009 to 2010.

Kuwait is an ideal location for the 1st TSC CMOC because the country has modern, deep water sea ports where large cargo ships can offload supplies. Additionally, the Kuwaiti



government waives customs fees for humanitarian aid shipped as part of military operations.

Keller said the waived fees are an example of the historical support that the government of Kuwait provides us. Indeed, such a waiver frees up cash so aid organizations can provide more aid —

a substantial savings considering that one recent container was filled with medical equipment valued at \$500,000. Other savings opportunities have resulted from the military's drawdown from Iraq. With convoys of empty flatbed trucks driving into Iraq to take out equipment, the CMOC team seizes the opportunity to move aid into Iraq at no cost, Keller said.

Logistics is such a powerful part of CMOC's role that SPC Charles Anderson, from Fort Walton Beach, Fla., served as one of two transportation troops assigned to the CMOC team from 2009 to 2010. Anderson, an Army truck driver, worked with the 1st TSC and its subordinate units to unload containers from ships at the port onto trailers for convoys to Iraq.

Anderson said one of the most meaningful things he has been a part of in Kuwait was a shipment of about \$3 million worth of clinical supplies. "We were moving dental chairs, surgical tables, gurneys, cots," he said. The items went to northern Iraq to a newly built full dental clinic with a small emergency room, a room to house 40 people, a school, and a daycare, he explained.

Anderson said he never thought he would end up serving the Army in a civil affairs capacity. "It's a good thing we're doing," he said. "With the CMOC, I iron the process out to flow smoothly."



Did you know...



FREE **e-books through** **AKO!**

There are several ways to find free e-books, magazines and references through AKO. Go to the AKO main page and type in "ebooks". It will bring up the "My Library Home" page. You can find online books, magazines and references. There are also links to a few sights that let you download, borrow e-books or have access to e-books once you complete your free registration. Many of these can also be downloaded to e-readers and smart phones as well as PCs. Most sites give you free access to the content online, but limit your number of downloads.

If you go to the My Library page, you can click the Read or Listen to a Book tab across the top and it will bring you to a page with several links. You can also find textbooks. Safari Books Online and the Net Library sites (links) are good sources. However, there are a lot of options other than just those two sites. The direct links for both Safari and Net Library are attached, but **it is best to access through AKO to ensure that you have free access to these and the many other sites.**

http://techbus.safaribooksonline.com/home?ui_code=dodarmy & <http://www.netlibrary.com/>



Entries Now Being Accepted

For the first time ever, the Federal Voting Assistance Program is opening its biennial voting poster and slogan contests to all U.S. citizens worldwide using Challenge.gov to facilitate the process.

The FVAP Slogan Contest challenge asks for slogan ideas that inspire members of the military, their families and U.S. Citizens residing overseas to start or continue to participate in elections while away from home and can be found at FVAP.gov or <http://challenge.gov/DoD/115-absentee-voting-slogan-contest>.

The FVAP Poster Contest seeks artwork illustrating what it means to be an American voter anywhere in the world. The FVAP Poster Contest details are located at FVAP.gov or <http://challenge.gov/DoD/116-absentee-voting-poster-contest>.

The winner for each contest and a guest will receive a trip to our nation's capital to participate in special events and tours. Runners-up will not only feel the satisfaction of knowing that their slogan or artwork is helping to improve voter awareness and participation, but will also receive a certificate of recognition from the Department for their contribution to this important endeavor.

TRICARE Young Adult Program

The recently-signed National Defense Authorization Act for fiscal year 2011 includes a provision to extend premium-based health coverage to eligible dependent children until age 26, similar to the provision in the 2010 Patient Protection and Affordable Care Act.

TRICARE Young Adult Program

The new program, TRICARE Young Adult, will be available to eligible dependents who age out of TRICARE at age 21 (or 23, if full-time college students) who are not married or eligible for their own employer-sponsored coverage. TRICARE is fast-tracking implementation. Beginning later this spring, qualified, unmarried dependents up to age 26 will be able to purchase TRICARE coverage on a month-to-month basis.

Upon implementation later this spring, eligible dependents will have an option to purchase TRICARE Standard/Extra health coverage on a month-to-month basis.

Those who are eligible to purchase coverage should save their receipts after the first of the year, as the benefit will be retroactive to January 1, 2011, provided premiums are also paid back to January 1. After purchasing coverage, enrollees will be issued a new ID card as verification.

Discussions are currently underway on how TRICARE Prime will be affected by this legislation

<http://www.tricare.mil/tya/>

Carbon Monoxide Detectors

If you live on Fort Bragg and your home has any gas outlets it will have a carbon monoxide detector. The Majority of the homes on Fort Bragg are all electric, but again if there any gas outlet/fixtures within the home it will have a carbon monoxide detector.



1st TSC Holds Resiliency Conference



COMPREHENSIVE SOLDIER FITNESS STRONG MINDS ★ STRONG BODIES

The CSF program is built on 30 years of science, and is based on how to think rather than what to think. Rather than provide textbook answers to real-world physical and psychological problems, the CSF program, based on a proven track record of 30-plus years of scientific study and results, teaches Soldiers, Family members and Army Civilians resilience, thinking skills, and coping strategies based on how to think rather than what to think—skills not taught in normal school curriculums.

We are committed to a prevention model for the entire force, enhancing a person's resilience and coping skills. The Army is committed to a true prevention model, aimed at the entire force, not just people in the throes of crisis. CSF assessment and training enhances resilience and coping skills, enabling Soldiers, Family members and Army Civilians to grow and thrive during this very demanding period of our Army.

CSF uses a life-long learning model of virtual and classroom training to provide critical skills our Soldiers, Family members and Army Civilians need. The CSF program uses a balanced, multi-faceted approach and life-long learning model that uses individual assessment, tailored virtual training, classroom training at all levels of Army education, and embedded resilience experts to provide Soldiers, Family members and Army Civilians the critical skills they need to take care of themselves, their families, and their teammates.

CSF is about enhancing the readiness and quality of life of the force. The Comprehensive Soldier Fitness program represents the Army's investment in the readiness of the force and the quality of life of our Soldiers, Family members, and Army Civilians, to provide Soldiers the critical skills they need to take care of themselves, their families, and their teammates.

CSF develops holistic fitness in multiple dimensions for a variety of challenges. The CSF program develops the "whole person," by giving the same emphasis to psychological, emotional, and mental strength that is often given to physical strength. This enables Soldiers, Family members and Army Civilians to more easily manage various physical and psychological challenges in their personal and professional lives along the five specific dimensions of strength.

The Army now equips and trains Soldiers, Family members and Army Civilians for the psychological, as well as physical rigors of sustained operations. Though the Army has equipped and trained its Soldiers for the physical rigors of combat for nearly 235 years, the Comprehensive Soldier Fitness program is taking a deliberate approach to equip Soldiers along with Family members and Army Civilians with the psychological tools to deal with a variety of ambiguous threats and to maximize their potential in this era of persistent conflict.

1st SB Durable Resiliency Center



Reception Area



United Through Reading



Massage Chairs



Wii Fit Area



PS3 Area



Game / AFN / Sitting Area

The Durable Resiliency Center is located in Tent 7, in the 1st Sustainment Brigade Headquarters area.

Hours of Operation

Open 24 hours Monday – Saturday

Closed Sundays from 0700 – 1300 for Spiritual Resiliency

The Durable Resiliency Center intent is not to replace MWR but to allow Soldiers, Airmen, DOD Civilians to come and discover ways to increase their resiliency and strengthen their Family, Social, Emotional, Spiritual, and Physical Pillars.

We offer:

- Red Cross
- Wii Fit
- PS3
- Massage Chairs
- AFN
- United Through Reading Program
- Various other events and programs
- Quiet Atmosphere