



The Desert Voice

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

April 28, 2010

Third Army's Logistics Hub

Third Army Supports Prevention Through SAAM

- SHARP for SAAM
- Training Photos
- Glass Father and Son Story

DV

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Materials supporting the Third Army buildup mission are loaded onto a 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 the Buildup in other theaters of operation. (Photo by Sgt. David Nunn, 203rd Public Affairs Detachment)

Contact us

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



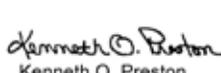
Sexual Assault Awareness Month – April 2010

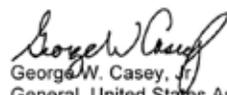
This year, as the Army observes National Sexual Assault Awareness Month, we continue to execute Phase II, “Army Wide Conviction,” of our “I. A.M. Strong” Sexual Harassment and Assault Prevention Campaign. Army leaders, Soldiers and Civilians are increasingly implementing the initiatives of “I. A.M. Strong” and proactively addressing behavior which can lead to sexual assault.

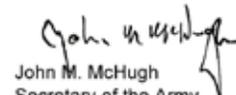
The Department of Defense theme for Sexual Assault Awareness Month is, “Hurts one. Affects all... Preventing sexual assault is everyone's duty.” This theme paints a clear picture of the effect sexual assault has on individuals and organizations; sexual assault not only hurts its victims physically and emotionally, it tears at the moral fiber that gives our Army its strength.

American Soldiers, Army Civilians and Family members are guided by a set of values that distinguishes them from others in our society. Those values and the trust which binds the Army Family together make the crime of sexual assault in our ranks intolerable. If we embrace the tenets of “I. A.M. Strong,” we can prevent such incidents before they occur, avoiding individual trauma and preserving the readiness of our force.

We encourage everyone to take part in Sexual Assault Awareness Month activities. In doing so, we demonstrate our commitment to build and improve the positive climate necessary to prevent the crime of sexual assault and reaffirm the Army's reputation as a mission-ready, values-based organization.


Kenneth O. Preston
Sergeant Major of the Army


George W. Casey, Jr.
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army

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Voice

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Third Army aims to PREVENT sexual assault with “Hurts One Affects All”

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

The month of April has been designated the Army’s Sexual Assault Awareness Month (SAAM) with the theme, “Hurts One Affects All.”

The goal of SAAM is to raise public awareness about sexual violence (focusing on sexual assault) and to educate communities and individuals on how to prevent sexual violence as part of the “I AM STRONG” campaign.

This year, the Sexual Assault Awareness Month campaign focuses on preventing sexual violence in the military while empowering leaders.

Servicemembers experience disproportionately high rates of sexual violence, with young women being at the highest risk to be a victim of

sexual assault.

This year’s SAAM brings together resources and information across a variety of military-related topics, with an emphasis on incorporating primary prevention efforts into servicemembers’ everyday lives.

Third Army is encouraging commanders to use this resource as part of the Army’s Sexual Assault Prevention and Response Program.

Leaders are accountable for the actions of their Soldiers and Third Army’s Sexual Assault Awareness programs reinforce the military’s commitment to eliminate incidents of sexual assault through a policy focusing on education, prevention, integrated victim support, rapid reporting, thorough investigation, appropriate action, and follow-up.

Third Army policy promotes sensitive care for victims of sexual assault

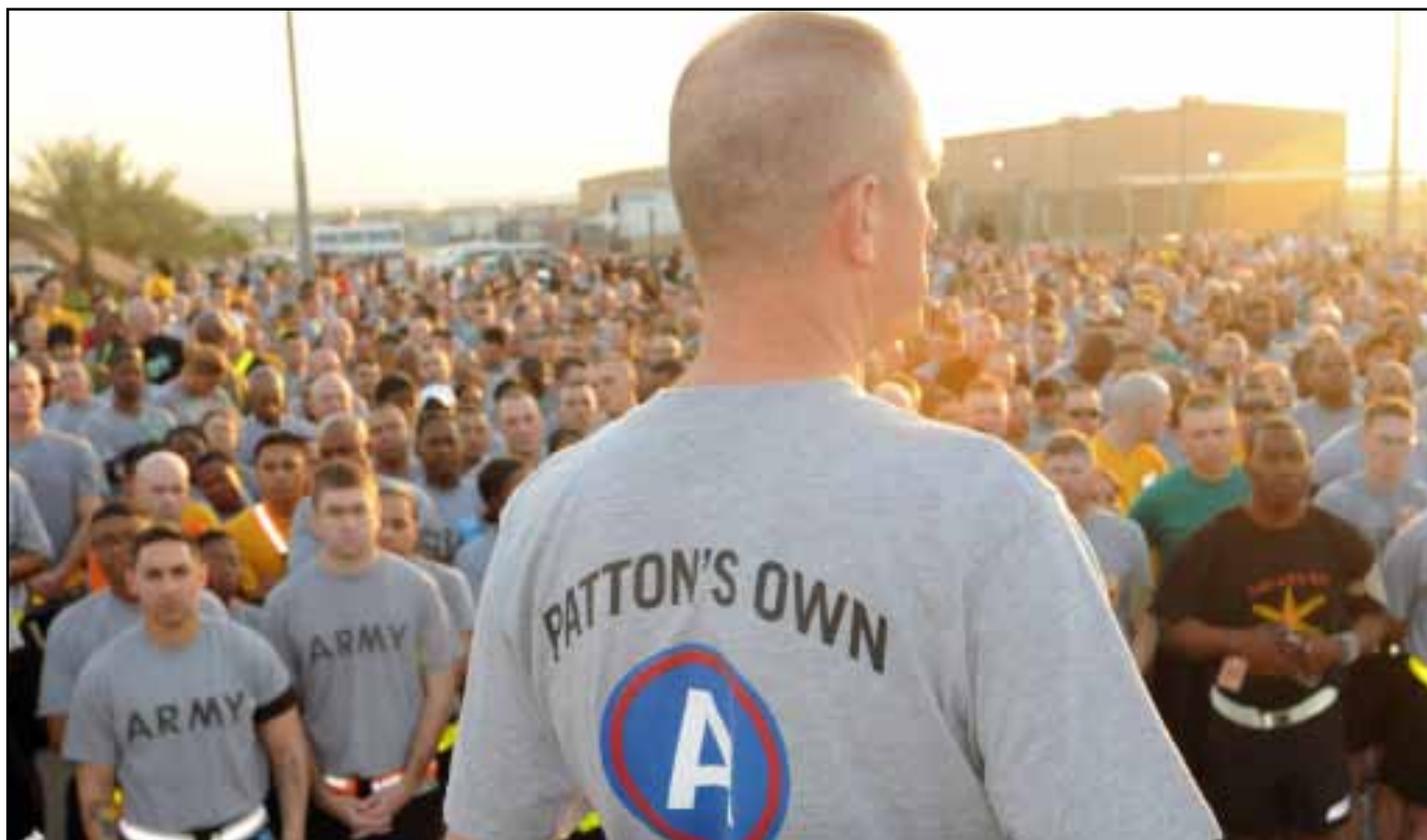
and accountability for those who commit these crimes.

Around Third Army installations in Kuwait, you will find information and materials for both the SAAM campaign as well as past campaigns.

By working together and pooling our resources, we can highlight sexual violence as a major public health issue and reinforce the need for prevention efforts.

If you or someone you know thinks they may have been sexually assaulted, tell a friend, or contact your unit’s Sexual Assault Victim’s Advocate today!

“SAAM’s “Hurts One Affects All” is something the command at Third Army takes very seriously,” said Command Sgt. Maj. John Fourhman, command sergeant major, Third Army. “Good Soldiers prevent sexual assaults.” 



Third Army Command Sgt. Maj. John Fourhman addresses servicemembers before taking part in The Sexual Assault Awareness Month 5K Run at Camp Arifjan, Kuwait April 1. Over 400 servicemembers took part in the the Third Army sponsored event.

I.A.M. STRONG

program offers SHARP assistance

Story by
 Spc. Monte Swift
 203rd Public Affairs Detachment

The month of April is Sexual Assault Awareness month, and in light of the fact that sexual assault can and does affect Servicemembers in the U.S Military, the Army's I AM STRONG campaign, which is designed to combat sexual assaults, offers Sex-

ual Harassment/Assault Response and Prevention.

SHARP is designed to inform and combat sexual assault before it occurs by providing information on the risks, effects and consequences of sexual assault, as well as the proper steps to take if sexual assault happens to you or a fellow Soldier.

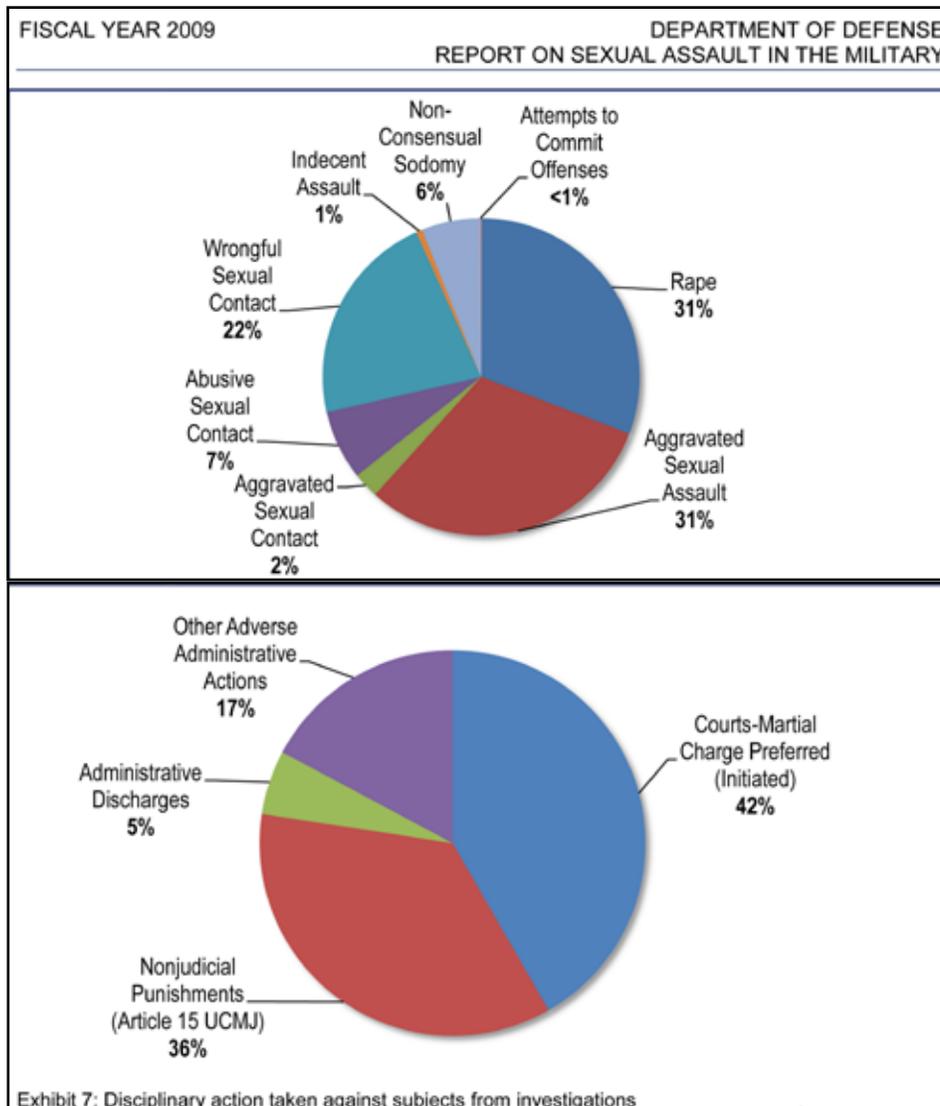
"The program helps [Soldiers]

by putting sexual assault and sexual harassment under one umbrella," said Sgt. 1st Class Robert Henderson, Third Army Equal Opportunity Advisor and Deployed Sexual Assault Response Coordinator. "It gives more personal accountability on the individual Soldier rather than on the leaders. Regardless of what rank the Soldier is, they should feel empowered, if they see something going on, to say something," he said.

The U.S Army considers sexual assault a direct violation of Army core values. As Soldiers, it is everyone's responsibility to look out for fellow Soldiers and protect their well being any time or place. Damage resulting from sexual assault extends beyond the victim, weakening the health and morale of Soldiers, and breaking trust within the team.

"What effects one, effects all. When one person is affected, it reverberates through the unit and can split the unit apart," said Henderson. "When we take an oath to join the military, we pledge to defend against all enemies foreign and domestic. We don't come into the military to assault and harass each other."

The program offers guidance on the full spectrum of sexual assault, from how to reduce the risk, to information on date rape and date rape drugs and even how to reduce the risk of becoming a sexual assault offender.



“When we take an oath to join the military, we pledge to defend against all enemies foreign and domestic. We don’t come into the military to assault and harass each other.”

Sgt. 1st Class Robert Henderson, Third Army Equal Opportunity Advisor

“When it comes to sexual assault awareness and prevention, it’s not only about preventing people

from becoming victim, it’s also about preventing people from becoming perpetrators,” said Henderson. “When most people think of sexual assault, they tend to think of rape, but that is just one form of assault. Other things that don’t always come to mind, such as wrongful touching, are also considered sexual assault, and the program helps identify those things.”

The military gives victims two ways of dealing with a sexual assault. One option is to contact your chain of command or law

enforcement to launch an investigation into the crime. This involves sealing off the crime scene, gathering evidence and talking to witnesses, victims and suspects. The second option is restricted reporting. This is for victims who wish to confidentially disclose the crime to specifically identified individuals and receive medical treatment and counseling without triggering an official investigation. The program also offers medical and emotional guidance in the event a sexual assault occurs.

If you have been sexually assaulted or think you have been:

- Go to a safe location away from the attacker. Contact your local Sexual Assault Response Coordinator, Victim Advocate or healthcare provider. You may also contact your chain of command or law enforcement (military or civilian).
- Seek medical care as soon as possible. Even if you do not have any visible physical injuries, you may be at risk of becoming pregnant or acquiring a sexually transmitted disease.
- Ask the healthcare provider to conduct a sexual assault forensic examination (SAFE) to preserve forensic evidence. If you suspect you had been drugged, request that a urine sample be collected.
- Preserve all evidence of the assault. Do not bathe, wash your hands or brush your teeth. Do not clean or straighten up the crime scene.

For complete information offered in the SHARP program, visit www.preventsexualassault.army.mil

I.A.M. STRONG
 INTERVENE * ACT * MOTIVATE

Sexual Assault and Sexual Harassment Prevention

INTERVENE
 When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

ACT
 You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will **ACT**.

MOTIVATE
 We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

www.preventsexualassault.army.mil
 Military OneSource • 1-800-342-9647

Third Army First Aid Training



Left: Third Army Soldiers apply first aid techniques on a training aid during a one-day event at Camp Buehring, Kuwait, to sharpen their Soldier skills. The event combines training elements of that every Soldier deploying to a combat zone should have before heading down-range. (Photo by Sgt. Daniel Lucas, 203rd Public Affairs Detachment)

Right: Third Army Soldiers work as a team during a one-day training event at Camp Buehring to apply tourniquets and bandages to a training aid in a simulated combat environment. The simulation occurs in a dark room filled with the sounds of gunfire and strobe lights. The training aid breathes and bleeds to provide more realistic training and builds Soldiers confidence in their first aid skills and equipment. (Photo by Sgt. Daniel Lucas, 203rd Public Affairs Detachment)



Left: Third Army Soldiers apply a combat bandage under the light of a flashlight as they use first aid techniques on a training aid during a one-day event at Camp Buehring, Kuwait. The training also included a Mine Resistance Ambush Protected vehicle and humvee rollover trainer and Electronic warfare awareness classes. Third Army supports ongoing training for Servicemembers throughout all their installations in Kuwait. (Photo by Sgt. Daniel Lucas, 203rd Public Affairs Detachment)

Third Army HEAT Training



Left: The Humvee Egress Assistance Trainer at Camp Buehring, Kuwait trains thousands of servicemembers annually on how to successfully exit a rolled over humvee. Third Army supports training at their installations in Kuwait to prepare all troops for the potential dangers they may encounter in a combat zone. (Photo by Spc. Nathanael Morrison, Third Army Office of the Staff Judge Advocate)

Right: A Ratheon Civilian Contractor runs the Humvee Egress Assistance Trainer at Camp Buehring, Kuwait. Camp Buehring features numerous training facilities that specialize in prepping servicemembers with the necessary training they need to be successful on the battlefield before going into a war theater. (Photo by Spc. Nathanael Morrison, Third Army Office of the Staff Judge Advocate)



Left: Spc. Kestutisa Laukaitis, information systems analyst, Third Army, exits a Humvee Egress Assistance Trainer during a Third Army training day at Camp Buehring, Kuwait. Third Army soldiers in Kuwait spend the day honing in on their Soldiers skills with the various training stations at Camp Buehring. (Photo by Spc. Nathanael Morrison, Third Army Office of the Staff Judge Advocate)



Family man Glass follows in dad's footsteps at Third Army

Lt. Col. Scott Glass, Logistics Operations Plans Branch Chief, Third Army, stands for a family group photo with his sons' Matthew (left) and Michael (right center), and his wife Paige (right). (Courtesy photo by Glass family)

Story by
Cpl. Brandon Babbitt
203rd Public Affairs Detachment

As an infantryman in WWII, Royce Glass was part of one of the most challenging achievements in American military history as a member of Gen. George Patton's Third Army. His division was one of the first to pivot and move north to engage the German forces surrounding Bastogne, Belgium.

Today, his son, Lt. Col. Scott Glass, Logistics Operations Plans Branch Chief, Third Army, is serving with the same Third Army his father did in WWII, only this time in support of commanding general Lt. Gen. William Webster's Drawdown in Iraq and Buildup in Afghanistan.

Glass Sr., one of four sons who fought in WWII and a native of Greensboro, Ga., was a "replacement," in Patton's Own, which

"My father was and still is the greatest man I ever knew. If I live to be as respected as he was, I think I will have done well."

-Lt. Col. Scott Glass
Logistics Operations Plans Branch
Chief, Third Army - Kuwait

meant he would go into a unit after a Soldier was wounded or killed.

The elder Glass, who fought in many battles in WWII, was tested like never before in the Winter of 1944 as a member of Third Army.

German forces made one last

desperate offensive while hoping to change the momentum of the war. However, they were unsuccessful as Glass Sr. and fellow Third Army Soldiers held their ground in Belgium's Ardennes Forest, leading to the eventual surrender of Adolf Hitler's regime.

This Battle, known as, "The Battle of the Bulge," tested Glass as he dealt with extreme hardships of cold, distance, exhaustion and German soldiers.

As part of America's "Greatest Generation," Glass Sr. won the Bronze Star for Valor, two Purple Hearts in the European Theater and won the admiration of a son who knew he wanted to serve at a young age.

"He lost his best friend who was killed next to him," explained



Lt. Col. Scott Glass, Logistics Operations Plans Branch Chief, Third Army, shakes hands with Lt. Gen. William G. Webster, Third Army commanding General. Glass's father, Royce Glass, served with Third Army during WWII during the Battle of the Bulge. (Photo courtesy of U.S. Army)

Glass's father spent his first days in the military at the post in downtown Atlanta, Ga. in 1943.

Glass Jr. meanwhile will probably spend his final days in the Army at McPherson when his career concludes.

The son, who along with his father, compares the team sport of baseball to that of the military, reflects on his father's life and feels overcome with a joyful emotion

"My father was and still is the greatest man I ever knew," said Glass. "If I live to be as respected as he was, I think I will have done well."

Though Glass's responsibilities are different than his father's were with the same organization 75 years ago, he still takes pride in his job here, much like his father did in WWII.

"Militarily, what he wanted then and what I want now is to hold up our end of any job," said Glass. ^A

Glass. "That is an inspiration from which we can all draw strength from."

Glass said his father returned after the war to be a "humble man" while taking a job as butcher in small town Georgia.

He became a devoted husband to his wife Hilda, loving father of three sons, patient Little League coach and a man who never lost his temper - except that time his sons burned down his beehives...by mistake.

He was a guy that people in trouble and needing help could always call on day or night for help.

Glass Jr. is married and has two sons with military aspirations of their own. They are currently involved in the Reserve Officer Training Course (ROTC) and Jr. ROTC at their respected schools.

"My wife, Paige and I are so proud of our boys' Michael and Matthew," said Glass. "My daddy attended the commissioning ceremony for me and cried like a

baby. I too, can see myself getting very emotional if one of my sons ever fulfills their goal of becoming a commissioned officer."

Glass and his father are both Third Army veterans, both have served overseas in wartime with Third Army and both have spent significant times of military service at Fort McPherson.



Photo of Royce Glass as member of Third Army with Patton's Own. Glass was on the offensive against German forces in Europe in World War II, whereas his son, Lt. Col. Scott Glass, is currently serving as the Logistics Operations Plans Branch Chief under Lt. Gen. William Webster's command with Third Army. (Courtesy photo by Glass family).



Lt. Col. Scott Glass, Logistics Operations Plans Branch Chief, Third Army, serves with the same "Patton's Own" that his father did over 75 years ago. (Courtesy photo by Glass family)



Capt. Dewitt Revels and Pfc. Toney Bradley, both from Jacksonville, Fla., discuss installation security procedures at Camp As Sayliyah, Qatar, April 19. Bradley, a combat engineer, volunteered with 53rd IBCT, the largest Army National Guard unit in Florida.

Florida Guard Upholds Federal Readiness

Story and photos by
Dustin Senger
ASG - Qatar Public Affairs Office

Army National Guard Soldiers exercised an ability to quickly reinforce active forces by abruptly separating from their main movement while deploying to the Middle East. A reliance on defense contractors for base security needed to be severed by April 1.

The 53rd Infantry Brigade Combat Team, the largest Army National Guard unit in Florida, reported for duty at Camp Buehring, Kuwait, in early March. Third Army/U.S. Army Central forward headquarters requested the brigade

commander send a detachment to a base in Qatar, roughly 350 miles southeast, along the Arabian Peninsula.

Bravo Troop, 1st Squadron, 153rd Cavalry Regiment, 53rd IBCT Soldiers quickly departed to take over force protection from contracting firms at Camp As Sayliyah, Qatar. The brigade saved the government millions of dollars in annual contractual negotiations.

“We’ve pretty much mirrored the operation performed by the contractors,” said Staff Sgt. Corey Baldwin, Bravo Troop squad leader, explaining an entry control point. “We just tweaked it

for military specifics. Double and triple redundant security measures were already in place - many of the contractors had a military background.”

The Army National Guard began an increasingly larger role overseas after Operation Desert Storm in 1991. A conversion plan altered combat force structure to improved resourcing, equipping and training guardsmen and women to support federal wartime missions.

Since 9/11, thousands of Soldiers from the Florida Army National Guard, many volunteers, have served on federal orders supporting overseas operations. [A](#)

Fuller Tours Expanding Stryker Repair Facility in Qatar

Story and photo by
Dustin Senger
Area Support Group Qatar Public Affairs Office

U.S. Army Col. Lawrence Fuller, commander, 402nd Army Field Support Brigade, was in Qatar, April 14, touring the only Stryker battle damage repair facility in the Middle East. Fuller completed a two-day tour of Army Materiel Command warehouses at Camp As Sayliyah, a week ahead of taking command of 402nd Army Field Support Brigade at Joint Base Balad, Iraq.

Soldiers of the 1st Battalion, 401st AFSB – a 402nd AFSB subordinate unit – manage AMC facilities in Qatar. In early March, the 1-401st AFSB started receiving Stryker equipment from a forward repair area in Iraq, amid a drawdown of U.S. forces.

General Dynamics Land Systems contractors met with Fuller to explain expanding Stryker repair and retrofit capabilities in Qatar. A shift in theater equipment is introducing several more repair options: wheels and tires; full-up power packs; remote weapons stations; and vehicle electronics. A second warehouse has been claimed for additional storage space.

U.S. Central Command war fighters depend on Strykers to tear through terrain with more than 20 tons



General Dynamics Land Systems contractors talk with U.S. Army Col. Lawrence Fuller tours the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, April 14.

of armor, mechanical parts, weaponry systems and life-saving equipment. The light-armored, wheeled vehicles are capable of traversing paved streets and soft off-road regions.

Strykers with extensive battle damage are repaired at Camp As Sayliyah. GDLS welders and mechanics mend and patch warped and penetrated hulls. Retrofit kits are applied to bring vehicles to current configurations. A series of inspections and road tests ensure vehicles appear and function like those fresh out of production.

More than 200 battle-damaged Strykers have been repaired in Qatar since 2005. [A](#)



Bill Sheratt, from Stoke-on-Trent, England, and Jesse Taylor (far right), from Columbus, Ga., clean a Stryker combat vehicle after completing structural repairs inside the battle damage repair facility at Camp As Sayliyah, Qatar, April 14. General Dynamics Land Systems contractors have repaired more than 200 battle-damaged vehicles in Qatar since 2005.

Freedom Rest Offers Freedom, Rest at Same Time

Story and photos by
Spc. Daniel Schneider
366th Mobile Public Affairs Detachment

Soldiers gathered in the shade near the Reserve and National Guard liaison office at Camp Victory in anticipation of the ribbon cutting that will officially open a newly renovated facility for Soldiers to use to unwind and relax.

Freedom Rest, overlooking Lolo Lake, will allow Soldiers the chance to take a four-day pass when their missions might otherwise not allow time to travel to Qatar.

“Freedom Rest will allow commanders the opportunity to send Soldiers close-by for four days of rest, allowing Soldiers to return to duty sooner,” said



Command Sgt. Maj. William Johnson, the U.S. Division - Center command sergeant major, thanks everyone involved in the construction of the new Freedom Rest facility prior to the ribbon cutting at Camp Victory, March 30.



Command Sgt. Maj. William Johnson, the U.S. Division - Center command sergeant major, cuts the ribbon of the new Freedom Rest facility at Camp Victory, March 30. The facility provides Soldiers an alternative to travelling to Qatar for relaxation without taking them away from their missions as long.

Gunnery Sgt. Terry Wells, a program operations non-commissioned officer in the U.S. Forces – Iraq personnel section, and the lead coordinator of the Freedom Rest project.

This place will allow Soldiers to get back to their duties after four days of out of pocket time, as opposed to the average six-to-ten days that Soldiers usually miss when going to Qatar, due to coordinating transportation in Kuwait to get back to their station, Wells explained. Out-of-pocket time refers to the time a Soldier is away from their unit.

During the ceremony, an opening speech was given by Command Sgt. Maj. William Johnson, U.S. Division – Center command sergeant major. He said during the speech that his favorite part of the new Freedom Rest was the memory foam mattresses being on every bed.

The new facility strives to improve morale of Soldiers and give them the opportunity to relax even if they can't be spared for long periods of time.

“I know that if Soldiers come here and check out the facilities we've put together, they'll be impressed,” said Wells. “We've put in a lot of hard work for them, and we're proud of what this facility can provide.”

RUMBLE IN THE DESERT

Antique cars and cycles come to Camp Arifjan

Story and photos by
Spc. Monte Swift
203rd Public Affairs Detachment

What do big-block engines, chrome, camouflage, sand, rock music and smoking tires all have in common? They could all be seen (and heard) at the First Annual Classic Car and Motorcycle Show held at the Zone 1 Community Center, Camp Arifjan, Kuwait, April 17, as part of a Third Army sponsored event to instill motivation and build morale for Servicemembers and civilians serving in Kuwait.

The unfamiliar sound of Detroit muscle drew in a crowd as classic cars and motorcycles from around Kuwait lined up to be viewed by gear heads and enthusiasts looking for a piece of home among the tan buildings and hot desert sand.

"This is outstanding. This is the coolest thing I have seen in a long time," said car enthusiast Sgt. Jason Nareau, 304th Transportation Company. "I wouldn't have imagined having a car show in Kuwait with all old American muscle. This is outstanding."

An early morning sand storm threatened to cancel the show since the punishing sand could damage the professional paint jobs of the custom cars and bikes.



Servicemembers and Department of Defense civilians mingle through rows of classic cars and bikes not often seen in Kuwait, during a First Annual Classic Car and Motorcycle Show at Camp Arifjan, Kuwait, April 17. The event gave Servicemembers and civilians a break from long hours spent supporting the Third Army mission.

However, when the weather cleared, they emerged from their garages to make the trip to Camp Arifjan.

Cars ranged from blown mid-50s coupes, to a modern Dodge Challenger, and motorcycles ranged from old to new cruisers, sport bikes and custom choppers. Many of the vehicles displayed sat with hoods open, showing off their built engines and allowing on-lookers to view the source of what makes the cars so popular.

"The point of us coming here today is that we know Servicemembers don't get to come off post to see the shows," said Andy Ozolins, classic car builder and owner of a black Oldsmobile 442. "That is the whole reason we are here. This builds good relationships too when we can come here and mingle with local Kuwaitis who share an interest in these cars and bikes."

The show held for Servicemembers and Department of Defense civilians, offered a break from long hours supporting Third Army's mission.

"This is great!" said Airman 1st Class Tyler Craig, 424th Medium Truck Division. "It's a big, big moralebooster for sure. It's wonderful to be able to see something like this while deployed." 



A Department of Defense civilian contractor views the craftsmanship of a custom chopper built by Kuwait Choppers during a classic car and motorcycle show at Camp Arifjan, Kuwait, April 17. Several dozen bikes were brought in for the event including many from local Harley Davidson dealers, sport bikes and custom cruisers.

Providers Operate Largest Material Recovery Team Site in Iraq

Story and photo by
Spc. Michael Camacho
13th Sustainment Command

Mobile redistribution teams are spread throughout Iraq, able to move to any base to process retrograde materials for redistribution into the Army supply system.

Unlike other teams, Material Redistribution Team 3 stays at a fixed location at Victory Base Complex, Iraq, where units bring containers filled with cargo, said 1st Lt. Guadalupe Solano, officer in charge, MRT 3, 812th Quartermaster Company, 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary).

MRT 3 is the largest of the 18 teams throughout Iraq, and is responsible for the United States Division — Central area and the outlying forward operating bases around it, said Solano, a McAllen, Texas, native.

“Our mission here is to receive,

identify and segregate excess serviceable and unserviceable materials from units leaving the theater of operations,” said Solano. “This is to assist them in focusing on higher priority missions.”

MRT 3 has recovered roughly \$24 million worth of serviceable equipment within the six months it has operated, said Solano. The 812th QM Company out of Harlingen, Texas, has managed the site since December, when it replaced an Air Force logistics readiness squadron.

MRT 3 is spearheading Operation Clean Sweep to support the responsible drawdown of U.S. forces from Iraq, said Solano. The MRT’s mission also supports the redistribution of needed supplies in support of operations in Afghanistan, he said.

Roughly 80 percent of the items processed by MRT 3 are transported to Kuwait to be redistributed, said Solano. The remainders of the items are sent to a local supply support

activity or to units that requested them, he said.

“The MRT processes roughly 15, 20-foot containers a day, operating in 12-hour shifts, 24 hours a day,” said Sgt. Juan Degollado, container manager, MRT 3 site.

The speed of cargo processing can depend on the type of cargo in the container, said Degollado, a Brownsville, Texas, native, but the average time for processing a single 20-foot container is around two hours.

“We might get some [containers] half full ... and we might get some packed,” Degollado said.

Solano said his Soldiers and the Soldiers assigned from units within the 260th CSSB are dedicated to accomplishing the MRT’s mission and daily objectives.

“The amount of retrograde cargo is expected to increase as bases close and units redeploy without replacements,” said Degollado. 



Right : Spc. Mario Perez, a Material Recovery Team 3 supply specialist with the 812th Quartermaster Company, 260th Combat Sustainment Support Battalion, 15th Sustainment Brigade, 13th Sustainment Command (Expeditionary) and a McAllen, Texas, native, and Spc. Travis Fowler, a MRT 3 supply specialist with the 296th Transportation Company, 260th CSSB, 15th Sust. Bde., 13th ESC and a Charles Rest, S.C., native, process cargo in tri-wall containers at the MRT 3 site April 6 at Victory Base Complex, Iraq.



Safety



Story by
Master Sgt. Angela Clemente
Third Army Safety Office

The single most important thing you can do after having an accident is contact emergency services. If there are injuries, contact medical assistance before you do anything else. Make sure your Soldiers know how to contact Emergency Services. 911 Emergency cards are available in the Third Army Safety office.

Once emergency services have been contacted and injured Soldiers have been assisted, your work is just beginning. You will likely submit a Serious Incident Report, but you must also prepare an accident report and pass it up the chain of command.

The first step in this process is to secure the accident scene and make a preliminary classification of the accident. AR 385-10 has detailed definitions for all the classes of accidents. Below is an abbreviated description of each class:

- Class A accident: Total cost of property damage is 2 million dollars or more, or an injury and/or occupational illness results in a fatality or permanent total disability.
- Class B accident. An Army accident in which the resulting total cost of property damage is \$500,000 or more, but less than 2 million dollars, or an injury and/or occupational illness results in permanent partial disability, or when three or more personnel are hospitalized as inpatients as the result of a single occurrence.
- Class C accident. The resulting total cost of property damage is \$50,000 or more, but less than \$500,000, or there is a nonfatal injury or occupational illness that causes one or more days away from work or training beyond the day or shift on which it occurred.
- Class D accident. Total cost of property damage is \$2,000 or more, but less than \$50,000, or where there are injuries requiring more than first-aid care.
- For details on Class E & F aviation accidents,



please refer to AR 385-10.

After determining the severity of the accident and the chain of command has been notified, you have a limited amount of time to complete an investigation. If you determine that you have had a class A or B accident, your higher headquarters will coordinate with Third Army Safety to appoint an Accident Investigation Board. The AIB is appointed by the same individual who has court martial authority, which for most cases in Third Army will be the Commanding General of Third Army. For less severe accidents, you are required to conduct a local investigation and complete a DA Form 285-AB-R (AGAR), or a DA Form 2397-AB (AAAR) for aviation accidents, and forward it through your chain of command to Third Army Safety.

As you can see by this article, there is a tremendous amount of hardship an accident can cause.

It's best to avoid one in the first place by ensuring you conduct a risk assessment prior to any mission, thus reducing the negative effect of the risk. To understand how a risk assessment can assist in the process of identifying risk, it is important to first understand what a risk assessment is. It is simply the process of identifying the potential for harm to occur, and determining the impact.

The employment of a "Pre-Accident Plan" is important so the Soldiers in your command know what to do. A list of instructions and responsibilities established prior to a mishap will be invaluable if a mishap occurred. The Pre-Accident Plan must be tailored to your unique location, and include procedures applicable to that location.

For questions and comments pertaining to accident reporting, contact Third Army Safety at 430-5035. 

Chaplain's Corner



By CH (MAJ) David Deppmeier
ASG-KU Command Chaplain

Spiritual Growth “Guarding Against the Enemy Within”

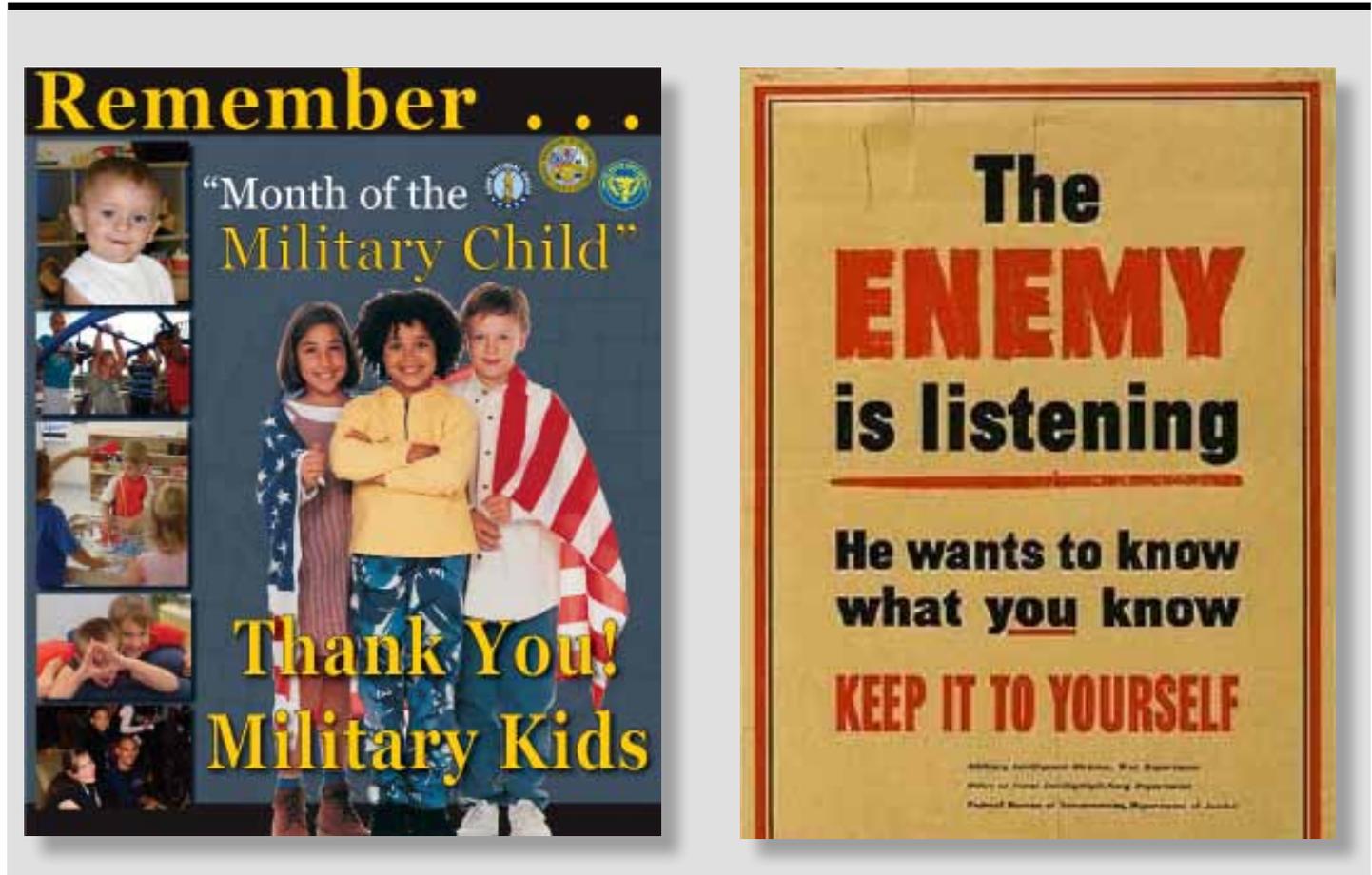
The ancient Chinese were desperate to secure their borders against invading barbaric hordes so they built the Great Wall of China. It was too high to climb, too thick to tear down and too long to go around - the ultimate security measure, right?

Not exactly. During the first hundred years after the wall went up, China was invaded three times. So was the Wall a failure? No, because not once did invading forces climb over, break down or go around the Wall. Each invasion resulted from an ‘inside job’ as gatekeepers were bribed and the enemy was allowed to pour in right through the gate. If China had put less trust in the Wall and more effort into de-

veloping character in its gatekeepers, those invasions might have been avoided.

We have to ensure that we don't fall to the ‘enemy within’ in our own lives. Oftentimes, our personal failures don't result from a lack of technological skill or training; they result from a breakdown of character as we compromise our core beliefs and values. As Proverbs 4:23 says, “Watch over your heart with all diligence, for from it flow the springs of life.” Pulling guard duty over your heart involves taking active measures against destructive inner forces. Just as a bodybuilder guards against fat intake, so a ‘character-builder’ guards his heart intake against tempting thoughts, unhealthy emotions and negative attitudes that are toxic to the soul.

But keeping outside influences away isn't enough. We also have to feed our heart with nourishing intake. In Psalm 19, King David says that Scripture restores the soul, rejoices the heart and warns him of approaching sin. It builds a healthy heart that makes for solid character. **A**





Health

Super Foods

Below is a list of foods that pack a nutritional punch and are available in the PX or dining facility. Include several of these foods in your diet every day for better health.

Milk or Fortified Soymilk – Despite the “got milk” campaign, most Americans are still not getting the recommended amount of dairy products. Given that many adults are lactose intolerant, it is no surprise that many people avoid milk. Dairy products and fortified soymilk provide the calcium and vitamin D that can be hard to get from other foods. Aim for 3 cups (24 ounces) of skim or soymilk every day. Low-fat chocolate milk is perfect for right after a workout since it has a 4:1 ratio of carbohydrates to protein which is optimal for muscle recovery.

Carrots – Carrots are high in Vitamin A which is essential for healthy skin, immunity and good vision. Inadequate Vitamin A can cause poor night vision short term and blindness long term. One cup of shredded carrots contains 45 calories, 3 grams of fiber and 1 gram of protein.



Bananas – High in Potassium and a good source of easily digestible carbohydrates, bananas make a perfect pre-workout snack or addition to any meal.

Salmon – Salmon and other fatty fish like herring and tuna are highest in omega-3 fatty acids that decrease inflammation throughout your body and may lower your risk of sudden cardiac death. Replace the high saturated fat meats in your diet with unsaturated fats found in fish and other foods to lower your cholesterol. The American Heart Association recommends you eat a fish high in omega-3 fatty acids at least twice a week.

Cereal – Breakfast cereals can be a great choice for any meal or snack if chosen correctly. Whole grain cereals are a good source of fiber, vitamins and minerals. Look for the word “whole” in the first few ingredients to determine if it contains whole grains. Many cereals have 100% of the daily value for iron which is particularly beneficial for individuals who do not eat much meat or are anemic. Choose a cereal with less sugar and more fiber.

Spinach – Compared to iceberg lettuce, spinach has twice the amount of folate, four times the Vitamin C and sixteen times the



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

Vitamin A. Two cups of raw spinach has only 14 calories. Have a spinach salad or mix it into hot foods like pasta dishes or soup.

Oatmeal – Oatmeal is high in soluble fiber that can help lower your cholesterol in addition to promoting gastrointestinal health. The complex carbohydrates in oatmeal help you feel full longer so its great for weight loss. Plain



oatmeal is low in sodium which is beneficial for individuals who have or are at risk for hypertension.



Beans and Legumes – Garbanzo, kidney, pinto and other types of beans and legumes are great sources of protein and fiber. They have little to no fat, no cholesterol, and are a good source of folate, iron, potassium, selenium, phosphorus, magnesium and zinc. Substitute meat in your diet with beans for better heart and digestive health.

Tomatoes – Tomatoes are a good source of Vitamin A, Vitamin C, Potassium and Lycopene, an antioxidant known for protecting against prostate cancer. Have tomatoes in a salad, omelet, sandwich or wrap. Cooked or processed tomato products like marinara sauce and tomato juice are also good sources of these nutrients, but watch out for added fat and sodium.

Broccoli – Broccoli is high in fiber, Vitamin C, Vitamin A and has cancer-fighting qualities. One cup of broccoli has 2 grams of fiber and 2 grams of protein. Eat broccoli raw in a salad, steam it as a side dish or mix frozen broccoli into any main dish.

Nuts, peanut butter and seeds – All are packed with the “heart healthy” unsaturated fat and since they are not from an animal, contain no cholesterol. They are a good source of protein and fiber. Certain varieties are high in niacin, folate, phosphorus, and magnesium. Keep your portion to a one-fourth and one-half cup which contains about 150-300 calories and beware of added salt, sugar or oils in honey roasted or salted varieties. 



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!

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

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

335th

MSG Lay 318-430-2150

ASG-KU

SFC Sydnor 318-430-2215

ASG-QA

SFC Carter 318-432-2842

3rd MDSC

SFC Graham 318-430-7474

132nd ENG

SFC Ramie 312-469-5353

513th MI BDE

SFC Money 312-780-6442

4th BCD

SFC Mitchell 312-436-4504

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)

335th

MSG Lay (9722-6424)

ASG-KU

SFC Smith (9972-2975)

ASG-QA

SFC Carter (+974-577-9022)

3rd MDSC

LTC Johnson (9789-7593)

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

Sgt. Alexander Miranda

Third Army G-6



Sgt. Alexander grew up in Perth Amboy, N.J., and is the middle child of three brothers. Miranda joined the military for the education benefits and for the new experiences the military provides him. His plans for the future are to stay in the Army for a full 20 years, and go to Warrant Officer School

where he can become proficient in his job. Alexander likes the military because of its steady schedule, job security, education benefits and medical benefits for he and his family. His advice to lower enlisted Soldiers is to, “build a good leadership book to help advance your military career.”

Just One Question ...

WHAT IS YOUR FAVORITE SUMMER ACTIVITY WHEN YOU ARE AT HOME?



“I enjoy fly fishing in Montana.”

Maj. Joel Stewart
U.S Forces - Iraq
Butte, Mont.



“I am an avid tennis player, so that is my favorite activity.”

Rufus Lensey
CSA Force Protection Officer
Emporia, Va.



“My favorite activity is to BBQ with friends and family.”

Spc. Laura Bernard
Third Army
Mt. Zion, Ill.



“Mountain biking because it is an adrenaline rush.”

Spc. Joel Pipher
653rd Support Group
Mesa, Ariz.



“I enjoy going to the pool when it is hot out.”

Alli Lamp
Third Army Finance Office
Indianapolis, Ind.



Left : Lt. Col. Barbara Owens, Personnel LNO, Army Reserve Affairs Office, cuts the cake during a cake cutting ceremony for the Army Reserves 102nd Birthday at Camp Airfjan, Kuwait, April 23. The Army Reserve was formed in 1908 to provide a reserve of medical officers to the Army. After the First World War, under the National Defense Act on 4 June 1920, Congress reorganized the U.S. land forces by authorizing a Regular Army, a National Guard, and an Organized Reserve (Officers Reserve Corps and Enlisted Reserve Corps) of unrestricted size, which later became the Army Reserve. (Photo by Cpl. Brandon Babbitt, 203rd Public Affairs Detachment).

Right :Spc. Kenneth Sannerty, a motor transport operator with 653rd Regional Support Group, drives around town during a simulated exercise created for troops to evaluate and address traffic hazards while stationed at Camp Arifjan, Kuwait. Some real-life missions require Soldiers to drive Kuwaiti highways, which are considered to be the most dangerous in the world and responsible for the most deaths and injuries from traffic accidents according to the Traffic National Strategy. All incoming Soldiers are required to take a driver's safety course before driving in Kuwaiti territory. (Photo by Spc. Jason Adolphson, 1st TSC Public Affairs Office)



Left : Senior Executive Service 3 Teresa McKay (Center White), Director of Defense Finance and Accounting Service, looks over equipment being inventoried during a visit to Camp Arifjan, Kuwait, April 22. During her visit, McKay got a tour of Camp Arifjan to see how Third Army's operations work and get an idea of what it takes to perform the drawdown and buildup mission. (Photo by Spc. Monte Swift, Third Army Public Affairs.)

USO Kicks off reading/video program for Soldiers

Right: Col. Robert Quackenbush, Deputy G3, Third Army (Second from left), Valerie Bernham, United Service Organizations (Fourth from left), Lynn Bufka United Service Organizations (fifth from left), Megan Lynch, United Service Organizations (Seventh from left), Juliana Wilder, Moral, Wellness and recreation Center (eighth from left) and Tammy Holmes, Moral, Wellness and Recreation Center (Ninth from left) pose for a photo to kick off the United Through Reading Program at Camp Arifjan's Zone 6 Moral, Wellness and Recreation Center April 25. The on-going program allows Servicemembers to read books to their children in the U.S. through video. For information on how to participate, contact the Zone 6 MWR. (Photo courtesy of MWR. We apologize for not having all names at the time of print.)

