



KINETICS



311th EXPEDITIONARY SUSTAINMENT COMMAND LOGISTICS NEWSLETTER



SUSTAIN THE
FORCE,
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KINETICS



311th EXPEDITIONARY SUSTAINMENT
COMMAND LOGISTICS NEWSLETTER

SUSTAIN THE
FORCE,
SECURE THE
VICTORY

311th ESC
Returns Home

163rd OC
Deployment
Ceremony

Korean War
Anniversary Dinner



Soldiers take questions to the Army boss on Facebook

Soldiers asked the Army's top boss about the threat to their pay in the face of sequestration and a possible government shutdown during Gen. Ray Odierno's first virtual town hall meeting on Facebook on Tuesday.

The Army chief of staff took questions from soldiers on Facebook for about an hour, the first time he has opened such a forum.

He said soldiers would "be required to work" even if their pay is delayed in the event of a government shutdown.

Odierno also answered questions about the Army drawdown, saying "difficult choices" must be made.

"Sir, when can we expect to know if (or) when sequestration will trigger the additional personnel reductions?" asked Facebook user Jason Anthony Crowe.

"If full sequestration is implemented, there's a good chance that the Army Component might have to go as low 420K," Odierno answered.

In recent weeks, Defense Secretary Chuck Hagel has also said the Army may go down to 420,000 to 450,000 because of sequestration.

"We are proposing that we take 26 percent end strength cut in the (Active Component), 12 percent in the (National Guard) and 9 percent in the (Reserve)," Odierno said during the Facebook town hall.

'TOUGH QUESTIONS'

Several Facebook users asked about the stigma still prevalent for soldiers who seek help for mental health, especially after it was reported the Washington Navy Yard shooter was a veteran with mental health issues.

"Sir, how are you going to stop the recent Navy Yard incident from scaring off people from getting mental health counseling? The talk in the media is all about how clearances should be yanked if there are issues," Facebook user Sandy Thompson asked.

Odierno said he was working with the people involved.

"This is a very difficult issue. We want to have a policy that encourages everyone to come forward to seek assistance," he said.

Odierno answered more than 20 questions during the Facebook town hall meeting.

Also taking part in the town hall meeting were: director of the Army staff, Lt. Gen. Bill Grisoli; the Army G1, Lt. Gen. Howard Bromberg; the director of operations for installation management, Maj. Gen. Al Aycock; and the deputy commanding general for support, from the Office of the Surgeon General, Brig. Gen. John Cho.

"I appreciate all of the tough questions and having such a wide variety of people participate," Odierno posted on Facebook.



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

WELCOME HOME 311th ESC

From a year-long deployment as the Joint



at Sustainment Command-Afghanistan



Commanders Corner:

COL Lamb on Redeployment

As we come to the end of a long journey, I wanted to give the 311th Expeditionary Sustainment Command some words of appreciation. I wanted to thank all the Soldiers and families of the 311th for their hard work and dedication, which allowed us to have a successful deployment to Afghanistan and Kuwait, as well as those who covered down in Los Angeles in their absence. There have been many long days and nights, and many sacrifices made in order to achieve our goals and missions. For a job well done, you have my heartfelt admiration.

Although we are coming home, there is still more work to do. As we redeploy, we must close the loop and reintegrate with our families and friends. We must remember that our long suffering families who have been taking care of the home front will also be going through a transition. Make sure we reconnect and try to get back to a normal life. Remember, we are Citizen Warriors and now that we are home we are still an important part of our local communities. The Yellow Ribbon events are for both the Soldiers and their families, take advantage of them.

I also want you take care of yourself. There are many programs out there to ensure you have a smooth transition. As

you know, you are covered through the Veterans Administration for health care up to five years, but you must follow through and go to your local VA and sign up. For those who don't have regular employment, there is the Army Career and Alumni Program (ACAP). This is a centrally funded and administered program that provides transition and job assistance services on major installations. If you have other needs, don't hesitate to ask for help.

If you have other needs, don't hesitate to ask for help.

Welcome home and thank you for your Service and travel safely.

COL Lamb



Colonel Richard A. Lamb
Commander
311th ESC, Rear

Command Sgt. Maj. Corner:

CSM Laos addresses the troops

Greetings Team, it's truly an honor to have our brave men and women of the 311th Expeditionary Sustainment Command returning home from their long and difficult mission to Afghanistan and Kuwait. It has been a tough year for many, but knowing that we have accomplished so much makes the journey even more satisfying.

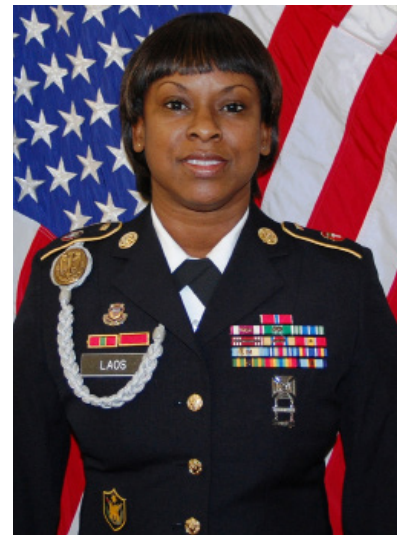
Although we are home our mission continues. Not only do we have to rejoin our families and get back into the swing of things, we must remember the mission of always being ready and sustaining the standards. Passion and dedication are characteristics of a great leaders and I am depending on our leaders to take care of their Soldiers.

I also wanted to thank the Soldiers who participated in this year's Warrior, Combat Support Training Exercises, Red Dragon, Diamond Saber, and Innovative Readiness Training. These exercises also continue the mission of keeping subordinate down trace units and staffs trained and prepared for deployment. Training is important, but equally important Soldier Readiness and the welfare of our Soldiers and families. Safety is always our number one concern; train hard and train safe.

Again, welcome home to our heroes, be safe and God Bless you and your families.

FOR GOD & COUNTRY, I PROUDLY SERVE. Army Strong all day long.

CSM Winsome Laos



CSM Winsome Eloy Rema Laos

Warrant Officer Hansen visits Berendo Middle School

Story and photo by 1st Lt. Fernando Ochoa

Warrant Officer Amanda Hansen, a human resource technician from the 311th Expeditionary Sustainment Command, located in Los Angeles, Calif., visited the students at Berendo Middle School May 17 as part of an annual career day program.

Berendo Middle School is an inner city school located west of downtown Los Angeles in the Pico-Union district. There are 1104 students in grades 6-8, where 92 percent are Latino, 6 percent are Asian (primarily Korean) and 1 percent are African-American.

Thirty-one percent of the students are English learners and 100 percent qualify for the free/reduced lunch program.

Hansen came to talk to the students about how she had a similar experience growing up in a lower

socially-economic background and how it didn't stop her from being successful.

"I barely graduated with the grades I had," said Hansen. "College isn't just for 'A' students."

Hansen came to talk about the importance of an education. She came from a large family that included eight children - one severely handicapped. Her parents always insisted that she and her siblings graduate from high school, since her father never did. Many of the students that attend Berendo Middle School have parents who also have little formal education.

"It's important to start thinking about making plans for the future," said Hansen. "No matter what life path you end up on."

Hansen talked to two eighth-grade classes. One of her messages was that education and training doesn't always mean four years of college right after high school. She told her young audience that public, civil and military service has many rewards that include stable pay, equal treatment and the opportunity to travel.

The children were excited to see a soldier in uniform. They were eager and asked Hansen about her service in Iraq and Afghanistan.

"They were amazed when I started giving them the specifications of my assigned weapon," said Hansen. "They liked all the hats I brought in, especially my helmet."

A native of Leeds, Utah, Hansen will soon be completing her bachelor's degree and wants to continue her education with a law degree.



Warrant Officer Amanda Hansen, a human resource technician from the 311th ESC, visited the students at Berendo Middle School May 17 as part of an annual career day program.



If you have to take one thing away from this little article, remember this.

“GO SLOW”

When families are reunited after long periods of separation, there are a wide variety of issues and emotions that surface.

“GO SLOW”

Excitement for the reunion, nervousness, concern if the change is too much, if things won't feel the same, new routines, etc. ALL of this is normal.

“GO SLOW”

Initially, there is often great excitement and often a second

“honeymoon”...but that can change very quickly as new patterns of behaviors, new found independence and changes surface.

If you think you or your families, friends haven't changed, you will be in for a rough ride.

Everyone is affected and is changed during separations. Some more than others.

“GO SLOW”

The good news is that the majority of people

will adapt and things will fall

into a new rhythm. For those who have some difficulties, I want to

encourage you to seek help. Your unit Chaplain has extensive training in this (call me ANYTIME), so does the MFLAC (Marriage and Family Life

Consultant). The VA can assist. Army One Source. There are a number of

places that can help. Seek that help early. Like any problem, the sooner

it is faced, the sooner things get better.

So again, Welcome home 311th ESC! We have missed you and we thank God for your safe return...oh, and remember, GO SLOW!

Grace and Peace!

WELCOME HOME!

CH(CPT) Michael D.

Wikstrom

311th MSE Chaplain



311th ESC conducts Army Reserve Family Program Training

The 311th Expeditionary Sustainment Command conducted three days of “chain of command” training for its Army Reserve Family Program on the Joint Forces Training Base at Los Alamitos August 23-25.

The Army Reserve Family Program provides Soldiers, retirees, DA Civilians, and family members, including surviving spouses, a voice in shaping their quality of life. This training is specifically

meant to train command teams, which consist of the unit commander, 1st Sgt. and family readiness liaison. This team trained for three days, learning how to finance their unit, outreach and communi-

cation techniques and how to create a Family Readiness Plan.

“These training sessions are conducted quarterly and are important for the health of the unit,” said Debra Hodge, 4th ESC Family Programs Coordinator. “These teams will learn how to develop a Family Readiness Plan and then go back to their commands and present it

to their commanders.”

Unit commanders are responsible for Army Community Service centers. They identify community needs, resource requirements for their commands, and establish and chair the installation Soldier and Family Assistance Center committee.

This training seminar trains command teams and then tasks them to create a Family Read-

iness Plan in order to fulfil their required program. By developing a marketing plan to inform the community of services offered by the Army Volunteer Corps Coordinator, volunteer positions can be advertised to promote organizations having volunteers, and to recognize volunteer

contributions.

Army Reserve constituents continue to be instrumental in fuelling the Army Family Action Plan process to bring about change in Army and Army Reserve programs, policies and services.



Above: Ms. Olson, Family Programs Coordinator, conducted and Col. Lamb, 311th ESC rear commander and CSM Laos, 650th Command Sgt. Major, attended chain of command training for its Army Reserve Family Program in Los Alamitos.

The 163rd Ordnance Company conducts Deployment Ceremony

Story and photos by 1st Lt. Fernando Ochoa

Soldiers of the 2nd Platoon, 163rd Ordnance Company participated in a deployment ceremony August 31 at the Tustin US Army Reserve Center in Tustin, Calif.

The 163rd OD Detachment's mission is to provide heavy lift support capability for ammunition operations in theater in support of Operation Enduring Freedom. During this deployment, they will operate an ammunition supply point at Camp Buehring, issuing and receiving force protection ammunition from units deploying and redeploying in theater.

1st Lt. Brett Gibbons, 163rd OD detachment commander, was enthusiastic when he made his remarks, during the deployment ceremony. "It is a sobering honor and privilege to lead these fine Soldiers," said Gibbons. "I'm extremely excited and I will not cut corners or take short cuts."

It was a overcast, cloudy day and very humid. More than a hundred friends and families sat under a canopy, ready to support their loved ones.

The 163rd has spent ten months preparing for this deployment. They have conducted Theater-Specific Individual Readiness Training, which focuses on providing deploying units/individuals with realistic scenarios that challenge participant's critical thinking and decision-making skills so that they can be better prepared for managing actual events/encounters after deployment.

The unit will also receive post-mobilization training at Fort Dix, New Jersey.

"They are ready to go and I'm very proud of them," said Capt. Joycelyn Magday, 163rd OD Company Commander. "I'm confident they will accomplish their mission and return safely."

The detachment stood in six ranks, disciplined and ready to do their duty. After the ceremony, Soldier, friends and families met in the unit drill hall for a reception with a meal and refreshments.

The Soldiers of the 163d Ordnance Company have

served in many different countries across the globe. Peacetime missions included Germany, Korea, Egypt, Italy and all across the United States of America. They have also served proudly in Kuwait, Iraq, Afghanistan and Jordan in support of Operation Enduring Freedom and Operation Iraqi Freedom.



1st Lt. Brett Gibbons, 163rd Ordnance Company detachment commander, will lead his Soldiers to Kuwait to man an ammunition supply point in support of Operation Enduring Freedom.



Capt. Joycelyn, 163rd Ordnance Company Commander, Col. Dwight Ortiz, 653rd RSC Brigade CDR, 1st Lt. Brett Gibbons, 163rd OD detachment CDR, Lt Col. Marlon Lewis, 419th CSSB Battalion CDR and Col. Richard Lamb, 311th ESC rear CDR, were in attendance during the 2nd Platoon, 163rd OD deployment ceremony August 31 in Tustin, Calif.

Transportation Soldiers conduct Terminal Warrior



Terminal Warrior was the two-week Annual Training (AT) for a culmination of transportation and logistics Reserve Soldiers from across the United States held between three locations in Southern California Sept. 8-21. The AT, which enhanced the skills, training and licensing of the various Terminal Operations elements, focused on cohesively integrating Cargo Operations, Seaport Operations, Harbor Master Operations, and Watercraft Operations utilizing organic assets.





Investment Portfolio

Managing your money

Now that many of us have returned home, we may have saved some money. This might be a good opportunity to make some investments. If you do decide to make some investments, here are some things to keep in mind:

When looking at your investment portfolio consider many factors, most importantly your goals, time horizon and risk tolerance. Diversification is key because research has shown that diversified portfolios offer lower risk than portfolios that are invested in any one category.

Modernly, investing through investment groups such as mutual funds helps investors further minimize their risk while receiving professional management expertise. Mutual funds can be thought of

as groups of people banding together to give their investments to a professional manager, who will then combine those investments into a diversified portfolio.

At Survivor Outreach Services (SOS) we provide information on investments and other financial matters. As the Army Reserves' resource to you, our services are strictly objective: we do not sell products or charge any fees. Our goal is to provide you with overall guidance in various financial areas. We hope to provide you with advice and counsel that you can take to your individual financial advisor(s), offering you the chance to become a more informed consumer before you set out to work with your own financial professionals.



Brian Dennis, who is stationed at the 311th ESC, is the SOS Financial Counselor for the southern half of California and Arizona, and can provide assistance in with financial matters. For more information he can be reached at 310-235-4250, or brian.k.dennis9.ctr@mail.mil.

A S A P

ARMY SUBSTANCE ABUSE PROGRAM

311th ESC Alcohol and Drug Control Officer



Labor Day is the end of the summer and the beginning of the winter Holidays. In October we celebrate Red Ribbon Week in honor of Enrique (Kiki) S. Camarena.

Enrique (Kiki) S. Camarena was born on July 26, 1947 in Mexicali, Mexico. He

graduated from Calexico High School in Calexico, California in 1966, and in 1968 he joined the U.S. Marine Corps. After serving in the Marine Corps for two years, he joined the Calexico Police Department as a Criminal Investigator in 1970. In May of 1973, Kiki started working as a Narcotics Investigator with the El Centro Police Department.

He stayed with the El Centro P.D. until June 28, 1974 when he joined the Drug Enforcement Administration (DEA). His first assignment as a Special Agent with DEA was in a familiar place - Calexico, California. In 1977, after three years in Calexico, he was reassigned to the Fresno District Office in Northern California. Four years later, Kiki received transfer orders to Mexico, where he would work out of the Guadalajara Resident Office. For four and one-half years in Mexico, Kiki remained on the trail of the country's biggest marijuana and cocaine traffickers. And in early 1985, he was extremely close to unlocking a multi-billion dollar drug pipeline. However, before he was able to expose the drug trafficking operations to the public, he was kidnapped on February 7, 1985. On that fateful day, while headed to a luncheon with his wife, Mika, Kiki was surrounded by five armed men who threw him into a car and sped away. That was the last time anyone but his kidnappers would see him alive.

It is believed that Special Agent Camarena's death actually occurred two days later, but his body was not discovered until March 5, 1985. He was 37 years old and was survived by his wife, Mika and their three chil-

dren, Enrique, Daniel and Erik. During his 11 years with DEA, Kiki received two Sustained Superior Performance Awards, a Special Achievement Award and, posthumously, the Administrator's Award of Honor, the highest award granted by DEA.

Shortly after Kiki's death, Congressman, Duncan Hunter, and high school friend Henry Lozano launched Camarena Clubs in Kiki's hometown of Calexico, California. Hundreds of club members including Calexico High School teacher David Dhillon wore red ribbons and pledged to lead drug-free lives to honor the sacrifices made by Kiki Camarena and others on behalf of all Americans.

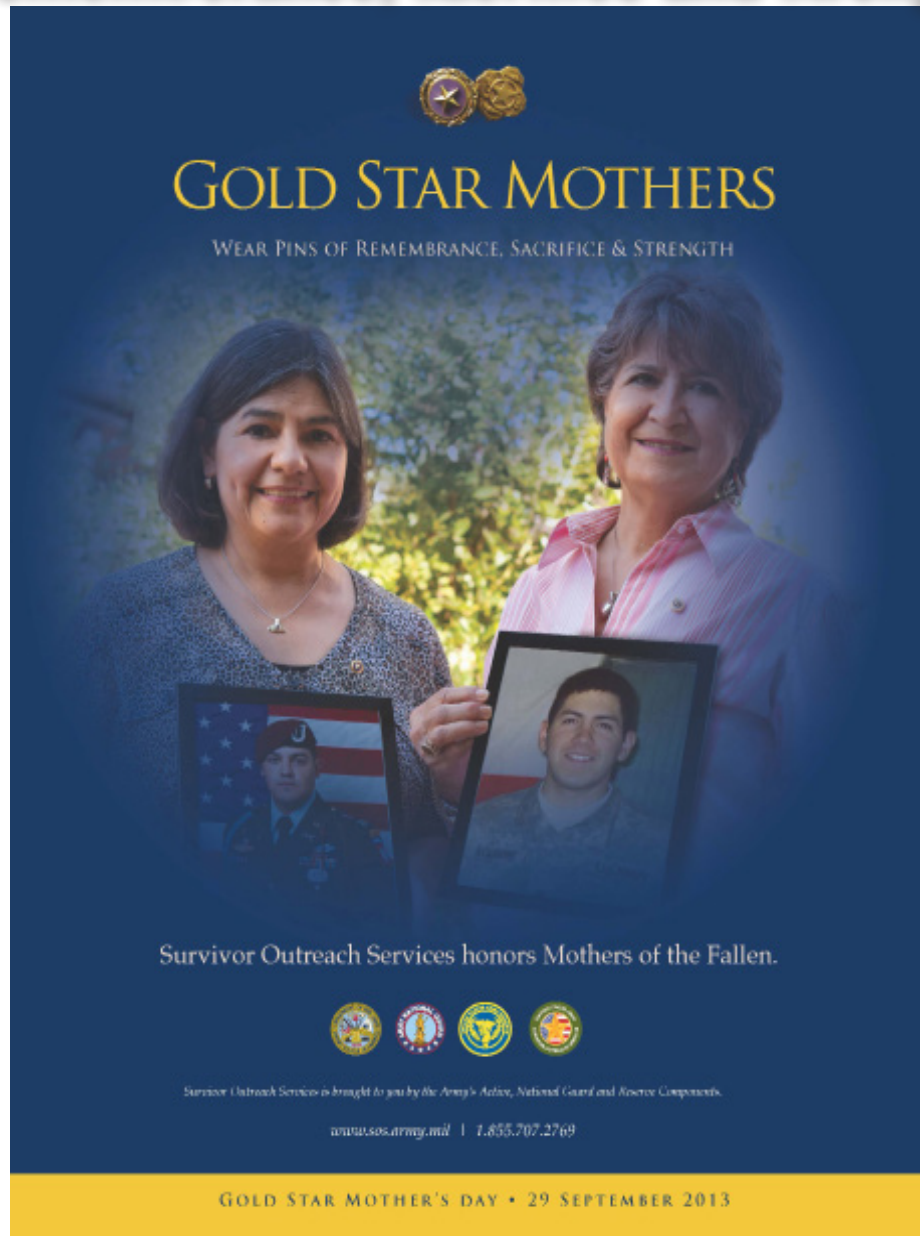
Red Ribbon Week eventually gained momentum throughout California and later the United States. In 1985, club members presented the "Camarena Club Proclamation" to then First Lady Nancy Reagan, bringing it national attention. Later that summer, parent groups in California, Illinois, and Virginia began promoting the wearing of Red Ribbons nationwide during late October. The campaign was then formalized in 1988 with President and Mrs. Reagan serving as honorary chairpersons. Today, the eight-day celebration is sponsored by the National Family Partnership (previously known as the Federation of Parents for Drug Free Youth), and has become the annual catalyst to show intolerance for drugs in our schools, work places, and communities. Each year, during the last week in October, more than 80 million young people and adults show their commitment to a healthy, drug-free life by wearing or displaying the Red Ribbon.

Please help to celebrate the life of this Marine and Police officer. He gave his life helping to fight the drug problem.

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 310-235-4147 or charlotte.l.jennings.civ@mail.mil. Don't be afraid to ask for help, everything is confidential.

Gold Star Mothers wear symbols of remembrance, sacrifice and strength



Survivor Outreach Services is a “one” Army program. Regardless of your loved one’s Army component, duty status, location, or manner of death, Survivor Outreach Services Support Coordinators and Financial Counselors are here to provide dedicated outreach and support when, and for as long as you desire. We are here for you. Army National Guard, US Army Reserve and Active Component Families are served by the closest Survivor Outreach Services support office. We know that there are no words or actions that can ever fully solace you in your loss, for there is no greater calling than to serve ones’ nation with honor and dignity. For us, there is no greater duty than to support the Families of those who have died in service to our nation. <http://www.sos.army.mil/Home.aspx>

Soldiers conduct QLLEX for annual training

Story and photos by Staff Sgt. Todd Pruden

During their annual Extended Combat Training, Soldiers are expected to hone their skills by conducting drills and running through battle-focused scenarios and training specific to their jobs.

When Soldiers get to put their jobs to use during a real-life mission, the bar is set higher, and a heightened sense of accomplishment is usually the end result.

Army Reserve Soldiers from various quartermaster and transportation units conduct-

ed their annual training here June 1 through 15 to hone their skills in their military occupational specialties by conducting what is called a quartermaster liquid logistics exercise, or QLLEX. Soldiers from these units performed a real-world mission of storing, circulating, testing and transporting fuel to various military installations in the area; a job usually done by Defense Logistics Agency contractors.

“[DLA] stepped aside and let us handle what they actually

do on a day-to-day basis,” said 2nd Lt. Edwin Rodriguez, executive officer for the 1017th Quartermaster Company, based out of Camp Pendleton. “When they get the information from a customer needing this amount of fuel, they send it to us and we turn it into a mission. And based on that mission, [the Soldiers] execute it.”

The Soldiers set up a fuel system supply point, or bag farm, to store fuel to be distributed to various locations. But before the fuel went anywhere, it was tested by a petroleum quality assurance team to ensure there are no contaminants.

“There’s a certain standard,” said Rodriguez. “The military has to meet those standards every single time. It’s crucial that the customer is not getting contaminated fuel because that could affect their equipment or whatever they are running that fuel on.”

Once the testing was complete with optimal results, the fuel was then transported to local DLA customers.

This was the first time the 1017th had ever conducted a



Sgt. Roland Amigo, petroleum supply sergeant with the 1017th Quartermaster Company out of Camp Pendleton, Calif., clamps a grounding wire to a grounding rod during a quartermaster liquid logistics exercise at Camp Pendleton.

QLLEX, according to Rodriguez. He said the mission was critical in order for the young unit to receive the training they needed.

“It helps the Soldiers to think and be able to overcome different problems that they are going to encounter with the environment,” said Rodriguez. “It’s still a learning process for me.”

Sgt. Roland Amigo, petroleum supply sergeant, 1017th Quartermaster Company, agreed.

“You can teach them by the book,” said Amigo. “But once you go to field training like this, now you’ve got to adjust to the weather, the terrain, and all of the traffic flow. So, all of the stuff you learn by the book is going to change. So, now I am teaching my Soldiers to adjust.”

The bag farm at the exercise consisted of three 50,000 gallon bags. Amigo said the bags can accommodate approximately 130,000 gallons when full, a lesser amount than the maximum capacity to compensate for expansion. Attached at both ends of the farm were 350 gallon-per-minute pumps; one to receive fuel, and the other to dispense fuel.

“You’ve got to have the schematics drawn up before you can do anything,” said Pfc. Villi Villamarin, petroleum supply specialist, 1017th

Quartermaster Company. “This is a brand new system. It’s just like learning a new language. It’s going to be hard at first, but when you pick it up, it slowly goes into place. Once you know it, it’s always going to stick with you.”

All the while, though, safety was the top concern on all Soldiers’ minds.

“Safety is above any of them,” said Amigo. “It’s always safety first. ‘I keep telling my guys, with our trade, we are not here to rush. We are going to do it step-by-step, slowly, and safely as possible.’”

But being safe does not mean one can have a good time. While the Soldiers were benefitting from the training they received, they agreed the hard work paid off in the end and look forward to doing their jobs down the road.

“This is the most I have done since I graduated from [initial entry training],” said Villamarin “It’s a great experience.”

Amigo agreed.

“It’s continuous learning, and all of the Soldier’s we’ve got, they actually have a better idea now on how things

work,” he said. “The more we do this type of training, we have to sustain the knowledge that we’ve got.”



Pfc. Jonathan Johnson, petroleum laboratory specialist with the 316th Quartermaster Battalion out of Okmulgee, Okla., visually inspects a fuel sample for contaminants during a quartermaster liquid logistics exercise at Camp Pendleton.



Pfc. Jonathan Johnson, petroleum laboratory specialist with the 316th Quartermaster Battalion out of Okmulgee, Okla., dispenses a fuel sample into a jar during a quartermaster liquid logistics exercise at Camp Pendleton.

Quartermaster Detachments adapt, overcome and train

Story and photo by 1st Lt. Fernando Ochoa

This is the first year Army Reserve units have faced a sequester, and many unit annual training period have been adversely affected; but in the 304th Sustainment Brigade, two units found a way to turn this potential disaster into a once-in-career opportunity.

The 155th Quartermaster and 606th Quartermaster Detachments, March Field, California, were scheduled for refresher and advanced petroleum staff training at the FORSCOM Petroleum Training Module program office at Fort Pickett, Virginia, and then to assist another unit in exercises at Fort Pickett afterwards. This was a good training opportunity for these California units; the 606th is designed to serve on major headquarters logistic staffs or lead a petroleum task force element, and the 155th QM is a mobile petroleum laboratory. But the sequester reduced and then eliminated the larger unit's exercise, essentially wiping out the second portion of the 155th and 606th's planned training; creating a home-station event in California to follow the staff training at Fort Pickett would have been difficult on short notice, and would have meant significant logistical changes. So instead, the units developed new

opportunities normally out of reach for West Coast units.

In the place of the petroleum command post exercise and observer controller duty, the two California units organized new events. With the assistance of the Fort Pickett staff and the FORSCOM Petroleum Training Module staff, the units tapped into the simulators and other resources at Fort Pickett. The two units, fairly distant from USAR resources at Fort Hunter Liggett and Camp Parks in northern California, took advantage of Fort Pickett to provide alternative training, such as additional petroleum testing training and live training on petroleum storage site fire-fighting equipment.

The units also took advantage of their seemingly limited resources and organized a novel professional development event for the small Army Reserve units – a staff ride at Antietam and Gettysburg National Battlefields. “A reservist based in Ohio or New York, and many Active Duty Soldiers, wouldn't have much difficulty at some point in their careers seeing these seminal locations in US military history, but most West Coast Reservists may never get that opportunity. We grow lemons in Riverside County, so why not make lemonade when life hands them to you in training as well?” said LTC Scott Phillips. “While

it is important that we build solid, ready units and have Soldiers ready in their occupational skills, we are also supposed to be developing leaders for the future Army Reserve. Understanding terrain, decision-making, and how Soldiers and leaders act and react under fire are just as important in Soldier development as is being able to manage pipeline operations or fuel quality tests - or whatever other occupational skill set that applies.” So the unit collected gas money donations, and headed north. Using the Military History Center's staff ride guides, the unit's visited the battlefield of America's bloodiest day as well as the turning point of the eastern theater of the Civil War.



Lt. Col. Phillips describes the situation on July 2, with a view from Little Round Top towards The Wheatfield, contrasting the wooded, sloped movie image of the fight with the rugged realities faced by Longstreet's men.

Col Lamb attends 60th Anniversary of Korean War Armistice dinner

Story and photo by 1st Lt. Fernando Ochoa

Col Richard Lamb, 311th Expeditionary Sustainment Command rear commander, attended the 60th Anniversary of Korean War Armistice dinner July 25 at the Secret Garden Restaurant in Korea Town in downtown Los Angeles.

Organized by the Korean War Veterans Association and Samuel Song Park, senior assembly member of the California Senior Legislature, this dinner marked 60 years since the end of the Korean War. This occasion was both a reunion and celebration for veterans as both Korean and American gathered, which included a local group of Korean War veterans from the 29th Infantry Regiment Association.

“Some historians have called this conflict the ‘Forgotten War,’ but for those who fought and paid the ultimate price it will never be forgotten,” said Lamb. “When we look at South Korea today, we see one of the most successful economies in the world. The outcome of the war gave South Korea the freedom to gain that success.”

A host of distinguished guests included both local and state Korean legislators and city officials. One highlight to the event was a group of South Korean school girls who sang American songs in English.

The Korean War was an important milestone in world history. It was the first war in which the United Nations participated. Both nations suffered massive damage to their economies and infrastructure as a result of bombings and artillery strikes. In the aftermath of the war,

South Korea was able to modernize and industrialize with the help of the United States, making it one of the strongest economies in the world.

President

Barack Obama issued a proclamation, marking July 27th as

National Korean War Veterans Armistice Day. He offered a special salute to our Korean War veterans and reaffirmed that no matter what the future holds, America will always honor its promise to serve our veterans as well as they served us; now and forever.



Above: Col Richard Lamb, 311th ESC rear commander, greeted and thanked Korean War veterans from the 29th Infantry Regiment Association at the 60th Anniversary of Korean War Armistice dinner July 25.



63D Regional Support Command Yellow Ribbon Program Calendar FY 2014



Version 1

Dates	Location	Event
22-24 November 2013	Anaheim, CA	Events 4-6
13-15 December 2013	Los Angeles, CA	Events 4-6
10-12 January 2014	Dallas, TX	Events 4-6
21-23 February 2014	Dallas, TX	Events 4-6
TBD March 2014	TBD	Events 4-6
4-6 April 2014	Los Angeles, CA	Events 4-6
2-4 May 2014	Los Angeles, CA	Events 4-6
20-22 June 2014	Los Angeles, CA	Events 4-6
25-27 July 2014	Anaheim, CA	Events 4-6
15-17 August 2014	Anaheim, CA	Events 4-6
5-7 September 2014	Dallas, TX	Events 4-6

Sign up today!

www.yellowribbonevents.org

Find out what the Yellow Ribbon Experience is all about:

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www.vimeo.com: Search "63d RSC Yellow Ribbon"

www.youtube.com: Search "63d RSC Yellow Ribbon"



Flu Season Is Here

Get Vaccinated Today

Who should get the vaccine?

EVERYONE 6 MONTHS AND OLDER

Everyone **6 MONTHS OF AGE AND OLDER** should get the flu vaccine. Seasonal flu vaccines have a very good safety track record.



PEOPLE AT HIGH RISK

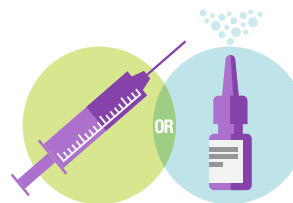
It is especially **IMPORTANT TO GET THE VACCINE IF YOU, SOMEONE YOU LIVE WITH, OR SOMEONE YOU CARE FOR IS AT HIGH RISK** of complications from the flu.

- ✓ Children & Infants
- ✓ Pregnant Women
- ✓ Seniors
- ✓ People with Disabilities
- ✓ People with Health Conditions
- ✓ Travelers & People Living Abroad

Can I get the flu from the vaccine?

NO, YOU CAN'T GET THE FLU

NO, YOU CAN'T GET THE FLU from the flu vaccine. The flu vaccine protects you from the flu, not the common cold. But you may experience some side effects.



MILD REACTIONS

MILD REACTIONS such as soreness, headaches, and fever are common side effects of the flu vaccine.



How should I get the vaccine?

There are **TWO TYPES** of vaccine, the flu shot and the nasal spray. Both protect against the same virus strains.

FLU SHOT



Made with inactivated (killed) flu virus



Given by needle



Approved for use in healthy people older than 6 months and people with chronic health conditions

NASAL SPRAY



Made with weakened live flu virus



Given with a mist sprayed in your nose



Approved for healthy people between the ages of 2 and 49, except pregnant women

When should I get the vaccine?



Get your flu shot or spray **TODAY**. Flu season usually peaks in January or February, but it can occur as late as May. **EARLY IMMUNIZATION IS THE MOST EFFECTIVE**, but it is not too late to get the vaccine in December, January or beyond.

Where can I get the vaccine?

Visit **FLU.GOV** and use the **FLU VACCINE FINDER**.

Flu Vaccine Finder

Find flu clinics near you

Everyone six months of age and older needs a flu vaccine.

Enter Zip Code

GO

powered by HealthMap

VISIT FLU.GOV

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