

VICTORY JOURNAL

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655th RSG says Farewell and Godspeed

Family, friends and fellow Soldiers gathered at the Westover Air Reserve Base to see Soldiers from the 655th Regional Support Group off before their deployment to Afghanistan, Feb. 11.

The 655th RSG will be assigned as camp garrison command for United States Forces in Afghanistan.

Col. Stephen Falcone said, "We call this a farewell ceremony for a reason . . . In the Army, we don't say goodbye. We say godspeed, farewell and see you in a year," Falcone told the crowd.

Falcone reminded everyone the next year will be difficult, as their loved ones will be stationed in Afghanistan, but told them to be strong, and to rely on family, friends and support organizations.

"Stay strong," he told them. "You'll get through this."

"The soldiers need to be focused. That way they'll be safe," Falcone said. "You didn't sign up for this. Your soldiers did. It will be a tough year, but you will get through it."

In addition to Col. Falcone, Col. Ernest Erlandson Jr., 655th RSG Commander, spoke to his Soldiers and the crowd and took time to thank the members of the USO who supported the event with refreshments and a place for Families to relax.

As part of the farewell ceremony the 655th

RSG conducted a casing of the colors prior to their departure. Once in Afghanistan the unit will uncase the colors as a sign of becoming operational.

Staff Sgt. Kein M. Milledge, 27, of Springfield, said this will be his second deployment. He previously served in Iraq. "I'm not too worried. I know we have a good group. I'm



pretty much prepared."

Milledge said they spent the last month training, and were instructed on how to deal with people from other countries and understand their cultures.

Spc. Armando C. Santiago, 19, of Springfield, is the unit's youngest member. Approximately a dozen family members from New York and Springfield were with him at the ceremony. He said he is ready to go.

"I want to get the experience," Santiago said. "I'm with a good group of guys. We have a camaraderie, a brotherhood. Even though I'm going to be away from my family, it's like I'll be with another family."

Before leaving, many Soldiers stood on the stage in front of a giant American flag for photographs and a last hug with Family.



CSM Bolduc



The Army is implementing changes and more changes are coming. Are you prepared? We often hear bits and pieces of the new Army Fitness program, the way promotions boards are being conducted, changes in the Noncommissioned Officer Education System (NCOES), and Quality Management Program (QMP) just to name a few. Are you keeping up? The Army Reserve Command Sergeant Major Michael Schultz was recently quoted, “The knowing, going and showing the way is not easy. It never has been. Leaders, no matter the organization, must know the programs, policies and resources out there, and if they are not sure, they need not be afraid to ask”.

I could not agree more. All too

often no matter our rank or position we wait to be informed or updated; do not sit idly by when there are so many resources available to us and at our finger tips. I am by no means a computer savvy individual but I am often on the computer surfing websites that allows me to stay current on what is happening in the Army today and what we can expect further down the road. Be sure to take that time to access the Army Knowledge Online website at least twice a week. The Army Human Resources Command site (HRC) is also a great resource. There are websites that will allow you to talk with your peers, share best practices or ask questions. I assure you, it is worth the 30-60 minutes a week you may have possibly spent chatting, surfing facebook or twitter, and you would have gotten the tools to be a better leader and ultimately manage your own career.

Some important information:

USAR Command Sergeant’s Major Enlisted Priorities and Initiatives

Automated Sr Promotion Enlisted Board:

-Feb. 12 (all Sr grades)

Aug. 2012 (SFCs only/QRB (all grades)

FY 13 (Once a Year)

Centralized PPRL (no geographic

boundary) – Feb. 2012

NCOER (Redesign of NCOER: FY 2012)

USAR Unit Medical Readiness (PHAs/PDPHA etc.)

In closing, unrelated to the above topic I’d like to leave you with a thought. I saw this in the Army Reserve Posture Statement. “Today, less than one-half of 1 percent of Americans serves in the Army. As members of one of our Nation’s oldest and most enduring institutions, these volunteers play an indispensable role in guarding U.S. national interests at home and abroad. Young men and women who want to make a difference in this world want to be part of our Army, which is why even after a decade of conflict, we continue to fill our ranks with the best the Nation has to offer. They have earned the gratitude, trust and admiration of an appreciative people for their extraordinary accomplishments”.



Awards, Promotions, Change of Command



COL David Whaling is congratulated by BG Bud Jameson, Jr., upon being promoted during a ceremony Feb. 11.



SGM Ricardo Saunders is promoted by COL Ken Walter at the 316th February Battle Assembly.



CPT Charles Querriera receives the Army Achievement Medal from COL David Brown at the 316th ESC February Battle Assembly



COL David Brown presents the Army Commendation Award to MSG Troy McCullough at the 316th ESC February Battle Assembly.



1LT Thomas Horvath is presented the Army Achievement Medal by COL David Brown at the 316th February Battle Assembly.



Chaplain Charles Yost receives the Meritorious Service Medal from COL David Brown for his service as the 38th Regional Support Group Chaplain at the 316th February Battle Assembly.



LTC Harold Parkinson is promoted by his wife and family during a promotion ceremony Feb 23.



LTC Gregory Toth is promoted by his mother at the 316th February Battle Assembly.



SPC Reina Dandar is promoted by COL David Brown during 316th ESC Battle Assembly in February

For inclusion, send award, promotion, change of command photos and cut-lines to 316th ESC PAO at: esc316paofits@usar.army.mil

Warriors compete to be the best in brigade

By Spc. Michael Crawford, 354th MPAD—Five Soldiers discovered what it meant to be a modern-day Soldier as they gathered to put their minds, bodies and spirits to the test for three full days.

“It’s an excellent opportunity to be able to participate,” said Sgt. Jestin Llewellyn, a signal support specialist with the 55th Sustainment Brigade here. “It refreshes soldiering skills and it pushes you to be a better leader. I’d do it for free.”

The competitors would not sit idle for long. Within an hour of arriving, the evaluators issued each Soldier a weapon and began testing their warrior skills. While each competitor had been provided with a schedule, one key phrase would keep them on their toes: “Please note that dates and times are subject to change without notice.”

And they would.

With the competitors constantly split up among different and often unannounced evaluations, the schedule became more a polite suggestion than a set-in-stone play-by-play – a situation the competitors reveled in.

“I’m extremely excited,” said Spc. Danielle Evans, a human resources specialist with the 408th Human Resources Company based in Fort Totten, N.Y. “The Best Warrior Competition collects the most motivated Soldiers that want to be mentally and physically challenged.

“We build camaraderie with other skilled Soldiers, learn from leadership and are exposed to new things and experiences, so we can take that much more back to teach other Soldiers to improve their knowledge of the profession of arms,” said Evans, a native of Brooklyn, N.Y.

After the first round of tests on warrior tasks and drills, the competitors’ physical fitness was put to the test way before the sun rose on day two. Sprinting against the biting-cold wind, the competitors proved they weren’t prepared to settle for less than the top during the Army Physical Fitness Test.

“I participate to be the best of the best,” said Spc. Zhikai Zhao, a motor vehicle operator with the 773rd Transportation Company based in Fort Totten. “Everyone’s really shown their ability as the best from their battalion. I

can learn something from other competitors and find where I am, and how I can improve myself.”

After a hot meal and shower, the focus of the competition took a 180-degree spin as Soldiers prepared themselves for the appearance board. The air was thick with tension as three sergeants major asked their questions. The competitors reported one at a time and sounded off with voices determined to win.

“Anyone who walks away from this competition has a greater sense of who they are just because they’ve had to dig deep for the entire competition,” said Sgt. William “Mike” O’Brien, a combat correspondent from Pittsburgh, Pa., with the 354th Mobile Public Affairs Detachment based in Coraopolis, Pa. “They have a greater respect for their fellow Soldier and the Army in general.”

As the sun rose for the third day, the competitors’ fitness was put to the test once more as they embarked on a seven-mile road march with no less than 35 pounds on their backs. But this was the Best Warrior Competition, and a simple walking pace was not enough.

Three of the competitors ran much of the seven miles.

“I was always competitive with the boys since I was a child,” said Sgt. Viktoriya Varpakhovich, a human resources specialist with the 408th. “As a female, you get underestimated. It’s nice when you prove them wrong.”

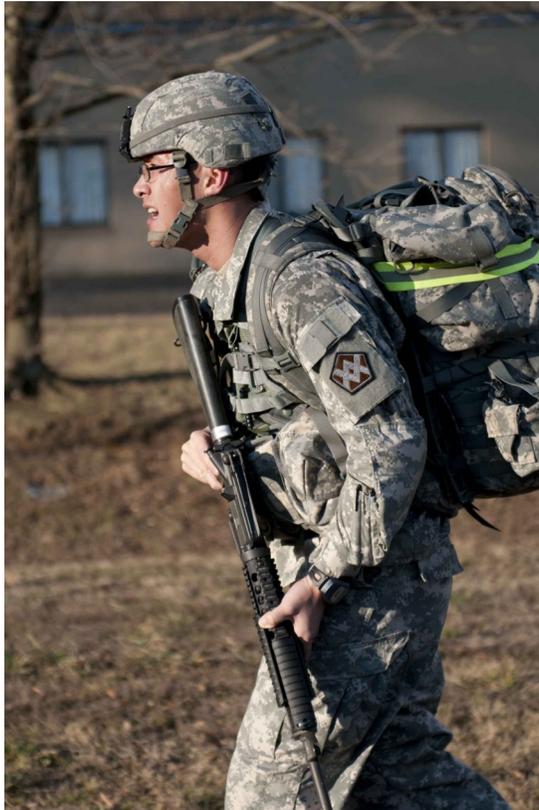
Finally, Sunday arrived. After grueling physical trials, intensive knowledge evaluations and sharp presentations before the board, the results were in.

In the junior enlisted division, Zhao achieved first place.

“It’s an honor to represent my company,” said Zhao, a native of Queens, N.Y. “It’s a good experience for me. I can go back to my unit and teach others what I’ve learned.”

In the noncommissioned officer division, Llewellyn achieved first place.

“I made it up to the Corps level in 2010, but injury caused me to fall from first to third at the very end, so I feel like this is my redemption,” said Llewellyn, a native of Cumberland, Md. “I believe all Soldiers should take the opportunity to participate at least one time in the Best Warrior Competition. It’s absolutely excellent.”



Women's History Month

From the American Revolutionary War to the present Global War on Terrorism, women have served a vital role in the U.S. Army. Ever since Mary Ludwig Hays McCauley ("Molly Pitcher") replaced her husband when he collapsed at his cannon, women have continually proven that the narrow stereotype, limiting their choice of occupation, was wrong. As women expanded into different roles in the U.S. Army, it was clear that the heart of a warrior was not limited to one gender.

Although the idea of women in the Army other than the Army Nurse Corps was not completely abandoned following World War I, it was not until the threat of world war loomed again that renewed interest was given to this issue.

In May 1941, the Honorable Edith Nourse Rogers, Congresswoman from Massachusetts, introduced a bill for the creation of the Women's Army Auxiliary Corps (WAAC). Spurred on by the attack on Pearl Harbor on Dec. 7, Congress approved the creation of the WAAC on May 14, 1942. President Franklin D. Roosevelt signed the bill into law on May 15, and on May 16 Oveta Culp Hobby was sworn in as the first Director.

Hobby was a nearly unanimous choice of the War Department because of her work in the department's Bureau of Public Relations. The WAAC was established "for the purpose of making available to the national defense the knowledge, skill, and special training of women of the nation." The WAAC adopted Pallas Athene, Greek goddess of victory and womanly virtue – wise in peace and in the arts of war – as its symbol. Pallas Athene and the traditional "U.S." were worn as lapel insignia. Cap insignia was an eagle, adapted from the design of the Army eagle. The WAAC eagle, later familiarly known as "the Buz-zard", was also imprinted on the plastic buttons of the uniform.

The first WAAC Training Center opened at Fort Des Moines, Iowa, under the command of Col. Don C. Faith, and the arrival of the first women and their subsequent training brought considerable public interest. The first women arrived at Fort Des Moines on July 20, 1942.

Among them were 125 enlisted women and 440 officer candidates (40 of which were black) who had been selected to attend the WAAC Officer Candidate School (OCS). After OCS, black officers and white officers were segregated. The issuance of uniforms was the main initial interest for the trainees and the public alike. Almost all the saleswomen and fitters in Des Moines were mobilized at the clothing warehouse to assist the WAAC with the new uniform. The first winter service uniform was a dark olive-drab wool with matching service cap (the "Hobby Hat"), and the first summer service uniform was the same style made of heavy cotton khaki.

Women from ages 21 to 45 could enlist, however, training for women was limited. Training at Fort Des Moines involved primarily drill and ceremonies, military customs and courtesies, map reading, company administration, supply and mess management. WAAC proved to be good Soldiers, mastering training with ease.

After training, unless she remained at the training center to replace a male member of the cadre, the WAAC officer or enlisted person was assigned to a 150-woman table of organization (TO) company. Such units had spaces only for clerks, typists, drivers, cooks and unit cadre.

Stateside, the basic rate of pay for enlisted women and men was the same, \$21.00 per month. However, women could not receive overseas pay, they were ineligible for government life insurance and if they were killed, their parents could not collect the death gratuity. If they became sick or were wounded, they would be entitled to veteran's hospitalization.

By the end of September 1942, the first WAAC Training Center at Fort Des Moines was training to capacity. The need for additional training space prompted the establishment of four additional training centers over the next few months.

In the beginning, the WAAC exceeded all its recruiting goals, but by June 1943 recruiting efforts had fallen. Higher paying jobs in civilian industry, unequal benefits with men, and attitudes within the Army itself – which had existed as an overwhelmingly male institution from the beginning – were factors. A War Department investigation of male Soldiers' treatment of their female counterparts confirmed some negative attitudes.



316th ESC Soldiers Salute Veteran Patients

The Pittsburgh VA celebrated the 34th annual, national salute to hospitalized veterans, Feb. 15-17 and Soldiers from the 316th Sustainment Command (Expeditionary) were on hand to help salute fellow veterans.

The annual program is designed to honor veterans and increase community awareness of the VA's role in providing comprehensive medical care to the Nation's veterans.

According to Deborah Goral from the VA Pittsburgh Healthcare system, "The national salute is observed annually during the week of Valentine's Day, a day of caring and sharing which underscore the Salute's expression of honor and appreciation to inpatient and outpatient veterans."

316th ESC Soldier, Master Sgt. Dennis Lopic, visited the University Drive VA and was asked what ward he wanted to visit. Lopic said, "Whichever one has no visitors scheduled."

Lopic was escorted to the intensive care ward and along the corridors of the modern hospital were the VA's most seriously ill patients.

Lopic commented, "To a man, every patient was happy to have a visitor who was appreciative of their service to our country."

Continuing, "I was greeted with smiles, warm handshakes and an occasional story of service from WWII to Southeast Asia."

This was a very humbling experience for Lopic who said, "In spite of their condition, each moment with them left me with the impression of how humble they all were. Often they preempted my feeble words with a 'thank you for your service master sergeant'."

316th ESC Soldiers who visited the other hospitals also heard service stories and were left with a feeling of gratitude and respect for the veterans they met.

In addition visiting veterans at the University Drive VA, 316th ESC Soldiers also supported events at the Highland Drive VA, the primary center for treatment of addictive disorders and a regional center for treatment of former POW's, and Soldiers visited the H.J. Heinz Campus, home to a geriatric care program, a veterans recovery center and homeless domicile.

Chief Warrant Officer 2, Richard Martin, who visited veterans at the H.J. Heinz campus, said, "It was rewarding for me to interact with service members who were responsible for shaping history. Clearly, they appreciate knowing that they have not been forgotten. The Veterans Administration has made some tremendous improvements to their hospitals and the manner in which care is provided."

Capt. Jeff Gruidl, who visited the University Drive VA, said, "Everyone of us who volunteered met veterans in many stages of hospital care and for me it was an honor and privilege to sit and talk with every veteran I met."

In addition to fellow servicemembers, JROTC students, retired veterans, entertainers, politicians and retired Pittsburgh Steelers also stopped to shake hands and spend time with the veterans.

The annual VA National Salute program began in 1978 when VA took over sponsorship of a program started in 1974 by the humanitarian organization No Greater Love, Inc. If you are interested in finding out more about Annual Salute to Hospitalized Veterans or the VA in general please visit www.pittsburgh.va.gov.



Retired local veterans from the Pittsburgh area came to share their support for fellow veterans during the 31th annual national salute to hospitalized veterans, Feb. 15-17.

Driving Safety

Chief Warrant Officer 2 Alphonso White 3rd Infantry Division —You wouldn't get behind the wheel with half your brain cells "anesthetized" by alcohol. Then why would you drive impaired by fatigue? Maybe fatigue doesn't carry the stigma that alcohol has, but either one will plant you in a median, guardrail or grave. Accidents don't discriminate when it comes to victims; they just look for easy targets.

I was headed home from a 15-month-long tour in Iraq when I boarded a plane in Stuttgart, Germany. I sat impatiently on the plane, my mind filled with thoughts of seeing my Family and friends once again. The trip from Germany was long, but it passed quickly as I thought about home. In all that excitement, not once did I imagine what was in store when we landed stateside.

Soon after the plane landed, we were marched into the gymnasium for our return-home ceremony at Fort Stewart, Ga. The ceremony felt like it lasted for hours as I waited to be released to join my Family. My first child was born during my deployment and this would be my first opportunity to see her since my brief rest and recuperation leave. Everything was going the way I had imagined — that is until we were pulled away from our Families for yet another formation.

Our company commander gathered the unit and began giving the restrictions for the 48-hour pass we were each afforded. Among the restrictions, we were not to drink, drive or go outside of a 250-mile radius from Fort Stewart. I felt a little uneasy about those restrictions because my Family had to return to South Carolina. I wanted to spend more time than just the few hours they were down visiting. I told my mother I was thinking about riding back with my Family and driving back to Fort Stewart the following Monday for the next scheduled formation. I knew that was against the orders that were just put out; however, as a young Soldier, all I was concerned about was spending time with my Family. I didn't feel that I was that tired. I felt fine and couldn't understand why everyone was harping on jet lag. After all, I slept the majority of the plane ride. I thought to myself, "How much sleep do they want me to have before driving?"

After being released from formation, my Family and I got on the road and headed north to South Carolina. I was so elated to have my daughter in my arms and to be headed somewhere not surrounded by Soldiers, sand and porta-potties. That night would go by very fast. Between catching up with my mother and waking up in the middle of the night to feed my daughter, I got very little sleep. However, I felt great and not the least bit tired.

Finally, it came time for me to return to Fort Stewart. It would be a 4 ½-hour drive. What I wasn't expecting was the effect of not driving a privately owned vehicle for more than a year would have on me. I had been driving for about 3 ½ hours when my eyes began getting very heavy. I remember them closing constantly, but I forced myself to stay awake. I told myself I would pull over and stretch at the rest area just across the state line — but my plan didn't work.

Before I realized it, I fell asleep and veered into the median. When I opened my eyes, I was startled to see I was half-way into the median headed toward a construction sign. I panicked and overcorrected, causing my car to swerve and barely miss hitting the guardrail. By now, I was sliding out of control and heading toward a tree. I can remember thinking I needed to brace for the impact. Fortunately, my car stopped just short of the tree. I remember just sitting there, my hands clenching the steering wheel, my eyes wide open and thinking I was the luckiest man alive. After I calmed down, I put the car in reverse, got back on the highway and stopped at the first hotel, where I slept for the night.

My decision to disobey orders and not abide by the risk management measures that were put in place almost cost my life. A price like that is far too much to pay for not having the patience to wait until the travel restrictions were over to see my Family. I realized then driving while fatigued is one of the most dangerous things a person could ever do.

From that moment forward I have strictly abided by rest cycles, along with other driving safety measures I have been taught. I strongly encourage anyone who reads this article to understand your life is worth more than the brief time you'll gain by not pulling over or getting the proper rest before traveling. Make sure to get adequate sleep before you drive. Remember, the goal is to arrive safely.



Brain Injury Awareness Month

Shannon Carabajal, Army Medicine - According to the Centers for Disease Control and Prevention, nearly 1.7 million people suffer a traumatic brain injury, or TBI, each year.

Of those, 52,000 people die. TBI is also a contributing factor to a third of all injury-related deaths in the U.S.

During March, in recognition of Brain Injury Awareness Month, the Army is taking steps to increase awareness about brain injuries, including prevention, diagnosis, and treatment, while reducing the stigma for persons who seek care.

TBI is a disruption of function in the brain caused by an external force. The severity can range from mild, also known as concussion, to severe involving an extended period of unconsciousness or amnesia.

"Traumatic brain injuries result from an external force such as blow or jolt to the head. Concussions can occur in combat operations (such as during a blast event), in sports (particularly contact sports such as football, soccer, or martial arts), during recreational activities (such as skiing or biking accidents), and in vehicle collisions that have sufficient acceleration/deceleration movement.

A TBI can also be caused by a penetrating injury to the brain from a bullet or other object," said Maj. Sarah Goldman, TBI program director for the Office of the Surgeon General.

Goldman said concussions are common injuries that occur in many settings including combat operations, contact sports, recreational activities, and vehicle collisions. Because they are not as obvious as other physical injuries, leaders, medics, physicians, and even those injured may mistakenly overlook or underestimate the effects of concussions.

Symptoms of concussion can include confusion, headaches, dizziness, ringing in the ears or nausea. These symptoms usually resolve within hours or a few days. Some people do have more persistent symptoms, which can include trouble sleeping, irritability or visual disturbances.

"It is imperative to reduce the chance of a second head injury before the brain can recover. Soldiers should be taken out of the fight and athletes should be removed from the field to prevent repeated injury and promote healing," she said.

Col. Nikki Butler, director of the Rehabilitation and Reintegration Division at the Office of the Surgeon General, said TBI awareness is especially important for military personnel who, due to the nature of their work duties and lifestyle, are at a higher risk for TBI than the average citizen.

Since 2000, the Defense and Veterans Brain Injury Center has counted 229,106 cases of TBI among U.S. military personnel worldwide. Of those cases, 76.7 percent were determined to be mild, 16.7 percent were moderate, 1 percent were severe, and 1.6 percent were penetrating.

"Soldiers and leaders need to understand the subtle effects of concussion, because the Soldier often has very subtle or no outward signs of injury. Battle buddies need to be aware of any changes following a head injury and encourage Soldiers to seek medical attention as soon as possible after the injury, no matter how mild it may seem," she said.

Butler encourages Soldiers and their families to be proactive in preventing TBI by using protective equipment for sports and avoiding high-risk behaviors such as aggressive driving. She also said early identification and treatment is critical.

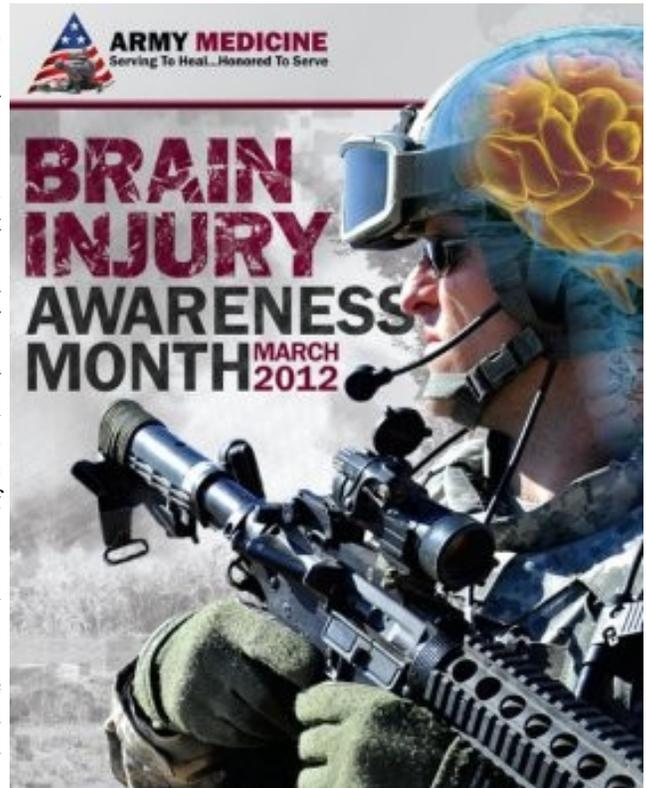
Brain injuries should be identified and treated as quickly as possible, Butler said. Current scientific evidence supports rest, education, and expectation of recovery as the cornerstones of treatment for concussion.

Statistics indicate that more than 90 percent of those who have suffered a TBI will fully recover; however, some patients may experience long-term symptoms, Butler said. The chances of long-term ramifications are increased if there have been multiple or repetitive injuries such as in the case of professional boxers.

"It takes time for the brain to heal and Soldiers do not all recover at the same rate even if they sustain a similar injury. It is absolutely essential to avoid getting a second concussion or insult before the brain has fully healed," Butler said.

Army Medicine has primary care and specialty providers throughout the continuum of care who are educated in brain injury identification and rehabilitation. On the front lines, medics are trained prior to deployment to screen for brain injuries using the Military Acute Concussion Evaluation developed by the Defense and Veterans Brain Injury Center.

Additionally, the DOD stood up a concussion system of care at the point of injury in theater to promptly identify and treat these injuries.



Army Strong

SOAR (Student Online Achievement Resources) is a program for military families and the school districts that serve them. It aims to address the unique challenges facing military children in our nation's public schools, while benefiting the overall student population.

SOAR is **FREE**. There are no costs associated with registration or use of the program. SOAR is funded through a Congressional appropriation.

SOAR is an innovative program that makes it easy for parents to play an active role in their children's education. SOAR is designed for military families, and is easily accessible worldwide.

Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Parents can monitor their children's progress from anywhere, and are provided with resource materials.



Links to Department of Education and other educational resources websites

Student components include:

Assessments aligned with state standards to identify strengths and weaknesses in reading and mathematics
Tutorial lessons to reinforce and review skills not mastered

<http://www.soarathome.com>

iWATCH ARMY

iREPORT **iKEEP US SAFE**

A Simple Observation
A Single Report can lead to actions that may **STOP** a terrorist attack

THINK ABOUT THE POWER OF THAT. THE POWER OF iWATCH.

See Something Say Something

Always Ready, Always Alert
Because someone is depending on you

<https://www.us.army.mil/suite/page/605757>

Parent components include:

Easy access to their children's accounts
Links to military installations, transition resources and school websites.
Resources for at-home learning activities
Message board
State-specific resources, such as state learning standards

Chaplain's Corner



Spiritual Leadership for the Army Family

SPIRITUAL FITNESS

On the road to war, Soldiers prepare for combat so they will be effective on the battlefield. What 316th Soldiers are jumping through is SRP, TSIRT, RTC, and a final push through the MOB station before transitioning to overseas.

These gates focus on the mental, physical, and personal dimensions of a Soldier's life. It is also of vital importance that the Soldier is spiritually fit. The need is for each warrior's life to build and broaden resiliency to face any and all difficulties that may arise during the mission. You may not be aware, but the Bible is in agreement: "Endure hardship with us like a good soldier of Christ Jesus. No one serving as a soldier gets involved in civilian affairs he wants to please his commanding officer."

Unfortunately, many individuals neglect the spiritual dimension of their lives. In those cases, it is remembered during a moment of crisis such as a loss of a family member, a significant break up with a loved one, financial loss, or degradation of one's physical or mental health.

How can Soldiers strengthen their spiritual fitness during the spectrum of the deployment life cycle, so that they thrive in the midst of adverse circumstances rather than merely survive?

Part of the answer is in *spiritual disciplines*, ancient practices of most faith traditions that transcend time, ethnicity, culture, and language. A quick and

dirty definition of a spiritual discipline is "an activity undertaken to bring us into more effective cooperation with the Divine."

The purpose of these disciplines is to enable us to heartily bless those who curse us, pray without ceasing, to be at peace when not given credit for good deeds we have done, or to master the evil that comes our way.

These spiritual disciplines often are divided into two categories of abstinence and engagement. The disciplines of abstinence include solitude, silence, fasting, frugality, chastity, secrecy, and sacrifice. The disciplines of engagement include study, worship, service, celebration, prayer, fellowship, confession, and submission.

A healthy balance of spiritual disciplines will help negate those behaviors that harm our work life, our relationships with our family, and our walk with God. Rather than trying to master every discipline at once, choose one area to grow your skills. Just as some people have used a personal trainer or life coach to help accomplish their goals, you might seek out a spiritual director such as a chaplain, a priest, a rabbi, imam, or other spiritually mature person to help guide you through your personal *spiritual* fitness process.

822nd MCT Completes Mobilization Training

The 822nd Movement Control Team is part of the 655th Quartermaster Group and is completing mobilization training before deploying to Afghanistan.

Capt. Leroy Alveranga, 360th Inf. Regt., 5th Armored Bde., Div. West—The Army Reserve’s 822nd Movement Control Team, based in Boston, received an inside look at how the components of Team Bliss can pull together to accomplish any mission. The 822nd arrived here in early November to receive their final training from the 5th Armored Brigade in preparation for deployment to Afghanistan.

In addition to some tactical training, the unit needed to complete a culminating training event to validate their preparedness to conduct the movement-control mission in theater.

The Soldiers of 1st Battalion, 360th Infantry Regiment, “Warhawg,” 5th Armored Brigade, recognized that not only were the transportation agencies here in the midst of receiving the returning Soldiers and equipment of 4th Brigade Combat Team, 1st Armored Division, but that they perform a robust movement-control mission every day in support of deploying and redeploying reserve-component formations. Thus, the idea of a real-



Capt. Donald Buda, right, and Spc. Claude Abraham-Lincoln, left, from the 822nd Movement Control Team download a pallet from a C-5 military transport aircraft during a culminating training exercise at Biggs Army Airfield here in November. The culminating training exercise was a part of 822nd MCT’s post mobilization training in preparation for deployment to Afghanistan. (Photo by Capt. Leroy Alveranga.)

world training opportunity was born.

Enrique Nater, chief of the Fort Bliss Transportation Office, agreed to assist with the training in any way possible, and he offered the services of Charles Hoops and Yvonne Villareal to develop and provide the instruction. It quickly became apparent that this could become a first-class training opportunity and an example of close interagency coordination. Hoops and Villareal trained the movement-control Soldiers to process inbound and outbound air missions.

They put them to work and mentored the MCT during the execution of missions to receive returning “Highlander” Brigade Soldiers and to deploy several RC units.

Hoops scheduled and instructed an air load training course to prepare the MCT for their air load operations. Even to the extent it required some voluntary contribution of their time, both of these civilian contractors facilitated even more training such as a unit movement officer refresher course, practical exercises using the transportation coordinators – Automated Information for Movements System II (TC-AIMS II), building 463L pallets for loading onto aircraft and learning how to handle cargoes containing hazardous material.

“I can’t imagine any better preparation for our mission” said Capt. Donald Buda, 822nd MTC commander.

The unit expressed gratitude to the “Warhawgs” for coordinating the training with the FBITO. Capt. Buda emphasized that this type of hands-on, real-world training should be the standard for all movement control teams or transportation units that receive their pre-deployment training here.

“I command a bunch of great, combat-experienced infantry NCOs,” said Lt. Col. Heath Dunbar, commander of the 1st Bn., 360th Infantry Regt. “But having been on Fort Bliss for a while, I realized that there were some folks here who knew a whole lot more than we do about getting troops and equipment to, from and around the battlefield. We’re really indebted to the transportation team for their incredible assistance.”

316th ESC Prepares for Deployment

By Sgt. Peter J. Berardi — Approximately 250 Soldiers of the 316th Sustainment Command (Expeditionary) conducted a pre-deployment Soldier Readiness Program from March 3-5 for deployment to Kuwait later this year in support of Operation Enduring Freedom.

The Soldiers went through several stations that will insure their ability to deploy and return home safely and successfully. The stations ranged from medical, where Soldiers received immunizations, a dental exam and other necessary screenings, to legal, where soldiers could set up a living will, a power of attorney and many other items that can help their families while they are deployed.

2nd Lt. Samantha Yeager, from the 316th ESC Surgeon Cell, was going through the SRP in preparation for her first deployment, and said that it is preparing her well. "It's going to be a lot



of learning and new experiences," she said when asked about her thoughts on her first trip overseas with the Army. Her main goals for this deployment are to gain as much experience in the medical services field as she can, have a better understanding of her job and the bigger picture of the medical field.

Following this SRP the Soldiers of the 316th ESC will move on Fort Dix, N.J. for three weeks to conduct annual training that will include weapons qualification and SICUPS training. SICUPS training will get the Soldiers of the 316th ready to use the Army Battle Command System and its mobile tent system. When asked about the SICUPS training Sgt. Maj. Paul Leckinger said, "We're one of the lucky units because our SICUPS training is running parallel with our mobilization and most units don't get that chance."

The 316th ESC will then proceed to Fort Hunter Liggett, Calif. for three weeks to conduct soldier skills training.

The Soldiers final stateside stop will be at Fort Hood, Texas for two months to conduct their final pre mobilization training, including a final medical review, SICUPS training and mission specific training events.

Soldiers Excel at WLC

Warrior Leader Course, more commonly known as WLC, is the first step of an enlisted Soldier in becoming a competent Non-Commissioned Officer. The course is two weeks long and consists of reacting to tactical situations and learning the basic skills of an NCO in garrison. Some of the garrison skills include learning how to fill out various DA Forms, lead PRT, and other tasks. Soldiers also learn tactical leadership skills, such as being a squad leader to set up and execute an ambush.

WLC challenges Soldiers mentally and physically to see if they have what it takes to become a future NCO in the United States Army.

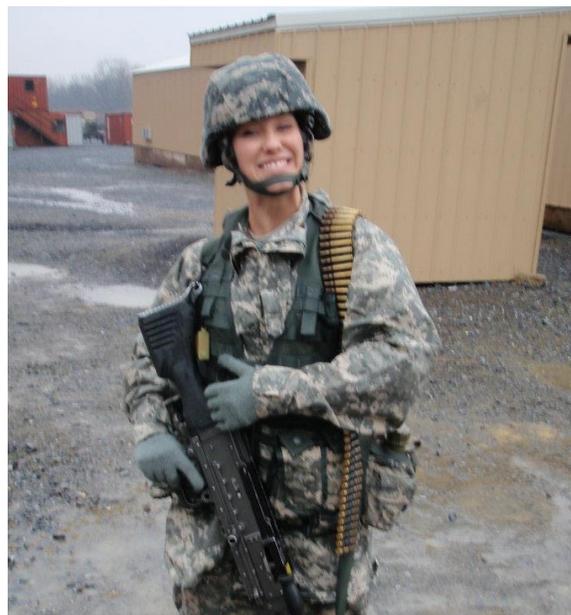
Two Soldiers from the 316th ESC, Spc. Tyler Graves and Spc. Brittany Carroll, recently attended WLC at Fort Indiantown Gap, Pa.

Graves did an excellent job setting himself apart from his peers by achieving perfect scores on the three written tests. Graves said, "WLC was a great learning experience. The training I received there will serve me well when I become a NCO."

When he was asked about his experience in the course. He continued to distinguish himself by scoring superior in multiple other categories.

Carroll set herself apart from her peers by achieving a perfect score on her PRT evaluation, drill and ceremony evaluation, and scoring superior in multiple categories. In addition Carroll took on the roll of platoon sergeant. When Carroll was asked about the field, she said, "When we were out in the field for the first day, it was pouring down rain and the temperature was near freezing. The SGLs made me act as a casualty, and the team I was on put me onto a SKED. I can't remember ever being in a situation as cold as that with rain pouring down on me. Overall though, I wish I could do it all again!"

Graves and Carroll were recognized for their leadership and excellence by being recognized on the Commandant's list and both nominated for the Distinguished Leader Graduate.



Muleskinners support education, renovate Afghan school

378th Combat Sustainment Support Battalion is part of the 38th Regional Support Group and is currently deployed to Afghanistan.

By Staff Sgt. Cory Thatcher — FORWARD OPERATING BASE DEHDADI II, Afghanistan -- A five-month effort to provide needed equipment and repairs to the free hospital in Dehdadi was commemorated during a brief ceremony at the hospital Jan. 26.

The needs of the hospital were made known to the Army during a meeting with representatives of the community. With the cooperation of the local government, a project to address the needs of the hospital was initiated and funded under the Commanders Emergency Response Program, or CERP.

Capt. Sherman Pinckney, the 530th Combat Sustainment Support Battalion CERP officer, began the project; however, in December the 378th CSSB replaced the 530th as the 10th Sustainment Brigade's CSSB in the Regional Command North.

A new CERP officer, Capt. Adriel M. Roberson, took over supervision of the project.

Prior to the renovations, many of the rooms leaked when it rained. There was no lead shielding in the walls of the X-ray room and no enclosed waiting area, said Roberson. The hospital also lacked accommodations for mothers postpartum requiring them to leave the hospital no more than six hours after delivery.

Repairs were made to the roof, a new birthing room and nursery were added, the walls of the X-ray room received lead shielding, a waiting area was built, and an office was built for the hospital director.

In addition to the structural improvements, the hospital was supplied with new incubators, 30 nebulizers, a new X-ray machine, sterilization equipment and baby supplies.

While there are fees for service clinics in the area, the hospital is the only free medical care available and sometimes as many as 400 patients are treated during a day, said Roberson.



Lt. Col. Vivian E. Gaz, commander 378th Combat Sustainment Support Battalion, and Dr. Khaleque Azraksh, hospital director, cut a ribbon during the reopening of the Dehdadi free hospital in Afghanistan, Jan. 26, 2012. The hospital was modernized and renovated by the U.S. Army under the Commanders Emergency Response Program.

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