




KINETICS



311th EXPEDITIONARY SUSTAINMENT
COMMAND LOGISTICS NEWSLETTER



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COMMAND LOGISTICS NEWSLETTER

SUSTAIN THE
FORCE,
SECURE THE
VICTORY

63rd BSB Activa-
tion

National Asian
Pacific Heritage
Month

650th RSG
Dining-out





311th ESC BEST WARRIOR COMPETITION



The Best Warrior Competition is a test of soldiers' mental, physical and emotional toughness and endurance. It includes a vast array of events designed to test tactical and technical ability and knowledge, ranging from an Army Physical Fitness Test to weapons qualification, to a board appearance. The competition is divided into junior-enlisted and non-commissioned officer categories, with the winner of each category moving on to the next level.



Army Spc. Mahmood Mokhayesh, left, with the 63rd Brigade Support Battalion, and Spc. Aaron Henry, with the 968th Quartermaster Company, aim at targets appearing on an Engagement Skills Trainer 2000 simulator during the marksmanship phase of the 311th Sustainment Command's Best Warrior Competition at Fort Irwin, Calif., March 24



Army Spc. Mahmood Mokhayesh with the 63rd Brigade Support Battalion completes a six-mile ruck march during the 311th Sustainment Command's Best Warrior Competition at the National Training Center, Fort Irwin, Calif., March 24

650th RSG

Dining-out

The 650th Regional Support Group hosted their dining-out ceremony at Nellis Air Force Base, Nev., Feb. 22. The dinning-out is a formal military tradition that includes military members, and their spouses. The dinning-out brings together members of a unit in an atmosphere of camaraderie, good fellowship, and social rapport. The dinning-out was held to recognize the 650th Regional Support Group contributions.

The 650th RSG deployed to Afghanistan in support of Operation Enduring Freedom in August 2010. The unit provided support in a variety of locations through out Kabul, Afghanistan in support of the North Atlantic Treaty Organization training mission. 650th soldiers served on the commanding generals staff for NATO training missions as advisors to the cadre of the National Military Academy of Afghanistan, and the Kabul Military Training Center.

Congressman Joe Heck the U.S. Representative for Nevada's third congressional district was the honorary guest speaker for the event. Heck is also an Army Reserve Colonel with the Western Area Medical Support Group in San Pablo, Ca.

"As a service member, and a congressman I think that it is important to have members of congress that have actually served, and worn the uniform," said Heck

"I think it is important to have someone with that type of perspective when we are talking about the decisions that we need to make regarding our men and women in uniform," said Heck "whether that is making the decision to send them in to harms way, or a decision on funding issues, personal, and families.

U.S. Army Spc. Andrew Bowers a logistics specialist with the 650th Regional Support Group in Las Vegas, attended the event, and after hearing congressman Heck speech feels good about having someone in congress that is in the armed forces, said Bower

"Makes me feel like there is somebody on my side," said Bowers "One voice can grow into ten voices."

Dressing in my dress uniform gives me a sense of honor, said Bowers "At these events everyone comes together communicates, and everybody is happy." Said Bowers



The event honored Missing In Action and Prisoner of war Service Members during a Missing Soldier Table ceremony, narrated by 650th Regional Support Command's Command Sgt. Maj. Winsome E. Laos, as Soldiers ceremonially folded the American Flag and presented it to the empty table setting, representing Service Members who could never join such events.

When not deployed the 650th RSG provides command and control support of assigned units during Homeland Security, Homeland Defense, and Civil Support missions within the United States, to include managing the reception, staging, onward movement, and integration of supporting forces.

Chief of Staff of the Army sends:

Sexual Assault and Sexual Harrassment

Over the last twelve years of war, our Army has demonstrated exceptional competence, courage, and resiliency in adapting to the demands of war and accomplishing the mission. Today, however, the Army is failing in its efforts to combat sexual assault and sexual harassment. It is time we take on the fight against sexual assault and sexual harassment as our primary mission. It is up to every one of us, civilian and Soldier, general officer to private, to solve this problem within our ranks.

The Army is committed to the safety and security of every Soldier, civilian, and family member. Our Army is based on a bedrock of trust – the trust between Soldiers and leaders that we will take care of each other. Recent incidents of sexual assault and sexual harassment demonstrate that we have violated that trust. In fact, these acts violate everything our Army stands for. They are contrary to our Army Values and they must not be tolerated.

It is up to every individual to contribute to a culture in which our Soldiers, civilians, and family members can reach their full potential. It is imperative that we protect potential victims from ever experiencing a sexual crime. We must provide compassionate care and protect survivors after a crime has been committed. Our people must be confident that complaints will be handled quickly and decisively, and that our system will deliver justice and protection throughout the reporting, investigation and adjudication process.

Commanders, non-commissioned officers, and law enforcement must ensure that every allegation of sexual assault and sexual harassment is thoroughly and professionally investigated and that appropriate action is taken. Leaders at every level are responsible for establishing a command climate and culture of mutual respect, trust, and safety. Leaders must develop systems to “see” their units, and understand the extent to which their leadership promotes a positive command climate for all Soldiers. I urge everyone to start a conversation within your unit or organization, among

leaders, peers, and subordinates and with family and friends to better understand one another’s experiences and to develop better solutions to this problem.

Our profession is built on the bedrock of trust; sexual assault and sexual harassment betray that trust. They have a corrosive effect on our unit readiness, team cohesion, good order and discipline. We are entrusted with ensuring the health and welfare of America’s sons and daughters. There are no bystanders in this effort. Our Soldiers, their families, and the American people are counting on us to lead the way in solving this problem within our ranks.

Raymond T. Odierno
General, 38th Chief of Staff
U.S. Army

The strength of our Nation is our Army
The strength of our Army is our Soldiers
The strength of our Soldiers is our Families.
This is what makes us Army Strong!



Raymond T. Odierno
General, 38th Chief of Staff
U.S. Army

Commanders Corner:

COL Lamb on Readiness

Greetings, 311th Soldiers, Civilians, Families and Friends. I want to thank you for your service and sacrifices that you and your Families have made each and every day. It has been a very challenging and interesting year for all of us with the forward element deployed, annual training challenges, deployments, redeployments, and domestic & international incidents which test us all. We are also starting to feel the effect of sequestration throughout the force.

None of these events should stop you from developing yourself personally and professionally. Simply put, doing the best you can do with resources is key to our successful operations. Our number one goal as Reservists is Soldier readiness. If we are not a ready asset when called upon for any mission, we have failed. Soldier readiness does not come without its challenges. It requires us to maintain our physical as well as medical and mental fitness. The Army Reserve has placed resources in place to assist Reservists in maintaining their medical readiness. Each Soldier is authorized 4 RMAs during the year to pay for time spent attending their physical health assessments, dental readiness checkups and more. You just have to submit the paperwork to your unit for pay upon completion of the event. A lot of units are also scheduling Mass Medical Events during Battle Assemblies to assist with the medical readiness. Another part of Soldier readiness is becoming qualified for your job. This includes attending your MOS specific training as well as the educational requirement training for Officers and NCOs.

Being a Ready Force is what the American public pay us for and the least they should expect.

I want to make it clear, I'm very proud of all of you across the command as we accomplish great things on and off duty. We are doing great things Overseas and here stateside!

I want us to keep the momentum and motivation going as we enter another busy summer where exercises and training activities increase. I ask you to remember safety in all operations and also challenge yourself to learn something new and remember to take care of your Soldiers and Battle Buddies. Leaders cannot drop the ball with especially in caring, coaching and mentoring. Continue to make the best decisions to support the Soldier, Civilians and Families at your units. We must be good stewards of our nation resources. Funding by all accounts will continue to get tight. Let's make America proud as we Sustain the Force and Secure the Victory!

The American People have given us the honor to serve, let's not let them down.

I thank you for the opportunity to serve as your leader and I wish everyone a great and safe Memorial Day and ensuing Summer!



Colonel Richard A. Lamb
Commanding

Command Sgt. Maj. Corner:

CSM Laos addresses the troops

Greetings to our Warrior Citizens, Family Members and Friends, It is a big honor and I take great pride in being the 311th ESC (Rear), Command Sergeant Major. Between the date of this Newsletter and our Battle Assembly, we will honor our fallen soldiers on Memorial Day, 27 May. Once again, this Memorial Day finds our Nation at war -- a war we did not seek, but one we will decisively win. Our victory will not come without its costs.

We are deeply saddened by the ultimate sacrifices made by our fallen brothers and sisters in arms. We honor their sacrifice by the numerous celebrations, parades, and backyard baroques. We must never forget, they paid the ultimate sacrifices for our freedoms.

I know many of you we be traveling, attending training exercises, and enjoying outdoor activities with family and friends over the upcoming months. Please be safe and vigilant in your travels and stay "Army Strong".



Command Sergeant Major Winsome Eloy Rema Laos
CSM



The Alcohol and Drug Control Officer Ms. Charlotte Jennings of the 311th Sustainment Command, honors Unit Administrator Ms. Kimberly Boles with a gift of appreciation for her role in helping the alcohol and drug Control office at the Red Ribbon event on Nov. 7, 2012. The week long event created in 1988 to honor Enrique ÒKikiÓ Camarena and to show intolerance for drugs in schools, work places, and communities.

AWARENESS

NFP provides drug awareness by sponsoring the annual National Red Ribbon Celebration. Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction cause by drugs in America. In 1988, NFP sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.



ADVOCACY

NFP is active in bringing the concerns and agenda of America's parents and families to policy makers on a local, state, and national level. Joining NFP enables parents and coalitions to have direct access to our nation's leaders and decision makers.

RESOURCES

Our organization acts as a national clearinghouse of prevention literature. NFP has developed a series of prevention brochures to help educate our Partners with all the latest information on our Universal Campaigns such as: Red Ribbon Campaign, Red Ribbon Certified Schools, Lock Your Meds , and Safe Homes / Safe Parties.



63rd BSB Activation Ceremony



More than 170 Soldiers gathered at the Sports Pavilion here to attend the 63rd Brigade Support Battalion activation ceremony Oct. 21.

The 63rd BSB plans, coordinates, synchronizes, and executes replenishment operations in support of brigade operations. Some of the battalion's key supply operations include providing food service, basic levels of health care and field maintenance.

The activation of the 63rd BSB will provide support for the 303rd Maneuver Enhancement Brigade during deployments.

Soldiers of the 63rd BSB and its three companies, dressed in Army Combat Uniforms with the army black beret, presented their guidons for unraveling in a ceremony that had representatives from Nevada Senator Harry Reid's office, Nevada Congresswoman Shelley Berkley's office, the United Services Organization, family members, and other military units.

"From the earliest times, warriors used a banner or another symbol to identify specific units and to serve as a rallying point for troops. In medieval days, the standard or banner was used to signal a general assault, which generated a cry of 'advance your banners,'" said the Master of Ceremonies to the audience.

U.S. Army Col. Richard Lamb, 311th Rear Detach-

ment commander uncased the colors with U.S. Army Lt. Col. Robyn Hamasaki, 63rd BSB commander, at the pinnacle of the ceremony.

"We get to give 200 percent of ourselves to our families, our friends, and to our nation," said Hamasaki. "Do unto others as you would like them to do unto you, integrity is key, so do the right thing, and lastly, live humbly and serve daily."

A new building is under construction where the 63rd BSB will operate out of located in Sloan, Nev.

"Standing up a new unit is never an easy task," Lamb said. "We have more than 15,000 Army Reservists on active duty in over 23 countries"

Lamb further challenged the Soldiers of the 63rd BSB that will be occupying the new building to be good partners and stewards of the Las Vegas and Sloan communities.

The 63rd BSB is still building its personnel roster and they are looking for new and experienced soldiers interested in logistical jobs, said Lamb and Hamasaki. More than 70 Soldiers just returned from their initial training or are preparing to attend their basic initial training slated for assignment to the battalion.



National Asian Pacific Heritage Month

“Asian Americans and Pacific Islanders are a vast and diverse community, some native to the United States, hailing from Hawaii and our Pacific Island territories. Others trace their heritage to dozens of countries. All are treasured citizens who enrich our Nation in countless ways, and help fulfill the promise of the American dream which has drawn so many to our shores.” — President Barack Obama

Jay Chen is the President of the Board of Education for Hacienda La Puente Unified School District, one of the largest districts in the San Gabriel Valley serving over 20,000 students. He was also a 2012 candidate for U.S. Congress in District 39, and earned over 100,000 votes in his vigorous campaign against a 20-year incumbent.

During his six years on the school board Jay has overseen a steady increase in academic achievement

and implemented several innovative new programs, including a culinary arts facility, free SAT classes, edible school gardens, and mandarin language classes (which landed him on The Daily Show with Jon Stewart).

Jay is a proud graduate of Hacienda La Puente schools and Harvard University. He manages real estate investments and serves his country as an intelligence officer in the United States Navy reserves. A prolific traveler, he has written for the budget travel guide Let's Go, and speaks Mandarin and Spanish. He is also a professionally trained chef.

According to the 2010 Census, the estimated number of U.S. residents who said they were Native Hawaiian or Other Pacific Islander was 1.2 million, comprising 0.4 percent of the total population.

Asian/Pacific American women



first entered military service during World War II. The Women's Army Corps (WAC) recruited 50 Japanese-American and Chinese-American women to the Military Intelligence Service Language School at Fort Snelling, Minnesota, for training as military translators.

Command Sgt. Maj. Luther Thomas becomes 12th Command Sergeant Major of the Army Reserve

The Army Reserve's new command sergeant major challenged noncommissioned officers to improve themselves, their Soldiers and their units despite limited resources. Command Sgt. Maj. Luther Thomas became the 12th Command Sergeant Major of the Army Reserve and the Command Sergeant Major of United States Army Reserve Command during a Tuesday afternoon ceremony at the Hall of Heroes in the Pentagon.

"While I recognize the challenge, I also see opportunities for us to effectively and efficiently use the resources we do have. We will now have time to slow things down and focus more on basic Soldier skills, to include individual training, sergeant's time training, physical training and leader development." Continuity is important, but it is just as important to embrace change, he added. "As we transition from an army of war to an army of preparation, leadership is critical and NCOs must provide that leadership," Thomas said. "We must provide direction, instill discipline and hold ourselves and our Soldiers accountable for meeting the Army standards."

The command sergeant major's position is the right hand of the command team, said Lt. Gen. Jeffrey Talley, the Chief of Army Reserve and Commanding General of United States Army Reserve Command.

"He is absolutely the right Soldier and the right leader to help me take the Army Reserve to new levels of success," he said.

Lambert, who leaves his position to deploy overseas with the 143rd Expeditionary Sustainment Command, said much has happened in the six months he served as the interim command sergeant major.

"It has been a sincere honor for me and my family to be able to serve all of the Army Reserve during this time of transition," he said. "I have been truly impressed with the staff and leadership across the headquarters and throughout our units. We really do have some of the finest noncommissioned officers serving together for the good of our Soldiers, civilian employees and family members." Talley praised Lambert's selfless service.

"It's never about him," he said. "It's always about service to others." Talley also thanked Lambert's wife, Denise, and his family for their support. "The Lamberts are simply the best," he said. "We are a better Army Reserve because of your service." The Army Reserve has never been more indispensable to the nation's defense, Talley said. The command sergeant major is



involved in many aspects of the job, including assisting and advising the CAR or as well as serving as a direct line to the Sergeant Major of the Army, the Forces Command sergeant major and all the command sergeants major in the field.

"This is no ordinary sergeant major's position," he added. "Both of these men are anything but ordinary."

Thomas joined the Army in 1984 at Fort Leonard Wood, Mo., after completing high school and has served with distinction in many active and reserve component leadership positions. He deployed to Kuwait and Iraq in 2003-2004 as a logistician and to Afghanistan in 2008-2009 as an infantryman in an embedded training team assisting the Afghan Army. He also provided support to the Hurricane Katrina cleanup as part of the 356th Quartermaster Battalion from Laurel, Miss. His most recent job was as the command sergeant major for the 84th Training Command at Fort Knox, Ky.



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311th Soldiers Phone Home

Los Angeles Reserve Soldiers keep family members informed and close to heart during a video teleconference from Kandahar, Afghanistan. Soldiers in the 311th ESC, who are responsible for sustaining all war fighters and civilians through Afghanistan, revel in the opportunity to get a glimpse of their loved ones back home during a Yellow Ribbon event.

Brig. Gen. Scottie D. Carpenter Commanding General, 311th Sustainment Command said,

“First I want to thank all the families because without the families we couldn’t do anything, and we have a great troop of soldiers over here.”

Nothing tops time with loved ones no matter how brief.



A S A P

ARMY SUBSTANCE ABUSE PROGRAM

311th ESC Alcohol and Drug Control Officer



The Army is now testing for 18 Drugs when you have a Urine Test done. This is an increase from 7 drugs. Please be aware if you are taking a prescribed medication you will need a copy of your prescription for the pharmacy. As long as you have a valid prescription made out to you that is not more than 6 months old you will be ok.

In addition, AR 600-85 prohibits Soldiers from using Hemp or products containing Hemp oil. It also prohibits using the following substances for the purpose of inducing excitement, intoxication, or stupefaction of the central nervous system. This provision is not intended to prohibit the otherwise lawful use of alcoholic beverages.

Control substance analogues such as synthetic cannabis and other THC substitutes (“Spice”), derivatives of 2-aminopropanal (“Bath Salts”), synthetic cocaine (“RTI-126”), or any other substance similarly designed to mimic the effects of a controlled substance on the human body without an approved medical use in the United States.

These are also prohibited:

Chemicals, propellants, or inhalants, (huffing).
Dietary supplements that are banned by the United States Food and Drug Administration.

Prescription or over-the-counter drugs and medications (when used in a manner contrary to their intended medical purpose or in excess of the prescribed dosage). Naturally occurring substances (to include but not limited to Salvia Divinorum,

Jimson Weed and so forth).

We all know that Alcohol is legal, but if you misuse it, you can be discharged. Commanders will process all Soldiers for separation, in accordance with paragraph 10-6 of AR 600-85 who are involved in two serious

incidents of alcohol-related misconduct in a 12-month period; any soldier who is convicted of DWI or DUI two times during his or her career will be processed for a separation.

All soldiers are responsible for their personal decisions relating to alcohol and drug use and will be fully accountable for substandard performance or illegal acts resulting from such use.

If you feel you need help please contact the Alcohol and Drug Control Officer, Charlotte Jennings for Help at 310-400-9840 or charlotte.l.jennings.civ@mail.mil. Don't be afraid to ask for help, everything is confidential.

