

DV The Desert Voice

United States Army Central

May 27, 2009

"Always First... Anytime, Anywhere... Patton's Own!"



Combat rescue
techniques



RC to AC Program Rescinded

DV

Table of Contents

Page

Health fair provides valuable information to servicemembers

Page 8

Asian-Pacific Heritage celebrated through Operation Sand Jam

Page 10

Iraq drawdown practiced in ROC Drill

Page 13

Skills learned in Boy Scouts saves lives in combat

On the cover

Sgt. Tracee Prince, 539th Transportation Company, opens a combat locked door during training on Camp Arifjan, Kuwait, May 16. For the full story see page 6. (Photo by Spc. Elayseah Woodard-Hinton)

Contact us

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



REPLY TO ATTENTION OF

DEPARTMENT OF THE ARMY
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SAMR-RR

29 APR 2009

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Enlistment of Mobilized United States Army Reserve or Army National Guard of the United States (ARNGUS) Soldiers into the Regular Army

1. References:

a. Memorandum, SAMR-HR, 2 Jun 05, subject, Enlistment of Mobilized United States Army Reserve (USAR) or Army National Guard of the United States (ARNGUS) Soldiers into the Regular Army.

b. Memorandum, DAPE-MPE, 5 May 05, subject, Enlistment of Mobilized United States Army Reserve (USAR) or Army National Guard of the United States (ARNGUS) Soldiers into the Regular Army.

2. Effective 20 April 2009, the policy established 2 Jun 05 for enlistment of mobilized Soldiers is hereby rescinded. Mobilized enlisted Soldiers who desire to transfer to the Regular Army must do so after demobilization and process according to the policy outlined in AR 601-210 (Active and Reserve Components Enlistment Program).

3. Point of contact for this action is Mr. Alphonsa Green, (703) 695-7490.

Ronald J. James
Assistant Secretary of the Army
(Manpower and Reserve Affairs)

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DV

The
Desert
Voice



To carb or not to carb?



After the low-fat dieting craze of the 90s failed to make us thin, many people today blame carbohydrates for their growing waistline. Before you jump on the anti-carb bandwagon, review what carbohydrates do for you.

Not only does your brain run on glucose, carbohydrates are your body's primary and preferred fuel during exercise. Even during long-duration, low-intensity exercise when you are burning proportionately more fat than carbohydrates, your body still needs carbohydrates to breakdown fat for fuel.

A common phrase in the exercise world is "fat burns in a carbohydrate flame."

Carbohydrates are packed with nutrition including vitamins, minerals, dietary fiber, phytochemicals and antioxidants. They exist in the food supply as sugars, starches and dietary fiber. Sugars can occur naturally in food or be added as in sodas, sweets and processed foods. While sugar is not inherently bad for you, foods with added sugar are frequently low in nutrition and can be a source of empty calories.

The majority of your carbohydrate intake should be from complex carbohydrates that are high in fiber like fruits, vegetables and whole grains.



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

Refined grains like white rice and pasta can be part of a healthy diet as long as you are getting enough fiber and whole grains from other sources and staying within your calorie budget. Most Americans only consume 10 g of dietary fiber per day, however, the recommendation is for 14 g per 1,000 calories to promote digestive health and prevent chronic disease.

Carbohydrates should comprise 45-65 percent of your diet depending on your activity levels. Endurance athletes need more carbohydrates to stock

their carbohydrate stores before and after workouts. Diets high in whole grains and fiber are associated with lower cholesterol, decreased risk of heart disease, cancer and can prevent constipation and diverticulosis. These foods also assist in weight management since fiber promotes satiety and high fiber foods are usually low in calories.

In summary, carbohydrates are your friend! The key is to choose nutrient, not calorie, dense carbohydrates like those in dairy products, fruits, vegetables and whole grains. This week, try having an extra serving of fruits or replace a high protein breakfast food like bacon or sausage with a whole grain like oatmeal. This will help you optimally fuel your body and decrease your risk of chronic disease.

Understanding the Flag Warning System



Green Flag (*WBGTI of 80 to 84.9 degrees F)
Heavy exercise, for unacclimatized personnel, will be conducted with caution and under constant supervision.

Yellow Flag (WBGTI of 85 to 87.9 degrees F)
Strenuous exercise or physical labor will be curtailed for unacclimatized, newly assigned service-members in their first three weeks. Avoid outdoor classes or work in the sun.

Red Flag (WBGTI of 88 to 89 degrees F)
All PT or very strenuous work will be curtailed for those not thoroughly acclimatized by at least three weeks. Personnel not thoroughly acclimatized may carry on limited activity not to exceed six hours per day.

Black Flag (WBGTI of 90 degrees F and above)
All nonessential physical activity will be halted.

*WBGTI = Wet-bulb Globe Temperature Index

EFMK Health Fair in full swing

Article and photo by
Chief Jacob F. Fahrner

Expeditionary Medical Facility-Kuwait

On May 16, Expeditionary Medical Facility-Kuwait hosted a health fair inside the Mirage Room of the community center in Zone 1 to benefit servicemembers, coalition forces and contractors while deployed and stationed at Camp Arifjan, Kuwait.

The goal was to provide general health information that people may use toward achieving a healthier lifestyle, and promote awareness of what individuals can do while in country to prevent illness and injury.

Topics included the Army Medical Protection System annual vision screening, homecoming and family reunion, blood pressure, dental care, prevention of sexual assault, cholesterol information, insomnia, allergies, supplements and health effects, contraception options, sexually transmitted diseases information, common foot and knee complaints, bone marrow drive, tobacco cessation, asthma and reactive airway disease.

EMFK personnel manning the booths used this opportunity to hand out brochures, conduct vision screening, or screen potential donors for the bone marrow drive.

Sgt. Christina Ramirez and Staff Sgt. Hyunjung Lee of the 6th Transportation Battalion took advantage of the Army MEDPROS vision screening offered.

“Our command is heading home in August, and vision screening will be one less thing we need to take care of,” said Ramirez.

Many of the servicemembers planned to use the information they gathered at the health fair to benefit others.

“Family reunion is what struck me first,” said Staff Sgt. Felipe Delacruz, 595th Transportation Terminal Group. “I want to prepare for homecoming, because I have been here for quite a while.”

Petty Officer 2nd Class Anthony Dowden of EMFK made a decision to do his part by rendering a simple, pain free DNA cheek swab test to be registered as a potential bone marrow donor.

“I feel like many of my military comrades need my help and I am willing and able to assist them,” said Dowden. “I’ll do whatever it takes, even volunteering to be a bone marrow donor.”

The next health fair is scheduled for May 30 inside Room 2 of the community center located at Zone 6 on Camp Arifjan.

To learn more about this life saving program and how to become a bone marrow donor, please visit the C.W. Bill Young/Department of Defense Marrow Program website at www.dodmarrow.org 

Hospital Corpsman 2nd Class Willis Greer administers a DNA cheek swab test on Information Systems Technician 2nd Class Anthony Dowden to register him as a bone marrow donor.



Semper Fi, Semper Fi: Marine twins reunite in Kuwait

Article and photo by
Marine Sgt. Michael Knight
USARCENT Public Affairs Office

If four enemies fear one Marine, they now have twice the reason to be afraid.

Staff Sgt. Robert I. Johnson and Sgt. Tracey R. Johnson are twin brothers dedicated to the Marine Corps, who were able to enjoy a brief reunion far from their small hometown of Albany, La.

Robert, currently deployed to Kuwait, met up with his brother Tracey, who was on his way back to the states from Iraq.

Shortly after their greetings, the sibling rivalry began. In a blink of an eye, the twins were locked in their favorite childhood feat of strength, an old-fashioned arm-wrestling match.

“I always won the left handed matches and Tracey always won with the right,” said Robert. “Now he can beat me with both, but that’s alright; I can still out run him.”

According to the twins, they are overly competitive, especially when it comes to sports.

“I remember us boxing each other from the time we were 3 years old,” Tracey said. “But, our competitive nature helped us excel in all types of sports.”

The twins were always together growing up, but that bond was eventually interrupted by some life decisions. The first separation came when Robert decided to join the Marine Corps. He enlisted as a Marine Corps Integrated Material Management System Clerk right after graduating high school in 2000.

Tracey, however, wasn’t interested in the military at the time and decided to stay in his hometown. He accepted a few factory jobs and eventually excelled as a diesel engine mechanic. A visit home from Robert and some persuasion from the local recruiter lead Tracey to enlist as a motor transport mechanic in 2002.

Shortly after Tracey enlisted, Robert changed his military occupational specialty to landing support specialist. Robert’s choice to change his MOS allowed the pair to serve together for two years with 2nd Marine Logistics Group in Cherry Point, N.C.

While there, they reformed old habits by participating in a variety of unit team sports and attended the resident sergeant’s course together. The military tempo eventually caught up and forced them apart once again.

The Johnsons are now on separate paths in the Corps, but their gung-ho approach to each other has spilled over into an equal climb towards top-notch careers as Marines.

Robert has submitted a warrant officer package and will be alerted of his acceptance this November.

“Staff Sergeant Johnson has great work ethics,” said Gunnery Sgt. Julie A. Evans, strategic mobility office

chief, Movement Control Center-Kuwait. “He will make an outstanding warrant officer.”

Tracey will be heading to Parris Island, S.C. this July to attend Drill Instructor School.

“Sgt. Johnson has more than enough motivation to share with the whole platoon,” said Cpl. Jordan D. Durham, squad leader, 1st Battalion 12th Marine Regiment. “He will make a great Drill Instructor.”

Currently, Robert is doing a yearlong deployment in Kuwait as an air mobility chief for MCC-K. He validates, coordinates and tracks all air transportation for deployment and redeployment of Marines and cargo for Operation Iraqi and Enduring Freedom.

“Staff Sgt. Johnson is very knowledgeable and has taught me more about this MOS than any of my former leaders,” said Sgt. Joshua I. Kahele, Marine Air Ground Task Force, plans chief, MCC-K.

Tracey is coming off a seven-month deployment from Iraq with Military Police Company, 1/12. He is a motor transport mechanic who brings meaning to the term “every Marine is a rifleman.” His unit patrolled the Iraq-Syria border and was instrumental in detaining several high value targets.

“He is an extraordinary squad leader,” said Gunnery Sgt. Dan Ryley, 2nd Platoon Sergeant, Military Police Company, 1/12. “He is Very capable of handling the highest level of responsibilities,” added the Orlando native.

The twins grew up doing everything together and although they have made separate decisions, they find themselves on a fraternal path to success.

“As brothers, it was important for us to take this opportunity to meet [in Kuwait],” said Robert. “Family means everything to us.”

“Family is where it’s at,” concluded Tracey.



Staff Sgt. Robert I. Johnson (right) and Sgt. Tracey R. Johnson enjoying a brief reunion on Camp Virginia, Kuwait, April 23.

539th Transportation Company u

Soldiers of the 539th give a demonstration on how to quickly open the doors of an M1151 vehicle when the doors are combat locked and entry is obstructed from the outside during training on Camp Arifjan, Kuwait, May 16.



*Article and photos by
Spc. Elayseah Woodard-Hinton
20th Public Affairs Detachment*

The 539th Transportation Company from Ft. Wainwright, Alaska, hosted an M1151 high mobility multi-purpose wheeled vehicle maintenance recovery training on Camp Arifjan, Kuwait, May 16.

The purpose of the training was to demonstrate to the Soldiers of the 539th, and other servicemembers in attendance, how to quickly open the doors of an M1151 vehicle when they are combat locked and entry is obstructed from the outside; this can happen when a vehicle rolls over or the impact of an improvised explosive device causes the doors of a HMMWV to jam or the handles to fall off.

“What started all of this was my commander asked me how we can save

Soldiers if somebody were to ever get in a wreck,” said Warrant Officer Jose F. Rojas, maintenance technician, 539th Transportation Company.

Once the question was posed on how to save the life of someone trapped inside of a wrecked vehicle, Rojas began to do his homework. He went to Chuck Watts, light wheel program manager, Camp Arifjan, and discovered there was a video and training manual that answered this question, but in two different ways. Each gave different examples of how the doors could be tugged off of the M1151 using tow straps and another HMMWV.

Instead of simply presenting the information he had found to his commander, Rojas wanted to take it a step further to see which of the information he discovered was most accurate.

“I’m kind of that myth buster kind of guy and I wanted to prove it,” said Rojas.

Rojas was able to obtain a destroyed HMMWV from the 401st Army Field Support Brigade, whose doors and combat locks were still functional, giving him an opportunity to demonstrate the TMs guidance using the tug method to gain entry and then demonstrate what the video showed to be the most effective way to remove the doors completely.

“First I went by the TM, and like the TM said it worked; but it didn’t rip the door completely off,” said Rojas.

The group then went on to test the method used in the video demonstration in an attempt to rip the door from the HMMWV.

“The video showed that by hooking the tow strap to the D ring on the door it would break the door off and

ses training to bust myths



A member from the 539th Transportation Company, places the tow strap on the test HMMWV and directs the vehicle that will tug the door open.

it did,” said Rojas. “It took the door completely off.”

Although they’d found that the video’s method was more effective in getting the doors completely off of the HMMWV, they also discovered that it was riskier because when the door is torn off it also rips seat belts out.

“If there is a Soldier in there, trapped in a seatbelt, he might get injured or killed; so we have to look at

that,” said Rojas.

Some of the Soldiers who attended the training had an idea of the outcome of the video’s method, but still came away with some valuable information by witnessing the TMs suggested small-tug technique.

“I myself have done this before in [Operation Iraqi Freedom- One] so I already knew what was going to happen,” said Sgt. Christopher Garrett, quality assurance quality control, maintenance team, 539th Trans. Company. “But, I have never done the initial small-tug.”

In addition to learning how to tug the doors off of the HMMWV with the assistance of another vehicle, the servicemembers had an opportunity to gain some familiarization with other methods and tools such as shackles and the combat lock rescue wrench that can also be used to open a door that is combat locked.

“The training was valuable here,” said Garrett. “At least they know for sure that when they hook up the vehicle and pull it away there is no doubt in their mind that the door will come off, and they will hopefully save their battle buddy.”^A



Sgt. Christopher Garrett looks over a test HMMWV after a demonstration on how to tug the doors off of a vehicle that has been combat locked and jam.

Entertainers visit Kuwait to celebr

Article by
Maj. Pamela Ellison
29th IBCT

Entertainers from Hawaii traveled over 8,500 miles, across 13 time zones, to conduct five different camp performances, in four days, to celebrate Asian-Pacific Heritage Month by sharing their Aloha for the Soldiers of Hawaii and the Pacific Islands.

B.E.T., Vaihi, Kaleo and four Tahitian hula dancers, led by Tony Silva, started the performances on Monday at Life Support Area-Kuwait with a small sampling of the entertainers and then moved to Camp Buehring on Tuesday to perform, which included a pre-recorded audio and video accompaniment by Sam Langi of B.E.T., who couldn't make the flight due to health issues.

On Wednesday, the entertainers provided both a small and large performance at both Camps Patriot and Arifjan, culminating with the largest performance of them all at Camp Virginia on Thursday.

A Hawaiian style luau sampling of food, along with Miss Hawaii 2009, Nicole Fox, may have been the additions that pushed the Camp Virginia performance off the Richter scale, with an audience of around 1,400.

Miss Hawaii, having arrived early Thursday morning, spent only around 36 hours on the ground in Kuwait, but was a big hit with the Virginia audience.

"There are no words to adequately describe my experience here in Kuwait," said Fox.

She spent Friday afternoon getting familiarization with the mine-resistant ambush protected vehicles, wearing the typical personal protective equipment of Soldiers traveling into Iraq, as well as experiencing a camel ride, all before boarding a flight back to Hawaii on Friday evening.

The show "Hanohano Kupuali Koa



Soldiers from the audience at the Camp Buehring, Kuwait "Da Sand Jam" concert show the 19 show. Entertainers from Hawaii traveled over 8,500 miles, across 13 time zones, to conduct five days, to celebrate Asian-Pacific Heritage Month by sharing their Aloha for the Soldiers of H

'09," "Da Sand Jam" for short, became the first of its kind, through sponsorship by Area Support Group – Kuwait as a Morale, Welfare and Recreation event with an added emphasis to highlight the culture of the Asian-Pacific Islanders.

By allowing the Soldiers in Kuwait to bring the entertainment that they wanted, instead of getting the performers who were sent to tour Kuwait, "Da Sand Jam" was certain to be a big hit. It was an idea started by the wife of a 100th Battalion, 442nd Infantry Soldier, further supported by the Camp Virginia Command Cell and ultimately funded by ASG-KU MWR.

The event whose name, roughly

translated, means "Honoring the Military Service" of the Asian Pacific Islanders who serve our country, has evolved beyond its original idea. Through further sponsorship by OC-16, a Honolulu based television station, there will be two, 2-hour television specials entitled "Aloha from Kuwait," the first of which will air on July 4th later this year.

The show's producer and two camera crews spent 11 days in Kuwait capturing the concerts as well as footage of the Soldiers of the 29th Infantry Brigade Combat Team deployed here from locations

ate Asian-Pacific Heritage Month

Samoan dancers perform during "Da Sand Jam" concert held in Zone 6 at Camp Arifjan, Kuwait.



Photos by Staff Sgt. Crystal Carpenito

Our Aloha spirit as Vaihi performs during the May concert five different camp performances, in four Hawaii and the Pacific Islands.

throughout the Hawaiian Islands, Saipan, Guam and American Samoa. The second show will feature more of the footage captured while the OC-16 film crew were in Kuwait, as well as the arrival of the 29th IBCT Soldiers as they arrive back in Hawaii sometime in mid-August.

"The way our military takes care of our troops is outstanding," said Sinipao Roberts of B.E.T. "They try to make them feel at home."

Whether you speak to the servicemembers who experienced the concerts throughout Kuwait or the entertainers who experienced the life of the Hawaii Soldiers here in



Miss Hawaii 2009, right, Nicole Fox, gets to feel the weight of a U.S. Soldier's improved personal protective equipment while visiting Camp Virginia, Kuwait.

Kuwait, there's no question that the experience has been remarkable for all.

Many of the entertainers expressed just how much this trip has changed their understanding of what the Soldiers are doing in support of Operation Iraqi Freedom, as well as the daily sacrifices that these Soldiers make to defend the freedoms of their ohanas back in Hawaii and across the Pacific. **A**



USARCENT and 1st TSC host Res



*Article by
Staff Sgt. Jarod Perkioniemi
20th PAD Detachment Sergeant*

On May 20, U.S. Army Central and the 1st Theater Sustainment Command hosted a ROC Drill with numerous key leaders to discuss the Responsible Drawdown of servicemembers and equipment from Iraq.

Some of the visitors included general officers from Central Command, Multi-National Forces Iraq, U.S. Forces Command, U.S. Forces Afghanistan and many others.

President Obama has directed U.S. forces in Iraq to change mission by Aug. 31, 2010. The new mission will complete the transition from combat and counterinsurgency activities to a more limited set of tasks: training and assisting the Iraqi Security Forces, providing force protection for U.S. military and civilian personnel and facilities, and conducted targeted counterterrorism operations.

“The president dictates strategic

policy and it’s our obligation to execute,” said Brig. Gen. Mark J. MacCarley, 1st TSC, deputy commanding general. “Within the outline of what the president wants to do, it’s our obligation to align our forces and bring those forces and resources to bear on this big challenge of getting everything out of Iraq to hit that 2010 deadline.”

From an eagle eye view, the Responsible Drawdown may not seem like a tough task, but the planning, coordination, collaboration and execution that goes into a mission of this magnitude can only be successful with proper planning by key leaders and swift execution of those enacting the plan.

“The best benefit of the ROC Drill was the fact that we had key planners, leaders and commanders of the units who will be supported and supporting this Responsible Drawdown,” said MacCarley.

The operation includes moving the majority of servicemembers and thousands of pieces of equipment out

of Iraq, at the same time ensuring that the servicemembers currently stationed in Iraq still receive the best gear and equipment for their daily missions.

“We’re still continuing to bring things in,” said Col. Judith Lemire, 1st TSC, support operations officer. “We are not stopping our commitment to the Soldier to provide him or her the best equipment that’s available.”

Through CENTCOM and the U.S. Ambassadors in the region, the U.S. has been able to reassure countries in the region of its commitment to stability in Iraq and the greater region. In addition, the U.S. is working hand-in-hand with Iraqi leadership to discuss the details of the Responsible Drawdown as Iraqi Security Forces increase to take the lead in security of the country.

For commands like USARCENT and 1st TSC, the terms retrograde and redeployment are nothing new. USARCENT and 1st TSC routinely handle the mission of retrograding

Responsible Drawdown ROC Drill

A cargo ship in Kuwait, loaded with military equipment, awaits clearance for its departure trip back to the U.S. to deliver its cargo. Cargo ships will play a role in transporting equipment to various locations during the troop drawdown from Iraq. (Photo by Pfc. Alicia Torbush)



equipment and redeploying servicemembers through the theater of operation.

“This is nothing new, we’ve been doing this for a long time,” explained Lemire. “What we understand is that [this] mission will be broader in scope and larger in scale.”

Key leaders know there will be multiple challenges to a successful drawdown in Iraq. Moving personnel and equipment out of a combat zone, while missions are still being conducted is a very difficult task, one that will require commanders in Iraq making the tough decisions of when it’s appropriate to begin drawdown.

“The war-fighters engaged in the fight, while they transition to the Iraqi forces, set the pace for how and when we’re going to drawdown,” said Lemire.

“We have to bring our plan forward to the war-fighter and get the war-fighters concurrence, because it’s the war-fighter who is going to dictate the when, where, what we move, how we do it and at what time,” added MacCarley.

In addition to moving personnel and equipment out of Iraq, USARCENT and 1st TSC also are engaged in ensuring servicemembers heading to Afghanistan have everything they need to complete the mission there. Though the Responsible Drawdown was not initially tied to troop requirements in Afghanistan, the escalating situation there adds new dimensions and challenges to the overall operation.

“It’s a challenge because it’s different from anything we’ve experienced in the past,” said MacCarley. “We’re drawing down a substantial number of forces and equipment out of Iraq, at the same time, we’re still under fire in Iraq. [In addition,] we’re fighting a campaign that’s becoming more intense and more important to our nation’s security in Afghanistan.”

Discussing the plan to move personnel and equipment to Afghanistan was a key topic during the ROC Drill.

“While we address Responsible Drawdown [in Iraq], we still have a war to fight in Afghanistan,” said

MacCarley. “While we drawdown in Iraq, those vehicles and weapon systems will move over to Afghanistan to support our great warriors in Afghanistan.”

The ROC Drill was viewed as a success and another positive step in the preparation and planning of the Responsible Drawdown. Though their work is far from done, the key leaders left the ROC Drill knowing events like this will continue to set the overall mission for success.

“We turn to that ROC Drill as the beginning and an integral part of the planning process so that we can [formulate] a plan,” said MacCarley. “First we plan based upon the guidance we get from the President, from CENTCOM and from the war-fighters, then we check that plan and test it against all the elements, parties and units that have a piece of the responsibility of accomplishing this Responsible Drawdown; and that again is why we have a ROC Drill, everyone in that same room asking real hard questions trying to figure out if our plan will survive first contact.” **A**

The significance of a father's love for his son



“We’re going to rekindle the father-son relationship in the desert here in Kuwait, then he’s going back home and I’m going to continue the mission.”

Sgt. 1st Class Ted Erickson
Assistant Operations NCO
34th Infantry Division

Sgt. 1st Class Ted Erickson and son, Pfc. Tyler Erickson, play a game of catch while they discuss Tyler’s recent deployment and Ted’s upcoming deployment to Iraq during their visit together at Camp Arifjan, Kuwait. The visit was the first time they have been together in a year and will be the last time together for another year.

Article and photo by
Pfc. Alicia C. Torbush
20th Public Affairs Detachment

When Sgt. 1st Class Ted Erickson, assistant operations noncommissioned officer, 34th Infantry Division, Minnesota National Guard, got the opportunity to see his son, Pfc. Tyler Erickson, an air traffic controller, 34th Combat Aviation Brigade, for the first time in a year, he took it.

“I just wanted to see my son and it was kind of a unique situation,” said Ted.

Tyler was playing football and baseball as a college freshman when his unit was scheduled to deploy. He made the decision to take a year and a half off from school to serve his country in Iraq.

Tyler was finishing a 12-month tour and Ted was beginning his.

Ted said he informed his company commander and first sergeant that his son was in Kuwait. They took the information to his battalion commander and command sergeant major.

“They recognized the significance of a father’s love,”

said Ted.

It has been a year since father and son have seen each other, and had it not been for the brief meeting in Kuwait, it would have been over two years before they would meet again.

“If I hadn’t been able to make this trip, it would probably be two years in between us being able to see each other,” said Ted. “My mom passed this past February while I was at Fort Lewis [Wash.], I was able to come home on emergency leave, but Ty wasn’t able to come home because of mission, so for me, it’s part of the mourning process.”

While Tyler was sent to Kuwait to prepare equipment for custom inspections, Ted traveled with a sergeant major from his unit for the mission of bringing gear to part of his unit stationed in Kuwait.

“It all sort of came together and here we are right here and now,” said Ted. “I couldn’t be happier.”

The Erickson’s are trying to make the most of the short time they have together by bonding again as father and son.

“We’re going to rekindle the father-son relationship in the desert, here in Kuwait, then he’s going to go back home and I’m going to continue the mission,” said Ted. **A**

Boy Scouts paves way for Army first aid

Article and photo by
Pfc. Alicia Torbush

20th Public Affairs Detachment

When Capt. Michael Bradbury, battalion fire support officer, 2nd Battalion, 29th Field Artillery, encountered an emergency situation on the outskirts of Mosul, Iraq, he reacted without thinking, providing first aid to the wounded and possibly saving their lives.

After the incident, Bradbury, a Standish, Calif. resident, wrote a letter to his father to thank him for the time that he put into participating in Boy Scouts of America, which taught Bradbury the basics of first aid and paved the way for him to react in an emergency situation.

“I wanted to send a letter to my dad to thank him for all the time he put into scouting and getting me involved in scouts,” said Bradbury.

Bradbury recently read the letter for a national meeting of Boy Scout leaders.

“As I mentioned the last time I had a chance to call you, a couple of weeks ago, I was located at a small combat outpost on the out skirts of the city of Mosul, with a squad sized element of Soldiers, when an Iraqi Army patrol was the target of a complex attack by insurgents just a few hundred meters outside the perimeter,” said Bradbury. “The attack was triggered by an improvised explosive device immediately followed by a brief small-arms engagement during which three Iraqi Army soldiers were wounded.”

The Iraqi Army soldiers were transported to Bradbury’s location with multiple wounds and needed immediate treatment.

“As we did not have a medic with us at the time, I fell back on my own training in first aid, much of which I actually learned in Boy Scouts,” said Bradbury in the letter. “Had it not been for the skills I learned back when I was trying to earn every merit badge under the sun, two of those Iraqi soldiers

probably would have died.”

According to their website, the Boy Scouts of America is a youth development organization for boys that promotes values, physical fitness and the responsibilities of citizenship.

Bradbury joined cub scouts when he was just six years old. He progressed through the ranks, earning merit badges and finally made it to Eagle Scout at age 14.

“Most of us tend to dismiss the things we learned as juveniles as irrelevant to our adult lives, but more than ever before, the past few months have proven to me that those first years were far from a waste of time,” said Bradbury. “After the incident I mentioned in the letter, I realized that I really fell back on the first responder training that I received in Boy Scouts.”

He said that although the Army has provided him with first aid training, the classes he received after he joined the Army simply built on what he learned in scouting years ago as a young boy.

“I realized how much I had retained from that training I received as a kid,



Capt Michael Bradbury, battalion fire support officer, 2nd Battalion, 29th Field Artillery, reads a letter he wrote to his father thanking him for all the support and time that he dedicated to Bradbury while he was in Boy Scouts. Bradbury used some of the first aid training he learned in Boy Scouts to save the lives of Iraqi Army soldiers after they were wounded in a firefight outside of Mosul, Iraq.

and I realized that I had never thanked my dad for that and I had never taken the time to thank other scouters for that training as well,” said Bradbury.

Bradbury wanted to show his appreciation to those in his past who shaped his future through the time they dedicated and the still-valuable skills he uses today.

Bradbury concluded his letter to his father by saying, “Much more than canoes and campfire stories, the scouts and you gave me a solid core of skills and experiences which, rather than fading with age, have again and again proven their worth.” 

SFC actions lead over words



Sgt. 1st Class Class Timothy W. Peters, first sergeant, U.S. Army Central Command Headquarters Company, makes a point to get out of the office and play an active role in assisting his Soldiers in getting jobs done.

Article and photos by
Sgt. 1st Class Darrin McDufford
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By the time NCOs get to the rank of sergeant first class, they are the key assistant and advisor to the platoon leader.

Quick and accurate decisions are required by the time a Soldier reaches this rung of the senior enlisted, bridging all previous experience.

Sgt. 1st Class Timothy W. Peters, approaches leadership from the perspective of what motivates the Soldier gets the job done.

This Houston native and father of two children, an 18-year-old girl and a 13-year-old boy, is an 18-year veteran of the U. S. Army serving at Camp Arifjan, Kuwait as the first sergeant with U.S. Army Central Command Headquarters Company.

“Operations are only one piece of the puzzle that makes up my job, I have to manage Soldiers,” said Peters.

Peters accepted this position when he was approached just six months

after his last deployment. Being assigned an important role like this caused him to look back at on some of his noncommissioned officer leaders, and two of them stood out. He couldn’t pinpoint their words, but he remembered their actions, responses and deeds, and adopted that model to his leadership style.

“Their flexibility and understanding human nature is one thing I have taken away from them,” said Peters.

Peters makes a point to get out of the office and play an active role in assisting his Soldiers in getting jobs done. From operating a forklift and loading pallets into trucks to hitting the motor pool for vehicle maintenance, he leads from where his Soldiers can see him, the front.

“Sergeant first class Peters supervisory style makes him very approachable,” said Sgt. Tarmel Rascoe,

supply sergeant, headquarters and headquarters company. “I had a Soldier who was having financial issues and I was unavailable to help. He saw the problem and drove on to assist her. He is very approachable and direct when dealing with Soldiers.”

Despite his personable approach, he has the ability to be gruff and determined and focused on a project. His 18 years in the Army has afforded him a few opportunities to be a frontline leader and Soldier garnering respect. The respect he garners from his troops is not just what is pinned on his uniform, but what is delivered when he addresses them.

During a year where NCOs are being recognized for their commitment and sacrifices for the Nation, their Soldiers and the service, Peter’s has exemplified what it means to be a leader.

He has agreed to stick around in his role as first sergeant another four months to get more time to mentor, lead and encourage someone else to one day be a sergeant first class worthy of serving a unit during war as its first sergeant. **A**



Outpatient Cognitive Intervention Program

A three day program offered at Camp Arifjan, Kuwait by the Mental Health Clinic.

The program consists of various topics to help service-members better cope with life situations ranging from Anger Management, Communication Skills, Conflict Resolutions, and Depression.

This program is offered every month, once a month. Stop by building T-180, the Mental Health Clinic, to sign up for the next class.

NCO Spotlight:

Sgt. 1st Class Jamal White

Mechanical Maintenance Operations; HHC 4th BSTB



“Know what you want to get out of the military and don’t judge the Army by your first unit.”

White joined the Army in 1989 because it was something more challenging and different than what his peers were doing. After only two years of service, he made it his goal to retire from the military. White is currently on his second deployment and will retire when he returns to the States. He says he enjoys his job and plans to continue working as a civilian contractor at Fort Carson, Colo., after his retirement.

Just One Question ...

What does integrity mean to you?



“Having the intestinal fortitude to do what’s right even when no one is looking.”

Sgt. Aeris Wiser
Technical Monitor
HHC BTB 4th SB



“Doing the right thing and telling the truth.”

Tech. Sgt. Joe Guajardo
Assistant Convoy Commander
70th Medium Truck Detachment



“I believe that means doing the right thing regardless of why, no matter what the consequences might be.”

Staff Sgt. Sandra Lopez
Technical Monitor
HHC BTB 4th SB



“Striving to do the right thing and having the character to do what you say you’re going to do; without it, you aren’t a leader.”

Senior Chief Scott Wilkins
Regimental Operations Chief FWD
22nd Naval Construction Regiment



“Doing the right thing all the time.”

Spc. Maria Hall
Mortuary Affairs
111th Quartermasters

What's happening around USARCENT

Ambassadors Field Trip

Kuwait Ambassadors from various countries visited Camp Arifjan, Kuwait to gain a better understanding of the U.S. military's role in the host nation, May 20. The Ambassadors made several stops around base where they were given overviews on the different operations and how they fit into the military's overall mission in Kuwait.



Photo by Spc. Elayseah Woodard-Hinton

Best of the Best

Soldier and NCO awardees in the 1st Theater Sustainment Command Soldier and NCO of the Year competition, stand with U.S. Army Central's Command Sergeant Major John Fourham and 1st TSC Command Sergeant Major Danfert Espinal, following the 1st TSC Soldier and NCO of the Year awards ceremony May 20, on Camp Arifjan, Kuwait.



Photo by Staff Sgt. Jonathan Bell



Photo by 1st Lt. Prez Palmer

Change of Responsibility

Incoming Command Sgt. Major William H. Hardwick, 335th Signal Command, Brig. Gen James Walton, commanding, and out going Command Sgt. Major Phillip J. Brown prepare to change responsibility during the COR ceremony at the Zone 1 gym on Camp Arifjan, Kuwait, May 21.