

Highlighting the Mission Command of the 377th Theater Sustainment Command

CANDO

MAY 2012



The Long Road to Best Warrior Eight Soldiers Battle for the 377th TSC Title

TRACKING THE FLOW

143rd ESC troops keep Kandahar traffic moving through access control

'CHAMPION OF CHANGE'

White House honors Soldier for energy-saving technology

CAN DO

377th TSC Command Team

Maj. Gen. Luis R. Visot
Commander

Brig. Gen. Kenneth Jones
Deputy Commander

Col. Maxine C. Girard
Chief of Staff

Command Sgt. Maj. James M. Lambert
Command Sergeant Major

CAN DO Magazine Staff

Lt. Col. Michael Perez
Public Affairs Officer

Ms. Angele Ringo
Editor

Spc. Charles Thompson
Staff Writer

Contributors

Lt. Col. Leon Jones, Jr.
Maj. Tamala Mullins
1st Lt. Matthew O'Brien
1st Lt. Christopher Thornhill
Mr. Derek Brent
Mr. C. Todd Lopez
Master Sgt. Dianna Anderson
Staff Sgt. Michael Sweet
Spc. Dalton Smith
Spc. Rachel Krogstad



On the Cover: Fellow troops encourage Spc. Lisette Vera, 143rd ESC, to finish strong on a 6-mile ruck march during the 377th TSC Best Warrior Competition at the Camp Shelby Joint Forces Training Center, Miss. April 17. From left to right, Sgt. Major Mark Robinson, 377th TSC; Sgt. Orval Emery, 103rd ESC and Staff Sgt. John Schillereff, 316th ESC.

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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 5556. Visit us online at: <https://www.facebook.com/The377thTSCCanDo>

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



Greetings 377th TSC Family!

Cindy and I would like to take this opportunity to express our deepest and most sincere Gratitude to all of you whom have touched our hearts and made a difference in our lives for the past 3 years. I will not even begin to attempt to name all of those who will be forever embedded in our Hearts!

Let me start with our Civilian workforce... Thanks! You have "moved" me in many ways. Thanks for allowing me to serve with you. Thanks for embracing our culture of accountability and culture of change. You are the Leaders in this effort. Please remain dedicated and committed to serving our Soldiers and their Families!

Soldiers... You are the reason for our being in the U.S. Army. I can only hope we have been able to guide you and lead you in the right direction with passion and trust! Stay Fit!

Families... You are the Strength of our Army and Our Soldiers. We remain committed to serving you to the best of our abilities. We will protect you, your loved ones, and your freedoms. We will support and defend you. Thanks for the warm welcome and farewell you have extended to us, especially to Cindy, my Lovely Wife! ARMY STRONG!

Over the past seven months we've focused on the seven Army Values. They are the very essence of who we are as Soldiers and what we stand for as an organization. How fitting that we end this series during the month of May (Memorial Day) in which we honor the brave men and women in uniform who have given their lives in the service of this great nation. They embody the last Army Value: Personal Courage.

The Army defines Personal Courage as facing fear, danger or adversity whether it's physical or moral. We often associate the most valiant acts of personal courage with

those that risk life or limb and for good reason. Today, more than 19,000 Warrior Citizens are serving in Afghanistan and 22 other countries around the globe. They accept that risk daily as they support ongoing operations. Having Personal Courage can save lives—the absence of it, can cost lives.



While the physical expression of Personal Courage is important, the moral demonstration of it is no less critical. Everyday situations, both big and small, test our internal strength to do what's right. Whether it's in making an on-the-spot correction to enforce standards or reporting wrongdoing by a fellow Soldier. Promoting a culture of responsibility and accountability takes Personal Courage and it isn't easy. People often mistakenly think courage is the absence of fear when in fact; it is taking action in spite of it. It's about Discipline!

This month of May ends our focus on the Army Values in the Can Do, but I encourage you to live them in your daily lives continually. Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage—these are the Values that define what it means to be a Professional Soldier. This Memorial Day take time to remember those fallen Warriors who have given themselves for you and your freedoms and let their sacrifice be a solemn reminder of our proud service built on these Values.

It has been my honor and privilege to serve as your Commanding General. Please be reminded that every human being has Value and never tire of doing good. I bid you a fond farewell and I'm forever grateful for your daily dedication and faithful service to our Nation! Cindy and I will always have the Family of the 377th Theater Sustainment Command in our Hearts! THANK-YOU!!! May God bestow his love and blessings upon our 377th TSC Family, the United States Army, and America!

Fair Winds and Following Seas!

Army Strong!
Can Do!



Daniel Erath/Times-Picayune

MG Luis R. Visot
Commander of the 377th
Theater Sustainment Command

A TIME FOR CHANGE



A TIME FOR CHANGE

For those that serve in the military, we know that change is a constant. This month the 377th Theater Sustainment Command marks a time of significant change. We undergo a Change of Command from Maj. Gen. Luis R. Visot to Brig. Gen. Peter S. Lennon. MG Visot and his wife, Dr. Cindy Visot, have served our Command well over the past three years, and I am deeply honored to have had the opportunity to serve as MG Visot's "Battle Buddy" for the past 17 months. I personally thank him for his leadership, his vision, and his devotion to the Army and those that serve it.

Maj. Gen. Visot will move on to a position that allows him to have an even greater impact on the Army Reserve. I wish him the very best and I look forward to a continued partnership.

As we bid a farewell to Maj. Gen. Visot; we welcome our new Commander, Brig. Gen. Lennon. Brig. Gen. Lennon comes to us with a lot of experience as well. He will bring with him his own style and vision for the future of the 377th TSC. I am certain he will challenge us to continue to improve, and I am confident we will rise to that challenge. I extend a heartfelt welcome to Brig. Gen. Lennon and his wife, Elaine.

It is with mixed feelings that I write my last article for the "CAN DO". My assignment here has been a true blessing and it has provided me with many opportunities to learn and grow.

I want to thank all of the members of the 377th Theater Sustainment Command for your support to me during my time as your Command Sergeant Major. We have a lot of great Soldiers, Civilian Employees, and Volunteers within our Command. It is through your collective efforts that we achieve many successes.

Please always remember that we are not in this alone. Continue to give thanks to those that support us in our service to the nation. Our Families, Friends, Employers, and Communities are vital to our success.

Very Respectfully,

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



My Journey Toward Chaplaincy

1st Lt. Matthew O'Brien, Chaplain Candidate

It's been said that the two most important days of your life are the day you are born and the day you know why you were born. For me, the idea of military chaplaincy took root in my mind long before I would pursue it, or it would become a realizable possibility for me. In June, 2001, I was an excited and idealistic high school graduate, bound for a bible college to pursue a career in ministry. Many of my friends and fellow graduates had chosen to serve in the military, some with a career in mind, others simply hoping to secure a GI bill. The last summer of our perceived adolescence lay before us. Those three short months drifted by like a dream, only to awake to the nightmare of September 11th, when our nation was forever changed.

My friends had not thought farther than overseas installations, but were now finding themselves in the desert, in all the glory and horror of a war. They came back with fascinating and complicated and awful stories to relate. Parts of each and every story were the various struggles of faith they experienced between all the stresses of war and their isolation from home. Their reports of chaplains were less than encouraging; many had no chaplains available to them, and those that did felt less than loved and cared for by those who were present. I was grieved for my friends and their struggles, and for the difficulties of supporting Soldiers in a war zone. But I was young and bound for the mission field, so I put military service in the back of my mind. "Something to consider after grad school," I told myself.

Several years went by and I spent time in Seattle working with youth, as well as working in Africa with various churches and HIV children's homes. My spirits were high as I began graduate theological studies. My thoughts were focused on returning overseas when I had my master's degree. God works in some peculiar ways. Through the wisdom of the father of my ex-girlfriend, I heard

the truth spoken, and it was a radically different course than what I had planned for myself.

Rather than fleeing America, these were my people and included many of my friends fighting in a complex conflict; I was spiritually awakened to the needs of my own people. When I found the chaplain candidate program, an opportunity to train and prepare for chaplaincy while in seminary, I jumped at it.



Through the candidate program I've worked with ROTC cadets during their training, served at Madigan Army Hospital for clinical training, and walked with my previous unit and rear detachment through a deployment cycle. All these experiences have only reinforced my commitment and sense of calling.

Now with degree and ordination in hand, I await the final step--to pin on the cross and take up the good fight beside brother and sister alike. I am confident that the wisdom and guidance of God will continue to reveal my path as I embark on this new chapter. I hope to empower and enable others to overcome emotional and spiritual strongholds in their lives, to encourage those in need, and to mourn alongside others as we honor fallen Soldiers and family members. The living tapestry of human life goes on, and in seeking my purpose, God has called me to serve others.

Soldiers Battle for Warrior Status



Two troops advance after four days and 15 grueling events

Story by Staff Sgt. Mike Sweet

Photos by Staff Sgt. Mike Sweet and Angele Ringo

Spc. Christopher Fitt, 316th ESC, puts Spc. Matthew Krueger, Deployment Support Command, in a choke hold during a Modern Army Combatives competition.

CAMP SHELBY, Miss. – Battling fatigue, injuries, and the unexpected, eight Army Reservists persevered in a four-day gauntlet of events that tested their endurance and combat skills at Camp Shelby Joint Forces Training Center, Miss. The contest named a junior enlisted Soldier and Noncommissioned Officer that will represent the 377th Theater Sustainment Command at the 2012 Army Reserve Command Best Warrior Competition in July.

Spc. Austin J. Okorn and Sgt. Orval D. Emery, both representing the 103rd Sustainment Command (Expeditionary) in Des Moines, Iowa, earned the title of 377th TSC Best Warrior.

During the competition, the Soldiers were tested under austere conditions and had to demonstrate both physical toughness and mental agility.

The competition kicked off with the Army Physical Fitness Test. Unlikely to happen at this level, but any competitor failing to meet height-weight standards, regulation push-ups, sit-ups or a two-mile run would be disqualified— which amped up the effort in all of the contestants.

“It only hurts when I breathe,” said Spc. Christopher Fitt from the 316th Sustainment Command (Expeditionary) who traces his family’s American military service back to the 17th Century when New England Colonists fought in the King Phillip’s War. “I was not able to max it, [the physical fitness test] but I’ll make it up in other areas. I am just too dumb to know when to give up.”

A surprise to some spectators, but not to herself, Spc. Lisette Vera, a legal administrative specialist with the 143rd Sustainment Command (Expeditionary), and the competition's

only female contestant, excelled in the APFT. Vera scored 300 points in the first event putting everyone on notice that the 43-year-old wasn’t there to add diversity to the Best Warrior roster.

“It’s all about a state of mind,” said Vera. “If you do not have a state of mind and focus to get what you want that’s in front of you, it does not matter who you are. You do it or you don’t do it.”



Spc. Matthew Krueger, DSC, assumes the push-up position as Staff Sgt. John Schillereff, 316th ESC, waits his turn during the PT event.



Staff Sgt. William Davidson, 310th ESC, answers question from a board of Sergeants Major as his sponsor, Staff Sgt. John Bartello, observes.



Staff Sgt. Matthew Loeb, 143rd ESC, listens to instruction before firing a replica of an M240 machine gun at the Engagement Skills Trainer 2000.



Sgt. Orvil Emery from the 103rd ESC demonstrates how he would attack and enemy position on a sand table

With the APFT behind them, the competing Soldiers focused on the meat of the competition. Best Warrior doesn't just test a Soldier's physical agility, explains Sgt. 1st Class Hector Orsini, 143rd ESC, the competition also tests individual's mental endurance and aptitude.

As proof, each then faced an oral board comprised of several sergeants major—all of the contestants hoping their spelling on an accompanying essay didn't hurt their standings. Other tasks that followed included: demonstrating proficiency with the M4 Carbine in both day and night firing, completing a timed road march, negotiating a day and night land navigation course, stabilizing a trauma casualty, and fighting hand-to-hand in a series of Modern Army Combatives matches.

The Best Warrior cadre also inserted surprise tasks to keep the contestants off balance.

In one event, contestants were shown a sand table, and were told to use plastic toy soldiers to demonstrate how they would attack the enemy position. Thinking outside the box — literally — one Soldier attacked the enemy from out of bounds, which didn't work.

Good-natured ribbing remained a constant throughout the competition when any mishap

threatened to derail a contestant's momentum.

The night land navigation course turned into a minor search-and-rescue mission after only seven contestants finished in the allotted time. However, the point distance between the competitors grew smaller over the 4 days.

Participants bonded in different forms of teamwork. Joking and laughing between events, the Soldiers encouraged each other and passed along advice to tackle the upcoming events.

"This is still the Army," said Staff Sgt. John Schillereff, the NCO representative from the 316th ESC. "You never leave a buddy behind."

The Best Warrior contestant's best friend during the competition is a sponsor. These individuals play tactical advisers, logistics coordinators and cheerleaders who accompany the competitors almost everywhere.

"We get up before they get up and we go to bed after they hit the rack," said Staff Sgt. John Bartello, a sponsor for the 310th Expeditionary Sustainment Command. "I'll go everywhere he goes, except where they won't let me go."

In earlier Best Warrior qualification rounds, subordinate units allowed sponsors to participate

along with the contestants. Having a seasoned veteran push them through a forced march, or ensure they double check an azimuth on the land navigation event may have proved the difference between first, second, or last place.

"I'd rather be out on the course with him," said Bartello, as the contestants headed for the tree line during the daytime land navigation event. "For now, we are just spectators. We won't be able to do anything until combatives."

Sponsors were forced to sit on the sidelines but coached contestants in between events. Before night firing, one sponsor admonished his charge, reminding him that he could "use that smart phone, [or] watch a video on YouTube," on a related subject. Another sponsor close by mimed holding a rifle as he reviewed how best to engage multiple targets.

"I don't know about the other sponsors, but Staff Sgt. Randi Catlin is stellar," said Emery, whose military resume includes Navy rescue swimmer and Marine rifleman. "She's driven hundreds of miles to bring me uniform parts, emailed me questions, and [helped with] my essay—more like a creative rough draft, shotgun splatter of ideas. [It's] one of the reasons why I am doing so well."

The 377th TSC cadre tapped into the extensive resources at Camp Shelby by using the Medical Simulation Training Center (MSTC) for the first time during a Best Warrior competition.

The MSTC appears more like a movie set than a training classroom. It was developed to provide Soldiers realistic medical training in a simulated combat environment.

Sound and lighting effects deliver the battlefield to the classroom, which houses an interactive robotic casualty for Soldiers to treat. Instructors like Tom Ethridge, who became a training coordinator for the Warrior Training Alliance after 38 years as an Air National Guardsman, can make the

devices mimic a wide variety of emergency conditions.

"This is my favorite," said Ethridge, as he applied a special mixture of petroleum jelly to mimic vomit. "The moulage [make-up used to mimic injuries] not only adds realism to the test, but it also gives the students clues on what the injury is and how to begin treatment."

When classroom doors opened in another part of the MSTC, sounds of machine gun fire, along with shouts and screams of pain created a cacophony of chaos.

Rushing into a darkened room, Emery shook off the distraction of a beaming strobe light to take on a mock trauma case. While explaining his actions to the evaluator, Emery cued in on incoming artillery sound effects. Using his body to shield the casualty, he protected the "wounded Soldier" until the sounds of falling shrapnel subsided.

"The only way to make it more realistic is to have the Soldier train in combat," Etheridge said.

The contestants were not shy about showing support and encouragement. That camaraderie was even more evident during the final event: combatives.

Competitors removed their boots after entering a covered outdoor training site, converted into a fighter's arena. Moments before going into the ring, the combatants wished each



Spc. Lisette Vera, 143rd ESC, receives coaching from her sponsor, Sgt. Dawn-Noel Dunbar, during the Modern Army Combatives event.

other good luck. When a Soldier was injured, the opponent was the first one to arrive at the contestant's side.

"Everyone here is very competitive," said Fitt. "To be the best, we have to compete against the best, and to do that we are going to push each other."

Unlike mixed-martial arts or boxing, physical size didn't seem to be one of the criteria when pairing combatants for the double-elimination event.

The surrounding sideline became a coaching zone as the sponsors shouted instructions.

"Don't let him get you on your back," yelled Sgt. Dawn-Noel Dunbar, 143rd ESC sponsor for Vera. "You can do this all day long! Remember your leverage!"

Pacing the ring as Vera grappled with Soldiers twice her weight, Dunbar resembled a professional wrestler waiting to tap in for Vera. When she lost her match, Dunbar pulled Vera off to the side and planned for the next bout.



Spc. Austin Okorn, 103rd ESC, explains the action he would take to help a casualty on the battlefield inside the Medical Simulation Training Center.

When the dust settled, Okorn and Emery finished on top. Mobbed by sponsors and fellow contestants, the soon to be named 377th TSC Best Warriors still had to sweat out the judges, who tallied up the final scores.

The announcement came hours later after contestants cleaned up and dawned fresh uniforms before learning who would go to Fort McCoy in July.

The Iowa-based 103rd ESC swept the competition, taking first place in both the Soldier and NCO Brackets. If Okorn and Emery take top honors at Ft. McCoy, they will then represent the entire United States Army Reserve against the best from each major Army command.

“The scores were very close together,” said Command Sgt. Maj. James Lambert, 377th TSC.

“You came here representing your units,” he told the group “I ask you to now represent everyone (in the auditorium) and the rest of the 377th TSC at the Best Warrior Competition at the Army Reserve level.”



Spc. Austin Okorn, 103rd ESC, accepts the 377th TSC Best Warrior award in the junior enlisted category from Command Sgt. Maj. James Lambert, 377th TSC.



Sgt. Major Mark Robinson, 377th TSC, congratulates Sgt. Orval Emery, 103rd ESC, for his win as Best Warrior in the Noncommissioned Officer category.



Best Warrior competitors stand to be recognized during the Best Warrior awards presentation. They are from left to right: Staff Sgt. William Davidson, 310th ESC; Staff Sgt. Matthew Loebs, 143rd ESC; Staff Sgt. John Schillereff, 316th ESC; Sgt. Orval Emery, 103rd ESC; Spc. Christopher Fitt, 310th ESC; Spc. Matthew Krueger, DSC; Spc. Austin Okorn, 103rd ESC; Spc. Lisette Vera, 143rd ESC.

White House Hails ARSC Soldier as 'Champion of Change'



Army Reservist recognized for innovations in clean Energy while deployed

Story by C. Todd Lopez
Defense Media Activity

WASHINGTON - An Army Reserve officer who researched the effectiveness of energy-saving "micro-grid" technology in Afghanistan was among nine Americans honored as "Champions of Change" by the White House, April 19.

As a civilian, Dr. Alan Samuels works as a research chemist at Edgewood Chemical Biological Center at Aberdeen Proving Ground, Md., where he studies remote-sensing technology for the Army. As a lieutenant colonel in the Army Reserve, he recently returned from deployment to Afghanistan, where he supported the efforts of the Army's Research, Development, and Engineering Command to evaluate better ways to more efficiently use energy in a combat environment.

"It's a very humbling thing for me ... as a research chemist without any real expertise in power and energy," Samuels said of being honored as a Champion of Change. "I am glad I was able to make a contribution to help out."

Samuels deployed to Afghanistan in April 2011 to stand up a science and technology integration and collaboration center at Bagram Airfield. The colonel and his team collaborated and

shared information with other Army and Department of Defense agencies in theater to address operational energy challenges there.

One of the efforts Samuels was involved in was to assess, in an operational environment, the efficiency of traditional power-distribution systems using generators, and how that changes with the addition of "micro-grid" technology. Traditional power-distribution networks on a forward operating base, in a combat environment, Samuels said, are using fuel inefficiently.

"We had 60kw generators putting out anywhere from 5-15kw around the FOB, [Forward Operating Base]" he said. "That is

kind of bad news for the generator systems. They are using a lot of fuel they don't have to. Second, there are maintenance issues. Since the generator is not running at its [maximum] load, then it's not reaching the temperature it needs to efficiently burn that fuel and put out the power, based on the demand."

Micro-grid technology, Samuel said, makes the whole system more efficient and so they use less fuel.

"So what these computer technologies do as components of the micro-grid systems is sense that



Lt. Col. Alan Samuels, who researched the effectiveness of energy-saving "micro-grid" technology in Afghanistan, was one of nine Americans honored as "Champions of Change" by the White House, April 19. He is a Reserve Officer assigned to the Army Reserve Sustainment Command.

load and only turn on those generators that are needed," he said. "And their maintenance, as well as their fuel consumption, goes way down."

Samuels said in Afghanistan, in an operational environment, he was able to observe a 17-percent reduction in the amount of fuel used, relative to the baseline, just using micro-grid technology.

Samuels said assessments for how fuel usage numbers change, how efficiency changes with demand-side reductions in energy use, are still underway. The "demand side" of the energy equation is the user, and how much electricity he pulls from the grid.

Ways to reduce efficiency on the user side can involve things like improving the efficiency of environmental control units that cool and heat tents, placing shades over the tops of tents to reduce solar loads, and using thermal quilts to insulate tents, "so you are not trying to cool the tent when you really only have the thickness of canvas as insulation," Samuels said.

Those kinds of improvements to demand-side efficiency could also significantly reduce the amount of fuel used on a FOB or a COB[Contingency Operating Base], Samuels said. But those assessments are still underway, because they will be conducted through multiple seasons in theater to get the best numbers.



Lt. Col. Alan Samuels spent nine months at Bagram Airfield heading up a new science and technology integration and collaboration center.



Lt. Col Alan Samuels pictured with his wife, Nancy, at the white house after being recognized for his work in energy-saving technology while deployed to Afghanistan.

Reducing the amount of fuel used in theater is not just an environmental concern, or even a cost concern - it's a concern for the lives of soldiers.

"The Army's mission is very dependent on power and energy, and upon our ability to adapt, change and innovate to the circumstances in which our forces find ourselves," said Katherine Hammack, the assistant secretary of the Army for Installations, Environment and Technology.

Technology, like micro-grids, can reduce fuel usage, and the great costs associated with providing it. "It means that we can have fewer fuel convoys on the road," Hammack said. "One in every 46 convoys suffers a casualty - which means if we have fewer convoys over the road, we are saving lives."

Micro-grids contain "smart" generators that communicate with one another to manage the power supply and operate more efficiently.



Photo credit: Dennis Simon, U.S. Central Command



ACCESS CONTROL

Tracking the flow in Kandahar

U.S. Army Reserve Staff Sgt. Derek Cutter, non-commissioned officer in charge of Kandahar Airfield's Entry Control Point Five, 558th Movement Control Team, 143rd Expeditionary Support Command, talks to local national truck driver on Kandahar Airfield.

Story and Photos by Spc. Rachel Krogstad
319th Mobile Public Affairs Detachment

KANDAHAR AIRFIELD, Afghanistan – Afghan supply trucks bring almost everything and anything, from gravel to food, to and from Kandahar Airfield, and it all goes through entry control point number five.

Deployed here in support of Operation Enduring Freedom, the mission of the 558th Movement Control Team, 143rd Expeditionary Sustainment Command, a U.S. Army Reserve detachment out of Tampa, Fla., is to operate the administrative end of one of the busiest entry control points in Afghanistan.

The 558th MCT supports the process of admitting local national trucks arriving here through a process known as “in-gating.”

Before the local national truck driver gets admitted on to Kandahar Airfield by the 558th MCT, individual units or companies place orders for individual trucks to come onto Kandahar Airfield with a delivery or

to take something, like base waste, away.

The trucks show up to Kandahar Airfield and get inspected by the Slovaks and search dogs. The drivers get inspected using retina scanners to make sure they are not on a wanted list. When they pass inspection, the trucks and drivers are passed to the 558th MCT.

The process is simple, yet time consuming at times for the Soldiers. 558th MCT troops help the drivers park their trucks. They are then escorted to the ECP5 movement office where their paperwork is processed and are given a gate pass and a truck tracking number.

“We in-gate them, process them and contact the customers [who] order them. So, it’s basically just tracking them,” said Staff Sgt. Derek Cutting, a Paxton, Mass., native and noncommissioned officer in charge of

ECP 5, 558th Movement Control Team, 143rd Expeditionary Support Command.

Aside from working with local drivers, the unit also works with Slovakian military personnel to ensure the process flows smoothly.

“The Slovaks inspect the trucks for drugs, improvised explosive devices, new driver interviews, different stuff. They’re the first ones to inspect the trucks. Then they call and say we’ve got 15 to 20 trucks coming in. Then we take them and track them from there. They’re the force, and we’re tracking the trucks that they bring in,” said Cutting.

Every day presents a new challenge for the 558th MCT from language barriers to the state of Afghan trucks.

“These trucks just show up in whatever condition. They’re Afghan trucks. They’re not U.S. Department of Transportation standard trucks. They make it happen, but we’re always dealing with trucks that arrive with unsatisfactory tires and not enough chains and straps to take cargo,” said the unit’s commander, Capt. Anthony Calingo.

The trucks come onto base, but because of military convoy schedules, they do not necessarily leave right away. The 558th MCT has to keep track of the local national drivers during the time they are waiting here. When drivers get through inspection they are given a place to sleep, and a pass that tells force protection the driver has a mission on post so he is allowed to leave post, and enter again, said Cutting.

“Part of the challenge for us is driver accountability. When we let them leave for a gate pass we want to make sure the driver knows when he’s leaving on a mission, when he needs to be back here,” said Calingo.

They also have to make sure the drivers know when and where to be to catch a mission without giving

away too much information. They must maintain operational security (OPSEC) while making sure the optimal numbers of civilian trucks to convoy trucks are going out on missions.

“It’s always a challenge because sometimes you can tell the driver to be back on a certain date and they just don’t make it, maybe they show up a little bit late. Our key point with that is to make sure that we maximize the number of Afghan trucks that are on the military convoys, because if the drivers aren’t here to drive their trucks on the military convoys then that means we’re having Soldiers escort, not the maximum number of trucks that they can, so it’s basically forcing us to have more convoys to get the trucks escorted and that’s something we want to minimize,” said Calingo.

The 558th MCT has spent their deployment improving the truck admission process.

“When we came in, we smoothed out the chaos after a couple of months. There are problems every day, but they’re things we can manage. It’s just a matter of all the customers we have. About 80 trucks a day, we’ll have a customer for all those trucks, and we have between 50 and 75 people who come in a day with questions,” said Cutting.

Many unit members have experience from past deployments with other military components. Their experience combined with the Army Reserve pre-deployment training has helped make their deployment a positive experience.

“Honestly, with this being my first deployment with the Reserves, I’m very impressed at the quality of work that my unit’s done. You put us next to another active duty unit, we’re as good or better and that really shows how effective the training that we did prior to the deployment was. Everyone is real dedicated to the mission. People want to be here. They want to do a good job. That’s a very good reflection of the Reserves, in my opinion,” Calingo said.

Pittsburgh Community Bids Farewell to Local Heroes



Story and photos by Spc. Dalton Smith
354th Mobile Public Affairs Detachment

PITTSBURGH – The 316th Sustainment Command (Expeditionary) held a farewell ceremony at the McGarity U.S. Army Reserve Center, Coraopolis, Pa., April 30, prior to their deployment to Kuwait. The event was an opportunity for family and friends to say good-bye to their Soldiers.

The 316th ESC has command over 120 units with more than 11,000 Soldiers from Pennsylvania through Virginia and Maine. Approximately 250 Soldiers will be deploying with the 316th ESC. Speakers at the event included military officials, Congressman Tim Murphy and U.S. Army Reserve Ambassador Fred Fair.

The last time the 316th ESC deployed as a unit was in 2007 to Iraq. Leadership, however, is confident in the unit's ability to accomplish their new mission in Kuwait, said Brig. Gen. Peter Lennon, former commanding general of the 316th ESC, of Newport News, Va.

“They are prepared,” said Lennon. “One good thing about the 316th ESC is that they look out for each other. They train hard, receive the right training and will continue to train together.”



Spc. Brittany Carroll, with the 316th Sustainment Command (Expeditionary), of Washington, Pa., comforts her dog Abby before she leaves for deployment at the U.S. Army Reserve Center, Coraopolis, Pa. Carroll will be deploying with the 316th to Kuwait.

For many of the Pittsburgh area Soldiers, this will be the last chance for family and friends to show their support and say their good-byes.

“I came to support my son-in-law,” said Joel Garrett, of Plum Burro, Pa. “I feel proud – a little sad – but very proud.”

As part of the farewell ceremony, the 316th ESC held a casing of the unit colors, symbolizing the official move of the command headquarters from Coraopolis to its deployed location in Kuwait. Once the 316th ESC arrives in Kuwait, they will uncase the colors again.



Command Sgt. Maj. Michael J. Bolduc, of the 316th Sustainment Command (Expeditionary), cases the unit colors symbolizing the official move of the command headquarters from Coraopolis, Pa. to its deployed location in Kuwait at the McGarity U.S. Army Reserve Center, in Coraopolis, Pa., April 30.



May marks two significant events in United States history. On May 7, 1843, the first Japanese people immigrated to the United States and more than 50 years later, the country celebrated the completion of the first transcontinental railroad built mostly by Chinese immigrants. These two events inspired an official observance of May as National Asian American/Pacific Islander Month. The Federal Asian Pacific American Council chose “Striving for Excellence in Leadership, Diversity and Inclusion” as this year’s theme to focus on the Executive Order on Diversity and Inclusion signed by President Barack Obama August 18, 2011. The following individuals are just a few examples of the numerous contributions Asian Americans and Pacific Islanders have made to this country in the past and continue to make today.

YOUNG OAK KIM was born in Los Angeles, the second child of Korean immigrant parents. Understanding the importance of serving his country, Kim enlisted in the U.S. Army in January 1941. He was later selected to the Infantry Officer Candidate School at Fort Benning, Georgia, the only Asian American in February 1943, he was assigned to the 100th Infantry Battalion, a segregated unit of Japanese Americans from Hawaii. When his commanding officer—knowing the historical conflicts between Koreans and Japanese—asked if he would like a transfer, Kim stated that they were all Americans and were going to fight the war together. The 100/442nd Regimental Combat Team became the most decorated in U.S. military history for its size and length of service.



Along with the other Japanese American World War II veterans, Kim believed it was imperative that their American story—that of sacrifice, honor, and duty to ensure civil liberties for all—be preserved. Until his death, Kim passionately served as chairman of the Go For Broke Educational Foundation, an organization he helped found in 1989. Under his direction, WWII veterans built the Go For Broke Monument dedicated in 1999.

He dedicated his life to helping others and supporting and founding many Asian American civic organizations.



CRISTETA COMERFORD was born in the Philippines and grew up in Manila. She was the second youngest of 11 children. She attended the University of the Philippines, majoring in food technology. She left school before completing the degree and immigrated to the United States at the age of 23.

Comerford's first job was at the Sheraton Hotel. She also worked at the Hyatt Regency hotel in Chicago. After Chicago, she moved to Washington, D.C., and worked as a chef.

Comerford was recruited by White House executive chef Walter Scheib III in 1995 to work in the Clinton White House. After Scheib resigned in February 2005, Comerford was appointed White House executive chef by First Lady Laura Bush in 2005.

Comerford was the first female White House executive chef and the first person of ethnic minority origin to hold this position. She was appointed to this position because she superbly handled a dinner held in honor of Indian Prime Minister Manmohan Singh.

In 2009, the Obama transition team announced that Comerford would be retained as the new administration's head chef.

DAVID HO was three years old when his father came to America searching for a better life for his family. It was nine years before his father was able to send for his family. Knowing no English when he came to the U.S., Ho concentrated on his schoolwork. He earned his degree in physics, but he was soon attracted to molecular biology and the technology of gene splicing. The AIDS epidemic beckoned as a professional challenge. Ho realized that AIDS was an infectious disease and that the virus multiplies exponentially from the start. He and his team devised “cocktails,” combinations of drugs, to administer to early-stage AIDS patients. Ho was named Time's 1996 Man of the Year. He continues his work on AIDS research today.



PATSY MATSU TAKEMOTO was born in Paia, Hawaii Territory, and was the first Asian American woman elected to Congress. She served in the U.S. House of Representatives for 12 terms, representing Hawaii's first and second congressional districts. Mink's legislative approach was premised on the belief, “You were not elected to Congress, in my interpretation of things, to represent your district, period. You are national legislators.” In 1972, Mink wrote the Title IX Amendment of the Higher Education Act, which guaranteed equal opportunity for both men and women in education and school sports. Mink worked tirelessly for civil rights, women's rights, economic justice, civil liberties, peace, and the integrity of the democratic process.

Established in 2003, the Patsy Takemoto Mink Education

Foundation aims to carry on some of her most ardent commitments— educational access, support, and opportunity for low-income women, especially mothers, and educational enrichment for children.

Information Cited from the Defense Equal Opportunity Management Institute

<http://www.deomi.org/>

From the Surgeon's Office



The 377th TSC Command Surgeon Office recognizes and celebrates May as National Mental Awareness Month. Our goal is to educate and inform Army Leaders, Soldiers and Family members about Comprehensive Behavioral Health in an effort to promote, empower, and remove the barriers to seeking care. Members of the Guard and Army Reserve have unique challenges balancing their military service with civilian life, especially when facing a deployment.

The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their Families. Real Warriors offers information and tools to use when developing and navigating the deployment and reintegration process for Army Reserve service members. Real Warriors is a conduit for accessing community, religious and military services; addresses your invisible wounds of war; and connects with other Guard and Reserve service members.

Before Deployment

Preparation is key to minimizing the problems that will inevitably arise during a duty separation. Having the knowledge, coping skills and social support in place significantly influences your ability and attitude to handle the responsibilities and challenges that lie ahead and better prepare you to serve. The link below provides information pre-deployment financial readiness and insights towards developing health sleep habits while deployed. <http://realwarriors.net/guardreserve/predeployment/>

Reintegration Process

Communicating about your military service to both your family and your employer will ease in your transitions. Real Warriors understands that as a member of the Army Reserve, you send a special message about responsibility and commitment. Learn ways to reintegrate back into your family, job and community as smoothly as possible. <http://realwarriors.net/guardreserve/reintegration/>

Coping and Support

Common reactions to combat may include fear, sadness and distress. The Real Warriors Program is here to help you identify when you need to reach out, seek treatment or develop new coping skills to manage your stress. We provide tips to help you recognize when you need help, treatment options and community and military health care resources can be located at <http://realwarriors.net/guardreserve/treatment/>

377th TSC Command Surgeon Office serving to heal, honored to serve!



Civilian Spotlight

377th TSC Family Readiness Group



Joy Perez poses with Dr. Cindy Visot and HHC 1st Sgt. Darnell Saunders after receiving a certificate of appreciation and a gift at a Volunteer Appreciation luncheon at the Mag-T Club on NAS JRB New Orleans April 15th.

Photos by Master Sgt. Dianna Anderson

NAS JRB NEW ORLEANS -- Perhaps they helped you fight off pre-lunch hunger pangs during battle assembly by offering you a snack. Maybe your son or daughter picked up a back-to-school supply pack or you enjoyed the festivities of Family Day. These are just a few of the many services the 377th Theater Sustainment Command

Family Readiness Group provide. They are a committed team of Soldiers, civilian employees, Family members and volunteers who make the command stronger by supporting a number of activities--often behind the scenes. On April 15th, the 377th TSC sponsored a Volunteer Appreciation luncheon to formally recognize its members and thank them for the important work they do. Dr. Cindy Visot, wife of Maj. Gen. Luis R. Visot, presented certificates of appreciation on behalf of the command to Nannisha Gonzalez, Victor and Maria Cano, Pamela Lagarde, Denise Lambert, Maria Lopez, Joy Perez, Katrisha Nieto, Mayra Garcia, Marta Nieto, Lt. Col. Alvaro Lofstrom and Chief Warrant Officer 5 Noe Nieto.



377th TSC Family Readiness Group members enjoy lunch during appreciation festivities. Seated around the table from the left are: Maria Lopez, Joy Perez, Pamela Lagarde, Maria Cano, Katrisha Nieto, and Marta Nieto.



Marta Nieto flashes a big smile after receiving a certificate of appreciation and gift from Dr. Cindy Visot and HHC 1st Sgt. Darnell Saunders.



Lt. Col. Alvaro Lofstrom poses with Dr. Cindy Visot and 1st Sgt. Darnell Saunders during the Volunteer Appreciation luncheon April 15th.

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.



Think Safety When Planning Summer Fun

Many Soldiers will take to the roads this Memorial Day weekend. Whether it's to relax by the pool or to visit friends and Family, the urge is too hard to resist. The 377th TSC Safety Office wants everyone to enjoy their holiday break. But before you head out, remember safety!

Vehicle maintenance

You may be ready to hit the road, but what about your vehicle? Have you checked the tires for proper air pressure and wear? What about checking that spare to make sure it's properly inflated? And then there are your fluid levels. Low engine oil, brake and transmission fluid or coolant can leave you stranded beside the road. A safety inspection can save you from that. Complete a Travel Risk Planning (TRiPS) assessment at <https://safety.army.mil/trips> to hit the mark for safety.



Driving Fatigue

The American Automobile Association estimates nearly 20 percent of fatal crashes involve driver fatigue. In human costs, that's more than 1,500 fatalities and 71,000 injuries each year, according to the National Highway Traffic Safety Administration.

Fatigue can mirror the effects of alcohol impaired driving. The National Sleep Foundation (NSF) reports that individuals awake 17 hours without rest are as impaired as those who have a blood alcohol content of 0.05. Ratchet that up to 20 hours and you reach the same level of impairment as someone legally drunk. Recognize the warning signs:

- * Trouble focusing, keeping your eyes open or your head up
- * Yawning or rubbing your eyes repeatedly
- * Daydreaming or having wandering thoughts
- * Drifting from your lane, tailgating or missing signs and exits
- * Restlessness, irritability or aggressiveness
- * Turning up the radio or rolling down the window



Some like it hot

The U.S. Army Public Health Command (USAPHC) advise sunbathers to apply sunscreen with a protection factor of 30 or higher at least 15 minutes before heading out. Thirsty? Steer clear of caffeinated drinks for hydration. The USAPHC recommends you drink at least eight to 10 cups of water per day, 10 to 12 if you're really having fun in the sun.

Wet and wild

Water and watercraft are another fun mix during this time of year. However, boozing and boating can leave you floating, or maybe dead. Never go out on the water without wearing a properly fitted, Coast Guard-approved, personal flotation device, otherwise known as a life jacket. Should you not know how to swim, land unconscious in the water or become fatigued trying to swim to safety, your life depends on that jacket.

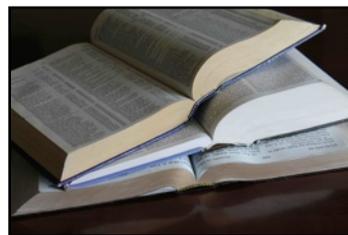
While you're filling up your vacation with fun, don't forget to add a little composite risk management. Keep an eye out for hazards and assess them; then, come up with a plan to stay safe and use it. When you get home, rest in your easy chair and remember what a good and safe time you had. After all, coming home alive is part of the plan!

Army Safe is Army Strong
377th TSC Safety Office

Information Cited from the U.S. Army Combat Readiness/Safety Center

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

Who Moved My Cheese?

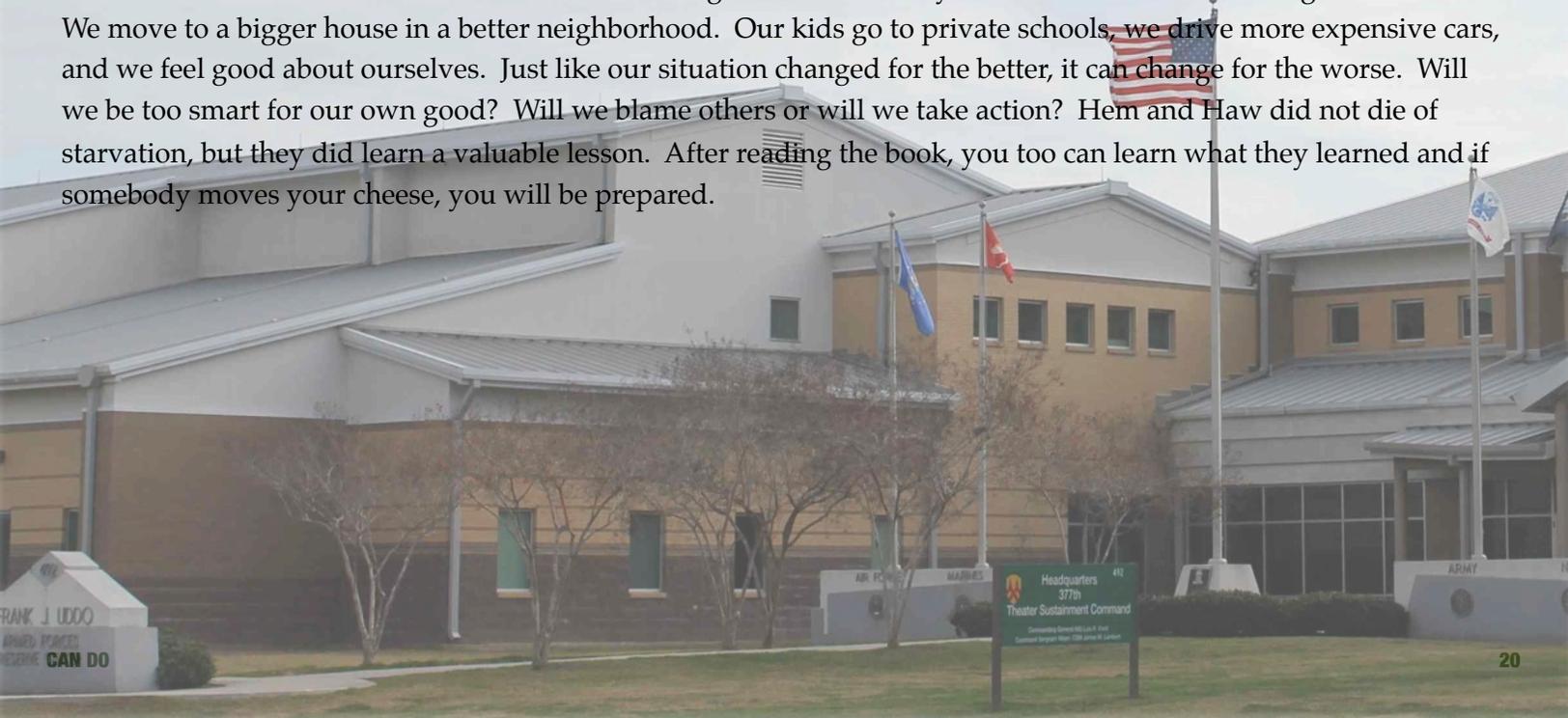


Story by Lt. Col. Leon Jones, Jr.

As popularized by television, cheese is a favored food of mice. True or not, the cheese does represent the desirables in life; whatever they may be. Let's pretend for a moment that we are mice. Life had been pretty tough and we barely had enough cheese to sustain ourselves. One day Mr. Fat Rat mysteriously appears along with plenty of cheese. Being the generous guy that he is, he voluntarily gives us all the cheese we want as often as we want. Most of us would say that life is now good. A drastic change may be the last thing we think of because we deserve our new lifestyle. However; one day Mr. Fat Rat disappears and so does all of his cheese. Suddenly, life is not so good anymore. Told another way in his book, Who Moved My Cheese?, Spencer Johnson addresses the day when the cheese is gone.

The story begins with four characters; Sniff, Scurry, Hem, and Haw. Sniff and Scurry were actually two mice while Hem and Haw were small people equal in size to the mice. Without going into a lot of detail, Sniff and Scurry were simpletons with simple habits. Hem and Haw were complex people with the ability to reason pretty much the same as you and me. Each day, the four woke early and searched the maze for cheese. One day, they found a large supply of cheese. Being simpletons, Sniff and Scurry continued to search for cheese daily as part of their habit. After finding the big stash of cheese, Hem and Haw reasoned that they no longer needed to search for cheese daily. They became so comfortable with their new situation that they abandoned searching for cheese and returned to the same location every day. After a long time, the cheese ran out. Although the cheese was gone, Hem and Haw returned to the same location day after day hoping that somehow their cheese would miraculously be there. Their situation had changed but they kept doing the same thing. They began to blame each other. They began to argue with each other. No matter how much they argued or blamed each other, the cheese never reappeared. It was time for them to make a change.

For many of us, we have plenty of cheese and life is good. If we have been around the Army for awhile, we have heard that the only guarantee is change. How we prepare for and deal with this change is really a matter of choice as it was for Hem and Haw. We all start out working hard and are very resourceful. Our lives change for the better. We move to a bigger house in a better neighborhood. Our kids go to private schools, we drive more expensive cars, and we feel good about ourselves. Just like our situation changed for the better, it can change for the worse. Will we be too smart for our own good? Will we blame others or will we take action? Hem and Haw did not die of starvation, but they did learn a valuable lesson. After reading the book, you too can learn what they learned and if somebody moves your cheese, you will be prepared.



PROFILES IN PROFESSIONALISM



1st Lt. Christopher Thornhill

Hometown: Atlanta, Ga.

Brief description of your job: *Currently, I am on Active Duty Operational Support - Reserve Component (ADOS-RC) orders at the 377th TSC, G7 Collective Training. My job is as the Southern Command (SOUTHCOM) Overseas Deployment for Training (ODT) Liaison. I provide support for U.S. Army Reserve (USAR) units and Soldiers participating in SOUTHCOM exercises. I am a TPU Soldier assigned to the 1192nd Deployment and Distribution Support Battalion (DDSB) which is within the Deployment Support Command (DSC). During Battle Assembly with the 1192nd, I am the Assistant S3.*

What Does Being a Professional Soldier Mean to You? *Being a professional Soldier to me means, setting personal and professional goals that will allow me to grow as an officer, so that I may share my experiences and knowledge with Soldiers [which] in return benefits the Army. A Professional Soldier never stops learning and keeps him or herself ready for new challenges as the Army and Contemporary Operational Environment (COE) continue to change.*

Who has been your biggest influence since joining the Army? *My first company commander, Capt. McCullough, has been my biggest influence since joining the Army. He instilled in me the importance of using different leadership styles with different Soldiers in guiding them to accomplish goals and missions while having infectious enthusiasm, optimism and strong commitment to the Army Corps Values.*

What do you enjoy most about the 377th TSC? *What I most enjoy about working with the 377th G7 is helping Soldiers and units fill administrative shortfalls in collective training and seeing Soldiers get to participate in ODT. The wealth of knowledge within the 377th allows me to get answers to questions from Soldiers and civilians who have been in the USAR for decades. I learn something new every day about how the USAR trains and prepares for contingency operations.*

What is your professional motto? *"...the readiness is all..."* Written by William Shakespeare in 1604 and [spoken] by Hamlet.

"...If it be now, 'tis not to come; if it be not to come, it will be now; if it be not now, yet it will come: the readiness is all..."

Not every eventuality can be known, but we hold the responsibility of preparing ourselves for the worst-case scenario--just in case. When beneficial opportunities come our way, we need to be ready!

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 Personal Courage Mean to You?



Cpt. William Brine, 316th ESC

"I think personal courage is having the intestinal fortitude to stand up for the right when everybody is going for the wrong. So, I identify that something is wrong, everybody else knows it's not okay and overlook it, but I have the intestinal fortitude in my heart and mind to say no, that's wrong and stand up and take action--that's personal courage."



Sgt. Lashundra Seals, 377th TSC

"To me, personal courage means doing things you're afraid to do—jump right into them. Many times there have been tasks for me that in my mind, I was incapable of doing; but as I jumped in, my moral values came in, personal courage stepped up, and I accomplished the mission."



Staff Sgt. Ramon Delgado, 316th ESC

"to me personal courage is putting your life on the line for your buddies, for your country and actually paying that ultimate sacrifice. It's taking it to that extreme--putting it all on the line."



Spec. Adrienne Buller, 377th TSC

"Personal courage means to me doing the right thing when it's just so easy to do the wrong thing."



Cpt. Jason Morrow, 377th TSC

"it's absolutely tough sometimes to do the hard right over the easy wrong, [but] I believe it's important that people have personal courage because it helps you develop as a person and as an individual."

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).

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

CAN DO is the monthly command information newsletter of the 377th Theater Sustainment Command and is an authorized publication for members of the Department of Defense, according to the provisions of Army Regulation 360-1. The opinions and views expressed in the CAN DO are not necessarily official views of, or endorsed by, the U.S. Government, the Defense Department, the Department of the Army or the headquarters, 377th TSC. The editorial content of this publication is the responsibility of the 377th TSC Public Affairs Office. This publication is written, edited, and published by the 377th TSC Public Affairs Office, located at 400 Russell Ave., Bldg 261, Belle Chasse, LA 70037. Send comments or editorial and photographic submissions to: angele.ringo@usar.army.mil or call 504-558-5556/5557.



377TH TSC CAN DO

April 2012

377th Theater Sustainment Command
Attn: Public Affairs Office
400 Russell Ave., Bldg 261
Belle Chasse, LA 70037

Soldier's Address Here: