



The Eagle's Nest

Magazine

June/ July 2013

Sergeant Majors Corner: Counseling

page 4

The Lawyers Corner: How to have fun and Avoid Lawyers

page 6

Chaplains Corner: "I AM" and the Apostle's Teaching

page 6

Keeping a Sharp Eye on Soldiers

page 7

Daily Devotional

page 8

Women's Army Corps

page 9

FEMA Training

page 10

Sick Call: Knowing Hot Weather Signs

page 12

Maintaining During annual Training

page 13

Around the Brigade

page 14

Belton II Reserve Center, 15303 Andrews Road, Kansas City, MO 64147



**I WANT YOU
TO SHARE YOUR OPINION**

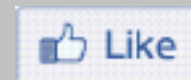
PUBLIC AFFAIRS OFFICE

William W. Embury
#2009

Help Wanted!

If you're interested in learning how to be a member of the Public Affairs field, or just want to share your talent with the rest of the unit, contact Sgt. 1st Class Daniel Symonds or Cpl. Zeta Green. We want your pictures and your stories. We want YOU to tell the story of the 89th Sustainment Brigade.

89th Sustainment Brigade



us on

facebook.

<http://www.facebook.com/pages/89th-Sustainment-Brigade/227990897250676>

Classification: UNCLASSIFIED

Caveats: NONE

89th Sustainment Brigade
15303 Andrews Rd.
Kansas City, Missouri 64147

FRAGO: Your Opinion

From: 89th PAO

Who: Every 89th SB Soldier

What: Your feedback and comments

Where: 89th Sustainment Brigade Facebook page

When: NOW.

How: Log onto the 89th Sustainment Brigade
Facebook page and like us.

August Battle Assembly
Friday Sign-In
0630 - 0700

Formation
0715

Bus Movement to
Fort Riley
0730 - 1030

Sunday Sign-out
1600

Uniform: ACU & PT
Gear:
TA 50 (Helmet & Eye pro)
Sleeping System
Hygiene Kit
Second set of ACU

Cover Photo:

SPC Shane Tapp of the 89th Sustainment Brigade in Belton, MO assists with the assembly of the large tent that will be used as part of the brigade's FEMA mission. This new mission is the primary focus of the unit's 2013 annual training.

Right:

SGT Matthew Horton of the 89th Sustainment Brigade in Belton, MO assists with the assembly of the large tent that will be used as part of the brigade's FEMA mission. This new mission is the primary focus of the unit's 2013 annual training.

Photos by SPC Kathleen Embrey 89th SB PAO

This monthly News Magazine is an unofficial publication authorized under the provisions of AR 25-30.

Correspondence and opinions can be addressed to:

89th Sustainment Brigade
15303 Andrews Rd.
Kansas City, MO 64147

The opinions contained herein are not necessarily those of the Department of the Army.



DRILL SERGEANT SAYS

By Kat Embrey



89th Sustainment Brigade Magazine Staff

Commander

Col. Anthony Naples

Command Sergeant Major

Command Sgt. Maj. Eric Betherum

HHC Chaplain

Chaplain Jeff Campa

Staff Judge Advocate

Lt. Col. Myles Perry

Public Affairs NCOIC

Editor-In-Chief/ Layout /

Photographer

Sgt. 1st Class Daniel Symonds

Public Affairs NCO / Staff Writer /

Photographer / Layout Editor

Cpl. Zeta Green

Illustrator/ Writer/ Photographer

Spc. Kat Embrey

Command Sergeant Major's Corner

Counseling – A Leadership Responsibility

About 20 years ago, as a new noncommissioned officer, I got a list of leadership priorities from my first sergeant. It read: “counseling, counseling, counseling.”

I knew counseling was important, but I didn't take it too seriously back then. But after 24 years in the Army, I find myself telling NCOs the exact same thing.

I've learned along the way that counseling your subordinates is one of the most important parts of a leader's job. Counseling is how you get to know what makes your Soldiers tick, what motivates them and how you can help them be successful. To be able to provide purpose, direction and motivation as a leader, you must understand your Soldiers' strengths, weaknesses and professional goals.

Effective developmental counseling is not just writing up a counseling form and handing it to your Soldier to sign. It should be two people engaged in a constructive conversation about what will make the Soldier and the team better. It has to be a two-way conversation – about the training schedule, about physical fitness, about the Soldier's professional and personal goals and family aspirations. Counseling is about working with the Soldier to develop a plan for meeting those goals. Writing up the form should happen after the counseling. It should be a record of that conversation and an outline of a Soldier's plan for success.

Soldiers want to know what's expected of them, and they will respond to effective counseling, because they want to know what it takes to succeed in the Army.

An effective counseling session does not dwell on the past; it focuses on the future and what can be done better. It is the responsibility of leaders and Soldiers to work together to ensure goals are set and understood, observations are made, credit for successes are documented, and recommendations for improvement are acknowledged.

Counseling is one of the most effective tools we have as leaders to give your Soldiers the purpose, direction and motivation to succeed and accomplish the mission. It's how leaders ensure their Soldiers know and understand the mission and have the right equipment and training to accomplish it.

Counseling is so important that it needs to be on unit training schedules to ensure leaders have sufficient time to conduct it.

CSM Eric W Bethurem
“Above The Rest”



U.S. ARMY COMBAT READINESS/SAFETY CENTER

4905 5th Ave. Fort Rucker, AL 36362-5363
Comm. (334) 255-3770 Fax (334) 255-2266
<https://safety.army.mil>

Know the signs, save Soldiers' lives

Don't sleep with the fishes ...



**Always swim
with a buddy!**



How to Have Fun and Avoid Lawyers

Story By LTC. Myles A. Perry 89th SB Brigade Judge Advocate

Summer is upon us. School is out, Annual Training is behind us, and vacations plans are finalized. As you take a break from the routine and enjoy the beach, pool, travel, and relaxation...remember not to take a break from security. You didn't think the lawyer was going to let you have fun without warning did you? In addition to all the great things summer brings, an increase in crimes such as burglaries and identity theft come with it. The bad guys are looking for empty houses and full wallets. Summer vacations give them both. Fortunately, there are some pretty easy ways to protect yourself:

Pay attention to your mail. Most identity theft starts the old-fashioned way; mail theft. Your mail contains all sorts of identifiers. Before you leave, call or visit the post office to have your mail temporarily stopped or have a trusted neighbor pick it up for you (just remember to pick it up when you get back). This eliminates one of the signs that no one is home. Don't forget the newspaper too!

Set some timers on a few of the lamps in your home. Having lamps going on and off at appropriate

times in different areas of the home may be just enough to make the bad guys wonder if someone is around. Most criminals don't want to work too hard and will quickly move on to an easier target. Be wary of using open wifi connections when banking online or other such personal business. Airports and highly trafficked tourist areas provide electronic identity thieves ample opportunity to swipe a password or otherwise exploit your information or computer from cyberspace.

Keep a "travel wallet". Rather than carrying every form of payment you own in your wallet, identify what you need to function for the day and carry only those things. Keep additional credit cards and forms of ID back in the hotel safe or elsewhere. If your wallet or purse is stolen, you'll be better able to "adjust fire" without having to ask grandma to wire you money. If you use a debit card with a major credit card logo, be sure select "credit" when making purchases. The money still comes from the same place, but you will enjoy some of the additional protections afforded credit card users.

Just a little security planning can save you hours of phone calls and hundreds of dollars. Plan smart, stay safe and have fun!



"I AM" and the Apostle's Teaching

Story by Chaplain Jeffrey Campa

As we move past the month of July and our training on identifying and preventing sexual harassment and assault it's very important that we don't lose sight of the unfortunate reality and tragic impact of these horrible crimes. As I reviewed the effective tool the Army prepared for us to use in responding to this issue I was struck by some parallel principles between the Army acronym, "I AM" and the Apostle's teaching.

The first point of instruction from the Army is to "INTERVENE;" where we are challenged to take personal courage in order to prevent sexual assault. Basically, we need to get involved. We can no longer look the other way or pretend we didn't see anything. The parallel I see from the Apostles' teaching comes from the writing in Galatians 6:2 "Bear one another's burdens..." The Apostle Paul challenges the members of the church to get involved in caring for each other, especially in the case of those facing overwhelming challenges.

Second, the Army intends for us to, "ACT;" to take action on behalf of our battle buddies. Basically, DO SOMETHING! This requires an escalation in our involvement. No more talking or hoping someone will do something. Responsibility lies with you and I. The parallel I see here comes from James 4:17 where the instruction to the Church is sobering, "Whoever knows the right thing to do and does not do it, for him it is sin." We can be held accountable for doing nothing.

Finally, the Army as a family of individuals with a common cause needs us to "MOTIVATE" each other. Leadership is more than rank and position. It is setting a standard and maintaining accountability to that standard. A parallel on this point comes from the Apostle Paul's training of a young apprentice in 2 Timothy 2:2, "What you have heard from me in the presence of many witnesses entrust to faithful men (and women) who can teach others also." We lead by example, and by ensuring that the standard will be met in our absence. Lead on!

Keeping a SHARP Eye on Soldiers

Stoyr By CPL Zeta Green

Sex is everywhere. It's on television, in magazines, in newspaper headlines, and on movie screens across the world. Societies throughout western culture have thrown sexuality into the faces of adults, teenagers and children alike. It's in their politics and it's in their living rooms. There is, however, one aspect of sex that for many years was never talked about or dealt with, sexual harassment and sexual assault. The United States Army and Department of Defense as a whole have fought to end that silence through the implementation of training for the force.

Soldiers of the 89th Sustainment Brigade participated in Sexual Harassment/Assault Response and Prevention (SHARP) training on July 13 at the Belton II Reserve Center in Kansas City, Mo., to do their part in the prevention and response to sexual harassment and assault while serving as a Soldier, as well as a human being.

"I'm not naïve enough to think that we can eradicate sexual assault and harassment in the Army; but I do think that if we looked out for each other more, we could stop a lot of date rapes and alcohol related assaults," said CW4 Anita Coons, SHARP instructor and Sexual Assault Response Coordinator (SARC) for the 89th SB.

Many Soldiers throughout the 89th SB Headquarters and Headquarters Company (HHC) felt that Coons was able to reach out to each one of them and ensure that they had a perfect understanding of how important and essential this training is to the health and wellbeing of every single person, Soldier or civilian.

"She meets me as an individual, I feel like she's talking to me even though I know it's a larger group. Everyone relates because they have a story to share from their point of view, and it fits," said Sgt. 1st Class Scott Miller, management NCOIC, Special Projects Office (SPO), 89th SB.

SHARP training isn't about making the Soldiers hyper-aware or hypersensitive to sexuality in their lives, it's about helping them to realize the line between appropriate and inappropriate conversation and contact in the workplace. It's a tool to define the difference between consensual and unwanted contact and conversation in all areas of their lives, and to constantly maintain an appropriate level of professionalism.

This training teaches Soldiers to be able to identify when one of their comrades may be toeing the line of what's appropriate and gives them the training to be able to respectfully remind each other where that line is.

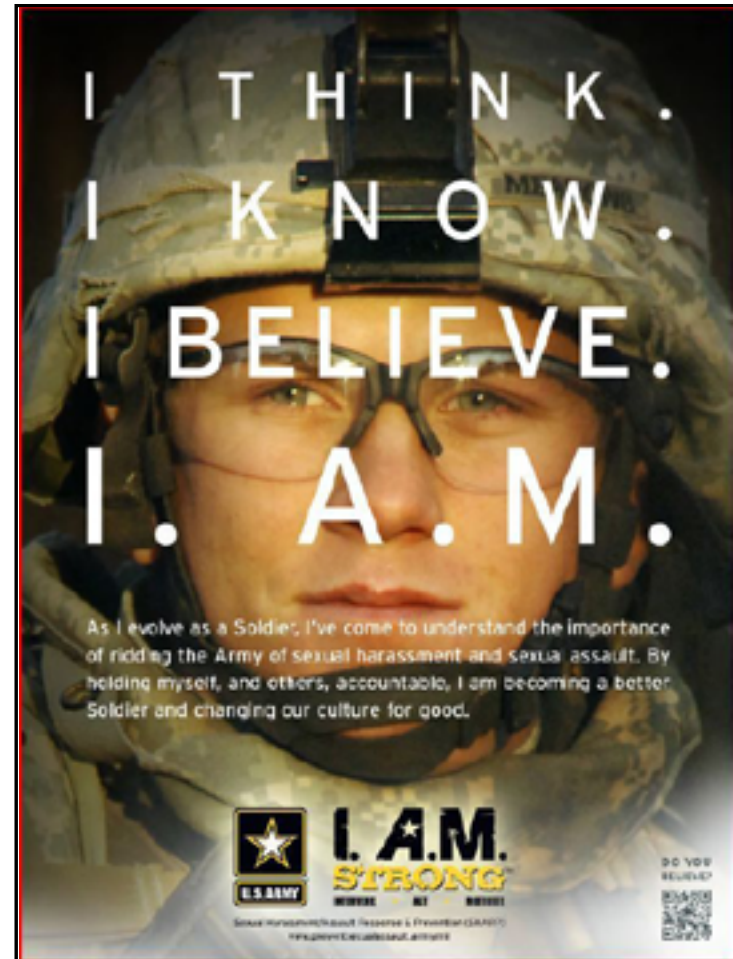
"Every once in a while I may need my peers to say, 'hey, get yourself in check,'" said Miller. "It starts on the lowest level, and although it may not seem so bad, that's where we need to squelch stuff before it gets worse."

One of the largest take-aways for these Soldiers was that although this is Army training and provided through their units, it can't only be used among their military brethren, but in every day life and shared with their families and friends as well.

"I think it traverses all boundaries; it doesn't matter what rank, race, creed, religion, age, sex, everybody is included in this," said Miller. "It helps everyone be more resilient and empowers us to help others be more resilient."

SHARP has adapted to the changing dynamic that society has adopted when dealing with sexual assault. The training is less about being victim-centric and reactive, and more about empowering the victim and helping to prevent sexual assault through prevention and awareness on both a personal side as well as recognizing the warning signs in others' behaviors.

For Coons, her training and teaching this class has taught her that although there are many dark and disturbing things that happen in the Army, as well as the



world, there are people who do genuinely care, and want to prevent sexual assault in their personal realm of control.

"I've learned that people innately do positive things. People will almost always do things to help others," Coons said. "I always appreciate that the Soldiers are trained on this subject often, but I'm always impressed and grateful for their participation in the training and their candidness, it allows for the necessary level of realism to make this training successful."

For the Soldiers of the 89th SB, though sex may be an increasingly invasive topic in their culture, they are now armed with the tools to combat the silence that lingers around sexual assault and harassment.

"I am going to make sure that I tell family and friends, 'these things do exist, they do occur, just because you think you're young and invincible, you're not,'" said Sgt. 1st Class Angela Dehaven, transportation NCO, SPO, 89th SB. "I appreciate that someone stood up and said that there are predators that walk among us, and they need to be put in check."

Daily Devotional

Knowing God



And God spoke to Moses and said to him: "I am the LORD. I appeared to Abraham, to Isaac, and to Jacob, as God Almighty, but by My name LORD I was not known to them. (Exodus 6:2-3)

As God has walked with His people through the generations, He has progressively revealed His nature according to His purposes and the needs of His people. Abraham, Isaac, and Jacob knew Him as God Almighty, because they needed His mighty power to protect them from their enemies. Moses and the Israelites learned that God was Lord, Master over every nation and every thing. God not only delivered them from the most powerful ruler in the world, but also brought them into the Promised Land. They came to experience Him as Lord, preeminently powerful over the pagan gods of their day.

God will continue to reveal His character to you according to your needs and according to His purposes. You will come to know more and more about Him as you obey Him. When you grieve, He will come to you as Comforter. When you are in need, He will demonstrate that He is the Provider. When you face a serious challenge, He will reveal that He is God Almighty.

Your understanding of God's character ought to be greater now than when you first became a Christian. You ought to know Him today better than you did five years ago. Sadly, some Christians continue to live year after year with the same basic knowledge of God that they had when they first began walking with him. Whatever your present situation, view it in the light of what God is teaching you, through circumstances, about Himself and you will come to know God in dimensions you have never known Him before.

From: Experiencing God Day-By-Day by Henry and Richard Blackaby

Chaplain Campa
jeffery.n.campa.mil@mail.mil
jeffcampa@gmail.com
816-591-1299 (cell)



HOW STRONG ARE YOU?

THE STRONG BONDS PROGRAM PROVIDES RELATIONSHIP EDUCATION AND SKILLS TRAINING FOR MILITARY FAMILIES

WHAT HAPPENS AT A STRONG BONDS EVENT?

- Creation of a strong support for soldiers and families
- Development of skills necessary for resilient and healthy relationships
- Training to recognize and correct issues before the crisis stage
- Preparation for Army children to grow up in healthy families

FOR MORE INFORMATION CONTACT:

CH Campa (STB)

Women's Army Corps

Story by Cpl. Zeta Green

Change is inevitable. There is nothing as apparent as this throughout history. This change may be as little as the clothes people wear, or the cars they drive. For retired Colonel Pat King, her life was driven by change and she thrived on it. She even made a career out of that change. King began her Army career as part of the Women's Army Corps. She reported to WAC center at Fort McClellan, Alabama in 1966. According to King, the standards for the women in this unit were very high.

"You couldn't have your hair too long, but you couldn't have it too short either," said King. The women were expected to be very proper at all times. Wearing pants was considered unacceptable for the women of this unit. Even their physical training exercise uniforms had skirts that were worn over their shorts when moving to the pt field and back to their barracks.

"The bottom line was they didn't want us to project the wrong image. We weren't allowed to do anything that wasn't feminine. Things have changed a lot from that," King said.

After graduation from her officer basic course, King went on to command the WAC company at Fort McClellan. She encountered many women who even in their limited job roles had ambitions to do more than the military would allow their sex to do at the time. For these women it was never about being drafted into the military, every single one of them volunteered for their duties.

"I remember telling them that the way to achieve their goals was to continue to demonstrate their value to the Army, and to work within the system for change; but that it would take time, that it wasn't going to happen very quickly. It would take persistence and a demonstrated willingness and ability to work, and the changes came," King said.

In 1971 one of the first changes was that women were able to request waivers for retention in the Army for marriage or pregnancy. The following year, 10 universities or colleges were opened for women to enter Reserve Officer Training Corps according to King. That same year all but 48 combat or hazardous duty military occupation specialties were open to all women. President Ford signed legislation in 1975 that permitted women to enter the service academies. "The service academies quickly found the value of having women officers in the academies to set the priorities and examples for the cadets," said King.

Many more strides were made for women in the military throughout King's spanning career and she continues to support and advocate for the strength and changes for women in the military today.

King managed to have a successful Army career and provide a good example for her female and male Soldiers while balancing being a wife and mother. There were many times where her military duties required her to miss birthdays, anniversaries, and other special occasions. For her, it was just more proof of the growing equality between men and women.

"Sometimes I truly struggled with the responsibility [of motherhood], it's a balancing act. You make it up to them other ways and let them know you're sacrificing for their future as well with your service," said King.

One of the things she cautions the women of today's military against is using their femininity to avoid work or responsibilities. King says that actions like this undermine the work that her predecessors, she, and even women serving today have struggled to achieve.

"We are all one Army and we need to pull our weight. If we can't pull our weight, then we need to figure out some way to adjust that so that the male Soldiers don't have to pick up the slack," said King.

As with everything, change is hard but worthwhile. King says that for women in the military the responsibility is not on the male counterparts, but is incumbent on the women to make their own way, and consistently work to the best of their abilities to get everything they deserve



Col. Patricia King with her husband CW4 Charles W. King along and their son CW2 William C. King at the 89th Sustainment Brigade 2013 annual formal finning out. Benton, MO



FEMA Training

Story & photos By SPC Kathleen Embrey

BELTON, Mo – On an unseasonably cool morning in June the soldiers of the 89th Sustainment Brigade began the arduous task of raising a large tent to its full height. They watched in awe as the 1600lb structure seemed to magically rise off the ground, thanks to the use of a giant air bladder.

The tent is one of the critical components of a potential mission with the Federal Emergency Management Agency (FEMA), which is the primary focus of their 2013 annual training. “FEMA is the national agency in charge of responding to emergencies and disasters within the United States,” said Captain John Williams, company commander of the 89th. “The key question is what is the role of the United States Reserve?”

The National Defense Authorization Act (NDAA) for fiscal year 2012 allowed for military reservists to respond in the event of a natural disaster. “For us, in a sustainment brigade, that’s still in question exactly what our response would be. What we’ve done right now is establish a plan and put together a list of personnel and equipment that might be needed,” said Williams.

Having determined a plan of action, an exercise was developed with the intention of training the soldiers on the set up of the tents, performing preventive maintenance checks and services (PMCS) on them, and setting them up in a layout according to the FEMA plan.

Day one of the training was focused on the set up and PMCS of the large tent, which would be utilized as the unit’s command center during a disaster response. The soldiers had to work in grass up past their knees, but the job got done in record time. All the activity at the rural training site attracted the attention of a local farm dog, who braved the company of strangers to more closely observe the mysterious objects they had brought to her stomping grounds.

Severe thunderstorms and substantial downpours made things difficult but not impossible on day two. The soldiers successfully assembled and performed PMCS on two medium tents using the large tent for cover. However, the mediums could not be removed from the fully assembled large without taking it apart, so the full layout of tents could not be arranged.

“I think it went fairly well,” said Master Sergeant Steven Kennel, acting First Sergeant for the 89th’s annual training. “We had a good team out here this year, as we do every year. Everybody pitched in where they needed to be, they took instructions and set it up on their own”.

For now, the 89th’s future with FEMA is unsure, but the training they received this year has better prepared them both physically and mentally to respond should they be called upon for disaster relief.

SPC Chris Hudson of the 89th Sustainment Brigade in Belton, MO assists with the assembly of the large tent that will be used as part of the brigade’s FEMA mission. This new mission is the primary focus of the unit’s 2013 annual training.

FEMA Training



PFC Ryan Trimble, SPC Shane Tapp, and SPC Demario Gladney of the 89th Sustainment Brigade in Belton, MO prepare a ladder for the assembly of a large tent that will be used as part of the brigade's FEMA mission. This new mission is the primary focus of the unit's 2013 annual training.



Medley, a local farm dog, snoops around the site of the 89th Sustainment Brigade's annual training in Belton, MO.



SPC Nick Dolbow of the 89th Sustainment Brigade in Belton, MO assists with deflating an air bladder that was used to raise a large tent. The tent will be used as part of the brigade's FEMA mission, which is the primary focus of the unit's 2013 annual training.



SPC Thomas Seba and SPC Demario Gladney of the 89th Sustainment Brigade in Belton, MO remove the wheel assembly of the large tent that will be used as part of the brigade's FEMA mission. This new mission is the primary focus of the unit's 2013 annual training.

Hot Weather Signs

Story By SSG Phillip Bash 89th SB Medial

The weather is warming up, and it seems the summer heat is already upon us. With that comes the need for understanding hot weather injuries. Hot weather injuries can occur at any time during any activity. These injuries are a threat to medical readiness as well as the well-being of service members. There are three types of hot weather injuries that all soldiers must be able to identify and treat. Those three injuries are heat cramps, heat exhaustion, and heat stroke.

The first and least severe hot weather injury is heat cramps. Heat cramps are characterized by painful cramping of large muscle groups like the legs, arms or abdomen. This is generally caused by the excessive loss of salt from sweating, usually from prolonged strenuous activity. The treatment for heat cramps involves three easy steps. First, have the casualty move to a cool shaded area. Once there the casualty should drink a sports drink, hydration solution, or eat salted food plus fluid. Lastly, massage the casualty's arm and legs to increase circulation.

The next hot weather injury is heat exhaustion which is caused by dehydration or excessive salt depletion. The casualty can present with vomiting, heavy sweating, and a temperature of 99 to 100 F. They can also complain of feeling light headed, nausea, tingling sensations or having a headache. The treatment for heat exhaustion begins very similarly to that of heat cramps. The casualty will need to be moved to a shaded area, but will also need to have their clothing loosened. If the casualty is able to drink allow them to do so. They should have an oral intake of one to two liters over four hours. If early heat stroke is suspected treat the casualty as such. All casualties of heat exhaustion need to be evacuated for further medical examination.

The last and potentially life threatening of hot weather injuries is heat stroke. Heat stroke is a true medical emergency that generally occurred as a progression from a milder hot weather injury. Heat stroke generally occurs from prolonged exposure to high temperatures and is usually accompanied by dehydration. The key symptom to identify heat stroke is a core temperature of 105 F or higher. Due to the lack of equipment it is not always possible to tell whether the casualty has a core temperature of 105 F, so usually the first sign is fainting. In addition to fainting the casualty may present with a lack of sweating, skin that is red and hot, rapid heartbeat, breathing that is rapid and shallow, seizures, behavioral changes, or unconsciousness. Also if the casualty is conscious they may complain of dizziness, nausea, or a throbbing headache.

The first and most important step for the treatment of heat stroke is to request emergency medical assistance, as heat stroke is potentially fatal. During the wait for medical assistance, the casualty should be moved to a cool shaded area and have any unnecessary clothes removed. Once that is done, active cooling should be initiated. This can be done a number of ways dependent upon available equipment. The first technique that requires



Know the signs, save Soldiers' lives

the least equipment is to actively fan the patient. The next requires ice packs being placed at areas rich with blood vessels like the armpits or groin. The last is to immerse the patient in a cold shower, tub or ice bath if available.

It is essential that all soldiers are able to identify the three types of hot weather injuries and distinguish between them. All soldiers need to be able to quickly and effectively initiate the required treatment for each of the three types. As with all injuries, prevention is key. That being said it is imperative that all leaders ensure that their soldiers are properly hydrating and acclimatized in order to minimize the risk of hot weather injuries.



Maintaining during annual training

Story By 363rd Public Affairs Detachment

FT. LEONARD WOOD, Mo. – Soldiers with the 245th Maintenance Company out of Weldon Spring, Mo., a subordinate unit of the 89th Sustainment Brigade, 451st Expeditionary Support Command, took part in a two-week extended combat training at Ft. Leonard Wood, Mo.

The training allowed the soldiers of the 245th to hone their military occupation specialties as well as give them valuable training in other areas.

Just over 100 soldiers participated in the extended combat training, said 1st Lt. Todd A. Rick, commander, 245th Maintenance Company.

The soldiers completed 257 work orders for Equipment Concentration Site 66 on Ft. Leonard Wood. This accounted for just under 2,000 man hours, and not only helped reduce the backlog of ECS 66, but also gave valuable hands on military occupational specialty training to the soldiers, said Rick.

Among the equipment serviced were radios, weapons systems, vehicles and floating bridges.

“It was excellent training,” said Staff Sgt. Israel Terrazas, supply sergeant, 245th MC. “We got to train on equipment we hadn’t used before.”

Along with MOS training, the soldiers of the 245th also worked to improve their skills behind the wheel of various military vehicles. Drivers’ training was conducted to license some soldiers while giving others a refresher on vehicles on which they are qualified. The soldiers also trained to drive while wearing night vision goggles.

“The Soldiers were very gung-ho,” Terrazas said. “Everyone was excited for drivers training.”

Physical Readiness Training was also a top priority, Rick said. Daily PRT sessions were conducted to increase the Army Physical Fitness Test passing rate of the unit. Overall, the unit saw a 50 percent increase of passing APFT scores.

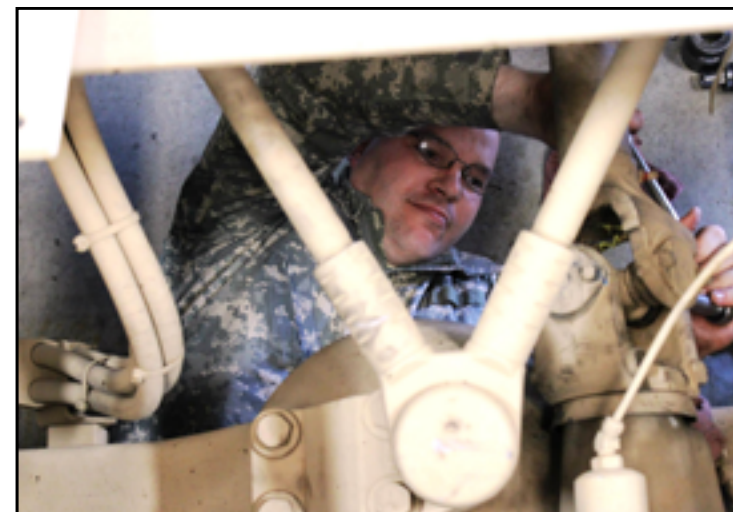
“This home station ECT was a complete success as we accomplished the goals set out from the beginning,” Rick said.



Sgt. Lindley Mitchell, small arms repairer, 245th Maintenance Company, and Carlinville, Ill. resident, gauges an M16A2 weapons system part. Gauging lets Mitchell know if the parts are serviceable and the weapon safe to fire. The 245th MC conducted Extended Combat Training in Ft. Leonard Wood, Mo., May 12-25 to hone their Military Occupational Specialties, conduct driver's training and practice Physical Readiness Training. (U.S. Army Photo by Sgt. 1st Class James Turner, 245th Maintenance Company)



Left:
Spc. Demario Walton, a St. Louis resident, and Spc. Katherine Fields, residing in Noel, Mo., both chemical equipment repairers with the 245th Maintenance Company, maintain a street sweeper on Ft. Leonard Wood, Mo. During Extended Combat Training May 12-25, 245th soldiers maintained water pumps, floating bridges and serviced an 18-piece rock crusher. Also maintained were various vehicles, including light medium tactical vehicles, dump trucks and armored security vehicles. (U.S. Army Photo by Sgt. 1st Class James Turner, 245th Maintenance Company)



Right:
Spc. Kenneth Cain, wheeled vehicle mechanic, 245th Maintenance Company, from Parkville, Mo., works on a Light Medium Tactical Vehicle while on annual training at Ft. Leonard Wood, Mo. Soldiers with the 245th MC worked on various vehicles and equipment to maintain their Military Occupational Specialties May 12-25. (U.S. Army Photo by Sgt. 1st Class James Turner, 245th Maintenance Company)



SFC Daniel Symonds of the 89th Sustainment Brigade Reseves the Master Sergeant Marcia Triggs award for out standing NCO in Army Public Affairs, presented by the Army Public Affairs Alumni Association (APAAA) in Washington D.C. Kelvin Triggs, Husband of MSG Marcia Triggs and SGM Rich Puckett of the Office of the Chief of Public Affairs (OCPA) poss for photos.



PFC Andrew Bouchard of the 89th Sustainment Brigade is promoted from PV2 at a small, informal ceremony during the brigade's 2013 annual training in Belton, MO.



MSG Steven Kennel removes the specialist rank from SGT Nick Dolbow's jacket during his promotion on June 7th, 2013.



SPC Higgins of the 89th Sustainment Brigade renders a salute to CPT John Williams after her promotion on June 7th, 2013



SGT Sabrina Wells of the 89th Sustainment Brigade in Belton, MO examines the functions of the Defense Advanced GPS Receiver, also known as the DAGR. This class is being held as part of the brigade's 2013 annual training, and is in preparation for a land navigation course that will be held later in the week.



PFC Andrew Bouchard a food operations Specialist of the 89th Sustainment Brigade prepares chicken breasts for lunch.



SGT Gregory Jackson of the 89th Sustainment Brigade in Belton, MO teaches a class on the Defense Advanced GPS Receiver, also known as the DAGR. This training is being held as part of the brigade's 2013 annual training, and is in preparation for a land navigation course that will be held later in the week.



Members of the 89th Sustainment Brigade hone their land navigation map reading skills during Annual training.



Cpl. John D. Weir, 377th Transportation Detachment, vaults over a five-foot wall in a five-Soldier team obstacle course competition to build teamwork and camaraderie in the 377th at the Weldon Spring Training Area in Weldon Spring, Mo., April 14. Other obstacles included a rope bridge, other five-foot walls, a mock minefield and a tunnel.



Sgt. Ryan P. Kuechenmeister, 377th Transportation Detachment, crawls out of the tunnel in a five-soldier team obstacle course competition to build teamwork and camaraderie in the 377th at the Weldon Spring Training Area in Weldon Spring, Mo. April 14. Other obstacles included a rope bridge, five-foot walls, a mock minefield and tug-of-war.



A soldier with the 620th Combat Sustainment Support Battalion fires his M-16A2 during qualification, May 18, at Fort Leonard Wood, Mo. Soldiers from the 620th and their subordinate units participated in the qualification range, M249 and M2 .50 caliber machine gun familiarization, Reconfigurable Vehicle Tactical Trainer simulator training and Engagement Skills Trainer 2000. The RVTT simulator took units through a simulated convoy using stationary vehicles surrounded by a 360-degree video screen. The EST 2000 used a video screen and lasers on weapons to allow practice on firing as a squad.



Soldiers with the 620th Combat Sustainment Support Battalion fire the M2 .50-caliber machine gun for familiarization, May 19, at Fort Leonard Wood, Mo. Soldiers from the 620th and their subordinate units participated in the qualification range, M249 and M2 .50 caliber machine gun familiarization, Reconfigurable Vehicle Tactical Trainer simulator training and Engagement Skills Trainer 2000. The RVTT simulator took units through a simulated convoy using stationary vehicles surrounded by a 360-degree video screen. The EST 2000 used a video screen and lasers on weapons to allow practice on firing as a squad.



(From left to right) Pfc. Frances O'Neill, Spc. Evan Alexander, Spc. Randall Crothers and Staff Sgt. Lanny Stottmeister all with Headquarters and Headquarters Company, 620th Combat Sustainment Support Battalion, break down and pack up tents May 19 at Fort Leonard Wood, Mo. Soldiers from the 620th and their subordinate units participated in the qualification range, M249 and M2 .50-caliber machine gun familiarization, Reconfigurable Vehicle Tactical Trainer simulator training and Engagement Skills Trainer 2000. The RVTT simulator took units through a simulated convoy using stationary vehicles surrounded by a 360-degree video screen. The EST 2000 used a video screen and lasers on weapons to allow practice on firing as a squad.



Staff Sgt. Debralee P. Crankshaw, a Belleville, Ill. resident, receives the Department of the Army Achievement Medal for Civilian Service from Lt. Col. Sean Campion, commander, 620th Combat Sustainment Support Battalion, recognizing her accomplishments as Unit Administrator for the 363rd Public Affairs Detachment, 620th Combat Sustainment Support Battalion, May 19, at Fort Leonard Wood, Mo.



Sgt 1st Class G. Wayne Wingard, receives the Department of the Army Achievement Medal for Civilian Service from Lt. Col. Sean Campion, commander, 620th Combat Sustainment Support Battalion, recognizing his accomplishments as Unit Administrator for Detachment 3, 245th Maintenance Company, located in Rolla, Mo., a subordinate unit of the 620th CSSB, May 19, at Fort Leonard Wood, Mo.



A soldier with the 620th Combat Sustainment Support Battalion fires his M-16A2 from the prone position during qualification, May 18, at Fort Leonard Wood, Mo. Soldiers from the 620th and their subordinate units participated in the qualification range, M249 and M2 .50-caliber machine gun familiarization, Reconfigurable Vehicle Tactical Trainer simulator training and Engagement Skills Trainer 2000. The RVTT simulator took units through a simulated convoy using stationary vehicles surrounded by a 360-degree video screen. The EST 2000 used a video screen and lasers on weapons to allow practice on firing as a squad.



SSG Chris Mullen observes SPC Devin Trees and SPC Michael Couble as they check their casualty, SPC Knifely, for wounds during the Combat Lifesaver Course conducted July 13th and 14th, 2013.



A soldier with the 620th Combat Sustainment Support Battalion fires at a target from the kneeling position with his M-16A2 during qualification May 18 at Fort Leonard Wood, Mo. Soldiers from the 620th and their subordinate units participated in the qualification range, M249 and M2 .50-caliber machine gun familiarization, Reconfigurable Vehicle Tactical Trainer simulator training and Engagement Skills Trainer 2000. The RVTT simulator took units through a simulated convoy using stationary vehicles surrounded by a 360-degree video screen. The EST 2000 used a video screen and lasers on weapons to allow practice on firing as a squad.



A soldier with the 620th Combat Sustainment Support Battalion set himself in a prone-supported position in preparation to qualify on the M-16A2, May 18, at Fort Leonard Wood, Mo. Soldiers from the 620th and their subordinate units participated in the qualification range, M249 and M2 .50-caliber machine gun familiarization, Reconfigurable Vehicle Tactical Trainer simulator training and Engagement Skills Trainer 2000. The RVTT simulator took units through a simulated convoy using stationary vehicles surrounded by a 360-degree video screen. The EST 2000 used a video screen and lasers on weapons to allow practice on firing as a squad.



SPC Devin Trees, SPC Michael Couble, and SSG James Jackson transfer their casualty, SPC David Knifely, to a litter as part of the Combat Lifesaver Course conducted July 13th and 14th, 2013.