

Highlighting the Mission Command of the 377th Theater Sustainment Command

CANDO

April 2012



316th ESC Heading for Kuwait Soldiers begin preparations for deployment

STATE TRACK RECORD BROKEN
Son of 377th TSC Soldier breaks state shot
put record

FROM ROMANIA TO THE U.S.
Chaplain from Romania joins the 377th
TSC

CAN DO

377th TSC Command Team

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On the Cover: Staff Sgt. Anthony Clay, 316th ESC Support Operations and resident of Baden, Pa., navigates the tough obstacle of a confidence course during annual training at Fort Dix, N.J., March 26.

Table of Contents

April 2012

3 Command Message.....The Army Value "Integrity"

4 CSM Message.....A moment of truth

6 From Romania.....A chaplain's reflection

7 American History and Culture.....In remembrance of the Holocaust

10 Feature Story.....316th ESC prepares for deployment

15 Big Win..... 377th TSC food service teams honored



4



10



15

This publication is written, edited and published by the public affairs office of the 377th TSC, 400 Russell Ave, Belle Chasse, LA 70143. Send comments, editorial and photographic submissions to: angele.ringo@usar.army.mil or call 504 558 5557. Visit us online at: <http://www.facebook.com/pages/377th-Theater-Sustainment-Command/337414931526>

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



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

Greetings to my 377th TSC Family!

We have seven Army Values that form a complete foundation for everything we think, say, and do while serving as Citizen-Soldiers in the U.S. Army Reserve. All seven Values are fundamental to our way of life in the Army, as a Profession and a Professional, and they are all important. This month we are going to talk about what I think is the most important Value of the group. To me, the most important Army Value is Integrity. It encompasses all of the other 6 values.

Integrity means doing what is right, legally and morally, both when everyone is looking, and when no one is looking. It also means accepting the fact that sometimes "doing what is right" is a lot harder than "doing what is easy" (or fast, or cheap, or fun, or popular). But when we act with Integrity, we accept the fact that as Soldiers we are responsible and accountable for all of our actions. Ultimately, when we take ownership for our actions, we will do the right thing in any situation no matter what. Remember the mantra to applying Integrity to

problem solving: See it, Own it, Solve it, Do it.



Integrity doesn't come easily. It is built over a lifetime through the rigorous reinforcement and application of sound moral principles. We get good morals by learning from others who have Integrity, and by practicing our Integrity every day - on or off duty. Even though it isn't easy to get, once you have Integrity you can be sure that the respect of your friends and Family will soon follow. Please keep in mind that when you are wearing the uniform of our Nation, you are being watched and observed. Are you acting with Integrity?

Once we have developed our Integrity to the point that we understand what is expected of us, we must then apply our Integrity to make good decisions, accepting the "hard right" over the "easy wrong" if we have to. When faced with difficult decisions, use your Integrity to do what you know is right. Repeatedly demonstrating that we will do the right thing over and over again will swiftly build trust between us and those around us. Trust between the Army and the American people is critical to every mission!

As I bring this month's column to a close, I am thinking of a quote from one of the greatest American businessmen of the last century. Henry Ford, a car manufacturer from Michigan, once said, "Quality means doing it right when no one is looking." For his company to have made millions and millions of reliable and safe cars all over the world, everyone in his company had to dedicate themselves to doing their own jobs the right way, even when the boss wasn't watching.

In exactly the same way, we must dedicate ourselves to doing our duty properly and doing what is right in order to provide sustainment support to the Army and win our nation's wars. Please continue to do good (the right thing) with Integrity; our Nation depends on it! Thanks for your noble, selfless, and faithful service to our Nation! ARMY STRONG! CAN DO!



A MOMENT OF TRUTH



A MOMENT OF TRUTH

This month I ask you to take a moment and think before answering this question. “Are you staying current with the changes occurring in your ARMY PROFESSION and THE PROFESSION OF ARMS?”

Last month, I briefly touched on the fact that leadership, doctrine, and ways of doing things change over time. Leading us to be Operationally Adaptable... I mentioned that we have to know and understand the leaders appointed over us so we can be better prepared to support them in accomplishing assigned missions. This month I want to talk a little bit about changing doctrine. As one example, those that have been in the Army for a while know that the Army Leadership manual was Field Manual (FM) 22-100. The current Army Leadership manual is FM 6-22. Did you know there is a new “draft” Army Doctrinal Publication (ADP) 6-22 for Army Leadership? Please notice the change from FM to ADP!

If you are still stuck in the days of FM 22-100, I ask you to go online and pull down the current and future leadership materials.

FM 6-22 is too large to summarize in a few short paragraphs, so I encourage you to get a copy for yourself and read through it. There are great topics on the fundamentals of leadership, attributes and competencies of leaders, and counseling.

This manual defines a leader as “anyone who by virtue of assumed role or assigned responsibility inspires and influences people to accomplish organizational goals. Army leaders motivate people both inside and outside the chain of command to pursue actions, focus thinking, and shape decisions for the greater good of the organization.” It also discusses leadership at various levels. It emphasizes that regardless of the hierarchal level of leadership you currently hold, the values and attributes are the same for all leaders. It also recognizes that your level of competency within each of these attributes may vary based on experience.

The Leadership Requirements Model listed on the next page is an excerpt from the “draft” ADP 6-22, and gives you a glimpse of the attributes and competencies expected of an Army Leader as a Professional in the Army Profession.

NONCOMMISSIONED OFFICERS



Please note that these Attributes and Competencies will drive the development of the NCOER and the OER.

BE - a Professional in the Profession of Arms. KNOW - Stay current on changes in our profession. DO - Act in a manner consistent with Army ethical precepts and Trust. Failing to do so, results in a failed leadership to those that matter most – OUR SOLDIERS. You MUST: Stay informed, ask questions, and share information. This is very consistent with the concept of Knowledge Management – Facts/Data, Information, Knowledge, and Understanding!

“FITNESS, DISCIPLINE, STANDARDS”
TRUST – The BEDROCK!

Thank you for your service to our Nation, our Soldiers, our Families and our Communities. Make sure you let those that support you know how much you appreciate them for what they do as well. THANKS!

Very Respectfully,

CSM James M. Lambert
Can Do! Anytime, Anywhere!



A Chaplain's Reflection

Story by Capt. Gabriel Bultz, Chaplain

We are all born with a very important question to answer: what do we do with our lives? I was born and raised in Romania. At that time, Romania was a communist country under the influence of the Soviet Union. Exercising personal liberty was just a noble dream that was impossible to be fulfilled.

I was drafted into the Romanian Army when the revolution occurred in 1989. Some of my comrades were killed in the bloody weeks of that December. As the revolution concluded, my life direction changed, and I attended a theological school for the next four years. Once I was ordained a priest, a new chapter opened up in my life. I chose to serve others in both good and difficult times.

A priest's responsibility transcends the liturgical to include the psychological, and focuses on serving others more than one's self. Through confession and counseling I came to understand that the priesthood is a life-long commitment with many unexplored situations. In this profession you won't ever be able to say you know everything. Therefore, humility and open-mindedness are the backbone of my profession.

In the year 2004 the greatest window of opportunity in my life opened. That year, my family and I emigrated to the United States of America. We began a new chapter full of satisfaction and God's blessings. This led me directly to the path towards the U.S. Army Chaplaincy. I took my first tentative steps in 2006 at the Phoenix, Arizona, MEPS (Military Entrance Processing Station), but my family was not yet ready for military life and the opportunity passed for a time.

In 2010, my family and I became American citizens and again the idea of serving in the military became an important subject in our home. Our new citizenship, living in four different states, and my northwest Florida parish (which was 80% military) all told me, "It is the right time to take the next step."

Finally my dream came true while interacting with military personnel and their families. In my eighteen years of professional experience, I dealt with a variety of situations and different challenges. However, nothing piqued my professional excitement and satisfaction more than working with military families. I am deeply impressed by your sacrifice, patriotism, and dignity in defense of our nation following the September 11th attacks. Like everyone in America, warriors and their families need spiritual support and family counseling. Repeated combat deployments, family crises, and extreme emotional stress are difficult and shouldn't be kept bottled up inside. I am proud to be a Chaplain so I can provide you the support and guidance you need when times are tough.

With our children soon to enter college and my wife's complete support and commitment, I finally reached a decision point. Earlier this year I proudly joined the ranks of the U.S. Army Chaplaincy. My family and I quickly realized that the military chaplaincy is not just a job but a "calling". A chaplain is not just clergy to church parishioners, but a spiritual advisor to all - responsible for providing counsel regardless of religion, ethnicity, gender, or sexual orientation, both at home and overseas.

I strongly believe it is my duty to serve my country. I feel an obligation to repay all that I received here and to say thanks for what I have become. This country gave my family and me the opportunity to affirm our personalities, not just rhetorically but practically. We now know what liberty is. President John F. Kennedy memorably declared, "Ask not what your country can do for you- but what you can do for your country."

So now it is my turn.





Story by Command Chief Warrant Officer Billy Robinson

The 143rd Sustainment Command (Expeditionary) hosted a Warrant Officer Professional Development conference in Orlando, Fla. from March 30 through April 1, 2012. In attendance were over 80 warrant officers and more than 10 noncommissioned officers interested in learning more about becoming a warrant officer.

Chief Warrant Officer 5 David Conrad hosted the conference as Command Chief Warrant Officer for the 143rd ESC. Conrad and Chief Warrant Officer 3 Mia Perdue did an outstanding job finding guest speakers and putting together the event.

On Friday, March 30, the conference opened with remarks by the 143rd ESC Commanding General, Brig. Gen. Mark W. Palzer, who challenged the attendees to make a difference. He identified the value that warrant officers add to the command and expressed his confidence that warrant officers have a valuable role in their assigned units.

The rest of Friday was filled with many beneficial and informative presentations. Presenters included the Command Chief Warrant Officer of the Army Reserve, Chief Warrant Officer 5 James Thompson, who covered warrant officer strength and the future of Army Reserve Careers Division (ARCD). The Assistant Executive Officer and Warrant Advisor to the Chief of Staff of the Army (CSA), Chief Warrant Officer 5 Jerry Dillard, spoke about the future of Army warrant officers and the need for them to plan their future. The new Quartermaster Regimental Warrant Officer, Chief Warrant Officer 5 Matthew Anderson, Sr., spoke about leadership development and doctrine, and his experience as the Chairman of the Senior Warrant Officer Advisory Council to the Vice Chief of Staff of the Army. Finally, Chief Warrant Officer 5 Billy Robinson, Command Chief Warrant Officer for the 377th Theater Sustainment Command, covered the 377th TSC's Priorities: "Readiness," "Sustainment," "Professional and Leader Development," and "Accountability."

The second day included presentations from about a dozen guests. The Warrant Officer Career College representative discussed the promotion board process. The 81st RSC explained the new Officer Evaluation Report. Then the proponent agencies for Quartermaster, Ordnance, Transportation, Signal, and the Adjutant General's Corps all gave presentations to the audience. Saturday's schedule also included speeches by the U.S. Army Human Resources Command and the ARCD.

Sunday morning began with a speech by Maj. Gen. Luis R. Visot, Commanding General of the 377th TSC. He reminded all that it was time to get back to basics by remembering how to do business in a garrison environment. He spoke about the CSA's "Marching Orders," provided a review of the "Profession of Arms," and told the warrant officers they had a responsibility to be in charge of the profession. After the general spoke, 143rd ESC Personnel (G-1) representatives talked about warrant officer records and eliminating misaligned and double-slotting among warrant officers. To close the conference, the 143rd ESC Training (G3/7) representative spoke about Warrant Officer Education System records and the importance of ensuring warrant officers attend the training they require.

The Warrant Officer Professional Development conference provided all in attendance the opportunity to learn more about the future and direction of the U.S. Army Reserve, get updates from across the Army and their branches, and network with other warrant officers. It was a great conference and served the 143rd ESC well.

May God bless you all and have a great spring season.



Brig. Gen. Mark W. Palzer speaks to warrant officers at the Warrant Officer Professional Development conference.



From the Surgeon's Office

As we move into the spring and summer months, it's important to remember that overexposure to extreme heat is the reality of unit preparation for operational missions. Almost all heat injuries are entirely preventable. Leaders must assess the mission and training requirements, and learn the warning signs of hot weather injuries. You can save lives by swiftly recognizing and treating the symptoms of heat injuries. According to a Training and Doctrine Command "Memorandum on Heat Illness Prevention" published last month, the U.S. Army had 313 heat-related illnesses in 2011. That's almost 1 heat injury for every day of the year! The numbers are too high; you can help us combat the heat-injury epidemic by following these simple safety tips:

- Leaders must know their Soldiers. Inspect them before work starts, monitor them as the temperature rises. If you see unsafe conditions or potential for heat injuries, it is your duty to inform the chain of command!
- Provide proper hydration at all times. Work and rest in the shade when possible; construct shades if necessary. Learn and use the work/rest and water consumption table, reproduced below.
- Conduct preseason heat illness prevention training, ensure all Soldiers can: recognize and properly respond to a heat casualty, know when to call range control or 911, use a wet bulb thermometer, construct heat awareness visual aids, and use work/rest tables.
- Wear sunscreen with SPF 30 or higher, and apply it liberally about 30 minutes before sun exposure and 30 minutes before bug repellent; reapply at least every two hours throughout the day, more often if you're using bug spray, too.
- Use wide-brimmed hats to protect your eyes, head and neck; wear light-colored, loose-fitting clothing to cover your arms, legs and torso. Eyewear should block 100% of UVA and UVB rays (all items on the AEL do); use wraparound eyewear if possible, because it protects against sun rays from the front and sides.

Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated Soldier wearing ACU, hot weather. (See TB MED 507 for further guidance.)

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms 	<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e., Low Crawl or High Crawl • Defensive Position Construction 	<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).

- **NL** = no limit to work time per hr.

- **Rest** = minimal physical activity (sitting or standing) accomplished in shade if possible.

- **CAUTION: Hourly fluid intake should not exceed 1½ qts.**

- **Daily fluid intake should not exceed 12 qts.**

- If wearing body armor, add 5°F to WBGT index in humid climates.

- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.

- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (green)	82° - 84.9°	NL	½	50/10 min	¾	30/30 min	1
3 (yellow)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (red)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (black)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

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316th ESC Annual Training Prepares Soldiers for Deployment



Story and photos by Sgt. Peter Berardi

Deployment training for approximately 250 Soldiers of the 316th Sustainment Command (Expeditionary) began with a 19-day annual training exercise and an eight-hour bus ride through scenic Pennsylvania countryside arriving at Fort Dix, N.J., on March 12.

Unseasonably warm weather made for a comfortable outdoor training environment. This was fortunate for the Soldiers of the 316th ESC, because a large amount of the training took place outside over extended periods of time.

The Soldiers participated in training on a variety of systems, including the Command Post of the Future (CPOF), the Battle Command Sustainment Support System (BCS3), and the Standardized Integrated Command Post System (SICUPS). They also refreshed their basic Soldier skills with classes like the Combat Lifesaver course, weapons training, and driver's training.

Of particular interest during the training was learning CPOF. The CPOF computer is a triple-widescreen tool that provides near-real-time knowledge sharing that enhances team effectiveness and command decision-making. CPOF allows commanders to quickly review shared data on their own, or in real-time coordination with subordinate units, thus improving overall battlefield awareness. CPOF also gives commanders of different types of units a common platform to exchange information relevant to any unit.

"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. "We got excellent CPOF training while we were here that is relevant and extremely useful."

BCS3 is another useful system, but one that is tailored to sustainment functions (namely, what it takes to feed, fuel, fix, arm, man, maintain, transport, and supply the force). BCS3 provides logistics information critical to operations and helps planners and leaders to provide the best possible sustainment management to an area or force. The system also provides in-transit visibility from the point of shipment to the final destination. BCS3 can even be set up to track resources and sound automated alerts when critical items are below required levels.

Maj. Lisa Brown, a member of 316th ESC Support Operations (SPO) and a native of Atlanta, Ga., said that 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 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, BCS3, and other systems into the SICUPS setup. "It was a great experience," said Staff Sgt. James Liggon, another 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."



Soldiers of the 316th ESC prepare to start a staff integration training scenario at a SICUPS site at Fort Dix, N.J., March 27. This exercise is a combination of lessons learned during earlier training that will give Soldiers the chance to experience the pace and stress of real-world logistics operations.

Training culminated in a staff integration training scenario that combined all of the systems taught throughout the first portion of annual training. During this exercise, Soldiers saw how fast-paced and stressful things can get once all of the separate systems and elements are combined for actual 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 products as a staff, and move and share information through the systems. This will be a great foundation for us to move forward and we will be prepared when we get to theater."



Staff Sgt. Anthony Clay, 316th ESC Support Operations and resident of Baden, Pa., navigates the tough obstacle of a confidence course at Fort Dix, N.J., March 26. The confidence course is meant to build camaraderie and confidence among Soldiers. The course is also very physically challenging making safety extremely important.

Soldiers also had the opportunity to participate in realistic CLS training, weapons training and driver's training. These additional experiences prepared the Soldiers of the 316th ESC for the unexpected during their deployment to Kuwait. When asked about the additional training sessions 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 two-week exercise, the Soldiers of 316th ESC moved on to Fort Hunter Liggett, Calif., for three more weeks of Soldier skills training. The Soldiers will then move to Fort Hood, Texas, for two months to conduct final pre-deployment training and complete all their individual and collective requirements before beginning their deployment to Kuwait for about a year.

Soldiers learn lifesaving skills at Combat Lifesaver Course

Story and photos by Sgt. Peter Berardi

FORT DIX, N.J. — Thirty-one Soldiers from the 316th Sustainment Command (Expeditionary) attended a Combat Lifesaver Course last month at Fort Dix, N.J.

The course, which was taught at the Fort Dix Medical Simulation Training Center, teaches Soldiers lifesaving skills and techniques by using a combination of classroom lessons, hands-on practice and a capstone exercise in a simulated combat environment.

“This course provides clear and concise information on first aid skills and techniques performed while under fire or during non-combat emergencies,” said Paul LaPadula, a native of Browns Mills, N.J. LaPadula, a technical trainer for the CLS course since 2008, said that when the skills taught in this course are applied properly, casualties have a much greater chance of survival.

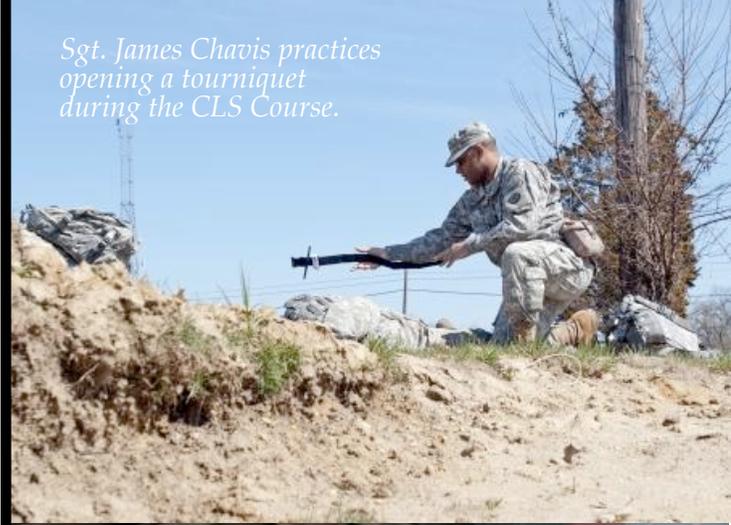
When asked to give advice to the Soldiers he said, “Learning your tourniquets and communication is everything.” He added that team building is also a very important part of the course.

Capt. Yao Pone, a member of the 316th ESC Support Operations Finance section, thought the course encompassed very good, to-the-point instruction. It was easy to pick up on and all of the Soldiers that attended passed the test, added Pone. “The obstacles were fun but it’s not just playtime, the application phase was intense hands-on training,” he said.

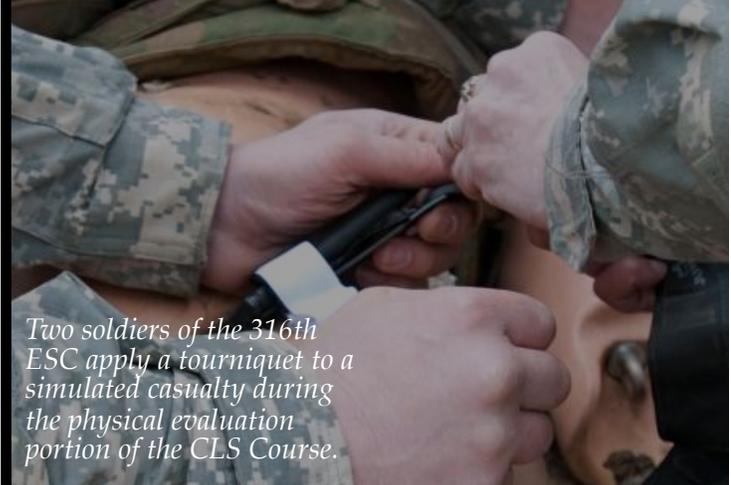
Spc. Michael Miano, a member of the 316th ESC HHC from Slippery Rock, Pa., said that he thought the course taught a lot of skills and techniques and yet was still fun. Miano enjoyed the final physical evaluation the most. “We got to try as a team to use what we learned,” he said.

After graduating the Combat Lifesaver Course, the Soldiers of the 316th ESC will have the skills and techniques to ensure a safe return home from their upcoming deployment to Kuwait later this year.

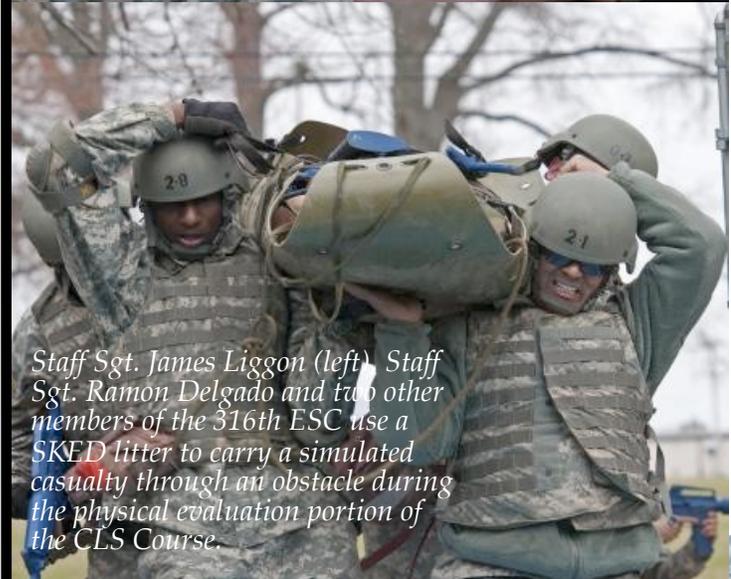
CAN DO



Sgt. James Chavis practices opening a tourniquet during the CLS Course.



Two soldiers of the 316th ESC apply a tourniquet to a simulated casualty during the physical evaluation portion of the CLS Course.



Staff Sgt. James Liggon (left) Staff Sgt. Ramon Delgado and two other members of the 316th ESC use a SKED litter to carry a simulated casualty through an obstacle during the physical evaluation portion of the CLS Course.



Maj. Brian White moves for cover during the physical evaluation portion of the CLS course.



Yellow Ribbon Program helps prepare 316th ESC Soldiers and their Families for mobilization



Story and photos by Sgt. Peter Berardi

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

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

Brig. Gen. Bud R. Jameson Jr., Commanding General of the 316th ESC, started the event by welcoming everyone and explaining that when he deployed in 2003 there was no event like this for U.S. Army Reserve Soldiers. During that time, he said, things were geared towards the needs of active duty Soldiers. He pointed out that today's Yellow Ribbon Program is just for U.S. Army Reserve Soldiers and their families.

Sarah Young, a ten-year-old Brackenridge, Pa. native, next took the stage. Sarah made rosaries by hand for Soldiers and attended the event to thank all of those present for their service. Later, she was seen among the other vendors, meeting 316th Soldiers and their family members and handing out her 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. Everyone had the opportunity to ask questions as part of the group discussion or privately later on. The subject matter experts brought together by the Yellow Ribbon Program proved their worth over and over to everyone who attended.

Arleen Wolf, from Pittsburgh and mother of Pvt. David Wolf, said that the the social worker who talked about what to say and what to expect when Soldiers get home was very helpful. Chaplain (Capt.) Demetrius Walton's talk about the cycles of what Soldiers go through was excellent to hear also, added Mrs. Wolf.

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 Mrs. Cygnarowicz.

After the lunch break, a Penn State College volunteer group called Operation Military Kids stopped by to present backpacks that they call "Hero Packs" to all of the children in attendance that were at least four years old. For the children that were younger, the volunteers handed out blue teddy bears from the American Legion Auxiliary.

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



Master Sgt. Robert G. Brown shakes hands with Sarah Young, of Brackenridge, Pa., at the 316th ESC Yellow Ribbon event. Young came to the event to hand out handmade rosaries to Soldiers and their families.



Angel Elmer, the daughter of 316th ESC Soldier Spc. Jason Elmer, receives a "Hero Bag" from Operation Military Kids volunteers at the 316th ESC Yellow Ribbon event.



Cpl. Dawn Kincer visits with a vendor at the 316th ESC Yellow Ribbon event. 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.

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The law has changed! You may not get your ballot automatically. Go to www.FVAP.gov and get started! Make sure you include your email address!

Visit your local Voting Assistance Officer (VAO) and REGISTER TO VOTE!

HELP SPREAD THE WORD!

**Your Command Voting Assistance Officer is
MAJ Hilda N. Figueroa

**Your 377th TSC Staff VAOs are:

G3- MAJ Gregory Fleming

G4- SFC James Dennett

G6- SFC Terry L. Powell

G7- 1LT Sonny Hanson

G8- MSG Lashonda Roberson

SJA- SFC Jason K. Adams

Family Readiness- Mr. Horace Milstead

SPO- CPT Jason M. Morrow and

SGT Lashundra S. Seals

Surgeon- MAJ Marilyn Rink

PAO- SFC Angele Ringo

**Your subordinate command Voting Assistance Officers are:

103rd ESC

CW2 Erica Crawford

143rd ESC

CPT Richard Granados

SFC Ivan E. Alicea

SSG Michelle P. Bell

310th ESC

MAJ Brian Momberg

SFC Kenneth C. Kock

316th ESC

CPT Ruth Schultz

DSC

CW3 Myron R. Allen

ARSC

Ms. Vickie M. Olson



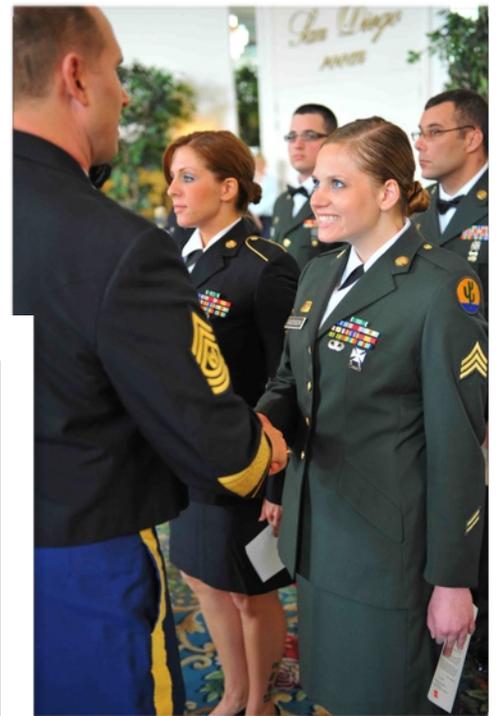
377th TSC Units Honored for Achievement in Phillip A. Connelly Competition



The Department of the Army and the International Food Service Executives Association (IFSEA) formally awarded the Phillip A. Connelly trophy to the 316th Sustainment Command (Expeditionary) for best field kitchen in the U.S. Army Reserve. The 847th HRC, 103rd Sustainment Command (Expeditionary) received a plaque for U.S. Army Reserve Runner-up. The units were honored during the IFSEA's week-long food education conference in San Diego, Calif., March 31.



U.S. Army Staff Sgt. Russell Haley (third from the right) and Sgt. Ashley Williams (second from the right), both with 326th Quartermaster Company, 402nd Quartermaster Battalion receive a trophy for best Army Reserve Field kitchen in San Diego, Calif., March 31. (U.S. Army photos by Spc. Gary Silverman)



U.S. Army Sgt. Brooke Avenson with 847th Human Resource Company, 457th Transportation Battalion shakes the hand of U.S. Army Reserve Command Sgt. Maj. Michael Schultz in San Diego, Calif., March 31.

U.S. Army Sgt. Rebekah Dennis and Sgt. Brooke Avenson both with 847th Human Resource Company, 457th Transportation Battalion accept a plaque from U.S. Navy Rear Adm. David Baucom, Commander, assigned to Defense Logistics Agency Troop Support in San Diego, Calif., March 31.





Enjoying Summer Days

As we move into the warmest months of the year our focus turns to spending even more of our time enjoying the great outdoors. We participate in fishing, boating, camping and skiing. Here in Louisiana we have another unique and special outdoor activity: BOILING. We will boil just about anything from big juicy crawfish to all kinds of meat and veggies. As you enjoy your summer time activities, always keep safety in mind. The 377th TSC Command Safety Office wants you to enjoy your summer time experiences safely.

Follow these safety rules while you enjoy your summer:

BBQ and food safety -

Never leave a hot grill unattended

Keep a fire extinguisher and first aid kit handy (If you're cooking with grease or frying with oil, swap the fire extinguisher for a heavy wool or kevlar fire blanket or metal lid large enough to smother a grease fire)

Wash your hands, utensils and preparation surfaces often

Keep raw foods separate from ready-to-eat foods

Cook food to the recommended temperature (see foodsafety.gov)

Refrigerate or freeze leftover food promptly

Boating Safety -

Take a boating safety course (save up for it if you have to)

Know your boat and the rules of the water

Pack all required safety equipment on board

Wear a life jacket and have one on hand for all passengers

Don't consume alcohol while operating your boat

Check the weather forecast before your trip

File a float plan with a family member or friend

Operate your boat at a safe speed

Water safety -

Learn to swim; use a personal flotation device when necessary

Alcohol and water do not mix

Read and obey all rules and posted signs

Never dive into lakes and rivers – hidden dangers may lurk just beneath the surface

Watch for the dangerous "too" – too tired, too cold, too far from safety, too much sun and too much strenuous activity

Know how to recognize, prevent, and respond to emergencies

Army Safe is Army Strong

377th TSC Command Safety Office



Veteran Spotlight

Sgt. Jim Anthony



Story by MSG Dianna Anderson

How do you describe jumping out of an airplane? Sgt. Jim Anthony recently said, "It's a rush that will last you the rest of your life." He should know, Sgt. Anthony was once a member of the 20th Special Forces Group.

Anthony, a veteran from the Vietnam era, clearly recalls his service as a young sergeant back when the 20th Special Forces Group was a reserve unit at the New Orleans Lakefront. He served from 1965-1971.

As a young man in 1965, when he walked into the recruiting office, Jim Anthony hoped to follow in two of his cousins' footsteps who at that time were members of the 101st Airborne Division at Ft Bragg. Sgt. Anthony saw the respect his cousins got from the rest of the family, and he thought of them as heroes. He told the recruiter that he wanted to jump out of airplanes like his cousins but that he also was interested in computers. The recruiter said that he wouldn't be able to find a unit that would have both and convinced him to join the 20th Special Forces Group, a reserve unit at that time located at the Lakefront in New Orleans. Once he completed basic

training and jump school, Sgt. Anthony came back to the unit and started to complete military courses on the weekends. It wasn't long before the unit was informed that they may be called up for war. Wanting to deploy as a qualified Special Forces Soldier, Sgt. Anthony decided to take the active duty Special Forces qualification course. He went on to complete both the light and heavy weapons qualification courses.

When asked about the weapons courses he said, "This was a kid that had never fired anything but a BB gun. I had the time of my life!"

By the time Sgt. Anthony finished his military training, the Vietnam War was coming to an end and his unit had never been called up. Today he looks back fondly on his time in the Army. He credits the military with turning his life around at a time when he needed structure.

"I'm very proud of what I did," Sgt. Anthony said. "The training and skills I learned are what I use every day of my life. The discipline and the true appreciation of teamwork have made me a far better human being."

Today, as a member of the Special Forces Chapter XXX, a Gulf Coast military alumni fraternal organization, Sgt. Anthony gives back to the military community by providing members of all services an opportunity to participate in a Mardi Gras parade.

"We've been able to expand our community effort to include bringing active duty Soldiers, men and women of all branches, and put them on the Special Forces Chapter XXX Mardi Gras float where they will see at least a million people and at least a million people will give to them a sense of self-respect that is breath-taking."





Civilian Spotlight

Robert Brandon Kennedy

Story by Capt. Ted Zagraniski

Robert Brandon Kennedy is the kind of guy who makes his mother very proud. His mom, Maj. Sandra Kennedy of the 377th TSC Support Operations section says that's because Robert - a three-sport varsity athlete at Belle Chasse High School (BCHS) - has been setting records and winning games for years. And he just did something so momentous that no one had done it in 31 years.

Back in 1981, Vernon Homer (now one of Robert's football coaches at BCHS) threw a 12-pound metal ball - or shot - 49 feet and 1 inch. For 31 years, no BCHS student could do better. But then just a couple of weeks ago, Maj. Kennedy got a late-night phone call from Robert's track coach; he was "on record watch" for the shot put. A player "goes on record watch" when the coaching staff believes they have broken a record during competition, but it is up to the Louisiana High School Athletic Association (LHSAA) to make all new records official. Maybe Robert had topped Homer's mark. So the family waited and wondered: would Robert's throw stand?

Robert's storied youth sports career didn't get off to the best of starts. When he first went out for football at eight years old, Robert had to run a lot of punishment laps because his mom's busy work schedule meant they often showed up late. To encourage her son, Maj. Kennedy ran the laps with him until she was able to adjust her schedule and get him to practice on time.

In 2009 in Georgia, Robert was a member of Chapel Hill Middle School's football team when they won the Douglas County School System All-County Championship.

This academic year, Robert is a quiet sophomore at BCHS, which is adjacent to Naval Air Station Joint Reserve Base New Orleans (NAS JRB). His mom is still really proud, and she has reason to be. When her son went out for junior varsity football in the fall, coaches immediately noticed his talent; Robert was swiftly promoted to varsity defensive end and special teams. In the winter athletic season, Robert wrestled his way to a 17-6 record and the LHSAA Division II State Wrestling Championships. There he won three matches, lost two, and came out with 4th place overall. Now in the spring, Robert just won both shot put and discus at the Bobby Nuss Relays in Chalmette. In fact, he leads all New Orleans metro area high school boys in the discus. His best so far this season is a very respectable 151 feet 2.5 inches.

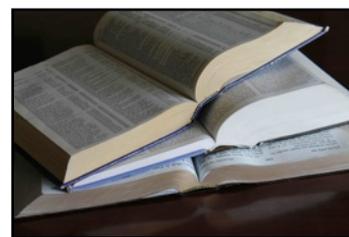
The day after going on record watch, the Kennedy family had their reason to celebrate. The LHSAA called to say that Robert's throw was official! He had indeed set a new BCHS school shot put record, beating Vernon Homer by the length of a paper clip. Robert's new mark is 49 feet 2.5 inches. Later that same day Coach Homer also called, just to be the first to personally congratulate young Robert for breaking his record.

Maj. Kennedy said later, "I'm proud of [my son]. I used to tell him when he was five years old that if he is to be [someone really special], it's up to him." If his latest record is any indication, Robert Brandon Kennedy always listens to his mother's advice.

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 Ms. Angele Ringo at angele.ringo@usar.army.mil for inclusion in the CAN DO magazine.

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

The Seven Habits of Highly Effective People



Story by Lt. Col. Leon Jones, Jr.

As you can tell from the title, I am on to another book that reveals another secret to success. We all know someone who just seems to get everything done and someone who just seems to get nothing done. It all comes down to the choices we make. For example, I just made a conscious decision in favor of writing this article. I will now explain how this choice was derived using the principle "Put First Things First" as explained in Steven R. Covey's The 7 Habits of Highly Effective People.

For the sake of this explanation, I will limit my discussion to the paper I thought about doing, and this article. According to Covey, I need to consider everything based on its importance and its urgency. Combining these two elements, I get four categories: 1. Urgent and Important, 2. Not Urgent but Important, 3. Urgent but Not Important, and 4. Not Urgent and Not Important. Graphically, my decision matrix looks like this:

Not Urgent, Important	2	Urgent, Important	1
Not Urgent, Not Important	4	Urgent, Not Important	3

First I had to decide in which quadrant to put each task. I am working on two important tasks, which means that they will both go into the top half of the matrix. With that completed, I now only have to decide which one is more urgent. I use the suspense (or due date and time) to make this determination. Since this article was due yesterday and the other paper is not due until tomorrow, the article is clearly more urgent and should be my highest priority.

In the order of precedence, my options are labeled 1 – 4 in my matrix. However, like Covey, I will caution you not to wait until all your important tasks become urgent before you take action, because there are seriously negative consequences associated.

"Put First Things First" is actually habit number 3 of 7 in Covey's book. It is very important for you to understand habits number 1 and 2 before mastering habit number 3. Now that you know the process, try it with some of your daily tasks. You might find The 7 Habits of Highly Effective People on your task list sooner than you thought.



PROFILES IN PROFESSIONALISM



Command Sgt. Maj.

James Lambert

Hometown: Waukegan, Ill.

Brief description of your job: *Command Sergeant Major for the 377th Theater Sustainment Command.*

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 angele.ringo@usar.army.mil

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

What Does Being a Professional Soldier Mean to You?

Being a professional Soldier is being technically competent in the area of your expertise. Whether it's in human resources or maintenance or if you're a supply or a medical person — truly being the technical expert in those areas is part of that. But being a professional is so much more. To me, being a professional Soldier is just that selflessness to serve others and to do it with joy. And again, part of that is continuing to learn and develop. It's just the passion that you must have for serving others; it's not about self. It's about doing something for the team and to make an overall improvement in the organization without looking for the glory of recognition for yourself.

Who has been your biggest influence since joining the Army? *I don't know that I can zero in on a single person because I have individuals in my personal life and in my professional life and just actions or events that spark different components of that. Certainly family is hugely important because I enlisted when I was seventeen, so my parents had to authorize my enlistment into the Army. If they hadn't given me that opportunity when I was still a junior in high school, I would never have gone on to do the things that I have. My father has been strongly supportive and always knew I could accomplish more than I thought I could do; he has always challenged me. He would ask me, "When are you going to be the Command Sergeant Major? When are you going to do this?" I was so thrilled when I had the opportunity to call him and say, "Hey dad, I finally made the list and am going to go to the Sergeant Major Academy, which is one of his dreams." My wife and my daughters have sacrificed greatly throughout my career of moving around and doing different things and have been so supportive of the things that I have done. My wife has encouraged me to pursue challenges and opportunities. When I ask if it is right for the family, she says, "The family will get through it; go forward and do great things." So, family in all components is super important. From the military side, my first detachment NCO, the way that he addressed me, the way he connected with me, kind of set a good solid foundation of doing good things. My first 1st Sergeant set a good example of what I didn't want to be like, because you learn, I think equally, from watching the good and the not-so-good. If you have a leader that you don't connect with and you think is doing things not in the best way, you can always learn by saying I am not going to do it that way when I get in that position. Opportunities and other assignments have really shaped how I do things as well.*



What do you enjoy most about the 377th TSC? *I love being assigned to the 377th Theater Sustainment Command. It was a great honor to be selected to come here by Maj. Gen. Visot. It's an exciting type of command. We have all the sustainment communities. We have human resources, transportation, and quartermaster; all those things that I've had the opportunity to be assigned to and participate in throughout my Army career. So, it's good to be at the culminating event to be able to put all that together as a higher headquarters.*

What is your professional motto? *I guess the closest thing is: "Everything happens for a reason." I'm a faith based individual and God has a greater plan for me. Sometimes things didn't happen for me even when I would've done them and I thought were the right things to do. God had a greater plan for me and put me in a different direction that had great outcomes. So, everything happens for a reason — we don't always understand it and we don't always appreciate the timing, but ultimately I think it works out well.*



What does Integrity mean to you?

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).



Staff Sgt. Kia White

"Integrity starts from your morals and values your parents instill in you as a child. I think that as a leader, you have to have integrity because once you lose integrity with your subordinates and they don't trust what you say, it makes the work environment horrible. So, in my book, integrity is number one."



Spc. Aries Johnson

"Integrity means having the self-confidence to be true to yourself and true to others through any circumstance."



Pfc. Sarah Bollat

"Integrity means to me doing the right thing when nobody's around looking. Owning up — if you do make a mistake just resolving it on your own without having somebody tell you."



Sgt. Lynea Sanders

"It means doing the right thing no matter who's around, no matter what the circumstances may be. You have to do the right thing no matter what. You know the old saying 'honesty is the best policy' so, let's be honest here."



Sgt. 1st Class Alberto Lopez

"If we talk about integrity we have to talk about trust because when we have trust in our leaders we can better carry out our mission. If we don't have trust, it affects the mission itself."

SOLDIER'S CREED

I am an American Soldier.

I am a Warrior and member of a team. I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am guardian of freedom and the American way of life.

I am an American Soldier.



377th Theater Sustainment Command

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377TH TSC CAN DO

April 2012

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