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77th Sus. Bde. Changes Command

Col. Joyce Junior, commander, 77th Sustainment Brigade, assumed command of the Brigade here from outgoing commander, Col. Stephen Falcone during a change of command ceremony March 12.

Among the distinguished guests in attendance were Maj. Gen. William D. R. Waff, the 99th Regional Support Command commanding general, Brig. Gen. Bud R. Jameson Jr., the commander of the 316th Sustainment Command (Expeditionary), Col. John Wood, the 87th Air Base Wing commander, Col. Joseph Whitlock, the 87th Air Base Wing Deputy commander, Col. Patrick Slowey, the Army Support Activity Ft. Dix commander, and many others.

Jameson spoke to the crowd filled with Soldiers and civilians about the significance of the day's events, crediting Falcone and the 77th Sus. Bde. Soldiers with maintaining the unit's legacy.

"Even though the custom of the Army is to build great teams and then disperse, the tradition is that it's the unit that endures. People come and go but the flag, the traditions, and the legacy of the unit – that's really what today is about. This unit has a great legacy," said Jameson, referring to the unit's historical war-time missions dating from as far back as World War I to, most recently, Operation New Dawn.

Falcone, a Hudson, Mass. native who commanded the unit during Operation New Dawn touched on all of the Soldier's accomplishments during the past 22 months and had heart-felt words of advice for the new commander.

"The Army got it right this time by selecting Col. Joyce Junior. My only recommendation to you is to listen to your commanders and staff. They are a very good team. They take care of Soldiers and will accomplish the mission with the highest degree of integrity," said Falcone, who is slated to assume responsibility as the rear detachment commander for the 316th ESC in Coraopolis, Pa.

As Falcone bid a final farewell to the Soldiers, he made

sure to thank his family, friends and fellow Soldiers and let the Soldiers know that he will never forget where he came from.



"Even though I may never wear the lady liberty on my left shoulder, I will always wear it on my right. I'll do that with my head held high and my chest pumped out knowing that I was a member of a truly professional, honored and well respected group of Soldiers," he said.

Junior, a Woodbridge, Va. native who most recently served as the Support Operations Officer for the 165th Quartermaster Group in Ft. Belvoir, Va., equally acclaimed the 77th Sus. Bde. and the new endeavor.

"This diverse command touches all aspects of a logistics enterprise. It's truly the Army's one-stop-shop. It's an honor and privilege to take command of this premier and multi-disciplined logistics organization," she added.

Junior was commissioned through the Reserve Officer Training Corps at Virginia State University in May of 1986. She then entered active duty as a student at the Officer Basic Course, Adjutant General School at Ft. Benjamin Harrison Ind., and served in multiple positions within the 78th Division Movement Control Team. She served two tours in Iraq (2003-2004) and Afghanistan (2007-2008). Her decorations include a Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal and numerous other awards.



BG Jameson



Soldiers of the 316th ESC,

As you likely know, I will shortly be leading the ESC Headquarters on what may likely be one of the last mobilizations and deployments of a major Army Reserve headquarters. I am honored and humbled to be a part of this great team and I look forward to leading them in accomplishing with distinction whatever missions the Army and the Nation may assign us during our deployment.

Even though we may be deployed, we won't be isolated – thanks to the level of technology in our great Army and Nation – from what you will be achieving in your units here at home. My Rear Detachment Commander, COL Falcone, will be posting me periodically on your continued progress and how well you accomplish your training and missions. My task to him and my expectation of each of you is that you continue to sharpen your professionalism by working on DMOSQ, Structured Self Development, NCOES/OES, and personal readiness, translating that into even better readiness and deployability for yourselves and your units. You should take pride in leading the Army Reserve Command in most metrics, having increased greatly over the past year, but we all have a ways to go. To accomplish this within this command, I want to stress the concept of **Ownership** at all levels.

I expect **ALL Soldiers to take ownership of their units.** Junior Soldiers make up the majority of the assigned members in our units yet too many of you act as if being a Soldier is simply a job you can quit any time you choose. How do I know this? Because I sign dozens of separation packets each month on individuals who have gone AWOL – abandoning their fellow Soldiers,

abandoning their Units, and violating their Enlistment Oaths! Every real Soldier in each unit should be ashamed to have these non-Soldiers in their formations! If they abandon their buddies here at home, what can we expect of them in combat? I have little tolerance for individuals who choose to conduct themselves without honor or integrity and I try to get them out of your units and out of our Army as quickly as possible. My question is, ***“How did they even get into your units?”*** If each Soldier took ownership of his or her unit, then **they** would ensure that each vacancy was **ONLY** filled with someone who wants to be in that unit, who wants to serve with such a high quality, motivated Army Reserve team, and who has been pre-screened for adherence to our Army values, especially honor and integrity! If each of you filled your units **ONLY** with people who meet your own high standards, then I won't have to throw so many dishonorable individuals out. That is what **I task each of you to do – fill your units with potential Soldiers who meet your own high standards of character, motivation, responsibility and fitness as quickly as possible** and keep filling them as I work to get rid of those unsuited to wear the Army uniform or serve in your ranks! Together we will build units that you will be proud to serve in; units that will endure long past our times, will build proud legacies of honorable service to your communities and to our Nation! Are you up to the challenge? Your readiness metrics will let me know your answers.

I expect **ALL NCOs to take ownership of the Soldiers placed in their charge.** Each NCO should know the readiness metrics by which we, as leaders, are being evaluated. What concerns me is the most important metrics are ALL “NCO Business”. Metrics that show whether you NCOs are engaged with your Soldiers; whether you know them well enough to ensure they are fit, trained, and deployable. What the metrics show is that too many of you are not taking care of NCO Business! These NCOs are clearly not stepping up and taking responsibility – “ownership” – of their Soldiers as befits military professionals. Instead, they are expecting their commanders to cover up their lapses with top-down events such as SRPs, group immunizations, remedial PT programs, company weight control programs, Drill Sergeant PMI events, and UA/ARCD recovery efforts to name a few. **I task each NCO, from Corporal to Command Sergeant Major, to step up and take responsibility for America's sons and daughters, brothers and sisters, mothers and fathers who have been entrusted to your care and lead them to be the best Soldiers they can be with the expectation they will grow and develop into superb NCOs who will one day take your place to lead the best units in the United States Army!** If you cannot or will not take on this responsibility,

please have the honor and integrity to either retire if eligible or request a transfer to some unit outside this command that will accept less from its NCOs.

Lastly, **the officers, especially commanders, of the 316th must take ownership of the readiness and health of their units, including their Soldiers, their equipment, and their facilities.**

As with the NCOs of the command, you officers need only look to the readiness metrics of your units to see an objective measure of how effective you are as leaders. If you are short Soldiers, then you know you have not fostered or supported Soldier ownership in your unit. If you have sufficient Soldiers, but those Soldiers fail to come to training, are not educationally qualified, or are not ready to deploy, then you know you have not empowered or are not holding your NCOs properly accountable as NCOs. If you are not ruthlessly enforcing property accountability, fixing responsibility, and timely completing inventories and FLIPLs, then you know you need to improve as stewards of the resources entrusted to you by the Army and the American Nation. If you are not individually fit, educationally qualified, or morally upright in all your actions and conduct, you need to take stock in your commitment to the Profession of Arms. So, **I task each officer in the 316th to take ownership of that part of the Army Reserve they have influence over – themselves, their Soldiers, their NCOs, their property, their facilities – and strive to make it the best they can and to do so with special attention to those readiness metrics that they will be judged upon.**

Our Army Reserve will only survive – providing jobs and training for our Soldiers and security for our Communities and our Nation – if we all do our part to make every unit 100% ready. If each of you will commit to your part, I can guarantee you will be amazed at the results we can achieve together!



Awards, Promotions, Change of Command



MSG Michelle Shimps is promoted by her son during a ceremony in the command conference room.



LTC James Ninnis is promoted by his family at the 316th ESC March Battle Assembly



COL Stephen Falcone is awarded the Meritorious Service Medal from BG Bud R. Jameson, Jr. during the 77th Sus. Bde. Change of command.



LTC Gary Bronson is promoted by his father March 10, 2012 during the Yellow Ribbon.



LTC Bill Cacciotti is promoted by his children March 10, 2012 during the Yellow Ribbon.



LTC Carrol Cobler is promoted by her son on March 10, 2012 during the Yellow Ribbon.

For inclusion, send award, promotion, change of command photos and cut-lines to 316th ESC PAO at:
esc316paofts@usar.army.mil

316th Hosts Yellow Ribbon

Soldiers of the 316th Sustainment Command (Expeditionary) and their families attended a Yellow Ribbon Reintegration Program at the Wyndham Grand hotel in Pittsburgh, Saturday, March 10.

The Yellow Ribbon Programs intent is to prepare soldiers and their families for mobilization and to provide the families with information, services and proactive outreach programs. The 316th ESC is scheduled to deploy this summer and this program will help the soldiers and their families throughout the mobilization and upon redeployment.



Brig. Gen. Bud R. Jameson Jr., commanding general of the 316th ESC, started the event by welcoming the soldiers and their families. Jameson then explained that when he deployed in 2003 there was no event like this for reservists. During that time things were geared towards the needs of active duty soldiers. The Yellow Ribbon Program is a way for Army Reserve soldiers and their families to get the information and resources they need for deployments and mobilizations.

Before the first vendor, Sarah Young, a ten-year-old Brackenridge, Pa. native, took the stage. Sarah hand makes rosaries for soldiers and attended the event to thank all of those present for their service. She then remained with the other vendors and met with 316th soldiers and their family members, handing out rosaries.

Some of the organizations that talked to the soldiers and their families included Tricare, the American Red Cross, Military One Source and the 316th ESC Family Readiness Group. The briefings gave attendees

information that will be useful to them during the upcoming deployment and also the chance to ask questions of these subject matter experts.

Pvt. David Wolf's mother Arleen Wolf, a Pittsburgh native, said, "the social worker talking about what to say or not and what to expect when they get home was very helpful."

□ Chaplain Capt. Demetrius Walton talking about the cycles of what soldiers go through was excellent to hear also, added Arleen.

Allie Cygnarowicz, a native of Pittsburgh, whose husband Spc. Stephen Cygnarowicz is mobilizing with the 316th ESC, said, the event definitely gave them a lot of information. "Tricare was very helpful, the finance stuff was helpful also," said Allie.



After the lunch break Operation Military Kids, a volunteer program by Penn State College, stopped by. The volunteers handed out backpacks, that they call "Hero Packs," to all of the children in attendance that were four-years-old and older. For the children that were younger, they handed out blue teddy bears that were provided by the American Legion Auxiliary.

All in all, the event was a great success for the soldiers and their families. "We can accomplish our mission and will bring your loved ones back home," said 316th ESC Chief of Staff Col. David Brown, the closing speaker.

Month of the Military Child

Every April, military children have reason to celebrate. Why? Because it's the Month of the Military Child.

Wanting to honor military kids for their sacrifices and courage, in 1986 Defense Secretary Casper Weinberger designated April as the Month of the Military Child. Since then, military installations, organizations and communities have created special events to pay tribute to these little military heroes.

If you'd like to celebrate Month of the Military Child, an excellent resource to help you locate events and planned activities in your area is the "state search" at [Operation Military Kids](http://www.operationmilitarykids.org).



APRIL IS MONTH OF THE MILITARY CHILD

Celebrate Military Children



To the Sons and Daughters of Army Reserve Soldiers,
Thank you for your support of your Soldier, Family, Community, and this Nation. Your demonstrated resiliency, continued sacrifices, and acts of character during extended and repeat deployments are exemplary. "You Serve, Too!"

The Strength of Our Future

The Army is committed to Military Youth. **ARMY FAMILY COVENANT: Keeping the Promise**



www.ARMYSources.com

**Operation: Military Kids
Pittsburgh Regional Team**



Spring Family Camp

May 18 - 20, 2012
YMCA Camp Kon-O-Kwee Spencer
Fombell, PA

\$30 per Family Registration Fee
(includes meals, lodging, and program fees)

ON-LINE REGISTRATION THROUGH PENN STATE
EXTENSION:

<http://www.cvent.com/d/tcq0lq>

OR CALL TOLL-FREE 1-877-489-1398

*Open to currently serving military personnel and
DEERS registered family members of all ages



Operation: Military Kids in Pennsylvania State Office
4 Ferguson Bldg., University Park, PA 16802 www.operationmilitarykids.org
PHONE 814.865.2264 • FAX 814.863.4753 • EMAIL SJS2@PSU.EDU

Operation: Military Kids is a partnership of Army Child, Youth & School Services, 4-H National Headquarters/USDA, and Penn State Extension. Operation: Military Kids-PA is supported by the 4-H/Army Youth Development Project under Kansas State University special project number 2007-48661-03868.

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact OMK Central Office in advance of your participation or visit.





It doesn't take a lot to put a smile on a child's face. If you cannot find events or activities in your area, don't worry, the solution is easy. Pick a date and have your son or daughter choose how they'd like to spend the day. You may be surprised at their simplistic request.

Regardless of how you fill the hours, make sure they understand the day is meant to honor and celebrate them—the military child.

<http://www.army.mil/families/>

316th ESC Soldiers secure crash site, get drivers to safety

MOON TWP. — Two local soldiers were instrumental in getting motorists to safety before two vehicles went up in flames after an accident Wednesday in Moon Township, police said.

Sgt. Justin Ayersman and Staff Sgt. Joseph Cappitte were leaving the 316th Expeditionary Sustainment Command Army Reserve Unit in Moon about 5:20 p.m. when they came upon the three-vehicle crash on eastbound Business 376 between the airport and Montour Run Road exits.

Moon patrolman Shener Ulke said Ayersman and Cappitte, who were still in uniform, were a good presence to have at the scene before police and fire crews arrived.

“They were crucial in keeping everybody safe,” Ulke said.

Ayersman and Cappitte pulled up to the scene just seconds after a car driven by Joshua Fryberger, 23, of West Decatur, Pa., struck the back of another vehicle, causing the gas tank to burst.

Ulke said Fryberger told police he was looking at the road signs and did not notice traffic backing up on the Interstate 376 overpass in front of him.

The impact pushed the second vehicle, which was driven by Stephen Kovalchick, 32, of Bridgeville, into the back of a car driven by Kenneth Trudgen, 44, of Kittanning, Ulke said.

Ayersman said he and Cappitte stopped traffic, which was still going around the accident, and attempted to get the drivers involved away from the crash site.

“When we pulled up on scene, the cars were not on fire yet,” Ayersman said. “(The motorists) were kind of hanging around the cars ... I just knew with my previous military police experience that I wanted everybody to get away from there in case there was a spark.”

Before Cappitte could retrieve a fire extinguisher from his truck, the first two vehicles were engulfed in flames, he said.

Ulke said none of the drivers was seriously injured in the accident.

Traffic on Business 376 was backed up after the crash while firefighters from Moon and the Allegheny County Airport Authority extinguished the blaze, and debris was cleared from the scene.

Ulke said PennDOT crews on Thursday inspected the road, which was damaged by the heat of the fire.



Sgt. Justin Ayersman, left, and Staff Sgt. Joseph Cappitte were the first responders on the scene of a three-vehicle accident Wednesday on Business 376 in Moon Township. They directed motorists away from the vehicles before two of the cars became engulfed in flames.

Heat Injuries

With summer approaching and temperatures rising, there is a natural tendency to worry about heat injuries. But another equal concern is the increase in musculoskeletal injuries due to more vigorous outdoor summer activities. Winter conditioning does not necessarily translate to being conditioned for your summer activities. This creates the need to physically train the body for warm-weather activities.

Without taking precautions before engaging in new sports, exercise and recreational activities, you may be more susceptible to physical injury. Such factors as reduced overall physical activity (not including physical training), an unbalanced diet (and maybe a few extra pounds), holiday leave and fewer recreational opportunities during the winter may all contribute to an increased risk for injury.

According to a recent Status of Forces Survey of active-duty Soldiers, more than half of all Soldiers (59 percent) get injured each year. Almost 30 percent of Soldiers had an injury from sports, exercise and recreational activities. Half of these injuries were from running and about two-thirds were lower body injuries. The most common injuries experienced from these activities were sprained joints, strained muscles, tendonitis or bursitis, fractures, and joint dislocations or separations. Because of injuries such as these, nearly 40 percent of the injured Soldiers were placed on limited duty for 15 or more days. Though many injuries are caused by trauma (such as falling or colliding with another player), many more injuries are caused by overuse or overtraining. With PT and sports-related injuries playing such a big role in the Army, it is important to take certain steps to help prevent these injuries from occurring.

Tips to help prevent sports and PT injuries for individual and group activities include:

- Wear running shoes that fit comfortably and replace them after 300 to 500 miles.
- Run on stable ground; avoid gravel, loose dirt and potholes.
- Wear sports attire that helps to keep the body cool, such as moisture-wicking fabrics that allow sweat to quickly evaporate through your clothing.
- Wear an ankle or knee support/brace if you are susceptible to ankle rolls or knee injuries.
- Remove any jewelry that could get caught in quick movements.
- Wear shoes that are appropriate for the activity, such as cleats, to avoid slips, trips or falls.
- Wear sports-specific padding and equipment (helmets, protective eyewear, etc.).
- Communicate with team members to avoid collisions.
- When possible, always wear a mouth guard (basketball, soccer, football, martial arts/combatives).
- Ensure equipment is maintained and perform safety checks.
- Always wear a U.S. Coast Guard-approved life jacket when in open water.

Before any physical activity, always remember to warm up for 5 to 10 minutes with light cardiovascular work and exercises that simulate the movements you will perform in your activity. It is also important to cool down and continue to hydrate your body with water or a carbohydrate sports drink at the end of any exercise. One way to monitor fluid loss and replacement needs is to record your weight before and after workouts. In conditions of 85 F and 40 percent humidity, athletes will lose about 2 to 4 pounds of body weight per hour through sweat loss. Regardless of activity, Soldiers participating in recreational sports will lose a significant amount of water through sweat. The aim of athletes should be to replenish water levels lost from exercise and physical activity. Keep in mind that by the time an athlete experiences thirst, a significant amount of body fluid has already been lost and dehydration has set in. The Institute of Medicine recommends 3.7 liters of water per day for men and 2.7 liters for women. When exercising, an additional 1 to 2 liters should be consumed for endurance bouts lasting over an hour. It is also important to replenish carbohydrates and protein (a 3:1 ratio is recommended, in which you consume three carbohydrate grams for every single gram of protein) used during exercise and recreational activities within 30 minutes of ending the activity.



Days of Remembrance

The 2012 Days of Remembrance commemorate the actions of rescuers during the Holocaust. The stories of ordinary people who chose to intervene and help rescue Jews, despite the risks, demonstrate that individuals have the power to make a difference.

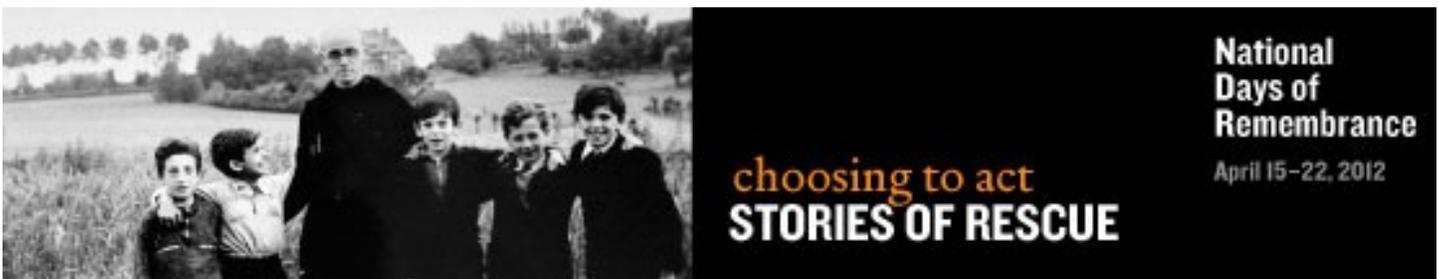
What you do matters. Remembrance not only obligates us to memorialize those who were killed during the Holocaust, but it also reminds us of the fragility of democracy and the need for citizens to be vigilant in the protection of democratic ideals. We remember because we recognize the importance of preserving freedom, promoting human dignity, and confronting hate whenever and wherever it occurs.

The United States Congress established the Days of Remembrance as our nation's annual commemoration of the Holocaust and created the United States Holocaust Memorial Museum as a permanent living memorial to the victims. Holocaust Remembrance Day is Thursday, April 19, 2012. The Museum designated ***Choosing to Act: Stories of Rescue*** as the theme for the 2012 observance.

In accordance with its Congressional mandate, the Museum is responsible for leading the nation in commemorating the Days of Remembrance, and for encouraging and sponsoring appropriate observances throughout the United States.

Observances and remembrance activities can occur during the week of Remembrance that runs from the Sunday before Holocaust Remembrance Day (*Yom Hashoah*) through the following Sunday (view the [Remembrance Day Calendar](#)). Days of Remembrance are observed by state and local governments, military bases, workplaces, schools, churches, synagogues, and civic centers.

Since 1982, the Museum has organized and led the national Days of Remembrance ceremony in the U.S. Capitol Rotunda, with Holocaust survivors, liberators, members of Congress, White House officials, the diplomatic corps, and community leaders in attendance.



Army Strong

ReportIt will be a centralized mechanism for collecting injury, illness and loss reports to help the Army meet its applicable regulatory requirements and effectively manage its safety and occupational health program. ReportIt, in combination with the improvement of the Army Safety Management Information System - Revised (ASMIS-R), is necessary to reduce accidental loss. This automated incident reporting system will meet the functional needs of both command organizations and users. It will also improve regulatory compliance by offering a single, standard, and efficient process for reporting incidents.

What will ReportIt do for me?

The U.S. Army Combat Readiness/Safety Center (USACRC) supports the Army by collecting, storing, analyzing, and disseminating actionable information to assist leaders, soldiers, families and civilians in preserving and protecting our Army's resources. The ReportIt system will fully accommodate the data elements required by DoD and meet command-specific functionality, as well as reflect a streamlined, efficient reporting process, that will facilitate reporting and boost reporting rates.

Leadership - Leadership results will be a set of processes and procedures that leaders can get behind and enforce. They can do this knowing that the needs of the Army and of the individual units will be met.

Personnel - The primary benefit in the Personnel area will be an environment where the process of reporting an incident will not be as complex and therefore the completion of currently absent reporting areas will be resolved.

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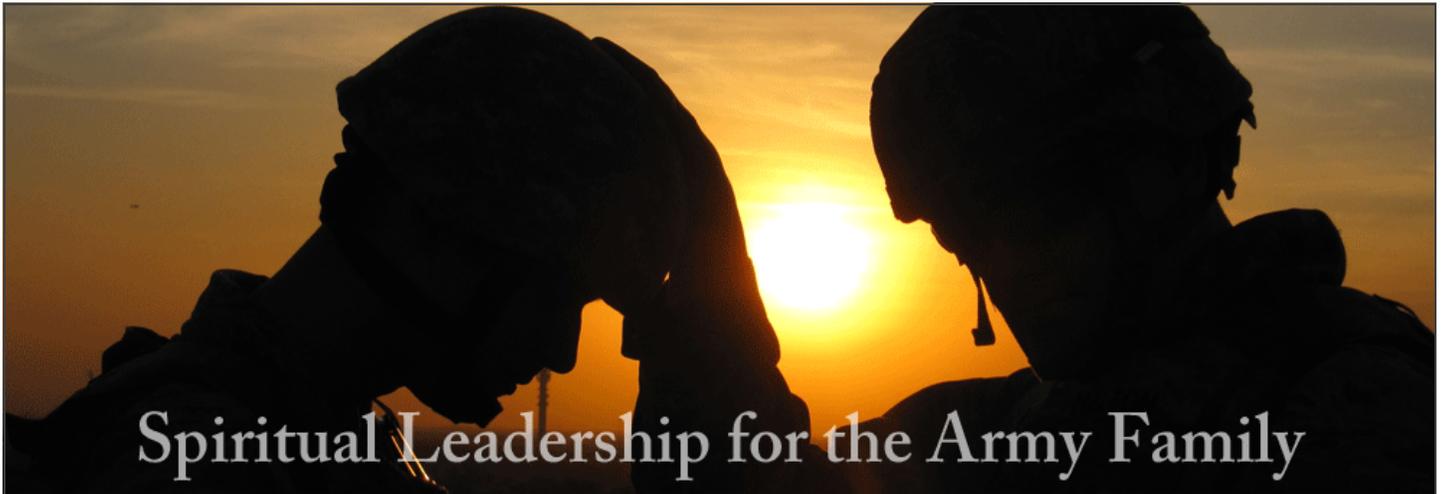
See Something Say Something

Always Ready, Always Alert
 Because someone is depending on you

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

ReportIt will be the single Army accident reporting and risk management system for collecting injury, illness, and loss data and effectively managing its safety and occupational health program.

Chaplain's Corner



Spiritual Leadership for the Army Family

SPIRITUAL FITNESS

When a person thinks of Easter, images of children laughing in search of brightly colored Easter eggs, women wearing big hats clothed in brightly colored dresses, men braving pink shirts for the first time of the year, church bells ringing early during the sunny spring morning, and family gathering around the table to munch on delicious honey glazed ham, green beans, mashed potatoes, and sumptuous apple pie travel across his or her mind. Wonderful memories indeed, but is Easter just another innocuous holiday where we wait for the white bunny to show up to satisfy our appetites with delectable chocolate delights? No, so how do we recapture the true meaning of Easter so that its reverence is fully understood when celebrated around the world? The answer is found in the pages of the Bible and the goal of this article is to allow the reader to understand fully the purpose and the impact of this sacred holiday for Christians.

Starting with a simple definition, Easter is a Christian celebration of the Resurrection of Christ; celebrated by the Western Church on the Sunday following the first full moon after the spring equinox and the dates can fall between March 21 and April 25. If a person searches for the word Easter in the bible, he or she is at a lost because the word does not exist nor was it a festival practiced by Jews in the Old Testament or the Early Church in the New Testament. Instead, they will discover the resurrection of Jesus Christ parallels closely with the Jewish festival of Passover. How so?

1500 years prior to Jesus' birth, the children of Israel take flight in the middle of the night to escape the tyranny, slavery, and oppression of the Pharaoh of Egypt. The signal to depart occurred when the Angel of the Lord passed through the land. God commanded the angel of death to kill only the firstborn of both the Egyptians and their animals as an act of judgment for their oppressing his people. The Angel of the Lord would *pass over* [not kill the firstborn] houses whose doorposts were marked in blood from a slaughtered one year old lamb without defect or blemish (Exodus 12:1-14). Ever since that fateful night the Jews, celebrate it as a memorial now called Peshach or Passover so they will never return to slavery.

Fast forward 1530 years, John the Baptist announces in a triumphant voice when he encounters Jesus in the desert, "Look, the Lamb of God who takes away the sin of the world!" A Jewish audience hearing this for the first time instantly understands the connection due to a shared history and religion. However, a Gentile (anyone not born a Jew) would miss 1500 years of history wrapped up in a tiny phrase.

So what's the big deal? In that tiny phrase, John the Baptist implies now Jesus fulfills the hopes, desires, and expectations of the coming Messiah. How so? Calling Jesus the lamb of God means he is perfect, flawless, and without sin. Therefore, he becomes a worthy sacrifice that can satisfy the wrath of God against humanity completely once and for all. Even though the slaughter of the earthly lamb rescued the nation of Israel from physical slavery, now the heavenly lamb [Jesus] rescues all the nations of the World from the spiritual slavery of sin [thought, attitude, lifestyle, or action that opposes God]. Hence, once a person commits to following Jesus Christ then the impact of his death and resurrection are realized in this manner:

- A person is accepted and reconciled to God (Ephesians 1:6-7)
- A person is declared righteous in the sight of God (Romans 5:9)
- A person is delivered from condemnation (Romans 8:9)
- A person is delivered from death (2 Timothy 1:10; Hebrews 2:9)
- A person is able to experience spiritual healing (Isaiah 53:5)
- A person is freed from a self centered life, able to love others, and to live for Christ (2 Corinthians 5:15; Ephesians 5:2; 1 Peter 4:1; 1 John 3:16).
- A person's conscience is genuinely cleared to serve God (Titus 2:14; Hebrews 9:14).
- A person is able to know and trust the power of God (1 Corinthians 1:18)

When we understand Easter from this perspective, it takes on an entire new meaning, restoring the awe and reverence in our lives. If you choose to celebrate Easter this year, remember it is about what Jesus Christ did for us so we can experience new life in God the Father and the community of believers.

Reserve Soldier Knocks Out the Competition

CAMP PENDLETON, Calif. -Pvt. Marquis Moore, of Marlow Heights, Md., and soldier with the 978th Quartermaster Company, recently won the 165-pound division of the 2012 Armed Forces Boxing Championships, at Camp Pendleton, Calif., Feb. 8-10.

Moore defeated Marines Lance Cpl. Felix Magallanez after the referee stopped their contest at 2 minutes, 27 seconds of the second round.

"Moore was very impressive," said U.S. Army World Class Athlete Program and Olympic coach Basheer Abdullah. "He impressed me the most tonight. He was explosive. He demonstrated good defense. He was slipping and countering right off the defense. He was very exciting to watch. I think he has what it takes to compete at the elite level."

"He's a beast," All-Army coach Charles Leverette added. "He's going to throw a wrench in a lot of gears at the National Championships because he has been out of it for awhile and nobody expects him to be around. This is just the beginning for him. We're hoping to get him to Nationals and qualified for WCAP."

A confident Moore said, "I thought that I was going to win," adding, "I maintain my training routine by practicing 6 days a week, staying focused and disciplined."

Moore has only been in the Army Reserve for 8 months, but is on his way to achieving one of his Army goals. "My future goals are to become well recognized for my talent in boxing and respected for the hard work, dedication and rank I earn in the Army. I also want to complete and earn a degree in business administration and manage my own business or company some day," said Moore.

Moore has competed successfully in amateur boxing for several years including victories at the 2007 Junior Olympics, 2007 Silver Gloves, the 2008 DC Dominican Tournament and competed on the USA team against Russia.

Moore noted several similarities and differences between the Army and his boxing. "Boxing and the military are similar because they are both combat orientated and you must use offensive and defensive strategies to become victorious. Also, they are both strict and very disciplined occupations," Moore added. "The difference between boxing and the military is that boxing is a one-man sport in which you represent your country the military however is a brotherhood that physically protects the people of our nation," he said.



Army Reserve Private 2nd Class Marquis Moore of Marlow Heights, Md., scores with a right to the chin of Navy ABHAN Daniel Silva en route to a 31-17 victory in the 165-pound division of the 2012 Armed Forces Boxing Championships on Jan. 31 at Marine Corps Base Camp Pendleton, Calif. (U.S. Army photos by Tim Hipps, IMCOM PAO)



Army Reserve Private 2nd Class Marquis Moore of Marlow Heights, Md., loads another right hand as the referee reaches in to stop his 165-pound bout with Lance Cpl. Felix Magallanez of Camp Lejeune, N.C., at 2 minutes, 37 seconds of the second round at the 2012 Armed Forces Boxing Championships at Marine Corps Base Camp Pendleton, Calif.

316th ESC Annual Training

By Sgt. Peter J. Berardi — Starting their deployment training, approximately 250 soldiers of the 316th Sustainment Command (Expeditionary) began a 19-day annual training exercise with an eight-hour bus ride through the scenic Pennsylvania countryside arriving at Fort Dix, N.J., on March 12.

The unseasonably warm March weather made for a great outdoors training environment. This was great for the soldiers of the 316th ESC, since a large amount of the training events took place outside for extended periods of time.

The soldiers went through computer system training on the Command Post of the Future, Battle Command Sustainment Support System and Standardized Integrated Command Post System and refreshed their soldier skills with the Combat Lifesaver course, weapons training and drivers training among others.

CPOF is a tool that provides near real-time knowledge sharing that enhances team effectiveness and decision-making. This allows commanders to quickly review shared data simultaneously with subordinate units, which improves overall battlefield awareness.

CPOF is going to be the primary information system we will use in theater, said Sgt. Maj. Paul Leckinger, a member of the 316th ESC G3 section. Leckinger added, “We got excellent CPOF training while we were here that is relevant and extremely useful.” □

BCS3 provides logistics information critical to operations and enhances the ability to manage sustainment operations throughout deployments. The system also provides in-transit visibility to show critical supply and transportation asset information from the point of shipment to the final destination.

Tracking resources to establish automated alerts when critical resources are below required levels is also accomplished by the BCS3. Maj. Lisa Brown, a member of the 316th ESC SPO section and native of Atlanta, Ga., thinks it’s one of the better pieces of equipment the Army has. “People will be amazed at how well it works,” said Brown.

The initial stage of SICUPS training taught the soldiers how to set up medium and large Trailer Mounted Support System tents to form a Tactical Operations Center. After the setup phase, soldiers were taught how to integrate CPOF and BCS3 systems, among others, into the SICUPS setup. “It was a great experience,” said Staff Sgt. James Liggon, a member of the 316th ESC SPO section. Liggon added, “With the buildup of the tents, putting in the computers and how it all came together was very interesting.”

The culmination of AT was a staff integration training scenario that combined all of the systems taught throughout the first portion of AT including CPOF, BCS3 and SICUPS. During this exercise, soldiers have a chance to see how fast paced and stressful things can get once all of the separate systems and elements are combined for real world missions. All units struggle with basic staffing processes and procedures at first because people don’t know each other, said Leckinger. He added, “Doing this combined training has been priceless. We got to work as a staff, create product as a staff and move and share information through the systems. This will be a great foundation for us to move forward from and we will be prepared when we get to theater.” □

Soldiers also had the opportunity to participate in realistic style CLS training, weapons training and drivers training among others.

All of these additional training experiences will help prepare the soldiers of the 316th ESC for the unexpected during their deployment to Kuwait. When asked about the additional trainings that were offered Staff Sgt. Anthony Clay, a member of the 316th ESC SPO section, said, “I liked it a lot, it was good training and they kept us busy.” □ Clay added that CLS was his favorite training, “It wasn’t your usual classroom setting, we actually got out there and did lots of hands on stuff.”

Following this AT the soldiers of 316th ESC will move on to Fort Hunter Liggett, Calif., for three weeks to conduct soldier skills training. The soldiers will then move to Fort Hood, Texas, for two months to conduct their final pre-mobilization training and requirements before finally proceeding to Kuwait for their deployment.



U.S. Army 2nd Lt. Sydney Smith, a member of the 316th ESC slides across the belly robber obstacle of a confidence course at Fort Dix, N.J., March 26.

Annual Training in Pictures



Staff Sgt. Jonathan Wester, a member of the 316th ESC and native of Pittsburgh, gives soldiers of the 316th ESC a primary marksmanship instruction briefing on the M249 Squad Automatic Weapon at a range at Fort Dix, N.J., March 21.



Spc. Jacy Jackson, a member of the 316th ESC and native of Pittsburgh, fires the M249 squad automatic weapon at a range at Fort Dix, N.J., March 21.



Capt. Demetrius Walton, chaplain, member of the 316th ESC and resident of Scranton, Pa., navigates the confidence climb obstacle of a confidence course at Fort Dix, N.J., March 26.



Second Lt. Sydney Smith, Sgt. Chris Lewis and Chaplain Capt. Demetrius Walton, members of the 316th ESC, assist another soldier with getting to the next level of the skyscraper obstacle of a confidence course at Fort Dix, N.J., March 26.

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