

# THE SUSTAINER

SUSTAINMENT WARRIORS



SUSTAIN THE FIGHT

Learn Brazilian Jiu Jitsu in Kuwait

Theater Gateway Goes Mobile

Ohio National Guard Honors Fallen Comrade

Mechanics Train with Kuwaiti Partners



Soldiers begin running at the start line of the shadow run of the Dublin 5K to honor Capt. Nicholas Rozanski on Oct. 12, 2013 at Camp Arifjan, Kuwait. The shadow race, organized by the 371st Sustainment Brigade, an Ohio Army National Guard unit, honors three Ohio guardsmen who were killed while deployed to Afghanistan with the Ohio Army National Guard in 2012.



## **Soldiers of the 371st SB organize shadow Dublin, Ohio 5K to honor fallen Ohio Guardsmen**

Story and Photo by Staff Sgt. Kimberly Hill

Soldiers with the 371st Sustainment Brigade, an Ohio Army National Guard unit, organized a shadow run of the Dublin, Ohio 5K and raised \$1,250 for the Nicholas Rozanski Memorial Foundation and the Dublin 5K at Camp Arifjan, Kuwait on Oct. 12, 2013.

The shadow race honors the memory of three Ohio National Guard soldiers, Capt. Nicholas Rozanski, Master Sgt. Shawn Hannon and Master Sgt. Jeff Rieck

who were killed while deployed to Afghanistan on April 4, 2012.

“The 371st put on this particular shadow run because it gave us an opportunity to pause and honor our fallen comrades,” said Capt. Karisa A. Myers, a human resource operations branch officer with the 371st Sus. Bde. and a Newark, Ohio native. “The loss of those three guys hit close to home for a lot of us.”

Many soldiers within the 371st Sus. Bde. knew, served with or deployed with the three fallen heroes, and wanted to honor their memories, said 1st Lt Kevin McGee, distribution integration operations officer for the 371st Sus. Bde. and a Hilliard, Ohio native.

“I met Capt. Rozanski when he was an Officer Candidate School instructor in Ohio's Regional Training Institute, said McGee, who helped organize the race. “When he was killed, it impacted so many of us who knew him.”

Runners raised over \$1,250 for the Dublin 5K and the Nick Rozanski Memorial Foundation, which benefits students and families in the local Dublin, Ohio community through scholarships and other charitable foundations.

“The shadow run was a way for so many of us to get involved in remembering Capt. Rozanski and to show support for his family back in Dublin, Ohio,” said McGee.





Brig. Gen. Donald B. Tatum, the commander of the 135th Expeditionary Sustainment Command speaks to attendees during the theater gateway ribbon cutting ceremony on Oct. 1, 2013 at Camp Arifjan, Kuwait.

## Theater Gateway Ribbon Cutting

Story and Photos By Staff Sgt. Kimberly Hill

A ribbon cutting ceremony for the new theater gateway at Camp Arifjan, Kuwait was conducted on Oct. 1, 2013 at Camp Arifjan, Kuwait.

The ribbon cutting ceremony marks the official opening of the theater gateway that was moved from Ali Al Salem Air base to Camp Arifjan in August, 2013.

The move from Ali Al Salem has saved the Army an estimated 2 million dollars a month, said Lt. Col. Christopher M. Pfaff, the director of the 138th theater gateway at Camp Arifjan.

During peak operations, the gateway processes on average 2,000 weekly travelers through inbound and outbound operations, he added.



From left to right: Col. Gregory W. Robinette, the commander of the 371st Sustainment Brigade, Brig. Gen. Donald B. Tatum, the commander of the 135th Expeditionary Sustainment Command, Maj. Gen Kurt J. Stein, the commander of the 1st Theater Sustainment Command, and Lt. Col. Christopher M. Pfaff, the director of the 138th theater gateway cut the ribbon of the new theater gateway on Oct. 1, 2013 at Camp Arifjan, Kuwait.





## **Brazilian Jiu Jit Su**

Photos and Story by Staff Sgt. Kimberly Hill

Students from a variety of services, backgrounds and ages roll around the blue mats on the floor of the gym grappling with their fighting partners.

Some wear the traditional gi of martial arts; others wear their military uniform with their blouses and boots removed, but all listen intently as their instructor leads them through different martial arts moves.

While the students practice with their partners, trying out moves they learned

a few minutes ago as the tall brown-haired instructor walks among the group, stopping occasionally to correct forms or give advice.

Often the instructor simply rolls around or grapples with one of his students, patiently talking them through each move until they are comfortable enough to do it on their own or with their partner.

At the end of the class, the students are sweating and clearly exhausted, yet they smile as they bow to the white gi clad instructor making their way off the mats and out of the gym.

“Anyone could walk in off the street and plug right in and still get something out of the class,” the instructor says as his students leave.

The class is Brazilian Jiu Jitsu and is taught by Army Maj. Brandon Tackett, the deputy chief of support operations for the 371st Sustainment Brigade, an Ohio Army National Guard unit based out of Springfield, Ohio and currently deployed to Camp Arifjan, Kuwait since July, 2013.

“Before I got here I started researching because I knew I wanted to start [a class], luckily there was a guy already teaching so after he left I took the



Army Maj. Brandon Tackett, a Columbus, Ohio native and the deputy chief of support operations for the 371st Sustainment Brigade stretches out with his students before beginning his Brazilian Jiu Jitsu class on Oct. 25, 2013 at Camp, Arifjan, Kuwait. Tackett is a brown belt in Brazilian Jiu Jitsu and has been practicing the martial arts form for over 13 years.



classes over,” said Tackett, a Columbus, Ohio native.

Tackett, who holds a brown belt, has been practicing Brazilian Jiu Jitsu for over 13 years and wrestled throughout high school and college, thought that teaching classes would not only be a great way to spread his passion and improve service members’ physical and mental fitness, but also to improve his own skills.

While Brazilian Jiu Jitsu is a demanding form of martial arts and takes years of practice to develop the skills it teaches, Tackett’s classes are open to all levels, from beginners to

advanced, he said.

“It takes a very long time to get good at; comparatively speaking it would take about three years to get a black belt in Tae Kwan Do. In Jiu Jitsu it takes anywhere from 10 to 15 years to get a black belt,” Tackett said.

The instruction is physically demanding, however, Tackett does an outstanding job training the class at a beginner level and working with each student individually so their ability and skills continue to improve throughout the training, said Chief Warrant Officer 2 Kyle Gettys, the supply and services officer with the 371st Sus. Bde. and a

Cardington, Ohio native.

Brazilian Jiu Jitsu is used in the world of Ultimate Fighting and mixed martial arts events, and a scaled down version is even used in Army combatives, which was written by a purple belt practitioner of Jiu Jitsu, said Tackett.

The class offers not only physical but mental benefits for practitioners, helpful for deployed service members who may have trouble dealing with stress, said Master Sgt. Cole Derringer, a the fleet manager with the 371st Sus. Bde. and a Springfield, Ohio native.

While the class benefits service





Army Maj. Brandon Tackett, a Columbus, Ohio native and the deputy chief of support operations for the 371st Sustainment Brigade demonstrates a martial arts move with Army Sgt. Stephen Lacey, a Shreveport, La. Native and a horizontal construction engineer with the 844th Engineering Company during Tackett's Brazilian Jiu Jitsu class on Oct. 25, 2013 at Camp, Arifjan, Kuwait. Tackett is a brown belt in Brazilian Jiu Jitsu and has been practicing the martial arts form for over 13 years.

e members' physical and mental fitness and provides a valuable resource to those deployed to Camp Arifjan, Tackett also benefits from teaching others.

He hopes to compete in the World Championship for Brazilian Jiu Jitsu in June, 2014 and believes that he is at the level of training and skill where in order to learn more and continue improving, he needs to teach others, said Tackett.

"This is the time in my Jiu Jitsu journey where I need to be teaching, before I teach every class I've already studied that class twice and taken notes on it," he said.

Tackett wants his students to understand that Brazilian Jiu Jitsu is not about being a tough guy or about beating your opponent down, he said.

"Some of the challenges are people with anxiety who don't like physical competition and tough guys who just want to beat people up," he said.

Brazilian Jiu Jitsu is a "gentle" martial arts that focuses on disarming and subduing your opponent and less on physically hurting them, said Tackett.

"People need to understand that it's not what they think it is," he said.



Soldiers with the 539th Transportation Company show members of the Kuwait National Guard a heavy equipment transporter system in their motor pool as part of an ongoing maintenance collaboration at Camp Arifjan, Kuwait on Nov. 4, 2013.



### **Mechanics of the 539th TC train with Kuwaiti Counterparts**

Photos and story by Staff Sgt. Kimberly Hill

Soldiers with the 539th Transportation Company, 371st Sustainment Brigade hosted mechanics of the Kuwait National Guard at Camp Arifjan, Kuwait on Nov. 4, 2013 as part of an ongoing maintenance collaboration between the 539th TC and the Kuwait National Guard.

“We went over to their camp and saw how they worked and their equipment, now they’re here seeing our equipment and how we work; we’re trying to build a good communication base,” said Sgt. Juan Alvarez, a platoon sergeant with the 539th TC and a Houston, Texas native.

The collaboration between the Kuwait National Guard and the 539th TC was planned in August 2014 by the leaders of the 371st Sus. Bde. and the 143rd Combat Service Support Battalion, said 1st Lt. Kevin McGee, an Akron, Ohio native and the Kuwait National Guard liaison officer for the 371st Sus. Bde.

This team of brigade liaisons planned this two-month long training exercise through a series of meetings with Col. Khaled Al Gharib, commander of Kuwait National Guard workshop elements stationed at Camp Tahreer, McGee added.

Soldiers of the 539th Transportation Company, based out of Fort Wainwright, Alaska, gave the Kuwait National guardsmen a tour of their

motor pool, explaining and demonstrating the various capabilities of their vehicles with help from translators, said Alvarez.

“It is gratifying to see this finally come together,” said McGee. “Seeing the Kuwait National Guard soldiers and our maintenance soldiers in the 539th TC finally start to turn wrenches together is great.”

Members of the Kuwait National Guard were also excited by the opportunity to tour the motor pool and learn about the processes of a U.S. Army maintenance company.

“It’s different; we want to learn how they work and about their vehicles,” said Pvt. Hoshan Al Khaldi, a mechanic with the Kuwait National Guard.



# LIKE THE 371ST SUSTAINMENT BRIGADE ON FACEBOOK



Soldiers with the 371st SB participate in the Mogadishu Mile run on Oct. 6, 2013 at Camp Arifjan, Kuwait. Soldiers wore their gas mask and IOTV for the mile long run/walk to commemorate the members of Task Force Ranger killed during Operation Gothic Serpent on Oct. 3, 1993.



## The Mogadighu Mile

Story and photos by Sgt. Angela Barney

Soldiers of the 371st Sustainment Brigade organized a Mogadishu Mile run on Oct 6, 2013 at Camp Arifjan, Kuwait.

This run, organized by Chief Warrant Officer 3 Jennifer Hickman, the property book officer for the 371st Sus. Bde. and a Norwich, Ohio native commemorates the members of Task Force Ranger killed during Operation Gothic Serpent on Oct. 3, 1993.

The Mogadishu Mile refers to the

route that was run by American Rangers and Delta Force soldiers from a helicopter crash site to an appointed rally point held by the 10th Mountain Division on National Street, during the Battle of Mogadishu, Somalia.

Soldiers wore their gas mask and IOTV for the mile long run/walk to commemorate the event.



## The Marathon of Deployment in the Tradition of Excellence

By Chaplan James Lewis

While we can't wait to see the flags of home flying in an Ohio breeze, and can almost taste a home-cooked meal, we've only just now passed the halfway point. Let me encourage all, then, to maintain your tenacity, your motivation, your endurance, as we massage this mission to its completion. Soon--though of course not soon enough-- we can all then be finishers with no apologies, and an abundance of praise for a job well done.

I know that cultivating the dream of the peace, the music, the humor that the changeover of our location will bring us once we leave Camp Arifjan, gives us the power to practice the habits of mind that helps us handle the contest of this fartlek of a mission which might otherwise leave us feeling like zombies. But ever since we raised our colors from the very first, our training has brought us through with a minimum of suffering, completing our

duty with outstanding character and relentless balance. We have come too far, we have lost too much of the sweet communion with the ones we love to give in to weakness now. We have plenty of coffee in our cup, and ibuprofen ready at hand to help us drive on through any pain and confusion that might present the appearance of an insurmountable knot that might tie us down.

It is our prayer as we are contemplating the next step in our journey toward the rock of faith of which our families are the source, that our decision toward assembling this note for your mail is the right thing to lift your spirits. Perhaps it can paint a picture of hope and beauty of our renewed normal routine. Our service has been a test of the flesh, our teamwork has provided the keys to weather the tattoo of the groundhog-like rhythm (which of course we all know can be poisonous!) that we've had to literally sweat through for all these months.

The 371st community will work like dogs to labor to inoculate ourselves against an ethos of carelessness, lest we slip and

become complacent in this liminal time until we make concrete progress in our readiness for our transition. As the messenger after the Battle of Marathon so long ago proclaimed victory with that memorable word "nike!" we must maintain a bit more patience until we, too, may continue that tradition and transition to the welcome sight of home with that same timely proclamation. That'll be really spiffy, won't it? HOOAHLUJAH!

(so how many of our Words of the Day did YOU find?)



# THE SUSTAINER

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### **Camp Arifjan's Gateway to theater**

Story and photos by Staff Sgt. Kimberly Hill

Over a 100 tired soldiers climb down the steps of the dusty buses parked in front of the buildings that will serve as their entrance into theater at Camp Buehring, Kuwait.

They help each other with their bags, sling their weapons and begin marching into one of the buildings to begin in-processing at the base where they will be stationed during their deployment.

Although the soldiers are exhausted after a long trip from the U.S. to

Kuwait, they are thankfully spared a long bus ride to Camp Arifjan, Kuwait and back, where the gateway is located and the majority of soldiers and civilians process into theater.

The 138th Theater Gateway of Camp Arifjan, Kuwait has come to greet the soldiers instead.

"You feel accomplished at the end of the day, getting everyone in and out of theater," said Sgt. Shawanna Pouncey, the inbound operations sergeant with the 138th Theater Gateway and part of the mobile gateway team.

The 138th Theater Gateway is responsible for moving military personnel and civilians in and out of the

Southwest Asia area of operations since August, 2013 at Camp Arifjan, as well as setting up and operating mobile gateways throughout Kuwait.

Soldiers working at the gateway are responsible for processing incoming personnel into theater, redeploying personnel out of theater, briefing them, providing customer service and support and ensuring their monetary entitlements and benefits are began when arriving in theater, said Pouncey, a South Carolina native.

The theater gateway in Kuwait was originally located at Ali Al Salem Air base until August of this year, when the gateway was moved to Camp Arifjan,



Soldiers with the 2nd Brigade, 4th Infantry Division based out of Ft. Carson, Colo. file off of a bus after arriving in theater at Camp Buehring, Kuwait on Oct. 4, 2013. Soldiers with the 138th Theater Gateway set up a mobile gateway to process the brigade into theater at Camp Buehring where they will be stationed instead of at Camp Arifjan where the theater gateway is located.



Kuwait, said Lt. Col. Christopher M. Pfaff, the director of the 138th theater gateway at Camp Arifjan.

The move from Ali Al Salem has saved the Army an estimated \$2 million a month and during peak operations, the gateway processes on average 2,000 weekly travelers through inbound and outbound operations, he said.

While the theater gateway is based out of Camp Arifjan, Kuwait, the personnel who operate it also set up mobile gateways at bases throughout Kuwait to ensure that large brigades have a smoother transition when leaving and entering theater, said Pfaff.

“It makes sense that in order to save the

time, the effort and the cost in transporting large numbers of troops from Camp Buehring all the way down to Camp Arifjan that we would send mobile personnel accountability teams and mobile customs team to Camp Buehring,” said Pfaff.

While setting up a mobile theater gateway is not without its challenges, Maj. Art Roque, a human resources officer with the 1st Armored Brigade Combat Team who coordinated with the 138th Theater Gateway to set up a mobile site at Camp Buehring, believes that it is well worth the effort, he said.

“We can reduce approximately six hours of the process for the soldiers,

instead of them going down to Camp Arifjan, they can execute the outbound and inbound procedures from here [Camp Buehring] and we can reduce over 2,000 man hours,” said Roque.

Although it can be challenging to move equipment and personnel between bases in Kuwait, the man hours and time saved, as well as the heartfelt thanks of the soldiers, make it well worth the effort of the mobile gateway team.

“They are extremely appreciative that we were able to put this together and I’m glad that we were able to accommodate them,” said Pfaff.