402nd Army Field Support Brigade, Joint Base Balad, Iraq

OUTPOST

Best newsletter in AMC — 2010 AMC Journalism Competition 1st Place

Volume 2, Issue 5 | *Readiness Power, Forward* | July 2011

402nd AFSB civilian receives 2011 National Image Award

By Pamela Proper
402nd AFSB Public Affairs

JOINT BASE BALAD, Iraq -– A U.S. Army civilian here was selected as a 2011 winner of the National Image Meritorious Civilian Award.

The award honors military members and Department of Defense civilians who embodies core values of their service or agency.

Jesus Quispe, responsible officer for the 2nd Battalion, 402nd Army Field Support Brigade, received the award for his many volunteer efforts creating international partnerships and community service.

Some of his achievements include developing the first five-year partnership between Iraq and the state of Oregon, Oregon State University and the non-profit Michael Scott Mater Foundation, focusing on sustaining engineering, agriculture and forestry development.

Now an American citizen native to Peru, Quispe also helped develop the MSMF Green Micro Loan Initiative which has lent more than $120,000 to vulnerable citizens in Peru and in his adopted hometown of Charlotte, N.C., to start sustainable businesses.

"In Peru we lent to 100 individuals and we had 100 percent repayment of micro loans which means we can lend to other people. The majority are women," Quispe said.

"But we do more than just lend money," Quispe said, "We mentor and coach people in small business, people with great ideas but no finances. Our vision (with MSMF) is to build sustainable communities to change people's lives."

Quispe's off-duty life is entirely devoted to community service and international partnering. The hope is that reaching out across borders, creating small businesses in remote villages in Peru will benefit his local community in Charlotte as well.

Quispe's dedication stems from his belief that when you help an individual become self-sufficient you fortify a community and his own life provides a template of that mindset. He emigrated to the United States from a small Peruvian village as a 10-year-old who spoke no English.

Courtesy photo

Jesus Quispe, responsible officer for the 2nd Battalion, 402nd AFSB received the 2011 National Image Meritorious Civilian Award for community service.

In his teens, he learned to read, write and speak English through a youth ESL program. Eventually, with the assistance of dedicated mentors, he went to college before joining the U.S. Army where he gained an even greater appreciation of selfless service.

The charity of others, Quispe believes, made a huge difference in his life and that is why he reaches out to others. "At the end of the day I am at peace knowing that I made a difference to someone, somewhere."

Power 6 Perspective

Farewell and keep moving forward

I can hardly believe this is my last commander's column for the *award-winning* (I like the sound of that) 402nd AFSB *Outpost* newsletter.

I'm going to keep this short and sweet because there is no way I can possibly mention everyone who deserves recognition in one brief column.

The past year has been a historic year for our brigade. We assisted with moving the last combat troops out of Iraq, and now we are engaged in moving EVERYONE (military, civilian and contractor) out of Iraq.

We have been fielding, maintaining, sustaining and performing a hundred other missions here in theater since the brigade stood up in 2006.

The 402nd AFSB is a unique beast. It is huge (we are the Army's largest brigade) and its tentacles have extensive reach (we can be found on virtually every location in theater). The most exceptional aspect of this organization, however, is the people of which it is comprised.

I would like to congratulate each and every one of you on the many brigade accomplishments you have contributed to throughout my command. I would also like to extend a personal thanks to each of you for making this such a memorable tour of duty for me.

As you have heard me say many times before, we are all members of the 402nd AFSB Family. Eventually, we will all go our separate ways, but we will be forever linked.

With that in mind, I'm not going to say goodbye. I'm just going to say "happy trails" because I hope to cross paths again sometime.

So, I wish you all the best as you continue on this journey, be safe and always remember that your service here made a difference.

"Don't cry because its over. Smile because it happened."
Dr. Seuss

Power 6 Out!

LAWRENCE W. FULLER
COL, LG
Commanding

402nd AFSB

OUTPOST

Commander:
Col. Lawrence W. Fuller

Public Affairs Officer/Editor:
Pamela J. Proper

Submissions and suggestions can be forwarded to the editor, 402nd AFSB Public Affairs Officer: gayland.putnam@mmcs.army.mil.

This newsletter is an official publication authorized by Army Regulation 360-1 and does not reflect the views of the 402nd AFSB, Department of the Army, or Department of Defense.

Col. Lawrence W. Fuller

Personality Spotlight: Mary L. Hoy

Hometown: Tooele, Utah
Duty Position: Senior Command Representative, 402nd AFSB
Duty Section: Joint Munitions Command
Duty Station: Joint Base Balad
Home Station, Organization and Duty Position: 405th AFSB, Kaiserslautern, Germany, JMC SCR
How long have you been working for the U.S. Army? 28 years
Have you had other jobs with the military (active or civilian)? Active duty Army 3 years, 25 years in the Quality Assurance Specialist Ammunition Surveillance Program
Tell us about your job and what you do: I oversee all JMC programs. Here in the Iraq Joint Operations Area, this includes all QASAS assigned at ammunition storage activities, JMC ammunition Logistics Assistance Representatives, an ammunition manager and an explosives safety specialist. We make sure ammunition is properly handled and stored; ensuring safe, serviceable ammunition is available for Soldiers, sailors, airmen and Marines. I am also technical adviser to the commander for class V issues.
Have you had other jobs with the military (active or civilian)? During my QASAS career, I've been assigned to several ammunition depots as well as a proving ground, a chemical demil facility and two ordnance companies in Korea.
What is the best part of your job? Meeting great ammo folks and working with Soldiers to make sure they understand how to take care of their ammo.
Why do you like working here? The great AMC family! I've had the opportunity to work with some truly great Americans here at JBB.
If you could be the commander for a day, what would you do to improve your organization? Can't improve on Col. Fuller! This is a great place to work – one of the best kept secrets in AMC!
What do you do to make a difference for the Warfighter? Ensure safe ammo is available; teach proper care and handling procedures so they know how to take care of their ammo, so it will be ready when they need it.
Most people don't know ____ about me: I'm an Idaho Spud – born and raised in southern Idaho (and the redneck does pop out on occasion).

Mary L. Hoy

What do you like to do in your spare time? Read and knit – the "grandma" comes out!
What is your personal philosophy? Take each day as it comes, things usually work out for the best.
What is your favorite quote/slogan/saying? Semper Gumbi! Always Flexible!

Recognize an outstanding individual in your unit today! The Outpost features ASC personnel on its "Personality Spotlight" page. If you would like to nominate an outstanding individual from your organization, provide a brief description and contact information to: pam.proper@mmcs.army.mil.

Proof of Principle comes together in Kuwait

By Lt. Col. Douglas Harrison
402nd AFSB South SPO

CAMP ARIFJAN, Kuwait -– The 402nd Army Field Support Brigade, in conjunction with the 1st Theater Support Command, completed a proof of principle (PoP) on June 24.

1st TSC has established a Redeployment/Redistribution Property Assistance Team (R/RPAT) Yard at Camp Virginia, Kuwait to process equipment and personnel for units that are self redeploying or driving vehicles from Iraq to Kuwait. The 402nd AFSB's role is to establish the RPAT Yard to process Theater Provided Equipment using the Materiel Enterprise Team (MET).

To accomplish this, the 2/402nd Mobile RPAT Team, TPB Team 10 and a contract force accepts and clears TPE and XSAPI hand receipts. The 2/401st, 4-Corners Team processes the equipment for retrograde or reutilization. The Communications-Electronics Command (CECOM) processes communications equipment for air movement through Ali Al Salem Air Base. Project managers identify and recover their equipment for redistribution to theater or stateside requirements.

The PoP began with the 197th Fires Brigade driving 27 retrograde Caimans from Camp Buerhing, Kuwait to Camp Virginia to simulate a redeploying unit moving from K-Crossing to download all classes of supply and through Motor Pool 10 to download all organizational equipment.

In Motor Pool 9, the 402nd MRPAT team and TPE Team 10 conducted a joint inventory and relieved the unit of its hand receipt. 2/401st drivers moved vehicles to Motor Pool 6 for simulated de-install of all non-rolling stock from vehicles and movement to Motor Pool 8 for sorting and packaging for movement to Camp Arifjan for disposition.

Photo by Aketa Vasser

Col. Lawrence W. Fuller, commander 402nd AFSB and Col. Irene Dickerson, deputy commander 402nd AFSB , at Camp Virginia, Kuwait for a proof of principle demonstration.

During the PoP, the 402nd effectively demonstrated the principles by which the MET could effectively ensure vehicles were properly cleared from the unit hand receipt and returned to Army level visibility.

While vehicles and non rolling stock (NRS) were processed, a Q&A was hosted by Col. Lawrence W. Fuller, commander, 402nd AFSB. Discussions continued about administrative processes, to include the different software programs and skill sets needed to work together to to move expeditiously from the unit back into the Army system for reuse. Safety and communications were stressed continually.

The PoP resulted in clarity of procedures, lessons learned and an overall appreciation for each section's responsibility in the process. This proof of principle was a springboard for future refinements to come.

402nd AFSB assists Department of State

By Josh Mater
Chief of Plans, 402nd AFSB

JOINT BASE BALAD, Iraq -- The 402nd Army Field Support Brigade will play a significant role in supporting the Department of State (DoS) and Office of Security Cooperation - Iraq (OSC-I) post December 2011 as the United States Forces Iraq (USF-I) transitions operations to the United States Mission Iraq (USM-I).

Utilizing the Army Sustainment Command's Field and Installation Readiness Support Team (FIRST) contract, we will establish maintenance hubs at Kirkuk (north), Sather AB (center) and Basra (south) in order to provide full spectrum maintenance support for all green equipment that is being loaned, transferred or sold to DoS and OSC-I.

Additionally, LOGCAP will provide base life support to all 16 enduring sites. The brigade's total combined effort (LOGCAP/ASC FIRST) is essential towards ensuring the security of the Department of Defense and State Civilians in their mission towards strategic partnership between the United States and the Government of Iraq.

The final piece is Army Materiel Command's support to the Foreign Military Sales and national depot operations at the Joint Base Workshop, Forward Operating Base, Taji. The U.S. Army Tank Automotive and Armaments Command (TACOM) will continue to assist OSC-I in demilitarization operations of various foreign military sales cases that are designed to bolster the capabilities of the Iraqi Security Forces.

Our work at the Joint Base Workshop also includes establishing a partnership between US and Iraq depot operations for national level maintenance objectives.

Galen Putnam

Army Materiel Command Containerized Housing Units turned over to Department of State for future operations in Iraq.

402nd AFSB volunteers support Iraqi Kids Day

Story and photos by Pamela Proper
402nd AFSB Public Affairs

JOINT BASE BALAD, Iraq -- Why are we here? That is a question which is readily answered when you look into the eyes of a 5-year old Iraqi child. Two members of the 402nd Army Field Support Brigade experienced that kind of moment when they volunteered for a special event here, hosted by the 310th Sustainment Command (Expeditionary).

Vivica Stokes, 402nd AFSB, and Jennifer Haigler, 2nd Battalion, 402nd AFSB, jumped at the opportunity when the base Civil Affairs staff asked for volunteers to assist with their monthly party for local children. Stokes had volunteered for this event once before, but for Haigler, this was a first, "I applaud the U.S. government for sponsoring Iraqi Kids Day. I believe this event is a perfect opportunity for us (U.S. Government) to make a positive impression on the local communities, especially the youth."

Vivica Stokes, 402nd AFSB, entertains an Iraqi girl at the crafts table.

Jennifer Haigler, 402nd AFSB, creates string jewelry with new Iraqi friend.

It's easy to become absorbed in the daily logistical operations of supporting the Warfighter, but it's events such as this, Haigler said, that bring it all together.

"Participating in this event has been extremely satisfying … you discover and rediscover parts of yourself that you didn't know existed, learn how much you have to give, and have the satisfaction of knowing you possibly made a small difference in someone's life," Haigler said. " My daily goal each day is to make someone smile and I'm happy I succeeded again today."

For Stokes, this experience is all about looking ahead,

See KIDS on Page 7

KIDS — From Page 6

"Being with these children gives me hope for them and their future. I think if they see us as friends they can carry that on into the future," Stokes said. " That's why we are here and being this close to them makes that connection for me. It's a good feeling."

There were about 215 children from surrounding villages at the event, held monthly, at Joint Base Balad as part of an "inculturation" program.

Almost as many volunteers put together arts and crafts stations with supplies donated by church groups, friends and family back home. The JBB Fire Department brought a fire hose for outdoor sporting fun which included, zip-line rides, soccer and shooting hoops.

"It's a powerful thing for youth to get to know us because they will be future leaders here and they will remember that Americans danced with us, played and ate with us, and will know us as friendly people." said Capt. Timothy Litteral, civil engagement coordinator for the 310th SC(E). "Our kids are just like these kids."

An Iraqi girl enjoys a ride on a zip line set up by servicemembers at Joint Base Balad.

An Iraqi boy takes a break from shooting hoops at Joint Base Balad.

The Joint Base Balad Fire Department created a water challenge for kids.

2/402nd welcomes new unit with gifts from home

402nd AFSB Public Affairs

Maj. Frederick Spencer, executive officer, 2nd Battalion 402nd Army Field Support Brigade handed out gifts to Soldiers newly arrived at Joint Base Balad.

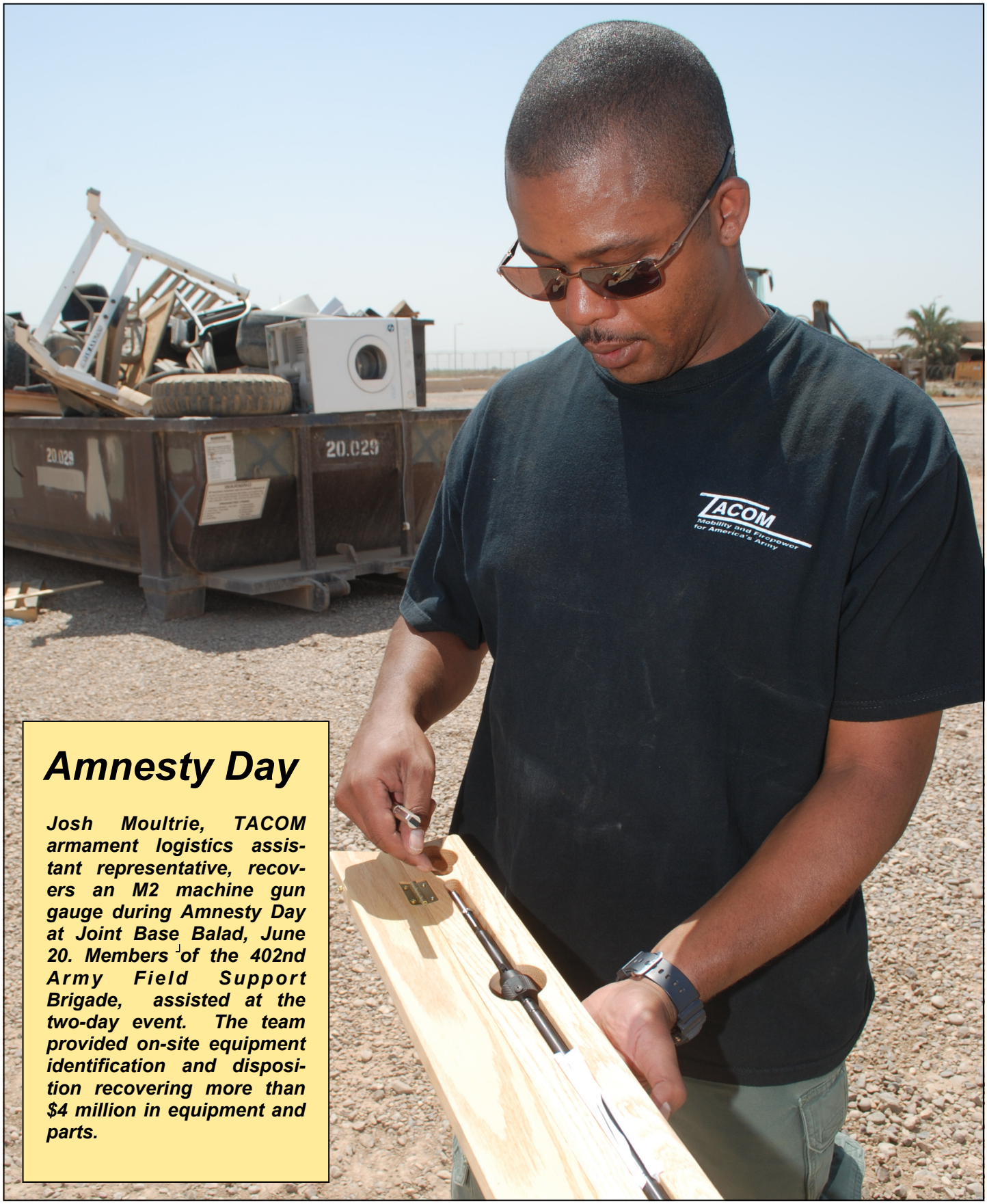
His wife, Claudia, organized "Operation Appreciation" with friends and family back home at Fort Washington, Md., who collected snacks and toiletries for care packages to send to Soldiers serving in Iraq.

Spencer welcomed Soldiers of the 227th Quartermaster Company from Fort Campbell, Ky., who are beginning a year-long tour of duty in theater. Each Soldier got an armload of supplies.

Maj. Frederick Spencer, 2/402nd AFSB, hands out supplies, sent by his wife and friends, to Soldiers of the 227th Quartermaster Company just arriving at Joint Base Balad.

Farewell to 276th Ordnance Company

402nd Army Field Support Brigade commander, Col. Lawrence W. Fuller, bids farewell to the 276th Ordnance Company at an awards ceremony on July 4. The 276th Ordnance Company heads home to Puerto Rico after serving at Joint Base Balad in support of the 2nd Battalion 402nd AFSB Mobile RPAT mission. CW3 Jose Rivera-David and two other Soldiers received the Bronze Star Medal.



Amnesty Day

Josh Moultrie, TACOM armament logistics assistant representative, recovers an M2 machine gun gauge during Amnesty Day at Joint Base Balad, June 20. Members of the 402nd Army Field Support Brigade, assisted at the two-day event. The team provided on-site equipment identification and disposition recovering more than $4 million in equipment and parts.

402nd Army Field Support Brigade, Joint Base Balad, Iraq

Col. Lawrence W. Fuller
Commander

W. Arnold Pindle
Deputy to the Commander

Lt. Col. Hope Hubbard
Executive Officer

Command Sgt. Maj. Robert A. Canterbury
Command Sergeant Major

Pamela Proper
Public Affairs Officer/ Editor

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Where can I find those photos?

Photos are posted to the Mini 5 shared drive. To locate the photos, open the shared drive and look for the folder named "402nd Photos." It is at the *bottom* of the folders list because it is a link!

If you do not have access to the Mini 5 shared drive, direct photo requests to Galen Putnam, **OUTPOST** editor.

FROM THE FIELD

402ND ARMY FIELD SUPPORT BRIGADE, IRAQ

Volume 2, Issue 5 | Readiness Power, Forward | July 2011

2/401ST CONDUCTS HASTY ISSUE EXERCISE

Story and photo by Ned Bryan
DCO, 2/401st AFSB

CAMP ARIFJAN, Kuwait — The 2nd Battalion, 401st Army Field Support Brigade recently conducted an Issue Exercise to validate the battalion's primary mission. The exercise simulated a hasty issue scenario in which a Gaining Tactical Unit (GTU) is given a 96-hour Warning Order (WARNO) that they will deploy into the theater of operations. The intent is for the GTU to "fall in" on the war reserve equipment in Kuwait due to the short notification timeline. Upon arrival in Kuwait the GTU will begin the inventory process to be able to respond to an immediate threat in the region or in the defense of Kuwait's national borders.

The APS-5 set consists of a Heavy Brigade Combat Team (HBCT), Separate Reportable Units (SRU), Motorized Augmentation option, the Authorized Stockage List (ASL) and Prescribed Load List (PLL), and all of the Unit Basic Load (UBL) items the GTU will need to deploy in an austere environment.

The Department of the Army standard for issuing the complete APS-5 set is 10 days. That is a significant event considering that there are 3,403 pieces of rolling stock, 7,542 pieces of non-rolling stock, and 4,208 pieces of Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance (C4ISR) plus the ASLs/PLLs and UBLs. There are 37 distinct units in the APS-5 set and it requires an experienced team and a concerted effort to accomplish the complete issue in compliance with the established time standard. The APS-5 set has been issued twice in the past eight years with the last issue taking place in 2006.

In an actual issue event there would be a dramatic reduction in all of the other missions the battalion is responsible for, so that maximum effort could be applied to the task of issuing the set. For this exercise only nine units were planned to be inventoried by the GTU over a three day period with only minimal reduction in steady-state-operations.

The concept of the exercise was to test the battalion's ability to stage, set, inventory, and issue three company size units per day for three days in order to validate the Tactics,

Gaining Tactical Unit conducting inventories of general mechanics tool boxes during 2/401st hasty issue exercise.

issue scenario. Soldiers from the 230th Sustainment Brigade played the role of the GTU.

Once the 96-hour WARNO was issued both the GTU and the Battalion went into action. The Battalion began the process of identifying the unit sets to pull from the staged (storage) location to begin relocating the assets to the set (inventory/issue) location.

The battalion was able to confirm that their primary mission of issuing the complete APS-5 set in 10 days is executable. The exercise was not without its challenges and much work will be done to refine and improve the operations. The GTU also participated in the After Action Review (AAR) the day after the exercise to capture lessons learned and provide suggestions to improve the process should an actual issue event be required in the future. Additional exercises will be conducted in the coming year to ensure the battalion remains proficient in its primary enduring mission. Mission Focused—Support Driven.

FROM THE FIELD is a special supplement to the 402nd AFSB OUTPOST. It is written by the service members, DoD civilians and contractors who comprise the Army's largest brigade.

2/402ND AFSB SHARES RESET LESSONS LEARNED

By Jerry Castanos
2/402nd RESET

JOINT BASE BALAD, Iraq —As the sun begins to set on Operation New Dawn and 402nd Army Field Support Brigade transitions out of Iraq, the operational logistic tempo has increased for our sister brigade, the 401st AFSB in Afghanistan.

Throughout the years, 2/402nd has been responsible for logistical operations in Iraq and has created a unique functional structure which has allowed the 2nd Battalion to focus and become Subject Matter Experts (SME) within the logistics realm.

Reset operations have greatly intensified within the last year. 2/402nd Reset Operations understands the need to properly and effectively carry out our mission statement, "2/402nd AFSB provides Theater Property Accountability, RESET, Responsible Drawdown of Forces and United States Equipment Transfer to Iraq (USETTI) in support of Transition In Iraq 2011, while ensuring physical security, force protection and safety of all unit members during Operation New Dawn."

The Director of Defense Capabilities and Management, Mr. William M. Solis said, "Continuing military operations in Iraq and Afghanistan are taking a toll on the condition and readiness of military equipment. Harsh combat and environmental conditions in theater over sustained periods of time exacerbates equipment repair, replacement, and modernization problems that existed before the onset of combat operations in Iraq and Afghanistan. Upon returning from operations, equipment is "reset" in preparation for future operations. Although the Army continues to meet mission requirements and reports high readiness rates for deployed units, the lack of equipment availability for units preparing for deployment and other non-deployed units increases the risk to future overall readiness."

Meka Williams (far left) and CPT Kelly Stell (far right) explain the equipment turn-in process at the 2nd Battalion, 402nd Army Field Support Brigade, RPAT yard on Joint Base Balad.

On May 9, 2011, our counterparts from 401st AFSB Bagram, Afghanistan visited Joint Base Balad to review 2/402nd Reset operations and gain from our extensive experiences. During FY2011, Reset has retrograded over 21,354 pieces of equipment worth $1,024,801,424.00 out of Iraq.

Cheryl Wilkerson, deputy S-3, Charles Rogers, RESET OIC, and Anthony Chapman, RESET Deputy, were excited to have the opportunity to observe Reset Operations. RESET OIC, Capt. Kelly Stell and RESET Briefer, Jerry Castanos, hosted the visitors and scheduled the agenda.

The intensive 5-day visit allowed our Afghanistan colleagues an opportunity to review mission After Action Reviews, RPAT/MRPAT operations, and reporting metrics. They were given an overview of RESET policies and procedures to help them create their own in Afghanistan.

Some of the visit highlights included tours of JBB Redistribution Property Assistance Team, RPAT, yard and LOGSA Training Lab.

With two long term ongoing conflicts, our greatest benefit is to ensure that we learn from mistakes.

SPOT A PROBLEM?

CALL THE 402ND AFSB SAFETY TEAM

DSN: 312-864-6679

1/401st AFSB tests new IPDS

By Capt.Nikolitsa Wooten
1/401st AFSB

CAMP AS SAYLIYAH, Qatar -- In a combined effort, TACOM, Sierra Army Depot,ITT Systems Inc., and APS-5 are currently inventorying, testing, and training on Inland Petroleum Distribution System maintenance and storage procedures at Camp As Saliyah, Qatar. The 1st Battalion, 401st Army Field Support Brigade, is responsible for the mission as part of the Army Prepositioned Stock-5.

The Inland Petroleum Distribution System (IPDS) is the U.S. Army's rapid-deployment assault pipeline and petroleum terminal system, designed to store and distribute bulk fuel to the corps rear area. The system is comprised of several discrete and unique sub-systems which are connected together in specific sequences.

Successful deployment of the system begins with the proper storage and subsequent movement of the materiel from the storage site to the theater of operations. The materiel is packed in 20 foot International Organization for Standardization (ISO) containers for storage and transport to the theater of operations. The 800 gallons per minute (GPM) Pumps are mounted on ISO flatracks that can be handled and stacked like other 20-foot ISO containers.

Prior to Operation Desert Shield/ Storm, all IPDS materials were stored in hundreds of wooden crates and boxes. For example, a single Tactical Petroleum Terminal required 348 crates and boxes. This required a considerable amount of paperwork and manpower to inventory, track and handle all of the individual boxes at the storage site and during deployment. Since rapid deployment of this system is crucial for success in the field, the U.S. Army approved a new method of storage called "containerization."

Sgt. 1st. Class Kenneth McIntyre and Sierra Army Depot technician George Armstrong train on IPDS at Qatar.

This new storage method has been implemented at the Sierra Army Depot, Calif. The plans for this new method culminated in months of engineering and actual prototype container stuffing. The stuffing plans were tested at Sierra Army Depot and Fort Pickett, Va. These plans were utilized in retrograding IPDS materiel from Southwest Asia and from pre-positioning on-board ships.

The IPDS containerization is specifically designed to provide protection against the elements, as well as create an efficient, cost-effective and timely process of packing and distributing equipment throughout the battlefield. A significant factor for the Care of Supplies in Storage plan is the extreme temperature and other environmental conditions here in Qatar that could adversely impact IPDS equipment. Therefore engineers recommend storing the units, such as the 800 GPM pumps and generator flatracks, inside humidity controlled warehouses. All IPDS equipment must be maintained, cared for and stored while remaining ready for deployment at any time.

The 1/401st ASFB has been heavily engaged in the IPDS process. This process is broken down into four phases. Phase I was the reception of all IPDS containers which are comprised of a total of 33 5-Mile Sets, consisting of, 17 pump stations, nine fuel units, five pipeline connection assemblies and two sets of pipeline equipment supports. Phase II consisted of the joint inventory of all the containers with pipeline support equipment. Phase III consisted of the site set-up, testing, training, and maintenance of the IPDS systems, such as a Tactical Petroleum Terminal (TPT) unit. Phase IV was the culmination point, in which the components were tested during a

IDPS– Continued on page 4

THE BRIGADE LOGISTICS SUPPORT TEAM: BATTLEFIELD ENABLER

Special to From The Field

TALIL, Iraq — The Brigade Logistics Support Team (BLST) is a force multiplier for brigades deployed in support of Operation New Dawn. They are located in every contingency operating base throughout Iraq, providing technical expertise, logistical and maintenance assistance to the Brigade Combat Teams (BCT) in Theater.

The BLST members are true professionals from the Life Cycle Management Commands (LCMC) – Joint Munitions Command (JMC), Tank - Automotive and Armaments Command (TACOM), Communications and Electronics Command (CECOM), and Aviation and Missile Command (AMCOM). These subject matter experts are known as Logistics Assistance Representatives (LARS). LARs provide logistical assistance to the Soldiers on a direct support basis.

The BLST is designed to train and deploy with their supported unit. They serve as the brigade's single entry point to the AMC world, providing the unit with technical expertise, training, and acquisition capabilities needed to be successful in garrison and in the field.

BLST Team- From the left - Robert Matthews, Martin Gonzalez, MAJ Amanda Warren, Ken McCalister, Allen LeBoeuf, Glenn Smith, Don Coster, Earnest Bailey and Mary Rohner. On the right - Gary Slaughter, Ricardo Edwards, Randall Young, Brian Keith, Jefferson Davis, Julius Willis, and Robert England, at BLST Headquarters, Tallil, Iraq.

In order to be an effective BLST, there must be a special bond between the supported unit and the team. "Without that bond, you are just an outsider. The BLST must be recognized by the Warfighter as a 'battlefield enabler'," said Maj. Amanda Warren, 3rd Brigade, 1st CAV DIV's, BLST Chief.

Maj. Warren does not have to worry about that special bond; the 3/1 'GREYWOLVES' have adopted her as part of their extended family. "I work daily to ensure that the relationship is not broken and that we are bringing the right support at the right time to 3/1 CD. We are AMC's 'single face to the field'," said Warren.

The team of military and DA civilians work side by side for one common goal, supporting the Warfighter. The 3/1 CD, from Fort Hood is happy to have their BLST team, led by Maj. Warren, with them. "She always has our back and is there to help us get through any hard logistical and maintenance issues" said Maj. Christina Lewis, 3/1 CD, S4.

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rehearsal of concept drill conducted by the 1/401st ASFB on March 28, 2011. The ROC drill assisted 1/401st AFSB in validating that, as APS-5 owners, we are a fully trained team able to perform scheduled monthly maintenance and sustain IPDS readiness through Care of Supplies in Storage (COSIS) and supply accountability.

In addition, the 1/401st AFSB must be prepared to execute IPDS movement to the Port of Messaieed, Qatar upon notice from the Department of the Army. The ability to transport such a large amount of containers by truck, rail, sea or air from pre-positioned locations, provides our fighting forces with the agility and readiness that is needed for any tactical and logistical unit throughout the battlefield.

Since IPDS is the future fuel distribution equipment staging method, the 1/401st AFSB at Camp As Sayliyah will maintain trained personnel who can rapidly provide and transport equipment to our Warfighter.

402ND AFSB SAFETY

DSN: 312-864-6679

JUST LIKE HOME AT JULY 4TH PARTY

By Sam Hickerson
LSE USD-C DCO

CAMP LIBERTY, Iraq -- The people of AMC LSE USD-C, despite being thousands of miles away, decided to bring "home" to Camp Liberty and celebrate the Fourth of July in a true family spirit with a pig roast.

The LSE property book technician, Randy Orencia was the chief chef for the day, orchestrating his magic on a pig that took several hours to cook. Many people assisted in manning the crank, slowly turning the delectable entrée so it roasted evenly. Some also pitched in by helping to stuff the pig with vegetables and seasoning, while others helped baste it to give it just the right savory flavor.

The pig alone was something to marvel at. It measured five feet long and weighed of over 110 pounds. Although it isn't something you normally would think could be bought there, it was purchased from the PX and stored in deep freeze until it was time to be roasted.

Barbara Hutton, LSE S-4, provided overall coordination of the celebration, arranging for food and beverages, entertainment, and the numerous games that were played throughout the day. Competition was fierce among the participants playing horse shoes, balloon and bucket toss. Even though, not everyone won every event they played, no one lost with the fun being just that great.

The LSE resident disc jockey, LaMonte Linton, HTSI housing manager, supplied the right mix of rock, R & B and country music that kept everyone entertained. Some even broke into an occasional dance when the right song instilled their need to boogie.

Just like back home, we also had our neighbors join us from various Victory Base Complex (VBC) Mayor Cells, USF-I and 25th Infantry Division staffs. And like visiting relatives that come home for the holidays, LSE members from outlying sites also came to join in.

Photos by Tony Mussi

Randy Orencia, LSE USD-C, serves as unit chef for 4th of July pig roast at Camp Liberty, Iraq.

Chef Randy Orencia carves the pig.

Barb Hutton, USDC-S4 cuts the cake.

Members of LSE USD-C compete in a balloon toss at Camp Victory.

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11-18 07 July 2011

Know the Dangers of Workplace Stress

What's the number one stressor in your life? For many people, it's work. Stress can be the cause of personal unhappiness and much more. It is related to chronic health problems and risk of injury. Cardiovascular disease has been shown to be related to psychologically stressful jobs that allow workers little control over their work. Musculoskeletal disorders of the back and upper extremities are also believed to be linked to stress. Finally, distraction caused by stress can lead to injury incidents.

Stress is a natural event, and we require a certain amount of stress to function. Some controlled level of stress is normal and required for effective living. If we do not have enough stress we can become bored and our performance at work or home can suffer because we are unmotivated. However, if we are under too much uncontrolled stress for too long, we may suffer because stress-related problems can start to interfere with our performance.

If you answer "yes" to these questions, you may be under excessive stress:

- Do you feel you must work excessively hard to achieve your goals?
- Do you criticize yourself when you make a mistake?
- Do you feel you haven't done enough regardless of your efforts?
- Do you have little personal time to do the things you enjoy?

Is there anything you can do to reduce job stress? Consider these suggestions for coping:

- Recognize just because a situation is difficult doesn't mean you have to get stressed. You can develop considerable control over your reactions and learn to remain calm in chaos.
- This does not mean you should put up with unacceptable conditions. Look at what you can change and then do it. This may mean speaking up about a problem or tackling a project yourself.
- Look at the big picture. Stand back and consider how important a problem is in the big scheme of things. Will you still be annoyed tomorrow? Can you imagine being angry about the situation next week?
- Try to leave your off-work worries at the door when you come to work. Concentrate on safely performing the task at hand.
- Learn to manage your time so you don't feel rushed. Leave for work in plenty of time to drive the speed limit. Start projects well ahead of time and plan to finish before the deadline.
- Maintain good physical health. Eat regular nutritious meals. Get enough sleep - the entire eight hours most nights. Exercise most days, and do something recreational daily.

Remind yourself why you are working. Are you supporting a family you care about? Or are you funding an education or launching a career you want?

- Talk to people. When worries pile up, unload them on someone you trust.
- Smile and laugh a lot. A sense of humor is a great antidote for stress.
- Get expert help if you feel overwhelmed by stress. Talk to your health care provider or employee assistance office. Community and church programs also offer stress management instruction.

Excessive stress makes you inattentive, upset and at risk for injury. The best state of mind for your safety is to be alert but calm.

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