

Puget Sound

SUSTAINER

NOVEMBER 2011

Boots
on the
Ground

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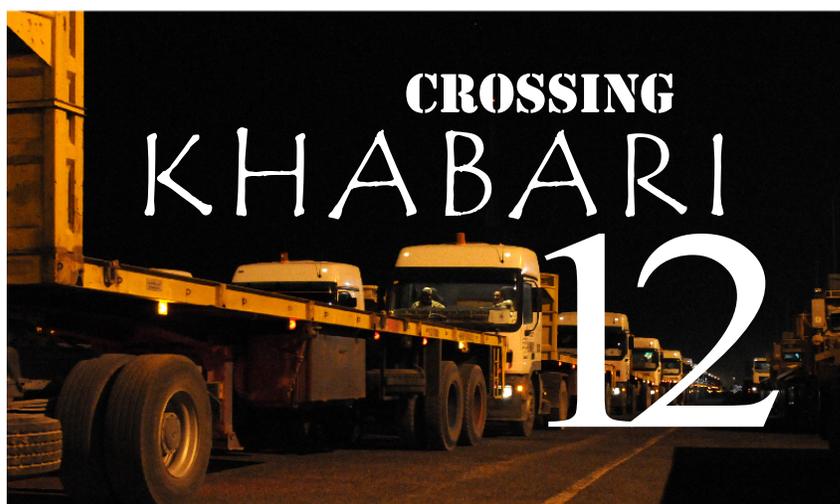
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STAR NOTES



Brig. Gen. Jonathan G. Ives

Team – It's been a month and a half since the 364th Expeditionary Sustainment Command set boots on the ground in Kuwait to begin its historic mission. In that time, you have already set the standard for how the responsible drawdown of forces from Iraq should be a team effort. Members of Task Force Rainier are holding key positions within the RDOF structure. Our team at Camp Virginia is ensuring that all convoys coming from Iraq are processed, their supplies are downloaded collected and placed back into the Army distribution system, and Soldiers belonging to the convoys are guided through the theater gateway, so they can get back home to their families.

In this fashion, more than 40,000 Soldiers will process through Kuwait over the next 60 days.

We are committed to implementing President Barack Obama's timeline for all U.S. forces to be out of Iraq by Dec. 31. Through your hard work, dedication, and sacrifice, we'll be successful.

Meanwhile, as we've been working hard as a deployed task force, our 364th ESC Mission Support Element back in Washington has been doing some movement of its own.

On Sept. 14, the Leisy Army Reserve Center at Fort Lawton, our first home, lowered its flag for the last time. With that ceremony, more than 110 years of Army history in Seattle's historic Magnolia

neighborhood came to a close.

Over the years, Fort Lawton served as a coast artillery station, an infantry and engineer installation, a Civilian Conservation Corps camp during the Great Depression, and a major port of embarkation during World War II.

It was also the scene of the largest courts-martial of the war, when 28 African-American Soldiers were convicted in connection with a riot and death of an Italian prisoner of war. More than 60 years later, those convictions were overturned on the basis of a flawed prosecution, and each of the Soldiers was granted an honorable discharge.

While we'll miss Fort Lawton and all its history, there's a brand-new, state-of-the-art facility in Marysville waiting for us upon our return. The facility is close to our Navy brethren in Everett, and we are already becoming good neighbors.

Finally, as you all know, Nov. 11 is Veterans Day. Each member of Task Force Rainier and the 364th ESC has now attained the status of veteran. It's a simple word, but one that means so much. It means you have met the test as an American and a Soldier. You are serving in an historic time and place, and have rightly earned the title of veteran.

Being a veteran has a very special, personal meaning for me. Both my parents were World War II veterans, my father an infantry officer and my mother an Army nurse. They met when my dad was in a field hospital in Southern France, being treated for wounds suffered in combat. Now, they lie buried side by side, separately provided veteran status, in Denver's National Military Cemetery.

On this Veterans Day, I want you all to know how proud I am to be serving with you at this place and time. As we continue our mission to ensure the sustainment of our combat forces, you are cementing a reputation that will set Task Force Rainier's place in history.

Sustain the Fight!

THE CSM's CORNER



Command Sgt. Maj. Thomas Jennings

professionalism of the NCO corps and asked each sergeant what they brought to the fight. This was an opportunity for each of us to hear from our comrades and recognize the important role our NCO corps has in the success of the 364th ESC.

To say the least, the list of individual knowledge, skills and abilities were astounding. Our NCO corps is made up of Soldiers with diverse backgrounds and numerous skill sets.

The common theme among our NCOs was the desire to provide foxhole-level insight and advice to the command. This guidance, put together as a team effort will have tremendous positive effect on our Soldiers and the unit.

What we gained from the presentation was an understanding of the direction our NCO corps will take as we continue our path through deployment to our eventual return home.

Our corps is strong, versatile and committed to the vision and mission etched by our commander.

We live our Army Values and understand our creed. We are the backbone of the Army, and will at all times remain vigilant in our duties.

We know the success of the 364th ESC is vested in our professionalism, values, integrity, and moral courage.

Our NCO corps will Sustain the Fight, to the End!

We are an Army of professionals. We have values, integrity and moral courage.

Our Soldiers stationed around the globe remain the standard bearers of freedom and democracy.

As I travel throughout Task Force Rainier, I come in daily contact with hundreds of Soldiers. In my nearly 30 years of service, they are the best with which I've ever served.

The United States Army has the best-equipped, best-trained, and best-led Soldiers in the world. Armed with our education, physical ability, and technological expertise, we know that no force in the world

can stop us.

Despite our unprecedented operational tempo over the past 10 years, your dedication to the mission and our national goals has never been higher. Some of you are on your second, third or fourth deployment.

Here at the 364th Expeditionary Sustainment Command, we are committed to accomplishing our mission in Kuwait and remain steadfast in our adherence to these characteristics.

On Oct. 12, we held our first Noncommissioned Officer Development Program class at Camp Arifjan. We focused on the



ARMY STRONGSM



Take 5

Coming Home Resilient

- Know your limits
- Bouncing back is the only option
- Inner strength is true power
- There is no shame in asking for help
- Giving up is not the Army way



<https://safety.army.mil>

ARMY SAFE
IS ARMY STRONG



Packi

TEREY



Story and Photos by Cpl. Christopher Bigelow

As operations in Iraq come to a close ahead of the Dec. 31 deadline, thousands of containers are conveyed to Camp Arifjan in the Kuwaiti desert. An average of 36 containers a day are processed through Arifjan's W2N retrograde yard. At the height of the responsible drawdown of forces that number is expected to jump to around 50. To deal with the strain of working in the heat and to increase productivity, facilities are being built to provide workers with an indoor, air-conditioned facility.

it up

move it out





More than 35,000 line items are sitting in the Theater Redistribution Center at the W2N yard on Camp Arifjan, Kuwait, at any one time. Shipping containers, which arrive primarily from Iraq as part of the responsible drawdown of forces, are placed into processing lanes where personnel inspect, unload, sort, and process the contents back into their various commodities and enter it into the Army's supply system for reuse or refurbishment both in theater and back in the United States.

Cpl. Christopher Bigelow/364th ESC

Pack it up Move it out

by Cpl. Christopher Bigelow
364 ESC Photojournalist

Nearly 1,200 containers of serviceable material and more than 35,000 line items are sitting in the Theater Redistribution Center at Camp Arifjan at any one time.

That's a lot of stuff.

As operations in Iraq come to a close ahead of the Dec. 31 deadline, thousands of containers, holding thousands of items, are convoyed to this huge base in the Kuwaiti desert.

A major part of the 364th Expeditionary Sustainment Command's mission here is the responsible drawdown of forces from Iraq, and the redistribution of these materials back into the Army's supply system.

"Our function and mission is to receive all retrograde material coming back from theater in Iraq and Afghanistan, inspect it, classify it, segregate it, and redistribute it back into the Army supply system, so that the Army has visibility of it," said Bruce Parker, of General Dynamics Information Technology, the deputy program manager for the Supply Support Activity contract.

"The 364th ESC will be our oversight and our subject matter experts to go to for any processing questions we have that would fall outside our statement of work," Parker said. "We will be working very closely with them to use their experience and expertise to process this material; they will be the ones who have final say on how we do business."

Units in theater pack their containers and ship them to W2N Kuwait. Each container in the W2N yard

goes through the same process, from the moment it is shipped, to its arrival in the yard.

"Each container is given a radio frequency identification tag so that we have an idea of what's coming and when we can expect it to arrive," said Parker.

"Once the container gets here we will verify through the manifest and the RFID tag that it is destined for us, we will download it here, and then we will initially check it for any sensitive or controlled items, such as weapons," he added.

Downloaded or emptied containers are placed into the W2N processing lanes where classification personnel unload, sort through, and process their materials back into their various commodities.

Material is then entered into the Army's supply system and from there W2N personnel follow the instructions given by Army Materiel Command.

"After receiving our [AMC] instructions we send the materials to the wash rack where they are cleaned to meet customs requirements and shipped to the states for repair," said Michael Hamilton, the deputy division manager of the theater distribution center.

"The military are very supportive of us, their expertise in helping us expedite our material to the states is invaluable, and we just need them every step of the way," said Hamilton.

"The Army has taken the time to plan the responsible drawdown of forces out of Iraq and they have done it in phases to where it can be a smooth transition out of Iraq and through here so that there are no real bottle necks in their supply system when returning their troops back to the states," he added.

Hamilton had some parting words for those shipping items to Camp Arifjan.

"We fear no container; bring 'em on," he said.





Brig Gen. Jonathan G. Ives and Command Sgt. Maj. Thomas Jennings, the 364th Expeditionary Sustainment Command's commanding general and command sergeant major, uncase the 364th ESC colors symbolizing their command is operational at Camp Arifjan, Kuwait, during a flag unfurling ceremony, Oct. 6, 2011. *Cpl. Christopher Bigelow/364th ESC*

364th PLANTS ITS COLORS IN KUWAIT

by Cpl. Christopher Bigelow
364 ESC Photojournalist

The 364th Expeditionary Sustainment Command officially began operations at Camp Arifjan, Kuwait with a flag unfurling ceremony Oct. 6.

The 364th ESC colors were unfurled by its commanding general, Brig. Gen. Jonathan G. Ives, of Seattle, and the unit's top enlisted Soldier, Command Sgt. Maj. Thomas Jennings, of Las Vegas.

"These Soldiers will create the reputation and history of the 364th and I am confident that they have the skills, desire, and the hearts of champions," said Ives.

"Nothing will stop them and nothing will prevent them from the accolades which lie ahead both individually and as a command," he added.

The occasion marked a significant

moment for the Army Reserve and the 364th ESC. This is the first time that an expeditionary sustainment command will be used for its intended doctrinal purpose, and the unit's first deployment since it was formed in 2009.

"The expectation is for the 364th Soldier to be successful," Jennings said. "To be successful not only in our mission and how we go about doing our daily business in the Army, but to be successful in life and in everything that they do."

The 364th ESC's mission in Kuwait is to facilitate the responsible drawdown of forces from Iraq support supporting the President's policy to have all Soldiers and material out of Iraq by the end of this year.

"The unit will be making sure that they are helping to sustain the sus-

tainment in Afghanistan, the withdrawal in Iraq, and also all the reset of the sustainment footprint here in Kuwait," Ives said.

"This is a very significant and also a historic time for our nation as we close out our battle and development side, and start to move towards governance and opportunities for Iraq," Ives added.

Jennings said the 364th Soldiers are operating in a high-stress environment every day.

"They have a lot of things going on," he said. "They're very good at multitasking. I believe they bring that here to the table for the Army."

"Their ability to accomplish a mission in any setting is spectacular," he added. "It's impressive, and I think that our Soldiers are going to do a great job as we push forward in this mission."



Take 5

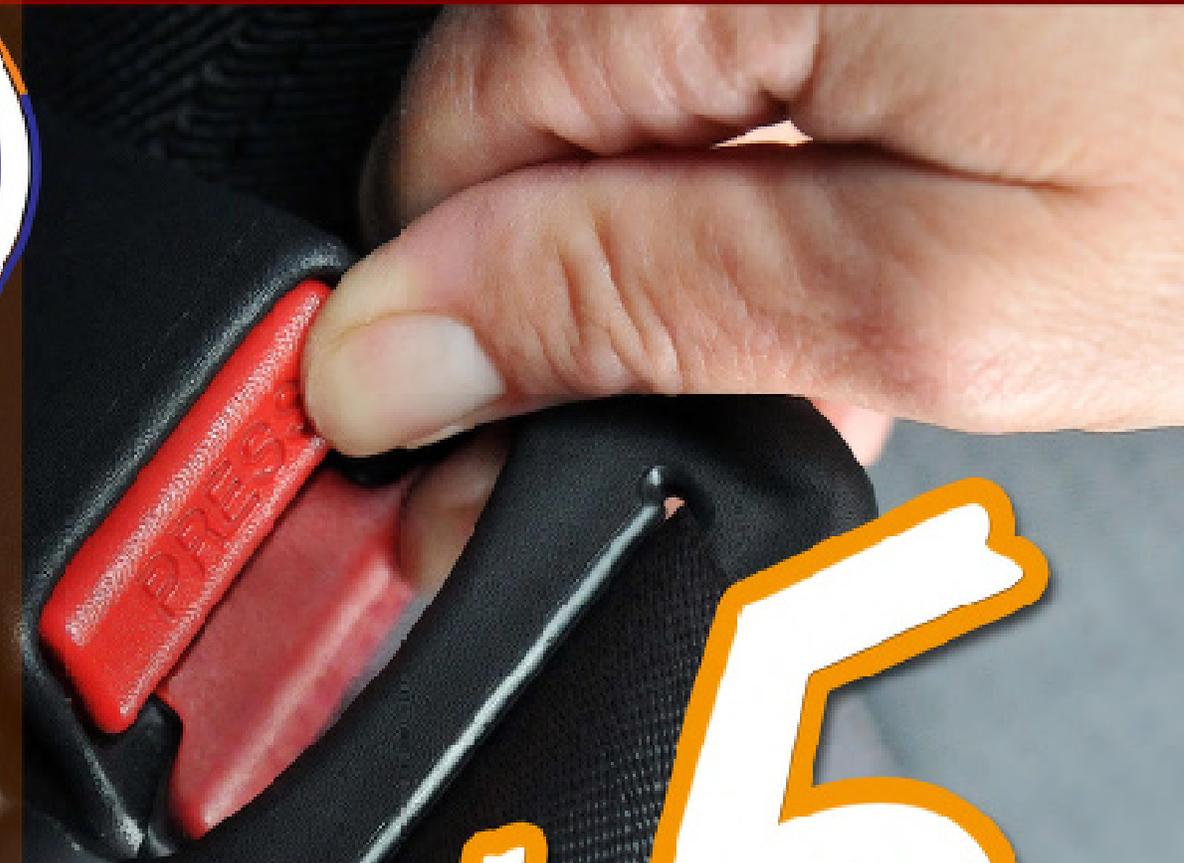
Manage Stress
for a Happy Holiday

- Acknowledge your feelings
- Reach out to others
- Keep expectations realistic
- Set aside differences
- Stick to a budget
- Plan ahead



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Take 5

Go Ahead, Get Belted!

Lap belt

- Keep the belt low and snug across your lap
- Be sure the belt is flat, not twisted
- Sit straight and upright

Shoulder Belt

- Keep the belt snug over the shoulder
- Never wear the belt in front of the face or neck or under your arm



ARMY SAFE IS ARMY STRONG



The 364th ESC Flavor

by Cpl. Christopher Bigelow
364 ESC Photojournalist

It was time to spice up Camp Arifjan. In honor of the 364th Expeditionary Sustainment Command's arrival in Kuwait and Hispanic Heritage Month, a special meal was prepared in the Zone 2 Dining Facility Oct. 5.

"Because we are so new to the chow hall here, we wanted to come in and put our own spin on things, and come in and add to the meal that was already being prepared," said Sgt. 1st Class Scott Howard of Helena, Mont., food service non-commissioned officer in charge with the 364th ESC.

"We wanted to put a little spice or a little flavor into everything we made," said Chief Warrant Officer 2 Harry Acevedo, of San Juan, P.R., the 364th ESC's food service technician.

Howard said his troops were eager to make their mark at the dining facility.

"We made a salsa, a tortilla soup and a Spanish rice to put our own spin on it," he said, "and kinda let 'em know that we are here."

The 364th ESC will be assuming responsibility for the Zone 2 and the Zone 6 dining facilities sometime in October. Howard said they were in the process of learning how the chow halls are run, and they were anxious to make the dining facilities their own.

"We are shadowing the people that are here," he said. "We are trying to learn the processes that they use.

"They are showing us the down and dirty stuff we have to do on a daily basis," Howard added. "When they leave it will be the 364th chow hall, and we are going to put our own stamp on it."

The Zone 2 and Zone 6 dining facilities on Camp Arifjan serve an average of 1,000 people per meal. The 364th ESC will have oversight over these dining facilities and will be responsible for the quality of all the food served.

The 364th ESC's goal is to ensure the quality of meals given to Soldiers will remain the same or better than when the 364th took responsibility, Acevedo said.

"This is a customer-related military occupational specialty," he said. "Food is very important for [Soldier] morale support. So we try to feed people and make them as comfortable as possible. We try to bring them a little bit of home; that way, their time goes faster.

"We are in DFAC Zone 2 and Zone 6, and we're going to try to provide the best quality meal you can have. Come visit us," he added.



Chief Warrant Officer 2 Harry Acevedo, of San Juan, P.R., the 364th Expeditionary Sustainment Command's food service technician, prepares Spanish rice for the special Hispanic Heritage Month meal in the Zone 2 dining facility, Camp Arifjan, Kuwait, Oct. 5, 2011. *Cpl. Christopher Bigelow/364th ESC*



Civilian contractor-operated vehicles stage in a holding yard at Khabari Crossing, Kuwait. The vehicles are waiting to be cleared by customs officials before entering Kuwait.
Cpl. Christopher Bigelow/364th ESC

CROSSING ABARI



by Cpl. Christopher Bigelow
364 ESC Photojournalist

As Operation New Dawn comes to a close and the Iraqi re-posture begins, hundreds of vehicles roll through this bustling border crossing into Kuwait every day.

The vehicles carry food, ammunition, fuel and huge containers packed with anything that may fit. Hulking M1070 Heavy Equipment Transporters, big enough to haul an Abrams tank, wait their turn to go through. Some of these vehicles are carrying Soldiers, all making the long convoy to cross into Kuwait and take their final steps toward going home.

The 364th Expeditionary Sustainment Command's mission in Kuwait is to facilitate the responsible draw-down of forces in Iraq. The 364th ESC arrived in Kuwait on Sept. 16. This is the unit's first deployment.

Along with the 1st Theater Sustainment Command and other strategic partners, Soldiers at K-Crossing work around the clock to make sure the convoys get through.

Operations at Khabari Crossing are essential to meeting President Barack Obama's deadline to be out of Iraq by Dec. 31. The unit overseeing the movement of convoys and cargo between Iraq and Kuwait at Khabari Crossing is the 265th Movement Control Team, from Joint Base Lewis-McChord, Wash.

"We still have about 45,000 troops in Iraq, and they still need to be supplied, and this is one of the main routes of supply for them," said 1st Lt. Matthew Byer, of West Orange, N.J., the 265th's executive officer. "As we draw down over the next few months, they will still need all of the supplies that they are accustomed to having, as well as supplies for their equipment."

"We have a lot of equipment in Iraq that we are trying to pull out and move back to the states," Byer said, "and an important part of that process is convoying them out of Iraq to Kuwait."

Dozens of convoys, going north and south, in and out of Iraq come through Khabari Crossing almost



(Top) Soldiers from Company B, 1st Combined Arms Battalion, 194th Armor Regiment, 1st Brigade Combat Team, 34th Infantry Division, discuss their convoy route at Khabari Crossing Oct. 8, 2011. K-Crossing is the final stop between Iraq and Kuwait. *Cpl. Christopher Bigelow/364th ESC*

(Bottom) Civilian contractor-operated vehicles stage in a holding yard at Khabari Crossing, Kuwait. The vehicles are waiting to be cleared by customs officials before entering Kuwait. *Cpl. Christopher Bigelow/364th ESC*

CROSSING KHABARI

daily. The 265th MCT's job is to verify that everything is correct for all cargo, trucks and drivers going between Iraq and Kuwait.

"We track the convoys as they come north and south," said Sgt. Daniel Long, of Nashville, Tenn., a movement noncommissioned officer with the 265th MCT, "and we help facilitate the paperwork up to our higher so that they are aware of what con-

voys are coming through."

The 265th MCT also ensures that all convoy escorts are in order, that all loads are secure, that convoy routes are clear and that their medical evacuation assets are ready and available.

Vehicles leaving Kuwait are also checked to make sure they have everything they'll need to cross back into Kuwait and clear customs and immigration.

"Local nationals will actually inspect the trucks," Long said. "Any green [U.S. military] assets that we have will also be checked by Army personnel to make sure that they are good to go and are not carrying any contraband-type items."

"All the Soldiers and civilians working here do an excellent job every day making sure Soldiers get processed through here without incident," Long added.

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Photo by Tech. Sgt. William Greer



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Movember



is coming

by Capt. Christopher Larsen
364th ESC PAO

What, you may ask, is Movember?

It's a worldwide movement to raise awareness of prostate and other cancers that affect men. Begun in Melbourne, Australia, Movember aims to increase education and prevention of cancer.

The Movember Foundation, whose partners include the Prostate Cancer Foundation and the Lance Armstrong Foundation, aims to increase awareness, education and prevention of men's cancers with a truly manly symbol.

Mustaches.

The concept is simple. On Nov. 1, guys, start growing a mustache. Keep it until Nov. 30 (or longer – it's up to you).

According to the Movember Foundation, more than 1.1 million people around the globe have taken part, and the foundation has raised more

than \$174 million since 2004.

As part of the annual effort, Soldiers of the 364th Expeditionary Sustainment Command have formed a team, the Stachestainers, to raise awareness and education about prostate cancer, a preventable, easily detected, and highly treatable form of the disease. According to the PCF, 32,000 men die from prostate cancer in the United States every year.

As part of Movember, the 364th is holding a mustache contest. Service members are encouraged to grow a 'stache for the contest, which includes categories for 'bushiest,' 'lamest,' and 'grayest,' among others.

Mustaches must conform to individual service guidelines. Winners will be announced Dec. 1.



Spc. Devon McAdam, with the 364th ESC personal security detachment, pulls security as the rest of his team prepares to transport a casualty during Combat Lifesaver training at Fort Bliss Texas. *Cpl. Christopher Bigelow/364th ESC*

Boots on Ground

by Capt. Christopher Larsen
Sgt. Joe Villines
Cpl. Christopher Bigelow
364 ESC News Team

More than 270 Washington-based Army Reserve Soldiers of the 364th Expeditionary Sustainment Command arrived here Sept. 16 to begin their unit's first overseas deployment.

They face a daunting task: taking over the mission of overseeing the massive drawdown of equipment from Iraq before the Dec. 31 deadline.

When that mission finishes, Task Force Rainier, as it's known, will assume responsibility for controlling all supply and logistics operations in the Mideast – something that's never

been handed to a reserve unit.

"This is the first time the unit, as the 364th Expeditionary Sustainment Command, has been deployed forward," said Brig. Gen. Jonathan Ives, of Seattle, the task force's commanding general.

Ives oversees almost 4,000 Soldiers, combining troops from the Army Reserve, active-duty Army, and National Guard.

It's a big responsibility, and Ives knows defense leadership is watching to see how the concept works.

"This is a very significant, and also historic, time for our nation as we close out our battle and development side and start to move towards governance and opportunities for Iraq," he said. "The unit formed quickly, and yet they've come together, they've

bonded to form an excellent unit."

Ives' command heads up the task force. Based in Marysville, Wash., near Seattle, the 364th ESC was formed just two years ago. Under the Army's force-generation cycle, or ARFORGEN, deployment wasn't predicted until 2014 at the earliest.

That all changed on March 4 of this year.

"We received our alert and mobilization orders on the same day," Ives said. "Units often receive alert orders a year before their mobilization date."

The 364th ESC's mobilization date was set for July 28, just four months after its alert. At that time, the unit was at about half the authorized strength it would need for deployment. Human resources managers at



Staff Sgt. Macedonio Garza, of Corpus Christi, Texas, a 364th Expeditionary Sustainment Command food service NCO, prepares tortilla soup for the special Hispanic Heritage Month meal in the Zone 2 dining facility, Camp Arifjan, Kuwait, Oct. 5, 2011. *Cpl. Christopher Bigelow/364th ESC*

the 364th went into action, searching personnel rosters from units across the country to find Soldiers with specialties the unit would need to fulfill its historic mission.

"The biggest challenge was in finding personnel not only qualified for the duty position, but also had recent or actual hands-on experience," said Lt. Col. John Sweeney of Seattle, the 364th's personnel officer.

Additionally, the call went out across the Army Reserve for Soldiers wishing to volunteer, an effort that

filled out the 364th's roster.

"We [also] ensured personnel were scheduled for training at a military school or developed a local training program to enhance their qualifications," Sweeney said.

The end result: more than 270 Soldiers from 39 states, two countries, and one U.S. territory, coming together to form a team.

In April, a little more than a month after the 364th ESC received its orders, the Soldiers headed to Fort Hunter Liggett, Calif. There, they

underwent rigorous pre-deployment training in scenarios that mirrored what the troops might encounter in a combat zone.

The 364th's top enlisted Soldier said he was excited about the Kuwait mission.

"I look forward to the challenges this position presents to me each and every day," said Command Sgt. Maj. Thomas Jennings, of Las Vegas. "Our training [here] prepares our Soldiers individually and brings them together as a team to better prepare them for our mission in theater."

Jennings said he felt the 364th's mission was important because it will be the first time an ESC is being used according to its doctrinal purpose, which is to provide deployable expeditionary command and control capabilities for echelons above brigade logistics units. Additionally, the ESC is designed to provide logistics command and control for the theater commander, with capability to support a worldwide mission.

Jennings said that despite the rapid growth of the 364th, the unit is poised for success. Some of the reason, he said, was due to the emphasis placed upon integration and team-building by the unit's command group, of which he is part.

"I believe our command group is special because they care," he said. "Not only about our fellow Soldiers, but each member understands that it takes many different people to build a village."

After the 364th's July mobilization, the unit traveled to Fort Bliss, Texas, for six weeks of intensive training in sustainment operations. Soldiers conducted a series of command post exercises that ended with the unit's culminating training event, a week-long operation that validated the 364th for overseas service.

One of the Soldiers who transferred into the 364th for its deployment said he has been pleased with what he's seen since joining the unit.

"The people in our section come from such diverse backgrounds and all seem to get along," said Master Sgt. Ricardo Ferdin, a San Antonio,

Boots

Continued from page 19

Texas, native and an electronic missile technician with the 364th's support operations section.

"I feel like we work really well together," he said. "I have made a lot of friends from all over the country from this unit."

Ferdin is a 35-year Army Reserve veteran who was first sergeant of a maintenance company in Grand Prairie, Texas, before transferring to the Washington-based 364th ESC. He said learning all the acronyms unique to a sustainment command was "sometimes like learning a new language," but he recognized the importance of his mission.

"I oversee all of the transportation and readiness of various missiles," Ferdin said. "To me, my mission is important because I keep Soldiers supplied and ready to do their missions."

Since the 364th's Soldiers come from all over the U.S., their jobs and experiences vary widely. Some have deployed multiple times. For others, this is their first time overseas.

Spc. Senyon Gabourel of Los Angeles is a paralegal specialist with the 364th's staff judge advocate's office. The 27-year-old soldier is on her first deployment, and said the experience will improve her job skills.

"I feel like this [training] has made me dual-hatted as far as administrative law and legal assistance," she said. "I'm proud to be part of a mission that hasn't happened before, and I'm proud to be doing my job in SJA because we are all so committed to helping Soldiers."

Gabourel said the staff judge advocate office is very involved at a general officer-command level, and that she was learning a great deal.

"SJA here is special because we are so proficient," she said. "We're all overachievers, and we always seem to be ready."

The 364th ESC expects to be overseas until sometime in 2012.

Ives, the task force commander, said his unit was ready to take on whatever mission came its way.

"As the responsible drawdown of forces continues, we're committed to implementing the President's directive to have U.S. forces out of Iraq by year's end," he said.

"By being here, we're able to make sure that happens and to help set the stage for stabilization in Iraq," Ives added. "Once that mission is complete, we'll be ready to continue to shape the sustainment picture throughout the Middle East."



Brig. Gen. Jonathan G. Ives and Command Sgt. Maj. Thomas Jennings, the 364th Expeditionary Sustainment Command's commanding general and command sergeant major, shake hands after uncasing their colors, symbolizing that the 364th ESC is operational at Camp Arifjan, Kuwait during a flag unfurling ceremony, Oct. 6, 2011. *Cpl. Christopher Bigelow/364th ESC*

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Spc. Michael Bright, front, a unit supply specialist, and Sgt. James Tyler, a support operations noncommissioned officer, each with the 364th Expeditionary Sustainment Command, are setting the example two hours a day, six days a week in Camp Arifjan's Zone 6 gym. *Cpl. Christopher Bigelow/364th ESC*

Flat to Fit

by Cpl. Christopher Bigelow
364 ESC Photojournalist

Two 364th Expeditionary Sustainment Command Soldiers at Camp Arifjan set the example every day.

Sgt. James Tyler, a support operations noncommissioned officer from Lacey, Wash., and Spc. Michael Bright, a unit supply specialist from Great Falls, Mont., are making the most of the extra time they have to better themselves during their deployment.

"I wanted to get bigger; not like 'Conan the Barbarian' big, like Kurt Russell in 'Escape from New York' big," Bright said. "I wanted to look better, feel healthy, and keep busy. I figured the gym is the best resource; I get healthy."

"Something that keeps ya happy, busy, and makes ya feel better. It's a good thing all around," he added.

Tyler and Bright have been hitting the Zone 6 gym two hours a day, six days a week.

"One day Bright wanted to work out with me and I said, 'okay, let's see what you've got,'" Tyler said. "From that day on, he has always kept up with me. He is definitely very motivated and with that attitude, you definitely get the results you want while working out."

Bright said he chose to work out with Tyler because of Tyler's dedication.

"I took on the biggest horse, ya know," Bright said. "Sgt. Tyler works out a lot. I saw him work out, and I really like doing that kind of stuff. I knew he would push me. From that point on, I've been in here almost every day."

Bright weighed 195 pounds when he arrived in Kuwait on Sept. 16. Since then, he's lost 25 pounds and tips the scales at 170.

"I feel more motivated, I feel happier, I feel like I can take on the world," he said. "Before, I felt like a sloth; really slow, and I just didn't like to do much. But now I feel really good."

Bright said he and Tyler go through a myriad of "great, great exercises" when they're working out.

"My stomach is getting tighter, I have been getting 'guns,' which are fun to have," he said, flexing his arms. "I have been doing everything I can to get better."

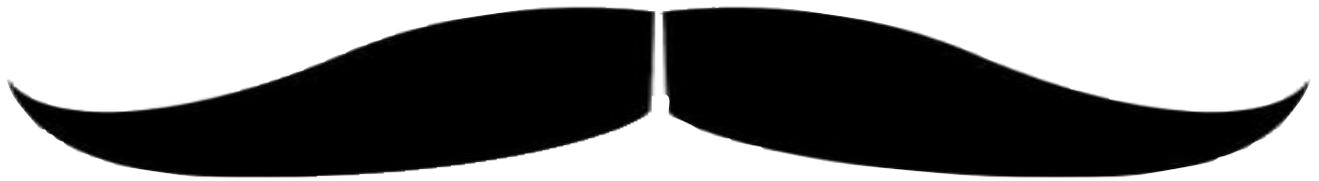
Bright said he felt staying in good shape should be a priority for every Soldier.

"If you're healthy, your mind's healthy, and everything is healthy about you," he said. "You are able to progress further in your job and do it a lot better."

"Soldier fitness should be one of the number one jobs for Soldiers out here," Bright said. "It feels good."

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Col. (Ret.) Sam Jones has a long history with Fort Lawton. He worked there from 1960 to 2003, and has continued to work there as a volunteer until the present day. Jones enlisted in the Army as an infantryman in 1942. He served 21 years on active duty before serving another 40 years in the Army Reserve. *Capt. Michael N. Meyer/364th ESC*

364th Leaves Fort Lawton

by Capt. Michael N. Meyer
364 ESC (Rear) PAO

The 364th Expeditionary Sustainment Command solemnly cased the American flag for the last time at Fort Lawton on Sept. 14, marking the end of more than 110 years of military presence at the installation.

The 364th ESC was the last military unit to depart the closing fort.

Capt. Ashleigh Fortier, commander of the 364th ESC's

Headquarters and Headquarters Company rear detachment, turned the flag over to Dwight Thompson, the unit's command executive officer.

"It's a sad day for the Army Reserve as a major command leaves the Seattle area," Thompson said. "Fort Lawton provided us a recruiting base for many military specialties for many, many years."

The fort was established Feb. 9, 1900 on 2.8 square kilometers of land donated by local government. Fort Lawton was named after Maj.

Gen. Henry Ware Lawton, a veteran of the Civil War, the Indian Wars, and the Spanish American War, who was killed in action during the Philippine Insurrection in 1899.

Fort Lawton was constructed to defend Puget Sound from naval attacks and was originally manned by coast artillery and infantry units. Fort Lawton's role changed during World War II, and it became an active base engaged in the processing, training, and deployment of troops.

During the war, Fort Lawton was



364th ESC Soldiers carefully fold the flag. *Capt. Michael N. Meyer/364th ESC*

364th Leaves...

the second-largest deployment site on the West Coast, training and deploying nearly one million troops overseas. Fort Lawton also held more than 1,100 German prisoners of war, and sent more than 5,000 Italian POWs to Hawaii for internment there.

Fort Lawton continued to operate as a processing center during the Korean War, and the fort was upgraded with Nike anti-aircraft missiles and Air Force early-warning radar in the late 1950s.

"I feel fortunate to have gone the full circle of my career from second lieutenant to colonel at Fort Lawton," Thompson said. "It was quite the honor to hold the flag with Col. (Ret.) Sam Jones on closing day. He was one of the first officers to be stationed at Fort Lawton as an Army Reserve Soldier."

Jones said he has a long history with Fort Lawton. He enlisted in the Army as an infantryman in

1942 and served in combat in Italy during World War II. He worked at the fort from 1960 to 2003, and has continued to work there as a volunteer until the present day.

"I served a total of 21 years of active duty before serving another 40 years in the Army Reserve as the adjutant general for the 124th U.S. Army Reserve Command," Jones said.

In 1968, the 124th ARCOM was activated with a headquarters on Fort Lawton. It was assigned the mission of preparing its subordinate units to mobilize and perform wartime tasks.

"I've worked on this fort for most of my life. It's really kind of sad to see it go," Jones said wistfully.

In 1964 Secretary of Defense Robert McNamara announced that at least 85 percent of Fort Lawton land would be declared surplus, and should be given back to the community at no cost to state and local agencies.

In 1972, and several times afterward, parcels of Fort Lawton

land were returned to the Seattle community; much of it became today's Discovery Park.

At 534 acres, Discovery Park is the largest public park in Seattle, and is a wooded parks and recreation area for the community and the site of a Native American cultural center.

"The current and future leaders of the Army Reserve of the northwestern U.S. were trained and developed at Fort Lawton," Thompson said. "The closure of Fort Lawton closes a chapter in Army Reserve history."

An official decommissioning ceremony will be conducted sometime in 2012. The event will complete the Base Realignment and Closure process authorized by the Defense Department in 2005 to adjust its infrastructure, increase operational readiness, and facilitate new mission requirements.

The 364th ESC is now based in Marysville, Wash., at a new \$34 million, state-of-the-art facility.



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