

ESC TODAY

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<< On the Front Cover

Brig. Gen. Daniel I. Schultz greets troops of the 296th Transportation Company upon returning to the States June 26 after a successful deployment to Iraq.

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Photo by Spc. Elisebet Freeburg

New Just for You >>

The 143d ESC now has an official fan page on Facebook, "My 143d ESC." Get the full scoop on how you can get involved and stay connected to your 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, 143rd ESC. The

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ESC TODAY



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The Command Post

Recent announcements from Senior Army leaders indicate that the Army's suicide rate continues to grow at a rate I've not seen in years. As of June 18, 2010, the active duty sustained 69 and the Reserve 60 suicides since the beginning of the year. The Reserve Component saw an increase of 19 more suicides compared to the same time last year. I urge everyone in the 143d ESC to take this matter personally and pay close attention to our Soldiers, especially those returning from mobilizations. I want special attention to those Soldiers who were cross-leveled into other units and are now back in 143d ESC units. A tragedy has already impacted our ranks. We have the tools and resources to combat suicide, but we do not have an excuse not to.

On a lighter note, as we celebrate Independence Day each of you should take pride in your military service and

actions both while deployed as well as when serving at home. I encourage all of you to reflect on the meaning of our Independence while celebrating during the summer holidays. Our nation's freedom came at a high cost and we cannot afford to lose the relevance of why we celebrate. Be proud of your country and remember all of those who served before you to make it free!

Finally, your commitment to the United States, the Army Reserve and your families depends on your ability to remain safe and resilient. I challenge you to vigilantly follow the driving laws of your state and focus especially on not 'texting' while driving. There is news about accidents involving text messaging too often these days. Pull over or do not answer your phone, keep your focus on the road, your surroundings and nothing else. Our mission fails if you're injured. The ability to properly drive becomes hindered if your ability



Brig. Gen. Daniel I. Schultz
Commanding General
143d Sustainment Command
(Expeditionary)

to focus is not there. In closing, I encourage all of you to remain vigilant, enjoy the summer months ahead and take care of each other.

Sustaining Victory
Army Strong!

The Bottom Line

On July 4, 1776, the founders of this great land signed the Declaration of Independence. Those 56 men from 13 colonies changed world history when they established a new standard of freedom and democracy. John Adams, one of the documents signees and second President of the United States, wrote to his wife, Abigail, "[This day] ought to be solemnized with Pomp and Parade, with Shews [shows], Games, Sports, Guns, Bells, Bonfires, and Illuminations from one End of this Continent to the other from this Time forward forever more."

No one has contributed more to this national holiday than you—the American military and your family members. You have made unfathomable sacrifices in keeping this country safe and giving American

citizens the ability to celebrate this day. Some of you may spend this July 4 on foreign soil, while deployed in defense of this country's freedom. Many of you will celebrate with your families here in the States. While commemorating this day, do not forget to conduct yourselves as Soldiers. Educate those around you in the history of this day and what it means to us. Ensure people maintain safe procedures during celebratory events. Enjoy yourselves. No one deserves to enjoy this day of freedom more than you, the defenders of freedom.

This Independence Day, proudly celebrate your country's heritage. Furthermore, proudly celebrate your legacy as men and women in this country's fine military. Sustaining Victory
Army Strong!



Command Sgt. Maj. James Weaver
Command Sergeant Major
143d Sustainment Command
(Expeditionary)

296th TC returns safe, successful

■ BY SPC. ELISEBET FREEBURG
204th Public Affairs Detachment

INDIANAPOLIS—The 296th Transportation Company, a down trace unit of the 143d Sustainment Command (Expeditionary) from Brookhaven, Miss., returned here to the States June 26 after a successful mission supporting the drawdown of troops in Iraq.

The 296th TC was tasked to move assets out of Camp Liberty, according to 1st Sgt. Susan Bolton, the company's senior enlisted Soldier and a Riverside, Calif., native.

With more than 350 completed missions, troops traveled approximately 215, 270 miles, she said.

About 709 pieces of cargo totaling more than \$1 billion were transported to numerous forward operating bases and military locations mostly around the Baghdad area, such as FOB Falcon, FOB Shield, and the Green Zone, said 1st Lt. Zach Wang, the 296th TC company commander from Orlando, Fla.

Materials moved included 189 Mine-Resistant, Ambush-Protected vehicles, and numerous forklifts, cranes, tanks, Stryker vehicles and

various types of equipment, said 1st Lt. Fern Freeman, the 296th TC public affairs officer, from Cofield, N.C.

"Every little part to a big picture is important for it to work," said Cpl. Bobbi Sneed, a 296th TC truck driver from Charlotte, N.C. "I was a little piece of a big puzzle."

When the unit arrived in Iraq, there was not enough usable equipment to support their mission, said Wang.

"The platoons spent countless hours to get the equipment up to perform our duties," he said.

Troops also faced the challenge of assimilating into a cohesive element.

"Only about 62 Soldiers are organic to the 296th," said Bolton. The rest of the 170 troops were drawn from approximately 10 different units spanning about 9 other states and the territory of Puerto Rico, she said.

Even the company's commander, Wang, was cross-leveled from another unit, the 196th Transportation Company.

See *Redeploying*, pg. 10



Photo by Spc. Elisebet Freeburg | 204th PAD

Brig. Gen. Daniel I. Schultz, commanding general, 143d Sustainment Command (Expeditionary), greets Soldiers June 26 from the 296th Transportation Company, 143d ESC, as they return from Iraq. The troops landed in Indianapolis, and demobilized through Camp Atterbury, Ind.

Soldiers retire, 150 yrs combined service

■ BY SPC. JOHN ARGUELLO
204th Public Affairs Detachment

ORLANDO, Fla. — In a ceremony held here at the 1st Lt. David R. Wilson Armed Forces Reserve Center June 6 with hundreds of guests in attendance, five Reserve Soldiers of the 143rd Sustainment Command (Expeditionary) retired with more than 150 years of combined service to the Army and the nation.

Col. Larry Smith, Col. Leigh Coulter, Col. Paul Oettinger, Lt. Col. James Horey, and Sgt. 1st Class Michael Seagraves all retired during the ceremony where they received retirement

awards and multiple certificates of appreciation for long and distinguishable careers. The awards were presented by Brig. Gen. Daniel Schultz, 143d ESC commanding general, who commented about the achievements and efforts of the Soldiers throughout their careers.

Each of the retirees made a brief speech beginning with Smith who said, "There is no better day to retire than on the anniversary of D-Day." Smith, who began his military career with the National Guard in 1980, served as the deputy commander of the 143d ESC (Rear).

Coulter, commissioned in 1979 and former

commander of U.S. garrison operations at Kandahar Airfield, Afghanistan, also mentioned D-Day and how her father, a WWII veteran, as a lance corporal "made his way across Europe."

Oettinger, a West Point graduate of 1980, served eight years as an Infantry officer before joining the Reserves in 1991. Oettinger called on several special guests in the audience to be honored during the ceremony, including a WWII veteran in uniform complete with half a dozen combat hashes down his sleeve.

See *Ceremony*, pg. 10

Reserve readiness director visits troops, seeks input

■ BY SPC. ELISEBET FREEBURG
204th Public Affairs Detachment

ORLANDO, Fla.—Robert H. Smiley, the principal director for readiness, training, and mobilization, assistant secretary of defense for reserve affairs, personnel and readiness, visited Soldiers of the recently returned 143d Sustainment Command (Expeditionary) June 6 at the 1st Lt. David R. Wilson Armed Forces Reserve Center here to discuss law, policy, and regulations for Reserve Soldiers.

The 143d ESC, an Army Reserve sustainment command, deployed to Afghanistan in 2009 on the heels of President Barack Obama's initial decision to send additional troops.

"We [Pentagon leaders] want to know how we are doing," Smiley said.

In a war that has continued for more than 8 years, some policies

have been in effect for 6 or 7 years, Smiley said. "Things change every day, and we need to change with them," he said.

Besides convening with 143d ESC leaders to review the completed Afghanistan mission, Smiley met with enlisted troops at a town hall meeting to discuss concerns and answer questions. Topics covered included job security, post-deployment stress and frequency of deployments.

"It's good to know we have people in such a high place that care about us and have our backs," said Staff Sgt. Raymond Lopez, a 143d ESC ammunitions specialist who attended the question and answer session.

Smiley addressed concerns from Soldiers regarding employer support, self-employed troops and continuing education. He also received



Photo by Spc. Elisebet Freeburg | 204th PAD

Soldiers from the 143d Sustainment Command (Expeditionary) discuss concerns with Robert H. Smiley, the principal director for readiness, training, and mobilization, assistant secretary of defense for reserve affairs, personnel and readiness, during a town hall meeting June 6 at the David R. Wilson Armed Forces Reserve Center. Topics discussed included concerns regarding employer support, self-employed troops and education benefits.

feedback on the newly-instated Post 9/11 GI Bill, an education benefit program for Soldiers.

Smiley learned several things during his visit, he said. "This is a unit who has been there, done that."

Responding to the overwhelming logistic need to support increased

troop levels, the 143d ESC successfully pioneered command-level sustainment operations before returning home this January.

Smiley serves as the primary advisor to the Assistant Secretary of the Army (Manpower and Reserve Affairs). ☒

Not your average cook-off

■ BY SGT. JON SOLES
210th Mobile Public Affairs Detachment

FORT BRAGG, N.C. — A weapon is a Soldier's lifeline in battle, but good food in the field, or downrange, becomes just as essential for a fighting force to defeat the enemy.

Soldiers of the 824th Quartermaster Company, 362nd Quartermaster Battalion, 143rd Sustainment Command (Expeditionary), showed their culinary battle readiness in a field training exercise at Fort Bragg, here, on June 20th, while competing in the annual Philip A. Connelly competition. The cooks of the 824th Qm. Co. may be chosen to compete at the Department of the Army level.

The Army cooks were evaluated on key categories including safety, sanitation, proper use of equipment, following production schedule, food preparation standards, equipment maintenance

and administration duties.

"What I saw was a lot of organized operations that produced a very fine meal for the warriors in the 824th Quartermaster Company," said Chief Warrant Officer Marc Morrell of Wichita, Kan., a food service warrant officer assigned to U.S. Army Reserve Command. "There was a lot of cooperation between them. When we suggested something, they improved."

A mobile field kitchen was set up at the training site, in the woods at Fort Bragg. The 824th Army cooks began the competition by preparing a meal of lasagna, garden salad, garlic bread and chewy nut bars. The MKT was a flurry of activity as cooks worked like a well-oiled machine, with Soldiers fetching food ingredients, water, disposing of waste and keeping a watch on the stoves in the MKT.

See *Competition*, pg. 11



Photo by Sgt. Jon Soles | 210th MPAD

Pfc. Suehelen Batista of Fayetteville, N.C., slices a watermelon for Soldiers of the 824th Qm. Co. during the Philip A. Connelly competition at Fort Bragg, here, June 20. Batista is a cook assigned to the 824th Qm. Co., 362nd Quartermaster Battalion, 143rd ESC.

Around the ESC



Photo by Spc. Elisebet Freeburg | 204th PAD

A cake decorated in honor of the U.S. Army's 235th birthday sits on display June 12 at the Association of the United States Army's annual Army birthday ball in Orlando, Fla.



Courtesy Photo

Shreve Gould, 143d Sustainment Command (Expeditionary) officer and McKesson employee; Pete Young, director of finance-MTS; Brig. Gen. Thomas L. McCullough (Retired), ESGR North Central Area Chair; Denise McKee, McKesson MPTHR manager; Alan Bond, McKesson SVP MPT; and Mark Fuller, McKesson VP internal audit (corporate), display certificates received for their support as an employer to U.S. Army Reserve Soldiers. McKesson, a Fortune 14 company, has been nominated for the 2009 Freedom Award.



Courtesy Photo

More than 600 Soldiers from all over the United States have gathered at Fort McCoy, Wis., for 14 days in June to take part in the seventh annual Diamond Saber exercise. Diamond Saber is the Army's premier annual financial management training exercise that provides realistic training for financial management warriors of all components and incorporates lessons learned to enhance readiness and to assist in preparation for deployment to a theater of operations.



Photo by Master Sgt. Richard Lambert | 88th RSC Public Affairs Office

Spc. Deandre Reynolds, 352nd Combat Sustainment Support Battalion, 642nd Regional Support Group, 143d Sustainment Command (Expeditionary), from Kathleen, Ga., interviews with ABC channel 8 in front of the nation's capitol about being chosen for the National Capitol Reenlistment Ceremony April 22.



Courtesy Photo

Brig. Gen. Jesse Cross, quartermaster general, U.S. Army, bestows the Distinguished Order of Saint Martin upon Chief Warrant Officer 4 Martin J. Hyde June 16 during a Quartermaster Association meeting at Fort Lee, Va. Hyde demonstrated the highest standards of integrity and moral character, displaying an outstanding degree of professional competence, serving the United States Army Quartermaster Corps with selflessness, and contributed to the promotion of the Quartermaster Corps in ways that stand out in the eyes of the recipient's superiors, subordinates and peers alike.



Courtesy Photo

Lt. Gen. Jack C. Stultz, chief, Army Reserve; Brig. Gen. Daniel I. Schultz, commanding general, 143d Sustainment Command (Expeditionary); Sergeant Maj. Luis Garcia Jr., G3 [operations], 143d ESC; Claude Whitney, safety manager, 143d ESC; and Command Sgt. Maj. Michael D. Schultz, command sergeant major, Army Reserve, stand together after Stultz presented three safety awards May 18 to units of the 143d ESC during the Senior Leader's Conference in Atlanta, Ga. The Chief, Army Reserve Excellence in Safety Award is presented annually to three units in their respective category levels for outstanding achievement in accident prevention and support of the Army Reserve Safety Program. Awards were received by the 143d ESC; the 641st Regional Support Group, 143d ESC; and the 362nd Quartermaster Battalion, 207th RSG, 143d ESC.

UNIT PHOTOS WANTED

Seeking photos of Soldiers from your unit performing operational duties and basic soldiering skills. Include a basic caption with names, ranks, place, date and a short description of what is happening in the photo. Send photos and/or any questions you may have to john.adams16@usar.army.mil

A new phenomenon: Social media



■ BY MAJ. JOHN ADAMS

143d Sustainment Command (Expeditionary) Public Affairs Officer

ORLANDO, Fla.—Welcome to perhaps the greatest shift in information technology since the industrial revolution. Social Media may be just that. Social media is a phenomenon that exploded across the global landscape leaving end users with instant access to information otherwise collected by a phone call or e-mail.

The 143d Sustainment Command (Expeditionary) uses social media platforms to build and expand relationships with our Soldiers, families, friends and the public. We'll in-

crease awareness of our mission, educate our publics and inform each other of key events. So, welcome to the 143d ESC, U.S. Army Reserve Official fan page on Facebook, where you will find the most recent news stories, videos, and photos that are distributed by the 143d ESC PAO.

While this is an open forum, it's also a family friendly one, so please keep your comments and wall posts clean. In addition to keeping it family friendly, we ask that you follow our posting guidelines here. If you don't comply, your message will be removed:

- We do not allow graphic, obscene, explicit or racial comments or submissions nor do we allow comments that are abusive, hateful or intended to defame anyone or any organization. No profanity.
- We do not allow solicitations or advertisements. This includes promotion or endorsement of any financial, commercial or non-governmental agency. Similarly, we do not allow attempts to

defame or defraud any financial, commercial or non-governmental agency.

- We do not allow comments that suggest or encourage illegal activity.
- We don't allow political comments, or those that are derogatory toward leadership - civilian or military.
- You participate at your own risk, taking personal responsibility for your comments, your username and any information provided.
- Also, the appearance of external links on this site does not constitute official endorsement on behalf of the 143d Sustainment Command (Expeditionary), U.S. Army Reserve or Department of Defense.

In closing, we've added social media platforms in conjunction with traditional media (i.e. print articles) to expand the reach of our message and open lines of communication with the public. So, welcome again to the 143d ESC social media experience. Come on, join the conversation at <http://www.facebook.com/My143dESC> ☒

No rest for the weary



Photo by Spc. Elisebet Freeburg | 204th PAD

Troops from across the 143d Sustainment Command (Expeditionary) attend a mobilization support workshop at the 1st Lt. David R. Wilson Armed Forces Reserve Center here June 18. Regular training is vital to Reserve forces to keep units operational and mission ready.

■ BY MAJ. JOHN ADAMS

143d Sustainment Command (Expeditionary) Public Affairs Officer

ORLANDO, Fla. —If you've visited the 143d ESC headquarters lately you might have noticed a common occurrence...training. Recently returned from deployment to Afghanistan earlier this year, staff sections at the 143d ESC wasted no time planning and executing vital training events for down trace units throughout the command. More than 150 key leaders from across the command attended physical security, mobilization support and casualty

assistance training workshops keeping the 143d ESC operational force mission ready.

Key members from across the command gathered to receive the latest training and tools needed to keep their units mission ready.

"We must keep vigilant in enforcing and practicing our Physical Security, Plans, SOPs, and Random Access Measures, as well as keeping our families and loved ones informed about OPSEC," said Capt. Damon Duster, 143d ESC, Anti-Terrorism/Force Protection (ATFP) Officer. *See Training, pg. 11*

469th FMC organizes Diamond Saber 2010

■ BY SPC. DARRYL MONTGOMERY

319 Mobile Public Affairs Detachment

FORT MCCOY, Wis.—More than 600 Soldiers from all over the United States have gathered here for 14 days this June to take part in the seventh annual Diamond Saber exercise.

Diamond Saber is the Army's premier annual financial management training exercise that provides realistic training for financial management warriors of all components and incorporates lessons learned to enhance readiness and to assist in preparation for deployment to a theater of operations, according to Maj. Bill Keltner, the operations officer for the New Orleans-based 469th Financial Management Center, a down trace unit of the 143rd Sustainment Command (Expeditionary).

The first week of the two-week exercise consists of classroom training designed to get the Soldiers up to speed on the many different skills they will be required to know during the second week of the exercise. These skills include learning to cash a check, how to be a cashier in a disbursing center, and how to handle standard military pay issues that may arise.

During the second week, the Soldiers will set up a mock finance center and begin operations.

Some challenges the Soldiers will encounter during week two will be assisting role players coming to them seeking to cash their checks, funding Eagle Cash cards, and resolving pay issues.

Though this is the seventh year Fort McCoy, Wis., has hosted this exercise, Keltner says that it continues to improve each year by adding different classes and scenarios for Soldiers to gather hands-on experience.

"Unique to this year's exercise will be enhanced training and scenario role play for all resource management and financial management support operation participants," the Mobile, Ala. native said.

"The objectives of the resource management and financial management support operation portions of the training are not only to increase expertise and skill levels," he continued, "but also to merge all our finance, resource management, and sustainment team members into a capable force ready to deploy for full spectrum financial



Photo by Spc. Darryl L. Montgomery | 319th MPAD

Spc. Tory Warren, 347th Financial Management Company, Detachment 4, assists Pvt. 1st Class Claudia Kaleky, 101st FM Co., Charlie Det., during the classroom portion of Diamond Saber 2010, at Fort McCoy, Wis., June 11. Diamond Saber is the Army's premier annual financial management training exercise that provides realistic training for financial management warriors of all components. Both Soldiers are disbursing technicians and serve as cashiers for their respective detachments. Warren is a native of New Cumberland, Penn., while Kaleky is a native of Divinopolis, Minas Gerais, Brazil.

management operations overseas."

"Diamond Saber is the only multi-component financial management exercise in the Army that realistically depicts the structure and up-to-date, theater-based scenarios which provide our financial management Soldiers a unique training opportunity prior to their next Operation Iraqi Freedom or Enduring Freedom deployment," said Col. Matthew Sims, the leader of both the 469th FMC and Diamond Saber 2010.

Sims said it is no easy feat to bring together all the personnel involved in making Diamond Saber 2010 possible, but said it is all worth the effort because of the value it brings to the Army and the financial management warriors. According to Sims, over 25 financial management units comprising of more than 500 participants and 200 supporters were involved in the exercise this year.

One of the financial detachments attending this year's Diamond Saber is the 24th Financial Management Company's Alpha Detachment. Although most of the Soldiers in this detachment have attended Diamond Saber in the past, there is one key Soldier in their detachment who has not and says he feels the experience here is invaluable.

Capt. Paul Waldoff, the commander of the 24th FM Co., A Det., will be deploying with his detachment this year for the first time, and although

he has deployed twice before to Iraq as a cavalry officer, this will be his first time to Afghanistan, and his first time in a finance position.

Waldoff, a Hattiesburg, Miss., resident said he credits Diamond Saber for getting him ready to go overseas and operate in a combat zone. He said it has specifically helped his Soldiers gain more confidence in their skills and grow stronger as a team.

"Between classroom training and the following week of technical scenarios, Diamond Saber has afforded me the opportunity to assess my detachment," said Capt. Jon Phillips, commander of the 33rd Financial Management Company, Bravo Detachment.

"This in turn will allow my sergeants and me the opportunity to utilize our most precious resource, training time."

On the second day of the scenario training, distinguished visitors had the opportunity to visit the training site. Col. Michael Mann, deputy commander of the 143rd ESC, was one of those visitors.

"Having been to Afghanistan before, I have a real appreciation for what these Soldiers are learning here and what Diamond Saber is doing to help prepare them for a deployment down-range," Mann, an Arlington, Va., resident said. "It's a priceless event." ☒



Photo by Spc. Elisebet Freeburg | 204th PAD

Brig. Gen. Daniel I. Schultz, commanding general, 143d Sustainment Command (Expeditionary), greets Soldiers June 26 from the 296th Transportation Company, 143d ESC, as they return from Iraq.

Redeploying, cont. >>

They came from different walks of life, units, and experiences, and were trained into a heavy equipment team unit without any accidents, said Bolton. "These Soldiers did an outstanding job."

Soldiers from the company also worked on a material redistribution team which saved the U.S. military approximately \$79 million, she said. As the drawdown increased, equipment was redistributed back to the States or to Afghanistan in support of Operation Enduring Freedom.

"Overall, it was a successful mission," said Wang, "because everyone came home safe."

Troops of the 296th TC were welcomed home upon landing by several Soldiers including Brig. Gen. Daniel I. Schultz, the 143d ESC commanding general. ☒

Ceremony, cont. >>

Oettinger said during his speech that he at one point thought the question of life was "Who am I?" He continued by quoting a line from the movie "Saving Private Ryan" by saying that those continuing to serve need to ask themselves at the end of their careers, "Did I lead a good life?" and "Am

I a good man?"

Horey, who filled the Active Guard Reserve Comptroller / Resource Manager position, deployed with the 143d ESC in January 2009 to Afghanistan where he filled the G8/Comptroller position there. Schultz remarked that he wasn't looking forward to being audited in Afghanistan, but said

Horey made the process easy and successful.

Segreaves, the only noncommissioned officer retiring during the ceremony, thanked two of his battle buddies during the ceremony for "having his back" during the deployment as well as state-side friends who helped "mentor" his children when needed while he

was away.

Finally, Segreaves, a civilian detective with the Orange County Sheriff, thanked his wife for her support during his military career.

The ceremony came to a close with the Army Song and a reception in the dining facility where the retirees had cake and refreshments. ☒



Photo by Spc. Jon Arguello | 204th PAD

Command Sgt. Maj. James Weaver, Lt. Col. James Horey, Sgt. 1st Class Michael Seagraves, Brig. Gen. Daniel Schultz, Col. Paul Oettinger, Col. Larry Smith and Col. Leigh Coulter stand together at a June 6 retirement ceremony held here for Horey, Seagraves, Oettinger, Smith and Coulter.

Competition, cont. >>

Sgt. Charles Zentz, who was noncommissioned officer in charge of the cooks, said the 824th's cooks got off to a good start. Zentz, who has served as an Army cook on a remote base in Iraq, said there are three key elements to a successful field kitchen.

"Leadership, teamwork, and communication are the three things," said Zentz. "As long as you have that, and motivation, everything will go smoothly."

The Army cooks of the 824th Qm. Co. seemed to enjoy the challenge and thrill of the competition. Spc. David Williams of Raeford, who uses his civilian job as a cook to help perfect his military cooking duties, said he was keenly focused on sanitation and food temperatures.

"That's one thing you always have to have on your mind in the field," said Williams. "You always want to make sure your food is the right temperature, whether it's hot food or cold food."

Most of the food preparation work, which included washing and slicing enough fruits and vegetables for a company-sized garden salad, fell on Spc. Kyle Hetrick

and Pfc. Suehelen Batista. The two cooks who call Fayetteville home are assigned to the 824th Qm. Co. The two Soldiers carefully washed and methodically sliced and diced green peppers, onions, tomatoes and watermelons.

A team of evaluators stood by the MKT and the food preparation station to judge the Soldiers for the Philip Connelly competition. Chief Warrant Officer Pedro Lopez, a food service warrant officer assigned to the 75th Training Division, said the 824th Qm. Co. cooks did not show any major deficiencies.

"They've got to tighten up on administration areas, but nothing major," said Lopez, a Houston native.

Lopez said Army cooks are sometimes overlooked until they are deployed. He said the skill and service should be utilized in garrison as well.

"A lot of times, company commanders don't want to use their cooks until they're in the field," said Lopez. "We recommend they use their field kitchen once a quarter because when they deploy, this is what they're going to do."

After the meal was cooked, Soldiers lined up to receive a hot and

nutritional meal on a hot summer day in the field. Four Army Reserve cook units will be selected to compete at the Department of the Army level.

"The plate appearance was very well done and the troops' acceptance was excellent," said Morrell. "Overall, they have done very well." ☒

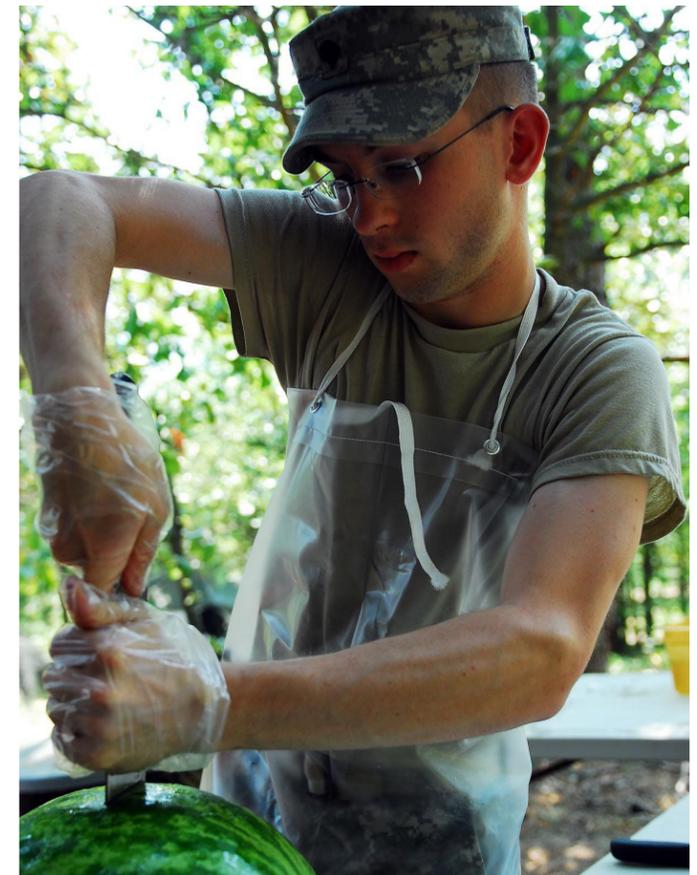


Photo by Sgt. Jon Soles | 210th MPAD

Spc. Kyle Hetrick of Fayetteville demonstrates the proper, safe and sanitary way to slice open a watermelon during the Philip A. Connelly competition at Fort Bragg, here, June 20. Hetrick is a cook assigned to the 824th Qm. Co., 362nd Qm. Bn., 143rd ESC.

Training, cont. >>

Force protection training and readiness is vital to the 143d ESC and in light of recent events toward military installations, more relevant than ever.

The Mobilization and Readiness Cell (MOBCELL) here at the 143d ESC recently trained unit representatives identified for upcoming deployments. This training is a practice used to ensure nominated units have successful understanding of their mission, requirements, tools, and available resources from the 143d ESC.

Units depend on the 143d ESC for up-to-

date information to ease the sometimes hectic road to deploying.

"During this 2 day event, commanders and select staff from 21 units were briefed through the entire mobilization process, representing a year and a half of training and preparation prior to mobilization," said Lt. Col. David Howe, MOBCELL.

Whether your unit is returning from a deployment, preparing for one or staying abreast of the latest tactics, techniques and procedures that affect all reservists, the 143d ESC staff is working hard to ensure the training is available, accurate and mission focused. ☒



Photo by Spc. Elisebet Freeburg | 204th PAD

Troops from across the 143d Sustainment Command (Expeditionary) attend a physical security workshop at the 1st Lt. David R. Wilson Armed Forces Reserve Center here June 10. Regular training is vital to Reserve forces to keep units operational, informed and mission ready.

143d ESC trains Soldiers for casualty officer duty

■ BY SGT. EDDIE REYES
204th Public Affairs Detachment

ORLANDO, Fla.-With the release of the movie "The Messenger," audiences worldwide were introduced to the difficulties faced by casualty notification officers in informing families of the loss of a loved one in the military.

For the 143rd Sustainment Command (Expeditionary), the movie is not too far off from the real world scenarios that come into play when a Soldier is lost in combat.

In a recent training event, several Soldiers from various units were selected to take part in casualty notification, casualty assistance and military funeral honors training May 26.

During the instruction, Soldiers learned proper burial procedures which included how to properly drape and fold the flag, how to initiate the 21-gun salute, as well as the various steps in helping families cope with the loss of their Soldier. In addition, Soldiers are trained how to teach Soldiers in their units what they

have learned; in the event that they are called up to perform these duty.

"When we are done with this training, we will go back to our units and train teams to be able to perform this important duty," Sgt. 1st Class Miguel Castillo said, a casualty officer for the 641st Regional Support Group, 143rd ESC. "When you are called, you have to be ready to dedicate yourself to these families because you might spend up to six months with the family. It is not just delivering the news and having the families deal with it on their own. It is coordinating with the funeral department, assisting them obtain Veteran Affairs benefits, and helping them cope with their loss along the way."

For some Soldiers, the emotional aspect of the job is the hardest to deal with because the reactions of Soldiers' families are unpredictable.

"The hardest thing in becoming a [casualty notification officer] is placing your personal

feelings aside," Master Sgt. Daniel Lopez said, a combat medic for the 143rd ESC. "Some people are going to welcome you, and others will place the fault on you for the loss of their loved one. The unpredictability of the situation calls for you to maintain your bearing, because you have to provide a source of support for the family despite what you feel inside." ☒



Photo by Sgt. Eddie Reyes | 204th PAD
Soldiers observe as instructors demonstrate the proper techniques and protocol for draping and folding a flag during the training here at the 1st Lt. David R. Wilson Armed Forces Reserve Center May 26.



Photos by Staff Sgt. Ryan Matson | 210th MPAD



640th changes command

NASHVILLE, Tenn.-The 640th Regional Support Group held a change of command at the Paul B. Huff Army Reserve Center here June 5.

Col. Linda Wade relinquished command and handed the 640th RSG colors to the incoming commander, Col. David Elwell.

Elwell, a native of Des Moines, Iowa, comes to the 640th from the 484th Movement Control Bn., where he was the commander. Elwell's awards and decorations include the Bronze Star Medal with bronze oak leaf cluster, Army Commendation Medal with silver and bronze oak leaf cluster, Army Achievement Medal with bronze oak leaf cluster, Humanitarian Service Medal, Iraq Campaign Medal, Afghan Campaign Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, NATO Medal and the Defense of Korea Service Medal.

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Plan early for safe summer vacations

By Sam Reynolds
U.S. Army Combat Readiness/Safety Center

Each summer, millions of people take a vacation. Some vacation alone, some with their friends, and many take their family on vacation. If a summer vacation is in your future, equip yourself with the skills and knowledge that will contribute immensely to an enjoyable vacation and a safe return at vacation's end.

Vacation planning

When planning a vacation, good preparation is vital to success. It is important that you outline your trip from "point a" to "point b." This simply means considering everything from the things that must be accomplished prior to departing for vacation to the potential risks faced during the time you are away.

- Lock all doors and windows throughout the house before departing and at the hotel while on the road.
- Unplug most electronic items especially those that are expensive or may have valuable data on them.
- Call and suspend your paper and mail delivery while you are gone.
- Leave a radio or a low watt light on in the house; this can be viewed as an indication that someone is home.

Driving safety

A driving vacation can be a lot of fun, but don't leave safety and common sense behind. Here are the basics for a safe vacation.

Before you go, remember to:

- Do a TRIPS Report and discuss your travels with your supervisor.
- Check your car (battery, tires, belts and fluids) or have it serviced if necessary.
- Have a qualified technician check the air conditioner.
- Check your oil. If you will be towing a trailer or boat, or driving in the desert, switch to motor oil with higher viscosity.
- Pack an emergency kit that includes water, jumper cables, flares, a flashlight, equipment to change a tire, and a first aid kit.
- Fill up your gas tank at night or early in the morning to minimize damage to the ozone layer.
- Make sure your child safety seats and booster seats are properly installed.

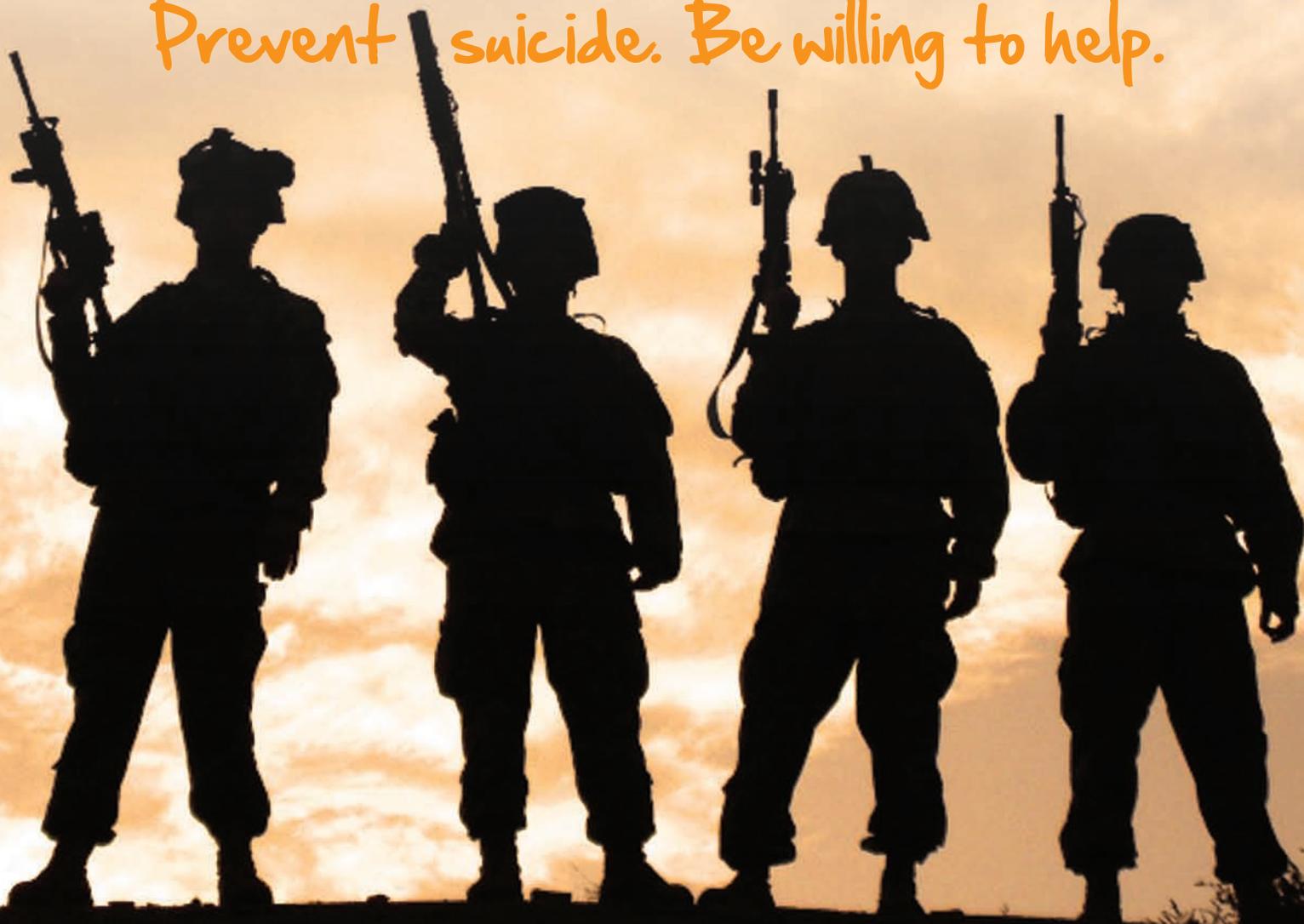
On the road, remember to:

- Ensure all occupants are buckled up, with children in the back seat.
- Obey speed limits and all roadway signs.
- Drive calmly and avoid entanglements with aggressive drivers.
- Take frequent breaks – at least every two hours – and avoid driving when tired.
- Be especially careful around railroad crossings.
- Avoid driving in the "No Zone" around trucks. If you cannot see the truck driver in the truck's mirror, the truck driver cannot see you.
- Slow down in work zones, obey all signs and flaggers and pay attention to the vehicle in front of you.

Shoulder to Shoulder

NO SOLDIER STANDS ALONE

Prevent suicide. Be willing to help.



It is your responsibility to stand by your fellow Soldier.

Talk to your Chaplain or Behavioral Health Professional or call Military OneSource 1-800-342-9647

www.militaryonesource.com



<http://chppm.amedd.army.mil>