Victory Journal

Serving the 316th Sustainment Command (Expeditionary)

Vol. 1 Issue 1 | Soldiers And Their Famalies With Pride | July 1, 2012

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U.S. Army Photo By Army Sgt. Peter J. Berardi, 316th Sustainment Command (Expeditionary)

Staff Sgt. James Liggon, Staff Sgt. Ramon Delgado and two other members of the 316th ESC carry a simulated casulty through an obstacle on a SKED litter during the physical evaluation portion of the Combat Lifesaver Course at Fort Dix, N.J., March 15.

316th ESC Soldiers Forge Camaraderie

By Sgt. Peter J. Berardi

NORTH FORT HOOD, TEXAS -- Over the course of the past three-plus months the Soldiers of the 316th Sustainment Command (Expeditionary) based out of Coraopolis, Pa., have participated in training at multiple Army bases across the country in preparation for their deployment to Kuwait.

Brig. Gen. Bud R. Jameson Jr., the commanding general of the 316th ESC, and resident of Sherwood, Ark., said that the unit's main mission will be to sustain U.S. forces in the Middle East outside of Afghanistan, to reestablish training equipment in Kuwait and to support U.S. and allied forces training in the region.

"We've pulled together a skill-rich, highly tailored team from 27 states and Puerto Rico and have been able to tailor our force. Since many of the unit members have not trained together before, this has given us the time to focus on training as a group and building together as a team and it has really worked out well," Jameson said. "The unit has done really well based on my expectations and assessment during the external training exercise, and I expect them to give forth only the very best they have to offer."

The 316th ESC's main goal is to make sure the Soldiers at the "tip of the spear" have everything they need, when they need it, said Sgt. Maj. Paul Leckinger, a member of the unit's operations section and a resident of Annapolis, Md.,

"Over 350 personnel are assigned to help the 316th ESC with its final mission training," Leckinger said. "That's more than one trainer per Soldier, which shows just how important team-building is in completing the mission successfully." All of the different sections must be able to work together to process large amounts of data to insure they

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Greetings from North Fort Hood!

The 316 ESC headquarters is in the final phase of its journey to deployment and should be nearly (finally!) validated by the time you read this. We should be "wheels up" for our mission shortly thereafter. I know it has been a long road – four months for most of us and even longer for a select few – to get us to this point, but I want you to know it has been worth it. Through the efforts of each Soldier to ready themselves for this deployment and then to apply themselves at each stage – back in Coraopolis, then at Fort Dix, and finally at Fort Hunter-Liggett – you made it possible for us to arrive at Fort Hood largely ready to train and be evaluated as a unit. You each did a huge amount of individual work and it shows. Every senior visitor I've met with has expressed their satisfaction with our level of preparation and congratulated us on being ready for our validation event. I want to thank each Soldier who has come down this long road with us. . . I want to thank you for keeping your sense of humor in the snows of Pittsburgh, in the California rain, and in the oppressive heat and humidity of Texas. I want to thank you for your willingness to help us learn from our mistakes. I want to thank you for stepping up and solving problems as they arose and not waiting to be told to do so or waiting for someone else to solve them – even if it wasn't exactly your job!

We've gotten here as a team, helping each other to succeed, and that is what I expect of you once we deploy. Just as your humor and camaraderie has kept us together, on track, and ultimately successful to this point, working as a team will get us all through the mission ahead and see us safely home to our families and our communities. I will thank you in advance for all the great work you will do in building the reputation of this command and in setting the bar as high as possible for any ESCs who follow us in Kuwait, and for all the Soldiers who will wear the 316th patch in the future.

But I would be naïve to think that each of us got to this point without the love, encouragement, and support of our families. The new Chief of Staff of the Army likes to say that ". . . the strength of our Nation is our Army, the strength of Army is our Soldiers, and the strength of our Soldiers is our Families. . ." and I couldn't agree with him more. I know it will be hard on everyone – Soldiers and Families – to be apart at holidays, birthdays, anniversaries, etc., for the next 10 months, but I want to give the Families – the children, the spouses, the parents, and all the other loved ones we'll miss – my heartfelt thanks for the sacrifices they have and will continue to make for our Nation. In my case, it is only my wife's willingness to be a "temporary single parent" and to deal on her own with all those issues and challenges that will come up while I'm gone that even allows me to serve our great Nation. Many of your families make the same sacrifices and more. Their unflinching willingness to take on all those household duties is what frees us to focus fully on our war-time mission for this deployment. We can never thank them enough and I don't want any of us to forget that. I want to also remind everyone that our Family Readiness group and rear detachment team stands ready to assist any Family Members with questions or issues that may arise while we are gone. Feel free to lean on them for questions and support.

I want to send my final thanks out to the Army Reserve Employers and ensure we all remain aware and appreciative of the sacrifice our employers are making on our behalf. America succeeds when our economy thrives and that economy is driven by our employers, large and small. That these employers continue to support their employees – our Soldiers – who answer Duty's call to serve our Nation is a heroic effort that too often goes unnoticed or unrecognized. We owe them our thanks and recognition for their support, especially at this time when so many employees are joining me in this deployment.

While we have never been short any Soldiers at our headquarters, we've made some changes to our ranks to better fit our deploying structure to the missions we will be facing. Because of this we've asked some of our deploying Soldiers to take on new roles and responsibilities and we've welcomed a whole new group of Soldiers with needed skills and knowledge. Witness Spc. Rasul who has trained as a cook but who will be employing his Arabic language skills in our G9 (Civil-Military Operations) staff section which in itself is a new organization within our headquarters. We've also created new G5 (Future Plans) and G7 (Training) sections with Soldiers stepping up to assume those duties. The end result is that our "Task Force Steel" now has members from 27 different states, one territory, and the District of Columbia. We can do this as a Federal Reserve of the Army, not tied to any one state or single military installation. One of the strengths of our headquarters has always been that – being Citizen Soldiers – we bring more to the Army than just our military rank and training. Task Force Steel now does this "in spades"!

As many of you may know, Brig. Gen. (Promotable) Lennon has replaced Maj. Gen. Visot as the Commanding General of the 377th Sustainment Command (Theater), our parent headquarters in New Orleans. I ask you all to join me in welcoming him and his wife, Elaine, back into the 316th family and in thanking Maj. Gen. Visot for his leadership during his time as our boss at the 377th. Maj. Gen. Visot moves to Army Reserve Command at Ft. Bragg, NC, to be the Deputy Commanding General for Operations.

I ask all our Soldiers in CONUS and their Families to keep safe and have a wonderful start to the summer! To my Soldiers going "down range", I look forward to serving with you and getting to know all of you better over the next 9 months.

Steel Six out!

I echo the Commanders point when he stated "we've gotten here as a team, helping each other to succeed, and that is what I expect of you once we deploy". I too truly believe teamwork was the primary reason we are in a good position to be very successful on our upcoming deployment. It was not long ago the 316th deployed to and returned from Iraq. One would expect this command to have veteran Soldiers up and down its rank but we have a great mix of both seasoned and young Soldiers alike; this deployment will be a first for 50% of our Soldiers. I look forward to being a part of and watching the development and mentoring of our young Soldiers; officers and enlisted alike and the refining and further development of our leaders. I am excited by the experience and the potential we as a unit bring to the fight.

I am extremely proud to be in the position I am in, which goes without saying; I am even prouder to represent the 316th ESC. This being said, I expect all of our Soldiers to be professional at all times both on and off duty; maintain discipline, practice courtesy.

Army Command Policy: AR 600-20

Military discipline

a. Military discipline is founded upon self-discipline, respect for properly constituted authority, and the embracing of the professional Army ethic with its supporting individual values. Military discipline will be developed by individual and group training to create a mental attitude resulting in proper conduct and prompt obedience to lawful military authority.

b. While military discipline is the result of effective training, it is affected by every feature of military life. It is manifested in individuals and units by cohesion, bonding, and a spirit of teamwork; by smartness of appearance and action; by cleanliness and maintenance of dress, equipment, and quarters; by deference to seniors and mutual respect between senior and subordinate personnel; by the prompt and willing execution of both the letter and the spirit of the legal orders of their lawful commanders; and by fairness, justice, and equity for all Soldiers, regardless of race, religion, color, gender, and national origin. c. Commanders and other leaders will maintain discipline according to the policies of this chapter, applicable laws and regulations, and the orders of seniors.

In addition, military courtesy shows respect and reflects self-discipline. Consistent and proper military courtesy is an indicator of unit discipline. Always remember; simple courtesy is an important indicator of a person's bearing, discipline, and manners. We are a mature command; ignorance is not a defense for not following or violating our military customs and courtesies.

I expect some chaos when we first arrive in theatre; there's nothing we can do to prevent this though I am sure we can minimize. After you adjust, conduct proper hand offs with your counter-parts, and develop your battle rhythm I offer you a few recommendations:

a. Remember to stay in touch with your families; this is so very important. You may be deployed but do not think for one minute they do not have their challenges too.

b. If you feel lonely or having a difficult time adjusting use your battle buddy. In addition to your battle buddy the 316th has a tremendous support system to include the Unit Ministry Team, a great asset to us.

c. Develop two or three personal and professional goals. We are fortunate to have (and not limited to) education centers, media centers, on-line assets, gyms, and personnel available to counsel and mentor each of us no matter your rank or position.

In closing, I am sure each of you will have great moments and challenging times; this is to be expected. Share those great times and let your "family forward" help you during those challenging times. I ask that you stay focused and remain vigilant; I look forward to serving with all of you. I leave you with a quote I think hits home; "A group becomes a team when all members are sure enough of themselves and their contributions to praise the skill of others," Anonymous.

Be Smart, Stay Safe,

Steel Seven

Lt. Gen. Bednarek Visits With Soldiers

Lt. Gen. Michael Bednarek, commanding general for First Army, visits the Soldiers of the 316th Sustainment Command (Expeditionary) during mobilization training at North Fort Hood, Texas, June 7. Sgt. Maj. Paul Leckinger and Col. Bruce Hackett, members of the 316th ESC, speak with Bednarek about the training currently being conducted.

Victory Journal

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know what items subordinate units are going to need and have plans in place to get the items there in a timely manner, Leckinger added.

To ensure the unit and sections enhance their level of teamwork and cohesion, the 316th ESC conducted a Culminating Training Exercise at North Fort Hood, Texas, this month. The CTE tested the 316th ESC with real-world scenarios requiring multiple sections working together in search of a solution. During the CTE, the Soldiers operated 24 hours a day and handled several scenarios at a time which was designed to be very stressful but to show the unit how important working as a team is.

The most challenging thing so far has been the different type of units Soldiers have come from, said Warrant Officer Heather Martinez, a resident of San Antonio and newly added member of the 316th ESC who volunteered to join the unit on this deployment.

Getting used to the difference from an intelligence unit to a sustainment unit takes some work, Martinez added. "Everyone from the different states and units has worked well together," she said. "I think the training has really helped this."

Newly promoted NCO Taylor Kline, a member of the 316th ESC legal section and a resident of Franklin, Pa., said that working with a unit that is from all over the country and has not trained together before is just like meeting people for the first time – everything is perfect, but soon you start getting edgy with each other.

"The training was pretty intense, and with all of the various stressors, we had to rely on each other to get through everything," Kline said. "With all of the stressors, we could have attacked each other and it could have been really bad, but instead it has been a fun experience."

The Soldiers of the 316th ESC have nearly completed all of the preparation work for deployment, from individual training to the CTE. They have lived together, eaten together and trained together for months, and after this final stateside stop at Fort Hood, Texas, they will be ready to safely and successfully deploy to Kuwait later this summer.

U.S. Army Photo by Army Sgt. Peter J. Berardi, 316th Sustainment Command (Expeditionary)
Brig. Gen. Bud R. Jameson, commanding general of the 316th Sustainmant Command (Expeditionary), addresses other members of the unit during a pause in training at North Fort Hood, Texas, June 14. (U.S. Army Photo by Army Sgt. Peter J. Berardi, 316th Sustainment Command (Expeditionary))

Preparing Soldiers, Families For Mobilization

By Army Sgt. Peter J. Berardi

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

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

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

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

Some of the organizations that talked to the Soldiers and their families included Tricare, the American Red Cross, Military One Source and the 316th ESC Family Readiness Group. The briefings gave attendees information that will be useful to them during the upcoming deployment and also the chance to ask questions of these subject matter experts.

Pvt. David Wolf's mother Arleen Wolf, a Pittsburgh native, said, "the social worker talking about what to say or not and what to expect when they get home was very helpful." Chaplain Capt. Demetrius Walton talking about the cycles of what Soldiers go through was excellent to hear also, added Arleen.

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

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

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

U.S. Army Photo by Army Sgt. Peter J. Berardi, 316th Sustainment Command (Expeditionary)
Master Sgt. Robert G. Brown shakes the hand of Sarah Young, a Brackenridge, Pa. native, at the 316th ESC Yellow Ribbon Reintegration Program at the Wyndham Grand hotel in Pittsburgh on March 10. Young came to the event to hand out handmade rosaries to Soldiers and their Families. "I want every Soldiers to have one," said Young.

316th ESC Annual Training Prepares Soldiers for Deployment

By Sgt. Peter J. Berardi

Approximately 250 Soldiers of the 316th Sustainment Command (Expeditionary) began their 19-day annual training journey with an eight-hour bus ride through the scenic Pa. countryside arriving at Fort Dix, N.J., on March 12.

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

The training events the Soldiers went through included Command Post of the Future, Battle Command Sustainment Support System, Standardized Integrated Command Post System, Combat Lifesaver, weapons training and drivers training among others.

CPOF is a tool that provides near real-time knowledge sharing that enhances team effectiveness and decision-making. This allows commanders to quickly review shared data simultaneously with subordinate units, which improves overall battlefield awareness. CPOF is going to be the primary information system we will use in theater, said Sgt. Maj. Paul Leckinger, a member of the 316th ESC G3 section. Leckinger added, "We got excellent CPOF training while we were here that is relevant and extremely useful."

BCS3 provides logistics information critical to operations and enhances the ability to manage sustainment operations throughout deployments. The system also provides in-transit visibility to show critical supply and transportation asset information from the point of shipment to the final destination. Tracking resources to establish automated alerts when critical resources are below required levels is also accomplished by the BCS3. Maj. Lisa Brown, a member of the 316th ESC SPO section and native of Atlanta, Ga., thinks it's one of the better pieces of equipment the Army has. "People will be amazed at how well it works," said Brown.

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

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

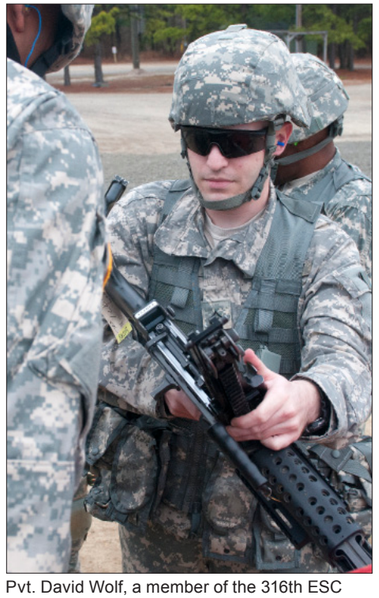
Soldiers also had the opportunity to participate in a realistic style CLS training, weapons training and drivers training among others. All of these additional training experiences will help prepare the Soldiers of the 316th ESC for the unexpected during their deployment to Kuwait. When asked about the additional trainings that were offered Staff Sgt. Anthony Clay, a member of the 316th ESC SPO section, said, "I liked it a lot, it was good training and they kept us busy." Clay added that CLS was his favorite training, "It wasn't your usual classroom setting, we actually got out there and did lots of hands on stuff."

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

Chaplain Capt. Demetrius Walton, a member of the 316th ESC and resident of Scranton, Pa., navigates the confidence climb obstacle of a confidence course at Fort Dix, N.J., March 26. The confidence course is meant to build camaraderie between and confidence within Soldiers. The course is also very physically challenging making safety extremely important.

All Photos on This Page by Army Sgt. Peter J. Berardi, 316th Sustainment Command (Expeditionary)

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



Pvt. David Wolf, a member of the 316th ESC and native of Pittsburgh, clears a M249 Squad Automatic Weapon before being allowed onto the range at Fort Dix, N.J., March 21. Properly clearing weapons is an important part of safety and gets Soldiers used to clearing procedures before they deploy.

RTC-West Mission Complete, On To Hood

By Army Sgt. Peter J. Berardi

After completing annual training at Fort Dix, N.J., the Soldiers of the 316th Sustainment Command (Expeditionary) arrived at Regional Training Center West at Fort Hunter Liggett in sunny California on April 10, for a 19-day training rotation.

During RTC West the Soldiers of the 316th ESC participated in several different training events including weapons ranges, combatives, improvised explosive device detection and more. These training events enforce Soldier tasks that help build unit cohesion and instill a sense of camaraderie between the Soldiers that is necessary for a safe and successful deployment. Army Combatives started the RTC West tour for the Soldiers of the 316th ESC with a physically exerting and informative block of instruction. Capt. William Brine, a resident of Pittsburgh, Pa. and member of the 316th ESC said, "I liked the combatives training, it was a smoker, kind of a wake up call saying hey, here we are." This was very up-to-date and relevant training that was enjoyed by many of the Soldiers said Brine. "I saw a lot of smiles on peoples faces and at the same time you could tell that they were pushed," he added.

With weapons training being a priority for the 316th ESC while at RTC-West, Soldiers of all ranks spent several days getting instruction and hands on training with multiple weapon systems followed by qualification ranges during the day and night. Learning to properly and safely use multiple weapons systems is important for all Soldiers. This knowledge will help them when something unexpected happens on a weapons range or in combat. Sgt. James A. Chavis, a resident of Pittsburgh, Pa. and member of the 316th ESC G-1 section (personnel), enjoyed the rifle and crew served weapons training the most. Chavis said, "I haven't gotten to many opportunities to jump on the .50 Cal so it was a great experience." When asked about the importance of weapons training Chavis said, "You may think that all of it won't apply but it's better to be prepared than not."

Following the weapons training the Soldiers of the 316th ESC trained on reflexive firing, urban operations and vehicle operation. The Soldiers started at a crawl phase by learning on "glass houses" which are outlines of rooms and buildings marked on the ground so that others can observe and offer input on the methods being used. Moving on to the walk phase the Soldiers practiced urban operations in a mock village and in the Engagement Skills Trainer 2000. Brine said, "It brought you through very realistic and fun scenarios. Soldiers were very motivated to go in there, very motivated to get it done and execute."

The final training exercise took the Soldiers of the 316th ESC to the run phase of training and combined nearly all of the training events they had participated in during the previous 17 days. The Soldiers were split into teams and went through several different scenarios ranging from searching a building for a high value target to clearing a route through a village for IEDs. Brine said, "The structure of everything leading up to the culminating event we did was pretty spot-on. They allow you to learn all of the different pieces and parts then put you it all together here and I think that it went pretty well."Following this tour at RTC West the Soldiers of 316th ESC will move on to Fort Hood, Texas, for two months to conduct their final pre mobilization training and requirements before finally proceeding to Kuwait for their deployment.

All Photos on This Page by Army Sgt. Peter J. Berardi, 316th Sustainment Command (Expeditionary)

Soldiers of the 316th ESC load a plane to Coraopolis, Pa., after completing mobilization training at Regional Training Center-West, Fort Hunter Liggett, Calif.

Above: Sgt. Maj. Robert Murphy, a member of the 316th ESC, prepares to throw a practice grenade through a window at a training site while at Fort Hunter Liggett, Calif., April 24. Getting hands-on training aids, such as practice grenades, is beneficial for soldiers of all ranks to reinforce common soldier tasks.

Far Left: Lt. Col. William Cacciotti, a resident of Johnstown, Pa., bursts through the door of a room while practicing room-clearing procedures at a training site at Fort Hunter Liggett, Calif., April 24. Urban operations has become an integral part of military training and is important for all ranks and jobs to learn the basics of. Learning these skills is important for the 316th ESC to build confidence, unit cohesion and discipline among the soldiers.

Immediate Left: Staff Sgt. Chris Goodwin, a resident of Hickory, Pa., Maj. Stephen Bohman, a resident of Charleston, W. Va. and Chief Warrant Officer 2 Scott Becker, a resident of Edna, Texas, of the 316th Sustainment Command (Expeditionary), review a map and shoot an azimuth during land navigation training at Fort Hunter Liggett, Calif., April 20.

316th ESC Soldiers Learn To Fight With Their Hands

By Army Sgt. Peter J. Berardi

Soldiers of the 316th ESC participate in combatives training while at Fort Hunter Liggett, Calif., April, 12.

The mission of U.S. Army Combatives training is to train Leaders and Soldiers in close quarters Combatives in order to instill the Warrior Ethos and prepare Soldiers to close with and defeat the enemy in hand to hand combat. Combatives is also important for teaching Soldiers how do defend themselves without the use of weapons and for the physical exercise they get during the training.

Soldiers most often get into hand to hand combat after entering small houses and rooms during combat operations, so the Army wants to take the ground-grappling principles taught in combatives and also emphasize them from a standing position. Some of the techniques taught to the Soldiers include knee strikes, clinch drills, arm bars, fighting with weapons, maintaining control of personal weapons and using combat equipment.

The training was physically challenging but the instructors kept the motivation level up. This helped ensure that the Soldiers got a good workout and also learned the techniques that were taught.

This training is just the first portion of what the Soldiers of the 316th ESC received while at Regional Training Center West.

U.S. Army Photo by Army Sgt. Peter J. Berardi, 316th Sustainment Command (Expeditionary)

Capt. William Brine, a resident of Pittsburgh, practices a take down on Maj. Stephen Bohman, a resident of Charleston W. Va., while participating in combatives training while at Fort Hunter Liggett, Calif., April 12, 2012. Soldiers of the 316th ESC learned several take down techniques and multiple chock holds and submissions as part of the training. This training event kicked off the 316th ESC's cycle at Regional Training Center-West.

Soldiers should be mindful that high temperatures pose a significant risk for heat injury.

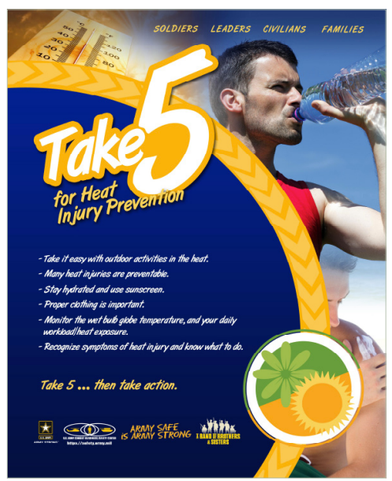
THIRSTY? Think twice about quenching that desire with soda or other caffeinated drinks, energy shots or drinks (such as Monster or Red bull). While they may be refreshing at the moment, they're diuretics that actually remove what your body needs most — water. You've heard, "What goes in must come out." With hydration, it's the other way around: What comes out (sweat) must be replaced by what goes in (water). 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.

According to the U.S. Army Public Health Command, first prevention, then early recognition and treatment of heat injuries, are critical to curbing weather-related deaths. Soldiers have been trained to prevent and identify heat injuries on duty, and they can apply that same knowledge to protect themselves and their Family members 24/7. One helpful source is Technical Bulletin Medical 507/Air Force Pamphlet 48-152 (I), which describes the symptoms of and treatment protocols for the three most common heat injuries:

- Heat cramps. Symptoms: spasms in the arms, legs or stomach. Treatment: sip water, massage cramping areas and replace lost salt through food. Never take salt tablets unless directed by a physician.
- Heat exhaustion. Symptoms: headaches, paleness, clammy skin, excessive sweating, difficulty breathing, loss of appetite, nausea and exhaustion. Treatment: sip water, lie in a shaded area and rest, and loosen or remove clothing.
- Heat stroke. Symptoms: headache, dizziness, delirium, nausea, vomiting and body temperature of 106 F or higher. Treatment: Heat stroke is a medical emergency and can be fatal. Immediately call 911 and follow the dispatcher's instructions for treatment you can perform before help arrives. Reducing body temperature is paramount in rescue efforts, and the most effective cooling strategy entails removing the victim's clothing and immersing him or her in cool or iced water while massaging the skin (ice sheets or ice packs are acceptable if immersion isn't possible). Anyone suspected to be suffering from heat stroke should be transported to a hospital immediately, preferably by trained medical professionals such as paramedics.

For a comprehensive list of compliance requirements of OSHA standards or regulations, refer to Title 29 of the Code of Federal Regulations.

For more Safety Related articles, see the US Army Combat Readiness/ Safety Center website at https://safety.army.mil/



Soldiers Blog

My Transition From One Job to Another

By Army Spc. Rasul

Hello fellow Soldiers and Family Members,

My name is Spc. Rasul, and as many of you know, everything is subject to change when it comes to the military.

When I joined the Army in 2010, I had selected my Military Occupational Specialty as a 92G (food operations specialist), and expected to go on this deployment working in the dining facility. As we have gotten closer to deployment it has been brought to my attention that I will be working with the G-9 as a 38B (civil affairs specialist).

The biggest reason for the change in jobs is that I lived in the Middle East for roughly four to five years and managed to maintain some of the Arabic that I had learned there. My parents have moved back and forth between there and the United States, so I got used to making transitions very quickly. In the situation I'm in now, I often use the metaphor of this being a pop quiz, but you always have to be ready for change and adapt in order to succeed.

My training days consist of polishing up on my Arabic and learning as much as I can about the civil affairs MOS.

I'm crossing my fingers that we get to travel a lot while we are over there and I get the chance speak with some of the locals. It'll be a great opportunity to head back to the Middle East. It has been five years since I've visited.

Also, building a connection with people is something I've always enjoyed, which makes this MOS that much more enjoyable. I plan to change into the field permanently upon return from this deployment.

I'll keep everyone updated on my transitional training in the weeks to come. Have a good day!

Asian, Pacific Islander Heritage Month

The U.S. Army's Philippine Scouts

Some of them were farm boys from California and Kansas, and Italian-Americans from New Jersey, as depicted in the black and white movies made during and after World War II. However, many of them were professional Filipino soldiers serving in the U.S. Army, commanded by American officers. They were special men in special units, officially designated "Philippine Scouts," a term applied both to the Filipino enlisted men and to their American officers. For a young Filipino man, acceptance into the Philippine Scouts was a distinct honor--as was service in the Scout units for American officers.

On December 7, 1941 the Imperial Japanese Navy attacked Pearl Harbor, but Pearl Harbor was only part of a much bigger Japanese operation that day. On December 7 the Japanese not only sank the U.S. Navy's Pacific fleet at Pearl Harbor, they also bombed the U.S. Army's B-17 bomber base at Clark Field in the Philippines, they attacked British Hong Kong, and they landed troops on the shores of British Malaya. The four attacks were coordinated to begin at the same moment, but because of weather problems the U.S. Navy's battleships were already sinking to the bottom of Pearl Harbor by the time Japanese bombers destroyed the American fighters and bombers on the ground at Clark Field in the Philippines.

The Japanese invasion of the Philippines was the first action of World War II in which units of the United States Army faced the enemy on the ground. General MacArthur had his entire army withdraw to the Bataan Peninsula and to Corregidor Island, to hold off the enemy until the U.S. Navy could bring reinforcements and supplies. The Philippine Scouts, side-by-side with U.S. national guard soldiers and Philippine Army infantry units, defeated the Japanese Army in numerous actions in the interior and on the coastlines of Bataan. Survivors of the Battle of Bataan, to a man, describe the Philippine Scouts as the backbone of the American defense there. President Franklin Roosevelt awarded the U.S. Army's first three Congressional Medals of Honor of World War II to Philippine Scouts: to Sergeant Jose Calugas for action at Culis, Bataan on January 6, 1942, to Lieutenant Alexander Nininger for action near Abucay, Bataan on January 12, and to Lieutenant Willibald Bianchi for action near Bagac, Bataan on February 3, 1942.

By March, 1942, the Japanese Army had marched through Southeast Asia and completely overrun every country and island in the western Pacific—except the Philippines. The Philippines, and General MacArthur's army, were alone. On the Bataan peninsula of Luzon Island, the Philippine Scouts, a few U.S. Army National Guard units, and ten divisions of poorly equipped, almost untrained Philippine Army soldiers held out for four months against the Japanese.

With the U.S. Navy at Pearl Harbor in shambles, and the Japanese Navy blockading the Philippines, there was no way for America to get reinforcements, food or medicine to the troops on Bataan. Nonetheless, they held out while malaria, dysentery and malnutrition ravaged their ranks, and Japanese attacks drove them further down the Bataan peninsula.

On April 3, 1942 fresh Japanese troops began a crushing attack on the U.S. forces on Bataan. Although the men fought bravely, the Battle of Bataan ended on April 9, 1942, when General Edward King surrendered rather than see any more of his starving, diseased men slaughtered by the advancing Japanese Army. At that point 75,000 men became Prisoners of War: about 12,000 Americans and 63,000 Filipinos. What followed was one of the worst atrocities in modern wartime history—the Bataan Death March.

Back in the Philippines, a strong guerrilla movement developed to fight Japanese oppression. Philippine Scout officers and enlisted men who had escaped from the Japanese, and others who chose to ignore their parole terms, joined these clandestine groups to do what they could to hasten the return of U.S. forces. Contrary to the impression many of us get from our history textbooks, help was not on the way. General MacArthur had his forces, such as they were, engaged around the Solomon Islands and New Guinea to protect Australia from Japanese attack. It was not until 1944 that MacArthur in the south and Admiral Nimitz to the east commenced their two-pronged advance into the Pacific. But during the interim years, the Philippine guerrillas put together a close network to gather intelligence data on Japanese troop movements and shipping, and transmit it to MacArthur's headquarters using radios smuggled in by submarine. It has been said that their information was so complete, that when MacArthur finally did make it back to the Philippines he knew what every Japanese lieutenant ate for breakfast and where he had his hair cut.

As MacArthur's forces, supported by the guerrillas, rolled into the Philippine Islands, men began to come out of hiding. The Philippine Scouts, some who were members of the guerrilla forces, some who were not, stepped forward and rejoined the U.S. Army. Other Filipino guerrillas joined them and the Army set up new Philippine Scout units. The "New Scouts" actively participated in combat against the Japanese Army in north Luzon, and served as military police to restore order and help locate pockets of escaped Japanese in the south. As planning for the invasion of Japan progressed, the Philippine Scouts were included in the invasion forces and begin training for what was expected to be the bloodiest struggle of World War II.

Affair Proof Your Marriage

When a man and a woman come together at the sound of wedding bells, walking down to the altar, throwing of rice, the catching of the bouquet, and driving off into the sunset with the clanging of soda cans; the couple can only imagine honeymoon and perfect bliss. The newlyweds in their naiveté believe that marital infidelity it is something that only happens to other couples. A quick look at the numbers state that at least 25% of married couples will experience infidelity throughout the course of their relationship.

What is cheating?

We need to establish a common operating picture on adultery to take the appropriate steps in safeguarding your marriage. Infidelity is when a person in the marriage chooses to be unfaithful toward their spouse. There are three different categories of unfaithfulness. An emotional affair is when physical boundaries have not been crossed by either party but all the emotional energy of the faithless spouse is now seriously invested in the other person. The person can be a co-worker or an online "buddy" via Facebook, MySpace, dating website, or some other form of social media. The second type of unfaithfulness is purely physical, such as the one night stand or a series of quick flings with multiple partners. An entangled affair is the final and most dangerous because it involves both the physical and the emotional dimensions. Both parties believe they have met their soul mates. This is the most difficult one for a married couple to recover from in the long run. The old adage is true: "an ounce of prevention is better than a pound of cure."

Preventive Maintenance Checks and Service (PMCS) for the Marriage:

Keep dating your spouse – What you did to get your spouse, is what you need to do to keep your spouse. The chaplain suggests an online Skype date once a week where you both are playing the same music and eating the same food on both sides of the world.

When the Soldier gets back home:

Have sex regularly – enjoy your spouse to the fullest, for God created sex to be enjoyed in the context of marriage.

Spend your time just talking – The goal is to deepen the bond between your spouse via meaningful conversations. Couples need to commit to no talking about the kids and no arguments. Rather, take time to share passions, dreams, and goals.

Share Common Interests –One reason a spouse may stray is no longer having anything in common except the kids. Therefore, discover a hobby both partners can enjoy during the weekend.

Establish Boundaries – If you fail to plan then you plan to fail. Anyone can stumble anytime. Talking with your spouse ahead of time about what is appropriate behavior with the opposite gender can set you up for incredible success. For example, the spouse will not be alone with co-worker in a vehicle, at the DFAC or restaurant, or dance with a member of the opposite gender.

Practice these tips and you will be on your way to a long lasting beautiful relationship.

U.S. Army Photo by Army Sgt. Peter J. Berardi, 316th Sustainment Command (Expeditionary)

Soldiers of the 316th Sustainment Command (Expeditionary) participate in a "Game Night" put on by the 316th ESC's unit ministry team at North Fort Hood, Texas, May 30.

Soldiers Blog

Top 10 Things I've Learned

By Army Spc. Caroline Shaw

1. If the 1st Sgt. didn't say it, it's not true. Period.
2. When in doubt, whip it out (your salute that is).
3. You have to have a sense of humor.
4. If you do not have your eye-pro, PT reflective belt and a water source on you at all times, you are WRONG!
5. Everyone needs a Big Toe (*cough* Sgt. Walker *cough*). This is someone who is always looking out for other soldiers who are not even necessarily in their section. You know who they are.
6. Get used to change. It is inevitable in the military. Once you get comfortable in any given situation, things will change.
7. SIGN THE SIGN IN ROSTER! If there is more than one, sign each one. Twice.
8. Don't ask why in any given situation. There is no need to. You will think too hard, and your head will explode.
9. Even if you do your best to follow #7, you will probably have to listen to a few or more briefs at least twice. Just accept it.
10. We have nothing to complain about at this stage of the deployment. We have food, water, a place to sleep, internet access (yes that is a necessity) and no one is shooting at us or trying to blow us up. It is not 130 degrees (yet) and we are not in full battle rattle daily. Bottom line is that all these things add up to a good day in the Army.

Soldier Fitness

By Army Sgt. Kristin Walker

Before I left to begin our Active Duty training, someone told me that '300 pounds' will be in my response when asked about any fluctuation in my weight when I return from the deployment. Baring that in mind, I have made physical fitness a priority. Staying fit at North Fort Hood is fairly easy for me because there is little else to do when free time is available. Aside from venturing to the MWR which has a TV, ping pong table, video game systems and several desktop computers and wifi, the chapel and the fitness center are the only other two escapes from the barracks within walking distance.

I have recently started spending at least one hour in the gym every day with a buddy or two in order to prepare for the upcoming physical fitness test. In addition to the strength training and cardio machines within the facility, there are also pull-up bars and a two mile run route immediately outside.

Apart from going to the gym, a few of my buddies and I have also started learning and practicing various Latin dances such as Merengue and Salsa in order to be better prepared for the 'Salsa Nights' that we have heard about in country. Dancing provides a good cardio workout as well as a good outlet for stress relief.

Eating healthy in the Dining Facility can often be a challenge, especially on BQQ or soul food day when many of the items are either fried or heavily dressed in gravy. I try to practice moderation when it comes to the more fatty items and desserts. I also try to incorporate a fresh vegetable and fruit with every meal, and drink plenty of water.

I plan to continue to maintain my physical fitness so that my response upon return will be closer to "I can bench press 300 pounds" rather than"I gained 300 pounds".

The 316th ESC's Fittest

By Army Sgt. Peter J. Berardi

Soldiers of the 316th ESC took the Army Physical Fitness Test at North Fort Hood, Texas over six days from May, 30 to June, 4.

Soldiers that strive for excellence can be awarded the U.S. Army Physical Fitness Badge. Earning this badge is no easy task as it requires a score of 90 points in the push up, sit up and 2-mile run events.

During the 316th ESC fitness test the following Soldiers pushed themselves and scored high enough to earn the Physical Fitness Badge:

Maj. Stephen Bohman

Command Sgt. Maj. Michael Bolduc

Maj. John Bowman

Capt. William Brine

Maj. Lisa Brown

Spc. Brittany Carrol

Lt. Col. Tina Colston

Sgt. Johnathan Coupal

Chief Warrant Officer 4 Raymond Davis

Capt. Jeffrey Gruidl

Capt. Phil Gryskewicz

Chief Warrant Officer 2 Daniel Guient

1st Lt. Mikel Hernandez

Chief Warrant Officer 4 Kenneth Hosby

Col. Andrew Keirn

Cpl. Dawn Kincer

Capt. Vao Pone

Sgt. Clarence Rankins

Spc. Caroline Shaw

Capt. Andrew Steimer

Sgt. Kristen Walker

Ask The Troops

What are you looking forward to most from this deployment?

Making enough money to fix up my house. -- Staff Sgt. Theresa Kauffman

Getting VA Benefits. -- Spc. Jonathan Carey

A combat patch, the experience of being deployed and the 10% interest from the Savings Deposit Program. -- Spc. Caroline Shaw

As corny as it sounds, seeing the whole unit coming together as one. All of the sections working together on our mission. -- Sgt. David Schemerhorn

Getting diversified. -- Sgt. Taylor Kline

Maybe getting a better job from what I'll learn on deployment. -- Staff Sgt. Alexander Stuck

Being able to do PT, work out during my free time and get in shape. -- Spc. Dustin Grabowski

Coming home debt free and getting experience that will hopefully help me get a better job when I get home. -- Sgt. Peter J. Berardi

Getting experience as an Intel Warrant and the experience of being deployed since this is my first time. -- Warrant Officer Heather Martinez

316th ESC Promotions

Maj. Gary Bronson is promoted to the rank of Lt. Col. and pinned by his father at the 316th ESC Yellow Ribbon event March 10.

Maj. Bill Caccotti is promoted to the rank of Lt. Col. and pinned by his children at the 316th ESC Yellow Ribbon Event March 10.

Maj. Carrol Cobbler is promoted to the rank of Lt. Col. and pinned by her son at the 316th ESC Yellow Ribbon event March 10.

Maj. Eric Johnson's wife pins him with the rank of Lt. Col. at Fort Dix, N.J., March 26.

Pfc. Dustin Grabowski, a member of the staff judge advocate section, is promoted to the rank of Spc. while training at North Fort Hood, Texas, May 13.

Spc. Taylor Kline, a member of the staff judge advocate section, is promoted to the rank of Sgt. while training at North Fort Hood, Texas, May 13.

Sgt. 1st Class Nicolas Relacion, a resident of West Grove, Pa. and a member of the 316th Sustainment Command (Expeditionary), is promoted to the rank of Master Sgt. at North Fort Hood, Texas, June, 1.

Sgt. Arnold Rojas, a native of Falls Church, Va. and a member of the 316th Sustainment Command (Expeditionary), is promoted to the rank of Staff Sgt. at North Fort Hood, Texas, June, 1.

All Photos on This Page by Army Sgt. Peter J. Berardi,
316th Sustainment Command (Expeditionary)