

ESC



TODAY



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Brigadier General Mark W. Palzer

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(Expeditionary)
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<< On the Front Cover

Brig. Gen. Mark W. Palzer bids a fond farewell to the Soldiers of the 143d Sustainment Command (Expeditionary) after serving as their commander for two years.

Cover art by Sgt. 1st Class Timothy Lawn, 143d ESC

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ESC Today is the monthly command information magazine of the 143d Sustainment Command (Expeditionary) and is an authorized publication for members of the Department of Defense, according to provisions in Army Regulation 360-1. The opinions and views expressed in ESC Today are not necessarily official views of, or endorsed by, the U.S. Government, Defense Department, Department of the Army or the headquarters, 143d ESC.

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A fond farewell

Fellow Soldiers of the 143d ESC,

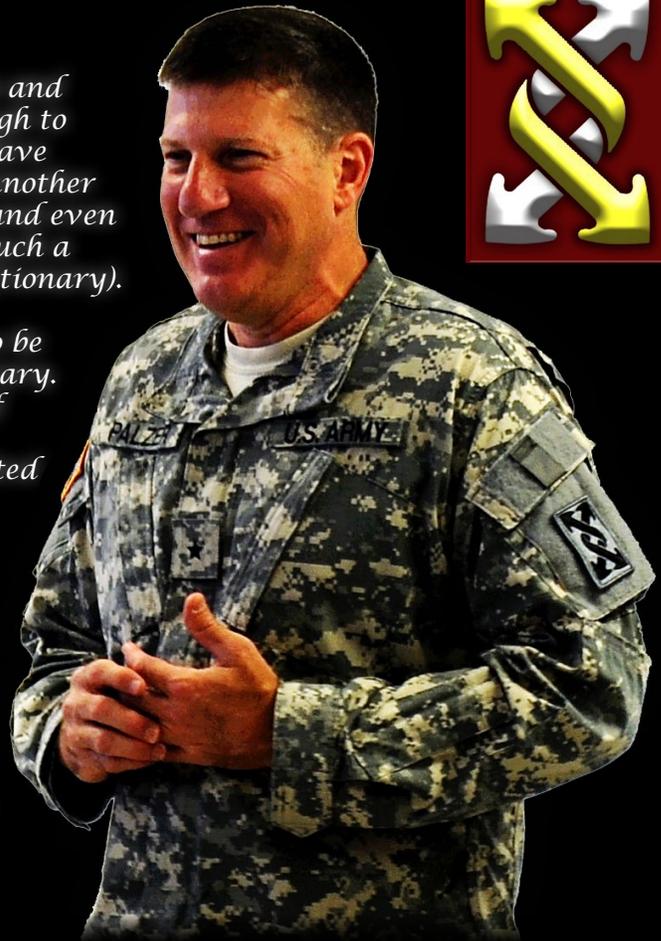
It is with mixed emotions that I bid farewell to you and this outstanding organization. I was fortunate enough to be chosen to lead you just two short years ago and have now been selected to serve our nation's military in another capacity. There are very few who get to Command and even fewer who are given the opportunity to Command such a fine unit as the 143d Sustainment Command (Expeditionary). I consider myself as one of the most fortunate of all Commanders because I was given the opportunity to be part of the best Command in the United States Military. Like all of us, when we join a unit we become part of something far greater than any one person. I was permitted to lead the finest organization in the United States Army: The 143d ESC.

Units are made of Soldiers and Civilians who make things work, but the unit doesn't work unless the unit members can dedicate themselves to its success. I ask that each of you continue to dedicate yourselves to your success, your families' success, your full time job's success, and the success of the 143d. As I depart I ask you to keep your priorities in order. Remember that the building block of our success is the individual who must have all parts of his or her life ready in order to succeed.

- 1. You must first ensure that you are physically, mentally, emotionally, financially, and spiritually prepared before you can then take care of your family.*
- 2. Then you must ensure that your family is physically, mentally, emotionally, financially and spiritually prepared before you can direct all of your efforts towards your full time job (the job that allows you to live well).*
- 3. You must then make sure that you are successful in your full time job before you can . . .*
- 4. . . . Give 100% to the Army Reserve.*

I also ask that you treat all Soldiers as if they will one day be training your child to be a Soldier and to survive on the battlefield. Train them well, train them hard, respect them and teach them to respect others. A future squad leader, platoon sergeant, first sergeant and CSM of the Army or the Army Reserve will go through our ranks. Will you be the one that provided that positive leadership to make a difference?

*Mark W. Palzer
Brigadier General, USAR
Commanding*



The Bottom Line

SIMPLY THE BEST

"If you want to be the best, you have to do things that other people aren't willing to do."

~ **Michael Phelps**

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

~ **John Wooden**

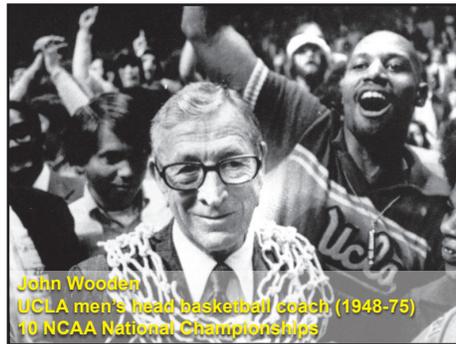
When people claim that an individual athlete or team was "the best," they often open themselves to ceaseless criticism. Nevertheless, there exist exceptions when such bold statements ring true. So when someone says, "Michael Phelps is the best swimmer of all time," or "John Wooden remains the best coach in college basketball," that person has the facts to remove all doubt:



Michael Phelps: 22 Olympic medals (18 gold); 34 World Championship medals (27 gold); 15 Pan Pacific Championship medals (12 gold); world record holder for the 100- and 200-meter butterfly as well as 400-meter individual medley

John Wooden: Led UCLA to 10 NCAA basketball championships in 12 seasons (1964-1975); 664-162 (.804) record; four undefeated seasons; Inducted in the Basketball Hall of Fame in 1961 (as a player); Inducted in the College Basketball Hall of Fame in 2006 (as a coach)

What can we learn from these men's achievements? Phelps' feats in the pool testifies his dedication to many—if not all—the Army Values;



while Wooden's remarkable coaching career exemplifies leadership, commitment, competency and other key traits rooted in America's noncommissioned officer corps. Together, these accomplishments define the perfect mindset for every Soldier: never settle.

Phelps could have sat out this summer's Olympics having already achieved a "mere" 16 medals, but he dove in and set an all-time medal record. Wooden could have hung up his whistle in 1967 having won three national championships in four years, but he remained head coach until 1975 and won another seven championships.

Phelps and Wooden didn't settle for just being good enough. Why should we?

Since 1967 the 143d ESC has sustained victory for our troops defending freedom from the jungles of Vietnam to the mountains of Afghanistan. We could spend countless hours counting every citation, award and medal earned in the last 45 years, but this would only convince ourselves that we are "good enough." That attitude often results in defeat in the sports arena and unnecessary death and destruction on the battlefield.

With the kickoff of another fantastic football season, it's appropriate to include a pair of memorable quotes from Vince Lombardi:

"The achievements of an organization are the results of the combined effort of each individual."

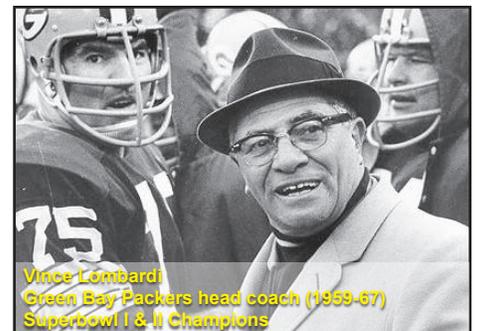
"Individual commitment to a group effort—that



Command Sgt. Maj. Jeffrey E. Uhlig
Command Sergeant Major
143d Sustainment Command
(Expeditionary)

is what makes a team work, a company work, a society work, a civilization work."

A unit can claim greatness only when its leaders demonstrate and facilitate maximum individual effort. NCOs must inspire their Soldiers to achieve great things, then press forward to greater opportunities. Many will stumble as they climb



up the ranks, so it's up to us to recognize and, if necessary, remove anything that obstructs their path to perfection.

Soldiers of the 143d ESC: You have shown me that you've done your best. Now you must prove that, like Phelps, Wooden and Lombardi, you will never settle for anything less than becoming the world's best ESC.

Army Strong!

DID YOU KNOW?

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143C



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143ESCFamilies





Lt. Col. Brian Ray
Command Chaplain
143d Sustainment Command
(Expeditionary)

[Click here to watch Chaplain Ray's words of motivation of this month](#)

Soldiers and families of the 143d ESC,

I'm sure you've heard in the news that it's been a very difficult year for our Army in terms of suicide. Unfortunately, suicide is something that will touch us directly or indirectly at some point in our life. In high school, three of my very good friends had a parent commit suicide. In short, suicide happens all too frequently. It happens all around us, but many times it goes undiscussed because of fear, shame, despair or sadness. But suicide is something I encourage us to tackle head-on. Put bluntly, lives are at stake; the lives of sons and daughters, brothers and sisters, husbands and wives, mothers and fathers, and dear friends. At some point, each and every one of us will experience heartache and pain in life, whether it be a broken relationship, other types of betrayal, the loss of a job, or a significant event that adversely impacts our lives or the lives of those we love.

As an Army we are currently losing the war on suicide. I use the word, "war," quite intentionally. The Army had an all-time high for suicides during the month of July. From Jan. 1 through July 31, 116 active-duty Soldiers took their own life. Another 71 Reserve component Soldiers did so as well. As we face these sobering statistics, I thought I would provide a different perspective from what you might hear during a typical suicide prevention briefing during battle assembly. First, I want to focus on a few

Reflections by the Chaplain:

***Shoulder to shoulder . . .
never giving up on life . . .
we will stay 'Army Strong!'***

quotes that concern hope. Secondly, I want to talk about some lessons learned that we can take forward with us to protect ourselves and our loved ones during emotionally difficult times.

In the book of Proverbs, there's a verse that reads, "Just as iron sharpens iron, so one person sharpens another." That verse really spoke to me because of some stats I read in the "Army Times" that talked about the main reasons why Soldiers said they attempted suicide. The top three reasons are: 1) to stop intensely painful feelings, 2) to communicate or let others know their desperation, and 3) to feel something even if it's pain.

In the "Army Times," there were also some significant events that took place in a person's life just prior to their attempted suicide. The top three events that took place during the previous 24 hours before the attempted suicide were: (1) had an argument or conflict with someone, (2) someone was angry with them, critical, or put them down, (3) felt isolated or alone.

I'd like to focus on number three in particular. From the moment we hit the ground at basic training, we're assigned a battle buddy. The concept of a battle buddy and the responsibility that we have toward him or her is something we need to embrace with renewed vigor, determination and responsibility in our Army. Being a battle buddy in these difficult times of war, recession and uncertainty is all the more important. The focus of a battle buddy can't simply be someone who makes sure we're in the right uniform, standing tall and looking good at the first formation. A battle buddy has to be more than the person who gives us a ride to battle assembly. First-line leaders and battle buddies need to know their soldiers and more importantly, the big issues in their lives. That may sound a bit intrusive to some. However, if it sounds intrusive to you, I would suggest that you have some work to do on your battle buddy relationship. Remember, lives are at stake!

The following quote comes to mind: "People

don't care how much you know until they know how much you care." How much do you care about your battle buddy? First line leaders, how much do you care about the members of your section or squad?

"Caring" about a Soldier is not the same thing as being "soft" or "easy." Caring about a Soldier means showing genuine concern for his or her wellbeing between battle assemblies, just as you would if he or she was bleeding out on the battlefield. That may sound like hyperbole to you, but suicide is one of the main battlefields on which our Army is fighting today. It is time to take the offensive on this difficult but conquerable terrain.

A famous theologian once said, "The first duty of love is to listen." Let's make sure we do all we can during the coming battle assemblies to reach out to our battle buddy and really listen to him or her and talk about the things that are really important (e.g., family, employment, significant other and overall attitude toward life). And since it is simply impractical for us to be there all the time for our battle buddy between battle assemblies, I think we are wise to ask who is their "civilian battle buddy." If your battle buddy tells you that he/she doesn't really have anyone to talk to in times of trouble, you and your first-line leader need to help them solve that situation. Solitude is a red flag. You and your first-line leader need to make sure that your battle buddy has someone s/he can turn to . . . in addition to you . . . in times of difficulty.

Soldiers of the 143d ESC, you and I can—and I must—meet this challenge. We will stand "shoulder to shoulder" and remain Army Strong . . . strong for our battle buddy, strong for our loved ones, and strong for our country. Let us pledge our best efforts to combat suicide through an uncompromising commitment to duty, steadfast personal courage and unwavering loyalty to our battle buddy.

Sustaining Victory . . . Army Strong!

"Pro Deo et Patria . . . For God and Country!"

576th MCT to deploy to Afghanistan

■ BY 2ND LT. CHARLES W. BREEDEN II
576th Transportation Detachment

The 576th Transportation Detachment was honored Aug. 26 by locals and Families alike at the Newkirk Sutherland Jr. Army Reserve Center in Panama City, Fla. The Soldiers' Families as well as local Panama City residents and veterans' groups attended the ceremony to show their support and appreciation for the deploying service members.

Local dignitaries were also present that included Rep. Steve Southerland II, John Reichard, the councilman and director of Soldiers' Angels, and Mike Thomas, Bay County commissioner.

Military support groups also attended the ceremony to show their appreciation and give respect to the deploying unit. The groups in attendance included the Veteran's Task Force, the Warrior's Watch Riders and the Soldiers' Angels. The groups showed their admiration for the unit by preparing food for the guests and Soldiers alike, forming a path lined with American Flags for the Soldiers to pass through as they walked to their seats, and parking "patriotically outfitted"

motorcycles behind the podium to build a very impressive background for the ceremony.

The unit higher command was also present to show their support and included the 828th Transportation Battalion's commander, Lt. Col. Charles K. Joines, and the battalion's command sergeant major, Command Sgt. Maj. Luis Rosario.

The 576th MCT commander and detachment sergeant also had supportive comments about the service members.

"Without these Soldiers behind the scenes making these things happen, the guys that actually pull the triggers out in Afghanistan can't do their jobs," said Capt. Ronald Myers, the unit's commander. "It takes a special Soldier to do this because Reserve Soldiers don't do this 24/7. . . They only do this when they're called upon."

"They're very knowledgeable about their jobs and they appreciate all that the community does for them," said Sgt. 1st Class Michael Ayala, the unit's detachment sergeant. "They're here to support the freedoms that the community has today."

Respect, admiration and appreciation were shown to the deploying Soldiers. A total of 20 service members will deploy to Afghanistan after a final session of pre-deployment training at Ft. Bliss, Texas. ☒



Photo by Sgt. Minnie Richardson | 576th MCT UPAR

Lt. Col. Charles K. Joines, commander of the 828th Transportation Battalion, speaks to the Soldiers of the 576th Transportation Detachment Aug. 26 in Panama City, Fla. The 576th MCT will deploy to Afghanistan after completing their pre-mobilization training in Ft. Bliss, Texas.

Suicide prevention program calls for care, courage

■ BY MICHAEL MCDERMOTT
143d ESC Health Readiness Coordinator

"One a Day" is the title of Time Magazine's July 23 cover. "One a Day" represents the 154 Soldiers who have committed suicide in the first 155 days of 2012.

"More U.S. military personnel have died by suicide since the war in Afghanistan began than have died fighting there," the article read.

Since 2010, suicide has surpassed traffic accidents, heart disease, cancer, homicide and all other forms of death in the military besides combat.

I had the privilege to attend this year's Annual Department of Defense/Veterans Affairs Suicide Prevention Conference where Leon Panetta, the secretary of defense, and Eric Shinseki, the secretary of veterans affairs, and many other top military leaders provided their insight and initiatives that address the topic of suicide prevention. The cumulative message

stated that suicide prevention is everyone's responsibility, and that one suicide is too many. While there are many preventative practices in place, it appears that what is being done according to the statistics is not enough. This is why it is important for all Soldiers at all levels to understand the information and exercise the tools obtained through the Army Suicide Prevention Program.

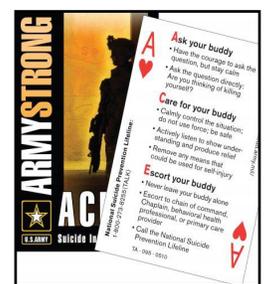
The success of the Army Suicide Prevention Program rests upon proactive, caring and courageous people who recognize the imminent danger and then take immediate action to save a life. Every Soldier is responsible to know the risk factors, identify the warning signs, and know what to do for someone in need and where to get that person help. The Army Suicide Prevention Program is intended to educate Soldiers about these fundamentals.

Merriam-Webster dictionary defines "courage" as "having mental or moral strength

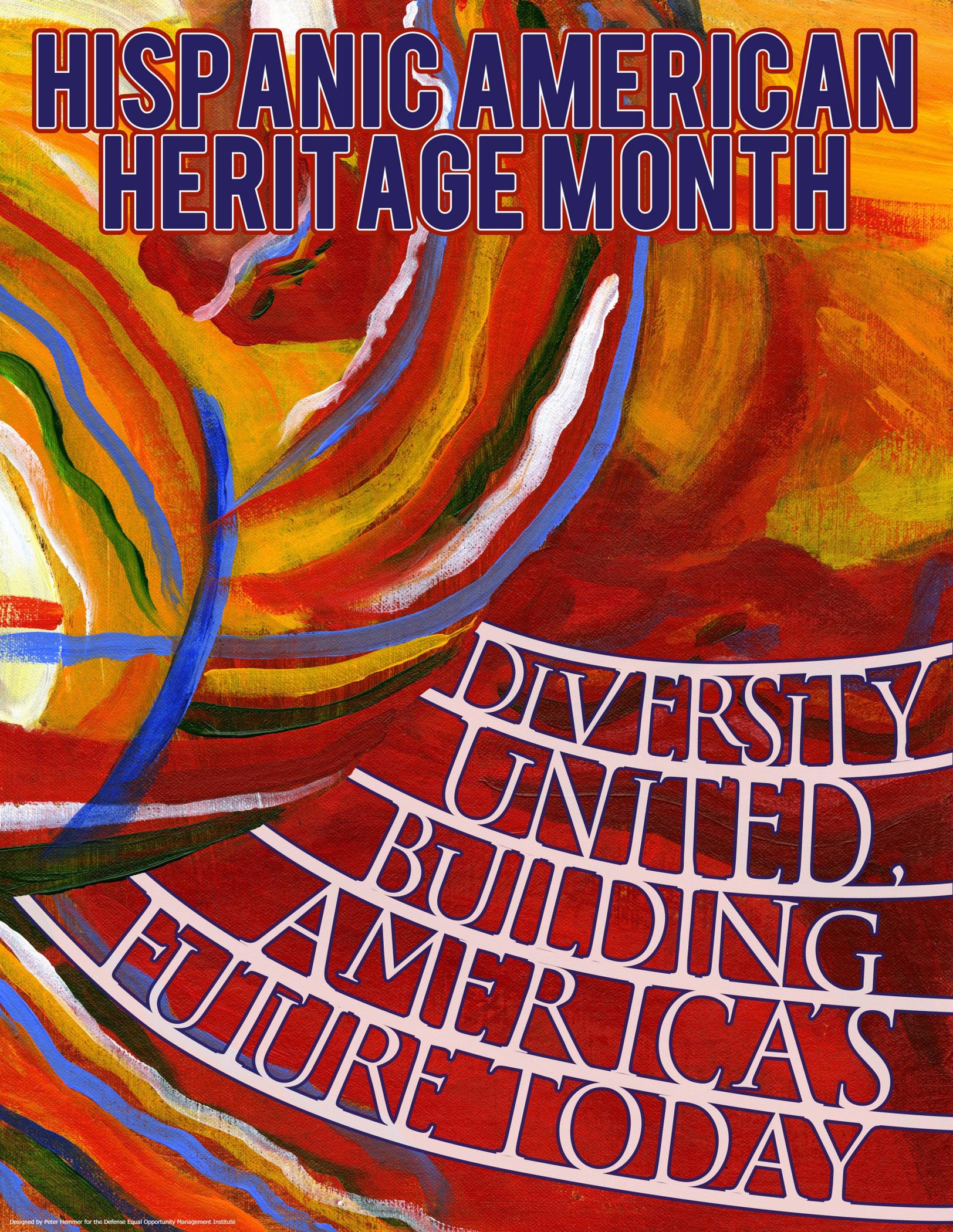
to persevere and withstand danger, fear or difficulty." Bravery is defined as having courage. Be brave by asking the difficult questions and addressing

each of your fellow Soldiers with compassion. Successful suicide prevention often comes down to a caring person with the right knowledge arriving at the right place and at the right time. Suicide prevention is everybody's business.

In support of Suicide Prevention Month, the Army will conduct an Army-wide, suicide prevention stand-down under the theme, "Shoulder to Shoulder, We Stand Up for Life." Efforts will focus on total Army Family well-being, resilience, stigma reduction and positive results achieved by getting involved and reaching out for help. ☒



HISPANIC AMERICAN HERITAGE MONTH



DIVERSITY
UNITED,
BUILDING
AMERICA'S
FUTURE TODAY



WHY I SERVE:

Name: Margie S. Smith
Rank: Specialist
Unit: 207th RSG
Title: Chaplain Assistant
Hometown: Columbia, S.C.

I never considered joining the Army while I was growing up. That decision changed the day a friend of mine asked if I would accompany him to an Army recruiting office. At first, I was there only to serve as my friend's moral support. As the recruiter laid out the possibilities, my interest to serve as a Soldier grew. I was in my first semester at the University of South Carolina, and the Army sounded like a great backup plan, so I signed up for the Reserve right then. Words cannot describe my mother's shock when I came home from the mall not with a new pair of shoes but rather an enlistment contract.

I enlisted in 2008 as an E-1 (private). Being from South Carolina, I hoped to complete both Basic Military Training and Advanced Individual Training at Ft. Jackson. My recruiter managed to fulfill this request. BMT was a different environment than I was

accustomed to while growing up in a small hometown and living near USC's sprawling campus, but I learned to adapt.

My first military occupation specialty (MOS) was 42F, human resources information systems management specialist. However, it merged with another MOS, and I missed the deadline to enter a transition course to 42A (human resources specialist). Fortunately, my first sergeant presented me a unique opportunity to become a chaplain assistant. I returned to Ft. Jackson for training at the U.S. Army Chaplain Center and School, and I graduated as a 56M qualified Soldier in April.

My original plan was to serve six years and take advantage of the education benefits. Now, I want to make the Army Reserve a career. I see a ton of opportunities as a Chaplain Assistant. The experience is broader than what I had in HR. Anyone in this MOS can expect

to form relationships with a variety of people.

I have learned that the Army offers many opportunities, but individual effort determines how far you will go. This fact encourages me to complete drill sergeant and jump school, then submit my officer packet.

I advise those joining the military to set your goals and keep track of where you are in meeting them. It also helps to keep a list of military awards, medals, certificates, promotions, etc. Getting and staying in shape is also important.

My career in the Reserve proves that the military can take you places you never expected to go. You only have to take hold of the opportunities that present themselves. As a chaplain assistant, I am in a unique position to help others. If I have a positive impact on even one Soldier, it makes the time, effort and dedication to my country and my fellow Soldiers worth it.

Photo by Spc. John L. Carkeet IV | 143d ESC

Stay Drug Free 143d ESC

The Project for Alcohol Training, Research and Online Learning (PATROL) is an alcohol prevention program that displays significant reduction in alcohol misuse among PATROL

users. The online PATROL training offers complete narration, rich video and audio elements, and a comprehensive list of resources that are used by the end user.

PATROL provides a private means of obtaining information and making a self-assessment of your management of alcohol. While not all of the sections may apply to you directly, you will find valuable information in each section for yourself or someone you know. If, at any time, you want to exit the program, please click the "x" in the upper right hand corner of your browser.

To launch PATROL training, just visit the Army Substance Abuse Program's website (<http://acsap.army.mil/sso/pages/index.jsp>) and go to the link, "Alcohol & Drug Facts," then scroll to PATROL and click on the link.

Alcohol plays a major role in the lives of many Army Reserve Soldiers, civilians, family members and contractors. Learning how to manage alcohol consumption will help prevent issues with law enforcement and performance



Gilbert Rivera
Alcohol & Drug Coordinator
143d Sustainment Command
(Expeditionary)

standards on the job.

Visit <http://acsap.army.mil/sso/pages/public/facts/patrol.jsp> and take advantage of PATROL today! ☑

BETHINKING DRINKING

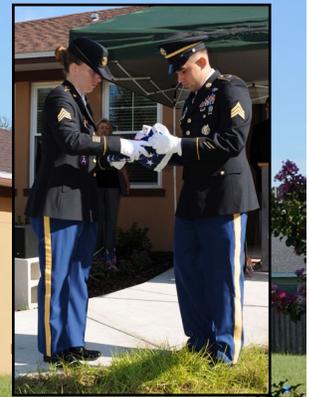
Alcohol and your health

Research-based information from the National Institutes of Health
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Hero happy to say, 'Home at Last'



Photos and story by Spc. John L. Carkeet IV / 143d ESC



Soldiers from the Orlando Recruiting Company unfurl an American flag that now flies in the front yard of Staff Sgt. Jeffrey P. Kelly's new home. The Association of the United States Army Sunshine Chapter donated the flag pole to the Kelly Family.

Friends and Family members of Staff Sgt. Jeffrey P. Kelly prepare his new home for a flag raising ceremony held Aug. 11 in Oakland, Fla. Led by Home at Last, a program conceived by the West Orange Habitat of Humanity, this 2,400 square-foot home was built to Americans with Disabilities Act standards thanks to the money, materiel and time donated by dozens of companies and hundreds of volunteers.

OAKLAND, Fla. – Soldiers, veterans, city mayors, philanthropists, musicians and other distinguished guests gathered at the front lawn of a recently constructed, three bedroom house Aug. 11 in Oakland, Fla., to welcome Staff Sgt. Jeffrey P. Kelly and his family to their new home. Kelly, a wounded warrior who served as a lead motor sergeant for the 207th Regional Support Group in Fort Jackson, S.C., was one of several veterans living in Central Florida who received a mortgage free, disability friendly home.

Home at Last, a subsidiary of the West Orange Habitat for Humanity formed five years ago to meet the housing needs of permanently disabled veterans wounded in combat, led the project from conception through construction. Thanks to the knowledge, money and manpower contributed by engineering firms, non-profit organizations and individual donors, Kelly's home leapt off the blueprints and broke ground March 3.

"Winter Park Construction and Hensel Phelps Construction Company oversaw the on-site development of this 2,400 square foot home built to [Americans with Disabilities Act] specifications," said Gary Atwill, a special projects coordinator for Home at Last. "Though their contribution cannot be

overstated, this project would have never succeeded without the time, money and materiel donated by dozens of contractors and



The Kelly Family—Jeffrey, Michelle, Lindsey and Jade—shares an emotional moment after receiving a standing ovation during a dedication ceremony held Aug. 11 for the family's new home. Staff Sgt. Jeffrey P. Kelly was wounded in Iraq in 2008 when his convoy came under mortar and rocket fire from insurgents.

hundreds of volunteers."

Five months later, Kelly opened the front door to his new home for the first time.

"For years we didn't have a place to call our own," said Kelly. "Even now it feels like a dream that I hold a key to a new beginning for my family, a beginning built by the kindness of strangers."

Home at Last celebrated the project's successful completion with a dedication ceremony held Aug. 11 at Kelly's home and, later that morning, a reception at Oakland Presbyterian Church Christian Life Center. The day's festivities included Soldiers from the Orlando Recruiting Company raising Old Glory on a flagpole planted in Kelly's front lawn, music from Rosie O'Grady's Highlanders Marching Band, keynote addresses from the project's major contributors, and a complimentary barbecue for all attendees.

"My daughter hasn't spent two Christmases in the same place," recalled a tearful Kelly to a hushed audience of hundreds of Home at Last supporters. "We've moved 12 times since 2006, [but] now we will enjoy Christmas knowing we don't have to move anymore . . . You, the people who gave so much money, sweat, time and tears, have made that dream come true." ❏

DA PHOTO LAB

NOW



WHAT TO WEAR - OFFICIAL D.A. PHOTOGRAPH
SOLDIERS MAY WEAR EITHER THE CLASS A UNIFORM OR THE ARMY SERVICE UNIFORM UNTIL FY 2015

Class A Uniform

- NO INFANTRY CORDS
- WEAR **RED** IF AFFILIATED
- WEAR ONLY **ONE** FOREIGN AWARD
- WEAR ONLY UNIT CITATIONS THAT ARE **PERMANENT** AND IN YOUR RECORDS AS SUCH
- NO GREEN LEADERSHIP TABS
- YOU **MUST** WEAR UNIT CRESTS
- NO FLASH BEHIND PARACHUTIST BADGE
- NO FRENCH FOURRAGERES

Army Service Uniform

- NO INFANTRY DISCS
- WEAR **RED** IF AFFILIATED
- WEAR ONLY **ONE** FOREIGN AWARD
- WEAR ONLY UNIT CITATIONS THAT ARE **PERMANENT** AND LISTED IN YOUR RECORDS
- WEAR ONLY **ONE** COMBAT SKILL ID BADGE
- NO GREEN LEADERSHIP TABS
- YOU **MUST** WEAR UNIT CRESTS
- NO FLASH BEHIND PARACHUTIST BADGE
- NO FRENCH FOURRAGERES
- SOME** IDENTIFICATION BADGES MAY BE WORN ON THE LEFT SIDE
- NO INFANTRY CORDS

THIS IS A 3/4 LENGTH PHOTO. SHOES WILL NOT SHOW IN PHOTOS HOWEVER YOU MUST HAVE SOMETHING ON YOUR FEET.

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What they earned:

849th Quartermaster Company receives 34 NATO medals



Photo by Sgt. Peter Ross | 210th MPAD

■ BY SGT. PETER ROSS

210th Mobile Public Affairs Detachment

FORT HUNTER LIGGETT, CALIF.— Soldiers with the 849th Quartermaster Company based in Rocky Mount, N.C., were awarded 34 NATO medals for their service in Operation Freedom from January 2010 to January 2011 in the Helmand and Kandahar provinces. The recognition was part of a promotion, re-enlistment and award ceremony held July 2012 on Base Camp Roberts during Combat Support Training Exercise 91.

Col. James C. Bagley, commander of the 207th



Photo by Sgt. Peter Ross | 210th MPAD

Andrew, N.C. native Spc. John Anthony, a wheeled vehicle mechanic, 849th Quartermaster Detachment, poses for a photograph with Col. James C. Bagley, a resident of Fuquay-Varina, N.C., and commander of the 207th Regional Support Group, at the unit's award ceremony at Camp Roberts during Combat Support Training Exercise 91.

Soldiers of the 849th Quartermaster Company located Rocky Mount, N.C., stand in formation to be recognized for their support of Operation Enduring Freedom from January 2010 thru January 2011 at the unit's award ceremony at Camp Roberts during Combat Support Training Exercise 91.

Regional Support Group, awarded the medals and certificates to the Soldiers. The NATO Medal is an international military decoration that is awarded to all service members who have served as part of a North Atlantic Treaty Organization mission.

"I was proud to be a part of the International Security Forces in Afghanistan to support the citizens' fight for peace and freedom," said Staff Sgt. Aamira Bryant, who currently serves as an Active Guard/ Reserve Soldier with the unit. "Being awarded the NATO medal means that I can show my children that I was a part of the Global War on Terrorism."

During the Afghanistan deployment, the 849th Soldiers conducted supply support activity operations at three forward operation bases. They also completed more than 47 convoy missions to transport supplies to sustain the fight and assisted in the removal of 192 pallets and 60 containers of retrograde material valued at \$20 million.

The Soldiers left theater before they could apply and receive their awards. With a lot hard work, the unit leadership was able to push through the necessary paperwork to ensure the Soldiers received what they earned.

It has been more than a year and a half since the 849th Soldiers returned home. Since then, they have earned additional recognitions. After donning their NATO medals, the Soldiers



Photo by Sgt. Peter Ross | 210th MPAD

Sgt. Terrell Dunn a resident of Goldsboro, N.C., raised his right hand and took the oath of reenlistment with the 849th Quartermaster Company, Rocky Mount, N.C., at Camp Roberts during Combat Support Training Exercise 91.

remained in formation to participate in the promotion ceremony of Staff Sgt. Warren Durham and re-enlistment ceremony of Sgt. Terrell Dunn.

Durham, a resident of Warrenton, N.C., and a petroleum supply specialist has served more than 14 years with the unit. Bagley took the opportunity to praise Durham's hard work, leadership potential and lasting dedication to the unit.

The next up to be recognized was Dunn, a resident of Goldsboro, N.C. He raised his right hand and took the oath of re-enlistment for three more years amidst the celebration of his peers. ☑

DID YOU KNOW?

The Army has retained the current three-event Army Physical Fitness Test (two minute push-ups, two minute sit-ups and two-mile run) pending the results of a new study beginning October 2012. In question is the effectiveness of the five events proposed in 2011: 60-yard shuttle run, one-minute rower, standing long jump, one-minute pushup and a 1.5-mile run. Also under consideration is what other events might better measure a Soldier's physical fitness. For more information, visit this [link](#).



AROUND THE ESC



Courtesy Photo | 399th TC DET

Pfc. Megan Heinsen of the 399th Transportation Detachment out of Gainesville, Fla., catches her breath while traversing the “over-under” obstacle at the Camp Blanding Air Assault Confidence Course Aug. 11 near Starke, Fla.



Photo by Spc. John L. Carkeet IV | 143d ESC

More than a score of Soldiers from the 143d Sustainment Command (Expeditionary) enhanced their lifesaving skills when they participated in a CPR and automated external defibrillator course Aug. 9 at the David R. Wilson Armed Forces Reserve Center in Orlando, Fla. Here, Sgt. First Class Michael Blunt, the staff movements noncommissioned officer in charge for the 143d ESC, practices compressions on a CPR Manikin.



Photo by Spc. Aaron Ellerman | 414th TC

Spc. Brandon Boutchyard, a motor transport operator with the 414th Transportation Company out of Orangeburg, S.C., scans his sector of fire along route 1 in Farah Province, Afghanistan. The 414th provides security for numerous logistical convoys traveling in the southwestern region of Afghanistan.



Photo by Spc. John L. Carkeet IV | 143d ESC

Spc. Martha Williams, a human resources specialist with the 143d Sustainment Command (Expeditionary), laughs off a barrage of whip cream pies. Williams volunteered to stand on the receiving end of a “pie-in-the-face” fundraiser that took place during the 143d ESC’s Organizational Day Aug. 5 in Orlando, Fla. The money raised will go toward future social events sponsored by the 143d ESC.

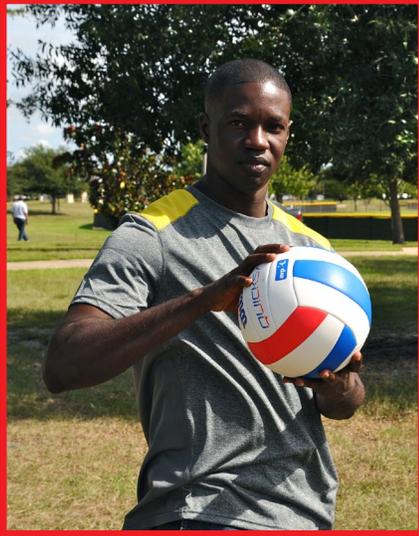


Photo by Spc. John L. Carkeet IV | 143d ESC

Capt. Chelton Valssaint, the headquarters company commander for the 143d Sustainment Command (Expeditionary), takes his position as server during a friendly volleyball match with his fellow Soldiers Aug. 5 in Orlando, Fla. Volleyball was just one of many sports and recreational activities available during the 143d ESC's Organizational Day.

AROUND THE ESC



Photo by Maj. John Adams | 143d ESC

Leaders from across the 143d ESC gathered for a brief meeting to discuss individual unit readiness and future operations in Orlando, Fla., Aug. 25. Battalion and Brigade Command teams flanked Brig. Gen. Mark W. Palzer and Command Sgt. Maj. Jeffrey E. Uhlig outside for a photo during a break, honoring Brig. Gen. Palzer's tenure as commander of the 143d ESC.



Photo by Maj. John Adams | 143d ESC

Brig. Gen. Mark W. Palzer, commander of the 143d Sustainment Command (Expeditionary), presents the Financial Management and Comptroller Resource Manager of the Year award to Capt. Daniella Fitzhugh, comptroller for the 143d ESC headquarters company. Each year the assistant secretary of the Army recognizes one Soldier or civilian employee in the Army's finance field with this achievement.



Photo by Sgt. Minnie Richardson | 576th MCT UPAR

A veterans group spokesperson presents a "Thank You" certificate to Capt. Ronald Myers, commander of the 576th Transportation Detachment, during a farewell ceremony Aug. 26 in Panama City, Fla. More than 20 Soldiers from the 576th MCT will deploy to Afghanistan later this year.



AROUND THE ESC

UNIT PHOTOS WANTED

The "ESC Today" wants to show off photos of Soldiers from your unit performing operational duties and basic soldiering skills. Include a caption with names, ranks, place, date and a short description of what is happening in each photo, then send your images to: john.adams16@usar.army.mil



Photo by Spc. John L. Carkeet IV | 143d ESC

Sgt. Jeffrey P. Kelley, a wounded warrior and former lead motor sergeant with the 207th Regional Sustainment Group, shows off his favorite room inside his Family's new home. The West Orange Habitat for Humanity helped build the house at no cost to Kelly through the "Home at Last" program and its supporters.



Courtesy Photo | 143d ESC

The 143d Sustainment Command (Expeditionary)'s Headquarters Company hosted a Lean Six Sigma workshop Aug. 28 in Orlando, Fla. The workshop introduced senior leaders to new strategies to recognize and resolve organizational issues. Here, Lt. Col. Jorge Riera, Dan Leavitt and Lt. Col. Troy A. Postin build a freestanding structure using spaghetti sticks, string, tape and a marshmallow.



Courtesy Photo | 399th TC DET

Staff Sgt. Dwight Christie of the 399th Transportation Detachment out of Gainesville, Fla., conducts a low-crawl under wire at the Camp Blanding Air Assault Confidence Course Aug. 11 near Starke, Fla.

WEAPONS OF CHOICE

BROWNING M2 .50 CALIBER MACHINE GUN

■ BY SPC. MICHAEL J. DAVIS

444th Mobile Public Affairs Detachment

.50 Cal Specifications

- **Weight of receiver** – 56 pounds
- **Weight of barrel** – 26 pounds
- **Weight of tripod** – 44 pounds
- **Total weight of gun** – 126 pounds
- **Maximum range** – 7,400 yards (M2 Ball)
- **Maximum effective range** – 2,000 yards
- **Cyclic rate of fire** – 450-600 rounds per minute
- **Muzzle velocity** – 2,930 feet per second (M2 Ball)
- **Length of gun** – 65 inches

BACKGROUND

You can call it 'Ma Deuce', 'The Fifty' or 'Fifty-Cal', but the Browning M2 .50 Caliber Machine Gun hasn't felt the need to answer to anyone in more than 80 years. In fact, the Browning M2 .50 Caliber Machine Gun has been in use longer than any other small U.S. firearm other than the ACP M1911 pistol (also designed by Browning).

During World War I, Gen. John J. Pershing petitioned the military to produce a heavy machine gun with the capability to penetrate the armored shells of tanks, aircraft and other vehicles that were introduced on the battlefield. John M. Browning immediately responded in 1918 with the first production of the Browning M2 .50 Cal Machine Gun. Since then, it has been used heavily in World War II, the Korean War, the Vietnam War, Iraq and Afghanistan, in both mounted and dismounted operations. Today, the .50 Cal stands as one of the most requested, reliable, durable and effective weapons in our military.

CAPABILITIES

The Browning M2 .50 Caliber Machine Gun is an air-cooled, belt fed, crew-served .50 caliber machine gun, capable of firing at a rate of 450-600 rounds per minute,

with a maximum effective range of 2,000 yards. Thanks to its versatile design adapted to combat environments, a trained crew can adjust the ammunition feed and charging handle to either side in less than two minutes. Serving as a multi-faceted combat weapon on all terrains, it can be carried by infantry units, mounted to vehicles, aircraft and naval boats, or fitted with a telescopic sight for snipers.

More than eight decades of battlefield testing have culminated into the .50 Cal's latest model, the MQ2CB. Several recent enhancements found on the MQ2CB .50 Cal are: Picatinny Rails for mounting optics and other combat gear, a flash suppressor for night-friendly firing, a trigger positive safety selector; and most notably a Quick Change Barrel that maintains fixed headspace. The QCB allows the operator to safely change the barrel in seconds, resolving one of this weapon's biggest concerns. Throughout the multiple iterations of design changes and enhancements to the .50 Cal, this indispensable piece of military might continues to play a vital role in writing our nation's history. ☒

.50 Cal Uses

- A medium infantry support weapon
- An anti-aircraft gun for ground and naval units
- Primary/secondary weapon for armored vehicles
- Primary/secondary weapon for ships and boats
- Coaxial gun in some tanks
- A sniper rifle when attached with a scope
- Mounted on unarmored or lightly armored vehicles



Photo by Spc. Michael J. Davis | 444th MPAD

REFLECT.



Beat the cold . . .

... AND GET AWAY THIS WINTER

■ BY SGT. ELISEBET FREEBURG

143d ESC Public Affairs

ORLANDO, Fla. – The summer season may be over, but it's never too early to start planning for next year. Or, maybe you like to get away from the winter cold and head south. Whatever your reason to vacation, there are many deals available to Warrior Citizens if you know where to look.

The Armed Forces Vacation Club is a space-available program for service members that offers discounted accommodations at more than 4,000 resorts, apartments, condominiums and homes in more than 100 countries. You and your family could stay seven days in a time-share style resort for less than \$400! For more information, visit <http://www.afvclub.com/>.

Shades of Green on Walt Disney World Resort, Orlando, Fla. is a resort for military and DoD employees. Room rates are based on rank, but specials are offered at different times of the year, lowering your costs further. Resort amenities include dining, a fitness center, spa and golf. Complimentary transportation to all of the Walt Disney World theme parks is also provided.



Photo by William Bradner

There are many vacation opportunities available to Soldiers and their Families year round, and they're not limited to theme parks. Resorts, museums and state parks also offer special deals for service members.



Photo by Sgt. Elisebet Freeburg | 143d ESC

This view is from the Navy Gateway Inn on Naval Air Station in Pensacola, Fla. Many on-base inns like this one are open to Reserve service members for leisure reservations on a space-available basis.

For more information, visit <http://www.shadesofgreen.org/>.

The Walt Disney World's "Armed Forces Salute" special is open to Reserve service members. Purchase up to six tickets for yourself, family members and friends. The current 2011-12 deal starts at \$138 per ticket depending on the options you choose, but these tickets must be purchased and activated by Sept. 27 and may not be used after Sept. 30. Armed Forces Salute tickets for the 2012-2013 season may be purchased starting at \$158 per ticket. Tickets may be used Oct. 1, 2012, through Sept. 28, 2013. There are a few days out of the year that these tickets may not be used. For more information on this Disney deal and others, visit <http://disneymilitarysales.com/>.

Every activated or drilling service member is entitled to one yearly free ticket (plus three dependent tickets) to certain Anheuser-Busch theme parks through the "Here's to the Heroes" program. This includes Sea World, Water Country

USA, Adventure Island, Sesame Place and Busch Gardens. This deal is not valid at Discovery Cove and Aquatica. Christmas Town at Busch Gardens in Williamsburg, Va. is not included as part of this program. For more information, visit <http://www.herosalute.com/cavatz/index.html>.

Many state parks offer military discounts on entrance fees, annual entrance passes, cabins, campsites and even lodges. They may not advertise online, so if you don't see a discount listed, call the park. Some state parks may require you to be a resident of that state to qualify.

If you call them directly, cruise lines like Carnival cruises will often offer last-minute military discounts to fill up open rooms. The discount may vary depending on the ship.

Norwegian Cruise Line offers up to 10 percent off their cruises to service members and their families. For more information, visit <http://www2.ncl.com/freestyle-cruise/military>.

Finally, although they may not advertise online, many resorts, parks, and hotels offer military discounts if you call them. Always check before booking at the regular price! ☒



Courtesy Photo

Cruise lines often offer military discounts to fill empty rooms. If no discount is listed online, call the cruise line directly. Discounts may vary by ship.

DID YOU KNOW?

Active and Reserve service members who present their current military identification cards at any of the Six Flags Over Georgia ticket windows Sept. 15-16 and 22-23 receive complimentary admission for themselves and up to two dependents. Service members may also purchase additional tickets at a 50 percent discount during those days. If the service member is deployed during these dates, his or her spouse and up to two dependants may receive complimentary admission. Visit this [link](#) for more information.



Repelling the Invaders: Mosquitoes and the West Nile virus



■ BY MARK DALY
143d ESC Safety Office

Put on your repellent! Nature's vampires not only suck your blood but transmit disease in the process. By using Composite Risk Management for all of your off duty activities; we can reduce or avoid mishaps. Use FM 5-19 Composite Risk Management (CRM), METT-TC* or ADTP-TL** Assessment factors to I.D and mitigate you risks.

Mission/Activity: Being outdoors from dawn to dusk

Enemy/Disrupters:

- Mosquitoes
- Most active between dawn to dusk.
- Most infections occur during summer and continue into fall.

Protective Measures to decrease the possibility of infection:

- Get rid of mosquito breeding sites:
 - Emptying standing water from flower pots, buckets and barrels.
 - Change the water in pet dishes daily and replace the water in bird baths weekly.
 - Drill holes in tire swings so water drains out.
 - Keep children's wading pools empty and on their sides when not in use.
- Use insect repellent and wear long sleeve shirts and
- Consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.

Signs of Infection:

- Severe symptoms include:
 - High fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis.
 - Symptoms may last several weeks, and neurological effects may be permanent.

Terrain Weather and Environment:

- Areas of standing water such as old tires, wading pools, trash cans, bird baths and other open containers susceptible to standing water.

- Mosquitoes breed in areas of standing water. Their larvae look like small, wiggly worms at the surface of the water.

Troops/People (Most commonly affected):

- People more than 50 years old have a higher risk to diseases transmitted by mosquitos.
- If you're outside, you're at risk.

Time:

- Dawn to dusk

Civilian/Legal: NA

In closing, mosquitoes are a very real threat. All state, county and city health departments have some type of monitoring and control program.

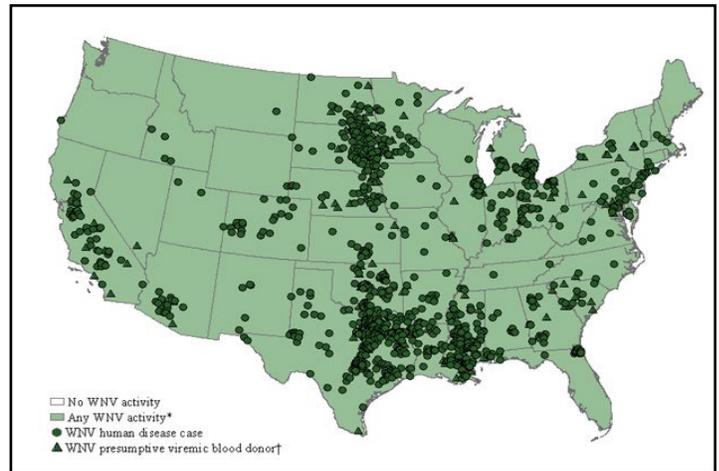


Illustration courtesy of the Center for Disease Control

This map—updated Aug. 28, 2012—displays white areas that represent no West Nile virus activity reported, light green areas that represent any West Nile virus activity, dark green circles that represent disease cases, and dark green triangles that represent presumptive viremic blood donors. As of Aug. 28, 1,850 West Nile Virus cases have been reported to the CDC Abnoret.

You can contact your local health department or review material published by the Center for Disease Control (http://www.cdc.gov/ncidod/dvbid/westnile/wnv_factsheet.htm). However, it is your responsibility to take measures to protect yourself, Family, and fellow Soldiers from unnecessary and preventable risk. ☒

*METT-TC: Mission, enemy, terrain and weather, troops and support available, time available, civil considerations

**ADTP-TL: Activity, disrupters, terrain/weather, people, time, and legal

Three steps you can take to reduce your risk...

1 Avoid mosquito bites!
Apply insect repellent on exposed skin and clothing when you go outdoors. Use an EPA-registered insect repellent such as those containing DEET, picaridin or oil of lemon eucalyptus. Permethrin sprayed on clothing provides protection through several washes. Products with a higher percentage of DEET as active ingredient generally give longer protection. Don't spray repellent on skin under clothing. Don't use permethrin on skin.



For details on when and how to apply repellent, see www.cdc.gov/westnile, and look for **Insect Repellent Use and Safety** in the **Questions and Answers** pages.

Cover up! Wearing long sleeve shirts, long pants and socks sprayed with repellent while outdoors can further help prevent mosquito bites.

Avoid mosquitoes! Many mosquitoes bite between dusk and dawn. Limit time outdoors during these hours, or be especially sure to use repellents and protective clothing.

2 Mosquito-proof your home!



Screens: Keep mosquitoes outside by fixing or installing window and door screens.

Drain standing water. Don't give mosquitoes a place to breed. A small amount of standing water can be enough for a mosquito to lay her eggs.

Look around every week for possible mosquito breeding places. Empty water from buckets, cans, pool covers, flower pots and other items. Throw away or cover up stored tires and other items that aren't being used. Clean pet water bowls weekly. Check if rain gutters are clogged. If you store water outside or have a well, make sure it's covered up. Encourage your neighbors to do the same.

3 Help your community!

Dead birds help health departments track West Nile virus. Check with your local or state health department to find out their policy for reporting dead birds.

Pamphlet courtesy of the Center for Disease Control

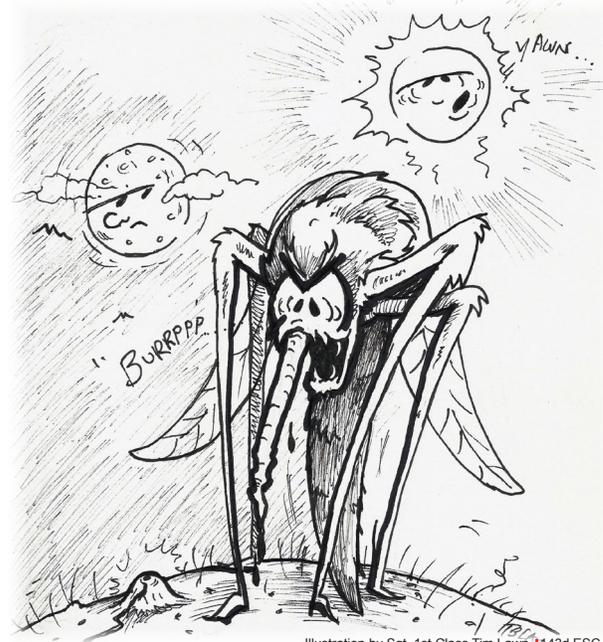


Illustration by Sgt. 1st Class Tim Lawn 143d ESC



WANTED:



Nominations for Inspector General Staff



143d Inspector General



Seeking Exceptional Soldiers:

- ▶ SFC/E7 00G4B
- ▶ SFC/E7 42A40
- ▶ SFC/E7 92Y4B

- Must meet accession requirements stated in AR 20-1, B-1
- Must be able to obtain and maintain a Secret Security Clearance
- Must be MOSQ or have diverse career background
- Must have written and verbal communication skills
- Must be able to develop relationships through all ranks
- Must be able to maintain confidentiality and unbiased objectivity

Contact:

LTC Mark.M.Stewart@usar.army.mil

MSG Samantha.StLouis@usar.army.mil

THANK YOU VETERANS CRUISE

**Dear Friends of Our Reserve and Guard Service Members
Returning from the Middle East.**



The Cpl. Larry E. Smedley National Vietnam War Museum needs your help to provide a memorable event to thank our Central Florida Reserve and Guard members returning from their recent tour of duty in the Middle East.



So many of these Citizen Soldiers are returning to their community only to discover that their job has disappeared and their family is in financial distress. They find that they simply cannot pick up where they left off over a year ago. While there are several organizations to help these Veterans, the Corporal Larry E. Smedley National Vietnam War Museum, a 501(c)3 Corporation, would like to give the Florida community the opportunity to thank them by sponsoring a very special event - a three day cruise to the Bahamas. The Museum's goal is to offer free rooms to returning Veterans and their spouse or special someone. Each selected returning service member will receive a stateroom for two, with all taxes, port charges and gratuities paid for along with a \$50.00 on board Room Credit.



We then hope that other individuals who support our Veterans will purchase tickets to join them and fill the remaining rooms on the ship.



The cruise will take place aboard the Royal Caribbean Cruise Lines ship Monarch of the Seas, sailing from Port Canaveral on Friday December 7th, 2012 (Pearl Harbor Day).



Our Three Objectives for this thank you effort are to provide:

- 1) An opportunity for the couple to get away and have time to reconnect with each other
- 2) An opportunity to talk, network, and gain strength from other Veteran families that have gone through similar experiences
- 3) An opportunity to network and possibly find a good job.



HOW CAN YOU HELP US?

We invite you to contribute towards rooms for our returning Veterans or to join us on this special cruise.

Please visit our website:

www.thankyouveteranscruise.org and refer to the forms section for detailed information on how to contribute or reserve a stateroom. For more information, please call Al Schroeder, Member of the Museum Board and Program Manager, at 407 679-6674, or al@thankyouveteranscruise.org



THANK YOU VETERANS CRUISE Fundraiser

Would you like to go on a
3-day cruise to the Bahamas on
Royal Caribbean's
Monarch of the Seas

- *for FREE?*

A \$20 donation to the Cpl. Larry E. Smedley National
Vietnam War Museum gives you that chance!

Stateroom for two; taxes, port charges and gratuities included.
Cruise departs from Port Canaveral on December 7th,
returns December 10th, 2012.

The drawing will take place during the JeNDeR concert
at the Museum, 3400 N. Tanner Road, Orlando
on September 16, 2012, between 1 and 6 p.m.

(You need not be present to win, but come anyway to see this high energy band perform!)

To learn more, please call Al Schroeder – 407 679-6674.

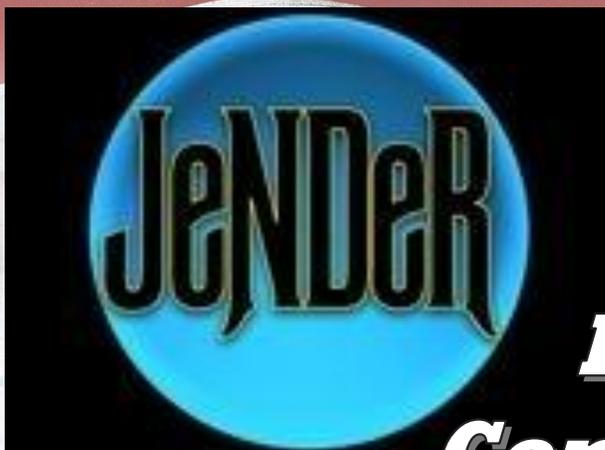
Tickets available at the Museum 9 – 4 on Saturdays and Sundays.

Proceeds go to a wonderful cause – the Thank You
Veterans Cruise. Information about this cruise at

www.thankyouveteranscruise.org



THANK YOU VETERANS CRUISE Fundraiser



*In
Concert*

at the Cpl. Larry E. Smedley National Vietnam War Museum
3400 N. Tanner Road, Orlando

Sunday, September 16, 1-6 p.m.

A **\$15.00** ticket buys you an all-u-can-eat buffet of
hamburgers, hot dogs, chicken and fixins
(beverages sold separately)

- PLUS -
an unforgettable performance from
this *High Energy!* band!

Visit their website to hear their sounds:
www.jenderband.com

Tickets on sale now!

★ Joanne at po87jcb@yahoo.com, 508 523-7192

★ At the museum, 10-4 Sat. & Sun. ★ From JeNDER

All proceeds will go to the Thank You Veterans Cruise.
Come on out! See the new exhibits, enjoy good food, listen to
great music and have some FUN!
But most importantly you'll help us secure staterooms for our
returning Guard and Reserve Citizen Soldiers.

Find out more about the cruise at:
www.thankyouveteranscruise.org

