

# ESC TODAY

*Our best shows zest*

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# December 2010

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ESC TODAY

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143d Sustainment Command  
(Expeditionary)  
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## << On the Front Cover

Pfc. Leila Groom, a food service specialist for the 824th Quartermaster Company, cuts hot lasagna into pieces Nov. 20 before serving at the Philip A. Connelly food service competition, field kitchen category at Fort Bragg, N.C. The 824th QM Co. was one of only four units to reach the Department of Army level. More photos of this event can be found on the 143d Facebook page, My 143d ESC, at <http://www.facebook.com/143dESC>.

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<http://www.dvidshub.net/publication/101/esc-today>

# The Command Post

I trust this message finds you and your family safe and healthy at the start of this holiday season. As we enter the month of December, I want all of you to enjoy the season with dignity, remembrance, safety, and compassion for our fellow Soldiers and their families.

If you haven't done so already, be sure to plan time with family and friends over the holiday season. Take time and remember those among our ranks currently serving overseas. As American Soldiers, we fight for freedoms that allow us to celebrate Christmas, Chanukah, Kwanzaa and other celebrations of faith. Be proud of the sacrifices you've made which allow all Americans to enjoy this time of year. Many of us have been deployed or away from home during the holidays. Keep an eye out for each other and remember, we are brothers and sisters in arms; constant vigilance for our mission and each other is vital to the success of the 143d ESC.

I want leaders to ensure their Soldiers and families are cared for during the holiday season. Conduct your holiday parties safely and make sure families have a stake in all events. Allow for time off without sacrificing mission essential functions and ensure our Soldiers have good contact information if they find the need to reach out for help. I encourage all of you to share as much as you can with those less fortunate among our ranks. Enjoying yourselves and sharing with others during the holidays is the right thing to do. Overall, remain vigilant and have a great experience during this special time of the year.

Lastly, I want to remind you that with any holiday season comes eating and relaxing. Watch your waistline and maintain your physical fitness regularly. Trust me; it's much easier to maintain a good work-out plan than to start from scratch. My best to you and your family; enjoy the



**Col. Mark W. Palzer**  
*Commander*  
*143d Sustainment Command*  
*(Expeditionary)*

holidays, and I look forward to seeing all of you back safely next month.

Sustaining Victory!  
Army Strong!

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# The Bottom Line

Many of you will spend this holiday season traveling to celebrate festivities with friends and families. I encourage you to visit your local MWR or the website [http://www.army.mil/cfsc/leisure\\_travel.htm](http://www.army.mil/cfsc/leisure_travel.htm) to find deals on lodging and attractions that are available to you.

During the Christmas and New Year holiday period, long-distance travel will raise 23 percent according to Bureau of Transportation statistics. With such an increase in traffic, it is important that you remain vigilant on the roads. Drive defensively not aggressively. Be mindful of road conditions like rain, sleet or black ice.

Leaders, inform your Soldiers. Many of you have returned safely from combat deployments over the last few years. Don't let tragedy that could perhaps be avoided strike in your unit while on home

soil. The U.S. Army Combat Readiness/Safety Center's online website, <https://safety.army.mil/>, contains numerous tools and resources for a Soldier preparing to travel, like risk assessment and online training.

Finally, never operate any motorized vehicle while intoxicated. Nearly half the traffic fatalities occurring during the winter holiday period involve an alcohol-impaired driver. Soldiers, getting behind the wheel after drinking is negligent and fool hardy. You endanger not only yourself, but everyone around you. I encourage you to partake in holiday festivities and enjoy yourselves, but never forget to conduct yourself with professionalism as a U.S. Army Reserve Soldier.

Sustaining Victory!  
Army Strong!



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

# REFLECTIONS BY THE CHAPLAIN: *OVERCOMING FEAR*



■ BY LT. COL. TIMOTHY LANCE  
*143d Sustainment Command (Expeditionary)  
Chaplain*

The Christmas season is the most festive season in America filled with excitement and joy for most people. Yet many will experience great anxiety and fear. The economy is down, unemployment is up and home foreclosure is rising. In times like these many will experience great despair. While these issues and concerns are real, we are encouraged to stand firm and overcome fear by faith. Fear is

an obstacle of our emotions that we must maneuver around or fight through daily.

Eleanor Roosevelt said, “You gain strength, courage, and confidence by every experience in which you really stop to look FEAR in the face.”

Overcoming fear involves taking a calculated risk and deciding to face your fear head on. I encourage you to remember God’s command to Joshua, “Be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.” ☒

## Employer Partnership Launches Powerful Job Search Tool

■ BY LT. COL. MATT LEONARD  
*Employer Partnership of the Armed Forces*

On Veterans Day, the Employer Partnership of the Armed Forces launched its new, state-of-the-art job search portal. The portal’s tools offer guardsmen and reservists, their families, wounded warriors, and veterans increased capabilities when seeking employment opportunities. The portal also vastly improves our Employer Partner’s access to skilled candidates.

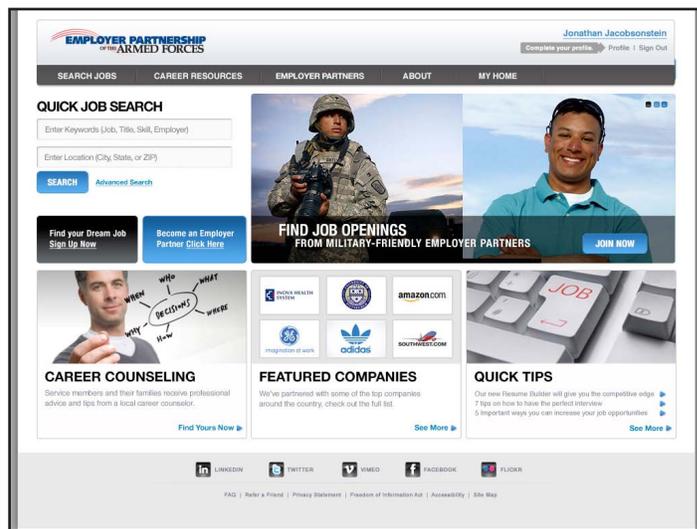
No longer does a job seeker have to re-enter basic personal information every time a search is launched. Instead, the user simply logs in and the system can continue any previous ac-

tivity. A user may now set-up a personal profile so that he or she is able to save searches, search parameters and individual job announcements within their own “dashboard.” By activating the alert option, seekers will be provided with a notification whenever a desired position is posted.

The portal offers other useful features as well. The Resume Builder allows users to create and keep their resume available within the system. Servicemembers have an additional feature available to them: access to the Program Support Manager network for career counseling and resume assistance. The new portal’s functionality improvements make the search and application process much more

efficient, saving servicemembers and other job seekers time. But the improvements don’t stop

the chance to apply themselves. So just by posting your resume you may be contacted by one of



there. Employers will find the new portal more useful as well. They are now able to enter position vacancies directly into the system and track those jobs, applications and views through their company dashboard. Employers may also reach into the system and locate the resumes of qualified candidates who may not have had

our military-friendly employer partners who need your skills. If you used the old job search engine, you should definitely check out the new portal. Although the web link, [www.EmployerPartnership.org](http://www.EmployerPartnership.org) is the same, you are now in the driver’s seat, and this definitely is not your father’s Oldsmobile. ☒

### DID YOU KNOW?

The Department of Veterans Affairs is piloting new, personalized Veterans Health Benefits Handbooks, based on veterans’ own specific eligibility. The new handbooks will initially be available only to certain Veterans in Cleveland and Washington, D.C. areas. Following the pilot phase, full implementation is scheduled to begin in the fall of 2011 for across the country. For more information, visit <http://jwvlstserv.org/emailmarketer/link.php?M=18O2&N=33&L=13&F=H>. For more great benefits for veterans, visit <http://www>.

# Kicking off National Adoption Month:



Families wait in line to experience sitting in the gun turret and driver's seat of an Armored Security Vehicle provided by the 143d Sustainment Command (Expeditionary) Nov. 6 during the community event, Heroes and Horsepower, held in Longwood, Fla. to kick off National Adoption Month.

Photo by Spc. Elisebet Freeburg | 204th PAD

## Heroes & Horsepower

■ BY SPC. ELISEBET FREEBURG

204th Public Affairs Detachment

ORLANDO, Fla. - Soldiers from the 143d Sustainment Command (Expeditionary) public affairs office, the 204th Public Affairs Detachment and the 196th Transportation Company participated in a community event called Heroes and Horsepower Nov. 6 in Longwood, Fla.

The event educated the community that they too can be heroes by adopting, fostering or mentoring abused and neglected children, specifically in the Seminole County area.

"Our whole goal is to bring people out, educate people about child welfare," said Joe Durso, the deputy mayor for Longwood, Fla., and the vice president of community and government relations for Community Based Care of Seminole, a non-profit agency charged with developing community-based services and support for children and families.

We also wanted to recognize adoptive parents as heroes too, said Durso.



Photo by Spc. Elisebet Freeburg | 204th PAD

Sgt. Richard Serrano of the 196th Transportation Company out of Orlando, Fla. shows a child specific of a gun turret on an Armored Security Vehicle Nov. 6 during the community event, Heroes and Horsepower, held in Longwood, Fla. to kick off National Adoption Month. The event educated the community that they too can be heroes by adopting, fostering or mentoring children.

The 196th TC troops manned an Armored Security Vehicle and a High-Mobility Multipurpose Wheeled Vehicle, allowing the public to tour the insides of the vehicles and even experience operating the gunner's seat and rotating the turret.

"I enjoyed it," said Sgt. Richard Serrano, a 196th TC Soldier who spent most of the day showing children the inside of the ASV. "I enjoyed working with the kids," the father of two explained.

The 143d PAO and 204th PAD team mingled with families, answering questions about the 143d ESC, as well as providing public affairs coverage for the event.

"The 143d ESC was instrumental in showing their support for a noble cause that matches children in need with local families, giving them the care and loving family environment which every child deserves," said Maj. John Adams, public affairs officer, 143d ESC. "The 143d was

honored to participate in this community event, recognizing those families that have taken in such children."

The community was very supportive, said Durso, with more than 500 people attending the event.

"There are literally thousands of kids in the state of Florida that need that kind of support [fostering, adoption, and mentoring], and we are really looking forward to working with as many people as possible to service those kids."

Besides the 143d troops, representatives from numerous organizations such as local fire fighters, police officers, sheriff deputies, S.W.A.T., USMC, Coast Guard, civil air patrol, K-9 law enforcement teams, Red Cross and NASA were on hand with booths and exhibits to educate the public.

"The Army was tremendous in stepping up--they were the first group to commit, and we certainly appreciate it," said Durso. ☒



Photo by Spc. Elisebet Freeburg | 204th PAD

Sgt. Richard Serrano of the 196th Transportation Company out of Orlando, Fla. helps a child put on an Advanced Combat Helmet while manning the gun turret of an Armored Security Vehicle Nov. 6 during the community event, Heroes and Horsepower, held in Longwood, Fla. to kick off National Adoption Month. Members of the 143d Sustainment Command (Expeditionary) public affairs office and 204th Public Affairs Detachment also participated.



Photo by Spc. Elisebet Freeburg | 204th PAD

Staff Sgt. Richard Sanchez of the 196th Transportation Company out of Orlando, Fla. shows a child the inside of an Armored Security Vehicle Nov. 6 during the community event, Heroes and Horsepower, held in Longwood, Fla. to kick off National Adoption Month. Members of the 143d Sustainment Command (Expeditionary) public affairs office and 204th Public Affairs Detachment also participated.



# Leaving a legacy of sustainment

■ BY SGT. LUIS DELGADILLO

204th Public Affairs Detachment

ORLANDO, Fla.-They began two distinct and illustrious military careers at separate times in their lives and found different career paths, but on Nov. 6 at the 1st Lt. David R. Wilson Armed Forces Reserve Center, both lifelong military men shared fitting tributes honoring their service to country.

Chief Warrant Officer 4, Martin J. Hyde, property book officer for Headquarters and Headquarters Company, 143d Sustainment Command (Expeditionary), and Chief Warrant Officer 5, Thomas Nickles, senior maintenance manager for the 143d ESC, said farewell to their careers in uniform at their retirement ceremony. On hand at their retirement ceremony were family members, friends and senior leaders of the 377th Theater Sustainment Command and the 143d ESC.

After receiving accolades and recognition for their illustrious careers, Commander of the 377th TSC, Maj. Gen. Luis R. Visot, showered Nickles and Hyde with light hearted jokes overtly alluding to their long lasting tenure.

Referencing a brief list of battles listed by the emcee, Master Sgt. Claudine Jarrett, in which the U.S. Army has fought, Visot said he was “deeply honored to have an opportunity to be here, because I can just think back to history to all those



Photo by Sgt. Luis Delgadillo | 204th PAD

Maj. Gen. Luis Visot, commanding general, 377th Theater Sustainment Command, addresses Soldiers and guests during a retirement ceremony held here for Chief Warrant Officer 4 Martin Hyde and Chief Warrant Officer 5 Thomas Nickles by the 143d Sustainment Command (Expeditionary) in Orlando Nov. 6.



Photo by Sgt. Luis Delgadillo | 204th PAD

Chief Warrant Officer 4 Martin Hyde and Chief Warrant Officer 5 Thomas Nickles were honored during a retirement ceremony held here by the 143d Sustainment Command (Expeditionary) at the 1st Lt. David R. Wilson Armed Forces Reserve Center in Orlando Nov. 6.

battles that this sergeant talked about. Marty Hyde and Chief Nickles were there.” Visot even went so far as to jokingly place the retiring Soldiers in key moments of American history.

“As I remember reading my history, I recall the parts where as Betsy Ross was putting the stars on Old Glory, our colors, it was Chief Nickles that was maintaining that needle [sic] but it was Marty Hyde who had given her each and every one of those 13 stars.”

Before giving the floor to the 143d ESC’s commander, Visot took the time to honor the commitment each family made throughout their Soldiers’ careers.

“We cannot forget that this is all about one thing and one thing only in my estimation and that’s our families ... you’re the ones that deserve all the credit. You’re the ones that stood tall and proud when your son, husband and brother had gone to do what our nation had asked them to do.”

Next, Col. Mark Palzer spoke about the quality of work both Soldiers had given the Army.

“The consolation, knowing that I’m losing two great guys out of my G-4 shop, is that there are more Soldiers that you’ve trained left behind.

What made you great wasn’t just what you did, but that you prepared the battlefield for the next guys,” said Palzer.

Both contributed to the future of the Army through mentoring and training their subordinates, but Hyde also had another notable contribution.

One of those includes leading the construction project for the 1st Lt. David R. Wilson Armed Forces Reserve Center, where the ceremony was held.

Hyde began his career as a draftee into the U.S. Army in May 1968. According to his biography, after graduation from advanced individual training, he deployed in November 1968 to the 191st Assault Helicopter Company, Dong Tam, Vietnam. He redeployed in November 1969. In his remarks at the ceremony, Hyde recalled his reasons for not leaving the military: “Well, somewhere along the line I forgot to get out.”

Nickles shared the same line of thinking. “You don’t think about this day, you just do it ... and if you’re looking forward to your last day, you’re probably in the wrong profession,” Nickles said.

*See Legacy, pg. 10*

# the chow is mighty fine

■ BY SPC. ELISEBET FREEBURG

204th Public Affairs Detachment

**FORT BRAGG, N.C.** – With four hours until their impending deadline, Soldiers scurry around the camouflaged mobile kitchen trailer gathering foodstuff, while teasing and joking with one another.

Food service specialists from the 824th Quartermaster Company out of Fort Bragg, N.C. competed here Nov. 20 for the Department of Army level of the Philip A. Connelly Awards Program to recognize units for superb performance in the field kitchen division of Army food service.

The 824th's menu for the day consisted of lasagna, salad,

broccoli, vegetable soup, garlic bread and devil's food cake, as well as coffee, water and iced tea.

"Definitely the best feeling has to be that first slice of lasagna you serve," said Pfc. Leila Groom, who constructed the lasagna.

After competing with 12 other teams at the Army Reserve level of the competition in June, the 824th QM Co., along with three other units, was selected to continue. Every unit begins with 1,000 points. Teams lose points as evaluators spot criteria violations.

"Just the fact that they made it to this level, they're all winners," said Chief Warrant Officer 4 Jose V. Molano, a competition evaluator from the Joint Culinary Center of Excellence (JCCoE).

With more than 100 cumulative years of food service experience, the three evaluators were from the International Food Service Executive Association (IFSEA), Army Reserve Medical Command, and the JCCoE.

Areas evaluated included field sanitation, appearance, maintenance of equipment, kitchen site selection and layout, and food preparation and quality.

The food service team faced challenges when the MKT's generator malfunctioned three or four times, cutting power to the kitchen equipment, before finally being replaced.

"When it comes to this, they get together and work as a team," said Sergeant 1st Class Steve Simon, senior food operations sergeant, 824th QM Co. "They did a good recovery."

To prepare for competition, the team began cooking lasagna in February as the staple food for the unit's monthly battle assemblies.

"It [the lasagna] was horrible at first," said Groom. "We tried everything, and finally got it down."

They initially carried out practice runs at their Reserve center, both inside the dining facility and outside the building, with one site test in March.

The competition wasn't all cooking for 824th troops.



Photo by Spc. Elisebet Freeburg / 204th PAD

Spc. Kyle Hetrick, a food service specialist from the 824th Quartermaster Company out of Fort Bragg, N.C., slices cabbage for a vegetable soup Nov. 20 while competing at the Philip A. Connelly food service awards program in the field kitchen category held at Fort Bragg. The 824th QM Co. was one of four Army Reserve teams to reach the Department of Army level.

The unit spent about four days preparing the site, raising tents, creating an operations center, etc. Around 40 Soldiers spent the week at the site, living in large tents. Soldiers were assigned to various warrior tasks around the site, like training on techniques to clear buildings of potential threats and guarding the entry control point and perimeter to ensure the safety of everyone inside.

“We’re learning things here we can apply downrange [on deployment],” said Spc. Antwion Horton, assigned to guard duty at the ECP.

After evaluation day, work isn’t over yet. Over the next two days, Soldiers will deconstruct the field site by disassembling tents, transporting equipment offsite and much more.

After all four units have been evaluated, the winner and runner-up will be announced in early January 2011. Representatives will attend an awards presentation in Chicago where the winning unit will receive a trophy bowl, and the runner-up will receive a plaque. Soldiers from both



Photo by Spc. Elisebet Freeburg | 204th PAD

Col. Mark W. Palzer, commander of the 143d Sustainment Command (Expeditionary) out of Orlando, Fla., commends Pvt. Tomeka Rich, a food specialist from the 824th Quartermaster Company out of Fort Bragg, N.C., for a job well done after the 824th QM Co. competed in the Philip A. Connelly food service awards program in the field kitchen category at Fort Bragg Nov. 20. The 824th QM Co. was one of only four Army Reserve teams to reach the Department of Army level.



Photo by Spc. Elisebet Freeburg | 204th PAD

Pfc. Suehelen Batista, a food service specialist from the 824th Quartermaster Company out of Fort Bragg, N.C., prepares slices of devil's food cake for serving while competing in the field kitchen category of the Philip A. Connelly food service awards program Nov. 20 at Fort Bragg. The 824th QM Co. was one of four teams to reach the Department of Army level.

units—typically, one leader from each food service team—will be selected to attend a cooking school.

“For me, it’s a very humbling experience to lead during this event,” said 1st Sgt. Kenneth Wioskowski, the senior enlisted Soldier for the 824th QM Co.

His troops showed skill, motivation and esprit de corps, he said.

What Groom enjoyed most about competing was the attitude of her teammates, she said. “It’s just the energy that everyone gives out.”

Leaders from the 824th QM Co.’s chain of command—the 362nd QM Battalion, 207th Regional Support Group, 143d Sustainment Command (Expeditionary), and the 377th Theater Sustainment Command—were also in attendance. Command support is an evaluation category.

“I’m proud of my guys,” said Capt. Damon Robinson, commander, 824th QM Co. “This has been a long, tough journey, and we’ve grown as a unit. The fruits of their labor are showing today.”

As a part of the Army Reserve’s Food Service Program regulation AR 30-22, the Philip A. Connelly Program’s objective is to promote and improve Army food service through awareness with incentives, competition and media attention. In its 43rd year, the Philip A. Connelly Program is cosponsored by IFSEA, a professional organization dedicated to raising food service industry standards. ☒

# STRENGTHENING ARMY STRONG

## A battle-tested approach to Physical Readiness Training



■ BY SPC. JOHN L. CARKEET IV  
*143d Sustainment Command (Expeditionary)*

ORLANDO, Fla. – As military missions and equipment become more sophisticated, so must the men and women who command and control them. Today’s Soldiers can ill afford to downplay the physical rigors of combat, even in the age of long range weaponry, computerized targeting systems and cyber warfare. It comes as little surprise, then, that the Army has built a battle-tested approach to its Physical Readiness Training (PRT).

Found in Training Circular 3-22.20, PRT replaces FM 21-20, an obsolete manual adopted from The American College of Sports Medicine in the 1980s. A thorough review by the U.S. Army Training and Doctrine Command (TRADOC), revealed that instructional programs such as Basic Combat Training and the Basic Officer Leadership Course must incorporate lessons learned from nine uninterrupted years of armed conflict.

The analysis also demonstrated that these programs must safely yet effectively address the generally unimpressive physical fitness levels of new recruits. PRT’s practical approach incorporates these objectives into training and testing.

PRT’s goal is simple: provide a relevant training regiment to enhance every Soldier’s physical performance while preventing injury throughout the full spectrum of operations. Achieving this goal hinges on the full understanding and cooperation from thousands of trainers and trainees. Consequently, the new and improved formula’s introduction is broken into three key phases.

Now entering Phase Two, instructors will soon receive formal training as to how to best implement PRT in their respective courses. Currently, those educated with this scientifically advanced curriculum adopt it as they see fit. This approach allows units to experience the benefits of PRT without abruptly alienating

established training schedules and fitness standards.

Basic Military Training (BMT) serves as the proving grounds for PRT. Instructors have already effectively capitalized on the new drills emphasizing total body conditioning for real-world conditions, while recruits learn to accept that PRT goes far beyond learning how to pass the APFT. Some Soldiers, for example, might breathe a sigh of relief knowing that grueling distance runs have nearly been phased out from BMT. Instead, they must now endure a barrage of intense exercises that emulate the sudden, “Get down! Get up! Go! Go! Go!” nature of close combat.

The PT conditioning routines—now expanding from BMT to other Army components—balance strength, endurance and mobility, thereby better preparing Soldiers for the physically diverse demands of full spectrum operations. PRT promotes equal readiness and provides adequate rest periods through alternating workouts. It

also accelerates recovery periods for injured Soldiers by immersing them in a rehabilitation routine before returning to the ranks. As a result, commanders lead with greater certainty that their warriors will perform superbly in the face of rugged terrain, harsh weather and full packs.

Phase Three will extend the drastic overhaul of PT sessions to the administration and scoring of the APFT when the new test is unveiled next year. PRT’s developers have not yet released the test’s details to ensure Soldiers aim for more than just a perfect score on the APFT. Their logic enforces the philosophy that all training—particularly physical conditioning—must replicate the operational environment. PRT further solidifies this “train as you fight” doctrine, thereby bridging the gap between the physical challenges of PT and the physical realities of modern warfare.

PRT: arming Soldiers to fight for this nation and win. ☒

### Legacy, continued from pg. 7 >>

Though now retired from the military, both men had careers as civilians. Nickles, a contractor, will be returning to San Antonio, Installation Management Command Headquarters where he works in the G-4 shop.

Both men received retirement flags and Meritorious Service Medals and U.S. Army lapel pins. The spouses of the two Soldiers, Maricela Nickles and Karen Snyder (Hydes’ spouse), also received certificates of appreciation from the U.S. Army signed by the Army Chief of Staff, Gen. George Casey, for their “unselfish, faithful,

and devoted service.”

Hyde also received the Commander’s Award for Civilian Service, a 40-year letter of civilian service, which coincided with his retirement from the federal government as well.

During Hydes’ remarks to the audience he recognized the service of two veterans in the front row of the auditorium.

The veterans were Bert Synder, whose ship was the first to arrive in Japan after the U.S. dropped a nuclear bomb on Hiroshima, and Hal Baumgarten, who was one of two men who survived out of thirty who were in a landing craft, which led

the assault on Omaha Beach June 6, 1944.

Baumgard, Hyde’s uncle through marriage, gave the Soldiers in the audience a stirring account of the D-Day landing and his first few 32 hours of fighting on French soil during which he was wounded five times. Baumgard wrote *D-Day Survivor: An Autobiography* from his experiences.

While their military careers may be at their end, two retiring Soldiers left behind a legacy of preparedness and a blueprint for success, which the Soldiers of the 143rd ESC can continue to pursue in their efforts to sustain victory. ☒

# Around the ESC



Photo by Pfc. Aaron Ellerman | 282nd OM BN

During weapons qualification Nov. 6 to Nov. 7 at Fort McClellan, Ala., Sgt. Billy Williams marks the shots of Pfc. Stewart after Stewart grouped and zeroed his weapon. Both Soldiers are from the 282nd Quartermaster Company based in Alabama.

## UNIT PHOTOS WANTED

Seeking photos of Soldiers from your unit performing operational duties and/or 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](mailto:john.adams16@usar.army.mil)

## DID YOU KNOW?

American Corporate Partners (ACP) is a nationwide mentoring program that matches employees from some of the nation's largest corporations and universities with OIF/OEF veterans for the purpose of mentoring, networking and career counseling. ACP currently has 28 participating institutions throughout 17 cities. For more information, visit <http://www.acp-usa.org/>. For more great benefits for veterans, visit <http://www.facebook.com/143dESC>.



Photo by Spc. Elisebet Freeburg | 204th PAD

Khai Tri Tran, formerly first lieutenant of the Vietnamese Air Force, stands with family members Oct. 12 after being awarded the Silver Star at the 1st Lt. David R. Wilson Armed Forces Reserve Center for gallantry in action against an enemy of the United States Dec. 15, 1973. Tran said he would remember today until the last day of his life and wanted to thank Americans for welcoming him to the United States years ago. "I have a better life now," he said.



Photo by Spc. Elisebet Freeburg | 204th PAD

Left to Right: Julio E. Aponte, Sandra A. Lowder, and Edwin R. Marrero stand with Fred Guzman, command executive officer, of the 143d Sustainment Command (Expeditionary) Nov. 16 at the 143d headquarters in Orlando after Guzman presented them with plaques recognizing their many years of service in the government of the United States.

# Around the ESC



Photo by Pfc. Aaron Ellerman | 282nd QM BN

After a weekend of weapons qualification Nov. 6 to Nov. 7 at Fort McClellan, Ala., Spc. Nathan Patrick from 1st Platoon, 282nd Quartermaster Company out of Jasper, Ala. disassembles and cleans his M16 rifle.



Photo by CW2 Roger Londono | 196th TC

Joseph Londono, son of Chief Warrant Officer 2 Roger Londono of the 196th Transportation Company, waits outside Applebee's restaurant Nov. 11 in Coral Springs, Fla. Applebee's was one of many restaurant chains that offered free meals to veterans and servicemembers Veterans Day 2010.



Photo by Spc. Elisebet Freeburg | 204th PAD

Soldiers from the 143d Sustainment Command (Expeditionary) along with the Orange County Mayor's Veterans Advisory Council receive a Veterans Day proclamation Nov. 10 at the Orange County Commissioner's Building in Orlando, Fla. The proclamation salutes, honors and remembers veterans; and urges citizens to "reflect on the sacrifices of those individuals who have so honorably fought to preserve the American way of life."



Photo by Spc. Elisebet Freeburg | 204th PAD

Edwin R. Marrero, staff operations and training officer of the 143d Sustainment Command (Expeditionary), presents a trophy Nov. 17 to Maj. William H. Wood of the 207th Regional Support Group out of Fort Jackson, S.C. at the 143d headquarters in Orlando. The 207th RSG showed "most improved readiness" during the 2010 training year.

## DID YOU KNOW?

Wreaths Across America is a non-profit organization that provides wreaths to be laid at the headstones of our fallen and deceased veterans at Arlington National Cemetery and other national and local cemeteries across the U.S. and overseas during the winter holidays. For more information or to donate, visit <http://www.wreathsofamerica.org/Sponsor-a-Wreath.html>. For more great benefits for veterans, visit <http://www.facebook.com/143dESC>.

# Around the ESC



Photo by Maj. John J. Adams | 143d ESC

Soldiers from the 196th Transportation Company march Nov. 13 through downtown Orlando in the city's 11th annual Veterans Day Parade honoring the men and women in the U.S. military. More than a thousand people gathered to watch the approximately 3,000 servicemembers, supporters and members of military organizations. Orlando's Veterans Day Parade is considered to be the second largest in the nation.



Photo by Spc. Elisebet Freeburg | 204th PAD

Sgt. Maj. Hilsia Hernandez, senior enlisted Soldier for the 257th Transportation Company Battalion out of Gainesville, Fla., addresses her troops Nov. 7 after receiving the 143d Sustainment Command (Expeditionary) Top Gun trophy from Command Sgt. Maj. James Weaver, 143d ESC, for an outstanding 78% qualification rate during the 2010 weapons training program.



Photo by Spc. David Emigh | 287th TC

Then stationed at Forward Operating Base Leatherneck, the 287th Transportation Company travels Highway 1 through the Afghan city of Gereshk around August, 2010, while transporting civilian equipment to support the United States Agency for International Development (USAID) in Afghanistan. The rear vehicle of the convoy is empty, allowing it to be used for recovery in case of a break down or enemy attack.



Courtesy Photo

Spc. Vaughn of the 591st Transportation Company out of Gatlinburg, Tenn. shows and explains parts of the unit's trucks to the public during a Veterans Day event Nov. 11.

# Around the ESC



Photo by Spc. David Emigh | 287th TC

Then stationed at Forward Operating Base Leatherneck, the 287th Transportation Company hauls several U.S. military vehicles, including an RT 240 Rough Terrain Container Handler (Kalmar), on the unit's M1070 Heavy Equipment Transporters (HET) and M1000 Trailers around May, 2010, down Highway 1 to FOB Leatherneck after a mission to FOB Shindand, Afghanistan. The HET and M1000 Trailer are the only system capable of hauling the RT 240 Kalmar in Afghanistan.



Photo by Spc. Elisebet Freeburg | 204th PAD

Edwin R. Marrero, staff operations and training officer of the 143d Sustainment Command (Expeditionary), presents a trophy recognizing "best unit readiness" to representatives of the 641st Regional Support Group out of St. Petersburg, Fla. at the 1st Lt. David R. Wilson Armed Forces Reserve Center in Orlando, Fla. Nov. 17.



Photo by Staff Sgt. Eric E. Wade | 145th TTOE

Master Sgt. Harmon and Maj. McConnell from the Alabama-based 145th Transportation Theater Open Element case their unit's guidon Nov. 10 at Fort Hood, Texas before deploying to Afghanistan.

## DID YOU KNOW?

The non-profit organization, Lawyers for Warriors, provides pro bono legal services to members of the U.S. armed forces, especially those who are deployed to hostile fire zones. For more information, visit <http://www.lawyersforwarriors.org/>. For more great benefits for veterans, visit <http://www.facebook.com/143dESC>.

# "It's the best feeling"

BY SPC. ELISEBET FREEBURG  
204th Public Affairs Detachment

INDIANAPOLIS – Leaders from the 377th Theater Sustainment Command and 143d Sustainment Command (Expeditionary) greeted troops from the Alabama-based 287th Transportation Company Nov. 13 as they returned from a nearly year-long deployment to Afghanistan.

Brig. Gen. Gracus K. Dunn, deputy commander, 377th TC, and Col. Mark W. Palzer, commander, 143d ESC, welcomed the more than 100 Soldiers after they landed in Indianapolis. Dunn and Palzer also addressed and hailed the company during a welcome home ceremony held the next morning, Nov. 14, at Camp Atterbury, Ind.

During the ceremony, Dunn said he knew their job was "tough," but they accomplished it, building "from the ground up."

Many Soldiers were cross-leveled into the 377th TC from other units within the 143d ESC like the 642nd Regional Support Group, 828th TC Battalion and the 206th TC, said Palzer.

When the 377th TC deployed February of 2010, the company was separated between Kuwait and Afghanistan. The Kuwait element returned Nov. 10, also landing in Indianapolis.

The troops in Afghanistan were divided between two locations in the South: Forward Operating Base Leatherneck, Helmand province; and Kandahar Airfield, Kandahar

province.

"We went places HETs weren't meant to go," said Capt. Keith W. Van Dertholen, commander, 287th TC, referring to rugged, off-road Afghan terrain. "It puts a lot of strain on maintenance."

The M1070 Heavy Equipment Transporter (HET) is a military vehicle able to transport combat-loaded battle tanks and other heavy vehicles up to 140,000 pounds. The 287th ran convoys throughout Afghanistan, said Van Dertholen.

"We were the very first U.S. HET [company] in Afghanistan," said 1st Sgt. Clifford J. Pearson, senior enlisted Soldier for the 287th TC.

"We proved the HET is a valu-

able resource over there," Van Dertholen added.

During their deployment, they raised tents and structures, built a motor pool, constructed an operations center, etc.

"There was really nothing out there [at FOB Leatherneck]," said Van Dertholen. "When we left, we basically had the foundation for the next company to take over."

The 287th TC also carried out convoy security missions with Mine-Resistant, Ambush-Protected vehicles [MRAPs], often referred to as "gun trucks."

"All the training we had to do

[before deployment] was for Iraq, not Afghanistan," said Staff Sgt. Matthew H. Sandlin, squad leader, 287th TC, explaining difficulties the gun truck squads faced.

Despite this, his Soldiers overcame and worked well with the HETs. "I had an excellent squad," said Sandlin.

The gun truck platoon was called "The Reapers," and often requested by name for security escorts, said Sandlin. They accompanied convoys of everything from pallets of



Photo by Spc. Elisebet Freeburg / 204th PAD

Left to Right: Col. Mark W. Palzer, commander, 143d Sustainment Command (Expeditionary), and Brig. Gen. Gracus K. Dunn, deputy commander, 377th Theater Sustainment Command, greet Spc. Thomas Nelson from the 287th Transportation Company Nov. 13 as he disembarks an airplane in Indianapolis after a deployment to Afghanistan.

water to recovery vehicles.

Roadside bomb explosions—chief cause of death for U.S. troops in Afghanistan—were the gravest dangers the 287th TC troops faced, said Sandlin.

They carried out more than 100 missions in Afghanistan, totaling more than 200,000 miles, said Van Dertholen. Combining the Kuwaiti and Afghan missions, the 287th TC traveled approximately 750,000 miles.

“I’m just glad that all my men [in Sandlin’s squad] and all of our platoon came back safe,” said Sandlin.

Soldiers of the 287th were awarded a total of 33 Combat Action Badges and 12 Purple Heart medals.

“There are not many units who have been given your jobs and accomplished it,” said Palzer during the ceremony. “So congratulations on your accomplishments.”

The 287th TC facilitated the build-up of bases throughout Afghanistan by supporting the Marines, Air Force, Navy and Army. Specifically, they supported the 1st Marine Expeditionary Force, the 82nd Airborne Division, the 101st Airborne Division, and many more.

“There was no way it [the build-up] could have happened without us,” said Spc. David Emigh, a motor transport operator, with a smile. “It’s like our motto: Eventually,

you’ll need us.”

With their long, weighty mission behind them, 287th Soldiers expressed their feelings about coming home.

“It’s the best feeling in the world,” said Pearson.

“I never thought I’d miss home as much as I did,” added Van Dertholen.

After seven deployments, Sandlin is ready to spend time with his wife and sons, although he will miss his men, he said.

Palzer cautioned the Soldiers to prepare themselves physically, mentally, morally, spiritually, and financially now that they’ve returned home.

“Make a conscious effort to get the rest you need,” he said.

Palzer also urged them to talk with their families about their experiences.

“You may not be ready on day one, two or three; but it’s going to have to happen,” Palzer said.

The company suffered two losses during their deployment, both due to non-combat incidents. Staff Sgt. Steve M. Theobald and Spc. Jason Brown were remembered by their comrades and leadership during the Nov. 14 ceremony.

The troops will undertake the demobilization process through Camp Atterbury, before returning to their homes. ☒



Photo by Spc. Elisebet Freeburg 204th PAD

Col. Mark W. Palzer, commander, 143d Sustainment Command (Expeditionary) greet Spc. Christina Connors from the 287th Transportation Company Nov. 13 as she disembarks an airplane in Indianapolis after a nearly year-long deployment to Afghanistan.



Photo by Spc. Elisebet Freeburg 204th PAD

Col. Mark W. Palzer, commander, 143d Sustainment Command (Expeditionary) addresses troops from the 287th Transportation Company during a welcome home ceremony Nov. 14 at Camp Atterbury, Ind. The 287th TC Co. returned Nov. 13 after a nearly year-long deployment to Afghanistan.

## DID YOU KNOW?

The dollar savings to Soldiers for attraction tickets sold by Morale, Welfare and Recreation (MWR) is \$6,500,000. The Military Ticket Voucher Program provides discounted rates for servicemembers at attractions and lodging across the United States. You must book through a Morale, Welfare and Recreation office. For more information, visit [http://www.army.mil/cfc/telsure\\_travel.htm](http://www.army.mil/cfc/telsure_travel.htm). For more great benefits for veterans, visit <http://www.facebook.com/143dESC>.

# Home heating safety tips

Heating equipment is a leading cause of home fires during the fall and winter months. Two out of three reported home heating fires and associated deaths and injuries involved portable and fixed space heaters and related equipment, such as fireplaces and chimneys.

## Baseboard Heaters:

- Check baseboard heaters often and remove objects that have fallen on top or near the heater.
- Keep all furniture a safe distance from your heaters.
- Never block the flow of heat.
- Never permit electrical cords to drape across heaters.
- Always hire an experienced electrician to do any necessary repair work on your baseboard heaters.

## Portable Heaters:

- When shopping for portable heater, choose a model with:
  1. temperature controls,
  2. an automatic shut-off device,
  3. and a seal of approval from an independent testing laboratory, indicating that it has met

basic safety standards.

- Keep portable heaters three feet away from anything that can burn.
- Always place portable heaters on flat surfaces.
- Always turn the heater off when you leave the room or go to sleep.
- Avoid using household extension cords with portable heaters. If you must use an extension cord, make certain that it is a heavy-duty cord.



## Fireplaces and Woodstoves:

- Always use a fire screen to contain sparks.
- Never burn rubbish.
- Make certain anything flammable is kept a safe distance away from the fire.
- Never leave fires unattended, especially in areas used by children or pets.
- Clean out the ashes when cool and place in a metal container.

## Just in Case:

- If a fire occurs in your home, a working smoke alarm can save your life.
- Make certain smoke alarms are installed on every level of your home and outside every sleeping area. Test your smoke alarms monthly and change the batteries at least once a year.
- Everyone in your home should know what to do in the event of a fire. Plan and practice a home escape plan.
- Make sure everyone knows at least two ways out of every sleeping area. Decide upon a place outside the home where everyone will meet in the event of fire.
- Make certain everyone understands that once they have left a burning building they should never go back inside.
- Call 911 from a safe area.

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## What can CYSS do for you and your children?

Child, Youth & School Services has numerous programs available for military children ages 6 weeks to 18 years old like camps, youth activities, outreach programs, deployment resources, and much more.

“My boys Mac, 13, and Tabb, 12, actively participate in Army Reserve CYSS programs. They attended two summer camps at reduced and no cost, as well as sleep-overs at the Science Center and other events,” said Lt. Col.

Phyllis M. Evans, staff judge advocate, 143d Sustainment Command (Expeditionary). “In addition to the fun they had and the friends they made, they were able to connect with children who shared similar experiences and feelings with deployed parents. I could never get them to participate in counseling because they said it was ‘not cool’ and they were not going to talk about private things with strangers.

Without realizing it, they did in fact work

through many of the issues they deal with because of my military service, and they had fun doing it.”

For more information on CYSS and how it can help you and your children, contact Marta L. Feliciano, the Reserve CYSS community outreach specialist for Florida and Puerto Rico.

Marta L. Feliciano

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1-800-221-9401 ext. 1741