

LTC Sandra L.E. Forrest was commissioned as a quartermaster officer in the United States Army Reserve in 1989, upon her graduation from Rider University. Following the Quartermaster Officer Basic Course, she was assigned to the 404th Civil Affairs Battalion in Fort Dix, N. J., where she served as the property operations officer during a deployment to Iraq. Upon promotion to captain in 1996, she held numerous other staff positions for the battalion, including civil affairs officer, adjutant, and logistics officer. In 2001, she was reassigned to the 5th Battalion, 98th Regiment (Civil Affairs) in Edison, N.J., to perform as the battalion's adjutant and logistics officer.

She was promoted to major in 2003, and remained with the 5th Battalion as its operations officer until later that year, when she became the adjutant for the 3rd Brigade (CS), 98th Division (IT), in Bronx, N. Y. In 2004, she was mobilized to active duty to return to Edison as the acting commander of the 5th Battalion (Civil Affairs) 98th Regiment. She remained on active status and was promoted to lieutenant colonel while assuming duties as The Army School System (TASS) Training Center Officer-in-Charge, 80th Training Command (TASS), Fort Dix, N. J. She returned to reserve status in 2010, when she was reassigned to Richmond, Va., to serve as deputy for internal review in the 80th Training Command (TASS).

Forrest's military schools include the Quartermaster Officer Basic Course; Cross Cultural Communications Course; Civil Affairs Officer Advanced Course; Airborne School; Family Readiness Program Academy; Combined Arms and Services Staff School; FBCB2-BFT Leader OPNET Course; Total Army Instructor Training Course; Intermediate Level Education Course; Army Reserve Family Programs Academy; Army Reserve Basic Internal Review Course; and the Planning, Programming, Budgeting and Execution Course.

Forrest has been awarded the Meritorious Service Medal (with 3 Oak Leaf Clusters); Army Commendation Medal (with 3 Oak Leaf Cluster); Army Achievement Medal (with 2 Oak Leaf Cluster); Army Reserve Components Achievement Medal (with 4 Oak Leaf Cluster); National Defense Service Medal; Southwest Asia Service Medal; Global War on Terrorism Service Medal; Armed Forces Reserve Medal (with BHG, M Device, #2); Army Service Ribbon; Kuwait Liberation Medal (Saudi Arabia); Kuwait Liberation Medal (Kuwait); and the Parachutist Badge.