April 2013







Beans & Bullets

311TH SUSTAINMENT COMMAND (EXPEDITIONARY)

"SUSTAIN THE FORCE, SECURE THE VICTORY!"



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Beans & Bullets welcomes story ideas, photographs and any information of interest.

All submissions are subject to editing by the 311th Public Affairs Staff





VIP VISIT

Lt. Gen. Vincent K. Brooks, commanding general, Third Army, U.S. Army Central, Maj. Gen. Kurt J. Stein, commander, 1st Theater Sustainment Command and Brig. Gen. Scottie D. Carpenter, commander of the 311th Expeditionary Sustainment Command, travel to an ammunition holding area March 30 to attend operations briefings and visit Soldiers. During the tour, Brooks talked to several Soldiers working in the ammo yard and handed out coins to those Soldiers. After the tour was complete, the commanding generals sat down to lunch with noncommissioned officers at a dining facility on Kandahar Airfield. The NCOs had the opportunity to talk to the generals and take pictures.

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COMMANDING GENERAL

TROJAN 6 SENDS:

Over the last few weeks, you've probably heard me use the term "velocity" when discussing our operations here in Afghanistan.

What it really means is this: We need to put some energy into making our systems and processes work.

Now that we have passed the three-month mark in our deployment, there's a tendency to "plateau." We've worked very hard over the last 100 days to build up our organization to a high level of excellence and peak efficiency. I've been very impressed with the ways you have gelled as teammates and become subject-matter experts.



Brig. Gen. Scottie D. Carpenter

But we can never afford to sit back, kick our feet up and say, "We're there." We have to continue to add pressure – velocity – to what we do to make the systems we've built work.



It's somewhat like turning on the tap and expecting water to flow. The pipes can be there, with plenty of water and a shiny, fancy faucet at the end. But without pressure – energy – the system is weak, or even worthless. If you've ever taken a shower in a hotel with weak water pressure, you know what I mean.

Our challenge now is to keep applying that pressure. Things don't just happen. Things get done, missions are met, because we MAKE them happen. Put energy into your daily tasks. Don't just "fire and forget" with your e-mails – follow up with a phone call or personal visit if you're not getting the response you need.

Finally, I want to express my sincere and personal thanks for the efforts so many of you made on our new Coliseum and the Trojan Gym. Your construction skills – and your willingness to use them – are, quite simply, amazing. Both of these structures will add to the quality of life for our Soldiers here in Kandahar Airfield. I am proud to serve with each one of you. Thank you for what you do every day.

TROJAN 6 OUT

COMMAND SERGEANT MAJOR

Greetings Trojans,

Trojans! It is hard to believe we are getting close to the halfway mark of our deployment. This is the time when we have learned our jobs and it becomes almost second nature. This is also the time when the danger of complacency rears its ugly head. The day-to-day grind tends to make us follow the same path, at work and on our down times. A "check the block" mentality can be dangerous. So far, we have done an outstanding job, but it's important to maintain focus. We seldom look around and see the big picture because we have a laser-like focus on our own tasks. When this occurs it is easy for us to forget our own needs as well as those around you.



Command Sgt. Maj. Ted L. Copeland

Your fellow Soldiers and co-workers are probably going through the same thing. It's imperative to take a step back and re-evaluate where you are at in this phase of the deployment. It could be something as simple as trying a new dining facility, volun-

teering for a project or taking a college class. Anything that will change up the routine and make you take notice of your surroundings. Walking the same route at the end of every day back to your living quarters can seem simple enough, but that routine can be dangerous. Not only will you take every step for granted, others may notice that pattern as well.

This is also the time in the deployment where some people may grow unhappy with their work or their deployment goals. For most, Soldiers came into the deployment with pre-set notions. Some of those may have been changed for any number of reasons. You can't let that set the tone for the rest of the tour. Get involved, talk to others, talk to family, do what it takes to turn it around.

Then there are your roomates and co-workers. You have worked and lived with these individuals for over 120 days and you know everyone of their quirks and tendencies. I know your thinking that another day with this person and you will go crazy. Well, you're not alone; they are probably thinking the same of you. Find a way to move past the perceived issues. As we roll into the final phase of deployment, these issues can spiral out of control and Soldiers tend to make mistakes that tend to mar an otherwise great deployment. Keep it between the navigational buoys!!!

As always, it is an honor to be your command sergeant major and I am proud to serve with you!



TROJAN 7 OUT



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CHAPLAIN'S CORNER



Blessed.

April reminds me of changing seasons and the newness of life that accompanies these changes. It also helps me to appreciate my mother, who taught me the value of work and the blessing of knowing how to work. I am reminded of a message more than 1,600 years ago; St. Augustine taught this timeless truth: "Pray as though everything depended on God. Work as though everything depended on you." It is my prayer that as a unit we will continue to work hard and keep our focus on those things and people who matter most, our families.

Maj. Lawrence Allison



Blessings, CH Allison 311th ESC Command Chaplain ASAP-"Always Say A Prayer"



INFORMATION AWARENESS UPDATE

Personal Information:

- (1) Information about an individual that identifies, links, or is unique to, or describes him or her, e.g., a Social Security Number; age; military rank; civilian grade; marital status; race; salary; home/office phone numbers; other demographic, biometric, personnel, medical and financial information, etc. Such information is also known as personally identifiable information (e.g., information which can be used to distinguish or trace an individual's identity, such as their name, Social Security Number, date and place of birth, mother's maiden name, and biometric records, including any other personal information which is linked or linkable to a specified individual).
- (2) Elements included in the above definition of PII are public information subject to release under the Freedom of Information Act and DoD 5400.7-R, DoD Freedom of Information Act Program, e.g., name, civilian grade, and salary. Other elements are "For Official Use Only", but are commonly shared in the work environment, e.g., name, business phone, military rank. As such, releases of these items of information, in general, do not constitute a breach. In situations where name or other unique identifier is listed alone, the context in which the name or other unique identifier is listed must be considered and a determination of the risk (or harm) must be conducted to determine if: (a) a breach has occurred, and (b) whether notification is required. For example, a general support office rolodex contains personally identifiable information (name, phone number, etc.) likely would not be considered sensitive if it were breached. However, the same information in a database of patients at a clinic which treats contagious disease likely would be considered sensitive information. In situations where this personal information is linked with a name, Social Security Number and other identifiers and direct identification is possible, a determination of the risk (or harm) must be conducted to determine if notification is required.

RESILIENCY TASK FORCE



The Army has officially rolled out the new Ready and Resilient Army Campaign hard, fast and with the greatest intent on growing the strength of this incredible program. We talk about it all the time and people hear the word "resilient" every day. But do you really know what it means? Resiliency isn't just a day off. It's not for the weak or tired to get some rest. Resiliency is a way of living and being able to enjoy your time spent deployed and by knowing you and your loved ones are taken care of. It is teamwork when you need it and looking out for your battle buddies when they need a helping hand. Today's Ready and Resilient Campaign is staying in control and having the ability to bound forward as you grow and learn through some of the toughest times you will ever experience.

What is the Ready?

Ready is the ability to accomplish assigned tasks or missions through resiliency, individual and collective team training and leadership.

What is the Resilient?

Resilient is the mental, physical, emotional and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks.

What's Different with the new Ready and Resilient Campaign?

Specifically, Ready and Resilient will...

- -Integrate resilience training as a key part of the Army's professional military education throughout a Soldier's career from induction through separation / retirement
- -Synchronize and integrate key Army programs to reduce or eliminate suicide and suicidal ideations; sexual harassment and sexual assault, bullying and hazing, substance abuse, domestic violence, and any stigma or barriers associated with seeking help.
- -Develop improved methods to provide leaders and commanders timely and accurate information and metrics to aid them in better identifying "at risk" and high-risk Soldiers, enabling early intervention.

Why is this important?

- -A healthy mind and body are essential to individual and unit readiness
- -Resilience combines mental, emotional, and physical skills, like healing from injury or balancing work and home
- -Resilient individuals are better able to bounce forward and overcome adversity
- -Your own resiliency can be built, maintained, and strengthened with training and practice if you decide to own it!

With approximately five months left of the deployment, there is still plenty of time to develop a resiliency plan for yourselves and help your fellow Soldiers. If you have questions or concerns contact one of our Resiliency Task Force members! We are here to help and care a lot about this program!

By 1st Lt. Erin Venturelli

Information obtained from:

http://www.army.mil/readyandresilient/



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INSPECTOR GENERAL'S NOTES

The 311th ESC Inspector General's office has been very busy this past month. We have made trips to many locations and units to assess unit readiness and morale. We always appreciate the support and professionalism of our fellow Soldiers who assist in these visits and help solve problems to take care of our personnel. Sgt. 1st Class August Corley is one of our noncommissioned officers who worked tremendously hard on a few major projects. He has improved our research and process of our weekly inspector general notes that go out to the entire command, and explained new trends and resources available for our personnel. He also developed a personal morale survey that we can give to Soldiers when visiting units that helps identify concerns for the chain of command to address. He has completed our battle drills that cover our processes for responding to situations. Lastly, he is in the process of completing our plan for an upcoming inspection that will ensure compliance and readiness of the command. His family should be extremely proud of him.



Maj. Casey Miner



Maj. John Hoyman returned to Kuwait from a much-needed coverage visit here to Kandahar Airfield. He was very busy finalizing our deployed leader handbook, and we were able to give leaders a hardcopy during a recent trip.

He also digitized it for easy posting on our portal and reference for outlying base leaders. He continues to work several major projects for us as we identify what we need and want to accomplish during our deployment cycle to support all our personnel throughout the CJOA-A. We continuously strive to remain a learning section by incorporating lessons learned and best practices into our operations. The key focus of our internal process development is to ensure our processes and products are relevant and disseminated throughout the command.

Lastly, our noncommissioned officer in charge is Master Sgt. Christina Fowler, and she continues to be a strong force with our section organization, case work, systems tracking and an incredible researcher. She has cornered the market on what the IG world calls, "technical channels," which includes people who can help answer concerns from all different components, services and agencies. Our section continues to strive to prevent and mitigate concerns and issues.

We are very proud of the work we are doing, and all section family members should know that their moms, dads and husbands are working hard over year, but more importantly, they are making a difference. We count the days until our return, but there is much work to do before we head back home.







SURGEON



Maj. Jarret Sands, Command Surgeon

Greetings,

My name is Maj. Jarret Sands. I am the new 311th ESC surgeon. I arrived in Afghanistan and took over for Lt. Col./Dr. Wells about 1 month ago. I wanted to take this opportunity to introduce myself and go over some important medical issues the 311th Surgeon section is working on. First, a little about myself. My father was a physician in the Army; military medicine and Army green were a part of my life from the beginning. I'm stationed at Joint Base Lewis-McCord (Tacoma, Wash.) since 2003. My beautiful wife and three boys (ages 10, 7 and 5) live in Olympia, Wash. (just south of Fort Lewis.) I spent my first six years after medical school moving between Madigan Army Medical Center and doing operational medicine with one of the Stryker brigades. I have supported special operations units and have a strong emphasis on sports medicine and injury prevention. Starting in 2009, I went back to Madigan and currently the associate

residency director of the Family Medicine Residency Program. When not deployed, I spend most of my

days teaching medical students and resident physicians how to be better doctors.

Taking care of Soldiers is my number one priority and it is a great honor to join the 311th ESC here in Afghanistan. Including myself, the 311th ESC medical team includes 1st Lt. Venturelli (medical operations officer) and Sgt. 1st Class Rodriguez (senior medic). We are here to serve and support you!

A few hot topics that our section is working on: Heat injury, dehydration and malaria prevention. As the Afghanistan sun heats up, so will dehydration and heat injury. Watch for the signs of heat injury which include: dizziness,



headache, nausea/vomiting, fatigue/lethargy, and confusion. Drink plenty of water, wear your uniform appropriately, and use sunscreen. Free sunscreen is available in the Surgeons Office. With the warm weather comes mosquitoes. Mosquitoes carry malaria. It is very important to take your malaria medication every day. If you feel you are having side effects or if you have questions about the medication, please come by my office and we can answer all your questions.

Thank you for allowing me the opportunity to care for the Soldiers of the 311th ESC.

Doc Sands



311 ESC Command Surgeon Cell



BEANS & BULLETS

KAF humanitarian relief yard closes

Sgt. Tanjie Patterson, 3rd Sustainment Brigade PAO

KANDAHAR AIRFIELD, Afghanistan—Over the past four months, 3rd Sustainment Brigade Soldiers have been managing the humanitarian relief yard at Kandahar Airfield, Afghanistan. This yard houses commanders' emergency response items such as food, clothes, tools, hygiene products and temporary shelters, as well as items donated by churches and other stateside organizations to Afghan people in need.

Since assuming KAF's humanitarian relief operations in December 2012, 'Task Force Provider' completed 32 missions—providing a value of approximately \$2 million in CERP items to help support more than 35,000 Afghan citizens.

The yard—which was established in 2009 to provide assistance in response to natural disasters and to support the Afghan people during reconstruction efforts—rendered its final humanitarian mission, April 3.

"Humanitarian relief operations will not cease, however," said Staff Sgt. Tyrone Thorpe, the HR yard manager assigned to Headquarters and Headquarters Company, 3rd Sustainment Brigade, and Greensboro, N.C., native. "It will continue on another forward operating base here in Afghanistan."

For their last HR mission at KAF, the soldiers palletized 28 cases of cooking oil, 13 bundles of tarps, 22 bundles of sand-bags, five bundles of prayer rugs, 15 bundles of educational kits, 10 bundles of children and women's clothing, 20 bundles of first aid kits and 20 bundles of dental kits.

While the U.S. soldiers assist with packaging, the Afghan security forces and government officials distribute the CERP items to the Afghan people.

2nd Lt. Kenisha Wilkerson, the HR yard officer in charge and member of HHC, 3rd Sustainment Brigade, said it's important to assist the Afghan government as they provide support to their people.

"Even though we don't physically hand out the items, I think we have one of the most rewarding jobs," said Wilkerson, a native of Goose Creek, S.C. "We get to see the product before it goes out, and we get to see the items in the hands of families through pictures that are brought back to us.

"To see the smiles on the faces of those families, especially the children, is a heartwarming and rewarding feeling," she said.

Sgt. Jacob Todd, an HR yard supervisor assigned to the Ohio National Guard's 1487th Transportation Company, said the efforts Task Force Provider has made while working in the HR yard has helped to support and promote positive changes among the Afghan people.

"We are also helping them to sustain themselves," added Todd, a native of Dayton, Ohio.

Now that operations at Kandahar Airfield's humanitarian relief yard are complete, the process has begun to close the facility down. This includes moving all the containers to the central receiving and shipping point, closing out property hand receipts and turning in accountable items, said Wilkerson.

"I feel that we had a huge responsibility and mission here on KAF, and that was to provide humanitarian relief to Afghan families in need," said Thorpe. "I believe that we completed that task to the best of our abilities, and just knowing that we did something to help better people's lives will always remain with me."

















IMAGES OF 311TH















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"SAFETY ISN'T JUST A SLOGAN, IT'S A WAY OF LIFE"



311TH ESC SAFETY GRAM COMMITMENT TO SAFETY EXCELLENCE

NEGLIGENT DISCHARGEIt's only a trigger-pull away!

Proper weapons clearing procedures are one of the basic common tasks every Soldier, Sailor, Airman, and Marine must know. Yet, **negligent discharges** continue to occur at an alarming and unacceptable rate. The inherent problem with easily performed tasks is the more times we perform them, the more comfortable we become with the task. We soon reach a state of proficiency where we **think** we can perform the task without thinking about it. We can not allow this procedure to become one of those repetitive tasks. **Mandated Weapons Clearing Procedures can be found in Appendix H, Page 39, of the CJTF-101 Standards.**



The next time you see a Soldier clearing a weapon and not paying attention, call a "Cease Fire", before someone else is *injured or killed*.

Complacency Kills – Know the Standards, Follow the Standards and Enforce the Standards

311TH FAMILY READINESS



Greetings 311th - This month we are going to do an old-fashioned check-in, so pull up a chair, a cuppa joe and let me share what's happening here at home. We have hundreds of Families connected to the FRG now and we are thrilled to say we have over 30 volunteers. They are calling other 311th Families just to say hi and make sure they are up to date on resources and announcements. That isn't all though; they are reaching out for face-to-face contact and are building new friend-ships. We are standing up our last two foundational volunteer programs now; social events and family sponsorship.

The social events folks are going to have their hands full planning our Family Day on June 8. You will be sorely missed at that event but it will certainly give us a good feel for planning redeployment a few months later. Your Families are doing well. There have been hiccups at home for sure, but the overall ability of your Families to handle these situations in a healthy way gives us proof that our great confidence in them is well placed. Know that they miss you and they are shouldering this deployment well because of their great pride in and love for you.

Julie Kelly, FRG Leader at 810-956-7876 or Julie.kelly@us.army.mil

VICE ADMIRAL VISIT

Vice Adm. Mark D. Harnitchek, director of the Defense Logistics Agency visited Kandahar Airfield April 13. Harnitchek first attended a round-table meeting with local logistics leaders including the 311th Expeditionary Sustainment Command. After the meeting, he toured several facilities including a retro-sort yard maintained by the 289th Quarter-master Company, the helium holding facility, the DLA Distribution Yard and the DLA Disposition Yard. The Vice Admiral was briefed on operations of each location and he recognized Soldiers and civilians working at those sites







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SHARP



Sgt. 1st Class Michael Franz, Victim Advocate



Master Sgt. Carol Cornejo, Deployed Sexual Assault Response Coordinator

April is Sexual Assault Awareness Month and this year's theme is "It's time... to talk about it." Sexual assault is a topic that people do not like to talk about. If it is not mentioned then maybe it does not exist. It's an uncomfortable subject to discuss. But silence does not make sexual assault go away. It happens within our formations. This month, I would like to encourage everyone to take the time and participate in many of the events that are being held throughout the area of operations. I have attached the calendar of events for Kandahar and Kuwait. The 1st Sustainment Brigade SHARP Office will have a booth throughout the month promoting awareness. Here at FOB Trojan we are showing "The Invisible War" at the AFN building every Wednesday at 1700. On April 21, Kandahar Cross fit will be hosting a special WOD (workout of the day) for Sexual Assault Awareness month. For more information contact the EO/SHARP office.

318-421-6617







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BEST WARRIORS



The 311th Expeditionary Sustainment Command and its subordinate units test their mental and physical toughness during a Best Warrior Competition. The first test was one of endurance; the Army Physical Fitness Test. Land navigation, warrior tasks, written exams and standing before board members added to the list of demanding activities.















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Did you receive a Traffic Citation?







USE OF CELL PHONE WHILE DRIVING?

KAF Drivers Safety Course

 Who: ALL Violators who have received a 1408 for a traffic offense will be required to attend to clear their ticket

When: See attached schedule for classes offered twice a month

Location: RSOI Tent 775E

Alternate Location: State Department Conference Room Bldg 27B (1st Floor)
 See schedule for details

ARMY SAFE IS ARMY STRONG



311th ESC Personnel Office



Staff Sgt. David Garibaldi, human resources Plans and Operations noncommissioned officer in charge reenlisted at Kandahar Airfield. The re-enlistment was conducted by Capt. Malika T. Rodriguez, G1 human resources Plans and Operations officer in charge.

HISTORICAL NOTES

Summary of the Battle of Hamburger Hill: In 1969, US troops began Operation Apache Snow with the goal of clearing the People's Army of Vietnam from the A Shau Valley in South Vietnam. The valley had become an infiltration route into South Vietnam and a haven for PAVN forces. A three-part operation, the second phase commenced on May 10, 1969, as elements of Colonel John Conmey's 3rd Brigade of the 101st Airborne moved into the valley.

Among Conmey's forces were the 3rd Battalion, 187th Infantry (Lt. Col. Weldon Honeycutt), 2nd Battalion, 501st Infantry (Lt. Col. Robert German), and the 1st Battalion, 506th Infantry (Lt. Col. John Bowers). These units were supported by the 9th Marines and the 3rd Battalion, 5th Cavalry, as well as elements of the Army of Vietnam. The A Shau Valley was covered in thick jungle and dominated by Ap Bia Mountain, which had been designated Hill 937. Unconnected to the surrounding ridges, Hill 937 stood alone and, like the surrounding valley, was heavily forested.

Terming the operation a reconnaissance in force, Conmey's forces began operations with two ARVN battalions cutting the road at the base of the valley while the Marines and 3/5th Cavalry pushed towards the Laotian border. The battalions from the 3rd Brigade were ordered to search and destroy PAVN forces in their own areas of the valley. As his troops were air mobile, Conmey planned to shift units rapidly should one encounter strong resistance. While contact was light on May 10, it intensified the following day when the 3/187th approached the base of Hill 937.

Sending two companies to search the north and northwest ridges of the hill, Honeycutt ordered Bravo and Charlie companies to move towards the summit by different routes. Late in the day, Bravo met stiff PAVN resistance and helicopter gunships were brought in for support. These mistook the 3/187th's landing zone for PAVN camp and opened fire killing two and wounding thirty-five. This was the first of several friendly fire incidents during the battle as the thick jungle made identifying targets difficult. Following this incident, the 3/187th retreated into defensive positions for the night.

Over the next two days, Honeycutt attempted to push his battalion into positions where they could launch a coordinated assault. This was hampered by difficult terrain and fierce PAVN resistance. As they moved around the hill, they found that the North Vietnamese had constructed an elaborate system of bunkers and trenches. Seeing the focus of the battle shifting to Hill 937, Conmey shifted the 1/506th to the south side of the hill. Bravo Company was airlifted to the area, but the remainder of the battalion traveled by foot and did not arrive in force until May 19.

On May 14 and 15, Honeycutt launched attacks against PAVN positions with little success. The next two days saw elements of the 1/506th probing the southern slope. American efforts were frequently hindered by the thick jungle which made air-lifting forces around the hill impractical. As the battle raged, much of the foliage around the summit of the hill was eliminated by napalm and artillery fire which was used to reduce the PAVN bunkers. On May 18, Conmey ordered a coordinated assault with the 3/187th attacking from the north and the 1/506th attacking from the south.

Storming forward, Delta Company of the 3/187th almost took the summit but was beaten back with heavy casualties. The 1/506th was able to take the southern crest, Hill 900, but met heavy resistance during the fighting. On May 18, the commander of the 101st Airborne, Major General Melvin Zais, arrived and decided to commit three addition battalions to the battle as well as ordered that the 3/187th, which had suffered 60% casualties, be relieved. Protesting, Honeycutt was able to keep his men in the field for the final assault.

Landing two battalions on the northeast and southeast slopes, Zais and Conmey launched an all-out assault on the hill at 10:00 AM on May 20. Overwhelming the defenders, the 3/187th took the summit around noon and operations began to reduce the remaining PAVN bunkers. By 5:00 PM, Hill 937 had been secured.

Aftermath: Due to the grinding nature of the fighting on Hill 937, it became known as "Hamburger Hill." This also pays homage to a similar fight during the Korean War known as the Battle of Pork Chop Hill. In the fighting, US and ARVN forces suffered 70 killed and 372 wounded. Total PAVN casualties are unknown, but 630 bodies were found on the hill after the battle.

What has been your favorite way to stay resilient?



Sgt. Chelsea Hitt Murrietta, Calif.

"With being on the night shift my favorite way to stay resilient has been to be able to talk to my family and friends back home on a regular basis. We are already planning many adventures for when I get back home."



Cpl. Erik Johnson San Francisco

"Playing dominoes with the guys. We talk, hang out and enjoy ourselves. It's time to unwind."



Staff Sgt. Mynor Hernandez N. Hollywood, Calif.

"Going to the gym. It relaxes me and gives me more energy for the next day."

311TH BIRTHDAYS

Sgt. 1st Class Kelly Javier	April 16
Sgt. 1st Class Jordan Gort	April 16
Spc. Justus Rallis	April 16
Maj. Darwin Williams	April 16
Maj. Todd McKay	April 19
Master Sgt. Sandra Cortez	April 21
Maj. John Bowker	April 23

Staff Sgt. David Garibaldi	April 24
Maj. Cregg Hill	April 30
Chief Warrant Officer 2 Edison Cruz	May 01
Warrant Officer Miguel Zamudio	May 02
Maj. Edward Amaya	May 06
Chief Warrant Officer 2 Kheang Chau	May 10
Sgt. 1st Class Peter McBride	May 11

Please remember to wish our 311th Family a Happy Birthday! Maj. Lynetta Ruffin May 13

Staff Sgt. Herbert McKenzie May 14

Staff Sgt. Charles Ridley May 15

