

*Puget Sound*

# SUSTAINER

MAY 2012



BEST  
WARRIOR

# Contents

From the CG

1

The CSM's Corner

2

8th HRSC Brings  
Ceremony to Soldier

5

To Be The Best

6

MAFRC Opens

12

Happy Birthday,  
Army Reserve!

15

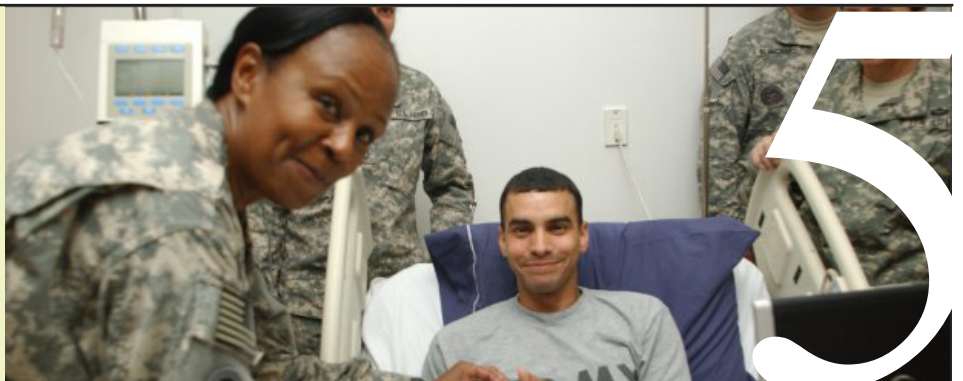
A Run To Remember

20

*The Puget Sound Sustainer is an authorized, unofficial publication printed under the provisions of Army Regulation 360-1, and does not necessarily reflect the views of the Department of Defense or personnel thereof.*

**COMMANDING GENERAL:**  
Brig. Gen. Jonathan G. Ives  
**COMMAND SERGEANT MAJOR:**  
Command Sgt. Maj. Thomas Jennings  
**PUBLIC AFFAIRS OFFICER/EDITOR-  
IN-CHIEF:**  
Capt. Christopher Larsen  
**PUBLIC AFFAIRS NCOIC:**  
Sgt. Joseph A. Villines  
**JOURNALIST/LAYOUT EDITOR:**  
Sgt. Christopher A. Bigelow

364th Expeditionary  
Sustainment Command  
Public Affairs Office  
Camp Arifjan, Kuwait  
DSN 318-430-6850  
Marysville, Wash.



5  
6  
12  
15  
20

# STAR NOTES



Brig. Gen. Jonathan G. Ives

**T**eam –  
As we move deeper into spring in Kuwait, things are heating up – literally and figuratively. Temperatures, already in the 90s, will continue to go up to more than 110 degrees as we move into the summer season. As leaders, we must keep a constant eye on our Soldiers, making sure they stay hydrated, safe, and healthy. I would ask every Soldier of this command to keep track of their buddies – the prevention of heat injuries starts with you.

With the final months of our mission here in Kuwait, the pace will get hotter, too. We'll set our colleagues of the 316th Expeditionary Sustainment Command up for success by making sure every procedure, method, and way of doing business is documented and placed into the

continuity books we'll be passing on to the 316th staff. If you think back to our arrival last September, we had to create our operational processes from scratch. By building upon our months of experience here in theater, we'll make sure the 316th will be able to pick up where we left off and have a successful deployment.

Each staff section has been directed to produce checklists of their daily activities and provide them to

the 316th. Only by doing this can we give our colleagues an accurate, day-to-day picture of operations in Kuwait and throughout the Middle East. The last seven months have given us the opportunity to set the stage the way we wanted, to establish methods of doing business, and accomplish the mission having gone into it with a short learning curve. Your performance has been nothing short of amazing, and I challenge you to continue that same drive and passion. All of you have rightly earned a place in our nation's military history and the absolute start of the 364 ESC's history.

We will observe another one of our nation's celebration of Soldiers at the end of this month.

Memorial Day was first observed in 1868, when flowers were placed on the graves of Union and Confederate Soldiers at Arlington National Cemetery. Over the following years,

more and more states recognized and celebrated 'Decoration Day,' as it was then called. After World War I, Memorial Day became a day to remember the dead from all of our wars, and since 1971 has been celebrated on the last Monday in May.

This year, the holiday takes on even more significance for those of us who are deployed. As we continue to sustain the fight, we realize that our efforts are directly connected to those at the sharp end of the spear. I ask each of you to take a few minutes on May 28 to remember the memory of those who have gone before.

We also celebrate Mother's Day this month, on May 13. I'd like to extend my personal greetings to every mother and future mother of the 364th ESC, those mothers serving here with the team – HOOAH, and those supporting us from the States – THANK YOU, HOOAH. Our moms, wives, aunts, sisters and grandmothers back home sacrifice much while we're away, and those Soldiers and mothers in our ranks sacrifice even more, being downrange away from their children and loved ones. I recall how difficult it was to communicate from Korea to my mother in 1982; there was a five- to ten-second delay in the conversation, and calls were restricted to five minutes. You were always hoping you wouldn't lose the operator-placed connection.

Today, I am so thankful for our nation's advances in communications assets, and that almost all of us have the wherewithal to afford daily conversations by phone, e-mail, Facetime, or Skype. We are so blessed. I want to thank all mothers, especially those who raised our Soldiers; they are truly sons and daughters to be proud of, and our newest mothers, for they give us all our future hopes and dreams!

Sustain the Fight!

# THE CSM's CORNER



Command Sgt. Maj. Thomas Jennings

Last month, we celebrated the 104th birthday of the United States Army Reserve. I was impressed with the overwhelming number of runners and walkers, and support staff, who participated in the five-kilometer run held April 23. Seeing hundreds, if not at least a thousand, runners showing up so early on a Monday morning gave me pause to reflect on the many sacrifices our Army Reserve Soldiers and families have made throughout our history.

I'm extremely proud of the 364th Expeditionary Sustainment Command and the job each and every Soldier does for the nation. We

continue to work toward the goals set forth by our leaders and have been tremendously successful in achieving the commanding general's vision during this deployment.

Right now, we're planning, coordinating and locking-in our redeployment from Kuwait back to our post-mobilization site, Fort Bliss, Texas, with follow-on to our homes and families. This is a significant challenge for all of us. Now is the time to Sustain the Fight! The last months of any deployment are grueling, and the time seems to stretch on. These next few months will test our resolve and place great pressure not only on our leaders, but

every Soldier in the command.

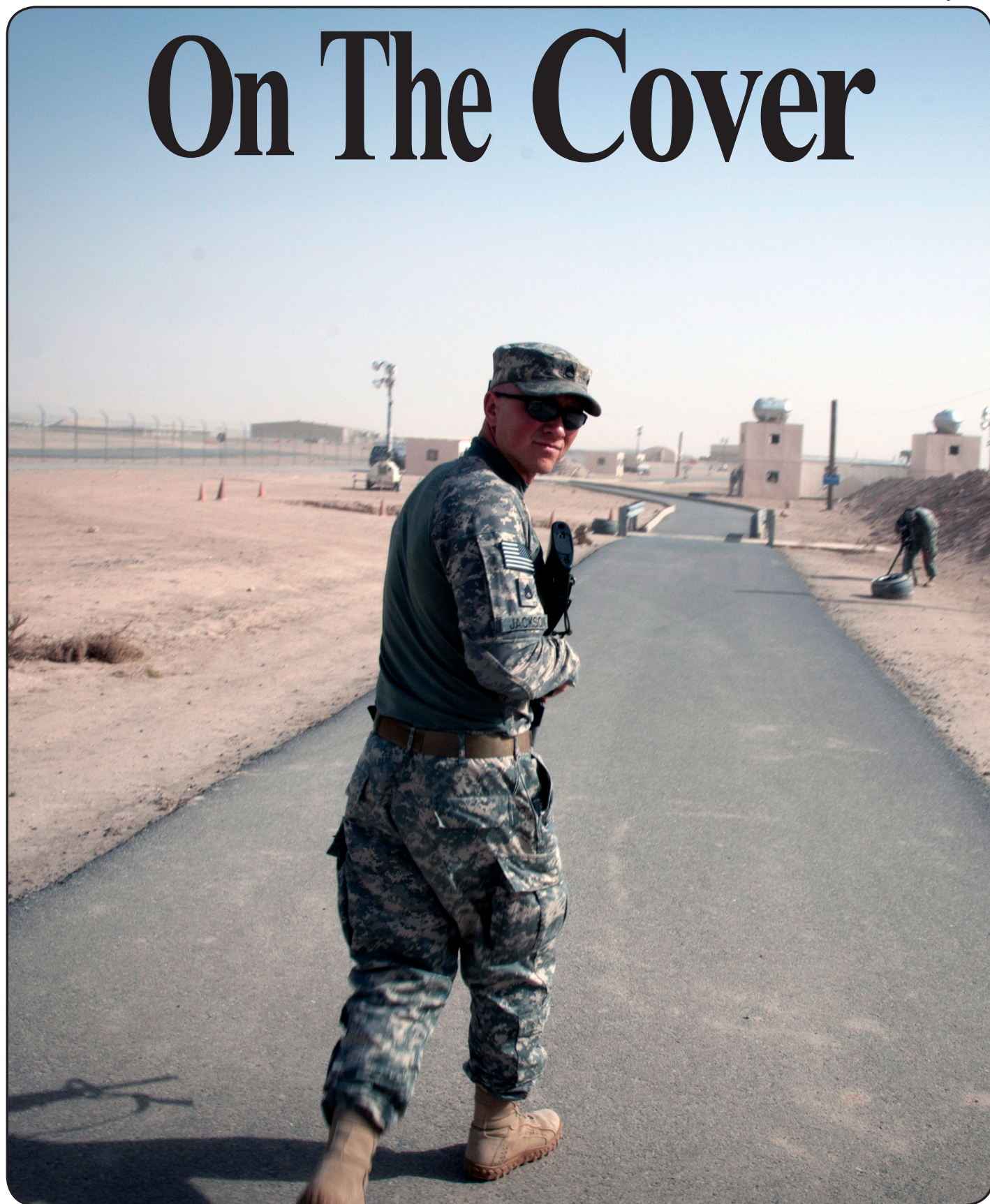
To accomplish this very important mission we will be required to focus on many different areas that will sometimes take away from our normal everyday routine. Additionally, it may increase the amount of time spent by some working and decrease that of others. It is imperative that our noncommissioned officer corps respond in a positive manner.

We must maintain a laser focus on the mental and physical wellbeing of our enlisted Soldiers and officers. We will lead by example, always forward and at all times professional. We, the NCO corps, will provide strength and understanding when adversity strikes. Our corps will embody that time-honored phrase, "Backbone of the Army," always aware that our leadership and resolve will provide stability when times are at their toughest.

At the end of the month, we'll celebrate Memorial Day, a time to remember all of those who have made the ultimate sacrifice in defense of our nation. This year, as deployed Soldiers serving downrange, part of our job is to ensure that those serving at the sharp end of the spear get what they need to carry the fight to the enemy. I ask that each of you take a few moments to think of them, and remember those who have gone before.

As we bring our deployment to a close, let us rejoice in our accomplishments and relish the many friendships created during our time together. Remember our Army Reserve – 39 states, two countries and one U.S. territory – that came together in support of Operation Enduring Freedom and Operation New Dawn to Sustain the Fight, to the End!

# On The Cover



Staff Sgt. Jeremy Jackson, an infantryman from Albuquerque, N.M., with Company A, 1<sup>st</sup> Battalion, 200<sup>th</sup> Infantry Regiment, looks over his shoulder to check his squad during the improvised explosive device-finding portion of the Best Warrior competition hosted by the 364<sup>th</sup> Expeditionary Sustainment Command at Camp Buehring, Kuwait. *Sgt. Christopher Bigelow/364th ESC PA NCO*

To prevent injury...

# Get a Grip!

**Grab a handle** when stepping off a vehicle

» When exiting vehicles, keep 3 of your 4 limbs in contact with the vehicle – two hands and a foot or two feet and a hand

» Use steps and hand holds

» Rain, ice, and sand can make steps slippery

» Remember: Your backpack can throw you off balance

» Check for uneven ground surfaces before stepping off the vehicle

Falls and jumps are the leading cause of serious non-back injuries (such as fractures or dislocations).

Over 2,000 fall and jump-related injuries have been associated from Iraq and Afghanistan.



Lt. Col. Priscella Lewis of the 8th Human Resources Sustainment Center presents Sgt. 1st Class Victor Rivera with a combat patch of the 1st Theater Sustainment Command, April 25, 2012, Camp Arifjan, Kuwait.  
*Capt. Christopher Larsen / 364th ESC PAO*

# 8TH HRSC BRINGS THE CEREMONY TO ITS SOLDIER

by **Capt. Christopher Larsen**  
 364 ESC PAO

CAMP ARIFJAN, Kuwait  
 -- Soldiers of the 8th Human Resources Sustainment Center here didn't want to see one of their own miss out on their combat patch ceremony April 25.

So they took the ceremony to him.

Sgt. 1st Class Victor Rivera, 33, a native of San Juan, P.R., was in the hospital Wednesday afternoon. His fellow 8th HRSC Soldiers had their patch ceremony as scheduled, but some felt Rivera shouldn't miss out just because he's under the weather.

"We're going to get the Soldiers from our directorate, go to the hospital and give him the patch there," said Sgt. Maj. Paul Blanchard, the 8th HRSC's reception, staging, and onward

movement directorate sergeant major.

After the unit finished its ceremony, about 12 Soldiers from the RSO directorate headed over to Camp Arifjan's troop medical clinic.

They found Rivera in bed, an IV drip in his arm to keep him hydrated.

Lt. Col. Priscella Lewis, the RSO division chief, told Rivera she had something for him.

"We heard you were feeling better," she said, "and wanted to give you this."

Lewis reached in her pocket and pulled out the patch of the 1st Theater Sustainment Command, under which the 8th HRSC is serving in Kuwait. Taking the patch, Rivera placed it on the right sleeve of his gray Army t-shirt, where it would be on his Army Combat Uniform.

"I'd rather be in the office than here," Rivera said, smiling.

The combat patch, also known as the shoulder sleeve insignia-former wartime service, is a time-honored Army tradition that signifies a Soldier's time served in a combat zone. While no specific time in a combat zone is required to wear the patch, most units do their ceremony after 30 days in theater.

This is the second deployment for the 8th HRSC, which is based at Fort Shafter, Hawaii. It was the first unit of its type to deploy in support of Operations Iraqi Freedom and Enduring Freedom, in 2007.

Rivera said that although conditions in the clinic were nice -- TV, Internet, a comfortable bed -- he was anxious to get back to work.

"I can't wait to get out of here," he said.

Staff Sgt. Vincent C. Cabrera of the 364th ESC battles against Sgt. 1st Class Jessica D. Lam, 364th ESC, during the 364 ESC's Best Warrior Competition.  
*Sgt. Ruth Harvie/358th PAD*



# Soldiers compete in Kuwait and the States



# To Be The Best





by Sgt. Ruth Harvie  
358th PAD

MARYSVILLE, Wash. - The Soldiers never expected a Chinook to actually show up. Spc. Michael L. Rinehart, with the 889th Quartermaster Company, called in a nine-line medevac request as part of an event for the 364th Expeditionary Sustainment Command's Best Warrior Competition, and to his surprise, air support arrived at the requested location within a few minutes.

"When they handed us earplugs, that's when I knew a Chinook was actually coming," said Staff Sgt. Benjamin Thorstad, with the 654th Regional Support Group, who was one of the seven competitors.

The Chinook was part of a scenario where warriors had to react to a 'civilian on the battlefield' They came across a civilian being aggressed by another

[bottom]Pfc. Carlton Joyner of the 191st CSSB battles it out with his opponent, Staff Sgt. Vincent C. Cabrera of the 364th ESC.

[top] Soldiers called in air support as part of a nine-line medevac request during a mystery event. Soldiers had to treat a casualty on the battlefield as part of one of three mystery events during the four-day competition.

Sgt. Ruth Harvie/358th PAD



civilian and put their Soldier skills to the test, specifically taking first-aid measures and calling in a nine-line medevac request. The request is used when an injury on the battlefield requires immediate medical attention. “We actually medevaced the casualty,” said Sgt. 1st Class Daniel Alexander with the 96th Headquarters Company, Special Troops Battalion.

“We do the radio practice all the time,” said Command Sgt. Maj. Vicki Briggs with the 364th ESC. “Most of the time when we do it, the instructor tells the Soldiers what they did right and wrong, and nothing happens from there.”

“The Soldiers weren’t expecting a real helicopter to fly in at that point,” said Briggs.

The four-day competition started on April

12, and was hosted by the 364th ESC at the Marysville Armed Forces Reserve Center in Marysville, Wash.

In addition to the live scenario, the competition included weapons qualification, the Army Physical Fitness Test, an essay and appearance board, land navigation, a five-mile road march, and a combatives tournament.

Alexander won the non-commissioned officer division and Pfc. Carlton Joyner won the Soldier division. Alexander and Joyner are slated to compete in the 79th Sustainment Command’s Best Warrior Competition at Fort Hunter Liggett, California from April 22-27. The noncommissioned

officer division included Alexander, Thorstad, Sgt. Lawrence C. Fenstermacher with the 654th RSG, and Sgt. 1st Class Jessica D. Lam with the 364th ESC, who was the runner-up.

The Soldier division included Joyner and Rinehart.

“I think it takes an all around Soldier [to be the Best Warrior],” said Lam. “You have to be physically fit, mentally prepared, and you have to apply all your knowledge.”

“The Best Warrior Competition is very challenging,” said Lam. “Everybody walks away having gained knowledge and experience,” she said.

“Physical Fitness, solid knowledge of basic military subjects, and deter-

mination are key to winning,” said Briggs.

“Everyone of them want to win and as far as they’re concerned, they will win,” said Briggs. “To a degree, they already have.

“I’m very proud of them,” she said.

[top]Soldiers competing in the 364th ESC’s Best Warrior Competition treat a casualty for an event in Arlington, Wash.

*Sgt. Ruth Harvie/358th PAD*

by Sgt. Christopher Bigelow  
364th ESC PA NCO

CAMP BUEHRING, Kuwait – Nine of the finest soldiers from across the U.S. Third Army area of responsibility gathered here to compete for the title of Best Warrior in a three-day competition, April 24-26.

The warriors in the competition represented the 246th Quartermaster Company; 1st Battalion, 200th Infantry Regiment; the 595th Transportation Brigade; the 728th Combat Sustainment Support Battalion; and the 364th Expeditionary Sustainment Command.

The 364th ESC, an Army Reserve unit from Marysville, Wash., hosted the event for the 1st Theater Sustainment Command, under which it's serving.

Sgt. 1st Class Brian Blanchard, of Austin, Texas, a training noncommissioned officer with the 364th ESC, was the NCO in charge of this year's Best Warrior competition.

"We wanted to focus on the basic Army Soldier tasks. The competition was designed to be very physically and mentally exhausting," Blanchard said.

"The first day was physically challenging. We had the PT test, the ruck [march], and [personal appearance] board; it put that stress on you, which was good," said Spc. Bryan Haworth, of Las Cruces, N.M., an infantryman with Company D, 1st Battalion, 200th Infantry Regiment, serving with Task Force Sinai in Egypt, the junior enlisted Best Warrior winner.

The 364th ESC planned the competition to be exhausting. It was designed to separate the weak from the strong, and decide who the best of the best was.

"I came into this energetic and excited, but by the end of the ruck march I was exhausted," said Spc. Katelyn Bowser, of East Stroudsburg, Penn., a human resources specialist with the 728th Combat Sustainment Support Battalion, from Lock Haven, Penn.

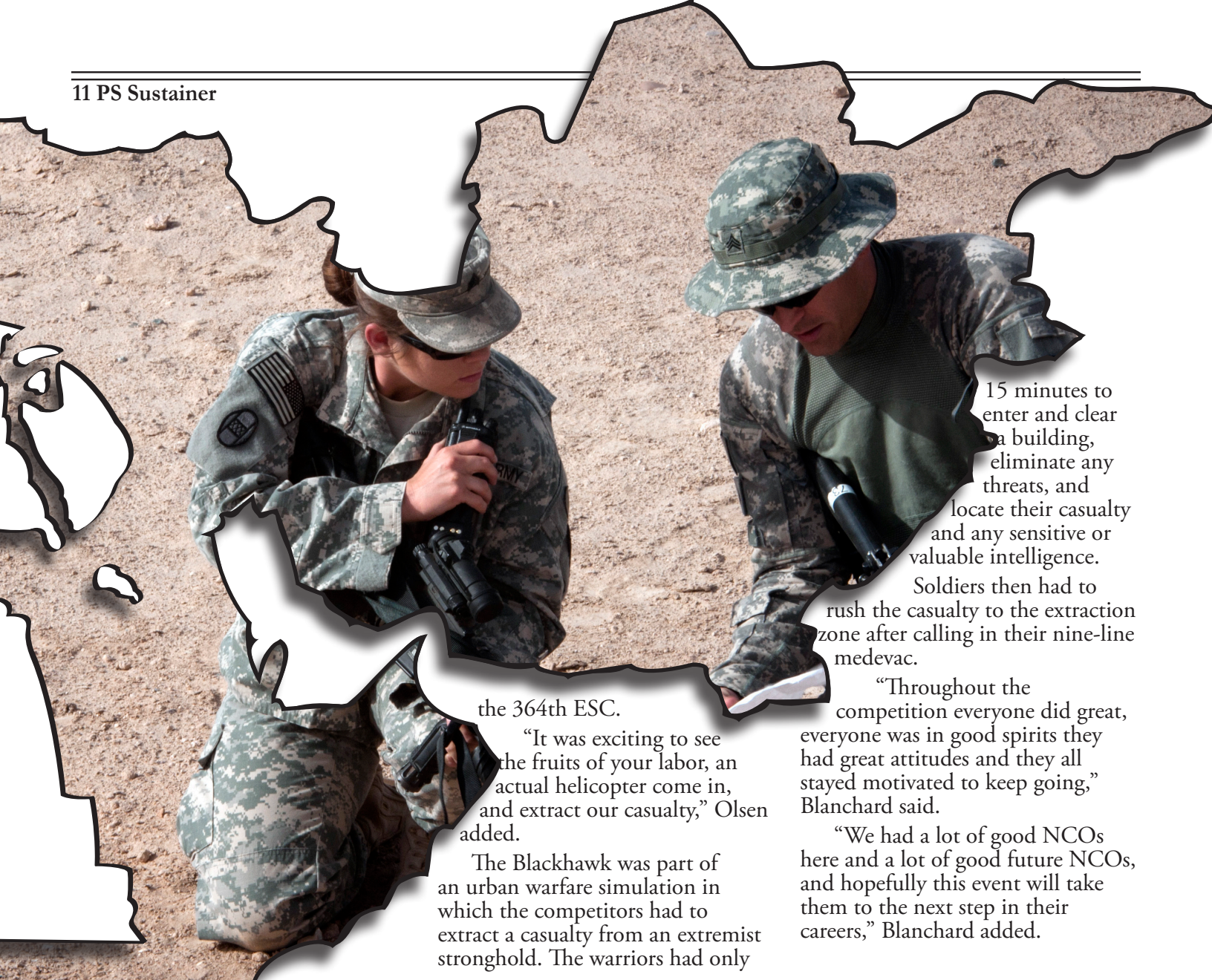
During the competition, soldiers tested their Army skill sets, completing an Army Physical Fitness Test, board interviews, a 16-kilometer ruck march, several urban warfare simulations, and a marksmanship competition.

One of the toughest tests was completing a nine-line medevac request that required Soldiers to radio for a Blackhawk helicopter and

tactically load their casualty onto the aircraft for evacuation.

"The nine-line medevac and the actual helicopter coming in was something that I have never experienced," said Spc. Donald Olson, of Marysville, Wash., an intelligence analyst with





the 364th ESC.

“It was exciting to see the fruits of your labor, an actual helicopter come in, and extract our casualty,” Olsen added.

The Blackhawk was part of an urban warfare simulation in which the competitors had to extract a casualty from an extremist stronghold. The warriors had only

15 minutes to enter and clear a building, eliminate any threats, and locate their casualty and any sensitive or valuable intelligence.

Soldiers then had to rush the casualty to the extraction zone after calling in their nine-line medevac.

“Throughout the competition everyone did great, everyone was in good spirits they had great attitudes and they all stayed motivated to keep going,” Blanchard said.

“We had a lot of good NCOs here and a lot of good future NCOs, and hopefully this event will take them to the next step in their careers,” Blanchard added.



Soldiers competing in the Best Warrior competition at Camp Buehring, Kuwait, start the competition’s 16K ruck march. The 364<sup>th</sup> ESC hosted the competition in which participants throughout the Army Central Command area of responsibility came to participate and prove that they are the best of the best.

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



More than 150 family members, friends, and local citizens attended the official opening of the Marysville Armed Forces Reserve Center in Marysville, Wash., April 1, 2012. The ceremony Sgt. Ruth Harvie/358th PAD

# MARYSVILLE ARMED FORCES RESERVE CENTER OPENS

by Sgt. Ruth Harvie  
358th PAD

MARYSVILLE, Wash. - Army Reserve Soldiers of the 364th Sustainment Command (Expeditionary) officially opened the Marysville Armed Forces Reserve Center in Marysville, Wash., April 1, 2012. The new \$33 million dollar facility houses 250 Soldiers from the Army Reserve and 300 Soldiers from the Washington Army National Guard. The center was opened as directed by the Defense Base Closure and Realignment Act and is designed to support approximately 1,200 service members.

Many of the Soldiers working at the new center were relocated from Seattle's Fort Lawton, which officially closed, Feb. 25, 2012.

"This center is certified by

the Leadership in Energy and Environmental Design Committee, incorporating highly efficient, environmentally sound, and natural, disaster-safe construction measures into its design," said Capt. Allen Toepfer, an administrative officer with the 364th ESC.

More than 150 family members, friends, and local citizens toured the new facility, viewed the displayed military vehicles, and took advantage of the combat arms simulator room. The community is very supportive of the new center, said Jon Nehring, the mayor of the city of Marysville. "You will find a lot of welcome mats out here," he said.

"The men and women of our armed services are actually some of the most significant members of our community," added Nehring. Nehring, along with mayor of the

city of Arlington's Barbara Tolbert, Maj. Gen. Glenn J. Lesniak, commander of the 88th Regional Support Command, Col. Phillip S. Jolly, commander of the 364th ESC, and Command Sgt. Maj. Vicki Briggs of the 364th ESC, had the pleasure of cutting the ribbon that marked the center's official opening.

Soldiers with the Charlie Battery, 212th Field Artillery Regiment, 4th Stryker Brigade Combat Team, 2nd Infantry Division, rendered a 21-cannon salute for the ceremony. As the salute was executed, Soldiers of the 364th ESC raised the AFRC's flag.

The center provides Soldiers with a fully equipped learning center, work bays for training, and a state of the art gym.

Langdon Wright, a cadet with Civil Air Patrol, said that she saw



Two children enjoy sitting outside of the new Marysville Armed Forces Reserve Center in Marysville, Wash., April 1, 2012. The center opened after Seattle's Fort Lawton officially closed, Feb. 25, 2012, due to the Defense Base Closure and Realignment Act. *Sgt. Ruth Harvie/358th PAD*

the event as a great opportunity to bring everyone together. "We have a good relationship with the military," she said.

Wright is currently serving as the cadet commander and said that they use the center to hold their weekly CAP meetings.

"The community is allowing us to be out here," said Lesniak. "The center has support from a community that is growing; and a community that's modern," he said.

The ceremony brought in nineteen community partners for the Soldiers and the public including TriWest Healthcare Alliance, Joint Service Support, Military One Source, the

Department of Veterans Affairs, the Naval Station Everett Fleet and Family Support Center Smokey Point Complex, the Red Cross, USAA, and Worksource Snohomish County.

Additionally, the following community partners attended the event: Operation Homefront, an education adviser with the 88th RSC, Columbia College, the Navy Lodge, Veterans of Foreign Wars, USO, the American Legion, the Washington National Guard Family Programs, Army Reserve Family Programs and School Services, Jersey Mike's Subs (Arlington), and the Smokey Point Commissary.

# FACEBOOK



364th Expeditionary Sustainment Command



SOLDIERS LEADERS CIVILIANS FAMILIES

# Take 5

for Heat Injury Prevention

- Take it easy with outdoor activities in the heat.
- Many heat injuries are preventable.
- Stay hydrated and use sunscreen.
- Proper clothing is important.
- Monitor the wet bulb globe temperature, and your daily workload/heat exposure.
- Recognize symptoms of heat injury and know what to do.

Take 5 ... then take action.



ARMY STRONG



U.S. ARMY COMBAT READINESS SAFETY CENTER  
<https://safety.army.mil>

ARMY SAFE  
IS ARMY STRONG



I BAND OF BROTHERS  
& SISTERS





'Safety Panda' leads the way at the start of the U.S. Army Reserve 104th Birthday Run at Camp Arifjan, Kuwait, April 23, 2012. Thousands of runners took off at dawn for a five-kilometer run around the desert post.

*Capt. Christopher Larsen / 364th ESC PAO*

# HAPPY BIRTHDAY, ARMY RESERVE!

**by Capt. Christopher Larsen  
364 ESC PAO**

CAMP ARIFJAN, Kuwait -- "On your mark...get set...GO!"

The starter's yell echoed over the heads of thousands of service members here at 6:00 a.m. April 23 as they pushed off, shoulder-to-shoulder, across the starting line on a five-kilometer fun run.

The sun, still low on the horizon, had already pushed the temperature to almost 75 degrees.

Nice way to celebrate a birthday -- especially when the subject is 104 years old.

April 23 marked the 104th anniversary of the U.S. Army Reserve, formed in 1908 after the War Department saw the need to have a pool of medical officers available to the Army in the event of a large-scale conflict. The Army Reserve has been a key force-multiplier to the nation's defense,

from its first activation for duty on the U.S.-Mexico border in 1916.

Renamed the Organized Reserve in 1920, it supervised the Depression-era Civilian Conservation Corps, and went on to provide distinguished service in World War II, Korea, Vietnam, NATO missions in Bosnia and Kosovo, and the Global War on Terrorism.

Some of the Soldiers taking part in Monday's run, Reserve members themselves, were impressed with the turnout.

"I thought it was great," said Maj. Harry Matsumoto, of Kenmore, Wash., secretary of the general staff for the 364th Expeditionary Sustainment Command, a Reserve unit based in Marysville, Wash.

"I loved seeing the large amount of people," Matsumoto said. "It's indicative of the dedication of the Army Reserve, and it was really great to see."

The 364th ESC, formed less than three years ago, was mobilized last summer. By September 2011, the unit was in Kuwait, charged with overseeing the responsible drawdown of forces from Iraq, a mission that finished two weeks ahead of schedule.

The 364th ESC, known as Task Force Rainier due to its Pacific Northwest heritage, now controls logistics operations throughout Kuwait.

"I was quite happy about the crowd for today's run," said Command Sgt. Maj. Thomas Jennings, of Las Vegas, the 364th's command sergeant major. "There were a lot of people; it was a good thing."

More than 204,000 Army Reserve Soldiers have been called to active duty since Sept. 11, 2001, and have deployed around the world in support of operations.

# WARRIOR ETHOS

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.



U.S. ARMY

## ARMY VALUES

[WWW.ARMY.MIL/VALUES](http://WWW.ARMY.MIL/VALUES)





Col. Mitchell G. Malone accepts the unit flag from outgoing commander Col. Tey C. Wiseman during the change of command ceremony for the 652nd Regional Support Group at Fort Harrison, Mont. *Master Sgt. Neil F. Van Cura / 652nd RSG.*

# 652ND RSG RECEIVES NEW BOSS

by Pfc. Chalon Hutson  
301st PAD

FORT HARRISON, Mont. – The 652nd Regional Support Group held a change of command ceremony for incoming commander Col. Mitchell G. Malone and outgoing commander Col. Tey C. Wiseman, April 22 at the Flag Plaza here.

The 652nd RSG is a subordinate unit of the 364th Expeditionary Sustainment Command, Marysville, Wash. The 652nd has a command and control of eight U.S. Army Reserve units in Montana, Wyoming, Idaho and Utah, made up of more than 650 Soldiers.

Malone, a native of Normal, Ill., graduated from Illinois State University–Normal with a Bachelor of Science degree in 1983. He began his career in the Army Reserve as a private first class, and was commissioned through Officer Candidate School in 1986. His first assignment was as a platoon leader in the 665th Maintenance Company of the South Dakota Army National Guard. Malone most recently served as the director of logistics for Combined Joint Interagency Task Force 435, International Security Assistance Force, Afghanistan.

Wiseman served as the 652nd

RSG commander since July 2009, and was instrumental in improving the unit's medical readiness more than 50 percent since January 2010. His strong vision and tenacity enabled his command to gain two detachments, ensuring the 652nd Regional Support Group would be a viable command element in the future. A Navy veteran, Wiseman graduated from the U.S. Military Academy at West Point in 1982 and was commissioned as an engineer officer. He has attended seven military schools and served in 19 major duty assignments over his career.

# Wear Your SEAT BELT



Narrow, unimproved roads and heavy vehicles don't always mix.

## RECON

Wearing seat belts and properly executing emergency rollover drills saves lives.



U.S. ARMY

ARMY STRONG<sup>®</sup>



U.S. ARMY COMBAT READINESS CENTER  
<https://safety.army.mil>

**ARMY SAFE  
IS ARMY STRONG**



Sgt. 1st Class Rita "Missy" Rice of the 113th Sustainment Brigade

by Sgt. 1st Class Keith Warzon  
113th Sustainment Brigade

CAMP ARIFJAN, Kuwait – A lone runner pushed off into the rising sun at this desert outpost April 1 on a 24-hour quest: 100 miles in remembrance of fellow North Carolinians who have died in the war on terror.

That runner was Sgt. 1st Class Rita “Missy” Rice of the 113th Sustainment Brigade, stationed here.

Rice, a former member of the 82nd Airborne Division, joined the North Carolina Army National Guard in 2009. Her years-long journey to becoming an endurance runner peaked during her 100-mile quest. Each runner that ran a lap or two with Rice during her 100 miles said they felt honored to share the road with her.

“It’s awesome; her superhuman ability and can-do attitude is contagious,” one said.

During her run, Rice carried her own water, traffic wasn’t stopped, no T-shirts or medals were handed out, and the only cheers and recognition along the way were a few high fives and pats on the back from Soldiers who took turns running with her.

Rice is an ultrarunner, one who trains for and participates in endurance races more than 26.2 miles long, the length of a marathon; most are between 50 and 100 miles long.

Rice had not run seriously since her days in the 82nd Airborne. In 2006 she began to slowly pound the pavement and shady wooded trails of North Carolina to keep up with her twin daughters, who had started running track at school.

“It was a good excuse for me to get back in shape and to be with my girls and bond,” Rice said.

Over the following months, Rice was able to complete a two-mile run, then four miles, and a 10-miler. She completed her first marathon in 2007.

Rice said the major change in her attitude towards running and her desire not to quit came when a close neighborhood friend, Chief Warrant Officer 2 Scott Dyer, a Special Forces Soldier, was killed in Afghanistan in late 2006.

After the news of her friend’s death, Rice wanted to honor his service and decided that running was a healthy and challenging way to do it.

Rice said she was lucky to have a running mentor, Lt. Col. Mike McNeill. Rice said McNeill, a Special Forces officer, motivated her, helped her get past the mental challenges of running long distances, and taught her how to enjoy the running experience.

Rice, now a veteran runner, has completed many marathons, endurance races, and other fun runs that challenge a person physically and mentally, she said.

Rice said her personal mottoes – her Rules according to Rice – are simple.

“Live life to its fullest, set challenging goals for yourself and maybe it will inspire others to also go for it,” she said. “Dream big dreams, never quit, and never forget those who gave their lives so that we may enjoy ours.”





Col. David Ling accepts the unit flag during the change of command ceremony for the 654th Regional Support Group at Joint Base Lewis-McChord, Wash. *Capt. Michael Meyer / 364th ESC MSE PAO*

# A CHANGE OF COMMAND AT THE 654TH RSG

by **Capt. Michael Meyer**  
364 ESC MSE PAO

JOINT BASE LEWIS-McCHORD, Wash. - Leadership of the 654th Regional Support Group officially changed hands during a ceremony at the Lind NCO Academy here on Feb. 12. Col. David Ling took the reigns from Lt. Col. Jerald Dougherty, with Soldiers and families in attendance.

Dougherty had served as the 654th RSG commander since June 2011. Prior to his command, he served as the executive officer for the 654th RSG. He also

served in the command as the S-3 for the 654th RSG and as the commander of the 382nd Combat Sustainment Support Battalion. Since 2011, Dougherty conducted a major reorganization of the RSG structure, had units successfully participate in annual exercises in Puerto Rico and at Fort Hunter-Liggett, Calif., and hosted state and federal officials at Schwab U.S. Army Reserve Center as part of Washington State Legislator's Day with the Army Reserve.

Prior to taking command of the 654th RSG, Ling served in numerous light infantry leadership

positions as well as logistics positions, including command of infantry, transportation and headquarters companies. As part of Operation Iraqi Freedom, Ling led a military transition team responsible for the stand-up, training and initial operation of the Iraqi Army's 2nd Motor Transport Regiment in An Numaniyah.

Maj. Gen. William D. Frink, commander of the 79th Sustainment Support Command, presided over the ceremony. Frink praised Dougherty on a job well done, and said he is pleased to have Ling on board.





**Asian Pacific American Heritage Month**  
**"Striving for Excellence in Leadership, Diversity and Inclusion"**

**1 – 31 May 2012**

*"Our Asian American Pacific Island communities have roots that span the globe, but they embody a rich diversity, and a story of striving and success that are uniquely American."*

*~ President Barack Obama, Remarks at the Asian American Pacific Island Initiative Executive Order Signing, October 14, 2009*

The backgrounds and experiences of Asian Pacific Americans are as diverse as our Army is today. This month, we express our sincere gratitude for the many years our Nation and Army have benefited from the contributions and sacrifices of Asian Pacific Americans that have helped make America what it is today.

Asian Pacific Soldiers have a distinguished legacy in our Army – from the courage of the highly decorated 442<sup>nd</sup> Regimental Combat Team, to the distinguished service of General (Retired) Eric K. Shinseki, who achieved the highest uniformed position in the Army as the 34th Army Chief of Staff and now serves as the 7th Secretary of Veterans Affairs. Prominent Asian Pacific Soldier and Iraqi War Veteran, Ms. Ladda "Tammy" Duckworth, served as the Assistant Secretary of Public and Intergovernmental Affairs, Department of Veterans Affairs from 2009 to 2011. These great Americans, and so many other Asian Pacific Soldiers and Civilians, clearly show that excellence in leadership coupled with our diversity and inclusion are what makes us uniquely American and "Army Strong."

This month, we pause and give sincere thanks and appreciation for the past and present contributions Asian Pacific American Soldiers, Civilians and Family members have made. We encourage our entire Army Family to publicly honor them by planning and executing appropriate commemorative activities to celebrate Asian Pacific American Heritage Month.

*Raymond F. Chandler III*  
 Raymond F. Chandler III  
 Sergeant Major of the Army

*Raymond Odierno*  
 Raymond Odierno  
 General, United States Army  
 Chief of Staff

*John M. McHugh*  
 John M. McHugh  
 Secretary of the Army



# TROUBLE ADJUSTING TO HOME LIFE?



**afterdeployment.org**

*Wellness resources for the military community.*

