

ESC TODAY



**WHEN THE ELITE COMPETE:
BEST WARRIOR COMPETITION 2012**

14

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ESC TODAY



<< On the Front Cover

Sgt. Joshua D. Welborn hauls a “wounded” comrade during the simulation exercise portion of the 143d Sustainment Command (Expeditionary) Best Warrior Competition held Mar. 1-3 in Camp Blanding, Fla. Soldiers from around the 143d ESC competed to measure their warrior abilities and skills during the three-day competition.

14 Photo by Spc. John L. Carkeet IV, 143d ESC

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The Command Post

Greetings to all Soldiers, civilians, and families of the 143d ESC! I trust 2012 is off to a good start and all of you are immersed in the training for TY 2012. Across the 143d ESC, multiple exercises, deployments, missions and operations require planning and timely execution on a daily basis. Never lose sight of the importance that each individual plays in our profession. It takes a team effort to ensure we successfully accomplish and safely execute all tasks. Maintain communication up and down the Chain of Command at all stages of the process and keep our most valuable asset in mind: the Soldier, and the family.

We are entering a period where thousands of Soldiers are returning home from combat zones across the globe. Many of them go back to their civilian jobs that might not allow access to the type of medical care necessary for their injuries incurred while serving. The Army's Warrior Care and Transition Program (WCTP) is a standardized Soldier-centric model that emphasizes flexible and innovative solutions to support the individual Soldier. The Soldier also develops a personalized Comprehensive Transition Plan (CTP) to ensure they will progress toward transition with short- and long-term goals in each of

six domains: physical, social, spiritual, emotional, Family, and career. To learn more about Army warrior care, read inspirational stories about real Soldiers, and join the conversation, visit: www.WTC.army.mil

Our Soldiers – both men and women – serve with distinction across the globe. Female Soldiers continue to make tremendous contributions to our Army and the nation's defense. March is Women's History Month and recent changes in policy mark a historical time for the Army. These Soldiers are an invaluable part of the Force, and their increased role in defending our nation allows the Army Reserve to grow and benefit at all levels. The 143d ESC is committed to ensuring that all Soldiers have the opportunity to reach their highest potential and level of service. All of these changes lead to a positive investment, reliable and ready Army Reserve. When America calls, the 143d ESC will provide a premier force with shared military-civilian skills and capabilities that support and defend the Nation.

As of Feb. 10, the Army Reserve strength is approximately 204, 800 Soldiers of which 14,660 are currently deployed. While we are entering a period of reduction and slower OPTEMPO, always remember, safety is a foundation for everything we do, no matter



Brig. Gen. Mark W. Palzer
Commander
143d Sustainment Command
(Expeditionary)

the mission. Do not become complacent during the months ahead. Continue to plan for risk and mitigate risk factors accordingly. No matter what the season, mission, event, or Soldier, always find the safest and most effective plan. We owe all Soldiers and their families at least that.

Army Strong!
Sustaining Victory!

The Bottom Line

What makes us "Army Strong"? In a word, trust. The trust among Soldiers, Families and the American people collectively produce the bedrock of our profession. With our all-volunteer force deployed throughout 135 countries during the longest war in American history, we cannot afford to betray that trust as it would tear the fabric of what it means to serve.

Service members know that non-commissioned officers lead Soldiers. We associate leadership qualities such as courage, confidence and commitment with those who have chevrons fastened to their uniforms. However, one trait shapes the foundation that inspires Soldiers to train, fight and win: integrity.

NCOs must create and maintain an atmosphere of trust between their superiors and subordinates. This duty to honesty expands beyond the prevention of lies and deceptions that can contaminate the most battle-hardened units. It also encompasses the promise to care for our Soldiers. Whether it's saving a life on the battlefield or resolving a financial issue on the

home front, a NCO's individual performance impacts directly on his or her Soldiers' ability to accomplish the mission. Neglecting this fact stifles unit cohesion while amplifying the hardships of military life.

Gen. Raymond T. Odierno, the Army's Chief of Staff, calls for the continued commitment from officers and NCOs to treat their positions not as a right to give orders but rather a privilege to lead the world's finest Warriors. We should not take our CSA's words lightly. Our Army continues to reshape itself to a smaller but no less lethal force. Naturally, we will keep the best and brightest while discarding the less desirable. In five years that latter category will approach almost 50,000 men and women. Take a close look at yourself and your Soldiers, then ask, "Do we still belong in this elite group?"

As NCOs you are responsible for not only your career, but also those of several if not hundreds of others who need your guidance—whether or not they seek it. Do not disappoint them with lenient standards



Command Sgt. Maj. Jeffrey E. Uhlig
Command Sergeant Major
143d Sustainment Command
(Expeditionary)

and broken promises. Rather, inspire them with your respect for the proud past and your commitment to the promising future of the United States Army.

Army Strong!

The Legal Corner

THINGS TO KNOW ABOUT THE SERVICE MEMBER'S CIVIL RELIEF ACT

Nothing in the SCRA limits its application to service members who have been involuntarily called to active duty. The Law applies to every active duty service member, including but not limited to Army Reserve personnel who have entered active duty voluntarily or involuntarily.

Some creditors, attorneys and courts have incorrectly asserted that the SCRA only applies to service members serving in combat zones overseas. The location of the member may be an important factor in a court's decision on whether to grant a stay of proceedings in civil court cases, but it should be noted that a service member on active duty may be unable to attend a court proceeding on a particular date even if the courthouse is only ten miles from the member's place of duty.

Military personnel are not permitted to come and go as they please. A member attending a military school (including Army Reserve members on active duty for training) may not be permitted to miss part of that school. If a military unit is participating in an exercise or undergoing an inspection, a member of the unit may not be permitted to take leave on that day, even for purposes of an appearance in a civil court proceeding.

The purpose of the SCRA is to spread some of the burden of the defense of our country over a broader base of the population, not just the three fourths of 1 percent who serve in uniform. If, for example, a creditor has to wait a few weeks to foreclose on a service member who is behind on his payments, that is a small sacrifice for the creditor to make, especially as compared to the sacrifices (sometimes the ultimate sacrifice) that service members make.



Maj. Kenneth Biskner
Deputy Staff Judge Advocate
143d Sustainment Command
(Expeditionary)



The ASAP Corner

The Army offers a variety of substance abuse assessment and treatment options. Your professional status and personal needs help determine the best course of action:

1. If you are on Active Component, Active Guard Reserve or on Active status, an Alcohol and Drug Control Officer may refer you to the closest Army Substance Abuse Program counseling center or military installation using DA Form 8003, also known as the ASAP Enrollment form.

2. If you are on Troop Program Unit status, you must access care at your own expense through a civilian provider.

a. If you have Tricare Reserve Select, contact the Mental Health and Substance Abuse Treatment Division at **(800) 700-8646**.

b. If eligible for veterans' benefits, contact your local VA hospital. This information can be found at www.va.gov.

d. Each state has a Department of Health and Community Human Services. Callers may dial 211 from within the state that they are seeking services and information.

e. All Soldiers and their Families may contact the Substance Abuse and Mental Health Administration at **(800) 662-4357** or **(877) 726-4727**. They may search for a treatment agency online at www.findtreatment.samhsa.gov.

e. Military One Source also lists additional resources related to substance abuse treatment. Any service member may speak to a Military One Source counselor at **(800) 342-9647**.

If you seek civilian treatment and wish ADCO approval or validation toward your separation



Gilbert Rivera
Alcohol & Drug Coordinator
143d Sustainment Command
(Expeditionary)

action, you must sign a release of treatment information. This allows the treatment facility to share information with the 143d Sustainment Command (Expeditionary).



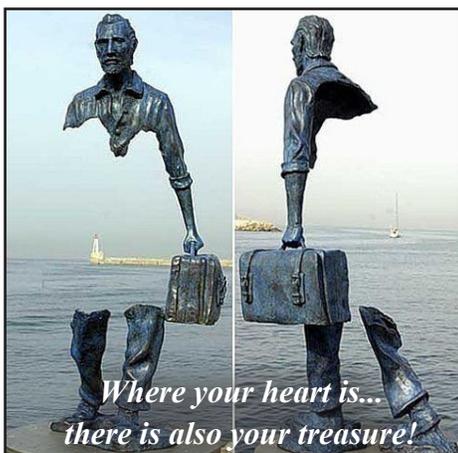


Lt. Col. Brian Ray
 Command Chaplain
 143d Sustainment Command
 (Expeditionary)

Click here to watch Chaplain Ray's words of motivation for this month.

I recently received an e-mail that contained some amazing pictures. As I reflected on these photos, it occurred to me that many of these images contain important "life lessons." Many of the pictures provide valuable opportunities to reflect on how we should live our life.

When I saw this work of art, I was immediately struck by the fact that this man has no heart. Perhaps this poor soul has become so consumed with his professional life that he has forgotten about the things that we all know to be most important...things like family, friends, faith



Reflections by the Chaplain:

We are **SURROUNDED** by opportunities to learn!

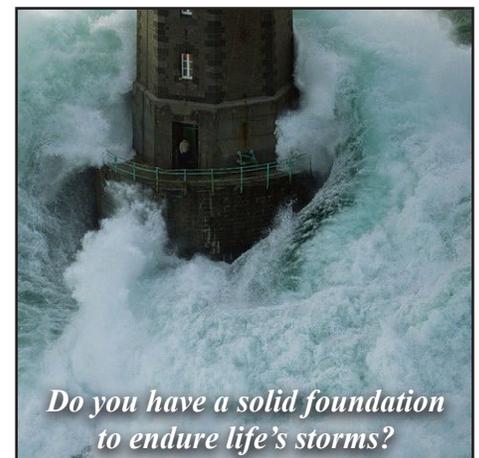
and country. "Work" for the sake of work alone is so hollow. The poor man in this photo is literally hollow. We've all heard the following said before...when we are on our deathbed, it is unlikely that we'll wish we had spent more time at work...wish we had made more money. No... on the contrary, the most likely thought at the moment of our death will be, "I wish I had spent more time with those I love...with those who fill my heart with joy."

difficulties...difficulties such as deployments, family issues, financial problems, conflicts with co-workers, the serious illness of a loved one, etc. Many times, it is the foundation on which we stand that allows us to endure the "raging seas and crashing waves." I encourage you to turn to the Army values and your personal faith as a solid foundation upon which to deal with life's difficulties.



When I saw this photo, I thought about the many times in life that we are tempted to forego pursuing a worthwhile cause or a grand endeavor because of roadblocks...real or perceived. As you can see in this photo, a giant tree fell across the road. But someone thought of a way to get through the roadblock without altering the path... more importantly without altering the goal. Instead of turning back and giving up on a goal you hold dear, I encourage you to find innovative ways to press forward with determination.

I know you might find it hard to believe, but that is actually a person you see standing in the doorway of the lighthouse. I'm sure there have been many times in life when you felt like the man in the doorway. You sensed powerful waves "crashing down all around you" as you faced life's



Each of these photos should serve to remind us that there are many lessons to be learned by the things we see around us each and every day. Every one of us has friends and family who face challenges of the heart...challenges making progress...and challenges dealing with life's "raging waters." This month, I encourage you do something special for a soldier, a friend or a family member...something that helps them deal with the many challenges we each confront in life. I promise you...your acts of kindness and concern will be a blessing to you beyond measure. Sustaining Victory...Army Strong ! Pro Deo et Patria...For God and Country!

DID YOU KNOW?

In 1999 the Army established Strong Bonds, a chaplain-led program designed to increase Soldier and Family readiness through relationship education and skills training. During fiscal year 2011, commanders from the Active Army, the National Guard and the Army Reserve have planned more than 5,000 Strong Bonds events around the world. Each event focuses on single Soldiers, married couples or Families. Learn more about Strong Bonds programs at <http://www.strongbonds.org/skins/strongbonds/home.aspx> and find an event nearest you.

Child care options for military families

■ BY MILITARY.COM

Many of today's military families rely on quality child care as an important part of their support network. Military spouses often work outside the home, continue their education, and play the role of single parent. The demands of military service come with frequent deployments, standing duty, training and unpredictable work schedules. There has also been an increase in the number of single parent and dual military families serving in the armed forces.

All of these factors taken together mean that quality, affordable child care is a necessity for many families. The Department of Defense and the branches of service are constantly reviewing and initiating programs to provide military families and their children with the best possible child care options.

The DoD currently oversees 800 Child Development Centers located on military installations worldwide. These centers offer a safe child care environment and meet professional standards for early childhood education. Child care is typically available through these centers for children ages six weeks to twelve years. The centers are generally open Monday through Friday between the hours of 6 a.m. and 6:30 p.m. Commanders may decide to extend hours to meet the work and deployment needs and schedules of their installation population.

In addition the DoD has partnered with the National Association of Child Care Resource & Referral Agencies. NACCRRRA is working with DoD to help those who serve in the military find and afford child care that suits their unique needs. This partnership has created the following programs and initiatives:

Operation: Military Child Care

Operation Military Child Care is a DoD



initiative to support the temporary child care needs of Military Parents who are activated/deployed in support of the Global War on Terrorism. The OMCC program:

1. Helps eligible Military Families locate affordable child care options in local communities.
2. Reduces child care fees of eligible Military Families who are using licensed community child care programs and providers.
3. Supplements the deployment child care services provided on military installations.

Eligible military Families include Families/child guardians of National Guard & Reserve Service members activated/deployed for the Global War on Terrorism.

Participation in OMMC is limited to the deployment period of the parent and 30 days after demobilization.

Families granted access to child care on military installations are not eligible for this service.

Military Child Care in Your Neighborhood

Military Child Care in Your Neighborhood is a DoD program designed to meet the child care needs of service members living in areas where on-base military child care is not available. Eligible members include recruiting specialists, Reserve Office Training Corps instructors, Military Entrance Processing personnel and service members on independent duty assignments who cannot access the high quality care available on military installations.

Many eligible service members will also pay reduced fees for the care of their children.

The civilian child care programs that provide Military Child Care in Your Neighborhood child care spaces are comparable in quality to Military operated on-base spaces and meet most DoD and Service standards.

Child Care Assistance For Families of Severely Injured Military Members

NACCRRRA and the DoD have partnered to provide families of severely injured military members with assistance to find and pay for safe, licensed child care services for a period of six months during their period of recuperation. (Extensions beyond the 6-month period will be considered based upon physician reassessment.) The program is available wherever the injured member receives in-patient or out-patient medical care.

NACCRRRA will coordinate with state and local Child Care Resource & Referral agencies to help military families locate child care in the civilian community when a military program is unavailable. This will allow the spouse to be at bedside or to help with outpatient medical appointments. NACCRRRA and the DOD will provide an offset to the civilian child care fees during the recovery period.

Visit the www.naccrrra.org to learn more about Child Care Assistance for Families of Severely Injured Military Members.

DID YOU KNOW?

"From the Top," the hit NPR radio program showcasing America's best young classical musicians seeks young musicians 8-18 years old with military parents who are Active Duty, National Guard, Reserve or post 9-11 Veterans for its live show recording June 27 at The Gaylord Texan in Grapevine, Texas. Presented by the Military Child Education Coalition at its Annual National Training Seminar, this weekly hour-long radio program draws approximately 700,000 listeners tuned in to one of more than 200 stations broadcasting "From the Top." Visit <http://www.militarychild.org/news-and-events/from-the-top> and download your child's application today!

I wore a DOT Approved Helmet!



***What have YOU
done to save a
life today?***



U.S. ARMY

ARMY STRONG.



ARMY SAFE
IS ARMY STRONG



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

WOMEN

IN THE U.S. ARMY

WWW.ARMY.MIL/WOMEN

~ Prior to the 1994 DoD assignment rule, 67 percent of the positions in the Army were open to women. Today, 70 percent of the positions in the Army are open to women, and women serve in 93 percent of all Army occupations as of June 2009.

~ Women represent about 13.4 percent of the active Army, 23.7 percent of the Army Reserve and 14.0 percent of the Army National Guard as of fiscal year 2009.

~ An increasing proportion of senior-

level active duty and DoD positions are being filled by women. The percentage of female officers in the active Army in grades O-4 (major) and above increased from 11.5 percent in fiscal year 1995 to 13.3 percent in fiscal year 2009.

~ The same is true for enlisted active-duty women in grades E-7 (sergeant first class) through E-9 (first sergeant), who went from 8.3 percent in 1995 to approximately 10.8 percent as of fiscal year 2009.

~ In the grades GS-13 through senior executive service, the percentage of female civilian Army employees increased from 18.9 percent in 1995 to 30.9 percent as of fiscal year 2009.

Historically

1983: Women accounted for 9.8 percent of the total Army.

1993: Women accounted for 12.5 percent of the total Army.

2009: Women accounted for 15.5 percent of the total Army.



WHY I SERVE:

Name: Jessica Kavanaugh

Rank: Specialist

Unit: 489th TC (Seaport Operations)

Job Title: Cargo Specialist

Hometown: Orange Park, Fla.

I think everyone wants to do something that is bigger than themselves, and I believe there's no better way to do that than by joining the military.

I enlisted in the Army Reserve in January, 2010. I decided that the Reserve was the best option because it offers the perfect balance between my duties as a Soldier and my goals as a college student. Thanks to the Army's education benefits, I'm on track to earn my bachelor's in marketing from the University of South Florida.

I cannot thank my family enough for their support. Without them I would not have met the demands necessary to be a

successful Soldier and student.

Although many [military occupation specialties] were open to me at the time of my enlistment, I selected 88H [cargo specialist] because I enjoy operating and tinkering with machines, especially those with tracks and wheels. I was impressed that my unit put me to work in the job I was trained to do shortly after I completed [basic military and advanced individual training]. In addition to the excellent work experience, my field has given me great opportunities to travel throughout the world.

As a Soldier in the Army Reserve, I am more than a

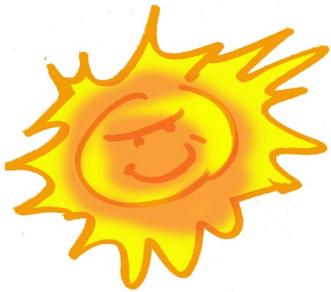
weekend warrior. Although I don't wear an [Army Combat Uniform] everyday, I treat my profession as a full-time career rather than a part-time job. My unit's most recent deployment proves that Reservists answer the call of duty no matter where we are and what we're doing.

Every time I put on my uniform, I'm reminded how millions of Americans count on my comrades and me to protect them and their loved ones. That fact alone is reason enough for me to reenlist and perhaps earn my commission. For now, I will continue serving my country knowing this was the best decision I've ever made.

Photo by Spc. John L. Carkeet IV | 143d ESC

DID YOU KNOW?

The Women's Memorial Foundation offers two scholarships for military women and women veterans. Each \$500 scholarship is intended to provide financial assistance to women working to gain bachelor or master's degrees. Applicants must be enrolled at an accredited college or university, either full- or part-time; be seeking a bachelor's or master's degree; demonstrate financial need; possess a GPA of 3.25 on a 4.0 scale; be a US citizen; be serving or have served in one of the five US military services, National Guard, Reserve or Merchant Marines; and be registered with the Women's Memorial Foundation. Apply today at <http://www.womensmemorial.org/News/scholarships.html>.



Sun exposure: Good, bad or both?

■ BY LEIGH A. COULTER
Safety Officer
207th Regional Support Group

I was diagnosed with melanoma in June 2010, after returning from Afghanistan. I went to my dermatologist for a routine check up and showed her a small, black asymmetrical spot I had on my inside right bicep which I could easily have passed it up as an age spot or mole. Because I had just noticed this recently, the dermatologist wanted to do a biopsy on the spot. Two days later I received a call that it was stage 1a melanoma. Catching it early was the key. If I had waited or ignored it, it could have killed me. Most likely my years of playing sports outside and going to the beach did the damage. I now cover up, wear sunscreen and try to avoid the hottest part of the day when the sun is the strongest, between 10:00 a.m. and 4:00 p.m.

We are bombarded by information every day, especially when it comes to our health. Sun exposure is often written about as being bad for you because of the potential to develop deadly skin cancer, premature skin aging and eye diseases such as cataracts. On the other hand, some health professionals advocate the benefits of sun exposure as a way to get vitamin D, which is good for your bones. So what is the answer?

As the summer heats up and we head to the beach and participate in outdoor activities, many people will fail to protect their skin from the harmful effects of ultra violet radiation exposure. Most people receive between 50 and 80 percent of their lifetime

sub exposure before the age of 18. Overexposure is the main cause of skin cancer, which is the most common type of cancer in the U.S., and it affects more than two million people each year. The Environmental Protection Agency says that melanoma, the most serious form, is on the rise and the most common form of cancer among young adults between 25 – 29 years old. Simple steps can be taken in order to protect our families and us as we enjoy the outdoors such as using sunscreen, putting on sunglasses, and wearing a hat. Don't think that this cannot happen to you or that all skin cancers look ominous.

On the beneficial side of sun exposure, sunlight is a major source of vitamin D3 producing ultra violet B radiation, which has a wide range of positive health effects, including possibly inhibiting the growth of some cancers. Vitamin D3 helps the skin repair from wounds

and helps prevent infections from inside the wound. There is also some evidence

that bright light exposure reduces seasonal affective disorder (SAD). Serotonin, a hormone associated with wakefulness and elevated mood, is known to increase when exposed to bright lights. This can explain why moods tend to be more elevated in the summer and decrease during the grey winter months. Some researchers conclude that light therapy may even alleviate SAD symptoms faster than antidepressant drugs and benefit those with others forms of depression.

So is the sun good, bad or both? Just as in everything we do, moderation is the key. Numerous public health organizations state that there needs to be a balance between the risks of having too much and too little sunlight. We can't totally prevent exposure to harmful rays nor may we want to, but we can protect ourselves from a harmful amount so we can enjoy outdoor activities for years to come. ☒

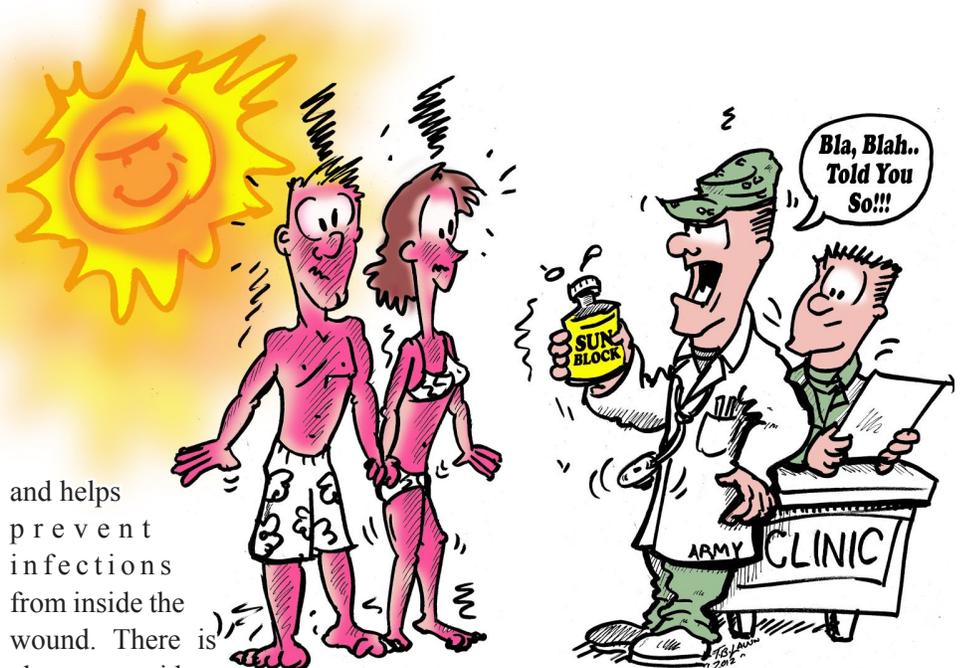


Illustration by SFC Timothy Lawn | 143d ESC

143d ESC Soldiers receive intel liaison officer of the year award

■ BY SPC JOHN L. CARKEET IV
143d Sustainment Command (Expeditionary)

ORLANDO, Fla. – Two Soldiers from the 143d Sustainment Command (Expeditionary) received the intelligence liaison officer of the year award during the Intelligence Liaison Officer conference held Feb. 10 at Valencia Community College's Criminal Justice Institute in Orlando, Fla.

Maj. Michael A. Lamolli, the 143d ESC's anti-terrorism and force protection officer in charge, and Maj. Steve Trisler, the unit's support operations plans officer, earned this achievement through their proactive role in central Florida's intelligence gathering, emergency response and crime prevention network.

Hosted by the Central Florida Intelligence Exchange and managed by the Intelligence Liaison Officer program, the ILO conference recognized the collaborative efforts among dozens of government agencies and private organizations dedicated to safeguarding American soil, interests and citizens.

One of the biggest problems [the Army] faced after 9/11 was sharing intelligence with other agencies," said Lamolli. "CFIX and the ILO program help us keep our Soldiers informed."

CFIX is a coalition of law enforcement, first responders and national defense organizations that analyze trends in terrorist or criminal

activity, said Kristie Toruno, ILO region five coordinator for CFIX. The ILO program is the central hub to bring multiple disciplines and municipalities together.

CFIX comprises hundreds of individual members from high profile organizations such as Walt Disney World and the FBI. However, the 143d ESC stands as only one of two organizations representing the region's military community.

"One of the biggest problems [the Army] faced after 9/11 was sharing intel with other agencies," said Lamolli. "The 143d [ESC] recognized that joining CFIX would help us keep our Soldiers safe and informed."

As intelligence liaison officers, Lamolli and Trisler are responsible for collecting, analyzing and disseminating intelligence from various sources. Such sources range from official reports sent through CFIX to casual conversations in the break room.

"We're looking for trends and patterns," said Trisler. "Seemingly isolated incidents might have connections to crime rings or terrorist plots. Since our Soldiers, Families and friends [of the 143d ESC] live and work in dozens of communities, we rely heavily on what they report to us."

Lamolli and Trisler did not earn their awards for merely receiving and forwarding information. At times they were the primary witnesses to



Photo by Spc. John L. Carkeet IV | 143d ESC

The 143d ESC is one of two organizations representing Central Florida's military community. The contributions from Maj. Steve Trisler (left) and Maj. Michael A. Lamolli (right) have enhanced Central Florida's emergency management and crime prevention capabilities while better protecting Soldiers and their Families.

suspicious activities and emergency situations.

Both have called in all types of crimes and hazards, said Toruno. Lamolli personally confronted suspicious vehicles parked near military installations, while Trisler reported a fire near the Orlando International Airport before its fire chief knew about it.

The two officers have also helped CFIX and its partners with their special events and recruitment campaigns.

"They're phenomenal partners," said Toruno. "Lamolli is always recruiting new personnel to participate in the ILO program and helping our partners put together realistic training sessions. . . Trisler has even helped local law enforcement agencies verify military records sent by police officer applicants."

"One applicant submitted documentation claiming he was a sergeant who received an honorable discharge," Trisler explained. "The forms and certificates didn't look quite right, and I soon discovered that he was medically discharged before graduating from [advanced individual training]."

Though Lamolli and Trisler received numerous accolades, the two majors acknowledged their achievement would not have been possible without the support of CFIX and its partners.

"CFIX and its partners do everything possible to help those who serve our country," said Lamolli. "Anything we can do to protect our Soldiers and their Families is my real award."

"The community loves its Soldiers, and this conference allows the 143d ESC to give back to the community," said Trisler. ☒



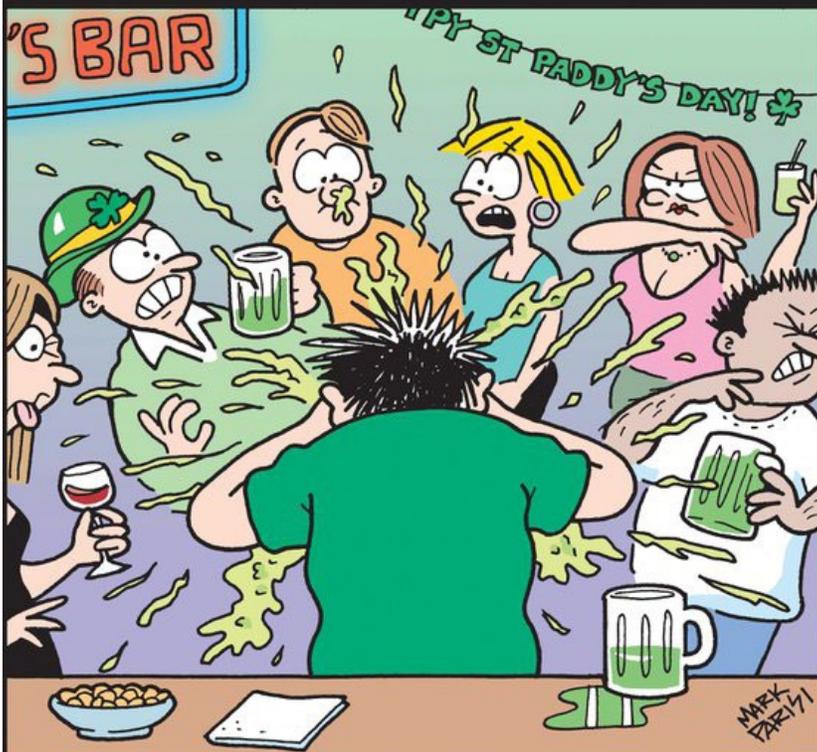
Photo by Spc. John L. Carkeet IV | 143d ESC

Intelligence liaison officers of the year Maj. Steve Trisler (second from left) and Maj. Michael A. Lamolli (third from left) hold their awards during the Intelligence Liaison Officer conference held Feb. 10 in Orlando, Fla. The conference recognized the men and women committed to cultivating Central Florida's law enforcement, emergency response and homeland security agencies. Standing at either side are Dave Ogden (left), director of the Central Florida Intelligence Exchange, and Bob Hansell (right), sheriff of Osceola County.

Don't be That Guy (or Girl)

For more information or to get help, visit www.thatguy.com

REASON #317 NOT TO BE THAT GUY:



YOU MAKE SURE EVERYONE'S WEARING GREEN

Men, women and alcohol:

- According to the 2010 National Survey on Drug Use and Health nearly 7.82 million 12 to 20 year old women reported consuming alcohol in the past year.
- In 2010 more males than females ages 12 to 20 reported past month alcohol consumption (28 percent v. 24 percent, respectively), binge drinking (20 percent v. 14 percent) and heavy drinking (7 percent v. 4 percent). Among 12 to 17-year olds, the percentage of males and females who report drinking in the past month is the same (14 percent).
- According to the 2010 Monitoring the Future Study, 44 percent of college males report having consumed five or more drinks in a row during the previous two weeks compared with 32 percent of their female peers. This once narrowing gender difference has slowed with both male and female binge drinking rates declining. However, Male college students are significantly more likely to engage in these extreme levels of binge drinking 24 percent of males compared to 7 percent of female college students reported having 10 or more drinks in a row.



WHY I SERVE:

Name: Samantha B. St. Louis

Rank: Master Sergeant

Unit: 143d ESC

Job Title: Inspector General NCOIC

Hometown: Gouyave, Grenada

While growing up in Brooklyn, I saw myself becoming a cop. Unfortunately, my parents did not share my enthusiasm, so in 1995 I did the next best thing: I joined the Army.

My decision to serve stemmed from my strong desire to wear the uniform. This enthusiasm pushed me through the physical and mental challenges I faced during Basic Training. My thin frame and thick accent made me an easy target for drill sergeants, but my determination to meet their demands helped me accomplish seemingly impossible tasks.

Throughout my career I've been blessed with superb

assignments commanded by outstanding leaders. Each assignment also boasted a level of camaraderie unequalled to most civilian professions. Consequently, I gave little thought to reenlistment. I simply signed up for another six years.

I transitioned from Troop Program Unit to Active Guard Reserve status in 1997. In 2010 I became the inspector general NCOIC (non-commissioned officer in charge) for the 143d ESC. Working in a Reserve environment has taught me that wearing a uniform does not automatically improve a person. Rather, the person must take the time and effort to mold

into the uniform. As a senior NCO it is my responsibility to teach Soldiers to empower themselves. To do this I must not only share my knowledge but also present opportunities for them to apply their skills. That's not an easy feat for Soldiers who report for duty one weekend every month, but it's possible if you're patient and proactive.

I look forward to deploying with my unit next year. Meanwhile, I will continue mentoring Soldiers while creating a training environment relevant to the Army's vision, mission and goals.

Photo by Spc. John L. Carkeet IV | 143d ESC

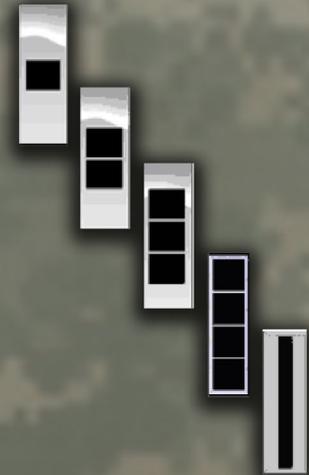


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Call or Email TODAY for more information!

Silver Scimitar

Silver Scimitar 2012, the only human resources exercise of its kind in the U.S., kicked off Jan. 21. The two-week exercise covers a range of critical support services to Soldiers on the battlefield, to include postal, personnel and casualty operations. Here, Capt. Chad Vaughn (center), an instructor from the Soldier Support Institute, Fort Jackson, S.C., teaches human resources Soldiers the process for reporting casualties at all echelons.



Photo by Sgt. David Turner | 214th MPAD

■ BY SGT. DAVID TURNER
214th Mobile Public Affairs Detachment

FORT DEVENS, Mass. -- Human Resources professionals affect every Soldier on the battlefield, whether it's through payroll, awards, casualty reports, movement in and out of theater, or just delivering the mail. Silver Scimitar, an Army Reserve Command-sponsored, two-week training event held here annually, gives HR Soldiers the training and expertise to provide those services so crucial to sustaining the fight.

"There's no other source for the [Adjutant General Corps] community to train for their wartime mission, and that's what we provide for them," said Exercise Director Col. Robert Kay, 3rd Human Resources Sustainment Center. His unit has been tasked this year to provide command and control for the exercise.

To prepare for that mission HR Soldiers are provided not only with the newest doctrine and core-competency training, but also with seasoned military and civilian instructors from different DOD and government agencies. It's that experience which makes the training more relevant, said Kay.

"We make it tangible. We make it a real-life

event," he said.

This year, Silver Scimitar brings together more than 500 human resources Soldiers from 22 different units with trainers and experts from a variety of backgrounds and areas of expertise. It's a multi-echelon, multi-component exercise that prepares HR Soldiers to provide theater-level sustainment from the ground up for troops supporting operations around the world.

These Soldiers work at every level of the command structure, from companies up to the theater level and across components, serving active duty Soldiers, as well as U.S. Army Reserve and Army National Guard troops. HR Soldiers learn to use a variety of skills in a complex battlefield environment, and to blend them seamlessly across all levels of operations.

It also reflects the changing nature of the Army and its need to adapt to current wartime conditions. Begun in the mid-1980s as an annual training event for U.S. Army Reserve personnel units, explained Kay, Silver Scimitar has recently morphed into a pre-deployment training event that incorporates both doctrine and current operational knowledge for all components.

Major

changes in the event began around 2007, when active duty and Army National Guard units began participating in the exercise. Under the Army's transformation, HR Soldiers became part of a larger sustainment community, brought closer by prolonged wars in two separate theaters.

Col. Steve Shea, commander of the 14th Human Resources Sustainment Center, an active-duty unit based in Fort Bragg, N.C., and currently deployed in Kuwait, brought 20 of his Soldiers to the exercise this year. They are participating as trainers and sharing their valuable deployment experience with Soldiers who will replace his units in the near future.

Despite the different components and command structures participating in the exercise, he said, they need to work together closely given the current battlefield environment.

"Right now it's really a seamless transition, whether it's active, Guard or Reserve," said Shea. "That's one of the great things about Silver Scimitar, it's run all by HR professionals." Units preparing to deploy can meet and learn from

See SCIMITAR, pg. 20 >>

WHEN THE ELITE COMPETE

Soldiers represent the 143d ESC at Camp Blanding, Fla.

■ BY SPC JOHN L. CARKEET IV
143d Sustainment Command (Expeditionary)

CAMP BLANDING, Fla. – Picture this: You wake up at 4:30 a.m. After donning athletic attire, you step outside to stretch and warm up. By 5:30 a.m. you're performing as many pushups and sit-ups you can do in two minutes. You cross the finish line after a two-mile run just as the sun peeks over the horizon. You spend the next hour eating, bathing and changing into your dress uniform. As most other Americans step into cars, trains and buses for their weekday commute, you stand at attention in front of six stern-faced sergeants major. For the next thirty minutes they grill you with scores of Army knowledge questions in rapid succession. Hundreds of photos, several speeches and a lunch later you're standing in the middle of a forest wearing an Army Combat Uniform while holding a map and compass. You dash from point to point, praying that you will reach your destination before nightfall. After scarfing down a Meal Ready to Eat, you board a truck that drops you off at an open-bay barracks. Once there you place a rucksack on a scale. Only after the meter reads 35 pounds does a gruff master sergeant debrief and dismiss you. At 9:30 p.m. the lights go out, and you drift to sleep despite the anticipation of tomorrow morning's 10-kilometer ruck march.

And that's just day one.

Nine Soldiers from across the 143d Sustainment Command (Expeditionary) ran the gauntlet described above. They comprised the command's finest enlisted men and women proving their physical



Photo by Spc. John L. Carkeet IV | 143d ESC

Soldiers from around the 143d Sustainment Command (Expeditionary) competed in the Best Warrior Competition held at Camp Blanding, Fla. March 1, 2012. Competitors were tasked to complete a variety of challenges measuring their skills in marksmanship, land navigation, board interviews and other warrior tasks.

and mental might during the Best Warrior Competition held March 1-3 in Camp Blanding, Fla.

Starting at the company level, the Best Warrior Competition tests a Soldier's aptitude in a combat and academic setting. Those with the highest scores move on to represent their respective companies at the battalion level. This selection process is repeated at the brigade, group and command level. By year's end two Soldiers—a junior enlistee and a non-commissioned officer—are crowned as the Army's "Best Warriors."

The Army Reserve is an operational force where its Soldiers must not only possess the skills specific to their military occupational specialties but also the traits of a combat veteran, said Command Sgt. Maj. Jeffrey E. Uhlig, command sergeant major for the 143d ESC. The Best Warrior Competition embraces the warrior

trade.

This trade encompasses dozens of tasks from rifle marksmanship and land navigation to first aid and promotion board interviews. Many competitors spend months preparing for the competition both on the field and in the classroom.

"I modified my workout regimen to better reflect the challenges faced during the competition," said Spc. Barry J. MacDonald, a parachute rigger for the 861st Quartermaster Company and Best Warrior competitor representing the 518th Sustainment Brigade. "I ran and did pushups and situps everyday. I also practiced MMA [mixed martial arts] and opened my study guide every chance I could get."

Though individual training remains an essential element to success, it cannot simulate the competition's intense schedule.

The first day is relatively easy, said Master Sgt. Daniel Lopez, NCOIC

for the Best Warrior Competition. The Soldiers have to exert enormous energy during the ruck march, but then they must mentally block the pain and exhaustion to shoot accurately on the rifle and pistol range.

The range is followed immediately by an obstacle course where the competitors must run or crawl to stations where they perform warrior tasks such as reassembling their weapons and dragging a casualty, added Master Sgt. Eugene Shiner, the support operations mobility noncommissioned officer in charge for the 143d ESC.

While all the competitors displayed great confidence with the Best Warrior Competition's physical demands, many expressed uncertainty when facing a board of six sergeants major.

"It's tough recalling volumes of information while a half-dozen

See BWC, pg. 16 >>

BWC, cont. >>

senior commanders stare at you,” said Sgt. Joshua Welborn, a Best Warrior competitor and motor transportation specialist for the 991st Transportation Company. “I try to get at least one of the sergeants major to laugh as a way to calm myself.”

“Each command sergeant major asked questions from a specific topic such as military justice, drill and ceremony, awards and decorations, customs and courtesies and the U.S. Constitution,” said Uhlig, who served as president of the board. “The competitors struggled especially with these last two [topics].”

“But that’s part of the appeal of the Best Warrior Competition,” said Command Sgt. Maj. Dock Whitaker, command sergeant major of the 518th Sustainment Brigade. “It’s a learning experience as much as it is a competition . . . These Soldiers can apply these lessons not only in future competitions but also among other [Soldiers] in their units.”

For nearly a decade the prestige

of the Best Warrior Competition has attracted thousands of Soldiers from every MOS. Though the events may be monitored and the scores recorded, pinpointing a universal, primary source for every Soldier’s motivation remains elusive. MacDonald, for instance, believes the Best Warrior Competition will accelerate his trek toward American citizenship; while Welborn, a survivor of a serious car accident that prevented him of completing last year’s competition, views the contest as an opportunity to confirm his full recovery.

Sgt. Thomas E. Cooper, a former Airman and current Best Warrior competitor representing the 321st Sustainment Brigade, finds inspiration from his father.

“My dad excelled in similar competitions when he was in the Army,” said Cooper, a resident of Baton Rouge, La. “His combat skills inspired me to transition from Airman to Soldier, and the Best Warrior Competition gave me an opportunity to practice the skills that he mastered so many years ago.”

As the competition’s only female competitor, Spc. Lisette Vera, a G-3 (operations branch) administrative assistant for the 143d ESC, participated for strictly personal reasons.

“I’m not here to prove a point about women in combat or gain approval from my superiors,” said Vera. “I just want to know that I have what it takes to be a Soldier.”

After enduring three days of exams and evaluations, the Warriors were treated to a hardy breakfast at Camp Blanding’s historic Cooper Hall. Uhlig and Brig. Gen. Mark W. Palzer, commander of the 143d ESC, commended the competitors’ accomplishments.

“We weren’t looking for the max score; we were looking for max

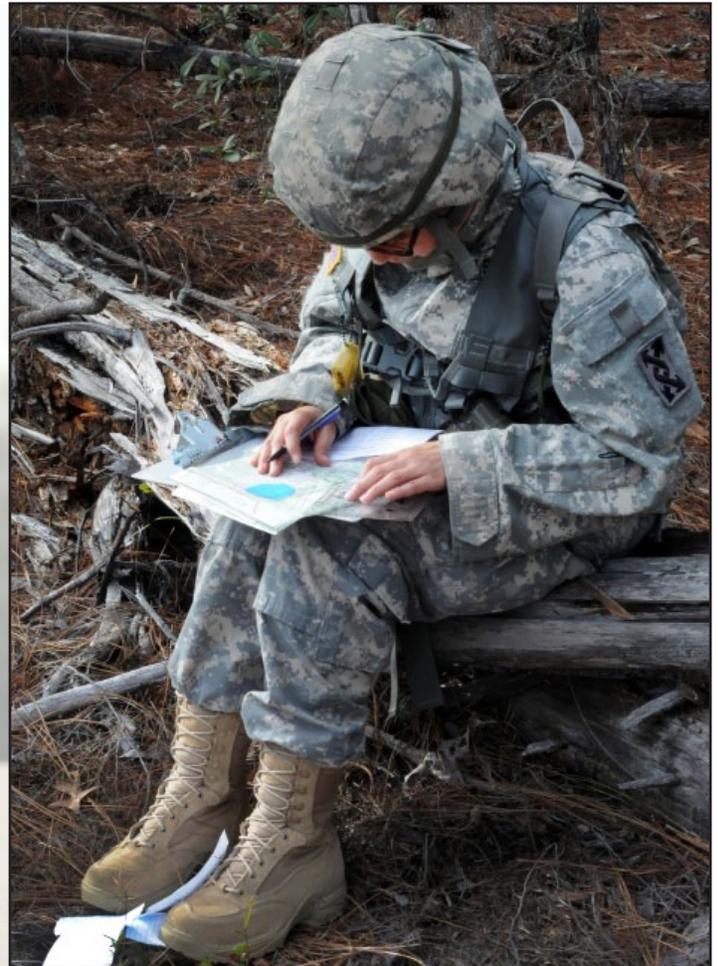


Photo by Spc. John L. Carkeet IV | 143d ESC

Spc. Lisette Vera, an administration assistant for the 143d ESC, plots points on a map during the land navigation segment of the Best warrior Competition held Mar. 1 at Camp Blanding, Fla.

effort,” said Palzer. “If you gave it your all out there then no one can doubt that you will give your all in any other situation . . . That’s crucial in our brotherhood of arms.”

Despite the nine competitors’ valiant efforts, the 143d ESC could only select two to represent the command at the theater level.

Staff Sgt. Matt Q. Loeb, the chemical, biological, radiological and nuclear NCOIC for the 143d ESC, earned the top slot in the competition’s NCO division.

Vera had to excuse herself from the awards ceremony to report to a school specific to her MOS. Her absence did not preclude her from achieving a first place finish among her junior enlistees.

Loeb and Vera will meet again when the 377th Theater Sustainment

Command hosts the next level of competition at Camp Shelby, Miss., April 15-20

“The Best Warrior Competition pushed these Soldiers to their limits,” said Uhlig. “When they go home, I expect them to constantly test those limits while motivating others to follow their lead.”



Photo by Spc. John L. Carkeet IV | 143d ESC

Best Warrior Competition competitor Spc. Kurtis W. Palata, a wheeled vehicle mechanic with the 81st Transportation Company, 332nd Transportation Battalion, lugs a log during the obstacle course phase. Palata had the fastest time for the course and won first runner up for the entire competition.

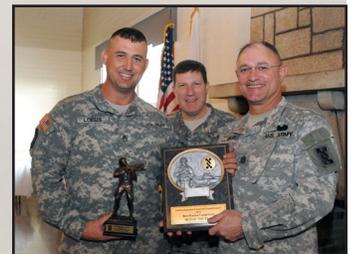


Photo by Spc. John L. Carkeet IV | 143d ESC

Staff Sgt. Matt Q. Loeb (left) holds his first place trophy and plaque presented by Brig. Gen. Mark W. Palzer (center), 143d ESC commander, and Command Sgt. Maj. Jeffrey E. Uhlig (right), command sergeant major for the 143d ESC.

Around the ESC



Photo by Sgt. Andres Su | 332nd TC BN

While instructing a driver's training course held during the first week of February in Orlando, Fla., Staff Sgt. Christopher M. Darna (second from left), a transportation management coordinator for the 332nd Transportation Battalion, describes to his fellow Soldiers what lies under a hood of a Humvee.



Photo by Maj. John Adams | 143d ESC

Brig. Gen. Mark W. Palzer, commander, 143d Sustainment Command (Expeditionary) addresses a group of senior leaders during the 2012 Yearly Training Brief held Feb. 11 in Orlando, Fla. Palzer focused on command teams concerning the up-coming fiscal year 2012 training year with his priorities, philosophy and overall guidance.



Photo by Spc. John L. Carkeet IV | 143d ESC

From left to right: 143d Sustainment Command (Expeditionary) Soldiers Lt. Col. Todd Lewis, Maj. Steve Trisler, Maj. Michael A. Lamolli and Lt. Col. Paul Soehnlein pose for a photo during the Intelligence Liaison Conference held Feb. 10 in Orlando, Fla. The Central Florida Intelligence Exchange presented Trisler and Lamolli the intelligence officer of the year award in recognition for their contribution to Central Florida's crime prevention community.

Around the ESC



Photo by Maj. John Adams | 143d ESC

Nine Soldiers competed in the 143d's annual Best Warrior Competition March 1-3 at Camp Blanding, Fla. Staff Sgt. Matt Q. Loeb (second row, third from left) and Spc. Lisette Vera (first row, third from left) advanced in the competition and will represent the 143d ESC at the 377th Theater Sustainment Command level April 15-20 in Camp Shelby, Miss.



Photo by Spc. John L. Carkeet IV | 143d ESC

Holding more than 40 pounds of equipment, Spc. Lisette Vera, a G-3 administrative assistant for the 143d Sustainment Command (Expeditionary), quenches her thirst moments before completing a 10 kilometer ruck sack march. The march was one of several physical challenges that comprised the 143d ESC's Best Warrior Competition held Mar. 1-3 in Camp Blanding, Fla.



Photo by Jeffrey Blackman | 143d ESC

From left to right: Staff Sgt. Dwight Christie, Spc. Lisann Maresco and Spc. Kaylee Smith lead the way as the 399th Transportation Detachment conducted a ruck march through the streets of Gainesville, Fla., Feb. 26.

UNIT PHOTOS WANTED

The "ESC Today" wants to show off photos of Soldiers from your unit performing operational duties and basic soldiering skills. Include a caption with names, ranks, place, date and a short description of what is happening in each photo, then send your images to: john.adams16@usar.army.mil

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SCIMITAR, cont. >>

the units they may be replacing soon, helping smooth the transition to theater.

“They’re kind of doing their left-seat, right-seat right now,” said Shea. “When they hit the ground, they already have an idea who their counterpart is, who they’re

working with, what to expect, and what kind of preparatory work they can do on this side before they actually deploy and hit the sandbox. In the HR world, it’s all about relationships and relationship building,” he said.

Silver Scimitar isn’t just a chance for HR Soldiers to network and

share ideas and experience. After a week’s worth of doctrinal training and focus on collective tasks, HR units participate in a culminating training event, which closely simulates their actual duties on the battlefield. Teams practice processing casualty reports, moving Soldiers on and off the battlefield, handling personnel issues, and even running a mock post office operation.

It’s during this time the HR Soldier sees the benefit of this unique form of training, said Kay, because they apply the doctrine, using the knowledge and advice they gained from the trainers and subject-matter experts.

“It’s a ‘crawl, walk, run’ process,” said Kay, and the final event pulls it all together. “That’s part of the beauty of this beast. At the end of the day, they walk away with a better working knowledge.”

Up to now, said Kay, Silver

Scimitar has been a “handshake agreement” among the active duty, Army National Guard and U.S. Army Reserve, and with the close-working relationships developed, they’ve made it a success. Now, he said, the HR community is working to certify Silver Scimitar as the premiere exercise to validate training for deploying HR units.

Just as combat troops use the National Training Center and the Joint Readiness Training Center to validate combat arms and combat support units, he hopes Silver Scimitar will soon do the same.

“We would like to see Silver Scimitar go into that kind of a realm as a big Army -- not an Army Reserve, not a National Guard -- but as a big Army mission,” he said. Shea agreed it would be beneficial for Silver Scimitar to fulfill that role. “This is really the JRTC and the NTC for the HR professionals,” he said. ☒



Photo by Sgt. 1st Class Jo Hoots | 214 MPAD

During a briefing, exercise director Col. Robert Kay (center), 3rd Human Resources Sustainment Center, discusses the details of Silver Scimitar with Maj. Gen. Michael J. Terry (left), commanding general, 8th Theater Sustainment Command, Fort Shafter, Hawaii. This year’s exercise attracted more than 500 Soldiers from around the country with civilian and military instructors from various organizations.

Women’s History Month

...To ignore the vital role that women’s dreams and accomplishments play in our own lives would be a great mistake. We draw strength and inspiration from those who came before us - and those remarkable women working among us today. They are part of our story, and a truly balanced and inclusive history recognizes how important women have always been in American society.

I’M NOT AFRAID OF STORMS FOR I’M LEARNING HOW TO SAIL MY SHIP

LOUISA MAY ALCOTT

Virginia Woolf

Women’s Education- WOMEN’S EMPOWERMENT

Attention Army Reserve Families!!



MATH TESTING STRATEGIES...

BEFORE THE TEST

- * Don’t study at the last minute.
- * Review notes and misconceptions.
- * Rework the same problems and all “step” process.
- * Memorize vocabularies, formulas, facts and techniques.
- * Get lots of sleep the night before the exam.

DURING THE TEST

- * Relax and just try your very best.
- * Look over sections of your exam and work on 1-step problems FIRST.
- * Mark and skip multiple step problems you may not know how to do and solve them later.
- * Use any remaining time to review problems and rules, strategies and calculations and solve skipped problems.
- * Make sure your last 1-2 minutes is saved for correct bubble completion--fill all unfilled bubbles and make sure are filled correctly--no stray marks.

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- Each student cannot exceed more than 4 session
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STOMP (Specialized Training of Military Parents) is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs. STOMP began in 1985, it is a project of Washington PAVE, and is funded through a grant from the U.S. Department of Education.

FOR FURTHER QUESTIONS about this newsletter, please contact:
email 1: morfanel@odysseyci.com; email 2: matteo@arcyss.com; desk: 800-221-9401 x. 1294
Matteo Orfanel, School Support Specialist, 143d ESC/Puerto Rico
Army Reserve Child Youth & School Services

HORSEPOWER HEROES

M1165A1 HMMWV

■ BY SGT. ANDRES SU
332nd Transportation Battalion

Time in service: 2004-present*
Missions: Command & Control
General Purpose
Length: 4.93 meters (16.17 feet)
Width: 2.21 meters (7.25 feet)
Height: 1.94 meters (6.35 feet)
Weight: 5,489 kilograms (12,100 pounds)
Crew: 1-4
Engine type: General Engine Products
Engine size: V8, 6.5L turbocharged diesel
Engine power: 190 horsepower
Max speed: 113 kph (70 mph)

Background

When the High Mobility Multipurpose Wheeled Vehicle debuted in 1985, many men and women in uniform described it as “a jeep on steroids.” The HMMWV—more popularly known as the Humvee—received national attention when Soldiers and Marines operated them in the tropics of Panama during Operation Just Cause in 1989; then worldwide recognition when American and allied forces used them in the deserts of Iraq during Operations Desert Shield in 1990 and Desert Storm in 1991.

Though the Humvee’s speed and versatility made it an exceptional



Photos by Sgt. Andres Su | 332nd TC BN

addition to the modern battlefield, the vehicle’s design offered only meager protection against small arms fire and no defense against heavy machine guns and rocket propelled grenades. The tragic loss of 18 U.S. service members during the First Battle of Mogadishu, Somalia, in 1993 persuaded America’s military and political leadership to enhance the machine’s resiliency to bullets and explosives. Lessons learned from Somalia and later Afghanistan and Iraq led to impressive upgrades to the vehicle’s armor, suspension and comfort.

Capabilities

The M1165 series HMMWV can perform a myriad of missions from armed patrol and command and control to medical evacuation and humanitarian aid. The vehicle

can operate on nearly any terrain while in almost every type of weather without sacrificing its mobility, dependability or performance. A standard M1165A1 protects its crew and components with body armor, bullet resistant windscreens and energy absorbing seats. Soldiers may install specialized kits that bolster the Humvee’s defenses against mines and improvised explosive devices.

Regardless of the mission or configuration, Soldiers in warmer climates can “keep their cool” thanks to the M1165’s air conditioning system. ❏

**The first generation of the HMMWV entered active military service in 1985. The ones pictured here rolled off the assembly line from 2004-05.*

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The Cpl. Larry E. Smedley National War Museum has chosen USAA's travel alliance partner, Explore Cruise and Travel, to handle bookings. They have assured us we are getting the best prices available. The stateroom prices found on the attached form include all taxes, port charges, onboard ship gratuities as well as a \$50.00 stateroom onboard credit. You are strongly encouraged to reserve with a deposit now in order to hold these room prices. Cancellation with a full refund is allowed prior to October 8, 2012. Low cost USAA travel insurance is also available through the Travel Agent.

The cruise will take place aboard the Royal Caribbean Cruise Lines ship Monarch of the Seas, sailing from Port Canaveral on Friday Dec. 7 returning Monday Dec. 10, 2012, with ports of call in Nassau and Coco Cay.

What you need to do -

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Please Reference Our Group Code PV1207
A \$50.00 Per Person Deposit Is Required

