

*Puget Sound*

# SUSTAINER

APRIL 2012





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# STAR NOTES



Brig. Gen. Jonathan G. Ives

**T**eam – We're now two-thirds of the way through our mission in Kuwait and less than 100 days left!! Normally, this is the point where units begin rounding everything up in preparation for the move home.

It's true that our staff has been actively planning our redeployment, but as many of you are aware, we've also assumed a larger part of the sustainment picture in the Middle East.

You'll recall that last year, before our deployment, I talked to you about how the Army's plans for the 364th Expeditionary Sustainment Command included assuming overall control of sustainment units in the Kuwait area. That plan has been executed over the past month. The 1st Theater Sustainment Command, as part of the effort to begin the drawdown in Afghanistan, has assumed overall

responsibility for sustainment operations oversight for both theaters (Afghanistan and Kuwait). Some 1st TSC Soldiers, their missions in Kuwait finished, have returned to Fort Bragg, N.C.

So what does that mean for us? Well, for starters, the 364th ESC now has command and control of all sustainment units and operations in Kuwait, and the Arabian Peninsula countries. That's a big responsibility. Every sustainment Soldier, truck, watercraft, and

container in the country is now part of our organization.

Think about that for awhile.

In less than 22 months, since we were recognized as the newest ESC on Sept. 16, 2009, we assembled, trained and deployed our HQ in July 2011. Just over a year ago, March 2011, we received mobilization and deployment orders, allowing but four months assuming our role. When, we came to Kuwait, as the first use of an ESC in its doctrinal role, we came with observers across the Sustainment LOG-NATION to witness our lash-up with the 1st TSC in execution of FM4-94.

While they observed, each of you have performed splendidly during the responsible drawdown of forces from Iraq. That mission, such a historical one to 'cut our teeth on,, was finished ahead of schedule; your heroic efforts enabled U.S. forces to exit Iraq more than two weeks before the President's deadline.

Got 'em home for the holidays!! HOOAH!

Going forward, we'll play a key role in making sure our sustainment cohorts have the tools, coordination, and support they need to successfully accomplish their mission. I know you will continue to provide the same level of excellence to our new units that you have to the 230th and 113th Sustainment Brigades and 642nd Regional Support Group.

Assuming C2 of new units may result in increased workload on our staff and Soldiers. You have proven and recognized by all that you are up to the task. By now, you all have been fully engaged with your 1st TSC counterparts, learning their methods and procedures, and integrating them into current 364th ESC operating methods. In the coming months, we will work seamlessly together in our doctrinal role – informing and including the SUSTAINERS at Bragg, Kabul, Kuwait and Lynnwood (ten time zones). We will make sure our actions and requirements that loom in future are well in hand, so that all will know we have the reins, and the FIRST TEAM can focus on the HUGE mission of retrograde from Afghanistan, without any worries of Kuwait or the strategic level support to the warfighter.

As we move into the spring and summer months, the temperature in Kuwait and our other Middle East locations will begin to rise. Safety and awareness are key; always remember to drink plenty of water, wear sunscreen and eye protection, and keep a close eye on your fellow Soldiers.

Lastly, the month of April brings the holidays of Easter and Passover. I urge you to observe and enjoy these days in your own way, and be sure to stay in contact and thank your families. Their support is a critical part of our mission success.

Sustain the Fight!



# THE CSM's CORNER



Command Sgt. Maj. Thomas Jennings

As we move forward through this deployment, opportunities continue to present themselves. The 364th Expeditionary Sustainment Command is beginning to integrate with the 1st Theater Sustainment Command, and will soon become the enduring leadership team in the Kuwait theater.

Now is the time for our non-commissioned officer corps to maintain a laser focus on those areas for which we are ultimately responsible. Each of us must continue to engage in our specific MOS duties as well as those duties required by the corps. Sometimes these duties will intersect and we will need to make decisions that will create hardships for our

sections and Soldiers. NCOs must and will make these calls! This is our responsibility. Each of us must have the moral courage to stand our ground and control our lanes by virtue of the authority we have been granted.

Understanding duties, responsibilities and authority is imperative to our success. A duty is a legal or moral obligation you must do by virtue of your position. It is the duty of squad, section, and team leaders to account for his or her Soldiers and ensure they receive the necessary instructions and proper training to perform their jobs.

NCOs take care of Soldiers by developing a genuine concern for their wellbeing and training them as individuals and teams. An NCO's duty

is to do what is ethically and legally correct. The NCO must make the best judgment possible based on the Army Values, his or her experience, and previous study and reflection. There are specified duties, directed duties, and implied duties.

Responsibility is being accountable for what you do or fail to do. Any duty, because of the position you hold in the unit, includes a responsibility to execute that duty. NCOs are accountable to their subordinates, superiors, the armed forces, and the country for their personal conduct and actions. There are command responsibilities and individual responsibilities.

Authority is defined as the right to direct Soldiers to do certain things. There are two types: command authority and general military authority. Command authority is the authority leaders have over Soldiers by virtue of rank or assignment. Command authority is not limited to commissioned officers.

NCOs' command authority is inherent with the job by virtue of position to organize, direct or control Soldiers to accomplish assigned missions. General military authority is that which is extended to all Soldiers, empowering them to take action and act in the absence of a unit leader or other designated authority. Officers may delegate any or all of their authority to NCOs. With such broad authority given to all commissioned and noncommissioned officers, the responsibility to use mature, sound judgment is critical.

This phase of our mission in Kuwait requires our NCOs be steadfast and determined in the conduct of all duties. We must work together to accomplish our mission and take care of our Soldiers. We will maintain our lanes and take care of our business. We have and will continue to build a professional, well-balanced environment across the command.

Army Strong!  
Sustain the Fight!





# On The Cover

Maj. Gen. Keith L. Thurgood, deputy commander, U.S. Army Reserve Command, peers out the window of a helicopter as he is given a tour of military installations in Kuwait. Thurgood and other members of the Army Reserve's senior leadership came to Camp Arifjan to discuss future operations in the Army Reserve and speak with Soldiers about the importance of meeting the Army standard, and the need for Soldiers to strive to be as efficient and effective as possible.

*Sgt. Christopher Bigelow/364th ESC PA NCO*



Maj. Gen. Keith L. Thurgood, deputy commander, U.S. Army Reserve Command, speaks to Army Reserve Soldiers at Camp Arifjan, Kuwait, March 26. Thurgood emphasized the importance of Soldiers meeting the Army standard, and the need for them to strive to be as efficient as possible, saying, "Effectiveness is what leaders do. We need to be as effective and efficient as possible." *Sgt. Christopher Bigelow/364th ESC PA NCO*





[Top] Soldiers with the 364th Expeditionary Sustainment Command's color guard, lower and fold the colors at Fort Lawton's Decommissioning Ceremony. [Bottom] Military and civilian personnel take their seats during Fort Lawton's Decommissioning Ceremony Feb. 25. *Sgt. Ruth Harvie/358th PAD*

## Closing the Doors at Fort Lawton

by Sgt. Ruth Harvie  
358th PAD

FORT LAWTON, Wash. — Soldiers, veterans, and members of the community gathered here to be part of the base's official closure ceremony Feb. 25.

The Army post was closed in accordance with the 2005 Defense Base Closure and Realignment Act and was hosted by Soldiers of the 364th Expeditionary Sustainment Command and 79th Sustainment Support Command.

"We celebrated over 100 years of history," said Maj. Gen. William D. Frink, Jr., commander of the 79th SSC. More than 350 Soldiers and civilians filled the post's

Daybreak Star Indian Cultural Center to attend the lowering of the flag ceremony, which marked 112 years of military activity.

Despite the chilling rain and gloomy weather, families and veterans traveled to the center to soak in years of memories and support the event. Rows and rows of seats held veterans who had a connection to the base—many sporting hats and jackets displaying their branch of service and rank when they were actively serving.

"They brought memorabilia with them and they brought stories with them," said Frink. The veterans shared rich stories about their service to Fort Lawton with other veterans and Soldiers, one

even telling a story dating back to the thirties. "It was like a reunion," said Frink.

The official party included Frink; Col. Phillip S. Jolly, rear detachment commander of the 364th ESC; Command Sgt. Maj. Vicki L. Briggs of the 364th ESC; and Command Sgt. Maj. Robert N. Roberson, Jr., of the 79th SSC. Guest speakers included Congressman Jim McDermott (D - Wash.), Maj. Gen. (Ret.) James M. Collins, Jr., civilian aide to the Secretary of the Army, and Seattle Mayor Mike McGinn.

Fort Lawton's closure began with a team of eight Soldiers who lowered the post flag around 10:00 a.m. A battery of Soldiers-





Maj. Gen. William D. Frink, Jr., commanding general of the 79th Sustainment Support Command, speaks at Fort Lawton's Decommissioning Ceremony Feb. 25 Sgt. Ruth Harvie/358th PAD

performed a 21-gun artillery salute as the flag was lowered. During the ceremony, Frink presented McGinn and the city of Seattle with a commemorative flag representing the honor and closure of the post.

"It's an act of remembrance," said 2nd Lt. Ryan Knicely of Battery A, 1st Battalion, 377th Field Artillery, Joint Base Lewis-McChord. Knicely led the 18 Soldiers in rendering the cannon salute and said he was honored to take part in officially decommissioning Fort Lawton.

Fort Lawton dates back to 1900, when it was originally used as a coastal defense outpost to protect Puget Sound. It was named in honor of Maj. Gen. Henry Ware Lawton, who died in the Philippines during the Spanish-American War. More than one million troops passed through Fort Lawton during World War II when it was an important port of embarkation to

the Pacific theater. The 364th ESC was the last unit to leave the installation in September 2011.

Although military activity will no longer be present, the Army will continue to retain jurisdiction of the post cemetery.

"It's a cemetery that veterans can still be buried in," said Collins.

Frink didn't expect the ceremony to overflow with supporters. Every seat was filled, including the balconies overlooking the main floor.

"I think that really speaks to the significance of Fort Lawton to the U.S. Army Soldiers, veterans, and families," he said.

"It's an important opportunity for us to practice the Army value of honor and to pay tribute today to good work that was done, particularly to the Army Reserve," said Collins about the official closure.

"The strength of our nation is our Army. The strength of our

Army is our Soldiers. The strength of our Army is our families—we could not do what we do without the support of our community and the American people," Frink said.

The post flag that served as a symbol of continuity and point of inspiration was lowered and folded for a final time. As it was lowered, Soldiers fired 21 blank artillery rounds, rendering the highest honor to those who served at the fort throughout its history. The public watched as the flag was neatly folded into the arms of a Soldier, and service members held their salute, knowing it would never be raised on Fort Lawton again.

Much of the history of the fort is missing from the local and national archives and is presumed to be in personal collections. For information on preserving historical photos and documents about Fort Lawton, contact the Magnolia Historical Society.





# Families Share Experiences at Yellow Ribbon

by Capt. Michael N. Meyer  
364 ESC (Rear) PAO

DENVER – Military families met here Jan. 22 to share experiences and learn more about resources available to them when their loved one returns from deployment.

The event that brought them together, the Yellow Ribbon Reintegration Program, is available to provide Reserve Soldiers and their families with sufficient information, services, referrals, and proactive outreach opportunities throughout the entire deployment cycle.

The goal of the program is to prepare Soldiers and their families for mobilizations, sustain them during the mobilization, and assist in reintegrating the Soldiers with their families, communities and employers upon redeployment.

More than 550 families from 30 states were in attendance, representing the 79th Sustainment Support Command, the 364th Expeditionary Sustainment Command, and the 4th ESC. Most of the participants have a deployed family member.

Jena Villines is raising her 2-year-old son and attending nursing school while her husband, Sgt. Joe Villines, is deployed to Kuwait with the 364th ESC.

"I think my son is too young to understand why his Daddy isn't





The Yellow Ribbon Reintegration Event in Denver provided information to families coping with the deployment of a loved one, including career counseling, family life consulting, and many other specialties. *Capt. Michael N. Meyer/364th ESC (Rear) PAO*

here, and he can't really verbalize what he's thinking yet," Jena said.

"This event has provided me some really useful information about how to talk to my child about deployments, and they even provided some multimedia DVDs that I think put it in terms he will understand, if not now, then when he is a little older."

Jena, like many Soldiers and family members, is concerned about finding employment when she finishes school. She found the scholarship and career information offered at the Yellow Ribbon Event very useful.

Mark Simonson represents the Employer Partnership for the Armed Forces, supporting Colorado, Wyoming, and Montana. The partnership facilitates the transition that comes with a leave of absence

from the civilian workplace to serve the nation.

"We help Soldiers and family members from the Vietnam era until now, find jobs. We have over 2,700 companies that have partnered with us, and probably over 750,000 jobs listed on our website," Simonson explained.

Beside Simonson were booths for universities, trade colleges, and recruiters from various career fields, such as trucking companies, information technology, project management, and human resources.

"We have everything from positions that range from entry-level positions in service and sales to high-level executives," said Simonson. "If one of our soldiers or family members applies for one of those jobs,

then I will contact the employer so they can find them quicker. There is human contact with every resume; we do everything we can to establish one-on-one communication."

Simonson encourages Soldiers to get registered on the site [www.employerpartnership.org](http://www.employerpartnership.org). Simonson said the site has 750,000 jobs listed, but that only 30,000 Soldiers and family members are registered.

"Due to the volume of applications that our teams must sort through, it might take some time to respond to your resume," he said.

Simonson said the partnership also posts information about job fairs and events and works with service members to refine their applications for employment, resume writing, and interviewing



## Yellow Ribbon

from page 7

skills.

"There are so many resources for military families, that I don't know how we would even learn about it if there wasn't something like this to teach us," said Joey Bolton, a newlywed with an infant.

"I just don't know a lot of these acronyms, programs, and benefits. I think I've really learned a lot this weekend. I think the Army makes every effort to prepare families for the emotional stages of deployment."

Bolton's mother, Sue Bolton, said she was impressed by the amount of sharing.

"There is a lot of sharing going on here today," said Sue Bolton. "In the classrooms many families are sharing information and websites, and contributing to the presentations. It has been a very interactive experience."

The next Yellow Ribbon events these families will attend are after their loved ones return from deployment. The Army also offers the assistance of Military Family Life Consultants by telephone, e-mail, or personal visits.

Through the MFLC program, licensed clinical providers assist service members and their families with issues they may face through the cycle of deployment - from leaving their loved ones and possibly living and working in harm's way to reintegrating with their community and family.

The MFLC program provides support for a range of issues, including relationships, crisis intervention, stress management, grief, occupational and other individual and family issues. Visit [www.mhngs.com](http://www.mhngs.com) for more information.







# CAREFULLY PACKAGED...

by Sgt. Christopher Bigelow  
364 ESC PA NCO

CAMP ARIFJAN,  
Kuwait – Carefully  
packaged and placed in  
line, tens of thousands  
of pounds of military  
rations sit here waiting  
to be taken to the front  
lines in Afghanistan in  
support of our warfight-  
ers under Operation  
Enduring Freedom.

Soldiers in the 364th  
Expeditionary Sustain-  
ment Command's support  
operations section track  
the rations throughout  
their journey.

“My section's  
mission is to manage  
operational support  
rations throughout  
the theater,” said  
Sgt. 1st Class Daniel  
Wilson, from Bre-  
vard, N.C., the Class I  
noncommissioned of-  
ficer in charge with  
the support  
op-  
erations  
section

Sgt. 1st Class Douglas Scholz, a petroleum supply sergeant from Blackfoot, Idaho, with the 364th Expeditionary Sustainment Command, makes sure that a load of rations is properly secured before departing Camp Arifjan, Kuwait. *Sgt. Christopher Bigelow/364th ESC*



## CAREFULLY PACKAGED...

of the 364th ESC.

"We're talking about feeding 100,000 Soldiers, not to mention all of the contractors that eat with us. It's staggering to think about," Wilson added.

According to

Wilson, there are two parts to every ration that move around in theater, perishable and non-perishable.

"Perishable items are things that someone would find in their freezer back home. They are items that need to be kept cool. While non-perishables are things that someone could find in their pantry, they're things like canned goods,"

Wilson said.


The rations arrive at Camp Arifjan in two different types of trucks. Non-perishable items arrive in a standard truck while perishable items arrive in a

refrigerated vehicle.

"Rations are packed in a cold environment with dry ice, and then they are loaded onto a refrigerated truck. They are kept cold because they are perishable; however, as soon as we open the back of the truck our clock starts and we have 48 hours to get our rations where they need to be," said Sgt. 1st Class Douglas Scholz, a petroleum supply sergeant from Blackfoot, Idaho, with the 364 ESC.

The 364th ESC's support operations section tracks the rations for the duration of their journey from Kuwait to their final destination in Afghanistan.

"We track the rations because some of the food is



Sgt. 1st Class Douglas Scholz, a petroleum supply sergeant from Blackfoot, Idaho, with the 364th Expeditionary Sustainment Command, makes sure that a load of rations is properly secured before departing Camp Arifjan, Kuwait. The 364th ESC's support operations section tracks the rations for the duration of their journey from Kuwait to their final destination to troops in Afghanistan. Sgt. Christopher Bigelow/364th ESC



perishable and if it becomes transient for too long it may defrost and possibly spoil," Scholz said.

The 364th ESC's support operations section has a personal impact on the war in Afghanistan.

"It's a good feeling to have such an impact on our war in Afghanistan and the soldiers there. Troops get to eat because I completed my mission and that feels good. It gives me

a huge feeling of accomplishment," Scholz said.



# FACEBOOK

364th Expeditionary Sustainment Command



ARMY STRONG



# DETONATION

# SA

The explosion seen from one of the 788th Ordnance Company's controlled detonations of ammunition and unexploded ordnance at a firing range outside Camp Buehring, Kuwait.

*Sgt. Christopher Bigelow/364th ESC*



# ONE= WINGS

by Sgt. Christopher Bigelow  
364 ESC PA NCO

CAMP BUEHRING, Kuwait – “On three, everyone lift, ready..1..2..3,” said Spc. Thomas Bossoletti, an explosives ordnance technician from Oxnard, Calif., with the 788th Ordnance Company, Explosive Ordnance Disposal from Fort Campbell, Ky., with assistance from some members of the 113th Military Police Company, Brandon, Miss., as they carefully heave more than 200 meters of Mine Clearing Line Charge.

“We’re going to need to wrap all of these,” says Bossoletti, as he and other EOD techs carefully wrap the MCLIC around thousands of pounds of apparently new ammunition.






After determining the ordnance was sufficiently set for demolition, Bossoletti, the acting range safety, escorted everyone back to the range entrance while other EOD techs rigged and fused the charges that would set off the controlled explosion from safe distance.

This is the routine up to four days a week for these Soldiers, who are safely destroying excess ammunition and other ordnance to save money for the U.S. taxpayers.

“For every 2,000 pounds that we destroy, we save the government approximately \$100,000,” said Staff Sgt. James Van Elsacker of Waubay, S.D., the acting NCOIC of the Camp Buehring EOD team, with the 788th Ordnance Company.

“We are the single



1st Lt. Jacob Walsh from Bethlehem, Penn., the officer in charge of the 788th Ordnance Company, Explosive Ordnance Disposal (EOD) from Ft. Campbell Ky., inspects a strand of Mine Clearing Line Charge [MCLIC] before it is used to dispose of unexploded ordnance at a firing range outside of Camp Buehring, Kuwait, March 15, 2012. Sgt. Christopher Bigelow /364th ESC PA NCO




theater demilitarization facility for Code H ammunition coming out of both Iraq and Afghanistan,” Van Elsacker said.

Since arriving in Kuwait early in mid-September 2011, the 788th Ordnance Company has saved American taxpayers an estimated \$37 million.

Ammunition can be labeled as Code H, or unserviceable, for many reasons.

Ordnance has a shelf life and upon reaching its expiration date it becomes unserviceable. It also becomes unserviceable when it has been out of its package for too long or damaged in any way.

Ammunition out of its packaging needs to be refitted in order to be reissued, which costs the government money. The lot size of ammunition can also determine whether or not the ammo is deemed Code H, and ready to be



Spc. Thomas Bossoletti, an explosives ordnance technician from Oxnard, Calif. with the 788th Ordnance Company, Explosive Ordnance Disposal from Fort Campbell, Ky., prepares ammunition for a controlled detonation at a firing range outside of Camp Buehring, Kuwait. Ammunition deemed 'Class H', or unserviceable, is destroyed when it has reached its expiration date or has been damaged. Sgt. Christopher Bigelow /364th ESC



Staff Sgt. James Van Elsacker of Waubay, S.D. [front], and Spc. Thomas Bossoletti of Oxnard, Calif. [rear], explosive ordnance technicians with the 788th Ordnance Company, Explosive Ordnance Disposal, Fort Campbell Ky., prepare their equipment before beginning the setup of a controlled detonation of ammunition and unexploded ordnance at a firing range outside of Camp Buehring, Kuwait. *Sgt. Christopher Bigelow /364th ESC*

destroyed.

According to 1st Lt. Jacob Walsh, of Bethlehem, Penn., the officer in charge of the 788th Ordnance Co., his units' primary mission here is to dispose of Code H ammunition.

"A lot of the stuff that we get rid of we get rid of because it is more cost-efficient for us to blow it up than for the Army to repackage it, ship it, track it and re-issue it to other units," Walsh said.

The government saves money because, according to Walsh, once the ammo is destroyed it no longer needs to be tracked and doesn't need to be loaded onto a vessel or aircraft.

According to Walsh, when ammunition is shipped, it must be in proper storage containers.

The rounds also need to be properly stowed; some types of ammunition are not allowed to be shipped with other types of ammo or supplies. Because some types of ordnance cannot be shipped with certain other materials, more shipments need to be made.

"It can be a very expensive process to gather the proper packing materials, and that's where the money savings comes into play," Walsh said.

More shipments cost more money.

"The responsible drawdown

of forces was by far the largest timeframe of work that we have had here," said Van Elsacker.

The largest ammunition burn this crew has ever done that was done was around 1.5 million rounds of small arms ammunition valued at more than \$500,000, which resulted in an estimated savings of more than \$850,000.

"Sometimes it's more cost-effective to just destroy it than to track the lots for retrofit and reissue," Van Elsacker said.

"We have saved the Army around \$37 million just in the ammunition that we have destroyed here so far," Walsh said.



# The **ENEMY** is listening

---

He wants to know  
what you know

**KEEP IT TO YOURSELF**

*Military Intelligence Division, War Department*

*Office of Naval Intelligence, Navy Department*

*Federal Bureau of Investigation, Department of Justice*



# THE ROACH

by Sgt. Christopher Bigelow  
364 ESC PA NCO

CAMP ARIFJAN, Kuwait – Boots, coats, pants, patches, and just about everything else uniform-related can be found at what troops are calling “Roach’s Thrift Shop” here at Camp Arifjan’s Zone 6.

Cpl. Horace Roach Jr., a National Guardsman from Long Branch, N.J., is a unit supply specialist currently serving with the 1st Brigade Combat Team, 34th Infantry Division’s Special Troops Battalion. He’s responsible for his own little piece of Camp Arifjan.

Entering Roach’s Thrift Shop, Soldiers find what looks like mountains of used and like-new uniforms, name tags, and various military equipment neatly sorted, organized and carefully placed onto shelves by size, service and visible wear.

“I have been doing this for approximately nine months,” said Roach.

“I help Soldiers, and I help the Army save money,” he said. “I give Soldiers a place where they can come and re-acquire equipment that they may have misplaced, or that they might not have brought with them when they came to Kuwait.”

Clothing bins where troops can drop old, unneeded uniforms, boots, and equipment are located all over Camp Arifjan. Roach visits each one twice a week.

“I empty each bin. I sort them out. I put the new uniforms on my shelves, and give the clothing to those that need it,” he said.

“Everyone is welcome here, from privates to generals,” Roach added.

Roach’s supervisor said the program fills gaps faster than the Army’s supply system can.

“Soldiers benefit from this program because they don’t have to use the Army’s actual supply system to acquire uniforms,” said 2nd Lt. Dana Seelhammer, of St. Paul, Minn., a quartermaster officer with the 1/34th’s BSTB.





Cpl. Horace Roach, Jr.

# SOULMATE

"Additionally, if Soldiers have a personal need to have more than four uniforms they can come here and get uniforms that would have otherwise been destroyed," Seelhammer added.

However, Soldiers aren't the only ones who benefit from a place on post like Roach's Thrift Shop, Seelhammer said.

"The benefit to the government is huge," she said. "For every piece of uniform, top or bottom, the

government spends \$80. By redistributing the ones that can still be utilized, we're saving the government that amount of money per item."

"For Fiscal Year '12, we've redistributed about \$100,000 in uniforms, and we've saved the Army \$160,000 since we first arrived in July," said Seelhammer.

Roach's Thrift Shop is open six days a week to

help anyone who could use just a little bit more.

*"I'm here for you," Roach said.*

**Open 6  
Days a Week**





# Don't deal with a problem alone. Reach out to a helping hand!

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the National Suicide Prevention Lifeline at 1-800-273-TALK [8255]

**It takes COURAGE to ask for help when needed**