

Highlighting the Mission Command of the 377th Theater Sustainment Command

CAN DO

March 2012

207th RSG Soldiers Battle for Title
Soldier named NCO of the year



DINNER AT THE WHITE HOUSE

310th ESC Soldier is invited to dinner at the White House

BEST WARRIOR COMPETITION AT THE 643RD

Physical and mental toughness put to the test

CAN DO

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On the Cover: Staff Sgt. Cedric Bell demonstrates his marksmanship in the Engagement Skills Trainer on Saturday, Jan. 21, during the 207th Regional Support Group's Noncommissioned Officer of the Year competition held at Fort Jackson, S.C. Bell, a native of Anniston, Ala., is a truck driver assigned to the 828th Transportation Battalion.

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The deadline for submissions is the 1st of each month.



Greetings to my 377th 377thTSC Family,



Here is a Smartphone (or Computer) exercise for you: Open your web browser, go to your favorite search engine, and run an image search using a few of the Army Values one at a time. The results you see after each search will help illustrate my point about this month's Value-in-focus: Honor.

Values like Integrity and Selfless Service bring up search engine results including pictures of inspirational posters, cartoons, firefighters, police, street signs, and even celebrities. There are pictures of tools, diagrams, and presentations. In other words, there are many diverse ways that people in the English-speaking world represent most of our Army Values. Why? Well, simply put - the words that represent our Values mean many different things to different people.

Honor, on the other hand, has a very narrow range of search results. Searching for Honor on your Smartphone (or Computer) brings up images of The Medal of Honor, color guards, and Soldiers in a variety of situations. There are Soldiers on parade, on patrol, and at Welcome Home ceremonies. What these results show is that when people around the world think of and try to represent Honor, they frequently think of you – The American Soldier

MG Luis R. Visot
Commander of the 377th
Theater Sustainment
Command
CAN DO, ANYTIME,
ANYWHERE!

(and Service Members)! In the minds of our fellow citizens - as well as our global neighbors - Honor brings to mind Soldiers serving America proudly for the benefit of our national interests and our countrymen.

Soldiers, like those of us in the 377th TSC set an honorable example for everyone around us, especially in our Communities. We have faith in the U.S. Constitution, the U.S. government, and the U.S. Army. We take a solemn Oath to “support and defend the U.S. Constitution.” We not only know the Army Values, but we exemplify them in our daily lives. We demonstrate all the Army Values by our words and our deeds. When faced with adversity or tough situations, we give the full measure of ourselves to our mission in order to get the job done to standard. In all of these ways and more, we embody Honor - and everyone around us sees that.

The only way to be sure that Soldiers will always come up first when someone thinks of - or searches for - examples of Honor, is for us to continue to do all the things I just mentioned, and to think of some more honorable things to do on your own. You aren't just the face of today's Army; you're the Army's future as well. Be proud of the high regard others have for you and your chosen Profession – The Army Profession; The Profession of Arms. They are grateful to you for your sacrifice and dedication, just as I am. Keep doing great things, and we will continue to think and speak highly of you. May God bless you, the United States Army, and the United States of America. Please accept my deepest Gratitude and Appreciation for you and Your Service. THANKS!!! CAN DO!





The Chain of Command and The NCO Support Channel

What do you know about your Chain of Command and NCO Support Channel? As I travel and talk to Soldiers of all ranks, it is apparent that we have failed to stay connected with some of the basic principles we learn while attending Initial Entry Training (IET). Can you name the person that holds each of the positions listed below? If you can, test your friends. If not, maybe it's time to brush up.

Chain of Command

President of the United States

Secretary of Defense

Secretary of the Army

Chief of Staff of the Army

Forces Command (FORSCOM) Commander

Chief of the Army Reserve

377th TSC Commander

Major Subordinate Command Commander

Brigade/Group Commander

Battalion Commander

Company/Detachment Commander

Platoon Leader

NCO Support Channel

Sergeant Major of the Army

FORSCOM Cmd. Sgt. Maj. (CSM)

U.S. Army Reserve (USAR) CSM

377th TSC CSM

Major Subordinate Command CSM

Brigade/Group CSM

Battalion CSM

Company/Detachment First Sergeant

Platoon Sergeant

Squad/Section/Team Leader (1st Line Ldr)

Why is it important for us to retain our basic knowledge of the chain of command and NCO support channel? Knowing the leaders appointed over us is important not only for maintaining good order and discipline, but also to gain a better understanding of where our Army may be going.

Our civilian and military leaders bring with them certain visions, philosophies and expectations that affect the direction we will go and how we will get there. The more we know about them and understand them, the better prepared we will be to adapt to the Army's future and support our leaders in accomplishing their intent.

Retired General Pete Chiarelli, former Vice Chief of Staff of the Army, recently reinforced this point in The Army Profession pamphlet. He wrote, "Our support for our Constitutional way of government, for Civilian supremacy over the military is something that spans and remains the same through all changes in doctrine, all changes in how warfare is fought. It is a constant. It is part of our sacred duty as members of the United States Army."

In every unit, the Commander is ultimately responsible for everything their Command does or fails to do. Commanders issue orders through the chain of command, but NCOs must know and understand the orders to issue effective implementing instructions. Although First Sergeants and Command Sergeants Major are not part of the formal chain of command, leaders should consult them on individual Soldier matters.

Successful officers have a mutually-supportive relationship with their NCO counterparts. This leaves the officer free to plan, make decisions, provide guidance and intent, and program future training and operations. Regardless of where the information or task begins – in the chain of command or in the NCO support channel – both leaders must keep their counterpart informed. A positive relationship between officers and NCOs creates conditions for success. The need for such a relationship applies not only to Commanders and their First Sergeants or Command Sergeants Major, but also to platoon leaders and platoon sergeants, and to staff officers and NCOs. NCOs have experience in successfully completing missions and dealing with enlisted Soldier issues. NCOs can monitor organizational activities, take appropriate action to keep the organization within the boundaries of the commander's intent, and report situations that require the attention of the leadership.

We MUST stay connected with the basic principles of military service. Our success depends on it.

Let us not forget, that while we selflessly serve others in support of the greater good; that we owe a great deal of appreciation to those that give selflessly to support us – our Families, friends, and employers. "Thank you," to all who help us succeed.

(For answers to the Chain of Command/NCO Support Channel chart above, see page 23.)

Very Respectfully,

CSM James M. Lambert

"Can Do! Anytime, Anywhere!"



Giving Back to our Community

Story by Chaplain (Capt.) Doug Daspit

How do you rebuild a community from the ground up?

Here in New Orleans, rebuilding our community is frequently on our minds. We find ourselves fluctuating between excitement and frustration as the “new” New Orleans slowly and steadily bursts forth.

As a Pastor, when I consider “rebuilding”, I think of people instead of buildings. A little over three years ago, I made the decision to help lead a completely new church in an area of New Orleans that was in the midst of starting over. Our dream was to create a church that was filled with people willing to live their faith in a vibrant, life-giving way that transforms the community around them for the better. We borrowed the language of the apostle Paul and challenged church members to view themselves as “ambassadors of reconciliation.”



Chaplain (Capt.) Doug Daspit recently joined the U.S. Army Reserve and the 377th TSC. He has served in the New Orleans Gentilly and Algiers areas as a pastor for nine years, helping those communities recover from the destruction of Hurricane Katrina. Known as a “Planter” among his parishioners, he has focused on starting a new church in Gentilly where his mission has been to help members become ambassadors to the community.



Soon I found myself looking in the mirror. What does it look like for me to be an ambassador of reconciliation in my community, I wondered? What are some of the unique roles that I can play with my God-given gifts and talents?

The search for answers led me to the 377th TSC. Becoming a Chaplain with the U.S. Army Reserve provides a place for me to utilize my training and experience as a pastor to serve my community in a significant new way. It allows me to serve with many others who call New Orleans home. It is my way of uniquely embracing our church’s challenge to view myself as “an ambassador of reconciliation.”

In my short time in our unit, I’ve learned that my story is not uncommon. I’ve met some amazingly talented men and women. Some bring skills from the civilian world to the table. Others bring experience from active-duty military service. Yet all care deeply for their community and want to make it a better place.

I am honored to serve alongside you.



Story by Command Chief Warrant Officer
Billy Robinson

This month I will share a message from one of the most senior Warrant Officers of the U.S. Army Reserve. He is Chief Warrant Officer 5 Kenneth Foster, Senior Ordnance Logistics Officer of the 310th ESC. Along with the rest of the 310th ESC headquarters, he recently returned from a successful deployment to Iraq.

Foster attended the Warrant Officer Senior Staff Course (WOSSC) in 2005, then moved to the Ordnance School and Center and was promoted to Chief Warrant Officer 5. During these assignments, he realized that many in the Ordnance community were not knowledgeable of the changes happening within the Ordnance Branch and in doctrinal practices. He was able to share these changes by conducting briefings at Warrant Officer Professional Development seminars around the United States Army Reserve and to National Guard audiences in several states.

While deployed to Iraq, Foster was the Senior Warrant Officer Mentor to dozens of warrant officers across all three Army components. He saw firsthand that technical proficiency and professionalism required positive reinforcement. He found that Ordnance Maintenance Technicians needed more opportunities to stay proficient with equipment malfunction troubleshooting and repair skills. Back home in the United States, the 377th TSC G-7 (Training) Staff is taking action based on findings from experienced observers like CW5 Foster. The G-7 is working to get maintenance companies and maintenance Soldiers opportunities to train at



sites like the National Maintenance Training Center, Camp Dodge, Iowa.

Commanders, Staff Officers and NCOs count on Warrant Officer Technicians to provide technical advice and management that comes from years of education and experience. The Warrant Officer is the highly specialized expert and trainer, who - by gaining progressively advancing levels of expertise and leadership - operates, maintains, administers, and manages the Army's equipment, support activities, or technical systems for his or her entire career. The Warrant Officer must also provide accurate and timely advice to the Commander, Staff Officer and NCO both in combat and in garrison.

When a Warrant Officer does all of these things, it leaves a legacy among peers, superiors, and subordinates that the Army Warrant Officer Corps consists of the professional technicians in the uniformed services. And that is a legacy we can all be proud of. Have a blessed Army spring.



From the Surgeon



"Heart disease takes the lives of far too many people in this country, depriving their families and communities of someone they love and care for—a father, a mother, a wife, a friend, a neighbor, a spouse. With more than 2 million heart attacks and strokes a year, and 800,000 deaths, just about all of us have been touched by someone who has had heart disease, heart attack, or a stroke."

- Department of Health and Human Services Secretary Kathleen Sebelius

Unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke (that's about 2,200 deaths per day). These conditions, are leading causes of disability too. They prevent people from working and enjoying family activities. Cardiovascular disease is also very expensive—together heart disease and stroke hospitalizations in 2010 cost the nation more than \$444 billion. But there is good news: we can fight back against heart disease and stroke. The Center for Disease Control and Prevention (CDC) and other parts of the U.S. government have launched "Million Hearts" to prevent the nation's leading killers and empower everyone to make heart-healthy choices. Here are 5 ways to live healthier and help diminish heart disease (adapted from the CDC, the nation's leading public health authority):

1. Don't smoke or use tobacco

Smoking or using tobacco is one of the most significant risk factors for developing heart disease. Chemicals in tobacco can damage your heart and blood vessels, leading to narrowing of the arteries (atherosclerosis). Atherosclerosis can ultimately lead to a heart attack. When it comes to heart disease prevention, no amount of smoking is safe. Smokeless tobacco and low-tar and low-nicotine cigarettes are as risky as exposure to secondhand smoke.

2. Exercise for 30 minutes on most days of the week

Getting some regular, daily exercise can reduce your risk of fatal heart disease. When you combine physical activity with other lifestyle measures, such as maintaining a healthy weight, the payoff is even greater.

3. Eat a heart-healthy diet

Following a special diet like the Dietary Approaches to Stop Hypertension (DASH) eating plan can help protect your heart. Following the DASH diet means eating foods that are low in fat, cholesterol and salt. The diet is rich in fruits, vegetables, whole grains and low-fat dairy products, which can help protect your heart. Beans, other low-fat sources of protein, and certain types of fish can also reduce your risk of heart disease.

4. Maintain a healthy weight

Weight gain in adulthood is mostly due to increases in fat rather than muscle. This excess weight can lead to conditions that increase your chances of heart disease including high blood pressure, high cholesterol and diabetes.

5. Get regular health screenings

High blood pressure and high cholesterol can damage your heart and blood vessels. But without testing for them, you probably won't know whether you have these conditions. Regular screening can tell you what your numbers are and whether you need to take action.

Blood pressure. Regular blood pressure screenings are easy, quick, non-invasive, and completely painless. Adults should have their blood pressure checked at least every two years. You may need more-frequent checks if your numbers aren't ideal or if you have other risk factors for heart disease. Optimal blood pressure is less than 120/80 millimeters of mercury, which your nurse or doctor often refers to as "120 over 80."

Cholesterol levels. Adults should have their cholesterol measured at least once every five years starting at age 20. You may need more frequent testing if your numbers aren't optimal or if you have other risk factors for heart disease. Some children may need their blood cholesterol tested if their family history includes multiple instances of heart disease.

Diabetes screening. Since diabetes is a risk factor for developing heart disease, you may want to consider being screened for diabetes. Talk to your doctor about when you should have a fasting blood sugar test to check for diabetes. Depending on your risk factors, such as being overweight or a family history of diabetes, your doctor may recommend first testing you for diabetes sometime between ages 30 and 45, and then retesting every three to five years.

Resources: National Center for Chronic Disease Prevention and Health Promotion, and the Heart Disease Prevention initiative of the Centers for Disease Control and Prevention.

Motorcycle Personal Protective Equipment Checklist

The Birds are singing, the sun is shining and the temperature is 85 degrees. Is this a bright summer day? Nope, its winter time in New Orleans. The weather here changes with every passing hour. When riding your motorcycle, remember to dress for the elements. Not just your personal protective equipment (PPE), but take the right clothes to match the weather forecast and the conditions along your route. It may be 85 degrees when you leave your residence, but it could be 60 degrees when you return. Dress to stay warm (or cool, or both) on your ride. Enjoy the weather and be mindful that the conditions will always change over time. Remember to maintain your situational awareness and arrive alive.

Motorcyclists are exposed to heat, cold, rain, and road debris. Compared to car drivers, they are much more susceptible to serious injury in a crash, even a minor one. Riders and passengers must wear: a helmet manufactured to meet U.S. Department of Transportation (DOT) standards, eye protection that meets American National Standards Institute (ANSI) code Z87.1, long pants, a long-sleeve shirt, full-finger gloves, and sturdy, over-the-ankle footwear.

Whether or not your state has a mandatory helmet law, all Soldiers and DoD civilians must wear a helmet every time they ride.

The National Highway Traffic Safety Administration estimates that helmets saved 1,784 motorcyclists' lives in 2007, and that 800 more could have been saved if all motorcyclists had worn helmets. When choosing the right helmet, make sure it fits before you buy. Ask a



knowledgeable salesperson for help if you're not sure how to fit a helmet. Beware of "novelty" helmets; these helmets typically have inadequate impact-absorbing layers and offer no real protection in a crash.

Most crashes happen on short trips (less than five miles long) and at speeds slower than 30 mph. Wearing a helmet makes you three times more likely to survive head injuries sustained in a crash.

It does not take much to injure your eyes and riding without proper eye protection is risky. Proper eye protection means an approved shield on your helmet, a pair of goggles or shatterproof glasses. A windshield on a motorcycle is not eye protection; a bit of sand or tiny piece of glass can whip in behind it and get in your eye. Make sure your eye protection is clean and unscratched. If you use a tinted lens or shield for riding in the bright sunlight, take a clear one along as well, in case you wind up riding after dark.

Do the right thing, and take care of yourself out there. Remember, "Army Safe is Army Strong".

377th TSC Command Safety Office

310th Sustainers Continue to Make Their Mark on History



Story by Capt. Michael Garcia, 310th ESC Public Affairs Officer
Photos by Sgt. Felicya Adams

INDIANAPOLIS, Ind. – Three members of the 310th Expeditionary Sustainment Command (ESC), along with seven other service members from units across Indiana and Ohio, presented the Colors during Super Bowl XLVI as Kelly Clarkson sang the national anthem at Lucas Oil Stadium on February 5th. Since 9/11, a Joint Service Color Guard has been a prominent part of every major sporting event, displaying America's colors and the colors of the Army, Marine Corps, Navy, Air Force, and Coast Guard during opening ceremonies. These teams of Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen are usually assembled just for a particular event and disbanded immediately after it takes place. To be selected for such an assignment is a great honor, and one that often comes only a handful of times in a Soldier's career. To participate in the Joint Services Color Guard for a Super Bowl is so unique that most service members can only dream of getting the chance.

"I'm humbled to be a part of this event because there are hundreds of thousands of Soldiers that could represent the Army and I was selected to participate," said Staff Sgt. Andrew J. Pitts, with the 310th ESC and an Indianapolis, Ind., native. Staff Sgt. Pitts carried the Army colors at Super Bowl XLVI.



According to Nielsen, NBC's coverage of Super Bowl XLVI attracted 111.3 million total viewers, squeaking past last year's record turnout with a 0.3 percent gain. The key to the color guard's success is that "they met up twice a week for three weeks leading up to game night, building unit cohesion and often practicing the same drill movements over and over for hours on end to achieve perfection," said Tech. Sgt. Mark R. W. Orders-Woempner, a Public Affairs airman from the 434th Air Refueling Wing.

"For the 310th ESC as a whole to participate in an event of this magnitude, it is a phenomenal demonstration of what the Army Reserve brings to the table," said Pitts.

The game started around 6:25 PM Eastern. Madonna and Cirque du Soleil performed during halftime. Before the game, downtown Indianapolis featured an outdoor Super Bowl village and other programs at the Indiana Convention Center. According to Michael Smith of NBC Sports, Sunday night's audience steadily grew as it went on, with 117.7 million viewers for the final half hour of the game, when the Giants were marching down the field for their game-winning touchdown, followed by the Patriots' last-gasp Hail Mary falling incomplete.

"To be able to represent the Army and the nation as a whole is a great opportunity, and I'm deeply indebted to the service for allowing me this opportunity," said Sgt. 1st Class David M. Warder, one of two color-guard riflemen at Super Bowl XLVI. Sgt. 1st Class Warder is also with the 310th ESC and a Louisville, Ky., native.

The 310th ESC led the Department of Defense's (DoD) efforts to provide an outstanding Joint Service Color Guard for the NFL's premier event of 2012. The mission was a success because of teamwork, rehearsals, and the support of the command. Under the guidance of Staff Sgt. Austin Stoner, Color Guard Non-Commissioned Officer in Charge, 310th ESC Soldiers and their joint service counterparts added another flawless performance to a tradition of success that stretches back to the start of Joint Service Colors Guards, among the most visible missions of the DoD.

The 310th ESC recently returned from a 9-month overseas tour in Iraq. The Soldiers of the 310th ESC provided sustainment to forces conducting stability operations as part of Operation New Dawn, while simultaneously executing the responsible drawdown of U.S. forces and providing force protection in order to support the transition from the DoD to the Department of State and the government of Iraq.



643rd RSG Warriors Vie for Title

Story and photos by Capt. Shamika Hill, 367th Mobile Public Affairs Detachment

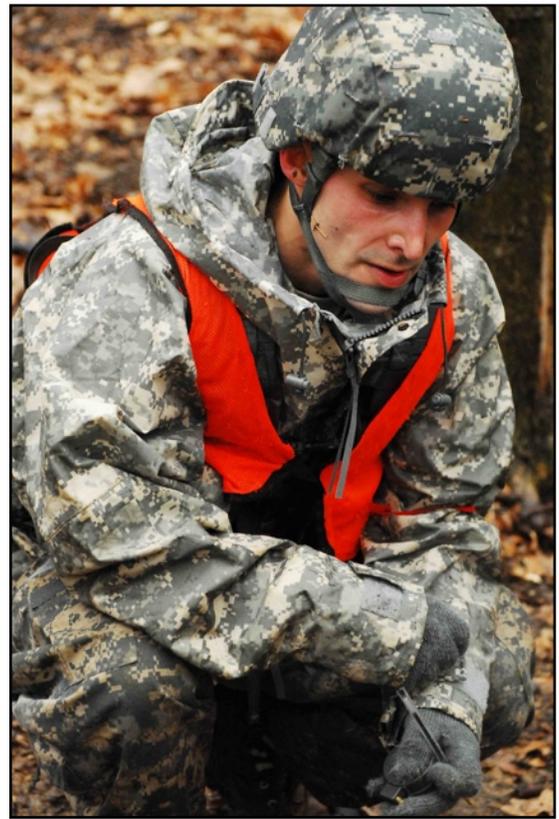
Everyone arrived and dropped off their gear, sized up their competitors and settled in for a weekend of intense competition.

Though the competitors were cordial before the annual Best Warrior Competition began, the action soon brought out their individual warrior spirit. After all, in the 72 hours that followed, the Soldiers faced a weapons range, physical fitness test, road march, and other tasks.

The event, hosted by the 633rd Quartermaster Battalion, was held February 3 through February 5 at Camp Sherman, Ohio. It tested the physical and mental toughness of eight Soldiers from different commands under the 643rd Regional Support Group.

When it was over, Spc. Brandon Scott Goe of the 221st Ordnance Company and Sgt. Thomas Plant of the 633rd Quartermaster Battalion were victorious. They will now go on to represent the 643rd RSG at the 310th Expeditionary Sustainment Command level.

"It feels perfect," Goe said. "I've trained so hard for this. I am really glad even though the competition was stiff."



Pfc. Taylor Harmon, assigned to 365th Transportation Detachment, catches his breath after running into the finish point of Land Navigation.



Sgt. Thomas Plant stays behind to assist Spc. Rebecca Mougey to finish the six mile ruck march. Both Soldiers are assigned to the 633rd Quartermaster Battalion.

"It feels pretty good. I think this year was a harder competition; it was fun," Plant echoed.

The events also included a written essay and exam, land navigation, and a board convened to review each Soldier. The participants were also evaluated during their personal time.

"Be responsible, be professional. You are a Soldier 24/7, and that is what will be expected of you", Command Sgt. Maj. Daniel Ardnt, command sergeant major of the 633rd Quartermaster Battalion, told those in attendance.





Spc. Brandon Scott Goe, assigned to 221st Ordnance Co., takes a moment before he continues with Land Navigation.

The first event was weapons qualification. All participants successfully passed both day and night qualifications. The weapons tests was followed by the essay question.

Saturday morning kicked off with a physical fitness test, followed by the written exam. After lunch, the competitors completed a land navigation course in which they had to locate a certain number of points in a limited amount of time.

Competitors had four hours to locate four points and return to the start. Pfc. Taylor Harmon, native of Miamisburg, Ohio a member of the Cincinnati-based 365th Transportation Detachment, came running to the finish line at 55 minutes, the first competitor to complete the course.

"I knew I had completed the course fast, but I also knew that there were a lot of strong Soldiers in the competition and I didn't want to let up until I had entered the finish point and my points were confirmed," Harmon said.

Next, each participant appeared in front of an evaluation board to test his or her Army knowledge.

Spc. Rebecca Mougey, a native of Huber Heights, Ohio was the only female to compete in this

year's competition. Although she competed in the hands-on events last year, this was her first time appearing in front of the evaluation board.

"I felt pretty special, to have been chosen. This is a whole new experience from last year," Mougey said.

The final event conducted Sunday morning was a six-mile ruck march, which all participants finished in less than two hours. Although Plant finished last in accompanying Mougey, he held no reservations.

"I wanted to run to catch up with the other guys, but then I thought about it and I couldn't just leave her behind," Plant said.

In the end, all of the Soldiers who competed demonstrated the Army's Warrior Ethos: "I will always place the mission first; I will never accept defeat."

Not one of the competitors quit, and no one was left behind.



Participants of the Best Warrior Competition held at Camp Sherman, Ohio Feb. 3-5, 2012.(back row left to right) Spc. Brandon Goe (221st Ordnance Company) Spc. Blake (Askin (810th Quartermaster Company), Sgt. Michael Dodson (660th Transportation Company), Sgt. Robert Jones (705th Transportation Company). (Front row left to right) Spc. Justen Laplante (454th Transportation Company), Sgt. Thomas Plant (633rd Quartermaster Battalion), Pfc. Taylor Harmon (365th Transportation Company), Spc. Rebecca Mougey (633rd Quartermaster Battalion)

207th Regional Support Group's Soldier, NCO of the Year Named



Story and Photos by Sgt. Jon Soles, 210th Mobile
Public Affairs Detachment

The 207th Regional Support Group's Soldier of the Year and Noncommissioned Officer of the Year were named following two days of competition of basic Soldier skills, physical fitness, and Army knowledge held at Fort Jackson, S.C.

Three Soldiers competed in the events, which provided an opportunity for highly-motivated Soldiers to win awards and bragging rights.

Staff Sgt. Cedric Bell, a truck driver from Livingston, Ala., assigned to the 828th Transportation Battalion, was named the 207th RSG's top NCO for the year following a demonstration of his physical fitness, marksmanship, knowledge before an evaluation board and his ability to conduct a five-mile march.

"I am very proud to receive this award," Bell said. "I didn't think this day would happen, but it just goes to show that hard work pays off."

The 207th RSG's top Soldier award went to Spc. Tyler Loher, a water purification specialist assigned to the 431st Quartermaster Detachment. Loher, a native of New Bern, N.C., said he trained for months to compete for the top Soldier awards.

"It took a lot of hard work, dedication and commitment to earn this award," Loher said. "I could not have done this without the support of my families or my NCOs, who expected more out of me each and every time I saw them."

Staff Sgt. Cedric Bell demonstrates his marksmanship in the Engagement Skills Trainer on Saturday, Jan. 21, during the 207th Regional Support Group's Noncommissioned Officer of the Year competition held at Fort Jackson, S.C.





Spc. Tyler Loher runs on the track at Fort Jackson's Patton Field during the Army Physical Fitness Test portion, held on Friday, Jan. 19, during the 207th Regional Support Group's Soldier of the Year contest.



Spc. Jarred Barnette gets some help with his uniform from Sgt. 1st Class Michael Edwards, his sponsor, before appearing before the 207th Regional Support Group's Soldier of the Year Board. Barnette, of Philadelphia, Miss., and Edwards, of Livingston, Ala., are both truck drivers assigned to the 287th Transportation Company.

The competition began Friday morning, Jan. 20, with the Army Physical Fitness Test at Patton Field. The air was cold and damp, but the Soldiers stayed warm and worked up a good sweat as they completed push-ups, sit-ups and 2-mile run. Loher led the way by achieving the maximum number of sit-ups and push-ups, followed up with a 13 and a half minute run.

Later on Friday, the Soldiers hit the books instead of the pavement when they all appeared in dress uniforms before the 207th RSG's board. The competitors, Bell, Loher and Spc. Jarred Barnette, a truck driver assigned to the 287th Transportation Company, studied and checked their dress uniforms while waiting to appear before the board.

Each Soldier was asked to execute drill and ceremony movements, recite the Soldier's or Noncommissioned Officer's Creed, and answer questions about military history, regulations and other Army knowledge.

On Saturday, the Soldiers were in their Army Combat Uniforms for a 5-mile march in the woods of Camp McCready on the far eastern side of Fort Jackson and a demonstration of rifle marksmanship in the Engagement Skills Trainer (EST). At times, the Soldiers marched through sinking sand and rain-softened soil as they trudged toward the end point of the march. Soaking with sweat, all three Soldiers completed the road march and immediately moved over to the EST.

In the EST, the Soldiers again showed why they were competing for the 207th RSG's top honors. All the Soldiers demonstrated skilled marksmanship with

the M16 A2 rifle. Bell scored the highest in marksmanship, which he credited to his civilian job as a Sumter County (Alabama) Sheriff's deputy.

The months of preparation, hard work and sweat that went into the Soldier and NCO of the Year contests were rewarded in an elegant way at the 207th RSG's Dining Out on Saturday night at the Fort Jackson Officer's Club. Maj. Gen. Luis R. Visot, commander of the 377th Theater Sustainment Command, presented awards to Bell and Loher. It was a chance for the officers and NCOs to recognize the achievement and dedication of Soldiers who are the present and future of the 207th RSG.



Staff Sgt. Cedric Bell receives the Army Commendation Medal from Maj. Gen. Luis R. Visot after he was named the 207th Regional Support Group's Noncommissioned Officer of the Year at the 207th RSG's Dining Out. Also pictured are Col. James Bagley (right) commander of the 207th RSG and Command Sgt. Maj. Don Jordan, (left) the 207th RSG command sergeant major.



310th ESC Soldier invited to White House dinner


The President and Mrs. Obama
request the pleasure of your company at a dinner to celebrate
A Nation's Gratitude
and honor the U.S. Troops of
Operation Iraqi Freedom and Operation New Dawn
to be held at
The White House
on Wednesday, February 29, 2012
at six-thirty o'clock
Southwest Entrance



As the Noncommissioned Officer in Charge of a Soldier of the Year competition in 2008, Staff Sgt. Miguel Cruz (3rd from the right) marches with a group of competitors.

Story by Capt. Michael Garcia, 310th ESC Public Affairs Officer

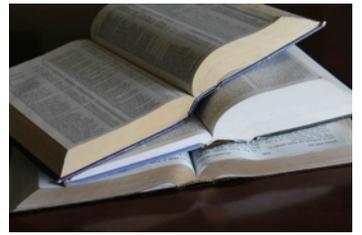
Staff Sgt. Miguel Cruz from the 377th Support Maintenance Company, 687th Quartermaster Battalion, 646th Regional Support Group, 310th Expeditionary Sustainment Command, was invited to attend a White House dinner on February 29th hosted by President and Mrs. Obama to express the nation's gratitude to, and recognize the significant contributions of, men and women who served in Operation Iraqi Freedom and Operation New Dawn, and the families who supported them.

"My wife and I are so excited to attend the dinner. We are very honored to attend to this event," said Cruz, a supply and logistics supervisor with the 377th SM Co. and a Quebradillas, Puerto Rico, native. "I am very proud to serve the United States Army and my country. I live for this."

Cruz has been serving in the U.S. Army for over 10 years. He was deployed to Iraq in 2004-2005 with the 301st Military Police Company. He received an Army Commendation Medal with Valor device for his outstanding performance. Cruz is married with two children. He and his family used to live in Puerto Rico, where he worked as an Engineer Clerk in a private company before enlisting.

According to a Department of Defense press release, service members who attended the dinner came from across America; from diverse backgrounds and ranks; and from all services, including the National Guard and Reserves. Along with family members, they represent more than a million Americans who served or made personal sacrifices during Operation Iraqi Freedom and Operation New Dawn.

From Maj. Gen. Luis R. Visot's list of recommended reading



As a Man Thinketh

Story by LTC Leon Jones, Jr.

“Nothing you can do, but you can learn how to be you in time. It’s easy.” Of course some of you do not recognize this lyric from the Beatles 1967 hit, “All You Need is Love.” What a simple message. It’s right up there with the former Army slogan, “Be all you can be.” But both of these phrases beg the question: who are you? According to James Allen in his 1902 classic, As a Man Thinketh, “A man is literally what he thinks, his character being the complete sum of all his thoughts.” Like a finished painting, which is various shades of paint brushed onto a canvas, are we not more than a series of thoughts?

Let’s approach this question with the first part of the aforementioned song lyric, “Nothing you can do, but you can learn how to be you in time.” Mr. Allen explains that this booklet is not intended to be an exhaustive exposition, but rather a stimulant for all readers to realize that we are who we have organized our thoughts to be. In other words, except for our physical existence, we created ourselves from our thoughts. Nature gave us the container, but we stored all of our thoughts in it. Our thoughts are based on natural laws that we discover over time, instead of circumstances as some would suggest. Said in another way, only an oak tree can grow from an acorn. Once planted, the acorn will or will not grow. The seed can’t be changed to grow any other type of tree. Neither can changing our circumstances produce any other type of person because “Man is always the master, even in his weakest and most abandoned state; ...” We always have the power to be ourselves. Like the oak tree, we learn how to be ourselves in time.

Now for the second part of the lyric, “It’s easy.” Most of us could argue against that point; yes, there is a challenge to learning to be who we are. Mr. Allen discusses the effects of thought on health and body, thought and purpose, thought and achievement, vision and ideals and - my favorite topic - serenity. While the other topics represent my journey, serenity represents my destination. “Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control... The more tranquil a man becomes, the greater is his success, his influence, his power for good.” The more tranquil we become the less we struggle against ourselves and the more we accept who we are. Void of doubt, self-realization brings me back to the opening lyric: “Nothing you can do, but you can learn how to be you in time. It’s easy.”



PROFILES IN PROFESSIONALISM



Brig. Gen. Kenneth Jones

Hometown: *Berryton, KS*

Brief description of your Army job: *I assumed my current position as the Deputy Commanding General of the 377th Theater Sustainment Command last summer.*

What has been your defining moment in the Army:

I was applying for battalion command in early 2001 — that was a defining moment for me. When I was finally selected for command after being turned down three times, it was something that I wanted to do very strongly and it was really a unique opportunity.

Just after the 9/11 attacks, there was an emphasis on changing and streamlining the officer education system. The old education system took too much time to complete and officers were not getting relevant training. Since our battalion was located just 30 miles from Ft Leavenworth in June of 2001 we collaborated with the Command and General Staff College to help shape the future of the Army education system. Our battalion actually developed the new Reserve Component Intermediate Level Education program format that is still used today for teaching the Reserve Component course. A small group of senior Instructors and I met over a period of several months and developed several different courses of action and presented our recommendations to the Chief of the Army Reserve in Washington DC. From there the CGSOC accepted the course format changing the Reserve Component Command and General Staff College course from a 2 year (24 month) course to a 13 month course using a combination of IDT, AT and on-line learning to teach the curriculum. The new course pilot was launched 10 months later during the summer of 2002 the format is still used today for teaching Officers the basic core course and integrating new relevant information each into the course.

So, that was a defining moment in my career. We had an opportunity to shape the future education requirements and course content for Reserve Component Officers and Officers from other services. This proved critical for getting officers the education they needed to perform their staff jobs and support the wars in Iraq and Afghanistan.

We have many talented people in the 377th TSC. Each month we highlight our top Soldiers and their unique skills and the services they provide.

To nominate a Soldier, e-mail

SFC Angele Ringo
angele.ringo@usar.army.mil

For video, go to 377th TSC Facebook site
<http://www.facebook.com/pages/377th-Theater-Sustainment-Command/337414931526>



PROFILES IN PROFESSIONALISM



Who has been your biggest influence since joining the army: *"I have been blessed to have many, many great leaders to emulate not only in my civilian and military career, but also my family—I look at my father and our family's lineage of service for strength and encouragement. But I think there's one person that stands out to me in the Army. Major General James Archer, who is now retired, taught me many things about being a senior leader when I was a brigade commander. Clearly, his mentorship and steadfast guidance helped shape me into the person I am today. When you looked at him, the way he conducted himself, I said, 'That's who I want to be like, that's the character that I want to emulate.' I always thought that was how I wanted to be portrayed and thought of someday when I am long gone. Someone who had a positive influence on and helped other people along life's way. Whether is it coaching a ball team, leading change at work, providing guidance to a military staff, or just helping out in our communities, it is about helping others find their way in this very difficult endeavor we call life*

What do you enjoy most about the 377th TSC: *My biggest impression so far of the 377th TSC has been that the Soldiers have been so open and receptive to thinking and doing things differently. I've brought some new concepts and ideas and as I discuss those with the different staff officers and some of the Soldiers, I think they want to change. The CG had talked about starting a new cultural change when I got here and we have continued to work together toward that goal along with the great leadership team. That is assembled here. That's been a really good feeling that I've had so far; the progression and the direction the command is headed. It takes courage and commitment to change; I think these are exciting times to be a part of the organization.*

What is your personal Professional Motto:

I guess my motto would be from Napoleon--- I like studying history a lot. He said:

If I always appear prepared, it is because before entering an undertaking, I have meditated long and have already foreseen what might occur. It is not genius that reveals to me suddenly and secretly what I should do in circumstances unexpected by others; it is thought and preparation.

I always think about that. When I think about a strategic leader and what they should be doing, it's thinking through the process of where the organization is going and trying to forecast what may happen in the future. That kind of thought just drives me in my civilian career, with my family and also with the organization here—where are we going? Where's the hockey puck going—not where is it today?



Veteran Spotlight

316th ESC Soldiers Salute Veteran Patients



Story by Capt. Jeffrey Gruidl, 316th ESC

The Pittsburgh Veterans Affairs Healthcare System (VA) celebrated the 34th annual National Salute to Hospitalized Veterans in February, and Soldiers from the 316th Sustainment Command (Expeditionary) were on hand to help.

The Salute 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, "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."

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

Along the corridors of the modern hospital were the VA's most seriously ill patients. Lopic commented, "Every patient was happy to have a visitor who was appreciative of their service to our country. I was greeted with smiles, warm handshakes, and an occasional story of service from World War II 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'."

Soldiers who visited the other hospitals also heard stories of service and were left with a feeling of gratitude and respect for the veterans they met. In addition to visiting veterans at the University Drive VA, servicemembers from the 316th ESC supported events at the Highland Drive VA. Highland Drive VA is the area's primary treatment center for addictive disorders and a regional treatment center for former Prisoners of War. Soldiers also visited the H.J. Heinz Campus, home to a geriatric care program, and also supported a VA recovery center and homeless domicile.

Chief Warrant Officer 2 Richard Martin said, "There were retired vets and JROTC [Junior Reserve Officer Training Corps] students visiting, too. The patients seemed to really appreciate all the attention."

Entertainers, politicians, and former Pittsburgh Steelers also stopped in to shake hands and spend time with the hospitalized veterans.

The National Salute program began in 1978 when the 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 the National Salute to Hospitalized Veterans or the VA in general, please visit www.pittsburgh.va.gov.

Cadets from Valley High School JROTC were among the many military, government and education groups to support the 34th annual, National Salute to hospitalized veterans, Feb. 15-17





Civilian Spotlight

207th RSG, 143rd ESC Warrior Spouse Day

Story and photos by Staff Sgt. Deidra Jackson

The 207th Regional Support Group (RSG) held its first annual "Warrior Spouse" day on Jan. 21st. The Warrior Spouse day was created to allow spouses to experience some fun Soldier-focused training. It allowed family members to feel more a part of the unit, building the bond between unit and family.

"We did this because we wanted to give spouses a day in the life of a Soldier," said Capt. Yolanda E. Mason, the Headquarters and Headquarters Detachment Commander and officer in charge of the event.

"The spouses were able to get some Soldier skills training and see what it's like to experience some things we do in the Army," she said.



Thirteen participants put on military gear, which included army combat helmets and load-bearing vests borrowed from their spouses, and filed onto a bus to start the day.

Throughout the day the spouses were taught how to walk and talk like a Soldier. Four of the spouses were chosen to fill leadership positions that included a platoon sergeant, a platoon leader, and two squad leaders.

Their training included learning how to salute, report and march; all the basic Soldier skills a Soldier learns in basic combat training.

"The spouses really got a chance to live in our world," said Sgt. 1st Class Jermaine D. Chandler, 207th Detachment 1st Sgt. and the noncommissioned officer in charge of Warrior Spouse day.

"They learned how we train, why we train, and where we train," he said.

After learning basic commands and skills the new recruits learned basic marksmanship using M-16 rifles and the Engagement Skills Trainer system. After becoming marksmen, the new recruits were given a meal ready to eat (MRE) for lunch.

The last part of the day was a training simulation which allowed the spouses to practice convoy operations with one person driving, one navigating, and one acting as a gunner. The convoy allowed the spouses to experience realistic combat scenarios and respond to them as a team. During the convoy, the spouses reacted to direct fire, improvised explosive devices, vehicle malfunctions, and casualties.

The day ended back at the McWhorter Reserve Center where the spouses were greeted with applause and cheers from their family members and 207th RSG units. The new Warrior Spouses were then presented with a coin and a certificate of completion from Maj. Gen. Luis R. Visot, Commander of the 377th TSC and Col. James C. Bagley, Commander of the 207th RSG.

Capt. Mason summed up the day best: "The strength of our soldiers comes from the strength of our families, meaning we're only as strong as the strength of our families."

This command is dedicated to the veterans and civilians who contribute to the 377th TSC team. If you would like to recognize a veteran or civilian you know, please contact Master Sgt. Dianna Anderson at dianna.anderson@usar.army.mil or 504-558-5556.



What does Honor mean to you?



Sgt. Corey Eugene, Personnel (G-1)

"When I think about honor I think about having a great deal of pride and respect. It's important to be honorable when you're a Soldier because you have a lot of people that rely on you--not only your peers and the people you work with but the entire country."



Spc. Laura Pfessdorf, Office of the Staff Judge Advocate (SJA)

"I think honor has a lot to do with the person's character and their moral compass... a lot of what we do in the military relies on honor-- on your own moral compass; on your own values being able to do the right thing even though you're not being watched all the time."



Sgt. Jesse Singleton Jr., Communications (G-6)

"Honor means respect for one's country, one's self and one's organization. I feel as though in order to truly honor something and cherish something, you truly have to have respect for it first so that's what I would say honor is to me."



Spc. Kelli Robinson, Staff Judge Advocate

"When I put on my uniform I feel very honored just to walk through a grocery store or any place like that and people tell me thanks for your service. It's just a proud feeling. Honor goes along with pride I believe."



Maj. Scott Allee, Intelligence (G-2)

"Honor means to me doing the right thing even though nobody is watching—that you never get credit for it. That when you get up in the morning and you put your uniform on, you're proud of who and what you are and what you represent whether you get a pat on the back for it or not."

Army Values

Loyalty

Bear true faith and allegiance to the U.S. Constitution, the Army, your unit and other Soldiers.

Duty

Fulfill your obligations.

Respect

Treat people as they should be treated.

Selfless Service

Put the welfare of the nation, the Army and your subordinates before your own

Honor

Live up to Army values.

Integrity

Do what's right, legally and morally.

Personal Courage

Face fear, danger or adversity (physical or moral).

Chain of Command



President of the United States
The Honorable Barack H. Obama



Secretary of Defense
The Honorable Leon E. Panetta



Secretary of the Army
The Honorable John M. McHugh



Chief of Staff of the Army
GEN Raymond T. Odierno



FORSCOM Commander
GEN David M. Rodriguez



Chief of the Army Reserve
LTG Michael D. Stultz



377th TSC Commander
MG Luis R. Visot

Major Subordinate Command Commander _____

Brigade/Group Commander _____

Battalion Commander _____

Company/Detachment Commander _____

Platoon Leader _____

NCO Support Channel



Sergeant Major of the Army
SMA Raymond F. Chandler III



FORSCOM
Command Sergeant Major
CSM Darrin J. Bohn



USAR
Command Sergeant Major
CSM Michael D. Schultz



377th TSC
Command Sergeant Major
CSM James M. Lambert

Major Subordinate Command CSM _____

Brigade/Group CSM _____

Battalion CSM _____

Company First Sergeant/Detachment Sergeant _____

Platoon Sergeant _____

Squad/Section/Team Leader (First Line Leader) _____



377th Theater Sustainment Command

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377TH TSC CAN DO

March 2012

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