



# THE LIFELINERS NEWS

November 2019



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## Col. Stephanie Barton

Commander of the 101st Sustainment Brigade

### Holiday Message

Lifeliners, the holiday season is upon us and CSM Campbell and I are grateful for the sacrifices you and your Families make in service to our Nation each and every day. We are proud of what the Lifeliners Brigade has accomplished this year and none of it would be possible without each and every Soldier working together with the support of our families. Whenever we visit the various units in the brigade, we see Soldiers striving to improve themselves and their teams, and we take notice. Without your hard work, we could not have gotten where we are today, the best Sustainment Brigade in the United States Army.

While the holiday season is generally a time of thanksgiving, it can also be stressful for those who are facing personal difficulties or are separated from loved ones. I ask all of the Lifeliners to remember our brothers and sisters in arms who are deployed answering our Nation's call. I ask leaders to be especially mindful of Soldiers spending the Holidays under these conditions; reinforce the buddy system and extend your celebrations to include your Army Family whenever possible.

While we are beaming with pride over this year's accomplishments, now is the time to look ahead, not behind. We must remain committed to building our partnerships throughout the surrounding areas, and strengthening our relationships with our loved ones here at home. In the coming year, we ask everyone to approach personal and professional relationships with mutual respect and trust, and to reinvigorate your dedication to duty.

For those of you traveling to be with family over the holiday in the more wintry weather states, use caution and consider risks while operating in those environments. Most importantly, keep SAFETY foremost in mind as you celebrate. Motor vehicle accidents are statistically the number one risk to Soldier safety, so carefully plan your travel and then to adhere to your plan throughout your trips. Consider the effects of sleep, alcohol, and driving conditions before you pick up your keys. I trust Leaders at all levels will coach, teach, and mentor our Soldiers to make good decisions that will ensure all Lifeliners return safely to begin the New Year.

Wishing you a healthy, happy and successful New Year.

Excellence to the Line! Air Assault! Lifeliners!

# WINTER DRIVING SAFETY



Winter is a beautiful time of the year, especially when a fresh layer of new snow covers everything. But winter can also be a dangerous time of the year. If you plan to travel during the winter, it pays to be prepared for the unexpected. Getting stranded during a winter storm can be a matter of life and death.

Following a few simple driving habits like planning ahead, driving a safe and legal speed, driving alert and sober and buckling up could ensure that you safely make it to your destination. The following provides information to help you prepare for winter driving.





# Winterize your car

Check antifreeze, defroster, emergency signals, heater, lights, oil, tires, windshield washer fluid, and wiper blades.

## Have emergency supplies in your car

Blanket, jumper cables, first aid kit, flashlight, ice scraper, matches, candles, food sand/gravel, small shovel and a cellular phone.

## Prior to driving in a winter storm

Let your car warm up for a few minutes, which helps to dissolve snow/ice.

Clean the entire car before you begin to drive.

Make sure all lights work and are clear of ice and/or snow.

Clean ice and snow off your windshield wiper blades.

Check horn, adjust mirrors, test brakes.

# Maintain “SPACE”

- Speed – The No. 1 cause of winter driving accidents is driving too fast.
- Patience and courtesy save lives.
- Awareness of other vehicles and your environment is essential.
- Concentration – The increased hazards of winter driving make this important
- Exit – Always leave yourself an out

## Following Distance

- Normal (Dry Road) Driving – 3 seconds
- Winter Driving – 6 or more seconds

## Stopping Distance

- Rain – 50% more than dry
- Snow – 2x normal stopping distance
- Ice – 3x normal stopping distance.



## Breast Cancer Awareness

Leadership across U.S. Army Fort Campbell attended the event including, Col. Stephanie Barton, commander of the 101<sup>st</sup> Sustainment Brigade "Lifeliners", 101<sup>st</sup> Airborne Division (Air Assault).

This event is designed to increase Breast Cancer Awareness across the Air Assault Division.

## ESPN Visit

1st Sgt. Amy Prince, former first sergeant for the 619th Quartermaster Company, was interviewed and filmed for an ESPN special, at the SON CAFE, here on Fort Campbell, KY! ESPN has been filming and sharing the stories of female Soldiers throughout U.S. Army Fort Campbell, as part of a highlight feature.





## 594<sup>TH</sup> TRANSPORTATION COMPANY CHANGE OF RESPONSIBILITIES

The 594th Trans. Co. bid farewell to Capt. Andrew Nowak, former company commander and native of Kelseyville, CA. Capt. Ian Roth, native of Mohnton, PA., assumed responsibility as the new company commander for the 594th Trans. Co, November 01, 2019.

## SSA Inspection

Col. Stephanie Barton, commander, 101st Sustainment Brigade, 101st Airborne Division (Air Assault), the Army Field Support Battalion Commander, the Combat Aviation Support Battalion Commander along with the Brigade Support Battalion Commanders across the division visited all Supply Support Activities (SSA), October 18, 2019.







# US ARMY MATERIEL COMMAND

Commanding General of U.S. Army Materiel Command, Gen. Gustave Perna, visited Fort Campbell October 23, 2019.

He toured around the installation but focused on visiting all of the Supply Support Activity (SSA) Companies across the 101st Airborne Division (Air Assault).

He met with key leaders and highlighted outstanding Soldiers who have stood out from their colleagues while completing tasks and missions without error.

Perna and SSA Technicians exchanged ideas and discussed effective operation procedures that have a positive impact mission completion.

U.S. Army Materiel Command, Command Sgt. Maj. Rodger Mansker, visits Fort Campbell, Ky., Oct. 22, 2019.

During his visit, he met with Col. Stephanie Barton, commander, 101st Sustainment Brigade, 101st Airborne Division (Air Assault), and Lt. Col. John Lopes, deputy commanding officer, 101st Sust. Bde.

He toured Sust. Bde.'s barracks and spoke with the barracks managers about single Soldiers' quarters.







HAPPY HALLOWEEN!







## TRUNK OR TREAT

Lifeliners Soldiers and family members having a blast at the brigade-wide Trunk or Treat event. In the spirit of Halloween, Lifeliners Soldiers and their family members decorated the trunks of their cars, handed out candy and got dressed in crazy costumes as part of the Trunk or Treat celebration.



## HARVEST RUN

Lifeliners Soldiers participated in a fun Harvest Run this morning, showing off their costumes and building esprit de corps before Halloween.

Soldiers and family members had fun, despite the rain, completing a three-mile run around U.S. Army Fort Campbell, before coming back and hearing from Col. Stephanie Barton, commander of the 101st Sustainment Brigade







## PROMOTIONS

Lifeliners getting promoted today, on U.S. Army Fort Campbell! Sgt. Deandre Hill and Sgt. Stalin Vallecer got promoted from the rank of specialist to sergeant, marking a significant moment in their military careers. Amazing job, Lifeliners. We know that they will rise to the occasion and do the Lifeliners Brigade proud.



## 584<sup>th</sup> Maintenance Company Deployment

Lifeliners Soldiers from the 584th Maintenance Company, 129th Combat Sustainment Support Battalion, 101st Sustainment Brigade, as they began their deployment to Kuwait. We wish them well on their mission, pray for their safe journey and already look forward to their return.



## EQUAL OPPORTUNITY

Lifeliners set up an Equal Opportunity table at the Fort Campbell Post Exchange. Soldiers spread awareness about EO and National American Indian Heritage month.







## 74<sup>th</sup> Composite Truck Company

The 74th Composite Truck Company conducted live-fire training today at Range 54 on Fort Campbell.

Soldiers had to communicate effectively as a team using a new communication equipment, maneuver a new training course, engage targets with a mounted M240B machine gun, and practice using their protective masks for chemical attacks.



## Expert Field Medical Badge

The Lifeliners command team conducted a walk-through of the Expert Field Medic Badge layout and course! Lifeliners medics escorted Col. Stephanie Barton and Command Sgt. Maj. Kevin Campbell throughout the lanes, informing them of how the competition would be run and function.







# THE AIR ASSAULT

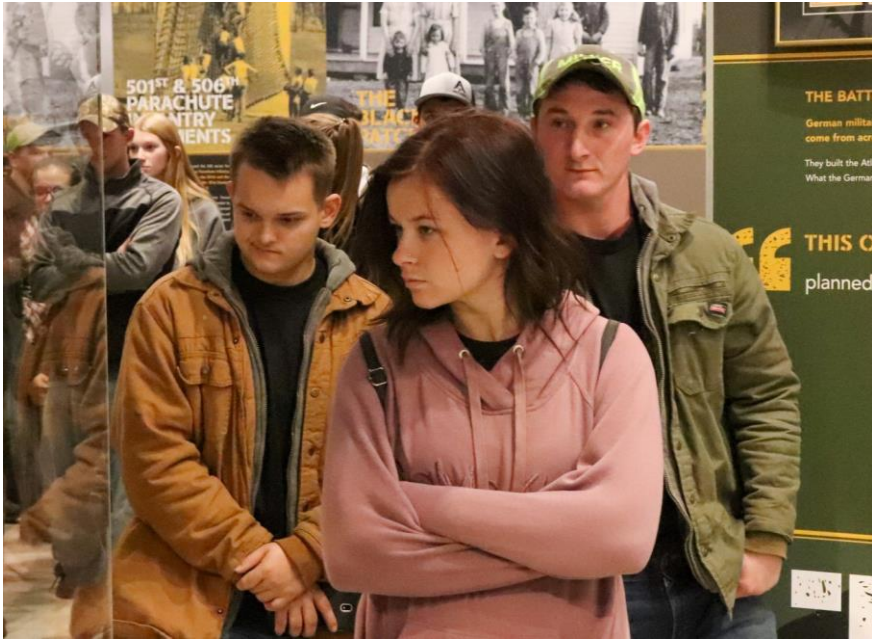


## THE FUTURE SOLDIERS VISIT

# SCHOOL







Future Soldiers from St. Louis area Recruiting Stations visited Fort Campbell Nov. 6, 2019. Over 90 Future Soldiers had the opportunity to tour the base to get a better understanding of what everyday military is like for Soldier within the 101st Airborne Division (Air Assault).







VETERANS DAY 2019





# TENNESSEE TITANS MILITARY APPRECIATION GAME

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Soldiers of the 101st Airborne Division (Air Assault) had the honor of holding the flag on the field of Nissan Stadium during the Tennessee Titans games. An incredible once in a lifetime experience for our Lifeliners.





# Paducah, Kentucky Veterans Appreciation Celebration



The City of Paducah invited Lifeliners to their Veterans Appreciation Celebration today, November 11, 2019.

Soldiers had the opportunity to talk with veterans of Paducah and learn about their stories of service.

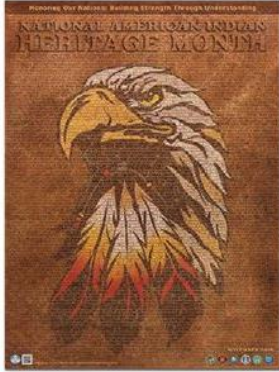
Students of the local schools were able to see and get inside of some of our military vehicles to get an understanding of what soldier life is like.











Please join the  
The 101<sup>st</sup> Airborne Division (AASLT)  
in celebrating the  
2019 National American Indian Heritage Month  
Ethnical Observance  
Hosted by  
101<sup>st</sup> Airborne Division Sustainment Brigade  
“Lifeliners”

**Guest Speaker:**

1SG Begaye, Conrad  
HHC, Warrior Transition Battalion

20 November 2019  
1130– 1300 hrs.  
Wilson Theater

*Free food and drink samplings will be available*



POC:  
101<sup>st</sup> Airborne Division Sustainment Brigade  
Equal Opportunity Advisor  
SFC Marquise Phillips  
(270) 412-0956



SABO PHYSICAL FITNESS CENTER  
7037 TOCCOA ROAD

## TREADMILL CHALLENGE

FREE

WEDNESDAY  
NOVEMBER 20, 2019 | 11:30a-1p

Open to all DoD ID Card holders ages 16 and up

- Complete a distance of 2 miles in the shortest time
- Free t-shirt for participants

Information: 270.798.7355

\*Government Endorsement Not Implied



Fort Campbell

## HOLIDAY TREE LIGHTING CEREMONY

Division Headquarters, 2700 Indiana Ave  
Friday, December 6, 2019, 5:30p  
**FREE**

- Holiday music by 101st Division Band
- Caroling
- Command remarks
- Refreshments for purchase
- Visit with Santa
- Children's crafts

[campbell.armymwr.com](http://campbell.armymwr.com)  
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 **SMILE DOCTORS**



