

# RETROGRADER

A soldier in a white hard hat and camouflage uniform is seated in the operator's position of a green military vehicle, likely a retrograder. The vehicle has large, heavy-duty tires and a complex mechanical structure. The soldier is looking out of the open side window. The background is slightly blurred, showing an outdoor setting.

**133rd Eng. Bn. mission overview**

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# Commander's Corner: Message for April

By Col. Mark D. Collins  
Commander, 82nd SB-CMRE

The Spring is in full swing and the weather is definitely heating up here which is now in the mid to high 90s here at the Provider Brigade HQ in Kandahar Province. North of here the snow has nearly receded from the mountains that surround Bagram Airbase where we have a number of our troops stationed. Change is everywhere.

Our Soldiers, Airmen, Marines and civilians of the CENTCOM Materiel Recovery Element continue to thrive in this ever-changing and complex environment. Not a week goes by when they don't receive accolades from outside the command for their professionalism, superior mission performance and focus on team work that focuses getting after the job at hand as opposed to who gets the credit. Composed of Guardsmen, Reservists and Active, our team is unmatched at getting the job done with a quiet, unmatched professionalism that is unmatched.

The commitment to duty by these loyal servants of the Republic is inspiring. I am often impressed by the steadfast integrity of our troopers as they calmly go about the Nation's business of responsibly helping transition the Operation Enduring Freedom portion of our country's current operations in Afghanistan. These selfless men and women are backed by some of the Strongest family members and friends our military has ever known.

We celebrated two very important recognitions in April. First and foremost last month was Sexual Assault Awareness Month. Units from the brigade down to the section level conducted activities, training and small group discussions to ensure we continue to combat this societal cancer so we can create a culture where assault or harassment are not tolerated. The Regional Command South Commanding General Maj. Gen. Paul LaCamera provided opening comments to the Kandahar Airfield SAAM Celebration that the 82nd SB-CMRE hosted.

April was also the month of the military child. This hearty group of young patriots also serve our country with distinction. They feel the impact of their parent's commitment to something bigger than themselves. They sacrifice holidays, key school and sporting events as well as feel the angst of the deployment of their



Col. Mark D. Collins (second from left), commander, 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, his senior enlisted advisor Command Sgt. Maj. Alberto Delgado (left), Maj. Gen. Darrell K. Williams, commander, 1st Theater Sustainment Command and 1st TSC senior enlisted advisor Command Sgt. Maj. Nathaniel J. Bartee pose for a photo during the Pat's Run Challenge, a 4.2 mile race sponsored by the 82nd SB-CMRE April 26 at Kandahar Airfield, Afghanistan. The race was held in honor of former NFL football player and Arizona State University Sun Devil Cpl. Pat Tillman who sacrificed his life during Operation Enduring Freedom. In honor of Tillman and his former alma mater, Collins also an ASU graduate, gives the "fork em devils" sign, a symbol of the Sun Devils. (U.S. Army photo by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)

parent(s) into harms way. We owe them so very much as Americans for their integrity, spirit and unfailing support.

Thank you to all the people who continue to support your service member or civilian deployed here to Central Asia. The words, packages, thoughts and prayers for our continued safety as well as continued success are deeply appreciated. You strengthen us and we respect the trials you endure in our absence. Know that leaders here are doing everything possible to ensure your Provider comes home well and stronger in general than when they left your side.

"Supporting Freedom--All the Way!"



82nd SB-CMRE Retrograder

82nd Sustainment Brigade Commanding Officer

Col. Mark D. Collins

82nd Sustainment Brigade Command Sergeant Major

Command Sgt. Maj. Alberto Delgado

82nd Sustainment Brigade Deputy Commanding Officer

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## *Command Sergeant Major's Message*

Welcome Families, Soldiers, Airmen, Marines and civilians of the 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element to our sixth issue of our Retrograder newsletter. Thanks for all that you do to make our mission a success and for the continued support that you provide.

After more than six months in theater, we are at the point in our deployment when people begin to see the light at the end of the tunnel. This is the point at which it's easy to become complacent and let things fall by the wayside. I understand that we are all busy, but please remember that we are in a combat zone and this is not the time to let your military bearing slide or not be mindful of possible threats. Remember to keep your situational awareness honed and that anything can happen so always be ready for any possible contingency.

I would ask that you look across your formations and that leaders continue to stay engaged with their troops. With the recent release of the new version of Army Regulation 670-1, I would like for our troops to become familiarized with new uniform policies and requirements and ask that leaders please disseminate these down to the lowest levels. Please pay attention to grooming standards when it comes to everything from haircuts to sideburns and for females, the proper way to wear hair in a bun.

Ensure that Soldiers are wearing seat belts, that they wear the proper uniform with eye pro and that they move in battle buddy teams during hours of limited visibility. All of these things are not meant to hinder you, but to protect you so please make sure that your troops are abiding by set policies and standards. There are times when I've seen troops not doing the right thing and you don't want me to be the one giving an on-the-spot correction as I will be directly contacting that troop's leadership.

As we go along with the mission here, things are going to start going at a much more rapid pace as we get closer to redeployment, so I would ask that you all learn to be flexible and work to adapt to the changing optempo. I know that this can sometimes lead to stress and I would ask that leaders and Soldiers continue to work on the resiliency skills which you have learned. Make sure that if resiliency time is granted that troops take advantage of it and get the proper work/rest cycles.

Ensure that your troops are doing their regular physical fitness and as the weather has gotten warmer, it's a great time to run outside. As leaders, we set the standard for our troops to follow, so I would ask as standard bearers that you continue being a good example. If your troops need motivation, be that motivating factor for them. Make time for PT and do it with your troops. Set up a program that involves a variety of things so they don't get bored. You can incorporate sports and other activities so that your troops can



**Command Sgt. Maj. Alberto Delgado**

retain their fitness. There's no excuse for not getting in some physical activity and we have a lot of great gym facilities, so take advantage of them.

With the warmer weather also comes the possibility for heat casualties, so I would recommend that all leaders ensure your troops are staying hydrated and drinking water. There's no substitute for water. Too many people lean on energy drinks which are high in caffeine and can cause dehydration. You don't want to damage your health, your kidneys, other vital organs or possibly die from dehydration. Eating properly and drinking enough water will go a long way towards keeping you from becoming a heat casualty.

Summers in Afghanistan can be brutal sometimes reaching as high as 120-130 degrees, so ensure that you protect yourself from the sun. Use sunscreen to fight against skin cancer and make sure you wear the proper head gear.

The mosquitoes are out and biting again so I also recommend that our troops continue taking their malaria medication. An ounce of prevention goes a long way to keep you from getting a debilitating disease that could possibly kill you. So please make sure your troops are maintaining their health.

In closing, I'd like to say that you all continue to do a great job and you have impressed higher-level leaders throughout the military with the historical mission which you continue to do each day. Keep up the good work as you have made our nation proud. To our families, I'd like to say thanks once again for sacrificing on the home front and your troopers will all be home soon.

**"Strength and Respect!"**

**"Providers All the Way!"**

# 133rd Eng. Bn. takes care of deconstruction, troops

By Sgt. 1st Class Jon Cupp  
82nd SB-CMRE Public Affairs

**BAGRAM AIRFIELD, Afghanistan-** Soldiers working for and attached to the Portland, Maine-based 133rd Engineer Battalion, Maine Army National Guard, fill their days with deconstruction projects aimed at transforming and eventually transferring bases back to the Government of the Islamic Republic of Afghanistan.

According to Pembroke, Maine native, Lt. Col. Dean Preston, commander, 133rd Eng. Bn., his battalion's mission is a unique one comprised of troops from both the Army National Guard and Reserves from eight different states and regions throughout the U.S.

"Our mission is significant in that we are a key element in re-sizing and re-shaping in the necessary footprint so we can eventually return bases to the Afghan National Army," said Preston, while explaining that his mission has been made possible by the successful transition of security to the Afghan Security Forces. "It's a very interesting time in the history of Afghanistan and for our Army."

Preston said that, unlike other troops over the past 13 years in the combat zone who were sometimes working jobs that may not have been their specialty, his

troops have been able to do jobs specific to their military occupational specialty and an engineer battalion.

"We've been fortunate here in that we've been building and deconstructing using engineer equipment which is a win for our troops as they're going to work and doing what they were trained to do," he said.

"Our battalion consists of two Reserve companies and four National Guard companies from Maine, New Jersey, Delaware, Mississippi, Alabama, Oklahoma, West Virginia and Florida, so at first we thought it would be challenging having people from such diverse regions work together as some-

times we use different words for the same thing," added Preston. "In reality, we have had no real friction or issues due to where we come from. I describe it as being like building an airplane in flight as we met many of the units for the first time at a mobilization site in the U.S. and then built a great team with all the great people in it from the far north east to the south."

As part of the active-duty Army's 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, which is based out of Fort Bragg, N.C., the 133rd Eng. Bn. works to ensure buildings are prepped prior to deconstruction with all

interior fixtures such as plumbing and electrical components removed. Once the preparation is done, the battalion can bring in heavy machinery to tear down the structures.

Eventually, the battalion cleans up the site and clears off any debris, while also saving any reusable materials.

"We do projects to build berms, we deconstruct on several different forward operating bases throughout our area of operations, tear down b-huts, re-locatable buildings, gyms and tents," said Preston. "Anything man-made that you can walk into, we've torn down."

*See '133rd,' page 5*



(U.S. Army photo by Spc. Makanjuola Abimbola, 150th Eng. Co. UPAF)

Newark, Del. native, Spc. Devan Glaviano, a heavy equipment operator with the 150th Engineer Company, attached to the 133rd Engineer Battalion, receives instructions from his team leader, Sgt. Jeffrey Maestas, also a heavy equipment operator with the 150th from Newark, Del., during a deconstruction project at Bagram Airfield, Afghanistan.



"We save reusable structures such as tents and can save some materials from building sites that can be given to locals," added Preston. "We've also had a few missions where we've been able to interact with the locals, building relationships with them. But we always try to make sure that anything reusable can be returned to the military system or given to Afghans so that we're not wasting anything when possible which saves money in the long run."

Over the course of their nine-month deployment, the battalion has contended with several challenges. One of the major challenges includes working long hours in the combat zone while being away from family, according to Preston.

"Overcoming that challenge all comes down to creative leadership and we have worked hard to ensure that we're actively engaged in everything from doing PT together to resiliency classes on finance, relationships, spirituality and finding ways that can get our troops away from a mundane routine or their desk," Preston said.

One of the ways that the 133rd leadership has come up with to combat stress and to give the troops a little time away from the job site is to hold a 133rd Olympics every Saturday.

"For about four hours, we chose to do a few

activities that build teamwork, camaraderie and resiliency with events such as horse shoes, cribbage tournaments and sporting events that involve a little friendly competition," said Preston. "It gives the troops a chance to recharge their batteries and it's great to see that something so simple can have such a positive effect on the troops, bringing a smile to their faces."

When inclement weather such as rain storms during the rainy season in Afghanistan keep engineers away from their job sites, 133rd troops have found various ways to stay busy from doing wood work indoors to assisting with maintenance teams.

"No one goes and hides, they all go looking for things to do, so we will engage our labor force in other manners if the weather isn't being cooperative," said Preston.

With heavy equipment such as hydraulic excavators and loaders being used every day for long hours, machinery has to be constantly maintained.

"We inherited a fleet of machinery that didn't just come off the assembly line and we're working it hard," said Preston. "Fortunately, we have a great maintenance crew who are a bunch of heroes in my eyes as they are always out chasing down parts and servicing the equipment, keeping their nose to the grind stone without a complaint and ensuring the mission

continues."

As with any job involving engineers and heavy equipment, safety is something the battalion focuses on every day, said Preston. "From the brigade to company levels, we have a great safety program which includes training, situational awareness, safety noncommissioned officers at every job site and Soldiers who provide security at various sites when necessary," said Preston. "We continually do inspections, give classes and talk to Soldiers about safety and ensure our troops are doing the right thing."

With all the safety procedures they have emplaced, over the course of the deployment, the battalion has greatly decreased their number of accidents.

"The metrics support that we are doing the right thing," he said. "Our strength is our Soldiers looking after other Soldiers."

With his troops being part of the Army National Guard and Reserve components, Preston works with the 82nd SB-CMRE brigade and his companies to ensure his troops are in a good position when they go back to their civilian jobs and the battalion also assists the troops who may not have jobs in the civilian sector.

"Going back without a job can be a challenge, so we partner with the brigade and ensure that our troops have completed a resume if they are seeking

employment," said Preston. "For those that already have jobs, we ensure they get a letter from the brigade, the battalion and their companies which are sent to their employer so they can hear about all the great things their employee has accomplished while deployed."

"We have set in place a Soldier strengthening program and we expect every member of the battalion who is a staff sergeant or below to have no less than three licenses on things such as bulldozers, hydraulic excavators and other equipment," added Preston. "So we really want to help them return home a lot stronger."

As he looks back on the few months left for this deployment, Preston said his troops have not lost the motivation to accomplish the mission and take pride in what they do.

"They've taken the opportunity to serve their country and take pride in what they've accomplished," he said. "They can look back at what they've done and know they've made a significant contribution that will have a historical impact on the future of Afghanistan."



# 489th continues deconstruction efforts in Afghanistan

Story and photo by

Sgt. 1st Class Jon Cupp

82nd SB-CMRE Public Affairs

**KANDAHAR AIRFIELD,**

**Afghanistan** -- In line with the old adage that busy hands are happy hands, Soldiers often say if their time isn't filled with work during a deployment, that slow work days in a combat theater can lead to tedium.

Fortunately for troops deployed with the Little Rock, Ark.-based 489th Engineer Battalion of the U.S. Army Reserves, boredom hasn't been an issue, according to KingSPORT, Tenn. native, Command Sgt. Maj. David G. Douthat, senior enlisted advisor for the 489th, whose troops have been spending full days deconstructing and down-sizing bases.

"When we came in we were extremely lucky as we got here at the right time and we have plenty of work to keep us busy with all the units working very hard to accomplish the mission," said Douthat. "Our Soldiers came in with a 'want to' and 'can do' attitude. The mission is going well and we came into theater with the challenge of how best to [down-size bases] and leave our work sites better than when we arrived here."

"But our guys took the



While deconstructing a building with a hydraulic excavator, engineers with the Little Rock, Ark.-based 489th Engineer Battalion pull up a dump truck to begin loading debris from the demolition Feb. 26 at Kandahar Airfield, Afghanistan.

mission and ran with it and they're always finding ways to do things better and to get things done faster. We're finding that we're getting things done almost at twice the rate of regular units," added Douthat.

Troops for the 489th Eng. Bn. can often be found working to pull out interior electrical wiring, insulation, plumbing, wood and other interior fixtures from structures prior to bringing in heavy equipment such as a hydraulic excavator to deconstruct the buildings.

Once all re-usable items have been removed and a building has been demolished, the engineers clear off and clean the site

using a loader or excavator to load refuse into a dump truck and dispose of it. Prior to completion, engineers also use heavy machinery to improve the appearance of the site.

The engineers take recovered items from the site to the retrosort yard where the items will be sorted and made available for use in theater, shipped where needed elsewhere in the military system or given to Afghans.

"It's great to see that we recycle the items, as I'd hate to see it disposed of," said Waldron, Ark. native, Staff Sgt. Guillermo Ozuna, a heavy equipment operator for the Fort Leonard Wood, Mo.-based 955th Engineer Company,

attached to the 489th Eng. Bn. "We all know how the economy can be back home, so it's good to know that we're saving money by giving it to people who need it. That's always a plus."

The 489th Eng. Bn., which is attached to the active duty Army's, Fort Bragg, N.C.-based 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, is comprised of various attached companies from both the Army Reserves and Army National Guard.

"I feel honored to be working at a battalion level with good, solid troops who have a high level  
*See "489th," page 7*



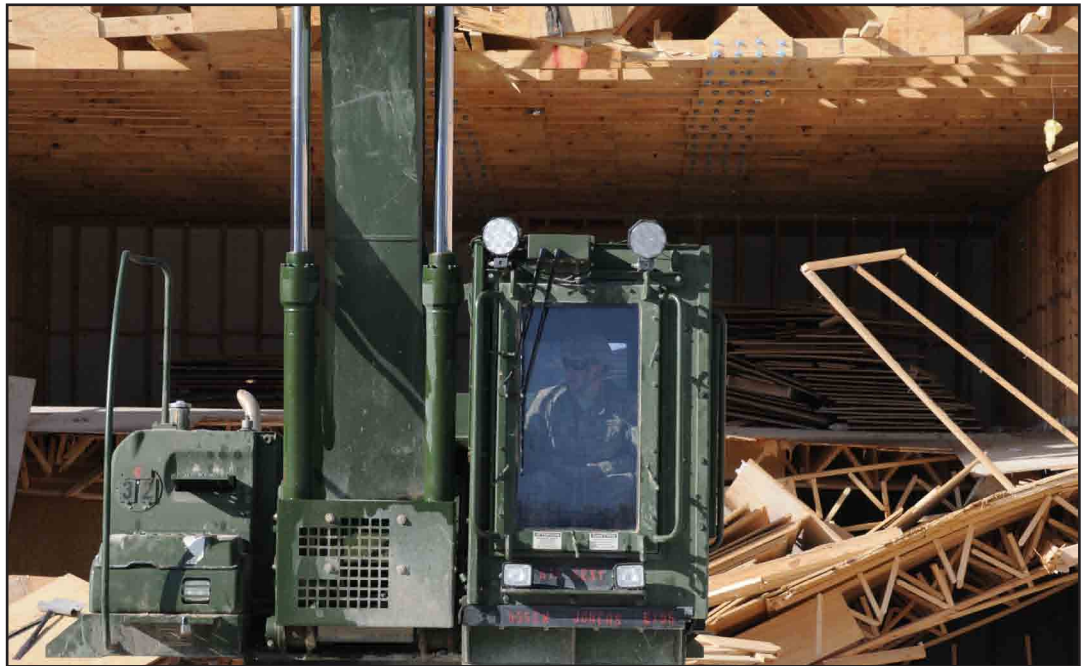
of motivation and it's a unique mission as we have troops from about 25 different states working together, ranging from California to New York and all over," said Douthat.

As Afghan National Security Forces have successfully transitioned to taking over security for their country, it has made the 489th's mission possible, said Douthat, while also reflecting on the significance of his battalion's efforts.

"The importance of what we're doing is that we're setting up the Afghans to be successful, helping them by ensuring deconstructed sites, which will eventually be handed over to them, are cleaned up and in pristine condition," added Douthat.

With projects throughout Regional Command-South and Southwest, the battalion's mission hasn't been without its challenges including weather and continual maintenance on machinery.

"Although our operations have gone smoothly, weather has sometimes been an issue, but we haven't used it as an excuse to slow us down," said Douthat. "On a couple of bases where we worked, our engineers were sometimes the only people working [in



Golden, Colo. native, Spc. Kyle Taafe, a heavy equipment operator, attached to the 489th Engineer Battalion and sitting inside his hydraulic excavator, prepares to complete the demolition of a building on Kandahar Feb. 26. (U.S. Army photo by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)

inclement weather] so we haven't let it hamper our production."

"As for maintenance, we're using our equipment harder than it's ever been used before, putting a lot of hours on it, and when you do this, it's bound to sometimes fail," added Douthat. "But we have great mechanics, who remain very busy, keeping our equipment running and ensuring the mission continues."

As with any unit that works with heavy equipment or works engineering projects, one of the main concerns is safety.

"When you're tearing things down, there are different safety issues than when you're doing construction," said Douthat. "We've looked at what those safety issues are, dug into accident data, worked ways to mitigate

those risks and pushed them down to the troops."

"We have great leadership and safety officers who do safety stand downs and have greatly reduced our accident rate," added Douthat.

Troops who work for the 489th Eng. Bn. said they're proud of what they're doing and that the importance of the CMRE mission is not lost on them.

"It's been a great learning experience and it definitely matures you," said St. Louis, Mo. native, Sgt. Michael Axelson, a wheeled vehicle mechanic for the 955th Eng. Co. "When I first found out I was going to be part of the CMRE mission, I was really excited. It gives us a sense of pride to do these [deconstruction efforts] and to see how far along the Afghans have come

toward becoming self-sufficient. It really makes you feel that your sacrifices are worth it."

"I've really enjoyed it and it's amazing to see how many pieces go into what we're doing," said Ozuna. "When you see the amount of work that's been done, you know we've really accomplished something great."

When their mission is done in a few months, Douthat has a single wish for his troops.

"My hope is that they take away that they were the ones who shaped our deconstruction efforts here, and with all the hard work they've done, they will go home with their heads held high," Douthat said.



# Specialist maximizes precious time with deconstruction

Story and photo by:

Sgt. 1st Class Jon Cupp

82nd SB-CMRE Public Affairs

**CAMP LEATHERNECK, Afghanistan-** It's been said that time is a valuable commodity, in short supply, but according to Ansonia, Conn. native, Spc. Mike Mobley, a carpentry/masonry specialist for the Marion, Va.-based 760th Engineer Company, U.S. Army Reserves, attached to the Little Rock, Ark.-based 489th Engineer Battalion, time is something never wasted by 760th troops on the job sites where they work the deconstruction of structures here on the Marine Corps base.

From the moment they get to a site in the morning, to the time they leave, sometimes late into the evening, Mobley and his teammates are on the job, pulling down drywall and removing interior fixtures from buildings slated for demolition. The team's efforts are part for the Fort Bragg, N.C.-based 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element's mission to responsibly deconstruct areas as bases throughout Afghanistan transform and sites are prepped for the eventual return to the Government of the Islamic Republic of Afghanistan.

"Our jobs are time



Ansonia, Conn. native, Spc. Mike Mobley, a carpentry/masonry specialist for the Marion, Va.-based 760th Engineer Company, attached to the Little Rock, Ark.-based 489th Engineer Battalion, uses a crowbar to take down a light fixture on a building that will be deconstructed during an engineer project March 29 at Camp Leatherneck, Afghanistan.

essential and we work hard to meet our goals every day, ensuring we get structures prepped carefully and on time," said Mobley. "The one thing I've learned out here is time is precious and our mission is extremely important to prepping areas for down-sizing and transfer."

Along with stripping down the buildings, Mobley and the crew he works with ensure that reusable items from buildings are separated for later use within theater or readied for transfer to the Afghans.

"It's always a good idea to save money and tear down in a way that allows us to save recyclable materials and anything that can be used later by

the Afghans such as metal from the structures," said Mobley, who has spent about six years in the Reserves.

Once 760th troops have cleared buildings, teams from the Saluda, S.C.-based 124th Engineer Company, South Carolina Army National Guard, also attached to the 489th Eng. Bn., bring in hydraulic excavators and other equipment to tear down the structures and assist in cleaning up the site.

During his downtime, Mobley works on the things that keep him resilient while deployed and works on planning out his future goals.

"I'm constantly going to the gym, playing pool or ping pong at the

MWR," said Mobley. "I've also been saving money so that I can eventually buy a house one day. When I get home, I also plan on going back to school at Naughtucka Valley Community College so I've been getting ready for that. I've completed about a year of college, but I want to go back and take some more general studies classes and probably pursue a business management degree."

Mobley's supervisor, Middletown, N.Y. native, Staff Sgt. Jacob Brouillard, a construction supervisor for the 760th Eng. Co., who currently calls Queens, N.Y. home, praised the 26-year-old troop's performance and his ability to get the job  
**See 'Leatherneck,' Page 12**





**Upper left:** Maj. Paul J. LaCamera, commander, 4th Infantry Division and Regional Command South speaks about the importance of preventing sexual harassment and assault during the opening remarks for a Sexual Assault Awareness Month program hosted by the 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element April 24 at Kandahar. **Top right:** Troops with the 82nd SB-CMRE light candles during the Sexual Assault Awareness Month program hosted by the 82nd SB-CMRE April 24. **Center right:** The Kandahar gospel choir sings “Lean on Me” as Soldiers act out the dramatic effects of sexual assault during an April 24 Sexual Assault Awareness program at Kandahar. **Below:** 82nd SB-CMRE troops act out an interpretive dance during a Sexual Assault Awareness program April 24 at Kandahar.



## Chaplain's Corner

Submission by:

CH (Maj.) David Ditolla



For those in committed relationships, deployments can be a real challenge. Time apart can really be hard on relationships. At times, when our relationships are struggling, it may seem easier to slip into the fantasy of having a more dramatic, more euphoric experience

than our committed relationships seem to offer. When we yearn for passionate romance full of dopamine highs (the rush you get from infatuation), we are often blinded to the precious, committed love that is with us every day. Robert Johnson refers to this type of love as the 'stirring the oatmeal' love. He wrote this:

"Stirring oatmeal is a humble act--not exciting or thrilling. But it symbolizes a relatedness that brings love down to earth. It represents a willingness to share ordinary human life, to find meaning in the simple, unromantic tasks: earning a living, living within a budget, putting out the garbage, feeding the baby in the middle of the night. To "stir the oatmeal" means to find the relatedness, the value, even the

beauty, in simple ordinary things, not to eternally demand a cosmic drama, an entertainment, or an extraordinary intensity in everything."

As we finish this deployment, let us be mindful of what is really at stake in our relationships. To forgo the real kind of love in a committed relationship may be a form of infatuation. It is my hope and prayer that we listen to our hearts and do the right thing as we reunite with those that we love and who truly love us.



## CMRE's Person on the Street

This month's featured unit is the 133rd Eng. Bn. Soldiers were asked, "what is the most interesting thing you've done during the deployment?" See their responses below. Each issue, we feature troops from a different battalion.



Sgt. Benjamin Pierce  
Unit: HHC, 133rd Eng. Bn.  
Home: Dresden, Maine



Spc. Marquita Snow  
Unit: 858th Eng. Co.  
Home: Okolona, Miss.



Spc. Justin Hodgeman  
Unit: HHC, 133rd Eng. Bn.  
Home: Montville, Maine



Staff Sgt. Brandon Jones  
Unit: FSC, 133rd Eng. Bn.  
Home: Whiting, Maine

"Got to get out of the office and got to use hammers to assist in the deconstruction of some b-huts. I also had the opportunity to run in a lot of 5 kilometer races here in Afghanistan."

"I got to go on a mission outside the wire, got to see how the people live and actually got to talk to them. Also doing deconstruction, tearing down, moving a lot of b-huts."

"Got to go on a long mission to FOB Shank, saw a lot of the scenery and landscape. It was interesting getting to go through Kabul and see all the buildings. Things you don't experience on base."

"Tearing down b-huts, it's nice to watch heavy equipment operators work and assist them in hauling off debris. Also it was fun being around so many other units from different states."



# ***CMRE Resiliency Bulletin with the Master Resiliency Trainer***

By Staff Sgt. Willie K. Best  
Master Resiliency Trainer

Hello again Provider Family. What skills have you been taught? Do these ring a bell? Activating Events/Thoughts/Consequences (ATC); Avoid Thinking Traps (ATT); Detect Icebergs (DI); Problem Solving (PS), Put it in Perspective (PIIP) and Hunt the Good Stuff (HTGS). How about these skills which would take us through the month of May--Mental Games (MG) or Real-time Resiliency (RTG)?

Throughout my battlefield circulations, I have been asked the criteria and how to become a Master Resiliency Trainer (MRT). This month, I decided to share the criteria for being a unit MRT.

MRTs serve as the commander's subject matter experts and advisors on resilience training at all levels of the command. MRTs are the only personnel authorized to train Soldiers, their Family Members and DA civilians in resiliency skills, using CSF2-established methods and materials, according to the commander's guidance. An MRT is a graduate of the 10-day MRT course currently offered at sites sanctioned, train small groups of 25 to 30 personnel in the unit and advise the commander on CSF2

requirements and best practices.

MRTs are selected via command nomination and enrollment in the Army Training Requirements and Resources System. The MRT course trains resilience skills to provide the Army with a cadre of resilience training experts. The course will also provide awareness of the IAT and performance enhancement training so that MATs are able to coordinate across the Army spectrum of missions to support the resilience training requirements of their units. The MRT course will have a capacity to train not less than 6,780 MRTs a year based on Army requirements to sustain the appropriate number of MRTs.

Level I MRT Selection Criteria: All candidates should have the following qualities: excellent communication and presentation skills, healthy and fit appearance; meet the standards of Army regulation 600-9 (The Army Weight Control Program); have a valid Army Physical Fitness Test score within the last six months; not be flagged or pending adverse action; exercise effective coping mechanisms; and display the traits of resilience: be an informal leader. They must have a good

rapport with others, be extroverted and be an optimistic thinker. All nominees must have more than 12 months remaining in their position after graduation (24 months for DA Civilians) to have a positive effect on the unit resilience program.

Enlisted Soldiers must be in grades E-6 through E-8. E-5s who commanders assess as qualified, may submit and exception to policy request with a memorandum through their chain of command to the HQDA Director, CSF2.

Officers must be in the grades of O-1 to O-4 and in a duty position that allows them time to plan, schedule and direct the organization's resiliency program.

Warrant Officers must be in the grades of WO-1 through CW-4 and in a duty position that allows them time to plan, schedule and direct the unit's resiliency program.

DA Civilians must be in the grades GS-7 through GS-13 and in a job position that allows them time to plan, schedule and direct the organization's resiliency program.

Level 1 Graduation Criteria. Students must obtain a passing score on a multiple choice, closed book exam that tests knowledge of the skills



and concepts taught during the prepare, sustain and enhance phases of the MRT course. Students who successfully pass the written exam are authorized to receive the BR skill identifier. Students who do not obtain a passing score will be provided additional instruction and afforded the opportunity to retest. The BR skill identifier will not be awarded to students who have two successive failures on the test.

Roles and responsibilities of an MRT. The MRT must brief his/her commanders, command sergeants major and/or first sergeants on how resilience skills and the CSF2 program can benefit the unit. Based on the commander's intent, vision and guidance, the MRT will develop an implementation plan for resilience training. The MRT will administer unit-level resilience training sessions and advise commanders on the status of their resilience training  
***See 'Resiliency,' page 12***



(U.S. Army photo by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE/Public Affairs)

## Pat's Run Challenge

Left: Soldiers, Sailors, Airmen, Marines, Coalition partners and civilians take off during the start of the Pat's Challenge Run sponsored by the 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element April 26 at Kandahar Airfield, Afghanistan. The 4.2 mile run was held to honor the memory of former NFL football player, Cpl. Pat Tillman who sacrificed his life in service of his country during Operation Enduring Freedom.

## Leatherneck, continued from Page 8

done.

"He always gives 100 percent to any task and he's definitely one of the best Soldiers I've had the opportunity to work with," said Brouillard. "Anything he does, whether it's scoring a 300 on his Army Physical Fitness Test or prepping a site for deconstruction, he always excels at everything. He works very hard and is hands down, one of our best troops."

Mobley said his time in the combat theater has been worthwhile.

"I enjoy the work and the deployment has been a great opportunity for life experience, there's not too many people who can say they've done things like this," said Mobley. "The experience gained on the job sites here will help me with my future goals as eventually I'd like

to run my own construction company one day."

"I really just felt like doing something for my country and it's an honor getting to serve your country during a time of war and to be part of such a historical mission," he added.

Mobley and his fellow 760th troops have spent about six months in the combat theater and said they plan on maximizing what little time they have left at Camp Leatherneck to ensuring their deconstruction efforts continue to yield tangible results and to set the unit that follows after them up for success.



## Resiliency, continued from Page 11

program. Active Reserve and Army National Guard MRTs will coordinate with their state.

More on the roles of the MRT: the MRT is the commander's principal advisor on CSF2 and resilience. The MRT serves as the resilience trainer for the unit and is responsible for providing sustainment resilience training to the unit. The MRT assists the unit training NCO in incorporating resilience training throughout the unit training calendar.

The MRT assists the unit training NCO in documenting resilience training for the Quarterly Training Brief. The MRT ensures the implementation of the commander's training guidance as it relates to resiliency training.

The MRT provides resilience training for Family Members and DA Civilians. The MRT provides resilience training to the Officer Development Program/NCO Development Program and Sergeant's Time. The MRT is responsible for training other supervisory level leaders on incorporating resiliency skills and techniques into professional and developmental counseling.

Next month, I will share some Deployment Cycle Support (DCS) tips.





# CMRE Upcoming Birthdays

## 955th Eng. Co.

SPC Kyle Althoff  
SPC Andre Anderson  
SPC Donald Cartwright  
PFC Joseph Dane  
SSG Simone Dowell  
PFC Samuel Dowling  
SSG Robert Kilgore  
SGT Andrew Maxey  
PFC Nicholas Myers  
PFC Sophal Peng

## 124th Horizontal Eng. Co.

SSG James Baumberger  
SPC Ian Beason  
SPC Kristina Burr  
SPC Todd Clamp  
SPC Jeremy Johnson  
SPC Jared Leonhardt  
SPC Christopher Newhouse  
PFC Robert Rock  
SPC Bruce Ross  
SSG Juan Sanchez  
SGT Coke Thacker  
SGT Wayne Watkins  
PFC Lewis Whetstone

## FSC, 489th Eng. Bn.

SPC Michael Barnett  
MSG Travis Brandt  
SGT Steven Geist  
SFC Steven McNatt  
SSG Christine Rogers  
SPC Charles Thornhill

## HHC, 489th Eng. Bn.

SPC Anna Covell  
SGT Shaakiv Drake  
PV2 Aaron Hess  
PFC Tashieka Jackson  
PV2 Evan Lowry  
SPC Melody Pollins  
MAJ James Waldo  
SSG Teal Wolf

## 760th Eng. Co.

SPC Adam Booth  
PFC Joseph Bove  
SPC Corey Celik  
SPC Carl Conklin  
SPC Gregory Diaz  
PFC Jonathan Evans  
SGT Seth Miller  
PFC George Nicksic  
PV2 Jody O'Quinn  
SPC Haven Price  
SPC Jordan Richardson  
SPC Allen Yoder

## 1103rd CSSB

SSG Kim Baker  
CPT Kenneth Harrison  
SPC Ovarys Nance  
1LT Jonathan Troesch

## HHC, 133rd Eng. Bn.

SGT Orie Bartlett  
SSG Jason Crawford  
SSG Christopher Estes  
CPT Mark Mancini

## 1151st Eng. Co.

SSG Gary Brotherton  
SSG Nathan Childers  
SFC David Francies  
SPC Colten Lacy  
SPC Zachary Mize  
SPC Emory Shepard  
SPC Ethan Snow

## 1035th Survey and Design Team

SGT Kevin Hopkins  
SPC Joshua McNinch  
SGT Steven Oliver

## 858th Eng. Co.

SGT David Adair  
SPC James Brown  
SGT Darris Ewing  
SSG Darrell Ivy  
PFC Matthew Lane  
SPC Shakyla Miller  
MSG Kim Ralston  
SPC Marlon Reese  
CPT Robert Sanders  
SPC Feouchious Shoemaker  
SPC Bianca Smith  
SPC John Spinosa  
SSG William Spruill  
2LT John Story  
SPC Shawn Walls  
SPC Christopher Williams

## 150th Eng. Co.

SPC Joshua Avilleira  
SPC Nathaniel Champion  
SGT Derek Forbes  
SFC Lisa Hatcher  
SPC Jordan Hayes  
MSG Paul Horan  
PFC John Ingraldi  
PFC Raymond Jachowski  
SGT Sallah Johnson  
SFC Kelly Katz  
SPC Johnnie Matthews  
SPC Jason Northedge  
SPC Jeffrey Wise

## FSC, 133rd Eng. Bn.

SPC Devin Allen  
MSG Jesse Cote  
SSG Jamie Grant  
SGT Kevin Hopkins  
SPC Isaiah Lapid  
SSG Jennifer Paradis

## HHC, 82nd STB

LTC Thomas Clark  
MAJ David Ditolla  
SSG Yolanda Langworthy  
1LT Sean Leary  
MAJ Roy Saravia  
MAJ Katherine Trombley  
MSG Michael Wiles  
CPT Weston Williams  
MSG Tonisha Woods

## Religious Services at KAF

### South Park Chapel

Christian Contemporary  
Protestant Service  
Sunday 9 a.m.

Catholic Mass  
Friday 8 p.m.

Kenyan Christian Fellowship of  
Afghanistan  
Sunday 8:30 p.m.

### Other facilities

Christian Contemporary  
Protestant Service at Liberty House  
Sunday 9 a.m.

Christian Contemporary  
Protestant at 1st Cup Coffee House-  
Mustang Ramp  
Sunday 10 a.m./8:30 p.m.

Gospel Service at Fest Tent  
Sunday 11 a.m.

Aussie Church Service  
at Camp Baker  
Sunday 9 a.m.

Communion Service at 1st Cup  
Coffee House, Mustang Ramp  
Wednesday 7:30 p.m.

Muslim Prayer Service  
KAF Islamic Center  
Friday 1 p.m.

## Religious services at KAF

### Fraise Chapel Services (KAF)

Christian Contemporary Prot-  
estant Service Sunday 10 a.m.

Traditional Protestant Service  
Sunday 11:30 a.m.

Church of Jesus Christ of Lat  
ter-day Saints Sunday 1:30 p.m.

Church of Christ  
Sunday 3:30 p.m.

British Service  
Sunday 5 p.m.

Filipino Protestant Service  
Sunday 8 p.m.

International Christian Service  
Sunday 10 p.m.

Iglesia ni Cristo (Filipino  
Church of Christ)  
Monday 8:30 p.m.

Kenyan Christian Fellowship of  
Afghanistan  
Wednesday 8 p.m.

Joy Night Service  
Thursday 7 p.m.

Catholic Mass  
Monday-Friday 11:30 a.m.  
Saturday 8 p.m.  
Sunday 8:30 a.m.

Eucharist Adoration/Benedic  
tion Friday 7:30 a.m.

Rite of Christian Initiation of  
Adults (RCIA) Saturday 6 p.m.

Catholic Reconciliation (Con  
fession) Saturday 7:30 p.m.

Catholic Rosary  
Saturday 7:45 p.m.

### Chapel Ministry Center Services

Unitarian Universalist Service  
Sunday 9:30 a.m.

Friends of Bill W. (AA/NA)  
Tuesday, Thursday, Sunday  
7:30 p.m.

Knights of Columbus Meeting  
Monday 7 p.m.

Continued, page 8

**Religious services  
continued from page 7**

**Chapel Ministry Services  
at KAF**

Church of Jesus Christ of Latter-day Saints-Family Home Evening Fellowship  
Thursday 7 p.m.  
Sunday 12:30 p.m.

Jewish Sabbath Service  
Friday 6:30 p.m.

**Religious Services at BAF**

**Enduring Faith Chapel**

Traditional Protestant  
Sunday 8:30 a.m.

Chapel NEXT  
Sunday 10:30 a.m.

Catholic Choir Rehearsal  
Sunday 11:45 a.m.

Catholic Mass  
Sunday 12:30 p.m.

Gospel Service  
Sunday 3 p.m.

Plugged-in Contemporary  
Worship Service  
Sunday 6 p.m.

Catholic Mass  
Sunday 7:30 p.m.

Gospel Service  
Sunday 8:45 p.m.

Gospel Praise and Worship  
Rehearsal  
Monday 6 p.m.

Intercessory of Prayer  
Tuesday 7:30 p.m.

Traditional Protestant Choir  
Practice Wednesday 6 p.m.

Gospel Bible Study  
Wednesday 7 p.m.

Catholic Choir Rehearsal  
Wednesday 8:30 p.m.

Plugged-in Rehearsal  
Thursday 5 p.m.

Chapel Next Rehearsal/  
Bible Study Thursday 6 p.m.

Gospel Praise and Worship  
Rehearsal Friday 6 p.m.

**BAF Enduring Faith Chapel  
(continued)**

Full Praise Team Rehearsal  
Friday 8 p.m.

Korean Service  
Saturday 10:30 a.m.

Gospel Praise and Worship  
Rehearsal Saturday 6 p.m.

Catholic Choir Rehearsal  
Saturday 8:30 p.m.

**Enduring Faith Chapel  
Annex**

Latter Day Saints  
Sunday 10 a.m.

Church of Christ  
Sunday 5:30 p.m.

Latter Day Saints  
Sunday 8 p.m.

Women's Gospel Bible Study  
Monday 7:30 p.m.

Gospel Bible Study  
Monday 8:30 p.m.

Men of Valor Bible Study  
Tuesday 5:30 p.m.

Catholic Study  
Tuesday 8:30 p.m.

Creative Arts Rehearsal  
Wednesday 5:30 p.m.

Church of Christ Bible Study  
Wednesday 7:30 p.m.

New Believer's Course: Gospel  
Wednesday 8 p.m.

Creative Arts Rehearsal  
Thursday 6 p.m.

Jewish Service  
Friday 6 p.m.

SALT Singles Ministry  
Friday 7:30 p.m.

Seventh Day Advenist Service  
Saturday 10 a.m.

Creative Arts Rehearsal  
Saturday 6 p.m.

District 15 Study Group  
Saturday 8:30 p.m.



**Enduring Faith Chapel  
Conference Room**

Al Anon  
Monday 7 p.m.

Friends of Bill W.  
Tuesday, Thursday, Friday 7:30 p.m.

**Enduring Faith Chapel Blessed  
Sacrament Chapel**

Catholic Mass  
Monday-Friday 11:45 a.m.

Holy Hour (Catholic)  
Wednesday 7:30 p.m.

Catholic Confession  
Friday 6 p.m.

Orthodox Divine Liturgy  
Sunday 9:30 a.m.

**Craig Hospital**

Protestant Service  
Sunday 8 a.m.

Christian Devotion  
Wednesday 7 p.m.

**Flight Line Chapel**

Protestant  
Sunday 10 a.m.

Protestant: CSAR Break Room  
Sunday 1:30 p.m.

**Warrior Chapel**

Contemporary Worship  
Sunday 9:30 a.m.

Contemporary Worship  
Sunday 11 a.m.

Traditional Liturgical Worship  
Sunday 5:30 p.m.



U.S. Army photo

Bible Study  
Sunday 6:30 p.m.

Women's Fellowship  
Monday 6 p.m.

Pakistani Bible Study  
Friday 7 p.m.

Praise Team Practice  
Saturday 5:30 p.m.

**AMC Chapel**

Spanish Protestant Worship  
Sunday 9 a.m.

Gospel Service  
Sunday 11:30 a.m.

Contemporary Protestant  
Sunday 7:30 p.m.

Men's Gospel Bible Study  
Monday 8 p.m.

Women's Bible Study  
Tuesday 8 p.m.

Intercessory Prayer  
Wednesday 7 p.m.

Topical Bible Study  
Wednesday 8 p.m.

"Joy Night" Gospel Service  
Friday 8 p.m.

Catholic Mass  
Saturday 7:30 p.m.

**Coalition Islamic Mosque**

Juma Prayers  
Friday 12 p.m.





# Retrosort troop drives through challenges

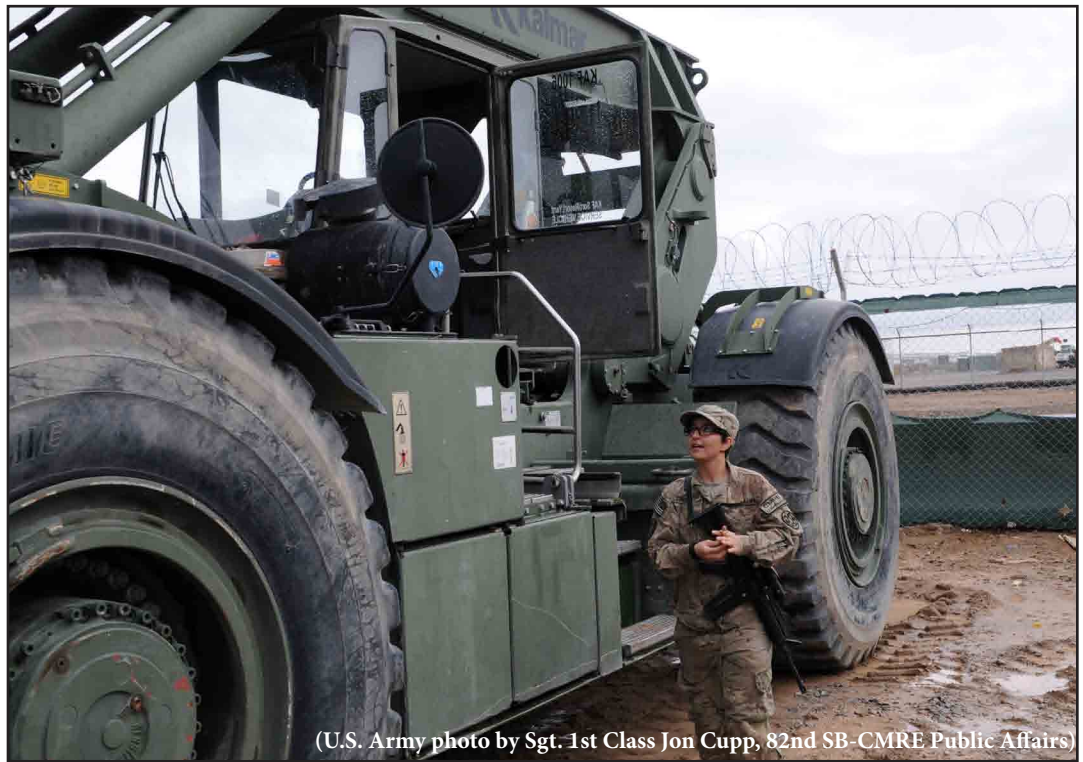
By Sgt. 1st Class Jon Cupp  
82nd SB-CMRE Public Affairs

KANDAHAR AIRFIELD, Afghanistan -- Don't let her five-foot, one-inch height fool you, Paso Robles, Calif. native, Spc. Jackie Tackett, an automated logistics specialist for the 349th Quartermaster Company, California Army National Guard, says she's just as comfortable behind the wheel of the huge, rough terrain container handler (RTCH) vehicle as she is behind the wheel of a sedan.

Maneuvering around the retrosort yard at Kandahar, Tackett easily handles the vehicle which might be intimidating to some, picking up huge containers full of equipment and moving them to areas for eventual processing.

"I like the fact that sometimes it takes a lot of ingenuity when you're driving the RTCH," said Tackett. "You have to know your capabilities and the vehicle's capabilities. Nothing is ever the same, so you have to find creative ways to sometimes get containers out of tight spots."

At the start of the typical work day, the 24-year-old specialist is out performing maintenance checks and fueling vehicles. Along with being licensed on the RTCH, Tackett is certified on a



(U.S. Army photo by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)

Paso Robles, Calif. native, Spc. Jackie Tackett, an automated logistics specialist for the Vallejo, Calif.-based 349th Quartermaster Company, inspects her rough terrain container handler before putting on a hard hat and operating the vehicle March 23 at Kandahar Airfield, Afghanistan.

whole host of other vehicles to include forklifts and large, military tractor trailer trucks.

When she isn't driving vehicles, Tackett assists other 349th troops on a retrosort team, inventorying, cleaning and getting reusable items ready for use by troops in theater, for shipment to other military bases throughout the world or for transfer to Afghans through programs such as Foreign Excess Personal Property.

"We'll load what needs to be loaded, check on the vehicles and try to get containers as quickly as possible. Sometimes other units [throughout Afghanistan] will drive all night to get here, so we like to do a quick

turnaround for them, off-loading their trucks as soon as possible," said Tackett. "We'll inventory what we have, figure out how best to process them, use forklifts to take equipment out of containers, clean, sort and eventually we'll load boxes of supplies onto another truck for shipping back to the states or elsewhere in the military system."

When difficult situations arise, requiring 'out of the box' thinking, Tackett said she's usually the first person to volunteer.

"Someone came up to me one day and asked, 'is there any way you can get that out,'" said Tackett, explaining a situation in which containers were

placed in a difficult spot even for the RTCH to reach. "Challenge accepted! I told them give me thirty seconds. It was a lot of fun."

In her civilian job as a dual status government service civilian, Tackett works as a shipping/receiving post office manager for Headquarters and Headquarters Detachment, Maneuver Training Center at Camp Roberts, Calif. near the town of San Miguel.

Her civilian job, she said, is fairly similar to what she's currently doing, so she feels pretty comfortable with the mission in Afghanistan.

"I'm currently the only person at my job on See *"RTCH,"* page 16

*RTCH, continued from  
Page 15*

Camp Roberts, central coast, who's certified to drive the RTCH in my civilian work, so it's not much different in some aspects to what I'm doing in the combat theater," said Tackett, who began her career in the military as an intelligence analyst, later deciding that she wanted to go into logistics.

During her spare time, Tackett plays soccer, watches movies, talks to family online or can be found writing songs or playing her guitar.

"I like doing open-mic nights at the USO or other places," she said. "I like acoustic, indie music with influences from 90's grunge to rag roll and other music that some people might think is a little eclectic."

"People here look at my playlists and think some of the selections are obscure, but I tell them they're really not. They were all popular bands at one time," added Tackett with a laugh.

Tackett's future goals include continuing to save money and going to a community college taking classes in general education until she finally decides on a career.

"It's good to have a tangible plan, many people have hopes, but they don't have it planned out yet and don't know how to

achieve their goals," said Tackett. "But I have a pretty good idea of how to get there and I'm going to sign up for classes, but as for a major, I'll wait and see."

Growing up in an Army family, Tackett said her parents have been very supportive of her time deployed to the combat zone. Her father was an Army Ranger and Tackett spent her early years as a self-described Army brat until age seven, moving from bases like Schofield Barracks, Hawaii to Fort Campbell, Ky.

"They're ready for me to be home, but they're extremely understanding," said Tackett. "My mom's reaction was 'that's so typical of Jackie to volunteer' [for the deployment] and my family is used to me being in different places."

Tackett said she feels a sense of pride which led to her volunteering for this current deployment in support of Operation Enduring Freedom.

"This was definitely on my 'to do list,' I feel really great about it and believe that most people--most Soldiers--have a sense of duty and every Soldier feels it's something they need to do," said Tackett. "With the experience gained here, it will help me stay competitive when I become a noncommissioned officer."

"It will help me devel-



Paso Robles, Calif. native, Spc. Jackie Tackett, an automated logistics specialist for the Vallejo, Calif.-based 349th Quartermaster Company, California Army National Guard, ensures containers are secured March 23 at Kandahar Airfield, Afghanistan prior to moving them with a rough terrain container handler. (U.S. Army photo by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)

op the skills needed as an NCO to lead a team one day," she added.

As multiple bases in Afghanistan transform through deconstruction projects, Tackett, who is attached to the active-duty Army's 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, said she understands the importance of the CMRE's materiel reduction mission.

"It's nice to know we're putting money back into

the military system and ensuring troops are getting good equipment they need as bases downsize here," said Tackett. "With a mission like this one, it's easy to see what your goals are and you can actually count how many [containers] and how much [equipment] you've [processed] at the end of the day. It really keeps me motivated as I know we're actually accomplishing something."





# Safety Corner: how to avoid, prevent heat injuries

By Armando Alfaro  
Brigade Safety Officer



The heat is on! And with it comes an extreme danger to our Soldiers that we need to understand what we are up against and how to protect them. With temperatures rising and continuing to rise, the risk for heat injuries will grow.

In order to emplace controls to mitigate this serious concern, it's important to understand that there are several factors within the Brigade that identify us as "high risk" such as, geographical location, time of year, operational tempo and mission.

The time of year with the highest incidence of heat injuries are from May to August and the time of day with the highest heat injuries are from 11:30 a.m. to 3:30 p.m. Knowing this is important for commanders and leaders to ensure proper supervision of Soldiers and heat injury prevention measures are implemented to protect our Soldiers. A heat injury occurs when a Soldier

engages in physical activity to the extent where the heat production within his body exceeds its ability to cool itself adequately.

There are three types of heat injuries that leaders and Soldiers must stay aware of: 1) heat cramps which are the result of excessive salt and water losses due to profuse sweating in Soldiers whose bodies are attempting to rapidly lose heat. Signs present themselves as muscle cramps, which usually occur in the legs (calves and thighs).

2) Heat exhaustion which is a more severe form of heat injury. It implies a significant loss of water from the body.

3) Heat stroke which is the most serious form of heat injuries. Soldiers may show signs of confusion, aggressive behavior and may progress into a comatose state. Heat stroke is a medical emergency!

Education and awareness are critical to prevent heat injuries. When a heat injury occurs, it is usually an indication of failure in one or more components of the prevention system.

Although the commander is responsible for the unit's safety program, risk prevention is everyone's responsibility. A good understanding of how to prevent heat injuries amongst all lead-

ers and Soldiers will go a long way towards the prevention or reduction of heat injuries. Identification of those Soldiers that are prone to become heat injuries is the first step and leaders must identify those Soldiers that are or have been: a previous heat injury; overweight; poor physical conditioning; poorly acclimatized; using energy drinks; using supplements; using some medications; and their activity level.

Once leaders have identified those Soldiers, controls can be emplaced to prevent heat injuries and protect the Soldiers. Leaders and Soldiers must utilize the buddy system and always be vigilant to possible indicators of heat illness, such as: dizziness; headache; nausea; unsteady walk; weakness; fatigue; muscle cramps; hot to touch; exhaustion; confusion; and agitation.

Heat injuries are a serious condition that can be easily prevented if we play a proactive role to avoid becoming a heat casualty.

Here are some recommendations of what can be done to prevent becoming a heat injury: stay hydrated; eat regularly and healthy; maintain fitness; use caution with medications, supplements and dietary aids; and use caution when using energy drinks.

## Combat Action Badge



The following personnel recently received the Combat Action Badge:

SPC Darrell Bailey  
SPC Kayce Booker  
SSG Darrol Boxton  
SGT Christopher Burch  
SGT Jose Cedillos  
PFC Kentrell Dukes  
SPC Shannon Eickhorst  
SPC Dominic Galindo  
PV2 Peter Garrison  
SGT Allen Haynes  
SPC Charles Hellinger  
SSG Edward Luttrell  
2LT Thomas Kaiser  
SGT Atoria King  
SPC Shane Kippcook  
SGT James Lawson  
SPC Sean Leonard  
SSG Edward Luttrell  
PFC Rodrick Nettles  
SGT Abraham Pineda  
PFC Bobby Pinkerton  
1LT Todd Schupp  
SGT Chad Sheehan  
PFC Jesse Smith  
SPC Samara Stahlycook  
SPC Kyle Taaffe  
SSG Joseph Underwood  
SPC Dineen Willis

Identifying Soldiers that are prone to becoming heat injuries, recognizing the warning signs and symptoms, and using preventive and control measures can prevent or reduce the frequency and severity of heat injuries. The risk of heat injuries will increase, with the upcoming summer season, but as like any other accident, heat injuries are preventable!



# Photos Around the CMRE



1103rd Combat Sustainment Support Battalion

**Right:** Paso Robles, Calif. native, Spc. Jackie Tackett, an automated logistics specialist for the 349th Quartermaster Company uses a rough terrain container handler to move containers March 23 at Kandahar. **Below:** Troops with the 349th QM Co. sort and clean equipment which recently arrived to the Kandahar Airfield, Afghanistan retrosort yard March 20. The troops work to ensure reusable items are returned to the U.S. military system.



(U.S. Army photos by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)





**Left:** Soldiers with the 349th Quartermaster Company sort through uniform items March 20 at Kandahar Airfield that will be either returned to the U.S. military for use in theater or shipped to other bases throughout the world. **Below:** Richmond, Calif. native, Spc. Byron Garrett, a food service specialist for the 349th QM Co. uses a pallet jack to move boxes of supplies at the Kandahar retrosort yard.



**Above:** San Francisco native, Spc. Paul Zhang, an automated logistics specialist, 349th QM Co. meticulously cleans equipment March 20 at the Kandahar Airfield retrosort yard.



**Left:** Soldiers with the 349th QM Co. sort and clean equipment at the Kandahar retrosort yard March 20 that will be eventually shipped back to the U.S. or reused by troops in theater. Attached to the 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, troops working at the retrosort yards at both Kandahar and Bagram Airfield have helped to ensure that tens of thousands of containers worth of equipment have been processed and have saved the U.S. taxpayers hundreds of millions of dollars. (U.S. Army photos by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)





## 489TH ENGINEER BATTALION



**Left:** Lt. Gen. Joseph Anderson, commander, International Security Assistance Force Joint Command (IJC), visits with troops from the Saluda, S.C.-based 124th Engineer Company, attached to the 489th Engineer Battalion, at Kandahar Airfield, Afghanistan April 6. **Below:** Sgt. Maj. Allen Fritzsching, senior enlisted advisor to the U.S. Army Inspector General, uses a hydraulic excavator to demolish a building on a deconstruction site at Kandahar during a visit with the 489th Eng. Bn.



(U.S. Army photos by Sgt 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)



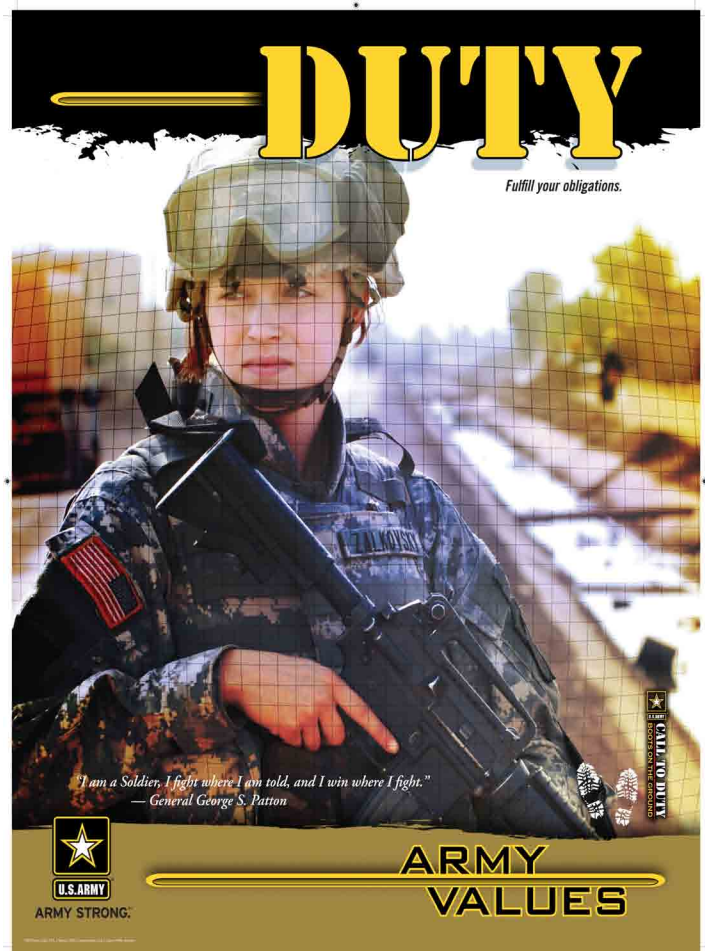
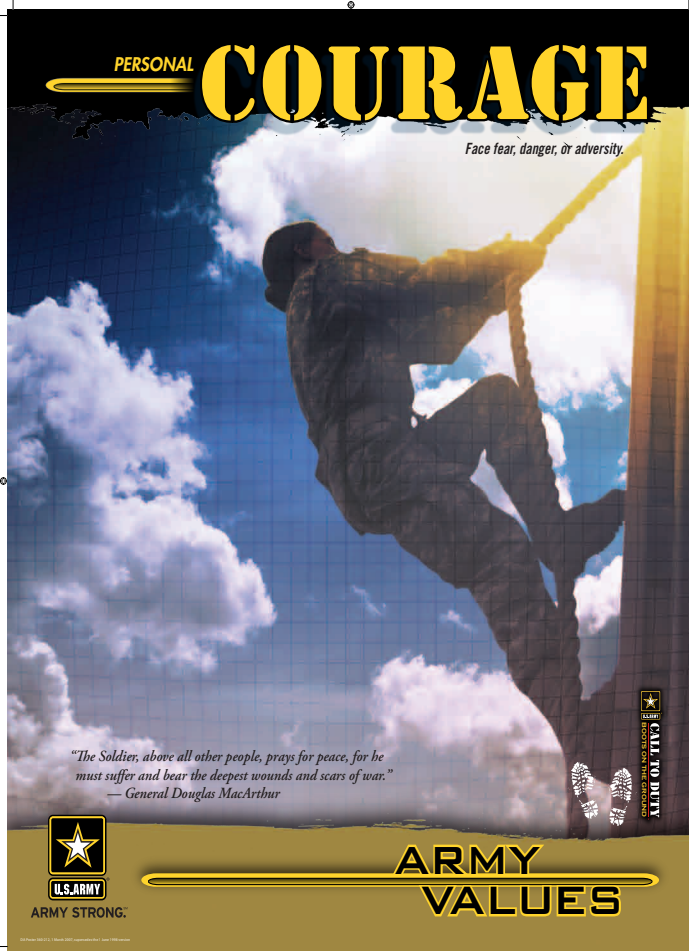


**Upper left:** Ansonia, Conn. native, Spc. Mike Mobley, a carpentry/masonry specialist, 760th Engineer Company, uses a hammer to take apart molding and drywall around the door frame of a building slated for deconstruction March 29 at Camp Leatherneck. **Top right:** At the beginning of the work day, Mobley gets all the proper equipment needed to do his deconstruction work March 29 at Camp Leatherneck. **Center right:** Mobley and Walnut Cove, N.C. native, Pfc. Curtis Welch, also a carpentry/masonry specialist with the 760th Eng. Co., remove pieces of drywall that will be taken to a disposal site March 29 at Camp Leatherneck. **Below:** Spc. Jamie Hatfield (left) an interior electrician, and Spc. Adam Pulley, a carpentry masonry specialist, both with the 760th Eng. Co. take down drywall March 29 at Camp Leatherneck.

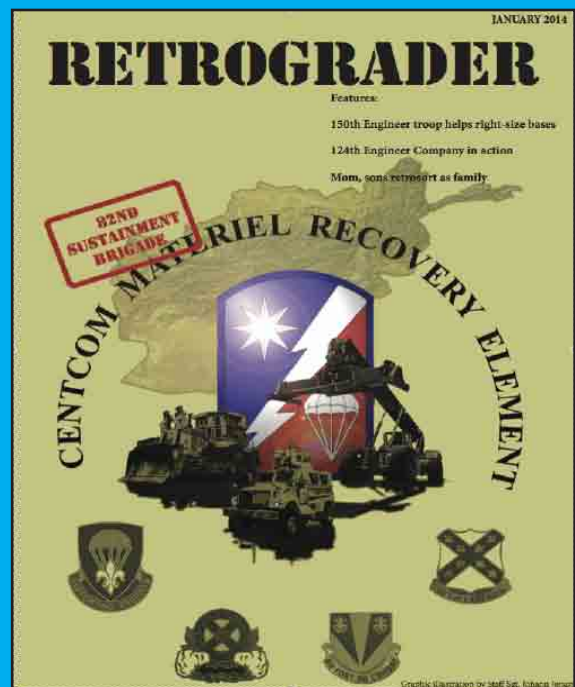


(U.S. Army photos by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs)





Check out the CMRE story each month  
in our 82nd SB-CMRE Newsletter!



Feel free to send to your family and friends!  
Let them see what your mission is all about!





# 133rd Engineer Battalion



**Right:** Milford, Del. native, Spc. Ryan Ratledge, a heavy equipment operator for the 150th Engineer Company refuels a bulldozer during the deconstruction of a motor pool April 10 at Bagram Airfield, Afghanistan.

**Below:** Spc. Michael Hatfield, an engineer with the 858th Engineer Company operates a 22-ton crane while Spc. Michael Dement, also an 858th engineer, hooks and unhooks cable hooks to stage a concrete wall to be emplaced around a compound April 3 at Forward Operating Base Shank.



(U.S. Army photo by Spc. Makanjuola Abimbola, 150th Eng. Co. UPAR)



(U.S. Army photo by 2nd Lt. John Story, 858th Eng. Co.)



(U.S. Army photo by Pfc. Yesenia Florez)



(U.S. Army photo by 2nd Lt. John Story, 858th Eng. Co.)

**Upper left:** Rochester, N.Y. native, Cpl. Daniel Thull of the 779th Engineer Company gets prepared to mount an MRAP prior to heading to a project to build a berm March 28 at Bagram Airfield, Afghanistan. **Top right:** Watkins, Ga. native, Sgt. David Triplett, a horizontal construction engineer for the 858th Engineer Company operates a hydraulic excavator, picking up debris from a project site and loading it into a 20-ton dump truck March 26 at Forward Operating Base Shank. **Center right:** Chief Warrant Officer 2 Andrew Marquis of the 1035th Survey and Design team assists Spc. Michael Davis, also from the 1035th, as he climbs a boulding wall created by Marquis. **Below:** Ennis, Texas native, Pfc. Wesley Martin, an engineer, 858th Eng. Co., operates a 5-yard loader to emplace a barrier at FOB Shank April 3.



(U.S. Army photo by Sgt. Ricky Sturgis, 1035th Survey and Design Detachment)



(U.S. Army photo by 2nd Lt. John Story, 858th Eng. Co.)



SELFLESS

# SERVICE

*Put the welfare of the Nation,  
the Army, and your subordinates  
before your own.*



ARMY STRONG.™

## ARMY VALUES

U.S. ARMY  
CALL TO DUTY  
BOOTS ON THE GROUND





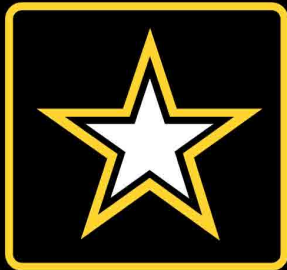
**Left:** Azusa, Calif. native, Staff Sgt. Angalique Reedy (center), a combat medic, 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, portrays Spc. Lori Ann Piestewa, during a dramatic reading as part of the 82nd SB-CMRE Women's History Observance Month presentation March 29 at Kandahar Airfield, Afghanistan. Piestewa was the first woman service member killed in combat during Operation Iraqi Freedom and the first Native American woman killed in combat as a U.S. military service member. (Photo by Master Sgt. Tonisha Woods, 82nd SB-CMRE)



(U.S. Army photo by Spc. Miguel Olivero, 489th Eng. Bn.)

**Above:** Actor and film maker Ricky Schroder interviews Soldiers from the 124th Engineer Company, attached to the 489th Engineer Battalion and 82nd SB-CMRE March 29 at Camp Leatherneck, Afghanistan. Schroder conducted the interviews while on a scouting trip for producing a documentary on troops in the combat zone.





**U.S. ARMY**

# I.A.M. STRONG<sup>SM</sup>

**INTERVENE**

★ **ACT**

★ **MOTIVATE**

## Sexual Assault and Sexual Harassment Prevention

### INTERVENE

When I recognize a threat to my fellow Soldiers, I will have the personal courage to **INTERVENE** and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will **INTERVENE**.

### ACT

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take **ACTION**. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will **ACT**.

### MOTIVATE

We are American Soldiers, **MOTIVATED** to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all **MOTIVATED** to take action. We are strongest...together.

[www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil)

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**Upper left:** Lehigh Valley, Pa. native, Spc. Anthony Rosario, a human resource specialist for the 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element applies details to a painting of the 82nd SB unit patch in early April at the 82nd SB-CMRE compound on Kandahar Airfield, Afghanistan. **Top right:** Hallandale, Fla. native, Sgt. Savanna Thomas-Bell, a human resources specialist for the 82nd SB-CMRE portrays Spc. Frances M. Vega during the 82nd SB-CMRE Women's History Observance Month presentation March 29. Vega was killed in action during Operation Iraqi Freedom after insurgents fired a rocket at her Chinook helicopter. The event, which recognized significant contributions made by women throughout history, included various dramatic poetry readings, musical performances and a guest speaker. **Center right:** Chicago native, Staff Sgt. Fredrick Hill of the 82nd SB-CMRE, grabs a rebound in the midst of the opposing team during a 82nd SB-CMRE basketball tournament March 27 at Kandahar.



**Left:** Little Rock, Ark. native, Spc. Theando Medlock (left), a supply specialist for the Forward Support Company, 489th Engineer Battalion, looks for a driving lane while being guarded by Jenkinsville, S.C. native, Staff Sgt. Randy Anthony, a human resources sergeant, 82nd SB-CMRE, during an 82nd SB-CMRE basketball tournament March 27 at Kandahar Airfield, Afghanistan. Medlock's FSC, 489th Eng. Co. team won the tournament. (U.S. Army photos by Sgt. 1st Class Jon Cupp, 82nd SB-CMRE Public Affairs and Master Sgt. Tonisha Woods, 82nd SB-CMRE)





82nd Sustainment Brigade



1103rd Combat Sustainment  
Support Battalion



489th Engineer Battalion



133rd Engineer Battalion

### ***CMRE TEAM AND FAMILIES!***

***“LIKE” THE 82ND SUSTAINMENT BRIGADE, TF Ironman 489th EN. BN., 133rd EN. BN., AND 1103RD CSSB FACEBOOK PAGES AND STAY UP TO DATE ON THE LATEST CMRE EVENTS. TELL YOUR CO-WORKERS, SPOUSES AND FRIENDS ABOUT OUR PAGES SO EVERYONE CAN STAY LINKED TO VITAL INFORMATION ABOUT OUR HISTORIC MISSION! TO CHECK OUT STORIES AND PHOTOS FROM OUR TOUR FOLLOW US ON DVIDS: <http://www.dvidshub.net/unit/82SB>***