



POWER LINE



101st BSB learns why APS-5 means 'Ready to Fight'

By Sgt. William Taylor, 402nd Army Field Support Brigade Public Affairs

CAMP ARIFJAN, Kuwait —

The Warfighter needs to know what type of supply, transportation and equipment support is readily available in a moment's notice when it comes to contingency operations. The motto "Ready to Fight" is something that not only describes Soldiers' willpower and motivation, but it also suggests that all logistical requirements can be readily met in a moment's notice. To get a better understanding on what the 402nd Army Field Support Battalion-Kuwait brings to the Warfighter through the Army Prepositioned Stock-5, the key leaders from the 101st Brigade Support Battalion, 1st Brigade, 1st Infantry Division, completed an officer and noncommissioned officer development program and toured the AFSB-KU's working areas along with the APS-5 footprint.

"The big takeaway is that the logistical capabilities exist," said Lt. Col. Roger L. Keen, 101st BSB commander. "At some point in time in these Soldiers' careers, they will have to draw or turn in equipment here, and it is important for them to understand the process."

The tour began at Lot 58 with a briefing from Lt. Col. Earl B. Schonberg Jr., AFSBn-KU commander. The 101st BSB leaders were able to see the process of how equipment is issued out of Lot 58. Maj. Larry Lara, AFSBn-KU support operation officer, briefed the key leaders on the steps taken to ensure quality assurance.

The BSB's leaders also received a brief from Andre Owens, Retrograde lead contract officer representative, in reference to the Redistribution Property Accountability Team yard procedures. The key leaders then toured the Lot 30 Retrograde area, foreign military sales vehicles, maintenance



Photo by Sgt. William Taylor, 402nd AFSB Public Affairs

Maj. Larry Lara, 402nd Army Field Support Battalion-Kuwait support operations officer, briefs key leaders of the 101st Brigade Support Battalion at the Lot 58 Issue Yard, Camp Arifjan, Kuwait, Oct. 11.

bays, sterile lot, centralized receiving and shipping point yard, the care of supplies in storage warehouses and work centers to get a better understanding of the process of COSIS and ensure "Ready to Fight" is more than just a motto, but an actuality.

"This was a great leadership development tour, and we now know how to get the logistical support for our real world mission," said Sgt. 1st Class Kevin White, light wheel mechanic, 101st BSB. "It is amazing the amount of equipment that is readily available for the mission here. The knowledge of the personnel in the briefs was extensive."

Keen remarked that he would take the information learned about the COSIS program back to Fort Riley, Kan., to discuss the options of putting the 1st ID's equipment into the program. The 402nd continues to create a global impact, thanks to the hard work and dedication from its Soldiers and civilians.

Army Field Support Battalion-Qatar: Train like an athlete



Photo by Sgt. 1st Class Bobby Thomas, AFSBn-QA, maintenance noncommissioned officer

Army Field Support Battalion-Qatar Soldiers, family members and service members from other installation units pose after a high intensity training session Oct. 4, at Camp As Sayliyah, Qatar.

Story by Sgt. 1st Class Diamond Ott, Army Field Support Battalion-Qatar logistic services noncommissioned officer

CAMP AS SAYLIYAH, Qatar—The AFSBn-QA team takes physical readiness to another level at Camp As Sayliyah, Qatar. In early March 2014, I used my background as a certified fitness trainer to develop a High Intensity Training and High Intensity Interval Training that has been incorporated into the battalion’s physical training program.

H.I.T. focuses on performing quality weight training repetitions that lead to temporary muscular failure. H.I.I.T. is a form of cardiovascular exercise; alternating short intense anaerobic exercise with less intense recovery periods. These short intense workouts provide improved athletic capacity and conditioning; they increase resting metabolic rates while effectively burning fat.

Comparatively, H.I.T / H.I.I.T. produce swift and solid results as opposed to maintain-

ing the physical “status quo” through standard aerobic workouts. While all Soldiers share the same obligation to meet the Army standards for physical fitness, everyone has a different

personal goal. Most want to improve their Army Physical Fitness Test score, many want to trim fat, some want to build muscle and others just want to get fit.

Sgt. 1st Class Stephanie Duff, a logistics services NCO for AFSBn-QA’s supply section, is a great example. She is one of many within the installation that has taken her fitness journey to another level by utilizing H.T.T. / H.I.I.T. twice a week. Her personal goal was to continue to build muscle and to produce better muscle definition. Instead of following her original plan to achieve this by long distance running, she tried the H.I.T. / H.I.I.T. It not only improved her strength and cardiovascular endurance in reduced time, but it also helped reduce body weight and improved her conditioning. She earned 1st

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Photo by Sgt. 1st Class Bobby Thomas, AFSBn-QA, maintenance noncommissioned officer

Members of the 402nd Army Field Support Battalion-Qatar, Lt. Col. Roy D. Banzon, commander, Master Sgt. Fernando Marquez, senior enlisted advisor, Capt. Julienne Denecke, operations officer, Sgt. 1st Class Stephanie Duff, logistics services noncommissioned officer and Mrs. Banzon perform high intensity training Oct. 4, 2014 at Camp As Sayliyah, Qatar.

POWER LINE

AFSBn-KU Soldiers participate in Army Ten Miler Shadow Run

Story by Chief Warrant Officer 3 Jonathan Keyes, 402nd AFSBn-Kuwait, Watercraft Equipment Site-Kuwait Officer in Charge

Now in its 30th year, the Army Ten Miler is held every October in Washington.

For those who are avid runners and enjoy participating in the event, the Morale Welfare and Recreation program presents "shadow runs" for Soldiers and civilians to participate. This year, there were 12 Army Ten Miler shadow runs available at U.S. military bases throughout the world. On Oct. 12, Camp Arifjan's MWR hosted one of these shadow runs. The 402nd Army Field Support Battalion - Kuwait was proud to have nine service members participate out of the total 732 participants.

The nine participating Soldiers from the AFSBn-KU were the following: Maj. Derwin Allen, executive officer, Maj. Jose Rodriguez, transportation officer in charge, Chief Warrant Officer 3 Jonathan Keyes, Watercraft Equipment Site-Kuwait OIC, Sgt. 1st Class Alicia Lyons, supply operations non-commissioned officer, Sgt. 1st Class Shernell Higgs, transportation NCOIC, Sgt. 1st Class Marlion Thompson, quality assurance NCO, Sgt 1st Class Mark Drummond, QA NCO, Staff Sgt. Jason Chatman, warehouse operations NCOIC and Staff Sgt. Victoria Thompson, supply operations NCO.

The morning began with runners flood-



Photo provided by Chief Warrant Officer 3 Jonathan Keyes, 402nd AFSBn-KU, WES-KU, officer in charge
The nine Soldiers from the 402nd Army Field Sustainment Battalion – Kuwait who participated in the Army Ten Miler pose for a picture prior to the start of the race at Camp Arifjan, Kuwait, Oct. 12.

ing the track at the Zone 1 Fitness Center as early as 4:30 a.m. After the National Anthem was played, the runners began final preparations toward the start line. The race horn blew

promptly at 5 a.m. and runners took off as the clock started ticking. Some seem to be doing a full out sprint while others held their energy back to pace for the 10 miles ahead of them.



Photo provided by Chief Warrant Officer 3 Jonathan Keyes, 402nd AFSBn-KU, WES-KU, officer in charge

Maj. Derwin Allen (tan shirt), executive officer, 402nd Army Field Support Battalion-Kuwait, takes his final steps before completing the Army Ten Miler shadow run at Camp Arifjan, Kuwait, Oct. 12.

The official Army Ten Miler in Washington has a 15 minute per mile pace time limit, but the shadow runs allow for all running paces to compete. It was huge accomplishment for all of the participants to complete the race. Special congratulations go out to all of the AFSBn-KU's Soldiers who participated in this year's Camp Arifjan Army Ten Miler shadow run.



Combat deadly viral enemies with annual flu vaccinations



Photo Courtesy BioNews-Texas

Story by Thomas Walsh, 402nd Army Field Support Brigade safety specialist

Influenza, or the flu, is caused by a virus infecting your respiratory system, which is composed of your nose, throat, bronchial tubes and lungs. Symptoms are usually more severe than those of the common cold and more likely to affect other parts of your body. The flu also tends to develop suddenly compared to common colds. It spreads mainly through respiratory droplets when infected people cough, sneeze or speak within six feet of you. Symptoms include sudden, high fevers (usually above 101 degrees Fahrenheit), chills and sweats, dry cough, sore throat, runny / stuffy nose, muscle / body aches, headaches, fatigue and some people may experience nausea and vomiting. The flu is contagious one day before symptoms develop and up to seven days after becoming sick, so it is possible to pass the virus before detection.

According to the Center for Disease Control, there are three types of flu viruses: A, B and C. Type A virus is the one responsible for worldwide epidemics,

such as the one in 1918 which killed more than 50 million people worldwide. An example of the type A flu is the avian or bird flu.

Types B and C flu are not as severe as the type A flu virus.

The best way to prevent the disease is to

receive a vaccination. Modern vaccinations are highly safe, and their side effects are usually mild. Everyone older than six months is recommended for flu vaccination with few exceptions. Those most recommended are young children and those 50 years old or older, but everyone is encouraged to get the vaccination. Over the years, hundreds of millions of Americans have safely received flu vaccines. The most common side effects are soreness, redness, tenderness or swelling where the flu shot was given or nasal congestion after the flu vaccine nasal spray.

The best way to prevent seasonal flu is to get vaccinated each year; however, good health habits like covering your cough (into your elbow, not your hand) and washing

your hands often can help stop the spread of the flu germs. Other ways to help stop the virus are to avoid close contact with someone who has flu like systems, stay home if you are sick and avoid touching your eyes, nose or mouth.

Should you get the flu, please see a health care provider within 48 hours for optimum response to treatment. Treatment includes drinking plenty of fluids, rest, medications such as ibuprofen for pain and fever, decongestants and cough medications.

Should your symptoms not improve on medications or worsen (complaints of unable to breathe, severe cough and unremitting fever), please go to your nearest hospital for further evaluation as influenza infections kills approximately 35,000 Americans annually, according to the CDC.

1. Who needs a flu vaccine?

- a) You
- b) You
- c) You
- d) All of the above

Even healthy people can get the flu. Protect yourself and your loved ones. Get vaccinated.

www.cdc.gov/flu

Photo Courtesy Center for Disease Control

November celebrates Native American pride, spirit

By Karen Saunders, Equal Employment Opportunity manager, 402nd Army Field Support Brigade.

Each November, National American Indian and Alaska Native Heritage Month is celebrated in recognition of the many contributions of the original American peoples. This month provides us an opportunity to learn about the rich traditions, art, heritage and history of the American Indian and Alaska Natives. The Department of Defense will observe this year's celebration with the theme, "Understanding Native American Heritage Now and Then."

The first "American Indian Day" was declared by the governor of New York State and celebrated for the first time on the second Saturday in May 1916. Legislators enacted a similar day of recognition in Illinois in 1919, and it was not until 1990 that President George H. W. Bush approved a joint resolution designating the month of November as

"National American Indian Heritage Month."

American Indians and Alaska Natives are identified as people having origins in any of the original peoples of North, South and Central America, and who maintain tribal affiliation or community attachment.

According to the 2010 U.S. Census, there are 5.2 million American Indians and Alaskan Natives living in the U.S. There are 566 federally recognized tribes. American Indian and Alaska Native Heritage Month is celebrated with community gatherings and festivals as well as government and educa-



Photo Courtesy army.mil

Native Americans from the Comanche Nation Fancy Dancers perform during the National American Indian Heritage month celebration Nov. 14, 2013, at the Patriot Club, Fort Sill, Okla.

tional activities. Many schools celebrate the month by learning more about the history and contributions of American Indians and Alaska Natives in education, art, literature, government, sports, science and technology in the past and present.

402nd AFSB command team runs with AFSBn-Qatar



Story and photo by Master Sgt. Fernando Marquez, AFSBn-QA senior enlisted advisor

CAMP AS SAYLIYAH, Qatar—Army Field Support Battalion-Qatar, in conjunction with the 402nd Army Field Support Brigade command team, conducted a five kilometer run to foster Esprit de Corps and enhance unit morale Sept. 9. The group took the opportunity to enjoy a run with the battalion colors and the new battalion physical fitness attire. The run was a success and many noncommissioned officers took the opportunity to call some motivating and outstanding cadences. Although the run was relatively short, it was the first battalion group 5K that was ran with the brigade command team at Camp As-Sayliyah. There was great feedback from many of the Soldiers, and the hope is to continue this tradition when the command team visits in the future.

Breast Cancer Awareness: More than just wearing pink



Photo by Sgt. William Taylor, 402nd AFSB Public Affairs

Ella N. Samuels (in pink), 402nd Army Field Support Brigade budget analyst, walks alongside encouraging members of the 402nd AFSB as she nears the finish line of the 402nd AFSB's Breast Cancer Awareness 5K at Camp Arifjan, Kuwait, Oct. 4.

By Sgt. William Taylor, 402nd Army Field Support Brigade Public Affairs

Though each month is dedicated to many groups, whether in celebration or remembrance, let us not forget that October is observed as Breast Cancer Awareness Month.

The Center for Disease Control reports that one in every eight women will develop breast cancer in their lifetime, and around one percent of men will develop the disease as well.

Hundreds of different charities have contributed billions of dollars in proceeds for the development of better education, research, advocacy, health services and social support specifically for breast cancer victims and survivors. Events on post, as well as the Combined Federal Campaign, offer Soldiers and civilians the opportunity to learn about breast cancer and donate if they choose.

The 402nd Army Field Support Brigade has the distinct honor of having a breast cancer survivor on our staff. Ella N. Samuels, 402nd AFSB budget analyst, is a 10-year survivor of the deadly disease.

Samuels recalled what it was like to find out about having breast cancer:

"Initially, I was shocked," said Samuels. "I found out on Good Friday in 2004 that I had developed breast cancer. The doctor had called me shortly after receiving a biopsy, and I had a feeling it was bad news. I was at work and Sgt. 1st Class Tony Erskine, who was my noncommissioned officer in charge at the time, was there when I found out. She was crying and called everyone to come visit me. The first thing we did was pray. My doctor told me that in two weeks I was going to have a mastectomy

done."

Samuels' road to recovery did not stop after the operation. She began chemotherapy and radiation treatments over the course of the year to ensure the cancer did not return.

"I had to complete 10 chemo treatments and 28 radiation treatments," said Samuels. "At first, I did not really notice the effects of the treatment. Then reality set in on my 47th birthday. It was the day my hair started to fall out, proving that the chemo was working."

During this trialing time, Samuels worked in San Antonio, Texas, far away from her actual family, but the Army family stepped in and made her feel at home.

"When my coworkers found out I was having surgery, you would not have known they were not my real family," said Samuels. "They prayed with me before my surgery, brought food over, helped with laundry and really helped me emotionally throughout the process."

This month is more than just about wearing pink; it is about being aware of the deadly disease and insuring regular checkups are done.

"Breast cancer awareness month is important because it hits home," said Samuels. "You see more and more people detecting the cancer early because of the awareness. Most people know someone who has had breast cancer. I have lost friends to the disease. Never think it could not happen to you. You have to get checked, and if you get it, never give up. You may get down, but never, ever give up."

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AFSB-QA Train . . .

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place during the September Fitness Mania Challenge.

As a certified fitness trainer, I welcomed the advent of the new Army Physical Readiness Training program due to its ability to effectively tailor fitness exercises to Soldiers of any body composition type, age and gender.

AFSBn-QA has a healthy PRT program. PRT's well-rounded course of conditioning and strengthening drills is relevant for physical requirements in a home station environment or in combat and applies to the entire Soldier population. We conduct preparation drills, including conditioning drills and military movement drills before unit physical training. Army Physical Readiness Training Field Manual

7-22 states, "Military leaders have always recognized that the effectiveness of Soldiers depends largely on their physical condition." AFSBn-QA happens to be a small team, but our physical fitness program is robust.

H.I.T. / H.I.I.T. enhanced the battalion's sense of teamwork along with their fitness. The success of the program has reached across the installation with personnel from other units also regularly participating. If you happen to be in Qatar and want to challenge yourself physically with a great group of Army professionals and athletes, test yourself at the next H.I.T. / H.I.I.T. session. You will be pushed to your limits and still walk away, "Army Strong!"

Photo by Sgt. 1st Class Bobby Thomas, AFSBn-QA, maintenance noncommissioned officer
Sgt. 1st Class Diamond Ott, Army Field Support Battalion-Qatar logistic services noncommissioned officer, throws a tire during a high intensity training session Oct. 4, at Camp As Sayliyah, Qatar.

402nd DA civilian participates in Madden Tournament



On Sept. 20, Solomon T. Palmer IV, security manager, 402nd AFSB, participated in an Army and Air Force Exchange Services hosted Madden tournament which took place at Camp Arifjan, Kuwait.

Story and photo by Sgt. 1st Class Annette Simon, 402nd Army Field Support Brigade Public Affairs

Solomon T. Palmer IV, security manager, 402nd AFSB, participated in an Army and Air Force Exchange Services hosted Madden Tournament which took place at Camp Arifjan, Kuwait, Sept. 20. The tournament was

four weeks long. Palmer ended the tournament with an overall 3rd place, in which he won gift cards totaling \$200.

"I always enjoy a challenge, this was an opportunity for me to show support for the organization, while doing a hobby that I enjoy," stated Palmer.

POWER LINE



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 Camp Arifjan, Kuwait

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POWER LINE



Hail to our new Power Team Members

CIV	BOYES, KATHLEEN	CIV	HUFFMAN, WAYNE	LTC	POWERS, ARTHUR
CIV	BROOKS, ANTHONY	CIV	JOHNSON, RONNIE	MAJ	RICHARDSON, SEAN
CIV	DUDLEY, LORESE	MAJ	MOORE, PETER	CIV	SLAUGHTER, GARY
MAJ	GILBERT, DEJUAN	CIV	ORTIZ, ALEJANDRA	CIV	SPICER, CHRISTOPHER
CIV	GUILLIAMS, CARRIE				

Farewell to our Power Team Members

CIV	ALLSOPP, WILLIAM	CIV	HANCOCK, GARY	CIV	SMITH, LAURA
CIV	BUSTER, DANNIA	CIV	IRIATA, TOKUNBO	CIV	TASTAD, DOUGLAS
CIV	CARRION, LUIS	CIV	JOHNSON, EDWARD	CIV	TAYLOR, KYLE
CIV	CHADWELL, ROBIN	SSG	MENDEZ, AGUEDO	LTC	WALLER, WILLIAM
CIV	CRAWFORD, JAMES	CIV	SABLAN, JACQUELINE	CIV	WESSEL, JOHN
CIV	CROPPER, JOSHUA	CIV	SCOTT, DENISE	MAJ	WILLHITE, SHAUN
CIV	CROW, DANNY	CPT	SEIDNER, RYAN	MAJ	WOLFE, ROBERT
MAJ	HA, ANH				

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