



# TASK FORCE PROVIDER NEWSLETTER



Issue No. 2 | Oct. 2023

## Task Force Provider

Greetings, Families and Soldiers of Task Force Provider,

Thank you for your ongoing support to your Soldiers as this Task Force continues to enable operations and training across Area of Operations Victory. For this month's newsletter, I'd like to share our thoughts on how imperative our individual and unit readiness is to our present mission and our future. Maintaining readiness of our Soldiers and our equipment is our job, but it is also how we provide professional and essential sustainment support in this multinational effort to deter aggression in Europe, just as our Army stands ready across the globe for contingencies and crisis that could impact our nation's security.

While it may not always seem so moment-to-moment, every individual makes contributions to our teams' successes, and they do impact the overall mission. Everyone on this team and what they do matters, from the



newest Soldier in the formation that is swiftly building tactical and technical proficiency here, to our Family members that are the support and strength while managing things back at home.

It can't be overstated that our senior through junior leaders throughout our formations are the lynchpin to the success of both the Soldiers' and Family members' efforts on both fronts. Everyone forward stationed along the alliance's eastern flank here, throughout Germany, in the Middle East, and back home in the U.S., has profound influence on our ability to win and thrive, no matter where we are.

To determine how the entire Provider Brigade, including our Reserve and National Guard teammates here, can both win and thrive, we assembled a workforce of key leaders, influential personnel and professionals to determine how we can use holistic, creative and critical thinking to connect our Soldiers and Families to the many resources and expertise available for them.



*Sgt. Krystal Comer, a supply specialist assigned to Task Force Provider, receives a challenge coin in recognition of her outstanding work from Command Sgt. Maj. Jonathan E. Reffeor, the senior enlisted leader of the 3rd Infantry Division, during a visit at Forward Operating Site Powidz, Poland, Sept. 21, 2023.*



*Sgt. Deven McDonald, a motor transport operator assigned to C Company, 87th Division Sustainment Support Battalion, assists a Polish civilian with working the Common Remotely Operated Weapon Station, or CROWS, of a Mine Resistant Ambush Protected All Terrain Vehicle during a community event at Park Patacowy in Zagan, Poland, Sept. 10, 2023. (U.S. Army photo by Sgt. Demetrysean Lewis)*

This Prevention Workforce team identified eight protective factors to focus on: Leadership, Personal Wellness, Spiritual Connectedness, Healthy Outlets, Healthy Relationships, Safe Housing and Communities, Food Security, and Financial Literacy, and began brainstorming ways to help prevent potential individual and Family crisis. Every single day, the PWF members are using direct and digital communication means, Marne Foundational Days, “battlefield circulation,” and military command and control to educate the force, organize events, connect resources, and reach Soldiers and Families for feedback.

Since the formation of the PWF over three months ago, we’ve watched their work taking shape and manifesting successes. I’ll let the battalions report some of the great things accomplished throughout this newsletter or follow our social media platforms to see for yourself, but I want to highlight a few great examples myself.

Members of our team sprinted to create healthy outlets for Soldiers and Families here in Poland and back home. Unit Chaplains have organized Building Strong Resilient Teams events, whether for recharging and learning European history in the beautiful city of Gdansk, or to join a resiliency-building, educational tour of the infamous WWII Concentration Camp at Auschwitz.

Another highlight to mention is the recurring Military Family and Life Consultant Wellness visits for every Soldier here and back in Georgia, ensuring everyone receives an opportunity to consult on individual interests and to acquire information and resources available. I’m especially proud of our units that are creating Halloween and Thanksgiving events here in Europe and back home in

Georgia, so be sure to get out there and have fun as a member of our Provider Family.

Finally, I encourage Task Force Provider Soldiers and Families -wherever you are- to send your ideas to improve quality of life and your valued feedback directly to me and Command Sgt. Maj Campbell at [providersuggestionbox@army.mil](mailto:providersuggestionbox@army.mil).

We prepare now for our critical role in the Corps Headquarters’ upcoming Command Post Exercise III, which spans the globe with participants throughout the U.S. and across Europe. For exercises like these, we test our command and communication systems, tactical and strategic, with a computer simulation that provides scenarios with combat and battlefield effects, through which we respond, then work through the consequences of those decisions. The exercise stresses our ability to integrate all warfighting functions in a simulation designed to generate tough decisions and catastrophic consequences against an adversary that also thinks and reacts. Combined with daily operations to set the theater sustainment enterprise and continued training on our tactical proficiencies, we are building a high-level of individual and collective readiness across the Task Force.

Thank you again for all you are doing to help us remain ready and resilient, everywhere, every day. Heart of the Rock! Rock of the Marne!



*Above: Task Force Provider hosted a Hispanic Heritage Month celebration at Powidz, Poland, Oct. 14, 2023. During Hispanic Heritage Month, we showcase the achievements and contributions of Hispanic Americans to the U.S. Army and our nation to position the Army as a diverse, equal and inclusive organization where all Soldiers and civilians can reach their full potential.*

*Left: Task Force Provider command and staff deployed at Powidz, Poland, conduct a sustainment rehearsal on a sand table for CPX III outside the headquarters, Oct. 12, 2023.*



## What are our priorities?

The 3rd DSB, deployed as Task Force Provider and composed of Active Duty, Reserve and National Guard members stationed throughout Europe including our Home Station Mission Command, is focused on three priorities: People, Warfighting and Transformation.

People means that the health and well-being of our Soldiers and host nation partners is the top priority and our greatest battlefield asset, now and for the future. Wellness and operational readiness are two sides of the same coin: Our nation expects us to fight and win on the battlefield and when our teams are strong and value, respect, and care for one another, we achieve success.

Warfighting means training and developing our people and preparation of our equipment and systems to provide ready and postured combat-credible forces to V Corps, America's forward-deployed corps headquarters. We do that here in Europe by supporting multinational exercises that enhance cohesion and interoperability with allies and partners. Being ready means mastering the basics and remaining prepared for any contingency response mission. Upon our return from this deployment, the Provider Brigade will be at an even higher state of readiness than when we departed home station.

Transformation is about changing the way we organize, equip and fight as part of the future Army, training to conduct multi-domain operations on the battlefields of today and tomorrow and sustaining the "Hammer of America's Contingency Corps," the 3rd Infantry Division. Current and future readiness requires modernization and the 3rd DSB is on a path that develops, implements, and deploys new capabilities and assists the development of new doctrine that will help sustain units across any battlefield.



*Above: Task Force Provider Soldiers deployed at Powidz, Poland, join the Polish Freedom Run 5K, 10K and Nordic Walk in Glogow, Oct. 7, 2023. The race was organized by the Polish military and law enforcement and was held on a motor cross track.*

*Right: Provider 6 and 7 visit Soldiers of the 24th Ordnance Company, near Ramstein Air Base, Germany, Oct. 2, 2023. The 24th Ordnance Company Soldiers deployed to Europe in June to support training and operations with U.S. and allied forces to enhance military interoperability and contingency response capabilities.*



*Above: Task Force Provider Soldiers conducted Tactical Combat Casualty Care training from Sept. 18 to 22, 2023, on Powidz, Poland. TCCC prepares troops to efficiently provide immediate medical care in a combat environment.*





## Task Force Pyramid

Greetings Task Force Pyramid!

Over the last month, we've completed more than 40 sustainment missions across Poland, Germany, and the Baltics. Pyramid Soldiers have provided essential sustainment: transportation, maintenance, ammunition, supply and fuel in support of NATO operations and training, including for the 3rd Squadron, 17th Cavalry Regiment's rotation at Hohenfels Training Area for Operation Saber Junction, which included 46,000 gallons of fuel. Our Army Reserve 414th Transportation Company, from South Carolina, has been getting after interoperability with their Polish military team members while executing train up for their upcoming Culminating Training Exercise. The Reserve Wisconsin-based 826th Ordnance Company completed an explosive ordnance exercise alongside Polish Explosive Ordnance Disposal partners.



*Above: Soldiers assigned to the Massachusetts Army Reserve's 325th Transportation Company conduct a convoy mission to retrieve vehicles meeting the requirements of the European Agreement Concerning the International Carriage of Dangerous Goods by Road, or ADR, throughout Poland and Germany from Sept. 4-8, 2023. (U.S. Army photo by Sgt. Demetrysean Lewis)*



Pyramid Soldiers have also pursued warfighting mastery with Tactical Combat Casualty Care training, mass casualty training, M240B machine gun qualification ranges where we qualified 20 crews, and a lot of communications equipment training and validation. This is on top of continuing occupational specialty training!

Our service members have been exploring healthy outlets and building relationships with nearby communities by volunteering at local animal shelters and setting up static displays of our equipment and getting to know people at events in nearby communities. We also hosted a Winn Army Hospital dietitian to teach some valuable nutritional guidance for health and readiness while receiving educational briefs from the brigade's Prevention Workforce Team. Finally, the Pyramid command visited our 24th Ordnance Soldiers in Miesau, Germany, and they are going above and beyond building readiness while managing an ammunition supply point alongside our German partners.

Base of the Pyramid!



*Above: Soldiers assigned to C Company, 87th Division Sustainment Support Battalion, 3rd Division Sustainment Brigade, 3rd Infantry Division, conduct a crew-served weapons qualification with an M240B machine gun on Sept. 28, 2023, in Świętoszów, Poland. As Task Force Provider continues to have a presence in Eastern Europe, we will continue to focus on improving our readiness through individual, crew, platoon, and company warfighting mastery, ensuring we win at the point of contact.*

*Left: U.S. Army Soldiers assigned to the Wisconsin 826th Ordnance Company work alongside Polish soldiers to put out a controlled fire during an explosive ordnance disposal exercise in Forward Operating Site Świętoszów, Poland, Oct. 5, 2023.*





## Task Force Empire

Task Force Empire continues to lead the way in facilitating movement control operations, ensuring personnel and equipment get processed in and out of theater throughout AO Victory. The battalion provided the support needed for mission success putting in overtime in the office and being ready to respond 24 hours a day. Empire continues to build readiness while facilitating international movements for units' deployments and redeployments, airborne operation exercises, and Joint Multinational Readiness Center rotations.

Our 613th MCT, from Fort Campbell, Kentucky, provided transportation support through



movement control to AO Victory Central-West and was formally relieved by the 620th MCT, from Fort Drum, New York, during a Transfer of Authority Ceremony on the 23rd of September at Zagan. Job well done to the 613th and welcome to 620th! The 606th MCT, from Fort Bliss, Texas, completed a visit to the National Movement Coordination Center in Estonia, building diplomatic relationships and interoperability in support of their mission in the Baltics. The NMCCs are where our allied nations control and coordinate movements within their countries. Our 329th MCT, from Fort Liberty, North Carolina, and deployed at Mihail Kogălniceanu Air Base in Romania, likewise met with representatives from Bulgaria, Italy, Slovakia, and Hungary. They also have a liaison team at the NMCC in Romania. The Provider's own 258th MCT are on glide path for a smooth transition with the incoming Army Reserve 956th MCT, from Illinois, soon.

One notable way our team built physical health and readiness was participating in the Warsaw Marathon Relay Race as a healthy outlet.

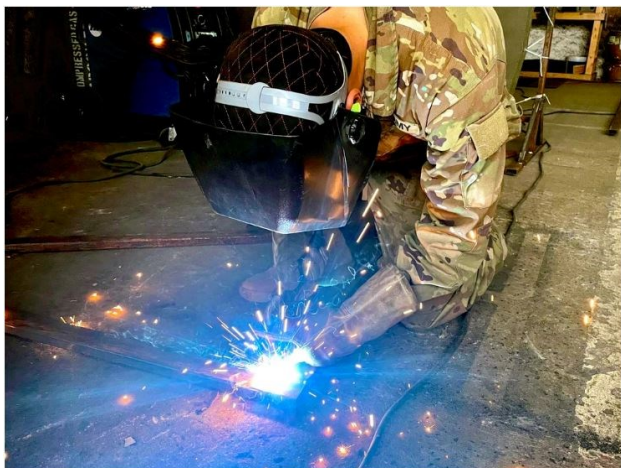
*Capt. Ajay Charles and Sgt. 1st Class Eric Pettengill, command team of the 613th Movement Control Team, cased their unit's guidon and Capt. Mason B. Marshall and Sgt. 1st Class Paola G. Mejia Vazquez, the 620th MCT command team, uncased theirs, symbolically demonstrating the formal transfer of responsibility for the mission from one to another. The 613th MCT is part of the 101st Airborne Division and the 620th MCT is part of the 10th Mountain Division.*

## What is the "Prevention Workforce"?

The Prevention Workforce's mission is to utilize holistic, creative and critical thinking to bridge the gap between the individual elements of prevention and develop practical applications to create healthy communities for Soldiers and Families and help them thrive. The Prevention System is a comprehensive approach that includes human resources, collaborative relationships, and infrastructure. It integrates leaders and stakeholders to effectively plan and coordinate prevention efforts to achieve better outcomes. The system will develop a comprehensive strategy that specifically addresses these factors and involves active participation from Service Members to achieve effective solutions. To effectively reduce harmful behaviors, we must encourage healthy relationships and outlets to ensure that Service Members and their Families can thrive.



*Chaplain (Capt.) Bart Eskind discusses Spiritual Fitness with Soldiers of Task Force Provider stationed at Forward Operating Site Świętoszów, Poland, Sept. 21, 2023.*



*Spc. Dillan Inthavongdy, a Soldier assigned to Alaska's 98th Support Maintenance Company, 787th Combat Sustainment Support Battalion, fabricates a stock bench for the Supply Support Activity on Powidz, Poland, Sept. 14, 2023. It is essential that Soldiers take ownership of and maintain equipment to be lethal and ready. (U.S. Army photo by 1st Lt. Anthony Pounsberry)*



## Task Force Grizzly

**Greetings Task Force Grizzly Families,**

**In October, Task Force Grizzly Soldiers have remained steadfast in their mission to provide essential logistics support throughout the Area of Operation Victory in Europe. This month, the Battalion Commander and Command Sergeant Major conducted battlefield circulation to visit members of the 325th Transportation Company, now assigned to Task Force Grizzly, operating in Świętoszów, Poland. This team distributes bulk fuel across several countries spanning nearly 1,100 miles.**

**The well-being of our Soldiers and their Families remains our top priority, and the physical fitness and holistic healthy life choices of our Soldiers has been a focus area this month. Our Alpha Company, 129th Combat Sustainment Support Battalion from Fort Campbell, Kentucky, hosted a Norwegian Foot March on October 12, during which over 250 Soldiers participated and nearly 50% met the rigorous demands of a 30-kilometer (18.64-mile) march wearing full uniform and carrying a pack weighing at least 11 kilograms (24.5 pounds). Those who successfully completed the grueling task within their prescribed time will be awarded a device that can be worn on their Army Service Uniform. Earlier in October, Task Force Grizzly Soldiers took the Army Combat Fitness test, with a pass rate of over 90%.**

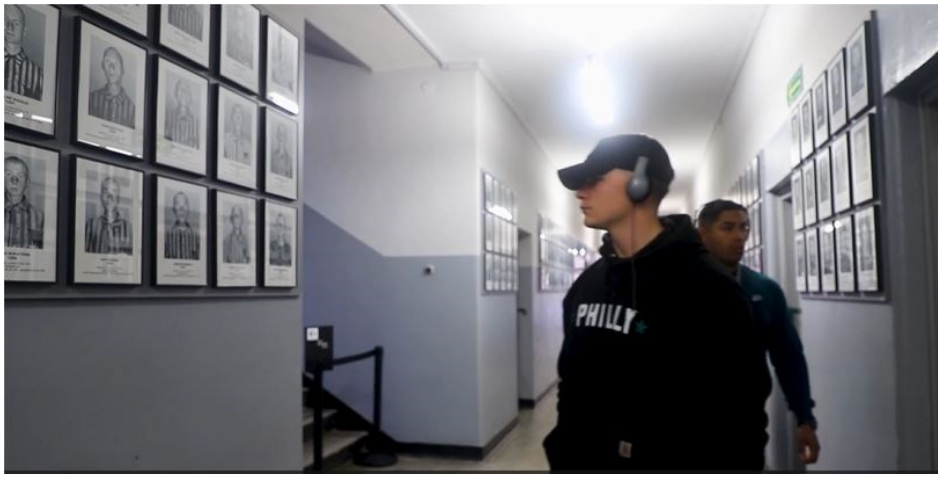
**To prolong the momentum of physical fitness, the Morale, Welfare, and Recreation (MWR) program on Forward Operating Site Powidz is planning several events to keep TF Grizzly Soldiers active and engaged. There will be a "Spooky Run" on October 28, the first of many fun runs planned for each month. There are also group events held weekly like karaoke, dance classes, bingo.**

**Nearly a dozen Task Force Grizzly Soldiers have already satisfied the criteria to earn the Military Outstanding Volunteer Service Medal by donating at least 75 hours of their personal time in support of activities like United Service Organizations, Red Cross, and the Morale Welfare, and Recreation Center on Powidz.**

**The Command Sergeant Major hosts monthly Soldier of the Month and Noncommissioned Officer of the Month competitions. In addition to these, we have selected a Logistician of the Month, and we are examining numerous other opportunities for our hard-working Soldiers to receive awards, gain promotion points, and showcase their technical and tactical proficiency. The Command Team was present for several promotions and advancements in October, with many more coming in November.**

**At the Home Station Mission Command in Dothan, Alabama, the Soldier and Family Readiness Group (SFRG) is expanding its list of external resources and organizing opportunities for spouses to connect with others from across the 3rd Division Sustainment Brigade at Fort Stewart, Georgia, and the greater area from which our Soldiers hail.**





*Left: 1st Lt. Josh Siemiaczko, a health services administrative officer assigned to Task Force Provider, tours Auschwitz Concentration Camp near Krakow, Poland, as part of a Building Strong and Ready Teams event, Oct. 10, 2023. Resilience, or the ability to face and cope with adversity, is a key component of Soldier and unit readiness. After touring Auschwitz, Siemiaczko was able to see the legacy of resilience his family has and continues to push through.*

*Right: Provider 6 and 7 visit a contracted maintenance site with technical experts for the European Agreement Concerning the International Carriage of Dangerous Goods by Road, near Hornburg, Germany, Oct. 2, 2023. The command consulted with Chief Warrant Officer 3 Michael Green, from the brigade's support operations, and Mike Nitz, 21st Theater Support Command's ADR lead, concerning the upgrade of U.S. military vehicles with maintenance and safety modifications that ensure the safe transport of fuel and ammunition throughout as many as 48 European countries in compliance with the 1957 U.N. treaty now known as ADR.*



*Left: U.S. Army Soldiers assigned to Task Force Provider and Task Force Grizzly participate in the Norwegian Foot March at the airfield in Powidz, Poland, on Oct. 12, 2023. More than 200 active duty and reserve Soldiers participated in the military endurance test. The participants march or run an 18.6-mile-long route, carrying a rucksack of 24 pounds or more. In 1915, the Norwegian army held a test of marching endurance for their soldiers. The tactical goal was to be able to move larger units of troops over a distance swiftly and efficiently in a manner that enabled them to be prepared for combat even after the strenuous march.*

*U.S. Army Command Sgt. Maj. Jonathan E. Reffeor, the senior enlisted leader of the 3rd ID, discusses available fitness facilities with Command Sgt. Maj. Jeffrey L. Campbell, the senior enlisted leader of the 3rd Division Sustainment Brigade, at Forward Operating Site Powidz, Poland, Sept. 21, 2023. Reffeor toured the sustainment hub, including operations, supply and maintenance work areas as well as quality of life facilities.*





## Task Force Ready

The Home Station Mission Command Team is providing sustainment support to the 3rd ID and continues building warfighting mastery on individual weapon systems, certifications for military vehicles during drivers training, and prepares for CPXIII support. We continue to build fitness through regular Army Combat Fitness Testing and the monthly PT competition. Congratulations to B Company, 87th Division Sustainment Support Battalion for taking the “Fittest Hellraiser” trophy for the month! We also had 30 Soldiers complete the single-day Holistic Health and Fitness Course.

We continue building NCO leaders through monthly promotion and Soldier/NCO of the Month Boards and will be hosting an NCO Induction Ceremony on Oct. 20th. We continue to facilitate the deployment of new arrivals to the unit to support the Task Force Provider mission in the European theater.

We maintain a focus on Soldier welfare and development with Soldier and Family Readiness Group events, Military Family Life Consultant wellness checks, and Leader Professional Development events. We are working on the renovation and reopening of the dining facility which will become “The Heart of the Rock Café,” with service hours expected to begin before Thanksgiving. We are also working on getting wi-fi for the new Heart of the Rock Café and the 3rd DSB Recreation Hall, a community center aimed at providing our Soldiers a healthy outlet and place to come together right in Provider Country! We also held an SFRG event at Hunter Army

Airfield, Sept. 23, to encourage Soldiers and Families to join for community and a meal at the HAAF dining facility. We did some brainstorming and crafting in preparation for the Thanksgiving meal competition, where our 287th Field Feeding Company will compete by preparing a Thanksgiving meal. We’re also excited for the upcoming 14th Field Hospital’s Haunted Hospital Event on Oct. 27th!

I’d like to highlight the 24th Finance Management Support Unit actively supporting the V Corps G8, collaborating on year-end close-out activities with various Resource Management Offices within the European Command Area of Responsibility, and carried out a critical Financial Support Team mission with Operation Baltic Torch. The 90th Human Resources Company Soldiers are conducting personnel accountability missions between Poznan, Vilnius, Jasionka, and Mihail Koaglniceanu, while the Postal Platoon operates five Military Post Offices and has provided services to 6,500 Soldiers, including recently relocating to Powidz. Our 274th MCT returned from the field upon conclusion of their unit gunnery exercise, all the while still supporting the deployments of 3rd Infantry Division Artillery, Headquarters Battalion and the 2nd Armored Brigade Combat Team. Finally, the 287th Field Feeding Company’s 1st Platoon is currently deployed to their respective locations in support of 3rd Combat Aviation Brigade. The 2nd Platoon continues to provide support for Hunter Army Airfield Soldiers and tenant units with dining facility operations and conducted a Field Feeding Academy this week where they set-up two Mobile Kitchen Trailers and held a cooking competition.

Please check out the events available for Soldiers and Families here at Fort Stewart and Hunter Army Airfield! Heart of the Rock! To Hell and Back!



*Left: Provider Soldiers of B Company, 87th Division Sustainment Support Battalion take the “Fittest Hellraiser” trophy for the month. Right: Soldiers of the 287th Quartermaster Company held a field feeding academy where teams get the most out of their mobile kitchens to prepare dishes for votes of the best.*







*U.S. Army unit ministry team Soldiers assigned to the 3rd Infantry Division's 3rd Division Sustainment Brigade and 3rd Combat Aviation Brigade, the 21st Theater Sustainment Command and the V Corps pose for a photo with the Armed Force Branch Dean Polish Navy on forward base Powidz, Poland, Sept. 13, 2023.*



## Chaplain's Corner

John C. Maxwell once said, "Change is inevitable. Growth is optional." We are all experiencing changes in our lives, and personal development and growth are critical aspects of leading a fulfilling life. As a Chaplain, I strongly believe that taking time for self-care, pursuing interests and talents, and spending time in nature can help you maintain a healthy balance in your life. Additionally, activities like prayer, meditation, scripture study, and fellowship with like-minded people can help you grow in your faith.

It is crucial to remember that taking care of yourself is not selfish; it is necessary for readiness and to be able to serve others effectively. Therefore, prioritize personal development and make time for the things that bring you joy and peace. Social support plays a significant role in our general sense of well-being when we are on the path of personal development and growth.

Did you know that social support is essential for Soldiers' physical and emotional well-being? Research shows that when soldiers have supportive companions nearby, their stress hormone cortisol does not increase as much in stressful situations. A simple hug from a friend or family member

can be a stress buster, making them feel better and more positive. Additionally, when we interact with others, our skin's sensory receptors are stimulated, releasing the hormone oxytocin that makes us happy and reduces cortisol.

Investing in personal development and growth is necessary for living a meaningful and satisfying life. By prioritizing spiritual practices, self-care, and pursuing our passions, we can achieve a healthy balance that nurtures our well-being. Let us acknowledge the value of social support and prioritize our personal growth to lead a fulfilling life.



*Task Force Provider Soldiers deployed at Powidz, Poland, join the Polish Freedom Run 5K, 10K and Nordic Walk in Glogow, Oct. 7, 2023. The strenuous race was organized by the Polish military and law enforcement and was held on a motor cross track.*

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