



# The Desert Voice

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

November 25, 2009

## Running for Rememberance



# DV

## Table of Contents

- Page 4  
**Naturalization**
- Page 5  
**Marine Corps Birthday**
- Page 8  
**The 11th Hour**
- Page 10  
**S-POD MASCAL**
- Page 12  
**160th Change of Command**
- Page 17  
**Native American Heritage Month**

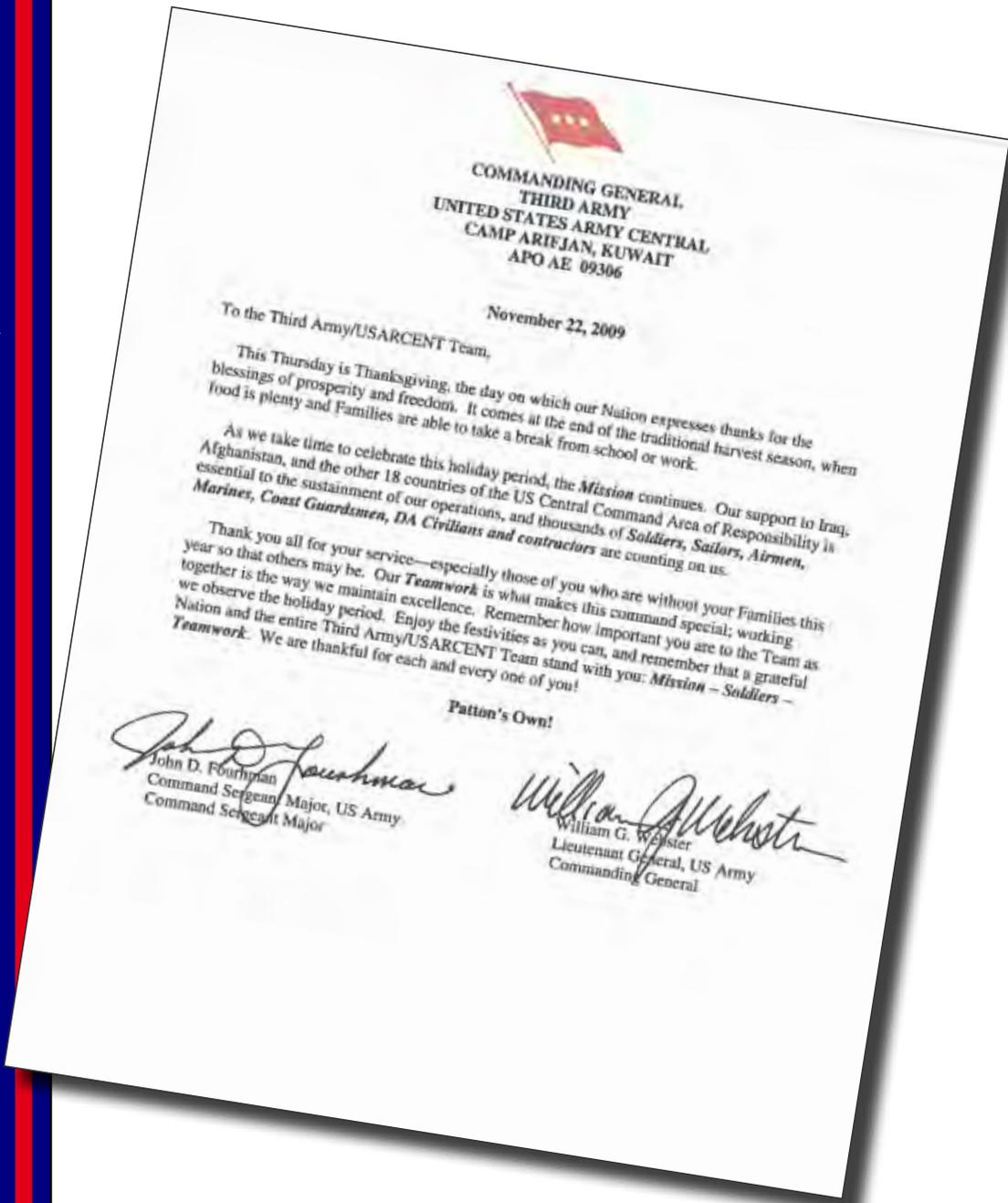


### On the cover

*Maj. Gen. Peter Vangjel, Third Army deputy commanding general, leads from the front during the Third Army Birthday run. Photo by Staff Sgt. Anthony Taylor. Photoillustration by Sgt. Daniel Lucas*

### Contact us

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



COMMANDING GENERAL  
THIRD ARMY  
UNITED STATES ARMY CENTRAL  
CAMP ARIFJAN, KUWAIT  
APO AE 09306

November 22, 2009

To the Third Army/USARCENT Team,

This Thursday is Thanksgiving, the day on which our Nation expresses thanks for the blessings of prosperity and freedom. It comes at the end of the traditional harvest season, when food is plenty and Families are able to take a break from school or work.

As we take time to celebrate this holiday period, the *Mission* continues. Our support to Iraq, Afghanistan, and the other 18 countries of the US Central Command Area of Responsibility is essential to the sustainment of our operations, and thousands of *Soldiers, Sailors, Airmen, Marines, Coast Guardsmen, DA Civilians and contractors* are counting on us.

Thank you all for your service—especially those of you who are without your Families this year so that others may be. Our *Teamwork* is what makes this command special; working together is the way we maintain excellence. Remember how important you are to the Team as we observe the holiday period. Enjoy the festivities as you can, and remember that a grateful Nation and the entire Third Army/USARCENT Team stand with you: *Mission – Soldiers – Teamwork*. We are thankful for each and every one of you!

Patton's Own!

*John D. Fourhman*  
John D. Fourhman  
Command Sergeant Major, US Army  
Command Sergeant Major

*William G. Webster*  
William G. Webster  
Lieutenant General, US Army  
Commanding General

# DV

The  
Desert  
Voice

Volume 31, Issue 10

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Find us online at [www.arcent.army.mil](http://www.arcent.army.mil).

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<http://www.youtube.com/user/dvidshub?blend=2&ob=1>



# Healthy Holidays

It is the start of the holiday season. You might be heading home or be staying here getting care packages and attending celebrations. How can you survive the holidays without weight gain or giving up on a healthy diet?

1) **Continue to exercise** – The holidays are a time to relax, but stopping all exercise will only make matters worse. If you are normally burning 300 calories six days a week during workouts, not doing that will cause a half-pound weight gain a week. If you are home and don't want to miss time with family, go out for a walk or hike together. If you are here, get to the gym first thing in the morning so there is less chance of making excuses later in the day.

2) **Watch portion size** – The first few bites of a favorite food will always taste the best. You can still enjoy a higher calorie food or dessert, but have a smaller portion and take the time to savor it. Allow some time to pass before getting seconds. It takes 20 minutes for your brain to register that your stomach is full.

3) **Plan ahead** – Do not show up to an event or party overly hungry since this can trigger overeating. If you know you will be eating more calories than usual at an event, decrease the calories



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

you eat at other meals that day by filling up on fruits and vegetables.

4) **Survey the food choices** – Whether you are at home or at a party here, do not jump right into the food without checking out the choices. If you start at the beginning of a buffet and take one of everything, by the end of the line your plate will be loaded with food. Check out the choices and decide what you would enjoy the most before even getting in line. If your favorite food is at the end of the line, you might want to take smaller portions or skip some of the other foods.

5) **Don't waste calories** – This may sound like a broken record, but do not waste calories on beverages. Drinking 600 calories of juice, soda or alcohol (at home) over the holidays in addition to eating more calories is how you can easily gain 5-10 pounds during the holiday season. Drink mainly calorie free beverages and limit your alcohol to 1-2 drinks per day.

With some smart planning and good choices, you can still enjoy the holidays and stay on track towards your health and fitness goals. 



# Seat belts save lives

Third Army recently experienced another NTV rollover on the Kuwaiti highways. The rollover occurred after the driver lost control of his vehicle when his rear tire blew out. At the speed the vehicle was traveling, this could easily have resulted in fatalities. But fortunately, both occupants were wearing their seat belts and sustained only minor injuries.

Two important lessons learned here... one, expect the unexpected (like a catastrophic flat tire); and two, always, ALWAYS wear your seat belt.

## Some TIPS for highway driving include:

- Plan ahead to drive within the speed limit.
- Assure ALL personnel are wearing their seat belt.
- Secure loose equipment – heavy flying objects can kill during accidents.
- Monitor tire wear – conduct vehicle walk arounds and scheduled PMCS.
- Have emergency numbers saved in your cell phone.
- Minimize driving distractions – don't use cell phones while driving.



**Ready Tonight**  
**Sustain the Fight**  
**Shape the Future**

**Third Army/U.S. Army Central**

# Third Army welcomes new citizens

Article and Photos by  
Spc. Monte Swift  
203rd Public Affairs Detachment



Friends and fellow Military gathered in support of 13 U.S. Servicemembers as they raised their hand and pledged the Oath of Allegiance to become American citizens in a naturalization ceremony held at the Zone 1 Chapel at Camp Arifjan, Kuwait. The group was made up of citizens from nine different countries around the world.



Patriotic music filled the Zone 1 chapel as members of several units filed in to show their support and pride for 12 servicemembers as they raised their right hand to pledge the Oath of Citizenship to the United States.

The newly sworn in U.S. citizens represented a wide-range of nationalities coming from countries such as The United Kingdom, Jamaica, Panama, Columbia, the Philippines, Mexico, Uzbekistan, American Samoa and Guyana. With each hand raised came new traditions and culture, which add to the vast diversity on which the U.S. was founded.

"I feel very proud. I can now say the Soldiers Creed with pride because I truly am an American," said Sgt. Janel Bartley of Delta 230th Finance, Fort Hood, Texas. "It really makes me feel special knowing I am serving my country as an American."

The ceremony highlighted our countries vast cultural background with "The Faces of America," a video showing immigrants arriving at Ellis Island and how their contribution to the U.S. was a building block for where we are today. A speech to the new citizens by

former Cuban citizen, Brig. Gen Xavier Lobeto, deputy commanding general, 1st Sustainment Command, told of his own experience of taking the oath and how much their commitment means to the nation and himself.

"At the age of 17 when I took the oath, there were a lot of mixed feelings. I already felt part of America because I had been there so long but there was still something missing," said Lobeto. "When I took the oath, that's when the missing part came to me. One year later I was serving in the U.S. Army and I have been here ever since. It is a continued love affair with this nation that grew through years of service. I feel like I can never repay enough."

Staff Sgt. Jason Choate, with the 354th Medical Logistics Company, has waited 25 years to be able to call himself an American.

"I have been in the U.S. since 1984 when I was adopted, and I have been waiting a long time to be able to wear the flag on my shoulder as an American," said Choate. "I will be celebrating for the rest of my life. Now I can move forward and pursue other things in my life and career."

"It didn't really hit me until we started rehearsal," said Spc. Solmua Tiliaia, 230th Finance, Fort Hood, Texas. "I have waited 20 years to get citizenship, and I feel a lot more proud than ever before."

Following the Oath of Citizenship, Petty Officer 3rd Class Vadim Nemirovsky led the new citizens in the Pledge of Allegiance. They then filed onto the stage where they stated their name and country of origin before receiving their Certificate of Citizenship.

The ceremony concluded with a patriotic video played to Lee Greenwoods "Proud to be an American."

"It makes me proud that [these servicemembers] were serving before becoming citizens," said Lobeto. 

Camp Arifjan

# Marine Corps turns 234

Article and Photos by  
Spc. Brandon Babbitt  
203rd Public Affairs Detachment



Col. John C. Wright, officer in charge, Marine Corps Central Command Coordination Element Kuwait, cuts the birthday cake during a Marine Corps Birthday cake-cutting ceremony at Camp Arifjan, Kuwait.

Marines have a reputation for being gung-ho and upholding traditions. One of the most honored traditions is the celebration of the Marine Corps birthday.

On Nov. 10, 1775, the Continental Congress authorized two battalions of Marines at Tun Tavern in Pennsylvania. The 13th commandant of the Marine Corps, Gen. John A. Lejeune, issued a Marine Corps order establishing the observance of the birthday in 1921.

Marine Corps Order No. 47, Series 1921, summarized the history, mission and tradition of the Corps. It further directed that the order be read to all Marines on Nov. 10 of each year to honor the founding of the Marine Corps. Thereafter, Nov. 10 became a unique day for Marines throughout the world.

Soon, some Marine commands began to not only honor the birthday but celebrate it. In 1923, the Marine Barracks at Fort Mifflin, Pa., staged a formal dance. The Marines at the Washington Navy Yard arranged a mock battle on the parade ground. At Guantanamo Bay, Cuba, the Marine baseball team played a Cuban team and won, 9-8.

The first formal birthday ball took place in Philadelphia, in 1925. Guests included the commandant, the Secretary of War and a host of statesmen and elected officials. Prior to the ball, Lejeune unveiled a memorial plaque at Tun Tavern. Then the entourage headed for the Benjamin Franklin Hotel and an evening of festivities.

Over the years, the annual birthday ball grew and took on a life of its own. In 1952, Commandant Gen. Lemuel C. Shepherd Jr., formalized the cake-cutting ceremony and oth-

er traditional observances.

For example, Marine Corps policy now mandates that the first piece of cake be presented to the oldest Marine present, and the second piece goes to the youngest Marine. It also mandates the reading of the commandant's birthday message to the Corps.

The ball has evolved from simple origins to a very polished and professional function that celebrates the history and lifestyle of being a Marine. Nonetheless, one thing remains constant, Nov. 10. This unique holiday for warriors is a day of camaraderie and a day to honor Corps and country. In every time and place, Marines celebrate the birth of their Corps.

The Marine Corps Birthday was celebrated at Camp Arifjan, Kuwait, Nov. 10, with a cake-cutting ceremony before lunch at the Zone 2 Chow Hall. There, Marine Col. John C. Wright, officer in charge, Marine Corps Central Command Coordination Element Kuwait, addressed his fellow Marines and reminded them of their rich history and reinforced why they serve. He also asked that they all remember those warriors who have fallen fighting for their nation on what is a very important day to Marines past and present.

Following the cake cutting, servicemembers ate the special cake and were treated to a steak and crab legs luncheon in honor of the Marine Corps.

This year's Marine Corps Ball in Kuwait will take place at the United States Embassy in Kuwait City, Nov. 13. [A](#)



Photos by  
Staff Sgt. Anthony Taylor  
Sgt. Daniel Lucas  
Spc. Monte Swift  
Third Army Public Affairs Office

# THIRD ARMY BIRTHDAY

# CELEBRATE, STAY IN SHAPE

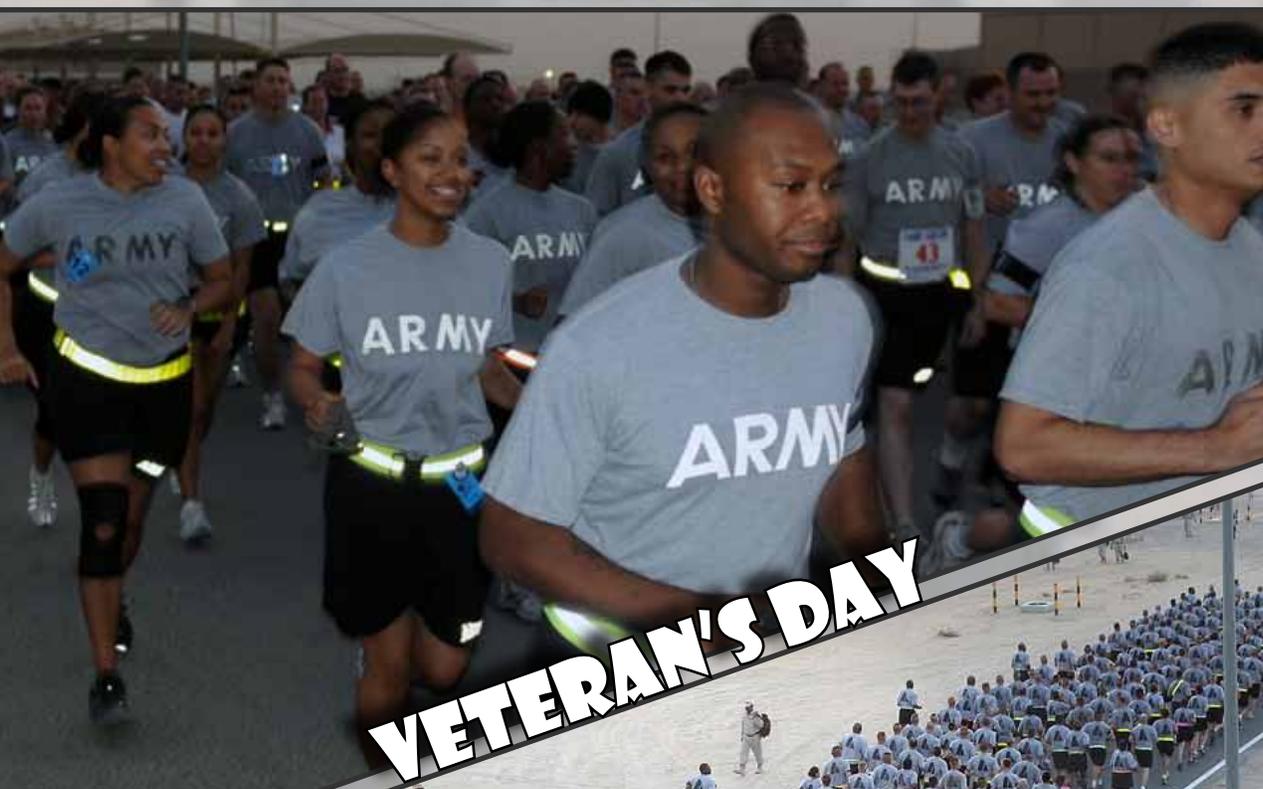
Third Army Soldiers participate in a run that is a tradition of Third Army's 91st Birthday and Veterans' Day at Camp Arifjan. Thousands of Soldiers, Airmen, Marines, Sailors and civilians gathered to commemorate and participate in the run.

Third Army, often referred to as "Patton's Own," has a long storied history since its inception, Nov. 7, 1918, to include tours in Europe during WW I and WW II as well as the lead Army support unit for units participating in Operations

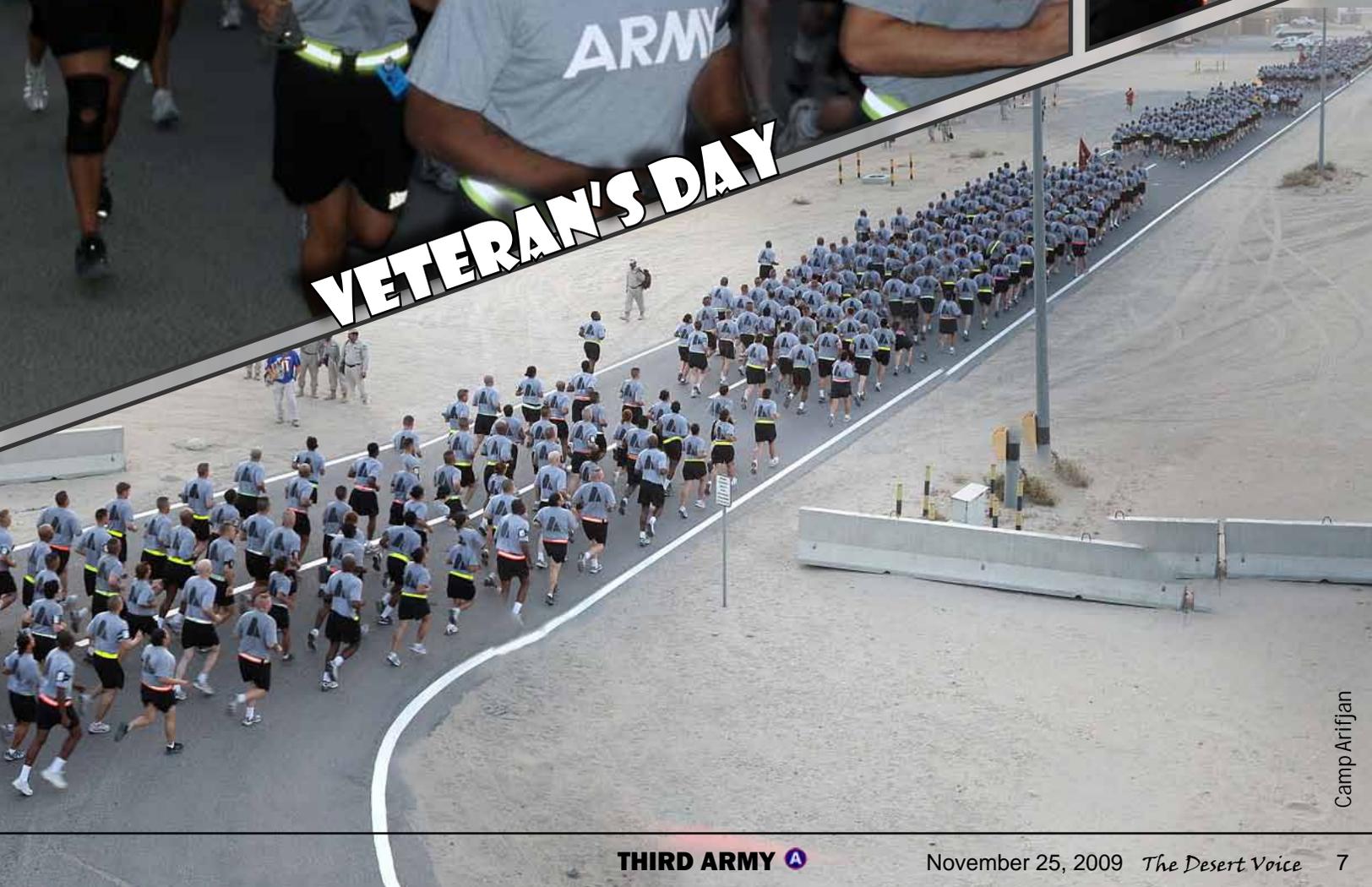
Iraqi Freedom and Enduring Freedom.

Running has become a pastime for Third Army Soldiers, allowing them to stay fit and celebrate at the same time.

There was a moment of silence for the Soldiers who were killed in the Fort Hood shooting before the beginning of the Veteran's Day run. **A**



**VETERAN'S DAY**



# Third Army, UK remember fallen on the 11th hour, 11th day, 11th Month



Army Chaplain Maj. Dwight Croy of the 593rd Sustainment Brigade, attached to Third Army, leads United Kingdom Sailors and Royal Marines in a hymn for Remembrance Day on Wednesday during a ceremony at Camp Arifjan's U.K. Compound. On Nov. 11 in 1918, major hostilities of WW I were formally ended at the 11th hour of the 11th day of the 11th month with the German signing of the Armistice. U.K. and United States forces keep working together throughout the world today in both Operation Iraqi Freedom and Operation Enduring Freedom.

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

“This is an important day for us to remember those who fell in combat,” said Lieutenant Cmdr. David Pollitt, Operations Officer for the United Kingdom Navy’s Iraqi Training and Advisory Mission.

What we know as Veteran’s Day in America, the U.K. refers to as Remembrance Day, or Poppy Day after the flower that was blooming in the war torn fields of Europe the moment WW I ended. Remembrance Day commemorates the sacrifices of members of the armed forces and civilians in times of war in the U.K.

This day is observed on Nov. 11, heralding its beginning at the end of WW I, commemorates the armistice signed between the Allies of WW I and Germany at Compiègne, France. It marks the cessation of hostilities on the Western Front. The day was dedicated by King George V, on Nov. 7, 1919, to observe members of the armed forces who were killed in battle.

At Camp Arifjan, her Majesty’s Sailors and Royal Marines all filtered into the British Compound in Zone 6 at Camp Arifjan to participate in a unique ceremony in honor of this day.

Prayers were given by Maj. Dwight Croy, U.S. Army Chaplain, 593rd Sustainment Brigade, during the ceremony. Croy also lead more than 100 servicemembers in attendance in the singing of hymns to honor those who sacrificed their lives serving in the armed forces over the years.

Poppy flowers were pinned on white wooden crosses as a tradition with the ceremony following the singing,. Then, the event was closed out with her Majesty’s Sailors and Royal Marines reading stories to those in attendance that were written about their fellow battle buddies who have made the ultimate sacrifice to their nation in battle.

“This day reminds us of who we are and why we serve,” said Maj. Jerry Reed, Royal Marine Commander for the Iraqi Training and Advisory Mission. “We are all about ready to go back into Iraq to work with our American friends, and events like this are good for our morale and speak to our rich military history.”

Warriors with the U.K. Iraqi Training and Advisory Mission are supported by Third Army while training up at Camp Arifjan. They are preparing to go into Iraq to work with their allies and mentor the Iraqi military and police in support of Operation Iraqi Freedom. 

# Third Army, Kuwait train with Patriot Missiles

Article by  
1st Lt. Joseph Greene  
Headquarters and Headquarters Battery, 1-43 ADA

In early October, Soldiers from 1st Battalion, 43rd Air Defense Artillery, trained with Kuwaiti Soldiers from 101st Air Defense Battalion in a live air simulation as part of their monthly bilateral training.

Soldiers from both countries are members of an Information Coordination Central, which serves as the tactical control element for the Patriot missile system. They function as part of a multinational crew, with a tactical director from one country, and a tactical director's assistant from the other.

The crew members are responsible for assisting with identification of aircraft and missiles, and for processing engagements against those threats to Kuwaiti firing units.

During this exercise, Kuwaiti Patriot firing units were used to track live Kuwaiti fighter jets giving each firing unit a chance to simulate an engagement.

"We train constantly for a wide range of scenarios against all

kinds of different threats," said Pfc. Harold Dow, a tactical director's assistant. "But getting to simulate engagements against live warfighting aircraft was really neat, and a lot of fun when someone from a different country is your crewmember. Not everyone in Air Defense gets a chance to do that."

Integrated training is made easier by the fact that Kuwaiti Patriot operators are able to speak both English and Arabic.

"It's always important to keep good relations with members of host nation countries," Capt. Brent Courtney, the fire direction section officer in charge of the exercise. "To be able to train alongside their military servicemembers using the same equipment we train on everyday is a truly unique and enjoyable experience for all the soldiers here."

"The Kuwaiti servicemembers are always courteous and professional, but we get to joke around with them and have a little fun too, which is always nice," said Courtney. A large, silver Patriot missile is shown in flight, angled upwards from the bottom left towards the top right. The background is a complex, light-colored grid with various data points and text overlays, including "7485FT 184° 148KTS", "N10680", "N5 1068 30° 120KT", and "6000FT 100KTS". The missile has a long, cylindrical body with a conical nose and a long, thin tail section. The overall scene is set against a dark, hazy background, possibly representing a night or low-visibility training environment.

# Cleaning up



Workers with the Environmental Protection Agency unroll an oil boom, a long, anchored fence designed to contain spills, during a mass training exercise at Pier 17 in the Port of Shuaiba.

Article and Photos by  
Spc. Monte Swift  
203rd Public Affairs Detachment

Third Army Soldiers, Navy, civilian firefighters and a spill clean-up team from the Environmental Protection Agency all worked together in a mass casualty exercise and oil spill training scenario at Pier 17 in the Port of Shuaiba (S-POD), Kuwait.

Each of the responding units was responsible for accomplishing a mission specific to their field of expertise and contributing to the overall goal of responding to a fire aboard a damaged ship with injured people.

The mass casualty exercise began with a call to the Fire Department regarding an explosion aboard the U.S. chartered ship MV American Tern, representing a real situation that could happen on a ship. Chartered U.S. fire boats, Omeed Taher and Shareif Verve, sprayed fire hoses around the ship as part of their training and to create scenario realism.

When firefighters arrived, they boarded the MV American Tern and quickly evacuated the injured down the narrow walkways of the ship to waiting Army Medics on the pier. Upon reaching the safety of the pier, Third Army Soldiers transported the injured to an open location where they could determine the



extent of injuries and perform care as needed before being loaded into ambulances.

“The exercise went very well with all participants meeting their expectations and receiving invaluable training,” said Cmdr. Philip A. Gerard, Commanding Officer of the Military Sealift Command Office Kuwait. Gerard planned and coordinated the exercise along with the Army’s 1181st Deployment Distribution Sustainment Battalion.

Following the evacuation of the casualties, the spill cleanup team from the Environmental Protection Agency was brought in to respond to an oil spill scenario caused by the damaged ship. Oil booms, long anchored floating fences that contain the spill, were stretched from

the dock to the bow of the ship to block

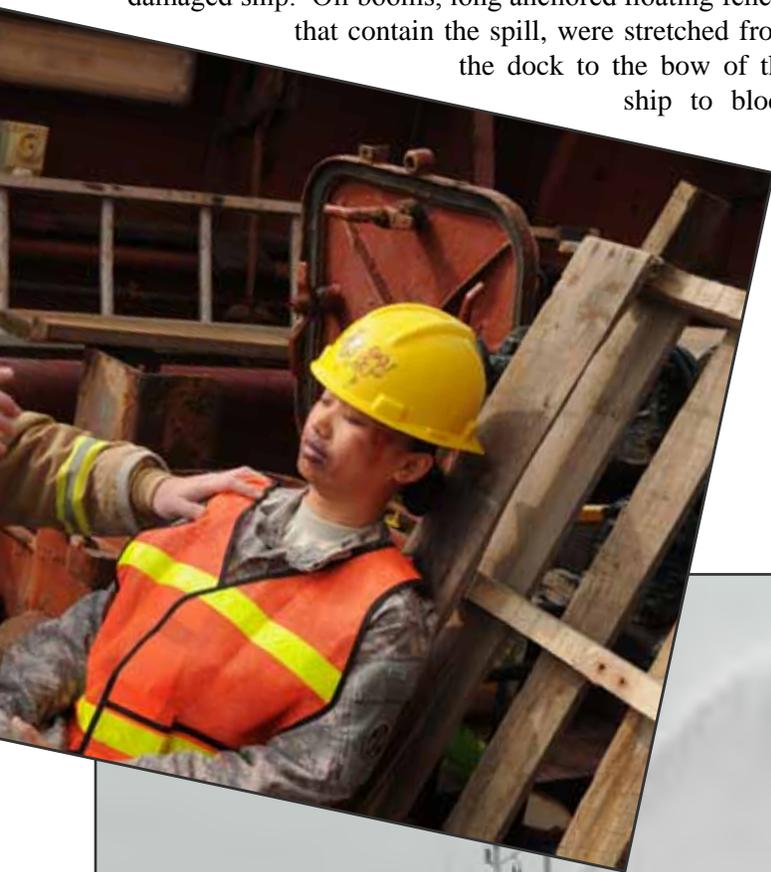
the spill from traveling seaward. Once the booms were in place, popcorn was used to simulate how oil moves and spreads with the current and wind.

In the event of a real spill, a skimmer which can pump a 100 gallons of oil per hour would be used to clean up the oil which floats on the surface, while the booms would continue to move the spill into a controlled area.

“I feel the exercise was a success, because I saw things moving with cooperation and coordination,” said Sgt. 1st Class Michael Swartz of the 1181st DDS Batt. “Another good thing was that there was communication, which is always the weakest link.”

The training exercise was done with the help of the Shuaiba Port Control and Shuaiba Harbor Master. Kuwaiti boats also took part in the scenario, bringing their own rescue boats, a fire boat and performing a man overboard exercise.

The exercise took approximately three months to put together and was one of four scenarios held this year. The benefits of this exercise helped to evaluate the emergency response capabilities at the port and ensure that in a real situation responders would be prepared to successfully take care of the emergency. 



# 160th sees new CSM

Article and Photos by  
Spc. Monte Swift  
203rd Public Affairs Detachment

A traditional Change of Responsibility Ceremony was held for Soldiers of the 160th Signal Brigade at the Zone 1 gym at Camp Arifjan, Kuwait, Nov. 18, as they welcomed new leadership into their command.

Command Sgt. Maj. Kenneth Stockton replaced outgoing Command Sgt. Maj. Kevin Thompson, who has served as the command sergeant major for the 160th Signal Brigade since June of 2008.

Stockton, a native of Thomson, Ga., entered into U.S. Army in 1984. He received basic combat training at Fort Jackson, S.C., and advanced individual training at Fort Gordon, Ga. He has held many leadership positions throughout his career ranging from squad leader to command sergeant major. His military education includes the Primary Leadership Development Course, Junior Leadership Maintenance Course, Tactical Communications Chief Course and Standardized Communication Security Custodian Course.

His awards and decorations include the Meritorious Service Medal (2nd Oak Leaf Cluster), Army Commendation Medal (Silver Oak Leaf), the Army Achievement Medal (2nd Oak Leaf cluster) and the Army Good Conduct Medal (8th Award).

"I look forward to serving with and alongside every one of you. Together, we can accomplish any task that we are faced with," said Stockton. "The army expects full commitment from those who lead, train and care for its greatest asset; the Soldier. I am committed, and I look forward to serving as your command sergeant major," he said.

Before Thompson passed on leadership to Stockton, he expressed his appreciation to his Soldiers.

"It has been an honor, a blessing and a privilege to

have served as your command sergeant major. The Service to our nation could not be better exemplified than here in the 160th Signal brigade," said Thompson. "Leading America's sons and Daughters is the most rewarding experience a leader can ever have. I am truly humbled to have had the opportunity to work with such as incredible group of professionals."

In his closing statement, Thompson further expressed his pride in his former brigade and offered advice to the incoming command sergeant major.

"You have before you a group of polished professionals who are extremely dedicated to meeting mission requirements," said Thompson. "Continue to challenge them and raise the bar at every opportunity and I promise you they will never let you down." 



Command Sgt. Maj. Kenneth Stockton (right) receives the passing of the sword from Command Sgt. Maj. William Hardwich, 335th Signal Command, signifying the transfer of responsibility he accepts as the new command sergeant major of the 160th Signal Brigade during a Change of Responsibility Ceremony at Camp Arifjan.



# Off-Post Travel Policy

**REVISED**

Third Army recently revised the Off-Post Travel Policy and the Force Protection Fragmentary Order regarding off-post travel. These documents apply to all military personnel, DoD civilians, and contractors assigned, attached, or serving with or in the Third Army Area of Responsibility, except those authorized to reside off post. The Policy and FRAGO prescribe the requirements for leaving a Third Army installation within Kuwait.

Generally, the policy limits off-post travel to Moral, Welfare, and Recreation trips that are approved by the Commander, ASG-KU and specifically authorized Official Mission Essential Travel. OMET includes travel to any non-MWR off-post event that is required in support of the military mission. Travel is required if failure to travel would cause a measurable and significant negative impact on the unit's mission or mission capability. When conducting off-post OMET in Kuwait personnel must not stay overnight in any off-post location, make personal convenience stops, attend social events (for example, social events at the US Embassy), go shopping, eat at restaurants, or possess or consume alcohol.

The current arming stance does not require personnel to carry weapons when traveling off post. If carrying a concealed weapon is required by the individual mission, personnel must also carry a permit issued by the ASG-KU Provost Marshall. The "Two-Person Rule" is in effect for off-post travel as a force protection measure. Personnel must travel and remain with at least one other person associated with the U.S. Government while off post. In addition, all vehicles must have an E-4 corporal or GS-9 or above vehicle commander, original Off-Post Travel Authorization Memo, and a communication device to exit a camp or node. While traveling off post in a vehicle Service Members must remove their service uniform blouse. In these instances they may, but are not required to, wear an additional shirt over their brown or tan t-shirt. If the travel requires a stop at a civilian location, like the airport, Service Members must wear civilian clothes.

Copies of the documents are available for downloading at <http://www.arcent.army.mil/unit.aspx>

and contain detailed requirements and restrictions. Please direct any questions to Mr. Dan Walters, G36 Protection at [Dan.walters@us.army.mil](mailto:Dan.walters@us.army.mil) or 430-6297, or Capt. Bill Jennings, Office of the SJA, at [William.jennings3@us.army.mil](mailto:William.jennings3@us.army.mil) or 430-6646.

# SEASONS CHANGE,

ARMY SAFE  
**FALLWINTER**  
NO TIME TO



ARMY SAFETY  
IS ALWAYS STRONG



SAFETY DOESN'T

FE  
WINTER  
NO CHILL

FALL/WINTER CAMPAIGN  
OCT 09-APR 10

REMEMBER, ARMY SAFE IS ARMY STRONG!

# Native American Heritage Month

Article by  
Sgt. David Nunn  
203rd Public Affairs Detachment

Servicemembers from multiple U.S. Military branches gathered together to recognize November as the National Native American Heritage Month during an observance held at the Zone 1 base chapel at Camp Arifjan, Kuwait, on Nov. 20, 2009.

“Native Americans have participated with distinction in the U.S. Military’s actions for more than 200 years,” said Ms. Tiffany Gist, Area Support Group – Kuwait Equal Opportunity Representative for Third Army. “Their valor in battle goes as far back as the War of 1812, WW I-II, and every campaign and conflict up to present day operations in support of the War on Terror.”

According to Gist, Native Americans have the highest record of service per capita when compared to other ethnic groups within the U.S. Military.

“In many respects, Native Americans are no different from others who volunteer for military service,” said Gist. “However they do have distinctive cultural values which drive them to serve their country. One such value is their proud warrior tradition and their willingness to engage the enemy in battle.”

These characteristics have been clearly demonstrated by the courageous deeds of Native Americans in combat.

In the 20th century, five Native Americans have been among those Soldiers to be distinguished by receiving the United States’ highest military honor; the Congressional Medal of Honor. Given for military heroism and “above and beyond the call of duty,” these warriors exhibited extraordinary bravery in the face of the enemy. Two of which made the ultimate sacrifice for their country.

According to Gist, Native American cultural traditions have valued strength, honor, pride, devotion, and wisdom as qualities of a warrior. These qualities are reflected in our modern military’s core values, and have made Native Americans serving in our military a perfect fit with our Nation’s traditions. 



Photo by Sgt. David Nunn



Photo by Cpl. Brandon Bahbit

Servicemembers participate in the Native American Indian Heritage 5K run on the morning of Nov. 19, at Camp Arifjan. The run, which saw over 200 participants, is part of Third Army’s Equal Opportunity Mission to promote the awareness of the different ethnic groups who have served in the U.S. Military.

# Thanksgiving Menu

## Salad

**Shrimp Cocktail**

**Garden Vegetable Salad**

**Assorted Dressings**

## Entrée

**Roasted Turkey**

**Baked Ham**

**Steamship Round**

**Beef Tenderloin (AF only)**

**Prime Rib**

**Cornbread Dressing**

**Savory Bread Dressing**

**Glazed Sweet Potatoes**

**Mashed Potatoes**

**Seasoned Green Beans**

**Cranberry Sauce**

**Seasoned Corn**

**Assorted Gravies**

## Desserts

**Assorted Cookies and Pies**

**Decorated Cakes**

**Assorted Hard Candies**

**Mixed Nuts**

## Beverages

**Sparkling Red Wine**

**Sparkling White Wine**

**Assorted Drinks**



# NEWS IN BRIEF

## AP source: US envoy objects to troop increase

The U.S. envoy in Afghanistan, a former Army general who once commanded troops in the country, has objected strongly to emerging plans to send tens of thousands of additional forces to the country, a senior U.S. official said Wednesday. Ambassador Karl Eikenberry resigned his Army commission to take the job as U.S. ambassador in Kabul earlier this year, and his is an influential voice among those advising President Barack Obama on Afghanistan. Eikenberry sent multiple classified cables to Washington over the past week that question the wisdom of adding forces when the Afghan political situation is unstable and uncertain, said an official familiar with the cables. The official spoke on condition of anonymity to discuss internal administration deliberations and the classified documents.

Cables are diplomatic messages that may or may not be classified and carry greater heft than other forms of communication such as e-mail.

Eikenberry made the point that the administration should step cautiously in planning for any troop buildup while there are still so many questions surrounding Afghan President Hamid Karzai, the official said. Eikenberry is the front line U.S. official dealing with Karzai, the U.S.-backed leader whose administration was stained by corruption and mismanagement. It was a visiting senior senator, Democrat John Kerry of Massachusetts, who was instrumental in persuading Karzai last month to accept the findings of a U.N. panel that his re-election vote in August was too marred by fraud to stand.

## Pakistanis worry about US nuclear intentions

In Washington, the ultimate Pakistani nightmare is that the country's nuclear arsenal could fall into the hands of Taliban militants or rogue soldiers.

In Islamabad, though, talk of nuclear weapons taps into a very different fear: Washington.

The United States, they'll tell you in this capital city of well-ordered neighborhoods and retired generals, wants to seize Pakistan's arsenal. And as Pakistan spirals into ever-worse bloodshed, they worry Washington might find an excuse.

On Tuesday, a suicide bomber attacked a crowded northwestern market, killing 24 people. In the most audacious assault, militants stormed the Pakistani army headquarters last month, raising fears around the world of a security apparatus

that has trouble protecting its own generals — let alone a nuclear arsenal estimated at 70-90 warheads.

There is "a unilateral U.S. plan to have a force in Pakistan to attempt to take out the (nuclear) triggers and thereby decapitate the nukes," Shireen Mazari, editor of the prominent English-language newspaper *The Nation*, wrote in a front-page editorial. "Is that why we are seeing so many covert U.S. personnel coming into Pakistan?" she continued, a reference to the widespread belief that American military contractors are slipping into the country.

Such talk reflects the delicate and often contradictory nature of Pakistan-U.S. relations as well as the peculiar role that nuclear weapons play in Pakistan's self-image.

Certainly not every Pakistani is worrying about American nuclear commandos, but it's far from just the extremist fringe. Although Washington has given billions of dollars in aid to Pakistan over the years, the U.S. is also seen here as an untrustworthy ally willing to betray its friends without warning.



## Obama seeks more options for Afghanistan

President Barack Obama rejected the Afghanistan war options before him and asked for revisions, his defense secretary said Thursday, after the U.S. ambassador in Kabul argued that a significant U.S. troop increase would only prop up a weak, corruption-tainted government.

Obama's ambassador, Karl Eikenberry, who is also a former commander in Afghanistan, twice in the last week voiced strong dissent against sending large numbers of new forces, according to an administration official. That puts him at odds with the current war commander, Gen. Stanley McChrystal, who is seeking thousands more troops.

Eikenberry's misgivings, expressed in classified cables to Washington, highlight administration concerns that bolstering the American presence in Afghanistan could make the country more reliant on the U.S., not less. He expressed his objections just ahead of Obama's latest war meeting Wednesday.

At the war council meeting, Obama asked for changes in the four options he was given that could alter the dynamic of both how many additional troops are sent to Afghanistan and their timeline in the war zone.

Defense Secretary Robert Gates said the discussion turned on "how can we combine some of the best features of several of the options to maximum good effect." He added: "There is a little more work to do. I do think that we're getting toward the end of this process." <sup>A</sup>

## 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  
KNB Cell 6691-4967

## NCO Spotlight

### Sgt. 1st Class Lisa Walton



"I love helping people and I am excited to be here in Kuwait."

Sgt. 1st Class Lisa Walton has almost 20 years of military experience in the National Guard. For the last 5 years she has been with the National Guard Bureau out of Arlington, Virginia. Walton enjoys spending time with loved ones and refers to herself as the 'glue' that keeps her family together. One of her goals is to be considered for the E8 promotion board in the near future. Her advice to younger soldiers, "no matter what choice you make in life, just be sincere, passionate, and do it from the heart."

## Just One Question ...

What role do you feel you play on the war effort from here in Kuwait?



"I feel I have a purpose in that because I keep all tactical battle command systems fully operational, thus allowing key leaders and service-members of all levels to monitor battle space so that they have access to key info to support the war fighters."

Alan Carrico  
Civilian Computer Technician  
Phoenix, Ariz.



"Any military leader throughout history knows that combat support units are paramount in sustaining the war effort, which is a big part of winning the fight. That is where we come into play here in Kuwait."

Spc. Richard Fale  
Third Army Paralegal  
Honolulu, Hawaii



"I feel we play an important role while supporting the different branches in keeping all the warriors healthy as they come and go into potentially dangerous areas of combat."

Petty Officer 3rd Class  
Randy Cunningham  
EMFK  
Birmingham, Ala.



"Our role here in Kuwait is very special in that if someone gets hurt, we fix them up so that they can get back into the fight to help us win the war. That is very fulfilling."

Petty Officer 3rd Class  
Oheneba Amponsah  
Yonkers, N.Y.



"My job here as a vehicle driver provides me the opportunity to drive around distinguished visitors whose decisions make an important impact on the outcome of the war, and that alone gives me a purpose in Kuwait."

Cpl. Phillip Stewart  
MARCENT-Kuwait  
Las Vegas, Nev.

## ***Shot for H1N1***

Once long awaited, vaccines for the H1N1 (Swine Flu) are now readily available for deployed Servicemembers, their families and DOD civilians overseas. Since its first reported case in April of 2009, the virus has been responsible for over 600 deaths in the U.S alone.



Photo by Spc. Monte Swift

## ***Around Third Army***

### ***Marine Corps Ball***

Color guard members from the Marine Security Guard Detachment Kuwait present the national colors before the Marine Corps 234th Birthday Ball. Marines and civilians from all over Kuwait were invited to attend the U.S. Embassy in Kuwait's ball to recognize the day the Marine Corps was born, Nov. 10, 1775. On that date, the Continental Congress authorized two battalions of Marines. Marine Maj. Gen. John A. Lejeune issued an order Nov. 1, 1920, formalizing Nov. 10 as a Marine Corps holiday.



Photo by Roshan Crasta Photography

### ***Hanging by a string***

At the Beirut Air Base, Air Assault Regiment Soldiers fast rope and rappel from LAF UH-1s as part of training for a demonstration held for Lebanon Independence Day festivities.

Photo courtesy of International Military Affairs

