

THE SUSTAINER

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371st SB Celebrates Thanksgiving

Service members and civilians ate an assortment of pies, cookies and a cake topped with a papier mache turkey for dessert during Thanksgiving dinner at the Zone 6 Dining Facility at Camp Arifjan, Kuwait on Nov. 28, 2013.

Story and photos by Staff Sgt.
Kimberly Hill

Soldiers of the 371st Sustainment Brigade celebrated Thanksgiving Day while deployed to Camp Arifjan, Kuwait in support of Operation Enduring Freedom with traditional meals served at the Camp Arifjan Dining Facility, the Saudi Arabian Chevron Corporation compound and the Kuwait City Hilton on Nov. 28-30.

A traditional turkey dinner, with stuffing, an assortment of pies and sparkling grape juice was served to soldiers of the 371st SB by their leadership at the Zone 6 Dining Facility.

Col. Gregory W. Robinette, the commander of the 371st SB, and Col. Thomas Haidet, the deputy commander of the 371st SB passed out hearty portions of turkey and yams at the main line to soldiers, while Command Sgt. Maj. Scott M. Barga, the brigade command sergeant major, dished out pie with dollops of whipped cream on top.

"If I can't be at home with my family, this is the next best thing," said Barga.

Some soldiers with the 371st SB attended a Thanksgiving dinner provided by the U.S. Embassy and the Association of the United States Army (AUSA) at the Hilton Hotel in Kuwait

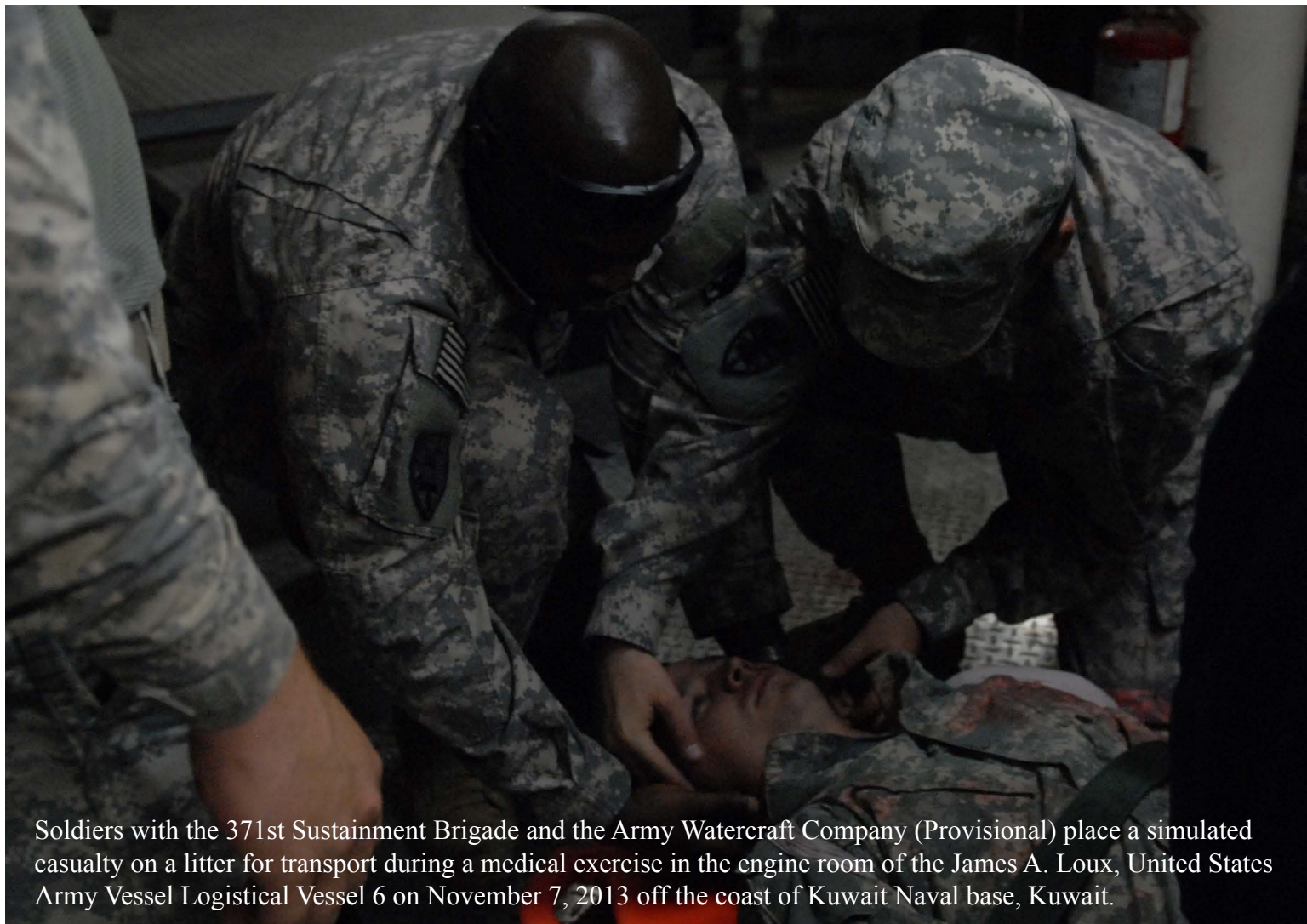
City.

"It was nice to be that close to the Arabian Sea and actually be able to see it," said Spc. Holly Tomasheski, an intelligence analyst with the 371st SB and a Medina, Ohio native.

On November 30, approximately 25 soldiers from the 371st SB were given a warm welcome at the Saudi Arabian Chevron Corporation compound, where employees of the company live with their families.

Soldiers were invited to share traditional American hospitality and a meal with

Thanksgiving continued on page 3



Soldiers with the 371st Sustainment Brigade and the Army Watercraft Company (Provisional) place a simulated casualty on a litter for transport during a medical exercise in the engine room of the James A. Loux, United States Army Vessel Logistical Vessel 6 on November 7, 2013 off the coast of Kuwait Naval base, Kuwait.

HALO exercise in the Arabian Sea

Story and photo by Staff Sgt. Kimberly Hill

The crew of the James A. Loux, United States Army Vessel Logistical Support Vessel 6 (USAV LSV-6) with the Army Watercraft Company (Provisional), conducted helicopter air medical and logistical operations and medical drills with soldiers of the 371st Sustainment Brigade and Charlie Company, 238th Aviation Medevac off the coast of Kuwait Naval Base, Kuwait on Nov 7, 2013.

The medical exercise featured live helicopter evacuations from the deck of LSV-6 as well as medical drills and scenarios, taking into account the various safety hazards that can be found on an Army watercraft vessel.

Chief Warrant Officer 2 Patrick Oliver, the medical officer for LSV-6, began coordinating with the aviation unit a few months prior to the exercise and with the help of the deck medic, came up with different scenarios to include in the training, he said.

Rough seas, engine room explosions, mechanical failures, attacks from hostile vessels, and even falls from ladders were realistic scenarios on a watercraft vessel that were included in the medical drills, said Oliver.

The exercise gave some of the medics of the 371st SB their first experience with live helicopter medevac procedures, which is extremely valuable knowledge for their role as combat medics, said Spc. Eleanor Shaw, a combat medic with the 371st SB who is currently assigned

as the medic of the Churubusco, USAV landing craft utility 2013.

“68 Whiskeys (combat medics) have a broad knowledge of emergency management but in most cases that are severe they need to be taken to a hospital setting,” the New York native added.

The exercise also gave medics from the 371st SB firsthand experience with not only helicopter medevac operations, but also the medical risks that can be found on watercraft vessels.

“As a medic you could be put in any situation, so currently I’m working on a boat. I wanted the opportunity to come out, because if I’m ever in this situation for real, I’ll be by myself – so I needed to know how the operation was done to the fullest extent,” said Shaw.

106th A Detach provides financial support to Camp As Saliyah, Qatar

Story and photo by Staff Sgt. Kimberly Hill

Soldiers with the 106th Alpha Detachment of the 27th Financial Management Support Unit, 371st Sustainment Brigade are ensuring service members and military personnel are receiving their entitlements, benefits and hard earned paychecks while operating the Finance Office at Camp As Saliyah, Qatar since

the beginning of their deployment in November 2013.

“We provide support to Area Support Group Qatar, we do military pay, making sure that pay is squared away and all entitlements are squared away,” said 1st Lt. Gerardo Rivera, the officer in charge of the 106th A detach. and a Puerto Rico native.

The detachment is also responsible for disbursing and providing support for contractors and civilians, as well as managing the eagle cash card system, said Sgt. Katelyn St. Pierre,

a Winchendon, Mass. native and a financial management technician with the 106th Alpha Detach.

Soldiers can benefit from using the eagle cash card, which makes it easier for some to track their finances, alleviates the need to carry around large amounts of cash and helps guard against identity theft, added Rivera.

“The service members already have a lot on their mind, if we can help them with any economic issue, that’s our main goal,” said Rivera



Spc. Victor M. Felix, a financial management technician with the 106th Financial Management Support Unit and a Pacoima, Ga. native, aids redeploying soldiers from Afghanistan with their financial paperwork at Camp As Sayliyah, Qatar on Nov. 12, 2013.

Thanksgiving continued from page 1
an American family employed by the Chevron Corporation.

“A real Thanksgiving meal on the beach, it can’t get much better than that,” said Spc. Leesha Bolton, a combat medic with the 371st SB and a Sidney,

Ohio native.

American families working for the company have been inviting service members into their homes on Thanksgiving weekend for over 20 years, said Mrs. Tonya Goold, who lives in the compound with her family

and hosted service members this year.

“We helped out a family hosting last year and we loved it so much we just had to do it this year; if my kids were deployed I’d want someone to do the same for them,” she said.



CROSS SERVICE COMBATIVES TRAINING

Army Staff Sgt. Daniel L. Cox, an operations sergeant with the 371st Sustainment Brigade and a Hilliard, Ohio native, uses a fireman's carry to lift Army Staff Sgt. Thomas M. Browning, an electromagnetic spectrum manager and a Jacksonville, Fla. Native, during a Marine martial arts class at Camp Arifjan, Kuwait on Nov. 5, 2013. After graduating from the course Cox will attain the rank of grey belt in the Marine martial arts program.

Army Sgt. Jacob Hauer, an ammunitions sergeant with the 371st Sustainment Brigade and a Cincinnati, Ohio native, wrestles Army Staff Sgt. Thomas M. Browning, an electromagnetic spectrum manager and a Jacksonville, Fla. native, during a Marine martial arts class at Camp Arifjan, Kuwait on Nov. 5, 2013. After completing the training Hauer will attain the rank of grey belt in the Marine martial arts program.



Story and photos by Staff Sgt. Kimberly Hill

The soldiers turn and face each other, their knees sinking into the soft sand beneath them as they raise their arms up to shield their sweat streaked faces. They eye each other, breathing heavily. The soldiers are clearly exhausted, but the slight smiles on their faces betray their eagerness to start the fight again. They spring into action the instant the instructor yells for them to begin, wrestling with each other and trying the movements they just learned at the beginning of the combatives class.

The instructor moves in slow circles, winding his way through the group and offering corrections or advice when needed.

This servicemember, however, stands out from the group of 36 soldiers and airmen that are grappling in the sand, he is the only Marine in sight, and his Marine martial arts class is open to all service members deployed to Camp Arifjan, Kuwait.

"I'm not going to get this opportunity to do it anywhere else in the Army so I figured I'd take it," said Army Staff Sgt. Daniel L. Cox a student who graduated from the course in November of 2013 and plans on taking the green level in December.

Service members stationed at Camp Arifjan, Kuwait have the unique opportunity to learn a different style of combatives, known as the Marine Corps Martial Arts Program, which has been used by the Marines since January 2000.

"It's not very often that we teach soldiers, I taught a class last July and I taught 23 soldiers," said Marine Sgt. Timothy M. Lavalley, the Marine Corps Martial Arts Program instructor for the class and a Pembroke, New Hampshire native.

While many of the techniques and moves have similar names, they may be executed differently in the Marine

program, so soldiers may have to break old habits to adapt to the Marine style of combatives, he said.

"It's based around a combat scenario, we don't focus on anything in particular, we focus on anything you can utilize in a combat scenario and how to quickly kill your opponent," said Lavelly.

One of the first moves a student may be surprised to learn in the Marine program is an eye gouge, however the students do not practice the move with a partner due to safety reasons, said 1st Lt. Joshua Edwards, the training officer for the 371st Sustainment Brigade and a Columbus, Ohio native.

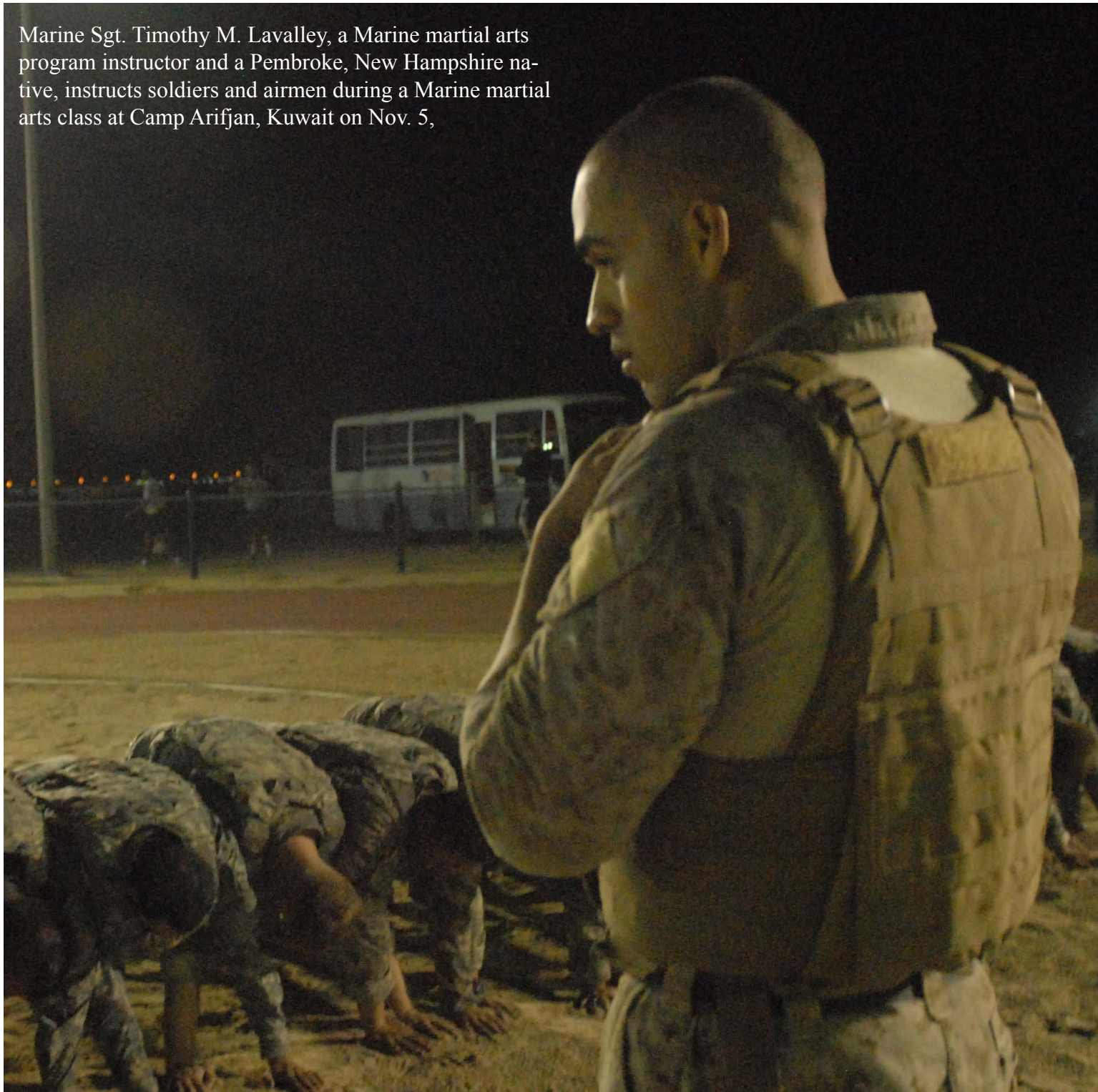
Edwards, a former Marine who graduated from Lavelly's class in November, says he believes that this exemplifies the main difference between the Marine martial arts program and Army combatives.

"We learn small joint manipulations and how to put people in submission; in Marine Corps combatives, we start standing up and we take the fight to the ground and it normally ends in killing your opponent rather than putting them in submission," said Cox, an operations sergeant with the 371st SB who is Level 2 certified in Army combatives and has instructed deploying Ohio Army National Guard units in the program.

The students train in their boots and body armor, and the class also incorporates a rigorous physical conditioning portion that includes running, buddy carries and push-ups in addition to learning the Marine martial arts movements, said Edwards.

Service members who are interested in martial arts or enjoyed the training they received in Army combatives, may view the opportunity to become certified in Marine combatives as a new challenge or useful skill.

Marine Sgt. Timothy M. Lavalley, a Marine martial arts program instructor and a Pembroke, New Hampshire native, instructs soldiers and airmen during a Marine martial arts class at Camp Arifjan, Kuwait on Nov. 5,



"I'm already certified in Army combatives and since this was an option for me, I thought it would be a good choice," said Cox, a Hilliard, Ohio native.

Lavelly is impressed with the amount of motivation and enthusiasm exhibited during the class and doesn't believe teaching other service branches is very different from teaching Marines, he

said.

"Everyone has the same inspiration, they came out here to train so I tend to get the best," said Lavelly.

Near the end of the combatives class the Lavelly gives the students a short break. Most gulp down water, joke with their fellow martial arts enthusiasts and try and catch their breaths.

Cox stands off to the side of the group, taking quick sips from his bottle of water and smiling as he wipes the sweat from his brow.

"You definitely have to have a different kind of mentality when you take Marine Corps combatives," said Cox

Reflections upon the Water of Life

By Lt. Col. John Hanna

As we sail through this deployment, it is good to take time to look into the water of life, see what is mirrored back on us and reflect on what has been and what will be.

Prior to starting our journey, like any good navigator, we chart our course. We plot our waypoints, try to anticipate the challenges, and calculate our needed resources. A mentor of mine provided some excellent advice on goal setting: Unit, Leader, Yourself. What are you doing for your Unit? By understanding what your role is within the Unit and accomplishing that mission, you provide value to yourself and your Unit. What are you doing for your Leaders? By assisting your Leaders with their tasks, you save them time and prepare yourself for your future. What are you doing

for yourself? By learning something new, improving a current skill or even teaching others, you are improving yourself. A jiu-jitsu instructor once told me for him teaching jiu-jitsu was the next step needed to hone his skills to get to the next level. What are the likely challenges we face today, in the near or far future? What resources will it take on our part to overcome these challenges?

During our journey, we measure our position and make needed course corrections. We compare where we are against where we planned to be. What have we accomplished so far and what do we still need to accomplish? We keep a lookout for trouble and pay attention to details to give ourselves the best possibilities of smooth sailing. When we encounter the doldrums (Groundhog Day), we need to break out some oars. Perhaps we need to take a quick break and assess what we need to restart ourselves. Is it exercise,

a new tasking or goal? How about participation in an upcoming MWR or USO event? Is it something as simple as writing an email or letter to someone at home? When we encounter natural or man-made storms during our journey, we take stock of the situation, organize and prioritize our resources, and make best use of our skills and the skills of others to reset our course.

As we turn the final buoy toward the finish line with our objective in sight, we put on full sails for the dash to the finish. By now, we have honed our skills and we demonstrate our mastered skills as we head down the homestretch. We prepare to turn over the ship to the next crew, setting them up for as much or more success than we have had at the helm. We must avoid the pitfalls of hitting the rocks with our destination in view. Finish strong and set the bar high! When we return to port, our crew will have great tales to tell to family, friends and neighbors.

