



# The Desert Voice

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

April 14, 2010

## NICKEL II

### SUSTAINING the Third Army MISSION

Part III

### The largest logistical operation since WWII

- Cleaning up the drawdown
- A march to remember



# DV

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Vehicles bound for Afghanistan line up at a Seaport of Debarkation. Third Army supports all equipment for the Buildup in Afghanistan getting to the warfighter on the ground in a timely manner to achieve the mission. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment.)

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

April 1, 2010

To the Third Army/USARCENT Team,

April brings us warmer weather, two major religious holidays, and two national observances. It also finds us much busier in the wake of a successful democratic national election in Iraq, the continued redeployment and retrograde of forces and equipment out of Iraq, and the continued build-up of forces and capabilities in Afghanistan.

In addition to our *Mission of sustaining the fight* in Iraq and Afghanistan, we will continue to be *ready to fight* by exercising our Assault Command Post concept during EARNEST LEADER this month. During EARNEST LEADER, we will work with our partners in Saudi Arabia to ensure the interoperability of US and KSA forces in defense of our common interests. We will continue to *shape the future* by working together to foster peace and stability in the region and in the world.

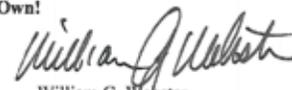
We will also continue to take care of our *People*. In March, we conducted a Strategic Relocation Rehearsal and a Civilian Strategic Relocation Expo in support of our continued move to Shaw Air Force Base. Preparing our *Soldiers*, our *Civilians* and their *Families* for what they must do is an essential task for us, and we are thankful for the hard work that many Third Army/USARCENT *Team* members put into these events. Approximately 130 Third Army/USARCENT *Families* will move to Shaw over the next year, and we are doing our best to set them up for success.

April is also known as the Month of the Military Child. There are more than 900,000 military children throughout the United States, many of them living without a parent...a *Soldier*, *Sailor*, *Airman* or *Marine* deployed to our AOR. We must recognize these "Everyday Heroes" whose sacrifices for the Nation are no less important than our own. They remind us that we truly are a *Team*: a group of varied individuals, working toward a common goal. Without *Teamwork*, we cannot do what we must do for our Nation.

We are thankful for the hard work and dedication of each member of the Third Army/USARCENT *Team*, and we wish everyone a happy Easter, a blessed Passover, and a pleasant springtime as we continue to work together in 2010.

Patton's Own!

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

  
William G. Webster  
Lieutenant General, US Army  
Commanding General

# DV

The  
Desert  
Voice

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

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# Webster : Drawdown and Buildup dubbed “Nickel II”



Civilian contractors use a crane to raise an Army Medium Lightweight Truck off of a Heavy Equipment Trailer in Support of Third Army's Buildup in Afghanistan at the Seaport of Debarkation in Kuwait. Third Army has named this unprecedented logistical effort, "Nickel II."

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

The combined drawdown in Iraq and surge in Afghanistan has been dubbed “Nickel II.”

“This is the largest operation, that we’ve been able to determine, since the build-up for World War II,” said Lt. Gen. William G. Webster, commanding general, Third Army.

Webster described a mammoth logistical task in moving 30,000 troops and tons of supplies to Afghanistan, while pulling out equipment and tens of thousands of forces from Iraq -- all by a September deadline.

About 2.8 million pieces of equipment are being withdrawn from Iraq as part of a gradual U.S. drawdown underway, and the Army has to decide what items can be shifted to Afghanistan, shipped back to the United States or left behind in Iraq, according to Webster.

“We began, actually, last June moving equipment out of Iraq, and we’re sorting it out here in Kuwait,” said

Webster. “Some of it goes into Afghanistan; some of it goes back to the Army to be reset back in the depots and then returned to our Soldiers who are training back in the United States.”

The codename plays off the Third Army’s role in WWII during the Battle of the Bulge. Third Army had to stop a full scale attack to the east, pull back the entire Army, swing around ninety degrees and begin another full scale attack on the southern flank of the German forces. They accomplished this in three days.

“So when we looked at that operation historically and the size of it, we realized that we were many times greater than that and over a much longer duration,” said Webster.

Less than two years ago, military officials said about 80 percent of supplies were coming through Pakistan in the Northern Distribution Network.

The NDN includes five routes through Central Asian countries, with the longest stretch approximately 8,000 kilometers (5,000 miles) long. [A](#)



Air Force Maj. Gen. Robert McMahon looks out the window from a helicopter as Soldiers from the Combined Joint Task Force 82, Regional Command East head to Forward Operating Base Torkham, Afghanistan.

# CENTCOM Logistics team visits troops at Torkham

Story and photos by  
Maj. Christopher LeCron  
Warrior Citizen Media Center

As part of an ongoing effort to enhance logistics throughout Afghanistan, the Director of Central Command Deployment and Distribution Operations Center, Air Force Maj. Gen. Robert McMahon, met with U.S. logistics and border security forces from Combined Joint Task Force 82nd (Regional Command-East) at Torkham Gate, the border crossing between Afghanistan and Pakistan.

“This is the main entryway into Afghanistan,” said Lt. Col. Seibert, the U.S. military officer in charge

of the Torkham Gate mission. Torkham Gate serves as both the busiest port of entry for commercial goods from the Pakistan border and the busiest major route in supplying U.S. and NATO coalition forces throughout the country of Afghanistan.

The border crossing is located by the Khyber Pass, a mountain pass that links Afghanistan and Pakistan inside the Hindu Kush mountain region. The majority of military cargo moving into Afghanistan in support of U.S. and NATO forces moves by truck. These supply trucks transit Pakistan and then cross into Afghanistan by way of

the Torkham gate.

“You are making a difference for the nation of Afghanistan,” said McMahon to the logistics and security forces stationed at Forward Operating Base Torkham. “Your mission... is of vital importance.”

The logistics team at Torkham includes a movement control team and surface movement specialists. Military cargo is tracked and cleared through the border crossing for forward movement throughout Afghanistan. Security forces from the U.S. military, NATO, the Afghan national army, and the Afghan national police ensure the proper procedures are followed

in regards to customs clearances, tariff memorandums, biometrics scans, and force protection in order to transport cargo safely, securely, and efficiently.

The recent visit included discussions of how to improve the logistics and security mission at Torkham. One planned initiative is the development of a reliable, secure communication channel with the Pakistan military and government.

Other discussions focused on a potential increase in border forces from the local Pakistan population and a potential program to train Afghanistan Soldiers on border control procedures used in the U.S.

The town of Torkham lies in the Nangarhar province of Afghanistan and the Khyber Agency of Pakistan's Federally Administered Tribal Areas, right on the Durand Line border.

The Central Command Deployment and Distribution Operations Center works closely with Third Army in providing warfighters on the ground in Afghanistan with the important materials needed to succeed with their mission. 



Left: Combined Joint Task Force 82nd Soldiers and logistics units walk the Torkham border crossing area with CENTCOM Deployment and Distribution Operations Center Director, U.S. Air Force Maj. Gen. Robert McMahon.

Below: Afghanistan Soldiers man a security station near Torkham on the Afghanistan and Pakistan border. Torkham is a border crossing town in the Nangarhar province of Afghanistan and the Khyber Agency of Pakistan's Federally Administered Tribal Areas, right on the Durand Line border.




**Ready Tonight**  
**Sustain the Fight**  
**Shape the Future**  
**Third Army/U.S. Army Central**

# Logisticians reshuffle troops' equipment



A container full of materials destined for Afghanistan is lowered onto a ship within Third Army's AOR. Third Army installations play a large logistical role in the buildup efforts to ensure success in the OEF mission. (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment.)

Story by  
Michelle Tan  
*Army Times*

The Army's top logisticians have ramped up for the monumental task of removing millions of pieces of war-fighting equipment as combat forces prepare for the end of the war in Iraq.

The task of moving the more than 3.1 million pieces of equipment is a greater challenge due to ongoing — and rapid — increase in troops headed for Afghanistan this spring and summer.

"We're at the center of the universe right now for logistics synchronization as we draw down forces in Iraq and build up forces in Afghanistan," said Brig. Gen. John O'Connor, commanding general of Army Materiel Command-

Southwest Asia and director of logistics for Third Army. "As you can imagine, this is a very complex operation."

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**"It's a theater in  
constant motion."**

-Brig. Gen. John O'Connor,  
director of logistics, Third Army

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Since October 2009, more than \$1.25 billion in equipment and supplies have been moved out of theater. An additional \$145 million worth has been redistributed from Iraq to Afghanistan.

But more work remains to be done.

O'Connor, who is deployed to Kuwait, said the Army and its

partners — from U.S. Transportation Command to the Defense Logistics Agency — must move its equipment out of Iraq by the end of 2011.

According to the security agreement between the U.S. and Iraq, the number of U.S. troops remaining in Iraq will drop to 50,000 by Aug. 31 and all troops are due out of Iraq by the end of 2011.

As of March 23, more than 80,000 Soldiers were deployed to Iraq, with more than 15,000 in Kuwait.

There are about 3.1 million pieces of equipment, ranging from handheld radios, thermal sights, generators, trailers and 60,000 vehicles, including Humvees, Strykers, Mine Resistant Ambush Protected vehicles and heavy trucks

in Iraq.

“Of that equipment, about 2,500 items, mostly vehicles in the MRAP family, are being moved to Afghanistan,” said O’Connor.

The additional equipment will support a surge of 30,000 troops, as ordered in December by President Obama, into that country and an additional 2,600 MRAPs will move to Afghanistan from the U.S.

About half of the equipment being pulled from Iraq have moved or are being moved to Afghanistan.

As for the non-rolling stock, the goal is to draw down that equipment to no more than 1.8 million



Materials destined for Afghanistan are loaded onto a Third Army transport ship at a port in Third Army’s area of responsibility. Third Army and units attached to it are the central “hub” of the Drawdown in Iraq and Buildup in Afghanistan. (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment)

pieces by the end of August.

The goal for the rolling stock is to reduce that number from 60,000 pieces to about 37,000 by Aug. 31, according to O’Connor.

“About two-thirds of the equip-

ment is being sent back to the U.S. for reset. However, some could be sold to the Iraqi army or police, and still others sold to the other services or federal agencies conducting operations in the region,” said O’Connor.

“There are deliberate processes that we have put in place,” said O’Connor. “That includes standing up the Army Central Support Element-Iraq, which houses specialists from

Materiel Command, the Army and the Defense Department who can decide what to do with each piece of equipment.”

Since June, the support element has processed more than 125,000 items of non-rolling stock and more than 11,000 wheeled vehicles.

The drawdown in Iraq is part of an “unprecedented” military operation, O’Connor said, and the priority is to ensure the right equipment gets into the hands of the war fighters.

“We’re supporting two large joint operating areas, we’re doing a responsible drawdown, we’re building up in Afghanistan, it’s a theater in constant motion,” he said. “The whole role of Third Army is to set the theater, to make sure we’ve got positive accountability of our equipment and supplies ... and make sure this stuff is delivered on time, on target.”<sup>A</sup>



A Mine Resistant Ambush Protected vehicle destined for Afghanistan is loaded into the back of a C-17 Globemaster III aircraft at an airbase within Third Army’s AOR. (Photo by Spc. Monte Swift, 203rd Public Affairs Detachment)



Above series: Civilian contractors install Objective Gunner Protection Kits on a Mine Resistant Ambush Protected vehicle before the vehicles are sent to Afghanistan to keep the warfighter safe.

# Team of teams make MRAP safer

Story by  
Sgt. Daniel Lucas  
203rd Public Affairs Detachment

**T**hird Army, with the support of the Army Materiel Command, the MRAP Sustainment Facility, Department of Defense civilians from the Forward Repair Activity and the 402nd Army Field Support Brigade, creating a team of teams, have stepped up the schedule for installing Objective Gunner Protection Kits on MRAPs before sending the vehicles to Afghanistan.

Objective Gunner Protection Kits, which improve the protection of the gunner, with taller armoring and transparent shields offering enhanced visibility of the surrounding area, have previously shipped separately from the vehicles due to certain limitations by road and by air. Due to emerging requirements and conditions on the ground in theater, there became a need to complete as much of the maintenance and integration as possible prior to delivery.

“We are working diligently with our partners from the MSF to get these vehicles ready and shipped, so we can get them into the fight as quickly as possible,” said Marvin L. Burselson, FRA supervisor.

Within a week of the emerging requirement, the team was put together and ready to work.

In the four days that followed, 107 MRAPs were successfully integrated with another 400 on the way, putting the MSF a month ahead of the required schedule due in part, to the partnership of the different organizations.

“This is a great example of what can be accomplished when organizations pool their collective resources and work towards their strengths,” said Marine Maj. Bryan H. Paton, MSF site lead. “The teamwork and efficiency produced by this joint effort enabled the MRAP Sustainment Facility to work all of our planned missions and fulfill this top level requirement without missing a beat.” [A](#)

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**NOTE :** We apologize, in a story titled, “Out with the “Pro” in with the Caiman” in the last DV Issue, we incorrectly stated the AMC refurbishes Max Pros before going to Afghanistan, when in reality it is the JPO who does the refurbishing.

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# Army Materiel Command works multi-billion dollar mission

Story and photos by  
Sgt. Jason Adolphson  
1st TSC Public Affairs Office

Twenty-four hours a day, seven days a week, someone is washing vehicles and equipment at the wash rack in Camp Arifjan. The wash rack serves as a tool for regular maintenance; but the water pressure is cranking up a notch as everything passing through the camp in response to the Iraq drawdown gets a good, solid cleansing before transitioning out to other locations.

“There’s a big waterfall of equipment coming out of Iraq as we get closer to the deadline for the drawdown,” said Maj. Bo Donohoo, 2nd Battalion, 401st Army Field Support Brigade. Donohoo, who works at the stock yard, said he considers the yard to be a catcher’s mitt for all of the equipment.

Moreover, the lot serves as a cache for billions of dollars in equipment. Each MRAP is worth more than one million dollars and the stock yard contains approximately 500 of them, according to Donohoo. The lot also has tanks, Bradleys and Humvees in addition to other equipment.

“The Army is a living, breathing animal,” Donohoo said. “All of that theater required equipment that has been purchased over the last eight years for Iraq is coming down here. We get it to the wash rack and get it moving.”



Sgt. Matthew Tigner sprays down a Mine Resistant Ambush Protected vehicle at the Camp Arifjan wash rack after a convoy logistics patrol. The Columbus, Ohio, native, serving in 2nd Heavy Equipment Transportation Company travels an average of 4,000 miles every 10 days transporting equipment from Iraq to Kuwait in support of the Iraq drawdown.

Approximately 500 tactical and non tactical vehicles come through the wash rack here daily. Staff Sgt. Jason Frye, who works at the wash rack, said everything coming from Iraq gets washed for maintenance purposes and agricultural inspections.

Frye said a thorough cleaning, depending on the piece of equipment, can take anywhere between one to 36 hours before a U.S. military customs inspection. “Customs inspects for dirt and contaminants that can pose any potential environmental problems,” Frye said.

The U.S. Army Materiel Command processes all vehicles for maintenance and updates before pushing them out to other locations. Placement of the equipment varies based on the needs of the Army.

“We retrograde it back to the United States, ship it up in support of [Operation Enduring Freedom], or keep it here in Kuwait as part of the Army’s prepositioned stock,” Donohoo said. “We get about 2,000 pieces of equipment a month and we’re anticipating much more as the drawdown continues.”

“A lot of people are counting on us to make this happen – all the way up to the president,” he added. 



Colorado Springs, Colo., native, Spc. Anthony Simms sprays down a Mine Resistant Ambush Protected vehicle at the Camp Arifjan, Kuwait wash rack. The wash rack serves as one of the pit stops that equipment goes through before transitioning out to other locations, stateside and in support of other operations.

# Honoring Bataan at Camp Arifjan

## Paying tribute to WWII vets

Story by  
Bob Brewin  
GovernmentExecutive.com

On March 29, military and civilian folks participated in the 21st Annual Bataan Memorial Death March at Camp Arifjan, Kuwait.

Lt. Col. Jonathan Allen, a spokesman for the Third Army in Kuwait, said the event at Camp Arifjan attracted 255 marchers, including Navy Cmdr. Sherri Santos, a niece of a Bataan Death March survivor and a nurse at the Expeditionary Medical Facility in Kuwait.

Santos' uncle, Sgt. 1st Class Isaias Ladia was captured by the Japanese Army in the spring of 1942 in the Bataan jungle, starving and without ammunition. After surrendering, he and 75,000 Filipinos and Americans marched some 60 miles to POW camps,



Cmdr. Sherri Santos, a nurse at the Expeditionary Medical Facility in Kuwait walks in a simulated march with a sign on her back honoring her uncle, Sgt. 1st Class Isaias Ladia who was forced into and survived the Bataan Death March in the Spring of 1942. (Photo by Navy Cmdr. Lori Krevetski.)



Capt. Katey Schrumm, dietician, Third Army, came in first overall in the Kuwait March with a time of 1:32:50. She said she focused on the fact that the month of March was Women's History Month and also National Nutrition Month. (Photo by Lt. Col. Jonathan Allen, Third Army Public Affairs Office.)

with about 18,000 killed or having died of other causes such as exhaustion or disease along the way.

After the war, Ladia returned to his home town of Cagayan, Philippines, and then moved to the United States in 1982 -- free of the bitterness he had carried since Bataan -- and died in 1994.

Santos sported a Philippine flag on her 35-pound pack along with an inscription honoring her uncle, whose spirit, for a few hours, lived on almost 5,000 miles from Bataan.

Capt. Katey Schrumm, the Third Army dietician, came in first overall in the Kuwait March, with her time of 1:32:50. She said she focused on the suffering of the Soldiers on the death march to get past her pain threshold and then for added motivation, she said she focused on the fact that the month of March was Women's History Month. Finally, true to her occupation, Schrumm also drew inspiration from the fact that this is also National Nutrition Month. 

# Third Army families tour Shaw/Sumter Community

Story by  
Laurie Batule  
Third Army Family Readiness Program Manager

Third Army Soldiers, civilians and Family members experienced the City of Sumter's warm, personal response to the command's strategic Relocation Plan during a tour of the community March 27. Those who had traveled from Fort McPherson, Ga., were welcomed by the City of Sumter Fire Department Honor Guard who proudly presented and displayed the colors as the mayor led the entire gathering in the Pledge of Allegiance.

"The Sumter community has enjoyed a long-standing relationship with the Air Force and we are looking forward to the arrival of the Third Army," the Honorable Joseph T. McElveen Jr., Mayor of Sumter said. "We welcome and admire the morals and values that the military brings to our community.

Southern hospitality was not taken lightly by the Sumter hosts. Each participant was assigned a sponsor from the Sumter community who accompanied them throughout the day, ensuring that a first class tour was given to their new friends and soon to be neighbors.

Prior to their arrival, Third Army Families selected areas of interest specific to their needs.

"I was looking for downtown living and was able to

view the area the city will be revitalizing, and it looks promising," Rovelma Hudson, Third Army, Safety Office said. "I visited the museum, library and opera house. For a town this size, they do have a multitude of venues. And as a professional shopper, I did find a few deals while in Sumter."

Sumter sponsors drove Soldiers, civilians and their Families to the area's private and public schools where they were escorted throughout the facilities by teachers and staff.

With 37 Open Houses in 22 neighborhoods, many took the opportunity to walk through some of the available homes in Sumter.

"Initially we were definitely going to live in Columbia, however, now we will live in Sumter and plan to build a home in a subdivision in Dalzell," said Dr. Sharon Locklear, Third Army, personnel civilian. "Our sponsor was wonderfully informative. We visited subdivisions, schools, local restaurants and other places of interest.

As the tour concluded, McElveen expressed the community's excitement in anticipation of Third Army's move. "We are proud to welcome the Third Army to Sumter," McElveen said.

"We are proud to call you our friends and neighbors. You are our heroes." 



Third Army members and their families enjoy an outdoor picnic during a guided bus tour of the Sumter and Shaw AFB communities. Third Army Soldiers and their family members got a chance to tour the area and meet with locals in preparation for the upcoming Strategic Relocation in 2011. (Photo by Senior Airman David Minor.)

# Command Post Loading... on a C-17



Left: A Third Army up-armored humvee backs an equipment trailer into a C-17 Globemaster as part of an Assault Command Post training exercise at an airbase in Southwest Asia March 22. An ACP is a temporary command post established to perform critical command and control functions. The exercise, part of Third Army's ongoing ACP training mission, ensures forces will be ready to deploy at a moment's notice. (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment)

Right: A Third Army Light Medium Tactical Vehicle, carrying equipment for an Assault Command Post, backs into a C-17 Globemaster III during a training exercise at an airbase within Third Army's Area of Responsibility March 22. An ACP performs critical command functions in tactical operations. "Ensuring our ACP is ready is one of Third Army's three major missions and could change the status of Third Army faster than any other," said Lt. Gen. William G. Webster, Third Army commanding general, during a visit to a command post exercise in February. (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment)



Left: Third Army up-armored humvees, trucks, trailers and equipment are loaded into a C-17 Globemaster III as part of an Assault Command Post training mission at an airbase within Third Army's Area of Responsibility March 22. An ACP monitors the current fight with tactical forces on the ground while synchronizing the flow of follow-on forces into the area of operations. The ACP loading exercise was designed to test Third Army's readiness to deploy. (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment)

# Medical Exchange proves Third Army “Ready Tonight.”

Story and photos by  
Sgt. Beth Lake  
Third Public Affairs Office

Third Army and the Uzbekistan military came together March 22-26 for an information exchange on biomedical equipment repair.

The exchange played a key role in Third Army’s mission to stay ready for no-notice deployment while being able to seamlessly work with partner nations on U.S. and NATO humanitarian relief missions.

“The intent of the event was to work with the Uzbekistan Military forces to understand how each country’s biomedical repair program works while learning new ways to sustain and extend the lifecycle of assigned medical equipment,” said Sgt. 1st Class Drexil Smothers, Third Army Medical Operations Noncommis-

sioned Officer.

The event began with a tour of the Central Clinic Military Hospital in Tashkent where Third Army Soldiers were given briefings on how the Uzbekistan military repairs and maintains medical equipment in order to ensure it is clean and safe.

Smothers explained that Uzbekistan standards are similar to U.S. procedures in the reception, inspection, and calibration of equipment. The differences are that the Uzbekistan military calibrations are conducted quarterly opposed to annual U.S. standards and they use civilian engineers assigned to each directorate to maintain biomedical equipment.

“Due diligence in the Uzbekistan Military forces’ quarterly technical inspections and verified equipment calibrations were the major points that

impressed me about this mission,” Smothers said. “U.S. technical inspection standards are based on an annual cycle, which highlights the Uzbekistan quarterly standard as an outstanding program.”

The exchange was one of more than 200 theater security cooperation events Third Army has held over the past two years designed to increase interoperability between the more than 20-countries in its area of responsibility.

“The Third Army and Uzbekistan relationship was strengthened through this exchange,” Smothers said. “There was a deepening of regional integration and the capability for participation in future U.S. and NATO humanitarian relief missions.” **A**



Members of the U.S. and Uzbekistan military pose for a picture during Third Army’s information exchange on biomedical equipment repair information exchange in Tashkent, Uzbekistan. The event played a key role in Third Army’s mission to stay “ready tonight.”

# DoD, Third Army says, 'Facebook OK'

Story by  
Sgt. Beth Lake  
Third Army Public Affairs

From Facebook to Twitter to You Tube, social networking sites have become engrained in the daily life of many Americans. They provide a venue where coffee dates are scheduled, old high school friends reconnect, and videos are uploaded to share creative talents.

More importantly, many companies and government agencies, including the U.S. Army, are using social media sites to tell their story. Through the click of a mouse button, a recent event can be blasted out on the internet to a national and sometimes international audience. This can be a promising marketing tool or a potential security threat.

For this reason, when the Department of Defense released DoD Directive-Memorandum 09-026 in late February 2010, allowing the use of social networking sites on government networks, they did so with a strong message about operational security. Third Army is taking this message and implementing the policy in full force.

"We have been following the guidance and directives provided by the Army, U.S. Central Command and DoD," said Chief Warrant Officer 3 Tonita Coleman, Third Army Information Assurance Manager. "In the past, Third Army has filtered websites that contain explicitly prohibited activities such as gambling, pornography, hate related and/or "hacking" sites as well as questionable or known malicious content reported by our servicing Theater Network Operation Center."

With the release of this directive, Coleman said the unclassified network will now allow access to Internet-based capabilities while still protecting the network. When visiting these sites, users need to know how they pose a threat.

"Malicious content can be unknowingly embedded in links, applications and/or files received on these sites in order to exfiltrate data on government computers or make it part of a Botnet community which can then be used to launch a more serious attack against other vital government systems/networks," Coleman said.

In order to prevent these types of computer attacks, Coleman gave a list of quick facts to remember in order to ensure operational security isn't compromised. 

- Users should not discuss government related information on social networking sites which may compromise the operations and/or integrity of a represented organization or government agency.

- When posting comments to any type of SNS that is a matter of their personal opinion, the user should include a disclaimer that it is their opinion and does not reflect the official position of the U.S. Army.

- Users should not discuss information SENSITIVE in nature as determined by the Third Army Critical Information List.

- Although some sites have been established as a virtual environment to promote collaboration and the sharing of ideas or thoughts, not all information contained on those sites can be trusted.

- While social networking sites connect people around the world, people who have the intent to harm or disrupt the operations of the U.S. government have used these sites to their advantage based upon the information that can be obtained from them.

The DoD policy is effective immediately and users can now view anything from Armed Forces Network Commercials on You Tube to a deployed unit's Facebook page on government computers. Those interested in learning more about the policy can read the directive online at <http://socialmedia.defense.gov/> or contact the Third Army Information Assurance Division.

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



# Safety



Story by  
Master Sgt. Angela Clemente  
Third Army Safety Office

On March 28 at around 7:45 p.m., two Daewoo buses were involved in an accident. A convoy was going from KCIA to Camp Buehring under escort with military passengers on-board. The convoy was traveling on the middle lane on 6th Ring road near Kuwait Dairy farm at an unknown speed, when the convoy applied brakes suddenly. This caused the HB 535 bus, which was last in the convoy, to have a front side collision with HB 525. The bus driver and 14 military passengers sustained injuries.



The HB 535 had its front windshield broken, front body and bumper badly damaged, and the HB 525 had its rear bumper and body badly damaged. This is the fourth bus accident to occur between the period of March 2009 and March 2010.

## Recommendations/Lessons Learned

Maximum speed for all vehicles in convoys or alone is 90 KPH. Vehicle spacing in convoys traveling at speeds less than 40 KPH shall be not less than one and one half Bus/Truck lengths between vehicles. Vehicle spacing in convoys traveling at speeds between 40 KPH and 90 KPH shall maintain not less than three bus/truck lengths between vehicles. Increasing the distance between vehicles will provide the driver with additional time that may be needed to safely avoid a

traffic hazard. The experienced driver recognizes that space is the best protection against being seriously injured or killed in an accident.

PMCS, are the periodic maintenance checks and service and performed before, during, and after any type of vehicle movement. Ensure the vehicle is in good mechanical condition and safe to operate. Make sure tires and brakes are checked before you hit the road. Proper tire inflation not only ensures the life of tires, but it also reduces the risk of a blowout and increases gas mileage.

One problem with night driving is almost 90 percent of a driver's reaction depends on vision. Without sunlight, depth

perception, peripheral vision, and color recognition plummet, demanding more focus.

## Things to do to improve night driving :

1. Don't out drive the beams of your headlights. In other words, reduce your speed.
2. Maintain a greater-than-normal distance from the car in front of you. Distances are more difficult to gauge at night.
3. Switch to low beams when you're behind someone so you don't blind them.
4. To avoid glare from oncoming traffic, focus eyes on the right edge of the road.
5. Look for signs of oncoming traffic. Watch for headlight flashes when approaching hills or hairpin curves. 



## Camp Arifjan Tax Center

The Camp Arifjan tax center is open for federal income tax return filing, and will remain open during business hours through April 27. All servicemembers and DA civilians are welcome to walk in, and retirees by appointment. The tax center will travel on Mondays to Camp Buehring, Camp Virginia and LSA.

## What to bring:

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

Hours of operation  
Mon-Sat. 0900-1630

# Chaplain's Corner



## Remember OPSEC when...

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

## The Chaplain's Word

*By Chap. (Col.) Richard L. Pace  
Third Army Command Chaplain*

Normally, I throw away those annual reports from institutions that come in the mail. The one I received last week, however, caught my attention with a photo on the cover of a unit in their last formation at home station before deploying. What stood out in the photo was not the ranks of uniformed Soldiers, but the four year old little girl standing at the end of one of the ranks holding the hand of the Soldier next to her.

The information about the photo revealed that the little girl was holding fast to her daddy's hand. The photo credits explained that when the Soldiers were called to stand in formation, the little girl would not let go of her daddy, so the commander wisely permitted the staff sergeant to stand in formation with his little girl who would soon see her daddy get on a plane and head off to war for what would be to her a long, long time.

The photo reminded me of two significant things. First, it vividly depicted the importance of family. It is hard to say goodbye to loved ones, especially the little ones who do not understand the necessity of Soldiers deploying so far from home to protect the interests of the Nation. They are too young to understand that one the highest interests of the Nation is to protect our families from those who would inflict indiscriminate harm.

It is because we love our families that we are willing to make the sacrifice to protect them. And that same love motivates us to stay connected with them while we are deployed.

The second thing the photo brought to my mind was the way staff sergeant dad was holding on to his little daughter is the same way God, our Father, holds tightly to his children. We can be confident that he loves us and will watch over us. I want to be like that little girl and refuse to let go of his hand. **A**

**Coming Soon**

**All EagleCash™ transactions will require a PIN\***



**See your local Finance Office for details**

\*Use the same PIN as on the kiosk. Cardholders without a PIN need to visit the Finance Office to set a PIN.



# Health



## No Excuses

There are many excuses for not improving your diet or exercise habits, but few good ones. Be honest with yourself about the excuses you make and then find ways to beat them.

### **I don't like fruits or vegetables.**

Make a list of the ones you DO like and try to incorporate them into your diet as often as possible. Try a fruit or vegetable you haven't had in a while or try it prepared a different way. Sneak them into foods so that you don't taste them. Add spinach from the salad bar to pasta or soup, carrots and broccoli to stir fry and tomatoes, beets or peppers on a wrap. Eat sliced apples or bananas with peanut butter on a sandwich instead of jam. Mix fruit into yogurt or cereal.

### **I like junk foods too much.**

Healthy eating does not mean deprivation. It does mean moderation. Space out your favorite high fat, high calorie or "junk" foods throughout the week in a small portion. Don't give yourself a cheat day. It is easy to undo a week of hard workouts and healthy eating with one day of eating large quantities of whatever you want.

### **I don't have time.**

This one is difficult in a deployed environment when working long hours is common. It might take some creativity, but there is normally a way to include some exercise and certainly to eat healthier. Walk everywhere you go, do pushups in the office or get up 30 minutes earlier to get in a morning workout. Even 20 minutes of exercise can make a difference. Healthy eating is all about planning ahead. Take healthy snacks at breakfast like fruit or yogurt so you are not tempted by junk foods between meals. Not sure you'll make it to a meal? Keep healthy foods like cereal or oatmeal on hand so that you never skip a meal. If you have to



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

get fast food, look at the restaurant website to identify healthier choices before you go.

### **I'm at a healthy weight.**

Weight and health are not always related. Remember that weight is based on calorie balance whereas health is a factor of our overall lifestyle. Even if you are at an ideal weight and can max your fitness test, it does not mean that you can eat whatever you want. Take a look at where your calories are coming from to determine if you are

optimizing your long term health. Even if you are eating healthy and at your ideal weight, exercise still has beneficial short and long term effects so do not think that exercise is only for people trying to change their weight or body mass.

### **I am too tired.**

Physical exhaustion is a very real thing after several days of sleep deprivation or hard workouts. However, often the fatigue we feel at the end of the day is mental burnout. If you can push through this and start your workout, you will probably find that not only do you have more energy, but the exercise helps you cope with the stress of the day and sleep better at night. Just don't work out too close to bedtime since this may keep you awake.

### **I have a slow metabolism so I can't lose weight.**

Having a slower metabolism or a medical condition like hypothyroidism does not make it impossible to lose weight. It simply means that you have to take in fewer calories than an average person of the same height, weight and gender. Maximize your metabolism by having small meals or snacks every 3-4 hours and adding muscle mass through strength training. Burn more calories every day by increasing your cardiovascular exercises such as running, walking, biking, or swimming.

**Stop making excuses and look for small ways to improve your lifestyle. Only change things you can maintain long-term!** 

# Equal Opportunity



## APRIL IS THE DOD'S SEXUAL ASSAULT AWARENESS MONTH

### Sexual Assault Prevention and Response (SAPRO)

SAPRO is the organization responsible for the oversight of Department of Defense (DoD) sexual assault policy. The Department of Defense is committed to the prevention of sexual assault. The Department has implemented a comprehensive policy to ensure the safety, dignity and well being of all members of the Armed Forces. Our men and women serving throughout the world deserve nothing less, and their leaders — both Military and civilian — are committed to maintaining a workplace environment that rejects sexual assault and reinforces a culture of prevention, response and accountability. SAPRO works hand-in-hand with the Services and the civilian community to develop and implement innovative prevention and response programs.

*If you or someone you know thinks they may have been sexually assaulted, contact your nearest Equal Opportunity office, or your unit's Sexual Assault Victim's Advocate today!*

### THIRD/USARCENT EOA's

COL Fields	318-430-6082
MSG Staples	312-367-2422
SFC Hutchinson	312-367-0628
SFC Henderson	318-430-6867
SFC Ivey	312-367-2422
SFC Springs	312-367-0629

### 1st TSC

SFC Roman	318-430-7880
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### 335th

MSG Lay	318-430-2150
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### ASG-KU

SFC Sydnor	318-430-2215
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### ASG-QA

SFC Carter	318-432-2842
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### 3rd MDSC

SFC Graham	318-430-7474
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### 132nd ENG

SFC Ramie	312-469-5353
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### 513th MI BDE

SFC Money	312-780-6442
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### 4th BCD

SFC Mitchell	312-436-4504
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### THIRD/USARCENT DSARC's

MSG Staples	312-367-2422
SFC Hutchinson	312-367-0628
SFC Henderson	318-430-6867
SFC Ivey	312-367-2422

### 1st TSC

COL Meelheim	(9721-6099)
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### 335th

MSG Lay	(9722-6424)
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### ASG-KU

SFC Smith	(9972-2975)
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### ASG-QA

SFC Carter	(+974-577-9022)
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### 3rd MDSC

LTC Johnson	(9789-7593)
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## Keep the Army Green!

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

### Bring in:

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

Get free printer  
paper and toner  
cartridges!



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

# 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 Buehring**  
**DSN 438-3224 / PMO 438- 3325**  
**Buehring 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**

# Jr. Enlisted Spotlight

**Spc. Deb Looney**  
Third Army Food Service Specialist



Spc. Debra Looney grew up in Pell City, Ala. with her mother Diane and brothers' Derrick and Leon. She initially joined the National Guard as a Food Service Specialist in 2005 because she wanted to prove to the doubters that she could make

it in the military. In 2007, Looney joined the active Army and was stationed at Ft. Campbell with the 101st Airborne. Looney has her Associate's Degree as a Med Assistant from Capps College. She says she likes the military because of all of the educational benefits. Her hobbies include singing, writing music, and spending time with family. Her advice to other junior troops : "Stay motivated and don't let anyone bring you down."

# Just One Question ...

**ASK A JR. ENLISTED WARRIOR**  
Why did you join the military?



"I grew up in a small town and I wanted to travel and see the world, which the Army has done for me."

Spc. David Cintron  
202 Military Intel Detachment  
Pawling, N.Y.



"I joined because of the school benefits and the fact that I wanted to travel."

Petty Officer 3rd Class  
Ngasechele Ruluked  
EMFK  
Guam



"The job market was rough and I wanted a stable job to support my family."

Spc. Cory Leonard  
110th Trans Co.  
Columbus , Ohio



"9-11 is what motivated me to serve my country, along with the educational benefits the military provides."

Petty Officer 3rd Class  
Gary Jordan  
Sealift Command Office  
Pittsburgh, Penn.



"I enlisted because I wanted to learn about and fire all the different weapons."

Lance Cpl. Damien Slater  
IMEF FWD  
Memphis, Tenn.



Left: Spc. Alicia Hall, 1st Theater Sustainment Command, poses for a photo with Tony Sirico and James Gandolfini from HBO's "The Sopranos" during their USO Tour visiting troops at Camp Arifjan, Kuwait, April 1. (U.S. Army courtesy photo)

## Third Army SAAM event

Right: Soldiers attached to Third Army hand out information at a Sexual Assault Awareness Month booth at Camp Arifjan, Kuwait April 10. This year's theme is, "Hurts one...affects all." Third Army supports and promotes a work environment free of sexual assault and is committed to making a safe workplace for all servicemembers no matter if deployed or in garrison. (Photo by Lt. Col. Jonathan Allen, Third Army Public Affairs Office)



Left: Sgt. Juan Arredondo (Retired), from Coachella Valley, California, speaks with Third Army Commander, Lt. Gen. William G. Webster (center-right), at the Camp Arifjan dining facility, Apr. 3. Third Army leaders, including Cmd. Sgt. Maj. John Fourhman (rear-left) joined a group of Soldiers who, participating in a program called "Operation Proper Exit", will return to the sites where they were wounded in combat. (Photo by Cpl. Alex Godinez, Third Army Public Affairs.)