

ESC Today

The Magazine of the 143d Sustainment Command (Expeditionary)

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143d ESC Advances in the 2010 Best Warrior Competition!



Spc. Victor Smith, 824th Watercraft Transportation Company, assesses a simulated casualty during the 81st Regional Support Command's ninth annual "Best Warrior" competition at Fort Jackson, S.C., on May 2. Smith, a Sarasota, Fla., native was named the best junior warrior and will continue on to represent the 81st RSC at Fort McCoy, Wis., in the United States Army Reserve Command's "Best Warrior" competition scheduled for July.

See Best Warrior, Page 8



THE COMMAND POST

BY BRIG. GEN. DANIEL I. SCHULTZ
143RD SUSTAINMENT COMMAND (EXPEDITIONARY)

The demands on the U.S. Army since the terrorist attack of September 11, 2001 have caused the Army Reserves to function as an Operational Force. An Operational Force, as compared to the role prior to 911 as a Strategic Force, means that the Army Reserves is integrated into the Army's normal operations rather than held in reserve to supplement the Army only when the demands are greater than the Army's force capabilities. With the anticipated slowdown in deployments as Operation Iraqi Freedom (OIF) comes to a close, and efforts to limit the expansion of Operation Enduring Freedom (OEF) are planned, senior leaders in the Army and Department of Defense are apprehensive about the Army Reserves returning to a Strategic Force Structure. The expertise, experience and outstanding performance of the Army Reserves over the last eight years have clearly shown great value.

In addition Soldiers are challenged, valued, and know they make a difference in our Nation's fight against terrorist which has resulted in high recruiting and retention rates. Return to a Strategic Force would reduce the demands on the Army Reserves which would wear on the strong Reserve force through decreased funding, less access to new equipment, diminished training and most likely, ultimately a reduced force, as experienced Soldiers leave due to limited challenges and training opportunities. For all these reasons an effort is underway to formalize the Army Reserves as an Operational Force and fund it appropriately for that mission. What this means to you as an Army Reserve Soldier is that we would continue to have an ongoing role in the Army's regular operations even without OIF and OEF. The Army Reserve Force Generation (ARFORGEN) model would continue but rather than building up in preparation for deployment, units would more frequently build up and become available for contingency operations. This process would enable Soldiers and units to continue to receive outstanding training and the latest equipment as they move through the model toward the year they become available for whatever contingency, if any is required. Though there is an expense in keeping the Army Reserve as an Operational Force, the advantages in maintaining an experienced relevant force that is ready for whatever is necessary outweighs the risk of returning to the days of Strategic Force structure. And from our perspective as Army Reserve Soldiers, better to get into the game than to always sit on the bench!

Sustaining Victory – Army Strong!



Got News?

If you are a Soldier who has been promoted, decorated or reached a significant milestone in your Army Reserve career, or if you are a leader who has Soldiers that accomplished achievements, share your story and complete a Hometown News Release form online and share it with ESC Today.



ESC TODAY

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THE BOTTOM LINE

BY COMMAND SGT. MAJ. JAMES WEAVER
143D SUSTAINMENT COMMAND (EXPEDITIONARY)

Defense Travel Systems (DTS) registrations, CIF ism, and a new menu of Warrior Tasks and battle drills are tasks that I expect the NCOs and Leaders throughout the 143d ESC to make a priority and complete. Why must our Soldiers registrar with DTS? It is an Army directive. Soldiers on orders that support contingency operations, long-term TDY travel to a location other than their home of record, and filing accrual voucher to DFAS must comply and use DTS. Using DTS will accelerate payments to Soldiers on deployment travel, save taxpayer dollars, deter fraud, and correct errors faster. Active Army Soldiers have been using DTS for routine TDY travel for a few years. Ten years ago, every Soldier signed up for an AKO account. Today, we will have all our Soldiers register with DTS. Simply too easy to do, go to www.defensetravel.osd.mil and click on the green button to login to DTS. First time users will take to self-registration process. Once complete, become familiar with website by using online tutorials.

Central Issue Facilities (CIF) - Installation Support Module (ISM) provides a standardized, user-friendly web- base system for the receipt, issue, exchange, and turn-in of authorized organizational clothing and individual equipment (OCIE). CIF-ISM has great benefits. OCIE physical inventory at the unit will reduce by turning in excess equipment and freeing up space in the supply cages. Soldier will be able to maintain own OCIE records through AKO and keep equipment with them throughout military career. Many units have started the process of CIF-ISM and I thank them for their hard work. This task must be 100% complete by every unit in the Army Reserve. Let us set the example throughout the Reserve.

The Army has issued a new menu of warrior tasks and battle drills for soldiers, units, and commanders throughout the Army. Training and Doctrine Command approved the changes of individual tasks and drill in late March, and training programs will begin to implement changes throughout the force. Warrior tasks will reduce from 32 to 15 and battle drills from 11 to four. Critical supporting tasks for each major drill will reduce from 205 to 76. NCOs and unit Commanders please to time and visit online the Army Training Network <https://atn.army.mil/>. There you will find media packet on the changes. As NCOs and Leaders, we must continue to adapt with the ongoing changes of the Army. The tasks discuss above are not an option, it must be completed. When the tasks are done it will help us to continue and maintain being an effective and efficient war fighting Army.

Sustaining Victory – Army Strong!



Visit <https://atn.army.mil/>

For more information about the new AWT

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143d ESC SJS Office/Army Times

143d ESC Safety Office

TRICARE AND THE HEALTH BILL

BY MAJ JOHN ADAMS

143RD SUSTAINMENT COMMAND (EXPEDITIONARY)



Health Care Bill, TRICARE and You!!!

The United States Congress has passed major health care reform legislation, the [Patient Protection and Affordable Care Act](#), that President Obama signed into law on March 23, 2010.

Defense Secretary Robert M. Gates said in a statement issued March 21, 2010, that the TRICARE military health plan meets the standards set by this legislation.

Secretary Gates reassured service members and their families that the legislation won't have a negative effect on TRICARE, and that their health and well-being are his highest priority.

TRICARE "already meets the bill's quality and minimum benefit standards," affirmed Gates. "The president and I are committed to seeing that our troops, retirees and their families will continue to receive the best quality health care."

If you want to find out more about your TRICARE benefits, please visit the site below.

TRICARE Web-site: <http://tricare.mil/mybenefit/index.jsp>

USAR RECRUITING UP-DATE

ARMY TIMES

Staff report

Posted : Monday Apr 19, 2010 12:41:01 EDT

The Army Reserve reduced its recruiting goal for this fiscal year by 3,000 as the component tries to balance strong recruiting and retention rates with staying within its authorized end-strength. The Reserve cut its annual goal from 20,000 new soldiers to 17,000 on April 6. In March, the Reserve recruited 1,898 new soldiers, 111 percent of its goal of 1,714. So far this fiscal year, which began Oct. 1, the Reserve has recruited 10,999 new soldiers, 118 percent of the year-to-date goal of 9,360. Also in March, the active Army recruited 6,615 new soldiers, 104 percent of the goal of 6,389. So far this year, the Army has brought in 36,129 new recruits, 102 percent of the year-to-date goal of 35,290. The Army's goal for the year is 74,500 new soldiers. Army National Guard recruiters reported 6,774 new soldiers in March, 132 percent of the goal of 5,150. The Guard has recruited 29,718 new soldiers so far this year, 112 percent of its year-to-date goal of 26,463. The Guard's goal is to recruit 60,000 new soldiers this year.

SCHOLARSHIP WINNERS!

COURTESY OF COMMAND SGT. MAJ. WEAVER



(Left) Command Sgt. Maj. James Weaver presenting a USAR Scholarship check to Spc. Mari Machado, SJA Section, 143d ESC. Spc. Machado is currently attending Seminole State College.

(Right) Spc. Carmen Montalvo, HHD 332d Transportation Battalion, receives a scholarship check from Command Sgt. Maj. James Weaver and Maj. John D. Rhodes, Executive Officer, 332d Transportation Battalion. Spc. Montalvo is currently attending Strayer University in Tampa, FL.



(Left) Master Sgt. Scott Ferry, 332d Transportation Battalion, receives a USAR Scholarship check from Command Sgt. Maj. James Weaver on behalf of his son, Jordan Ferry. Jordan is currently attending the University of Wisconsin-Waukesha.

SGT. OWENS...ABOVE AND BEYOND THE CALL

BY STAFF SGT. RAUEL TIRADO, 204TH PUBLIC AFFAIRS DETACHMENT

143d ESC Feature Story



(Story by Staff Sgt. Rael Tirado, Photo by Maj. John Adams, 143d ESC PAO)

ATLANTA, Ga. - If someone were to mention about a Soldier who recently completed the Army 10-Miler, Marine Corps Marathon, and Bataan Memorial Death March within the last five months, for many it's easy to assume they're a young and motivated person.

Yes, the Soldier is motivated and age is a state of mind for the young 58-year-old Sgt. Thomas M. Owens, 802nd Ordnance Company, 143d ESC, from Gainesville, Ga.

This past October, he completed both the Army 10-Miler and Marine Corps Marathon. In March, he completed the Bataan Memorial Death March in the high desert terrain of White Sands Missile Range, New Mexico.

He dedicated his Bataan march in honor of CENTCOM commander, Gen. David H. Petraeus. Petraeus was diagnosed with early stage prostate cancer in February 2009.

"I wanted to do something for

him and cheer him up," said Owens. "I wanted to help motivate him in dealing with prostate cancer."

Owens flew out to New Mexico at his own cost to march in the event.

After completing the grueling event, Owens later received a personally signed photograph from Petraeus, thanking him for his participation in the march.

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For Owens marathons are nothing new, he was once a member of the Army Marathon team from 1981 to 1987. He competed and finished the 1985 Hawaiian Triathlon, ran the Peachtree Road Race over 20 times in Atlanta, and participated in the Army 10-Miler multiple times. He will fly to Europe this summer and take part in the International Four Day Marches Nijmegen in the Netherlands.

There is more to Owens's Soldier story besides competing in these events. His military career reflects that of a marathon, that began in July, 1969. After being told, he was not going to college by his high counselor. He took his GED and enlisted in the Army at the age of 17.

"I wanted to join the Army and go to Vietnam," says Owens, the second oldest of three brothers. "By joining, it allowed me to experience more in life and grow as young person."

Owens arrived to Vietnam at the age of 18 as a replacement to the 5th Infantry Division. He was assigned to headquarter company located in an area called Leather Neck Square and the DMZ was about a quarter of mile away. He spent the year in Vietnam and received two bronze stars.

Today, Owens remains close to fellow veterans of 5th Infantry Division.

Due to reduction in force in 1972, Owens was released from the Army. He went to school to earn a bachelor's degree in criminal justice from Georgia State.

He enlisted a second time in the Army National Guard in 1981, until he was discharged a second time due to reduction in force in 1992.

After being release from the Army a second time, he later went on to own a landscaping business. He also volunteered for veterans groups, the USO and continued to seek fellow veterans from Vietnam.

A few years ago, the Army raised the age limit. Owens for the third time in his life enlisted in the Army, at the age of 55. He said he'd stay in as long as they let him.



(Photo courtesy of Sgt. Owens, Bataan Memorial March, 2010)

being, he will continue to do what he knows best, being a Soldier.

As a squad leader, his presence is more than that of young NCO. He is frequently mistaken for a sergeant major or colonel. Since 1969, he brings over 40 years wisdom and leadership.

He understands he has few years left in military. He enjoys talking to young Soldiers and wants to motivate them to stay in and fulfill their service obligations.

"Today Soldiers have more things than we did in my Vietnam era," reflects Owens. "Equipment, technology, weapons, and training, there is no reason for Soldiers to fail."

Owens would like to deploy, but does not know if he will prior to the Army discharging him for a third time. However, for the time

143D ESC BEST WARRIORS ADVANCE!

BY SPC. DARRYL L. MONTGOMERY, 319TH MOBILE PUBLIC AFFAIRS DETACHMENT

FORT JACKSON, S.C. – The 81st Regional Support Command's ninth annual "Best Warrior" challenge concluded here Monday after three days of competition.

The competition challenged eight Soldiers in different scenarios they may experience in both war time and peace time. Some notable events included the Army Physical Fitness Test, land navigation, assessing casualties while engaging enemy forces, and weapons qualification.

At the conclusion of the event, Sgt. 1st Class Marc Facunla, 861st Quarter Master Company, was named the best noncommissioned officer warrior, and Spc. Victor Smith, 824th Watercraft Transportation Company, was named the best



Staff Sgt. Sammy Santiago, 268th Cargo Transportation Company, qualifies in the kneeling position with his M4 assault rifle during the 81st Regional Support Command's ninth annual "Best Warrior" competition at Fort Jackson, S.C., on May 1. Santiago, a Cayey, Puerto Rico, finished the competition as the best noncommissioned officer warrior runner-up. (Photo by Spc. Darryl L. Montgomery, 319th Mobile Public Affairs Detachment)

junior enlisted warrior. "This was a learning experience for me," Smith said, a Sarasota, Fla., native. "It's one

thing to read about tasks in a book, but when you perform them, especially under pressure, it helps your mind retain it better."

Nashville, Tenn., native Facunla said he is proud to be the best NCO warrior and also took the opportunity to learn from the event.

"It has shown me my flaws so I can work on fixing them," he said, "it has also taught me stuff that I plan on taking back to my unit and pass on to my Soldiers."

The 81st RSC tries to improve the event each year, according to Command Sgt. Maj. Luis A. Blanco, 81st RSC command sergeant major. The cadre take the feedback from the



Sgt. 1st Class Marc Facunla, 861st Quarter Master Company, acquires enemy forces to eliminate during the 81st Regional Support Command's ninth annual "Best Warrior" competition at Fort Jackson, S.C., May 2. Facunla, a Nashville, Tenn., native, was named the best noncommissioned officer warrior and will represent the 81st RSC at Fort McCoy, Wis., in the United States Army Reserve Command's "Best Warrior" competition scheduled for July.

(Photo by Darryl L. Montgomery, 319th Mobile Public Affairs Detachment)

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Sgt. 1st Class Marc Facunla, 861st Quarter Master Company, navigates an obstacle on the “Fit to Win” course during the 81st Regional Support Command’s ninth annual “Best Warrior” competition at Fort Jackson, S.C., May 2. Facunla, a Nashville, Tenn., native, finished the course in under six and a half minutes. He was named the best noncommissioned officer warrior and will represent the 81st RSC and the 143d ESC at Fort McCoy, Wis., in the United States Army Reserve Command’s “Best Warrior” competition scheduled for July. (Photo by Spc. Darryl L. Montgomery, 319th Mobile Public Affairs Detachment)

143d ESC Best Warrior Competition

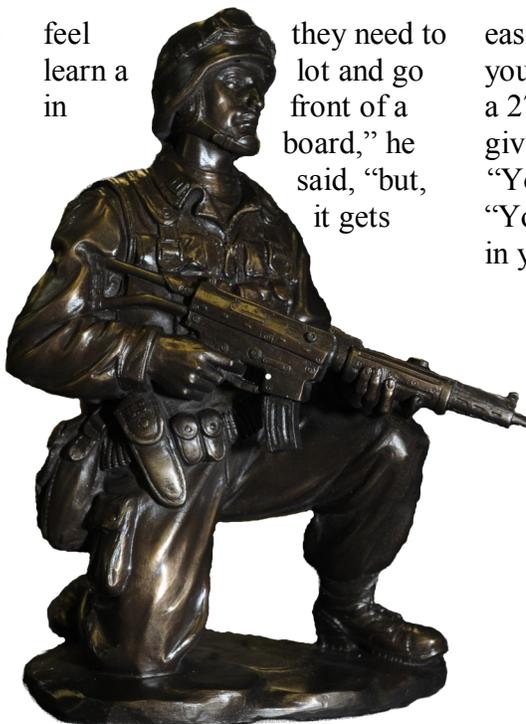
competitor’s and apply it to the follow year to make it a better opportunity for Soldier’s to show their knowledge, as well as pick up a few new skills along the way.

Facunla and Smith will represent the 81st RSC in the United States Army Reserve Command’s “Best Warrior” challenge in July at Fort McCoy, Wis.

Smith encourages other Soldiers to compete in events like this because, although it may seem hard at first, it is worth it in the end.

“A lot of people don’t want to do these events because they

feel learn a in



they need to lot and go front of a board,” he said, “but, it gets

easier after that first time. If you can score anywhere around a 270 on the APFT, it’s worth giving it a try.”
 “You can go far,” he added.
 “You’ll never know you had it in you until you try.”

143D ESC ARMY'S MONTH OF THE MILITARY CHILD



By Pfc. Jon Arguello, 204th PAD

A staff member from the Orlando Science Center describes planetary rotation to a group of 143d ESC youngsters (U.S. Army Photo by Pfc. Jon Arguello, 204th PAD)

Army' month of the Military Child

ORLANDO, Fla. — The 143rd Sustainment Command (Expeditionary) unleashed the awesome power of family on the Orlando Science Center as a more than a platoon of children invaded the museum for an overnight stay in celebration of the Army's Month of the Military Child held every April.

"Month of the Military Child is all about highlighting the sacrifices and resilience of these children, especially through their parents' deployments," said Marta Feliciano, regional coordinator for the Army Reserve Child, Youth & School Services Program.

More than 50 children of the 143d ESC participated in the tour, games and classes taught, chaperoned and

hosted by Feliciano, 143d Reserve Soldiers, American Legion volunteers and staff of the Orlando Science Center. The event, which included a class on astronomy in the facility's observatory, a tour of the exhibits, and free reign in the Science Park game room, was designed to be educational and developmental as well as fun.

"These activities develop friendship, unity, team building and collaboration," explained Feliciano. "It was also intended to promote an appreciation for the service these children's parents are providing to our country."

"The value of this event was more profound than just having a good time," said Capt. Desiree Bodyke, one of the participant's parents. "This

is a good chance for our kids to establish new friendships and develop social skills but it is also important for parents," said Bodyke. "Our children need these types of events to understand why we serve and to build a sense of community."

This is especially important for Reserve Soldiers said Bodyke who has been previously stationed at Fort Bragg.

"When you're stationed at a place like Fort Bragg, that sense of community is instilled in the environment but in the reserves we have to work at creating this so our kids know they are not alone out there. This was a great step in the right direction." Military & Family Life

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Army's Month of the Military Child

(Continued from page 10)

Consultant and behavioral health specialist Carla Bresnahan agreed. Although kids express themselves differently, it is important that the expression takes place in a trusting and comfortable environment said Bresnahan. "Children of military parents are a relatively small group and have a unique perspective," Bresnahan said. "I think they grow up faster and [events] like these help increase their normalcy and helps them find other people their age who have shared experiences.

For the more than 50 children with sleeping bags under their arms and smiles on their faces however, it wasn't all about psychology and feelings. After enjoying plates of spaghetti for dinner followed by cookies and chocolate for dessert, the nearly two platoon-size element began their adventure with a movie in the OSC's Dr. Phillip's Cinedome.

The tour of NatureWorks was next where ooh's and aah's could be heard throughout the group as they peered into enclosures of snakes and aquariums with turtles and see rays swimming and brushing against the glass. The kids were led up to sixth floor next for a lesson on the stars and planets in the observatory.

"This is a huge opportunity for these kids," said Carl Darden, lead observer at the Crosby Observatory. "When

public school education, for budgetary reasons, loses its ability to include this important exposure to science topics, its losing its ability show these kids something they've never seen before. That's my favorite part of this job, showing these kids something they've never seen before." After having been held up at the entrance for a two minute safety briefing the kids burst into the room filled with interactive games with a full frontal assault taking over each exhibit and station. After each child had had the opportunity to interact with each exhibit, the kids lined up in preparation for the next stop. Last on the list were classes where the kids made survival bracelets with 550-cord, packed some survival pancake mix for their loved ones and drew pictures on puzzle pieces to be assembled later.

At some point close to midnight the night drew to a close and the kids brushed their teeth and picked out a spot on the floors and made use of their sleeping bags, some next to lighted frog exhibits with amphibians large and small pressed against the glass walls of their enclosures seemingly observing the kids.

The next morning as kids began wake up and the games and exhibits were turned on kids took over Science Park again before they could be corralled by chaperones to the cafeteria for breakfast. After, kids were still running

around in the near empty center with the freedom to enjoy almost all the exhibits until they decided to move onto something else.

"My favorite was the science lab with all the electric stuff!" said 10-year old Bryan Epps, whose dad is in Kuwait, referring to Science Park.

"He loves science," said his mother, Sally Epps who added that she really appreciated the event.

Finally, the event came to a close with a ceremony. Feliciano congratulated the kids in honor of the Army's Month of the Military Child and passed out goody bags. And as soon as the ceremony was over, the kids filed out with their parents only to take the Orlando Science Center over again.

143D ESC LEGAL ASSISTANCE UP-DATE

FROM THE 143D ESC OFFICE



Legal Assistance Request for Soldiers of the 143d ESC. (AL, AR, FL, GA, KY, LA, MS, NC, SC, & TN)

Legal Assistance is provided by local Legal Support Organization's (LSO) to Soldiers, their family members and other eligible personnel.

1. Legal topics covered are:

Notary Service, Will, Powers of Attorney (General and Special), Legal Counseling, Legal Correspondence, Negotiations, Legal document preparation, Legal Referrals, Military Administrative Matters, Immigration and Naturalization, Tax Questions, & Claims

2. For Legal Assistance Appointments follow these steps

Step 1. Go to Army Knowledge Online at www.us.army.mil

Step 2. Login to Army Knowledge Online with username and password or CAC

Step 3. Click on **Self Service**

Step 4. Go down to **My Legal**

Step 5. Under My Legal Links on the right side of the page, click on **USAR Legal Services Request Form**

Step 6. Fill out the request form completely and click on **Submit Request** Button at the bottom.

Your request will go to the Legal Command for fielding to the closest Legal Services Team to your address.

3. For those without AKO access, you may call the LSO directly, according to your area:

Louisiana 2d LSO (504) 678-7785

S. Carolina, N. Carolina, Georgia (Ft. Stewart) 12th LSO (803) 751-1223

Florida & Puerto Rico 174th LSO (305) 953-0425

Georgia, Alabama, Mississippi 213th LSO (404) 286-6330

Tennessee & Kentucky 139th LSO (615) 231-4227

NOTE: Soldiers with adverse or separation actions, please contact the 154th LSO (Trial Defense Services)

4. For Trial Defense Services Appointments follow these steps:

Step 1. Go to <https://www.jagenet.army.mil/154thLSO>

Step 2. Click on **Request for counsel** (found on the left hand bar)

Step 3. Click on **Request for Counsel**

Step 3. Fill out counsel request and click on **Submit Form**

2. Or, you may call 866-763-3552, press 5 for 154th and press 4 for the Paralegal NCO.

SJA Up-Date from the Top!

ARMY WARRIOR TASKS...REVISED!

FROM ARMY TIMES

By Jim Tice - Staff writer
Posted : Monday Apr 12, 2010
20:26:52 EDT

The Army has issued a new menu of warrior tasks and battle drills — the most basic soldiering skills — for soldiers, units and commanders throughout the Army.

The first update to the Army's list of basic skills since 2005 reduces the number of warrior tasks from 32 to 15, and battle drills from 11 to four.

Critical supporting tasks for each of the major tasks and drills have been reduced from 205 to 76.

The revamped agenda of individual tasks and drills was approved by the Training and Doctrine Command in late March, and it is now being incorporated into training programs



1st Lieut. Michael Roberge, of the 912th AG Company (Postal) is reviewing his shot group with the range safety officer, Sgt. Steven Jackson during April's Battle Assembly resulting in a 79% first-time go rate.

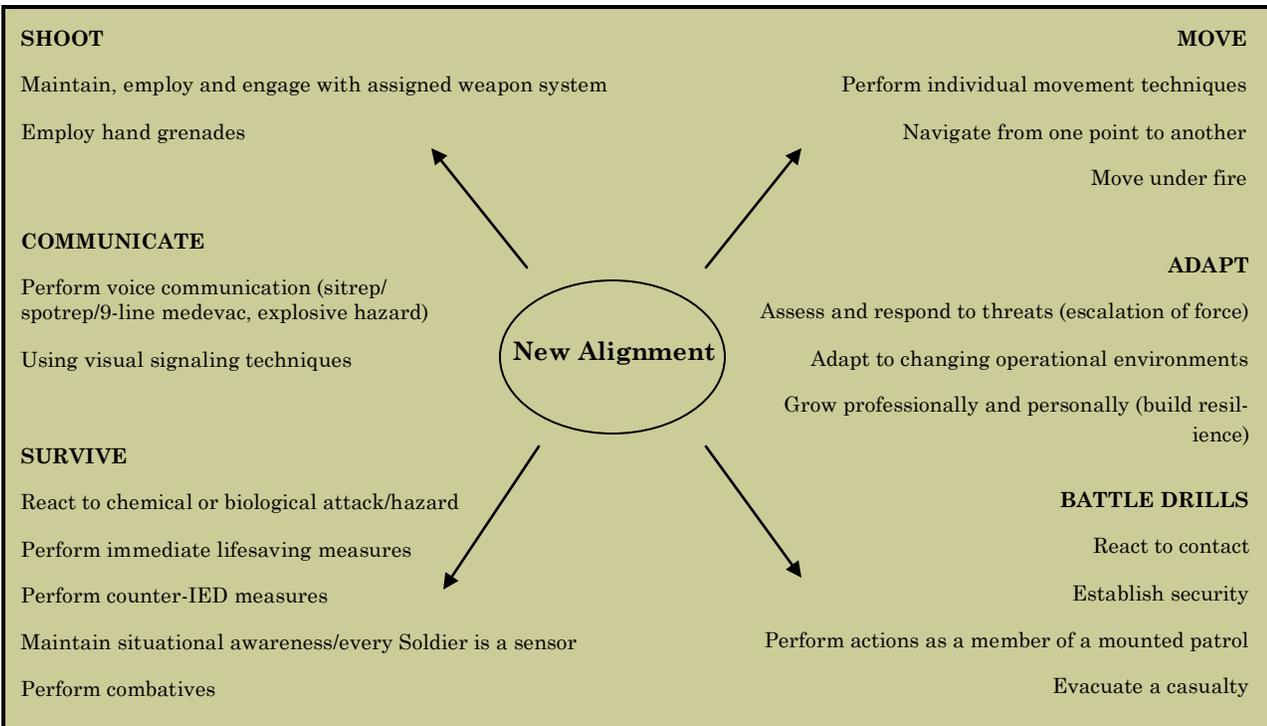
throughout the force.

The target population includes operational units, as well as training centers, and active and reserve soldiers of all ranks — from private through general.

"These tasks and drills drive how the Army trains," said Lt. Gen. Mark Hertling, TRADOC's deputy commanding general for initial military training.

"They go right down the middle of all our programs — they are the basics of what soldiers need to know to be great soldiers."

Army Warrior Tasks Revised



FIGHTING THE “Z” MONSTER

FROM THE 143D ESC SAFETY OFFICE

KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

FIGHTING THE “Z” MONSTER

WARRANT OFFICER 1 WILLIAM VANDALSEM

Headquarters Detachment, Company I, 185th Theater Aviation Company
Mississippi Army National Guard
Gulfport, Miss.

Summer is approaching and many of us will be hitting the road for a vacation or long weekend trip. However, all too often, in the process of seeking “fun” we also find fatigue. We’ve all driven when we were feeling tired — perhaps falling victim to a bad case of “get-home-itis.” If you’ve ever been driving down the interstate on a long trip and suddenly realized you couldn’t remember the last few (or many) miles, you’ve driven fatigued.

Most of us are aware of the hazards of fatigue, which include inattention, daydreaming and even falling asleep. Despite that, we often still continue driving. It’s not that we deliberately engage in dangerous activities; rather, it’s that we don’t correctly assess the hazards.

How do we avoid setting up ourselves to be the victim of a fatigue-related accident? We’ve already begun the five-step composite risk management (CRM) process by identifying the hazards. Although we know falling asleep at the wheel is bad, we sometimes lure ourselves into a false sense of security by saying, “It won’t happen to me.” However, the following symptoms of fatigue — heavy eyelids, frequent yawning, drifting across road lines and driving erratically — are red flags that we’re headed for trouble. Beyond that, fatigue can cause us to see “things” in the road (highway hypnosis), daydream or feel irritable or fidgety. The probability we’ll experience these effects depends on the length of travel, time of day and the amount of rest we’ve had.

We need to counter these effects by moving to the second step of CRM — assessing the hazards. We need to realize fatigue often affects our driving ability long before we’re aware of it. It is important to understand that because fatigue-related crashes are often quite severe, as drivers fail to react quickly enough — or perhaps at all — to avoid a crash.

The third step of CRM is to develop controls. This process doesn’t have to be as bad as it may sound. Mostly, it’s just using a little common sense. Here are some suggested controls:

- Ensure you get a good night’s sleep before a trip.
- Take a break every two hours and get out of the car.
- Drive in shifts if you aren’t alone.
- Plan to stay overnight if traveling for extended periods.
- Avoid driving if you’re taking any medications that cause drowsiness.
- Avoid driving when you’d normally be asleep (late night and early morning).
- Adjust your seat so it’s in a good, upright position.
- Don’t drink and drive (let’s not compound the problem).

Next, there is the fourth step of CRM — implementing the controls. How do you do that? First, be honest with yourself about your abilities. Don’t try to convince yourself that you can “make it a little farther” if you’re feeling any of the symptoms mentioned earlier. If you do, you’re an accident waiting to happen.

Finally, there is the last step — supervise and evaluate. How do you supervise yourself? Ask yourself how well you handled being fatigued while driving? Were you willing to accept being delayed on your trip to ensure your safety and that of others on the road? And how do you supervise others? Make sure your fellow Soldiers, Family and friends understand the risks involved in attempting to drive fatigued. Take time to mentor the younger, less-experienced drivers you know.

