

Highlighting the Mission Command of the 377th Theater Sustainment Command

CANDO

JUNE 2012



Hail and Farewells
Major moves in Army Reserve

Hot Summer Training
From TRADEWINDS to TransLOTS
troops sharpen skills

A Garden Tribute
Fallen troops live on in bloom

CAN DO

On the Cover:

Lt. Gen. Jack C. Stultz, former chief of the Army Reserve, passes the 377th TSC guidon to Brig. Gen. (P) Peter S. Lennon during a change of command ceremony at NAS JRB New Orleans, Belle Chasse, La., May 19,



377th TSC Command Team

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Commander

Brig. Gen. Kenneth Jones
Deputy Commander

Col. Maxine C. Girard
Chief of Staff

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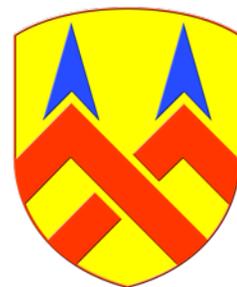
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Greetings 377th TSC!



It's been a month since I had the opportunity to speak with some of you for the first time in formation the day after taking command. I spoke a little about my deep-rooted commitment to you, this organization and what it will take to keep us moving forward through a period of immense change in the Army. I wanted to re-emphasize some of those points in my first message to you in the Can Do.

My philosophy is simple: Every Soldier brings something to the equation. Every Soldier has to have skin in the game. We're the largest command in the Army Reserve and represent all three components of our great force. Ours is a challenging role, but it's critical that we're thinking about our duty as Soldiers 30 days a month, not just Battle Assembly weekends. That means TPU troops as well as full time staff. We have an exciting mission that won't be letting up in the foreseeable future. We've proven that we're an indispensable capability in our nation's defense and security. We owe it to each other, our Army, and the American people not to slide backward, but to maintain our individual and collective readiness.

It's no secret our Army is getting smaller. Come October 1st, more than 77,000 Soldiers from the active, reserve and National Guard will leave the ranks over a five-year period. Remaining a strong, viable asset to the force has never been more important. As I mentioned to commanders last month during our conference, you've got to be relevant. If you're not recognized as a capability that the military needs, you're shunted off as the folks who just drill one weekend a month and two weeks during the summer. We've gained too much expertise; have worked too hard and made too many sacrifices to ever go back to that old way of thinking. We're better than that and have proven it time and time again--but we can't stop now!

One of the things you'll hear me say often is "one and one has got to equal more than two". As sustainers, we bring immense capability to any mission. We're the first in and the last out. We'll undoubtedly play a critical role during the transition in Afghanistan and other unforeseen events. We don't know what's around the bend, but we've got to be prepared for the full spectrum of operations we may be asked to support. When we work together, there is strength in sharing knowledge; strength in sharing skills and working toward a common goal. That must be a permanent part of the 377th TSC's bright future!

Thank you for your dedication every single day!

Can Do! Anytime, Anywhere!

Brig. Gen. (P) Peter S. Lennon
Commander
377th Theater Sustainment Command

THE FUTURE IS OURS TO SHAPE



The Future is Ours to Shape

As I assume the duties as Interim Command Sergeant Major for the 377th TSC, I want to take this time to thank all of you who were gracious in your congratulations. I realize that this is a sacred trust; that is to serve as the Senior Enlisted Advisor on behalf of all Soldiers, both enlisted and officers, within the command. I promise to give it my ALL.

In the coming days, I look forward to speaking with each of you and your Soldiers; both in the collective and individual settings. I am candid, optimistic and as realistic as can be, so I will ask you to be the same with me. Tell me the good, bad and ugly. Let me know where you have friction, frustrations and things that have not worked in the past. I also ask that you provide positives that are making a difference in your area of operation so I can share it for the collective good of the command--One Team.

The boss' vision is ours. As the head of the NCO support channel, you can expect free access to me at all times. The communication channel in NCO lanes begins with me. I accept that responsibility and plan to communicate directly with you on all aspects of Soldier and Family care, training and equipping the force.

The Future is ours to shape! These are exciting times for our nation, Army and citizens. I am ALL IN because every generation has its heroes...ours is no different.

Let No Soldier's Soul Cry....HAD I THE PROPER TRAINING!

Can Do! Anytime, Anywhere!

CSM Nagee Lunde
377th Theater Sustainment Command
Interim Command Sergeant Major



Make Time for Family Moments

1st Lt. Matthew Beisel, Chaplain Candidate

For those who have children, June signals the end of school and the beginning of a summer filled with activities. June starts the various activities of summer camps, new movie releases and trips across the country. As a child growing up in South Florida, I always enjoyed the summer. For me, it represented time when I was able to visit grandparents I had not seen in awhile and time to enjoy the pleasures of outdoor activities. This included swimming, playing basketball, riding my bike and being with my friends. But the experiences I cherished most were those I spent with my family. Regardless of what I did during the summer, as long as it was with a family member, I knew I would have a great time.



The point I want to make for this column is that summertime is a great time for you to help your children make memories that will last a lifetime. Go with them to the pool; play some outdoor activities with them. Take them to a new movie release and don't forget the popcorn. Go on a road trip and visit some family members you have not seen in a while. I firmly believe that family growth builds and creates character the best.

For those who don't have children, I still challenge you in the same way. Take this summer and visit as many family members as you can and continue to grow closer to your family. Make this summer a time for lasting memories.





377th TSC Welcomes New Leader

Brig. Gen. (P) Peter S. Lennon lays out his vision as he takes the reigns of the largest command in the U.S. Army Reserve

Story by Staff Sgt. Tim Sander
215th Mobile Public Affairs Detachment
Photos by Staff Sgt. Tim Sander and
Spc. Charles Thompson

BELLE CHASSE, LA – Maj. Gen. Luis R. Visot, the former commander of the 377th TSC, handed the 377th TSC over to Brig. Gen. Peter S. Lennon, his successor, in a change of command ceremony May 19 at Naval Air Station Joint Reserve Base New Orleans.

Lt. Gen. Jack C. Stultz, Chief of the Army Reserve, presided over the ceremony and oversaw the passing of the unit guidon from Maj. Gen. Luis R. Visot, whose next assignment is the Deputy Commanding General of the Army Reserve.

“It was not a hard decision for me to say, ‘who do I need to be the next deputy commander to take responsibility for the forces in the Army Reserve?’ It’s Luis Visot,” said Stultz while speaking at the ceremony.

“You have taught me well ... you have taught me patience dignity and respect ... I will forever be indebted to you. I will miss you

very dearly,” said Visot as he spoke to the Soldiers and staff of his former command during the ceremony. “Keep in mind; I remain at your service.”

Stultz acknowledged the challenges the U.S. Army Reserve will face as it continues to fulfill its duties in a time of diminished resources, but said strong leaders will play a large role in the success of the Reserve during those times.

“Our Soldiers deserve the best leadership we can give them. Our Families deserve the best leadership we can give them,” said Stultz. “Luis Visot and Cindy Visot are the best leadership we can give them.”

Lennon, who holds both Bachelor of Arts and Bachelor of Science degrees in Civil Engineering, as well as a Masters Degree in Engineering Management, said he was honored to accept the position.

“I’m so honored to be here today as a transporter, a logistician and a sustainer,” said Lennon.

Lennon spoke about how well prepared the 377th is to mobilize and deploy into harms way to execute their mission and thanked Visot for the leadership he provided the unit that consists of over 38,000



Brig. Gen. (P) Peter S. Lennon speaks to guests at the change of command ceremony where he accepted command of the 377th TSC, May 19, 2012.



Maj. Gen. Luis R. Visot inspects Soldiers of the 377th TSC for the last time during a change of command ceremony May 19.



Elaine Lennon, wife of Brig. Gen. (P) Peter S. Lennon, accepts yellow roses from a 377th TSC Soldier welcoming her to the command during the ceremony.



Soldiers representing the 377th TSC's Special Troops Battalion and six subordinate commands march on the NAS JRB New Orleans flight line for the change of command ceremony.

military personnel, 486 units that are located in 37 states and four foreign countries.

During his speech, Lennon mentioned changes that would be coming in the future.

“We’re going to be facing changes in equipment, personnel, manpower (and) dollars,” said Lennon. “As we’re facing these changes, one thing can not change, and that’s our adherence to the Army values that brought us here and those Army values that make us strong.”

Before closing his speech, Lennon assured his new Soldiers of his commitment.

“You have my pledge and my commitment to give it my all. To lead the Soldiers and civilians through these challenging times and through these exciting times,” he said. “No matter what’s thrown at us, the 377th Theater Sustainment Command Can Do; Anytime, Anywhere!”



Brig. Gen. (P) Peter S. Lennon and his wife Elaine greet guests at a reception shortly after he accepted command of the 377th TSC.



Soldiers of the 1-141st Field Artillery Regiment, The Washington Artillery, Louisiana National Guard, reload before firing another shell during a 15-cannon salute to out-going commander, Maj. Gen. Luis R. Visot.



377th TSC Soldiers stand at the position of attention on the NAS JRB New Orleans flight line during the change of command ceremony.

The Way Ahead

Story and Photos by Spc. Charles Thompson

NAS JRB New Orleans - The 377th Theater Sustainment Command hosted a commander's conference to introduce Brig. Gen. Peter S. Lennon, who assumed command from Maj. Gen. Luis R. Visot, to key leaders and Soldiers of the 377th TSC at the Astor Crowne Plaza Hotel, New Orleans, La., May 19-20.

During the two-day conference, Lennon shared his philosophy and expectations for the 377th TSC.

"My philosophy is that every Soldier brings something to the equation, every Soldier brings value to this organization," said Lennon.

He also explained how the role of the 377th is going to get bigger in a different way, even with the draw down of troops in Afghanistan.



Brig. Gen. Peter Lennon addresses key leaders from the 377th Theater Sustainment Command during a commander's conference held at the Astor Crowne Plaza Hotel, New Orleans, La., May 19-20.

"The deployments are going to decrease, but as everyone knows, the sustainment community is the first in and the last out," said Lennon. "We are going to be the ones assisting in the very critical transition in Afghanistan."

Lennon went on to explain that the 377th TSC is going to have great opportunities and challenges and the only way to remain successful and powerful during those times is by everybody cooperating and working together.

"Something I always say is that one plus one has got to equal more than two," said Lennon. "When you work together you gain strength through knowledge, strength through sharing of skills and can achieve a common goal."

The conference included sessions on the Army Force Generation Process, shaping the force and other topics that are important at a pivotal time in the United States Army Reserves. Key leaders throughout the 377th TSC were also given opportunities to brief Lennon on their respective commands, as well as participate in open forums with the general.



Mrs. Fay Ferran, Family Programs Director of the 377th Theater Sustainment Command, speaks to spouses of Soldiers during a training session at the commander's conference held at the Astor Crowne Plaza Hotel, New Orleans, La., May 20.

Sessions were also held for the spouses of Soldiers in the 377th TSC. Mrs. Fay Ferran, the Family Programs Director, led these sessions. The training was used to update spouses of senior leaders throughout the command. This allowed them to take what they learned and pass it along to their own Family Readiness Groups.

“Brig. Gen. Lennon is very supportive of the Family Readiness Program,” said Ferran. “He wants to keep the Soldiers involved with their families. If the families are ready, the Soldiers are ready.”

During an early morning formation on Sunday, Lennon addressed the troops of the 377th TSC Headquarters and Headquarters Company during their battle assembly weekend.



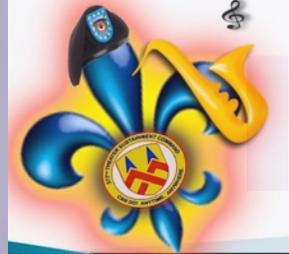
Brig. Gen. Peter Lennon speaks to Soldiers of the 377th Theater Sustainment Command Headquarters and Headquarters Company for the first time after taking command of the 377th TSC at Naval Air Station Joint Reserve Base New Orleans, May 20.

He reminded them that they should expect to stay busy, and stated many times that he wants the Troop Program Unit Soldiers to be more involved in the unit throughout the month, not just on battle assembly weekends.

“Every Soldier has to have skin in the game,” said Lennon. “Somewhere in the back of their mind they have to be thinking about their roles as a reservist 30 days a month, not just on battle assembly weekends.”

At the conclusion of the conference, Lennon told his commanders that the 377th TSC had to remain relevant and powerful.

“We are a powerful force, a very able force, and the way we are going to sustain that is by everybody cooperating and working together,” said Lennon. “I am two days into the command and I couldn’t be prouder to be part of this team.”



Change of Command Events

JAZZED

About the Profession of Arms



Command Sgt. Maj. James Lambert presents Maj. Gen. Luis R. Visot with a signed photograph of the 377th TSC Headquarters building during a farewell dinner in his honor at the Astor Crowne Plaza Hotel in New Orleans, La., May 18.



Maj. Gen. Luis R. Visot and wife Dr. Cindy Visot lead a second line during a farewell dinner held in their honor at the Astor Crowne Plaza Hotel in New Orleans, La., May 18. The theme of the night's festivities was "Jazzed About the Profession of Arms".



Maj. Gen. Luis R. Visot shakes the hand of Staff Sgt. Carlette Washington during a formation in which he addressed Soldiers for the last time as commander of the 377th TSC in Belle Chasse, La., May 19.



377th TSC Chief of Staff Col. Maxine Girard presents Command Sgt. Maj. James Lambert with a parting gift during a farewell luncheon held in his honor in Harvey, La., May 31.

RALLY POINT 32



“TWICE THE CITIZEN”

Lt. Gen. Talley Outlines Rally Point 32 Guidance for the Army Reserve

Story and photos by Timothy hale
U.S. Army Reserve Command

FORT BRAGG, N.C. – Lt. Gen. Jeffrey W. Talley spent much of his first 48 hours as commanding general outlining his guidance for the Army Reserve.

Talley shared his Rally Point 32 strategy with Army Reserve leaders at the Senior Leader Conference in Raleigh, June 10, 2012. He then held three town hall sessions with military and civilian employees at the U.S. Army Reserve Command headquarters here, June 11.

Rally Point 32 ties together the Chief of Staff of the U.S. Army’s Marching Orders, Army Reserve Vision and Strategy 2020, and the Army Reserve Campaign Plan. It describes the Talley’s intent to sustain a high-quality, all-volunteer, operational Army Reserve for Army and Joint Force missions at home and abroad.

By utilizing Talley’s guidance, Army Reserve soldiers, leaders, and units will couple vital military capabilities with their individual civilian-acquired skills to provide strategic depth across the full range of military operations.

“The most important thing is that we provide soldiers, leaders, and units that are ready and available to Gen. (David) Rodriguez, our FORSCOM commanding general,” Talley said.

“If we fail at that, we fail as an Army Reserve.”

He said it is imperative to meet Army and joint force requirements for missions across the globe.



Lt. Gen. Jeffrey W. Talley, chief, U.S. Army Reserve, and commanding general, U.S. Army Reserve command, addresses USARC employees at the command’s headquarters on Fort Bragg, N.C., June 11, 2012. Talley’s Rally Point 32 guidance outlines how the strategic and operational capabilities will enhance the active Army to enable, prevent, shape, and win its objectives.

“At the end of the day, that is all we have to do to be heroes. It is also the hardest thing we have to do,” he said.

Talley pointed out that over the past 10 years of sustained operations, resources were abundant to meet mission requirements. Now, as the Army reshapes and refits going forward, manpower and budget challenges lay ahead.

“We’re not going to be able to maintain the level of readiness across the Army Reserve that we’ve rolled into over 10 years of war,” he said. “Resources have to appropriately come down.”

Talley said the Army Reserve will posture itself through “progressive readiness” by providing appropriate levels of readiness at the right place and right time.

“That progressive cycle of readiness is really based upon us making sure that we are properly assessing the soldier, leader, and unit readiness that’s out there in our formations,” he said. “That is the overall priority for the Army Reserve.”

Another key component of Rally Point 32 is getting back to basics through home-station training.

Talley said a majority of Army Reserve soldiers, now serving are unfamiliar with home-station training because of the operational demands over the last decade.

“We have to get back to, how does a unit train at home station? How do we make use of simulation equipment? How do we those command teams plan and execute their own training?” Talley said.

He is putting the responsibility for these training requirements on the unit command teams with support from the training commands and USARC staff.

“What we do up here, when we’re doing staff work, is to make sure that we are helping enable them to do a better job of training their formations so they will be ready when we need them,” he said.

He is also challenging soldiers, leaders, and civilians to find balance in their lives and careers.

“If you make sure that you are the best family member, ever, and then the best private-public civilian employee, and then best soldier, the Army wins,” he said. “Because that means you are at the top of your game across the spectrum of activity, no matter whether it’s at home, the office, or in the formation.”

He also pointed out the reason for the existence of the Army Reserve is to serve the Army.

“It should be about our Army and how we support the Army,” Talley said. “We shouldn’t ever feel like we’re second-class citizens because we’re part of the Army Reserve. Without the Army Reserve, the Army cannot win decisively.”

He added that Gen. Raymond T. Odierno, the Army chief of staff, coming to Fort Bragg for the change of command ceremony, sends a “pretty clear message to the Army how important the Army Reserve is.”

He closed by challenging soldiers, leaders, and civilians, to ask this question every day, “What am I doing today that makes the Army better?”

Talley assumed command of the U.S. Army Reserve at a change of command ceremony, here, June 9, 2012. He is now the 32nd Chief, Army Reserve and the seventh commanding general of the U.S. Army Reserve Command headquartered here.



Lt. Gen. Jeffrey W. Talley receives the oath of command, from Gen. Raymond T. Odierno, U.S. Army chief of staff, while Linda Talley holds the bible, during the U.S. Army Reserve Command promotion ceremony at Fort Bragg, N.C. June 9, 2012.



OPERATION

LANCER STORM



Soldiers participate in battle drills during the 377th TSC annual training at Camp Shelby, Miss., June 3

Story and photos by
Spc. Charles Thompson

LEADERS FOCUS ON THE FUNDAMENTALS

With temperatures hovering in the mid to upper 90's, Soldiers battle sweltering heat while honing warrior skills during the 377th Theater Sustainment Command's annual training event

NAS JRB New Orleans – Braving sweltering temperatures, long days, short nights, MREs and porta-potties, Soldiers of the Headquarters and Headquarters Company, 377th Theater Sustainment Command conducted Operation Lancer Storm during their annual training at Camp Shelby, Miss., June 1-12.

For twelve days Soldiers worked together in squad sized elements to train on individual movement techniques, a leadership reaction course and many more Warrior Training Tasks.

"The fundamental unit of the Army is found at the team and squad level. This training event focused on communication, planning, accountability and safe execution," said HHC Commander, Cpt. Joseph Konyha. "The individual training events gave all Soldiers the opportunity to assume a leadership role and develop both leadership and followership skills. Also, junior NCOs were given the opportunity to lead and given a lot of responsibility."



Spc. Heather Boesche prepares to complete a tactical movement course during annual training at Camp Shelby, Miss., June 6.

HOME ON THE RANGE



...AND THE OBSTACLE COURSE

(Top) Spc. Erica Dees participates in a shoot out during a firing range exercise. (Center) A Soldier carefully scoots across a beam during the leadership reaction course. (Bottom) Spc. Joshua Barnhill fires the M2.50 caliber machine gun during a range exercise. (Right) Soldiers navigate an obstacle on the leader reaction course.

Staff Sgt. Shantia McCormick was promoted the day before the Soldiers left for Camp Shelby. The training immediately tested her leadership ability.

“This was my first time being a squad leader and being in charge of a group of Soldiers,” said McCormick. “It’s a lot of responsibility to take on, not only do you have to make sure that they are learning from the training, but you get to help them if they have personal issues as well; that’s what being a good NCO is all about. It was a good experience for me.”

Training began with two days of orientation at Trebil Village, a training site designed to resemble a Middle Eastern village that Soldiers would encounter on a deployment.

“My favorite part of the training was the time we did at the village,” said Spc. Lateefah Blackwell. “I was able to train with my squad on moving in different tactical formations and reacting to contact. Also, I got to play the enemy sometimes and that was a lot of fun.”

During the leadership reaction course, Soldiers navigated several obstacles designed to challenge their leadership and followership abilities. Each Soldier lead their squad through the course with various tools to complete a scenario that troops may encounter on actual missions; such as transporting fuel across a river. The real challenge was completing the task in a 12-minute time frame using the given supplies.



Leader
Reaction
Course, Cp.
Shelby, Miss.

"The leadership reaction course was a lot of fun, but challenging," said Spc. Kristy Badeaux. "It gave me a chance to lead a squad of Soldiers through different obstacles and showed me different areas in my leadership abilities that I could improve on, such as communication."

On a course that tested individual movement, Soldiers re-familiarized themselves with low crawling, high crawling and maneuvering over and around obstacles alone and in battle buddy teams. They also engaged targets with grenades.

"The individual movement course was fun, we got to low crawl, crawl over logs and under barbed wire," said Spc. Blake Martin. "Stuff like that trains you on how to move in an environment where you're being shot at. You never know what kind of terrain you're going to have to go through, so it's good to know all of them."

When Soldiers were not in the field they were in the classroom learning voice communications, hand and arm signals and how to perform immediate life saving techniques.

Annual training included three days on the firing range, which went beyond qualifying on the M16 and M4 rifles. Troops pulled the triggers of the M249, M240B, M2 and the M203. Most of the Soldiers have not used these weapons since their basic combat training.

"I really liked going to the ranges," said Pfc. Damien Matlock. "I liked shooting the 240B the most, it has a lot of power and this was the first time I was able to shoot it in almost a year."

The last three days of Operation Lancer Storm tested the Soldiers on everything they learned during a situational training exercise at Trebil Village.

Observer/Controllers graded them on their ability to plan and execute a mission in their individual squads and on assault teams. The Soldiers briefed operational orders, planned convoy routes and were accountable for a number of sensitive items that had to be returned when the mission was completed.

"I really liked the last days of the training," said Spc. Shamilyah McNair. "We got to assault a village and take it from the bad guys, we low crawled and high crawled



Soldiers rehearse battle drills just outside the Trebil Village training site during the 377th TSC annual training.

through grass, cleared rooms, it was fast paced and a lot of fun and at the same time a great learning experience."

With the success of this training, HHC 1st Sgt. Daniel Beard plans to continue this type of training throughout the year. He said the 377th HHC will refine their standard operating procedures as new requirements and patterns emerge.

"The 377th HHC will continue to train on Warrior Training Tasks and convoy related tasks year round," said Beard. "We are incorporating lessons learned from the past 10 years of deployments into our training."

A training event of this size takes months of planning. Next years training is already in the works. Beard said that the HHC standard operating procedures and training plan should be completed by the end of July, and will build on the work the Soldiers performed during annual training.

"During AT the Soldiers were challenged daily; physically,

mentally, emotionally," said Konyha. "Throughout the exercise, Soldiers maintained a positive attitude and remained motivated. After speaking with the Soldiers, I believe the challenges only made the training more rewarding in the end."

Annual Training Around the Command



TRANSLOTS

Photos by Sgt. Dion Brown



Lt. Col. Rock Henry, 1394th Trans. Bde., discusses the plan of action to load a U.S. Army Landing Craft Mechanized (LCM) watercraft with Cpt. Krystyl Watson, 143rd Sustainment Command (Expeditionary) 24 May, Ponce, Puerto Rico.

230 Soldiers from units across the country including the Military Surface Deployment and Distribution Command (SDDC) and the 143rd Sustainment Command (Expeditionary) took part in TransLOTS 2012. The annual exercise, which ran 18 May - 15 June, involved troops moving vehicles and equipment hundreds of miles from Ponce, Puerto Rico to Port Canaveral, Fla. During the mission, Soldiers learned about cargo, vessel loading procedures and other aspects of port operations. The exercise provides critical pre-deployment training for transportation specialists.



Soldiers from the 143rd ESC's 824th Transportation Company, Det. 1 based in Orlando, FL., help anchor a Landing Craft Utility (LCU) as it docks in Ponce, Puerto Rico, 24 May.



Annual Training Around the Command



BEYOND THE HORIZON

Beyond the Horizon Guatemala 2012 is a chairman of the Joint Chiefs of Staff-directed, U.S. Southern Command-sponsored joint and combined field training humanitarian exercise in which troops specializing in engineering, construction and health care provide much-needed services to communities in need while receiving valuable deployment training and building important relationships with partner nations.



Photos by U.S. Army Spc. Anthony Jones

Staff Sgt. Cody Morgan, 810th Quartermaster Company, 633rd Quartermaster Battalion, Ohio Army Reserve, mans a pump drawing raw water from a river outside the Beyond the Horizon Guatemala 2012 Forward Operating Base Creompaz. The 810th has deployed cooks, mechanics and drivers to Guatemala, but their primary mission, water purification, has seen them draw and process nearly 1,000,000 gallons of water from this river



Sgt. Joey Rohrig, 810th Quartermaster Company, 633rd Quartermaster Battalion, Ohio Army Reserve, sits atop a water tanker and holds the hose carrying water from the nearby river into the truck. The 810th, deployed in support of Beyond the Horizon Guatemala 2012 (BTH), would normally draw water directly from the source by their Reverse Osmosis Water Purification Unit directly, but logistics issues have forced them to transport every gallon of water to be used during BTH operations.

Annual Training Around the Command



JOINT READINESS TRAINING CENTER



Photos by Master Sgt.
Angelia Phillips

Spc. Jason Lakey sorts clothes during laundry operations inside a training site on Fort Polk, La., June 8.



Two Soldiers stand on the side of a Laundry Advanced System set up by the 1013th Quartermaster Co.

Soldiers from the 103rd ESC's 1013th Quartermaster Company from North Platte, Neb. provided laundry, maintenance, supply and CBRN support for training at Fort Polk, La. The troops set up and operated two Laundry Advanced Systems (LADS) and a shower unit. The 1013th provided laundry service to about 4,500 Soldiers and provided approximately 2,000 showers during their 20 days of operation.

EXERCISE TRADEWINDS 2012

Service members from participating nations unfurl their national flags signifying the start of Exercise Tradewinds 2012. Tradewinds is a multinational, interagency exercise designed to develop and sustain relationships that improve the capacity of U.S., Canadian and 15 Caribbean partner nations' security forces to counter transnational crime and provide humanitarian assistance and disaster relief.

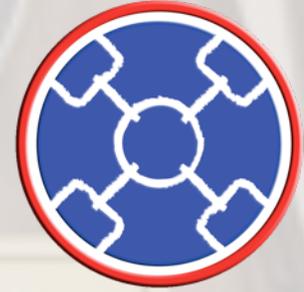


Photo by Sgt. Alfred Tripolone III, U.S. Army



377th TSC Units Honored With U.S. Army Deployment Excellence Award

Two 377th TSC units were honored during the 8th Annual Combined Logistics Excellence Awards in Washington, D.C., June 5. The awards are given for excellence in maintenance, deployment and supply. The 310th Sustainment Command and the 718th Transportation Battalion based in Columbus, Ohio, won for deployment excellence in the large and small unit categories respectively. New Orleans based 1192nd Deployment and Distribution Support Battalion (DDSB), which is within the Deployment Support Command (DSC), was runner-up in the category. The award recognizes units, installations and supporting staffs for innovative deployment initiatives that improve the deployment process for troops worldwide.



Army Reserve large unit winner, 310th Expeditionary Sustainment Command. Pictured from right to left: Col. Peters, 310th ESC HHC commander Shannon Bibbee; Col. Linda Wade, 310th ESC; and Command Sgt. Maj. Allen Offord, Combined Arms Support Command.



Army Reserve small unit winner, 718th Transportation Battalion. Pictured from right to left: Army Vice Chief of Staff, Lt. Gen. Lloyd J. Austin; Cpt. Dave Goforth; Army G-4, Lt. Gen. Raymond V. Mason; and Col. Peters, Combined Arms Support Command.



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS 377th THEATER SUSTAINMENT COMMAND
400 RUSSELL AVENUE, BUILDING 492, ARMY WING
BELLE CHASSE, LOUISIANA 70143-5077

AFRC-SLA-CG

20 June 2012

MEMORANDUM FOR 377TH TSC

SUBJECT: Summer Safety

June 20th is the official start of summer but Memorial Day unofficially kicked off summer activities. The weather is warmer and the school year has wrapped up for most students. We are now within the 100 days of summer, and I want to emphasize the importance of proactive, prevention-focused risk mitigation during the summer months. Many of you are aware seasons change and so do safety hazards. Our goal is not to lose or injure a single Soldier, Civilian, or Family member due to an accident. The time period between Memorial Day and Labor Day is considered critical due to the increase of seasonally-related activities that accompany it. More time outdoors often means more exposure and less time paying attention to hazards and potential accidents. Regardless of how often or how well you think you swim, barbeque or rock climb; I urge you to properly assess risk and think before acting, when it comes to travel, physical and or recreational activity. I want to provide relevant and timely safety and accident prevention information for this time of year.

I urge you to make responsible risk management decisions in order to keep the following 100 days of summer safe, enjoyable and accident free for you, your families and our Army team. These next six months require increased awareness, as this is historically a time when we see an escalation in our off-duty fatalities, particularly; not wearing seatbelts in privately owned vehicles and fatalities from motorcycle accidents. As we enjoy the summer season, we must remember excessive consumption of alcohol, increased assaults, and other acts of indiscipline can combine to make this time particularly hazardous if leaders and Soldiers are not planning ahead and looking out for each other. I expect leaders to be involved, identify the hazards their subordinates are likely to face, train them to be aware of changing condition, and help them to mitigate the risks.

Leaders must emphasize personal responsibility and accountability for the consequences of alcohol abuse, and indiscipline. With the summer season comes an increase in outdoor recreational activities and vacation travel; unfortunately the likelihood of accidents and injuries increase as well. There's a good reason holiday safety messages always remind you about traffic safety and motor vehicle accident prevention; according to National Highway Traffic Safety Administration (NHTSA) statistics, Federal holiday weekends average more traffic fatalities than similar non-holiday weekends. Due in part to increased travel associated with the holiday and warmer weather, it continues to strongly indicate the need for drivers to be reminded of safe driving practices.

- Refrain from all cell phone use and texting behind the wheel; you control this, don't make a regrettable decision that kills you or anyone else.
- Make sure all passengers are buckled up and children are in age-appropriate safety seats; the joint NHTSA- state and local law enforcement "Click It or Ticket" safety belt campaign is once again underway, coast-to-coast through June 3rd.
- Allow plenty of travel time to avoid frustration and diminish the impulse to speed; better weather means more traffic and road construction. Drive defensively and exercise caution, especially during heavy rain; avoid driving while drowsy and have a rest plan for long trips.
- Motorcycle riders, always wear a helmet and protective clothing when you ride; maintain a safe speed and exercise caution when traveling over wet surfaces or gravel.
- Do not drink and drive, designate a "non-drinking" driver - even moderate consumption of alcohol impairs reaction time and driving judgement.
- When it comes to celebrating holiday weekends and welcoming summer, I realize your activities are not limited to motor vehicles and travel. Be vigilant and safe in all your activities. Thanks to each and every one of you and all that you do for our great Army, the 377th Theater Sustainment Command, and our communities.

Army Strong!



PETER S. LENNON
Brigadier General (P), USA
Commanding

We need all our teammates - Don't become a tragic statistic. Remember the same practices that kept you alive & safe in theater will keep you alive and safe at home: Discipline, Battle Buddies (particularly while swimming and partying), and SITUATIONAL AWARENESS! BG (P) PSL



From the Surgeon's Office



Injury Prevention Through Leadership



In support of the 377th TSC's 100 days of Summer Safety Campaign, the Command Surgeon's Office will focus on the impact of preventable musculoskeletal injury on operational readiness, outline the primary individual risk factors and symptoms associated with an injury, and highlight the fundamental principles of exercise that will aid in injury prevention.



The Facts by the Numbers

- * 50% -- The percentage of troops who get muscle strains, sprains or fractures annually
- * 2 million -- The number of sick call visits generated by these injuries
- * 25 million -- The number of lost duty days due to injury annually
- * \$3.5 billion -- The total cost of these injuries each year

These numbers directly impact manpower support, unit cohesion and worldwide operational deployability.

The Signs

Running is the single largest cause of physical training related injuries. Risk factors include: low fitness level; physical inactivity; prior injury; tobacco users; and genetic traits like high arch's, knocked-knees, and bow-legs

It's important for leaders to know the difference between normal and abnormal muscle soreness. Normal muscle soreness occurs within 24 hours and lasts up to 48 hours. In contrast, abnormal muscle soreness is constant and accompanied by numbness and tingling, joint swelling and pain along the bone and requires a comprehensive medical evaluation.



Source: Army Medical Surveillance Activity review, Altarum Institute economic analysis, U.S. Army Public Health Command



From the Surgeon's Office



Prevention

Physical training is how we get fit! Use the seven principles of fitness to prevent injury. Everyone can use them and they can easily be remembered by using the acronym **PROVERBS**.

Progression: Increase exercise gradually by adjusting the frequency (how often), intensity (how hard), and duration (how long) to boost fitness level.

Regularity = Frequency is the key to results. Try to work out two to three times a week. Infrequent exercise can do more harm than good. Also, give your body the fuel it needs to perform at its best by eating and resting properly.

Overload = work load of each exercise session that must exceed the normal demands placed on the body in order to bring about a positive training effect.

Variety = Mix it up! Variety reduces boredom and increases motivation and progress. Cross training spreads physical stress over the entire body.

Recovery = A hard day of training should be followed by an easier training day or rest day to help recovery. You can also alternate the muscle groups exercised every other day, especially when doing strength or endurance training.

Balance= To be effective, a program should include activities that address all the fitness components because overemphasizing any one of them may hurt the others.

Specificity = Each job has its own physical demands. Training must be geared toward specific goals but no program should be geared only toward the test.

Prevention through leadership is key! The Army is the strength of our Nation and Soldiers are the strength of our Army. The enduring goal is to build and preserve a physically and mentally fit, well trained Army capable of decisively meeting our Nation's needs.





Community Plants Garden for Fallen Pennsylvania Veterans

DARLINGTON, Pa. - If someone wanted to know how many Pennsylvania service members have died in Iraq and Afghanistan, all one would have to do is visit Jesse Mercure's front yard and count the sunflowers. That is, once they have bloomed.

First planted in 2008, June 2 marked the fifth year veteran Mercure has planted a living tribute as a reminder of his fallen comrades.

"That first year, I started seeds in flats and planted one Sunflower for each Pennsylvanian veteran killed in Iraq. I did this to show that I had not or will not forget the sacrifices of my neighbors, brothers and sisters in arms," said Mercure.

"That first year I had help from Donna [Matters] and my mom. The next year we decided it was too much work for us," said Mercure. "So we invited friends and family to help out and made an event out of it. We added a separate, smaller garden for Afghanistan casualties that year. For some reason the deer really like the small garden, but left the bigger one alone."

Mercure personally networked and used social media like Facebook to enlist the help he needed each year.

"I try to draw attention to what we do, not to say, 'Look at what I did.' It's not about me. It's about raising awareness of the ultimate sacrifice paid by our brothers and sisters here in our community," he said.

CAN DO

Community Spotlight Veterans Memorial Garden

Story and Photos by Sgt. Bob Timney
354th Mobile Public Affairs Detachment

The following two years, the event and garden grew. Sunflowers for the fallen Pennsylvanian Iraq and Afghanistan veterans are in the main garden each year now.

Mercure is a proud veteran with 20 years active ending in 2007 including an Iraq tour in 2003. Mercure also served four years in the Army



Dozens of family, friends, veterans and members of the Ohioville community help veteran Jesse Mercure plant this Veterans Memorial Garden honoring the 276 Pennsylvanian Soldiers killed in Iraq and Afghanistan.

Reserve in the maintenance section of the 99th Regional Readiness Command in Coraopolis, Pa., before the unit moved to Fort Dix, N.J.

"I have been all over the world, but I continue to serve in my own way," he said.

When he leaves his home, Mercure also takes a rolling tribute with him as well. He has a 2007



Patriot Edition Harley Davidson that has been customized with all the names painted on it.

"I believe we can never do enough to show our support for those who have served to protect our and others' freedoms," said Mercure.

This year the group planted a total of 276 sunflowers, 197 for the service members who fell in Iraq and 79 for the ones who fell in Afghanistan. Mercure expects they will sprout in seven to 10 days, with peak bloom being in late July or early August.

There were more than two dozen volunteers during planting time and many more throughout the day to offer a hand and partake in the covered dish barbecue that ensued. "It's nice to reward those that come out to help with a little music, food and fun," said Mercure, and added, "and I'm thankful that Donna works hard and really takes care of all the food for the day."

Several veterans were among the helpers representing the Army, Navy, Air Force and Marines. Many of the volunteers have known Mercure since high school, either at Western Beaver or Black Hawk, but the resonating force motivating them to become involved is his patriotic enthusiasm.

"Jesse once borrowed money from me to buy a vet his lunch when he didn't have the cash right there in his pocket," said Denise Donnelly, who went to school with him at Black Hawk.

CAN DO

"This project is near and dear to his heart, and his passion fuels my desire to help him."

Donnelly was one of several people taking photographs during the day, making it seem more like a family picnic than a memorial planting.



This years marks the fifth annual planing of this Veterans Memorial Garden, located along Lisbon Road in Darlington, Pa., at the residence of veteran Jesse Mercure that honors fallen Pennsylvanian Soldiers killed in Iraq and Afghanistan.

Mary Ann Krakar, from Midland, Pa., said, "It's an honor to be a part of this. And if more people knew about him and what he is doing, then more people would be here to help and also have a really nice day to hang out with friends, food and fun."

Also present was Barb Bucklew and her teenage boys Josh, 17, and Justin, 12. Her husband, Ernie, was recruited by Mercure and died in a

helicopter transport while coming home from Iraq for his mother's funeral. In a quiet moment during the sunny picnic-like day, Justin was caught in a picture by Donnelly looking for his father's name on Mercure's Harley Davidson. When he found it on the fender, he carefully took a picture of it.

Tracy Monroe-Ware, of Industry, Pa., and Dave Osburn, from New Castle, Pa., said they firmly believe in Mercure's purpose and conviction.

"We honor those that are still serving by honoring these soldiers that have fallen," said Monroe-Ware.

"We do this to let the soldiers halfway around the world know that we won't forget them either," said Osburn.

PROFILES IN PROFESSIONALISM



We have many talented people in the 377th TSC. This feature highlights our top Soldiers, 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/The377thTSCCanDo>

Sgt. Adrien Rauls

Hometown: Thomasville, Ga.

Brief description of your job: *I am a 56M-- Chaplain Assistant. My main job is to assist the unit chaplain in performing and or providing religious services. Also, since the chaplain is a noncombatant, it's my job to protect him or her.*

What Does Being a Professional Soldier Mean to You?

Well, it really comes down to the seven Army Values – Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. If you're true to all of those, then I really believe you're a true professional!

Who has been your biggest influence since joining the Army?

Our leaders always tell us that the strength of our Army is our Soldiers and that the strength of our Soldiers is our Families. I'd have to agree and without a doubt it's my wife. Her favorite line to me is, 'Trouble doesn't last always'. I think she pushes me to my full potential and inspires me to have higher expectations of myself. She's a definite source of strength.



What do you enjoy most about the 377th TSC?

As an active duty Soldier, being assigned to the 377th TSC has been a different experience for me, and when I leave, I know I will have grown in a positive way. I enjoy seeing the potential this organization has to grow and become an even greater asset to the Army Reserve.

What achievement are you most proud of since joining the Army?

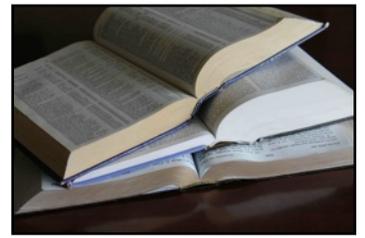
I'm really proud that I've been able to stay focused on Military education, civilian schools, and being able to use the techniques I have learned to make an impact in Soldier's lives.

What is your professional motto?

*Work hard, play hard! Failure **isn't** an option, succeeding is a **must!***

Food for Thought from the Reading Room

Who Killed Change?



Story by Lt. Col. Leon Jones, Jr.

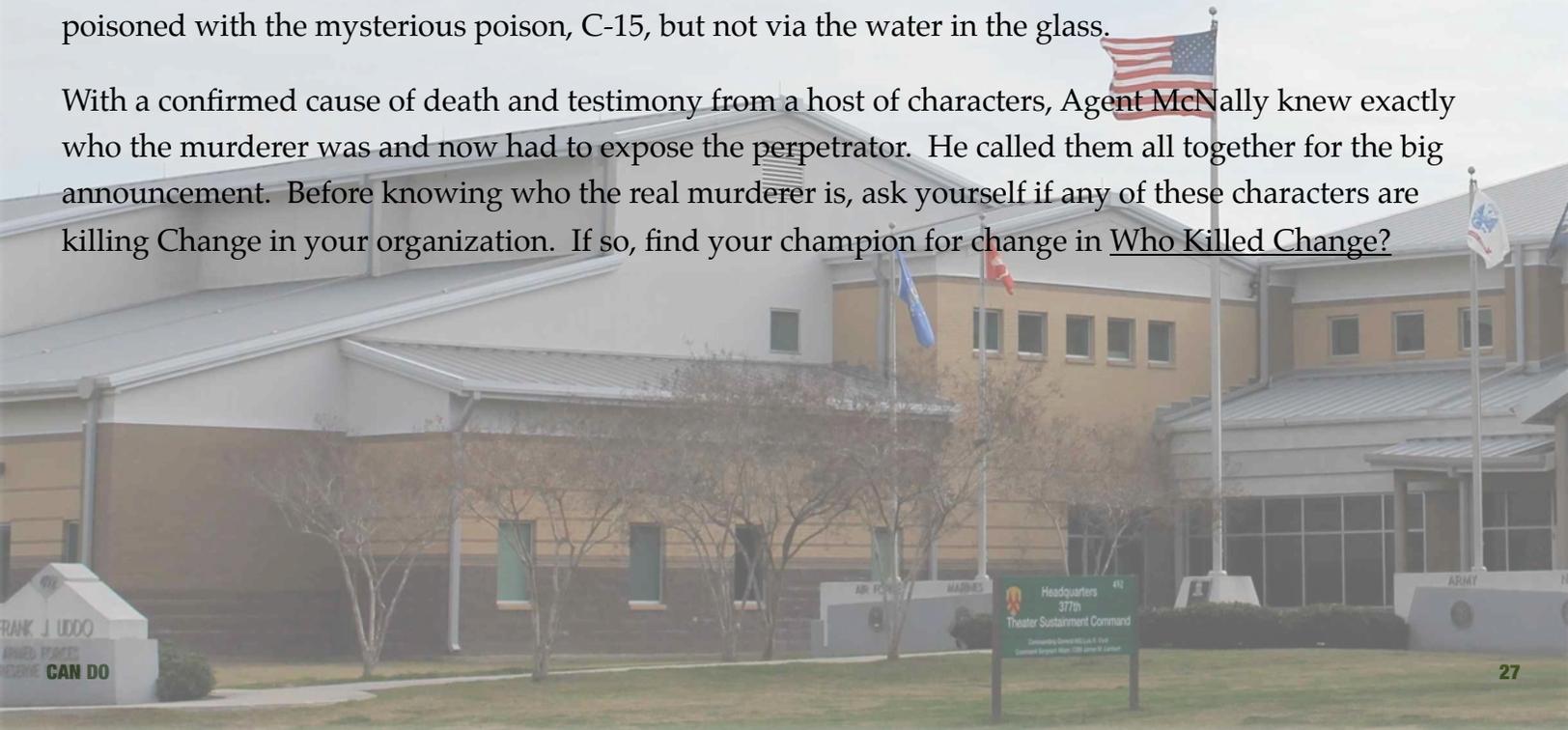
In the Army, the only guarantee is change. As you read the title, you may ask yourself, how could someone kill change? Before we get to that, let me share a familiar story with you.

Once upon a time, there were four people; their names were Everybody, Somebody, Nobody and Anybody. Whenever there was an important job to be done, Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. When Nobody did it, Everybody got angry because it was Everybody's job. Everybody thought that Somebody would do it, but Nobody realized that Nobody would do it. So consequently Everybody blamed Somebody when Nobody did what Anybody could have done in the first place.

Congratulations to Nobody for championing the effort. However when Nobody champions change in an organization, it dies as it did in Ken Blanchard's Who Killed Change?

As the story starts, a murder has been committed. Change is found dead in the conference room with a glass of liquid just beyond reach. Agent Mike McNally, who now specializes in change murder investigations, is hot on the case. In previous cases, the murderer had gotten away, but this time Agent McNally was set on capturing the perpetrator. Once at the scene, he gathers information and subsequently schedules interviews with all the potential murderers; Culture, Commitment, Sponsorship, Change Leadership Team, Communications, Urgency, Vision, Plan, Budget, Trainer, Incentive, Performance Management, and Accountability. With so many suspects, surely one of them poisoned Change via the liquid in the glass. Following the grueling interview process, the doctor called with the autopsy results and Change had died of heart failure between the hours of 0700 and 0900 after being poisoned with the mysterious poison, C-15, but not via the water in the glass.

With a confirmed cause of death and testimony from a host of characters, Agent McNally knew exactly who the murderer was and now had to expose the perpetrator. He called them all together for the big announcement. Before knowing who the real murderer is, ask yourself if any of these characters are killing Change in your organization. If so, find your champion for change in Who Killed Change?



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

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