

ESC TODAY

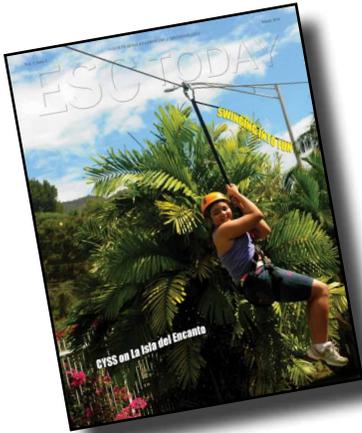
SWINGING INTO FUN

CYSS on La Isla del Encanto



March 2011

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<< On the Front Cover

The Child, Youth, and School Services, an Army Reserve family program, held its first ever Army Reserve Child and Youth Camp in the Commonwealth of Puerto Rico, February 18 to 20.

More than 90 children of Army Reserve Soldiers and family members from the 1st Mission Support Command headquartered in Fort Buchanan attended the three-day weekend camp located at Alberque Olimpico, a recreational park and sports-training complex for Olympic and professional athletes.

The event was coordinated by Marta Feliciano, a CYSS community outreach specialist for the 143d ESC.

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Photo by Staff Sgt. Rael Tirado, 204th Public Affairs Detachment

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ESC TODAY



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The Command Post

The coming months will require our continued active engagement while we prepare for annual training, mobilizations/demobilizations, readiness improvement, and Yellow Ribbon events, all while caring for our Soldiers and their families. To this end, it is our duty to improve our organization at all levels in preparation for tomorrow's challenges. As part of this we continue to shape our forces to enhance our Operational Command structure, and improve our readiness in all areas.

Shaping the Force entails putting the right people in the right jobs to lead and meet operational requirements. Education and qualification are key ingredients to making this work. We can no longer hope to remain relevant while mis-slotting our Soldiers at the junior and senior levels.

That means that we must make personnel moves to "right job" our people. You do not owe a favor by letting them sit in a job for which they are neither trained nor qualified. Soldiers must pursue the jobs for which they are qualified and pursue training for the jobs that they want to do. As always, the 143d ESC will lead the way by ensuring our Soldiers are properly placed and developed to meet the needs of the Army and support the Nation's Military Strategy.

Readiness is a key component of this Com-

mand's success. Whether it be MOS training, Professional Development training, Collective training, special requirements training, or Medical preparedness, we must continue to meet the requirements to ensure trained and ready formations. This month I want to talk about Medical readiness. We have some new tools that USARC is allowing us to test in order to gain better visibility of our medical readiness and how to improve it. Commanders at all levels must use them! We continuously take "ready" units to task with their inability to deploy complete due to medical readiness. Not only is this an indicator of poor readiness and hurt the unit's ability to perform, but it hurts the readiness of other units that must contribute medically ready Soldiers to the deploying unit. Additionally, it indicates Soldiers that are less than healthy. Continue to process Soldiers who cannot meet medical readiness standards and strengthen those who do. When Soldiers are found unable to meet medical standards, the process of separation can be lengthy at best. Do not let these challenges get in the way of the bigger picture, Sustaining the Force. The challenges of tomorrow will not subside and neither will our vigilance to prepare and meet them head on.

Lastly, I want to recognize we're heading into



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

the spring season and with that comes warmer weather and an increase in training events. Ensure your training is conducted safely and in accordance with the policies and regulations involved in your specific mission sets. Your adherence to these practices will sustain our readiness levels and continue to reinforce our capabilities.

Army Strong!

Sustaining Victory!

The Bottom Line

My challenge for noncommissioned officers this month is to test their NCO IQ. What do you know about your troops and what do they need to know? Recently, Army Reserve Command Sgt. Maj. Michael D. Schultz blogged that he has observed a change in focus over the years from the NCO corps: "... after 9/11, we have (the Army) gotten so good at deploying Soldiers, equipment and units, that we have gotten away from the 'Garrison Army.'" Schultz challenges the NCO corps to "get back to the basics" with a focus on getting back to the roots of leadership, knowing your Soldiers, and enforcing Army standards.

FM 21-20 is out and TR 3-22.20 is in. The promotion points system to E-5 and E-6 changes this year. Structured Self-Development (SSD) is mandatory for enlisted Soldiers. The Army Career

Tracker (ACT) will provide an effective way to monitor career development. Senior promotion boards are changing. Are you tracking this information?

The Army Reserve is continuously creating and revising tools for Soldiers and their families. Are you staying on top of these resources and ensuring your Soldiers know how to use them? Don't limit interaction with your troops to the monthly Battle Assembly training schedule and mandatory information dissemination.

What is your NCO IQ? If you were unaware of any of these changes, get aware. We lead from the front and take care of our troops. Ensure they reach their full potential not only as members of your unit, but as citizens... Warrior Citizens.

Army Strong!



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

REFLECTIONS BY THE CHAPLAIN: *CHANGE IS POSSIBLE!*

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

John L. Mason wrote: "When you refuse to change, you end up in chains." I have discovered an amazing trend the brief years that I have been living - EVERYTHING is changing around us daily. Seldom does anything remain the same.

There is an old song that says, "Everything must change, nothing stays the same... except rain falls from the clouds, the sun lights up the sky, and hummingbirds do fly."

Therefore, if everything is changing, it is imperative that we grow and change also or get left behind and end up in bondage to dead things.

Mason further wrote, "We should choose not to allow 'the way we've always done it' to cause us to miss opportunities God is providing for us TODAY."

Your past has passed, never to return. A residue of the pain may still linger on but do not allow yourself to be held hostage to the things of your past. Let go of YESTERDAY that you may live free TODAY.

Change is possible if your desire is strong enough. Do as the Apostle Paul declared, "Forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the mark."

God does not use your past to determine your

future. Make a positive change today and your life will be a little brighter tomorrow. ☒



Silver Scimitar trains Soldiers in essential tasks

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

FORT DEVENS, Mass. – The benefits of the Silver Scimitar exercise, held here at Fort Devens, Mass. from Feb. 11 to 24, are evident by the way the training exercise has brought together the core of the Army's Human Resources community to train HR Soldiers to deliver the best customer service for their client – the American Soldier.

Silver Scimitar covers the full range of Army Human Resources tasks, utilizing the top HR subject-

matter experts and the Soldiers who have done the job downrange to make sure that the administrative work is done competently and carefully.

The Army Reserve's 143d Expeditionary Sustainment Command takes the lead role in Silver Scimitar, which brings together four of the Army's Human Resources Centers from the Army Reserve, active Army and Army National Guard to simulate the HR job in a deployed environment, when efficiency and accuracy are vitally important.

Silver Scimitar has grown from an event staffed by a skeleton crew of Soldiers in 1993 to a training event involving nearly 1,000 Soldiers. The growth of Silver Scimitar is a testament to its usefulness for a war-fighting Army and has gained notice from the top echelons of the Army.

"The 1st Army recognizes this exercise as a validation event, to be acceptable for validation for deployment," said Col. Robert Kay, director of the 3rd Human Resources Center and also director of the Silver Scimitar exercise. "This exercise starts at ground level and goes through the collective tasks, culminating in an exercise that simulates what goes on in theater."

It takes hundreds of steps to deploy tens of thousands of Soldiers to Iraq and Afghanistan. Soldiers may be trained for battle at home, but the administrative mission follows the Soldier every step of the way.

"We bring in units that have

deployed or have just returned from deployment, and we bring in subject matter experts," said Kay.

See Training, pg. 5



Photos by Sgt. Jon Soles | 210th MPAD

Top: Spc. Michael Sharrits of Delphos, Ohio, gives a briefing to Soldiers in-processing at a simulated Theater Gateway here Feb. 18 at Fort Devens, Mass., during Silver Scimitar. **Bottom:** Soldiers stand in formation to await a troop movement in a simulated Theater Gateway at Fort Devens, Mass., Feb. 20, during Silver Scimitar. The Silver Scimitar is an exercise to train and rehearse the many jobs of the Army's Human Resources Soldiers. The 143rd ESC held the event.



Name: Mabel Sicilia
Rank: private first class
Unit: 196th Transportation Company
Job Title: motor transport operator
Hometown: Miami, Fla.

"I serve the Army to better myself and fight for the freedom which I and my family, just like all others, enjoy and to protect our nation."

WHY I SERVE:

Training, cont. >>

“It provides all the necessary tools for units and soldiers to perform deployed missions,” said Kay.

One of those subject-matter experts who have been deployed is Maj. Damian Cunningham, chief of theater operations at Silver Scimitar.

“I was previously part of Theater Gateway operations, chief of operations, so this is kind of near and dear to my heart,” said Cunningham, who is assigned to the 101st Human Resources Company at Fort Campbell, Ky.

Cunningham oversees a large conference room that is set up to look just like a reception area in Kuwait, complete with the rows of chairs and stations to process Soldiers arriving in theater. Role-playing Soldiers arrive in the theater gateway with their Common Access Cards (CAC) in hand. They are then ushered to rows of black office chairs, where they receive in-processing briefings about such rules as lock-down, hydration and battle buddy teams. The new rules Soldiers will live under while deployed are played out on two huge screens. It seems for a moment that a hot, sandy desert and rows of tents are outside, instead of the snow of the Massachusetts winter. That’s the point.

“We in the HR community consider this to be the NTC [National Training Center] for the Adjutant General Corps,” said Kay. “This exercise starts at ground level and goes through the collective tasks, culminating in an exercise that simulates what goes on in theater.”

No aspect of human resources is left untouched. Silver Scimitar includes Reception Staging Onward movement (RSO), Casualty Opera-

tions, Postal Operations, Planning/Operations, Personnel Accounting, Personnel Readiness, Personnel Information Management (PA/PR/PIM) and S1/G1 operations. Inclusion of S1/G1 operations, which includes finance and paperwork that covers Soldier awards, is a relatively recent part of Silver Scimitar.

“Kudos to Col. [Robert] Kay for bringing in S1/G1 operations,” said Col. Kenneth Powell of Brookhaven, Miss. “It was a natural growth of this exercise to bring in G1/S1 into this exercise.”

In a small metal-sided building, a mock Army Post Office is set up, with the same stations and staff as an APO in Iraq or Afghanistan. Soldiers process envelopes and boxes, inspect packages and correct incorrect labels. In order to inject added realism into the training, role-playing Soldiers attempt to mail contraband or leave unmarked boxes in the APO, but none are successful. At a wrapping station, two Soldiers re-wrap damaged packages, ensuring that important packages reach their destination downrange, or back home.

The commander and senior enlisted advisor from the 45th Sustainment Brigade of Fort Schafter, Hawaii, were also on hand to observe Postal Operations.

“What I learned is that 70 to 80 percent of my Human Resources Operations will be handling mail,” said Col. Dianna Robertson, commander of the 45th Sustainment Brigade.

“In garrison, it is mostly training, so we are trying to get a concept of what they actually do,” said Command Sgt. Maj. Roger Bynoe, a native of Boston, Mass.

The commander of the 143d



Photo by Sgt. Jon Soles | 210th MPAD

Maj. Damian Cunningham gives a class to officers and noncommissioned officers Feb. 18 during Silver Scimitar at Fort Devens, Mass. Cunningham serves as chief of Theater Gateway operations at Silver Scimitar.

ESC, Col. Mark Palzer, was also on hand to observe Silver Scimitar. Palzer, a native of Jackson, N.J., said he was impressed with the depth of the exercise, and the hands-on participation at every

positive impact on the health and welfare of all our Soldiers,” Palzer said.

Silver Scimitar couldn’t happen without a facility to provide the room, equipment, and barracks.



Photo by Spc. Francesca Stanchi | 372nd MPAD

Staff Sgt. Patricia Holloway of Vidalia, Ga., of the 461st Human Resource Center, participates Feb. 19 in postal training during Silver Scimitar.

level of leadership.

“To me, I am very impressed with it, and I want to make sure this continues,” Palzer said. “I want to make sure this is something all of our deploying Adjutant General units participate in.”

Palzer said the training highlighted the importance of Army Human Resources, which helps take care of Soldiers.

“What these guys do here has a

Col. Kay, the Silver Scimitar director, had praise for Fort Devens.

“Fort Devens has been very supportive,” said Kay. “It has been the most accommodating.”

Whether it’s an issue as simple as pay, moving a Soldier in and out of theater for Rest and Relaxation, or the right orders for awards and decorations, the human resources mission encompasses a large part of serving the American Soldier. 

CYSS holds first Army Reserve youth camp in Puerto Rico

■ BY STAFF SGT. RAUEL TIRADO
204th Public Affairs Detachment

ALBERQUE OLIMPICO, Puerto Rico – The Child, Youth, and School Services, an Army Reserve family program, held its first ever Army Reserve Child and Youth Camp in the Commonwealth of Puerto Rico, Feb. 18 to 20.

More than 90 children of Army Reserve Soldiers and family members from the 1st Mission Support Command headquartered in Fort Buchanan attended the three-day weekend camp located at Alberque Olimpico, a recreational park and sports-training complex for Olym-



Photo by Staff Sgt. Rael Tirado | 204th PAD

A child slips down a water slide at the Alberque Olimpico water park facility in Puerto Rico Feb. 19. More than 90 children attended a three-day weekend Child and Youth Camp for Army Reserve children, the first of its kind to be held in Puerto Rico.

pic and professional athletes.

For three days, the children were attended to by Alberque Olimpico's camp staff directors and had access to the complex's multiple gymnasiums, water park, and museum. Activities for the children included rock climbing, miniature

golf, military displays, and night time bonfire.

On the first day of camp, parents began to arrive in the early afternoon to register their children. The children were to spend a weekend away from home, and, for many, it was their first time away from their parents. As parents left, the children took very little time to get acquainted with each other. The camp staff had a full itinerary of scheduled activities. They began the afternoon playing basketball, volleyball and other games in the gymnasium. Camp staff also taught basketball dribbling and shooting skills, and for some young children it was their first time playing basketball.

On the second day, the children were divided in the morning into three groups and rotated through three events. The first group was treated to a tour of the Puerto Rican Sports Museum with displays showcasing Olympic athletics and the history behind Alberque Olimpico.

The second group was able to try out their golf skills on an 18 hole miniature-golf course. The third group challenged themselves in conquering new heights at the rock climbing tower. Under the safety supervision of the camp staff, children strapped into safety harnesses and helmets, and then climbed about 50 feet to a pedestal on the rock tower. From the pedestal, the children repelled from the tower and slid down a 200 foot zip-cable line. For many children, the rock climbing appeared to be one of their favorite highlights of the weekend.

After each group went through the events, the camp staff gathered



Photo by Staff Sgt. Rael Tirado | 204th PAD

Sgt. Lillian Ramirez, 1st Mission Support Command, teaches children how to salute during the first Child and Youth Camp to be held by Child, Youth, and School Services (CYSS) in Puerto Rico for children of reservists.

everyone together to finish the morning in the giant wave pool and water park. Children spent time swimming in the wave pool, and then enjoyed a game of tug-of-war and tube racing. Later, they were able to utilize the water park and enjoy sliding down the waterslides.

In the afternoon, the children were paid a visit by Lucy Arce, Puerto Rican Senator and Veterans Affairs committee chairwoman. She took time to talk with the children, as well thanking the volunteers and coordinators of the camp.

See Camp, pg. 7



Courtesy Photo

Marta Feliciano, a Child, Youth, and School Services community outreach specialist for the 143d Sustainment Command (Expeditionary) in Orlando, Fla.; hands a boy his certificate Feb. 20, the final day of the first Army Reserve Child and Youth Camp to be held in Puerto Rico. Feliciano, whose responsibilities extend through Florida and Puerto Rico, coordinated the event.

DID YOU KNOW?

The U.S. Department of Veteran Affairs reported in 2010 a decrease in homeless veterans by approximately 18 percent. The VA has established a free, confidential, 24/7 national call center to support homeless veterans or those at risk for homelessness. For more information, visit <http://www.va.gov/HOMELESS/NationalCallCenter.asp>.

For more photos, visit

<http://www.facebook.com/143DESC>.

Camp, cont. >>

“This event is special and important to the children and family members of the Soldiers here in Puerto Rico,” said Arce. “The camp allows them to see that there are Army family programs here to support them when either mothers or fathers are deployed, and to be proud of their service.”



Photo by Staff Sgt. Rael Tirado | 204th PAD

Col. Fred Guzman, 143d Sustainment Command (Expeditionary) command executive officer, poses with a camper after she receives her certificate on the camp's final day.

“The camp lets them have fun and meet other children who may experience the same challenges with deployments,” said Arce. “I would like to see this event continue and grow.”

Marta Feliciano, a CYSS community outreach specialist for the 143d Sustainment Command

(Expeditionary) in Orlando, Fla., was the event coordinator. She first started planning this event more than two years ago after similar successful youth camps occurred in Florida for Army Reserve families. Her areas of responsibility cover Florida and Puerto Rico.

“What makes this event unique is that it's the first ever CYSS youth camp to be held in Puerto Rico for Army Reserve families,” said Feliciano.

“We must remember that Puerto Rico is home for many Army Reserve Soldiers and family members that can benefit from the services offered by CYSS,” said Feliciano.

Feliciano credits the 1st MSC for having a strong family readiness group network in Puerto Rico and plans to have another youth camp in the future. Puerto Rico has over 3,600 Army reservists that fall under the 1st MSC.

“This event would not have been possible without the help and support of the 1st MSC Family Program Group,” said Feliciano. “1st MSC family program members reached out to Soldiers and family member, and within a few days after the start of online registration over 100 children had registered.”

“This is breakthrough for us,” said Elsa Cortes, 1st MSC family program director. “I was a volunteer before I became director,



Photo by Staff Sgt. Rael Tirado | 204th PAD

A camper “camouflages” himself with face paint at the first CYSS youth camp to be held in Puerto Rico for children of Army reservists.

and we wanted to do this event for some time.”

“Many children don't understand what Mom and Dad do in the military, and this camp allows us this share with them at their level,” said Cortes.

Among other activities in the afternoon on the second day, the 1st MSC had several Soldiers set up a round table and man displays that included eating Meals Ready to Eat pouches, and trying on camouflage painting. Sgt. Lillian Ramirez, from the 1st MSC led children through drill and ceremony techniques.

Military and Family Life Consultant Program had a round table with a licensed therapist to share with the children the impact of deployments and stress on the

families. Children were able to view a slideshow on resiliency in coping with deployments.

“When family members are deployed, this camp lets children know that they are part of a bigger family, which is the 1st MSC,” says Col. Alfredo Gerena, chief of staff for the 1st MSC.

Gerena knows many children don't understand why their Mom or Dad is gone for a year or more. Bringing them together for fun activities at the camp for a few days allows the children to get to know each other and allows them to share how they feel.

“We want the children to know that we are here to support,” said Gerena.

See Camp, pg. 8

Soldier Spotlight:



Name: Rebecca DeBerry

Rank: private 2nd class

Unit: 849th Quartermaster Company

Job Title: automated logistics specialist

Hometown: Roanoke Rapids, N.C.

“Within the Army, my job involves receiving, storing, issuing,

and maintaining inventory of supplies and equipment. Soldiers of the 92A MOS (automated logistics specialist) play a vital role in supplying the war fighter and maintaining total mission readiness.

In my free time I like to spend time and go on walks with my puppy, Claire, and to movies with

my husband. He is also in the military, so we spend time doing PT (physical training) together as well.

My future plans include continuing my education to attain a Bachelor's degree in science, increasing my PT score, and to work toward becoming a warrant officer as a rotary wing aviator.”



Photo by Staff Sgt. Rael Tirado | 204th PAD

Boys float on inflatable tubes in the wave pool at the Alberque Olimpico water park facility in Puerto Rico Feb. 19. More than 90 children attended a three-day weekend Child and Youth Camp for Army Reserve children, the first of its kind to be held in Puerto Rico. Marta Feliciano, a CYSS community outreach specialist for the 143d Sustainment Command (Expeditionary) in Orlando, Fla., was the event coordinator.

Camp, cont. >>

“If a child has any problem, they can look to the 1st MSC as a family and not as someone they don’t know,” said Gerena. “That’s our command goal.”

Not to be forgotten, the 1st MSC family programs reached out to family members who have lost a loved one. Spc. Juan Carlos Luna-Lopez suffered a heart attack while training for deployment on April 5, 2009, at Fort Dix, N.J. Surviving

family members are wife Janet Rios and son Carlos Luna-Rios.

Ivelisse Garcia, CYSS community outreach program specialist for the 1st MSC, contacted the Rios family to inform them 4-year-old Carlos was invited to attend the youth camp.

“When I first heard about the camp, I knew it would be a great opportunity for Carlos to have fun and meet other military children,” said Rios. “Everyone here was so kind, generous, and thoughtful. It was truly an excellent experience for him at the camp.”

On the last day, there was a final ceremony in which Col. Fred Guzman, command executive officer for the 143d ESC, presented each of the children with a certificate. He spoke with the children, thanking them for attending the camp and thanking the volunteers as well.

As the weekend unfolded, many of the children formed new friendships. Some began to exchange email addresses, and in the era of Facebook, many of them promised to “friend request” each other.

After a short survey completed by the children at the end of camp, Feliciano said, “They want more



Photo by Staff Sgt. Rael Tirado | 204th PAD

Campers play in the wave pool at the Alberque Olimpico water park facility in Puerto Rico Feb. 19. More than 90 children attended a three-day weekend Child and Youth Camp for Army Reserve children.

time in the wave pool and to play basketball. I think we can work on that in the future.”

A plan for a second camp in Puerto Rico has already started. CYSS youth camps are held throughout the United States, and camps are free of charge to Army Reserve family members. Other CYSS programs available include child care

solutions, school support services, unit and command support, and community based partnerships.

For more information on Army Reserve CYSS programs, visit the web site www.arfp.org/cyss. To contact the 143d CYSS community outreach specialist, Marta Feliciano, 1-800 221-9401 ext. 1741 or email marta.feliciano@usar.army.



Photo by Staff Sgt. Rael Tirado | 204th PAD

A girl clings to hand holds while pulling herself up a fabricated rock climbing wall. More than 90 children attended the first Child and Youth Camp for Army Reserve children to be held in Puerto Rico Feb. 18 to 20.

Name: James Jackson
Rank: staff sergeant
Unit: 658th Quartermaster Company
Job Title: automated logistics specialist
Hometown: Aberdeen, Miss.



WHY I SERVE:

“I serve in the United States Army Reserve because of the experience. The Army is the best way to train in a

demanding job and situation. The experience you receive in the Army can be very beneficial for a long time.

I also serve because of the many opportunities that are afforded. The military gives you opportunities to improve your current situation if it is not satisfying to you. A benefit to serving is the friendships that I made over the years.

I believe that with the knowledge that I have received throughout my military career, it is enough to supply a young Soldier with all the influence and motivation that he or she deserves to fulfill a long and prosperous career. I have sustained a lifelong commitment to serving for 21 years now.”

498TH TC: THE NEW TRAINING HUB



Specialists Brandon Swiger and Joseph Thomas, Soldiers and Mechanics of the new 498th Transportation Company maintenance training hub in Mobile, Ala., are repairing an M1038 HMMWV (Humvee).

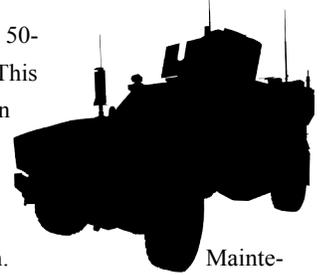


Sgt. Jim Orunmbe, heavy equipment operator for the 498th Transportation Company, checks the steering shaft on one of the Palletized Load System (PLS) vehicles. The 498th TC was chosen to become a centralized maintenance training facility for units within a 50-mile radius.



Sgt. Dain Crawford, a mechanic for the 498th Transportation Company, completes paperwork for the unit to complete its Annual Drivers Training. The 498th TC, based out of Mobile, Ala., was chosen to function as a centralized maintenance training facility for units within a 50-mile radius.

units within a 50-mile radius. This new formation of a hub will not involve the line units of 498th.



Maintenance training is focused on getting mechanics trained on diagnostic equipment and good trouble-shooting techniques.

“Anyone can change a [vehicle] part,” said Williams.

We have to ensure our mechanics are technically and tactically proficient, said Williams. The U.S. military is changing drastically with downsizing and cut backs, and more units are becoming self-sufficient, which means our maintenance sections need to be on top of their game, he said. ☒

Sgt. 1st Class Samuel Williams, 498th TC senior mechanic; Spc. Julie Waldroup, 498th TC unit public affairs representative; and Spc. Tiki Moye, 498th TC UPAR, contributed to this story and photos.

Soldier Spotlight:



Name: Nedra Maryland
Rank: sergeant 1st class
Unit: 849th Quartermaster Company
Job Title: automated logistics specialist
Hometown: Bunkie, La.

“I have served in the Army for 24 years, split between active and reserve. Within the 849th I am the platoon sergeant for A3; I am assigned 19 Soldiers. My responsibilities include coordinating status updates from the squad leaders in the platoon regarding supplies, equipment, etc. I

also convey the leader’s orders to the rest of the Soldiers, and make sure all orders are followed. I am also in charge of the discipline of the Soldiers, ensuring that they follow proper orders and protocols in all situations. Also, as a platoon sergeant I am responsible for the health and well-being of the Soldiers under my command.

In my free time I enjoy spending time with my husband of six years, and my 13-month old son. Also, in my free time I volunteer at my church; I am apart of the Emergency Assistance Program. I work at the U.S. Postal Service in Rocky Mount, N.C., and I love my job. I recently moved to a new shift, which gives me the opportunity to spend more time with my family, which is a blessing for me.

My future plans involve retiring from the Army Reserve in a couple of months, spending lots of time with my family and becoming more active within my church and my community. I have enjoyed all the opportunities the Army has presented me. I am grateful to have served with the best nation ever. LEAD BY EXAMPLE, LEAD FROM THE FRONT, NOT THE REAR.”



WHY I SERVE:

Name: Kurtis Palata
Rank: specialist
Unit: 196th Transportation Company
Job Title: wheeled vehicle mechanic
Hometown: Orlando, Fla.

“I serve because I’ve always wanted to do something different with my life. I also believe in service and giving back to my country.”

Training simulates, prepares for overseas mission

■ BY SPC. FRANCESCA STANCHI
372nd Mobile Public Affairs Detachment

FORT DEVENS, Mass.-- Getting Human Resource companies (HRCs) prepared for deployment involves more than just knowing their job; and training missions like Silver Scimitar prepare these Soldiers to know what to expect from the time they step off the plane until they arrive at their permanent duty station to perform their duties.

Getting a project this size

underway includes buildings for training, quarters for Soldiers, finding subject matter experts, lesson plans, training schedules, coordinating communication, and incorporating a master scenario events list (MSEL) for the Soldiers to experience real-life training in a controlled environment.

Organizing the different aspects to make the training mission successful involves many different elements. Each element of the HRC

—postal teams, planning and operations, casualty liaison teams, and Reception Staging Onward Movement (RSO), which incorporates the personnel accounting teams (PA), personnel readiness management teams (PRM), and personnel information management teams (PIM)—have certain requirements that need to be addressed. The key was to first figure out who would be involved in the exercise, how many buildings would be needed, what capabilities the buildings had, and to provide computers, programs, telephones, and other instructional aids required for each individual element involved.

“We had to decide what those divisions needed in order to satisfy all the requirements, so having done that before here at Fort Devens, we



Photos by Spc. Francesca Stanchi | 372nd MPAD

Spc. George Sinkler of Raleigh, N.C., gives briefings to Soldiers in-processing Feb. 19 at a simulated theater gateway at Fort Devens, Mass., during Silver Scimitar. “It [training] is very helpful, it helps prepare me to get confident in what I’ll be doing overseas and provides me with leadership capabilities,” said Sinkler.

knew what the buildings were like and what was available, so it was just a matter of coordinating who was going to go where,” said Chief Warrant Officer 5 James Buchanan from Indianapolis, Ind., assigned to the 8th Human Resource Sustainment Center (HRSC) in Hawaii.

The setup here at Fort Devens



Photos by Spc. Francesca Stanchi | 372nd MPAD

Col. Mark Palzer (second from left) observes Army Post Office packaging operations in a mock Army Post Office set up as part of Silver Scimitar Feb. 19 at Fort Devens, Mass. Palzer, of Jackson, N.J., is the commander of the 143d Sustainment Command (Expeditionary).

is designed to walk the Soldier through the theater gateway, prepared to give mission briefings, arrange troop movements, organize postal platoons and experience hands-on mission scenarios they can encounter downrange.

Putting together a network to communicate MESLs from one cell to another takes time and lots of planning to make things work smoothly, so when the training mission begins all the computer needs are in place.

“First of all I find out what the site capabilities are, and then I also find out what the participant requirements are, and then that’s when I pull together a network plan,” said Chief Warrant Officer 4 Paul Young, from Brookhaven, Miss., assigned with the 3rd HRSC based in Jackson, Miss. “I also need to know what software requirements are, and then be able to get to the Internet, so Soldiers can do their web-based training. Then I have to pull together a signal team to put the network up, so it’s a lot of months of coordination.”

“It’s a huge exercise and takes a lot of planning,” said Buchanan. “It takes us all to put it together; we are definitely one big team.” ☒

WHY I SERVE:

Name: Tywanda Davis

Rank: specialist

Unit: 849th Quartermaster

Company

Job Title: automated logistics specialist

Hometown: Henderson, N.C.

“I was active Army two years and eight months. I had the privilege of deploying to Iraq for Operation Iraqi Freedom. I

was honorably discharged in June 2004. Around August 2009, I was sitting at home, and I started thinking about how I miss the Army life, the structure, the professionalism of Soldiers, meeting new people, traveling, and just being a part of a great organization that is the reason we are a free country.

So, I decided to join the Army Reserve on December 22, 2009. I am currently drilling in Rocky Mount with the 849th QM Co. I enjoy putting on my uniform and going to Battle Assemblé, because I know that I can make a difference in Soldiers lives, and when they see their squad leader performing to standard and in some cases exceeding the standards, that motivates them. I have a great mentor with in the 849th, which is Master Sgt. Campbell. Master Sergeant is professional, outgoing, motivated, determined, and always makes sure Soldiers are ready for success.

So I serve because I want to be apart of a great organization (team) that stands for freedom. I serve because I know I am making a difference in not only my life but Soldier’s lives as well. I serve because I know that I will soon be in the Noncommissioned Officer ranks (NCO), a time honored corps, which is known as ‘The Backbone of the Army.’”



Soldier Spotlight:



Name: Cassondra Chandler

Rank: sergeant

Unit: 658th Quartermaster Company

Job Title: automated logistics specialist

Hometown: West Point, Miss.

“I am a noncommissioned officer, a leader of Soldiers. My two basic responsibilities will always be uppermost in my mind--accomplishment of my mission and the welfare of my Soldiers. All Soldiers are entitled to outstanding leadership; I will provide that leadership.

Within the 15 years of my military career, I served one tour in Balad, Iraq (2009-2010). Some of the duties I performed there were equal opportunity leader (EOL), unit prevention leader (UPL), and an administrative NCO for one of the largest warehouses in theater.

I am a single mother of two boys, ages 2 and 13. In my spare time, I enjoy spending time with my boys whether it's out enjoying a movie or enjoying their company at home. I collect basketball NBA cards, and I enjoy traveling, shopping, and attending football games.

I have future plans of completing my degree in Nursing at Mississippi University for Women (MUW) and submitting a packet to become the next highly motivated warrant officer in the United States Army.”

WHY I SERVE:

Name: Denise D. Williams

Rank: specialist

Unit: 196th Transportation Company

Job Title: human resources specialist

Hometown: Lake Placid, Fla.

“I am dedicated to protecting my family and this country from the forces that are evil. We need to protect our freedom. I have a sense of pride and bond with the other Soldiers. The Army continues to challenge and pushes us beyond our comfort zone. May God continue to bless us.”



DID YOU KNOW?

Transitions Championship, an official PGA tour event, is providing free admission to active, Reserve, National Guard and retired military and their dependents March 17 to 20 at Innisbrook, a Salamander Golf and Spa Resort. Complimentary tickets are available online with promo code - [PGAUSA](#). Everyone, including dependents, must provide a valid Common Access Card or retired ID card at the gate along with the ticket. All children age 12 and under are admitted free each day. Anyone with a military ID can purchase up to 6 Good-Any-One-Day tickets at half price, for \$15 each. Tickets are available online by using promo code - [Military](#). Visit www.TransitionsChampionship.com to redeem.

Congratulations to the 210th MPAD!

Stats:

They rocked it at the 2010 Brumfield Excellence in Journalism Competition!

- Sgt. 1st Class Mark Burrell received Journalist of the Year in the U.S. Army Reserve for the 2nd consecutive year.
- The 210th MPAD placed in 12 out of 33 overall categories (36 percent).
- The 210th MPAD received 19 out of 76 possible places/awards (25 percent).
- Nine 1st place awards
- Six 2nd place awards
- Three 3rd place awards
- One honorable mention
- Five of the 210th MPAD's seven eligible journalists were recognized (71 percent).

The top placers of the 210th Mobile Public Affairs Detachment will compete in the Keith L. Ware competition against active duty and National Guard public affairs journalists. **Continue to pg. 11 to see photos from 210th MPAD journalists taken on missions during their current deployment to Afghanistan!**

Around the ESC



Photo by Staff Sgt. Ryan C. Matson | 210th MPAD

U.S. Air Force Tech. Sgt. Eric Dubois, a joint terminal attack controller from Peoria, Ill., with the 169th Air Support Operations Squadron, talks on the radio while soldiers from Company A, 1st Battalion, 133rd Infantry Regiment, watch the surrounding area in the village of Shebatkyl, Afghanistan, Feb. 3. The last time the soldiers of Company A attempted to enter Shebatkyl, they fought through an ambush of enemy forces firing machine guns and rocket-propelled grenades from multiple directions on the surrounding mountains. This time, the soldiers were able to enter the village, conduct a lengthy key leader engagement with village elders which focused on working with the coalition to secure the town from insurgents operating in the Sygal valley, and even drank chai tea with the people. First Bn., 133rd Inf. Regt., Task Force Ironman, is a part of the 2nd Brigade Combat Team, 34th Infantry Division, TF Red Bulls, and the Iowa National Guard.

Photography by 210th MPAD journalists:



Photo by Staff Sgt. Andrew Guffey | 210th MPAD

(From left) Maj. Eid Khan, Afghan uniformed police, U.S. Army Capt. Chris Smith, Company C., 1st Battalion, 26th Infantry Regiment, 3rd Brigade Combat Team, 1st Infantry Division commander from Spokane, Wash., and Afghan border police Col. Gul, watch as Gorbuz District Gov. Mohammed Akbar Zadram cuts the ribbon during a ceremony signifying the start of the Bowri Tana bypass project at Combat Outpost Bowri Tana, Feb. 20.



Photo by Sgt. 1st Class Mark Burrell | 210th MPAD

San Antonio native, U.S. Army Sgt. 1st Class Harry E. Wetz, a platoon sergeant assigned to Troop D, 1st Squadron, 32nd Cavalry Regiment, Task Force Bandit, uses his radio to communicate with his Soldiers preparing supplies for a sling load on Forward Operating Base Bostick in eastern Afghanistan's Kunar Province, Feb. 6. This deployment is Wetz's first time working with sling load operations.



Photo by Sgt. Cooper Cash | 210th MPAD

Soldiers assigned to Company D, 2nd Battalion, 30th Infantry Regiment, 4th Brigade Combat Team, 10th Mountain Division and Afghan National Army troops move between villages in Kharwar District to prevent the enemy freedom of movement, Feb. 12.

You can view the 210th MPAD's award-winning print and broadcast journalism at <http://www.dvidshub.net/units/210MPAD>.

Around the ESC



Photo by Spc. Mara Knox | 410 QM Det.

Soldiers from the 410th Quartermaster Detachment in Jacksonville, Fla., ensure that a collapsible water tank is properly packed in preparation for a water supply mission. Water supply units like the 410th QM Det. are indispensable on the battle field.

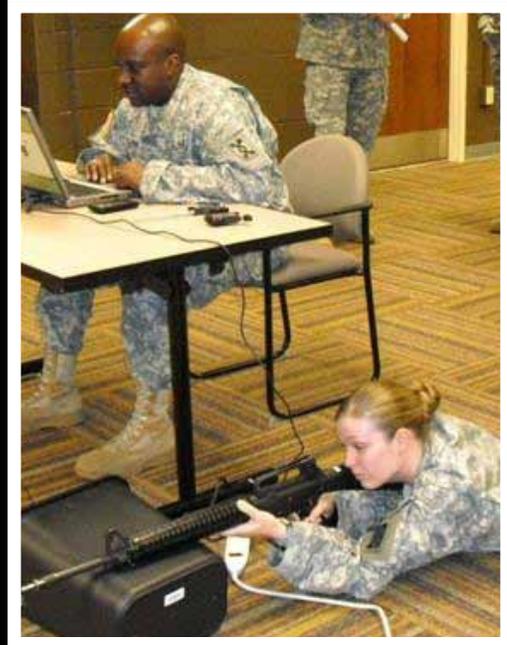


Photo by Maj. Bill Keltner | 469th FMC

Sgt. 1st Class Troy Tillman, of the 469th Financial Management Center out of New Orleans, La., coaches Staff Sgt. Raimer during her practice with the Engagement Skills Trainer 2000 during the unit's February battle assembly. Without actually firing a shot, EST 2000 allows for simulated firing on a live-fire range to further hone basic marksmanship skills.



Photo by Claude Whitney | 143d ESC

Leigh Coulter, 207th Regional Support Group safety specialist, instructs additional duty safety officers at the semi-annual Additional Duty Safety Course hosted by the 143d ESC safety office. Thirty ADSOs for RSG, brigade, and battalion level attended the training. Training was focused on the 143d ESC Command Safety Program with an emphasis on composite risk management.

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

Around the ESC



Photo by Spc. Aaron Ellerman | 143d ESC

Spc. Alex Nieves, 143d Sustainment Command (Expeditionary), prepares to "shoot" at simulated targets using the Engagement Skills Trainer 2000 during the 143d ESC's Headquarters and Headquarters Company level of the 2011 Best Warrior Competition, held Feb. 5 and 6 at the 1st Lt. David R. Wilson Armed Forces Reserve Center in Orlando, Fla. Similar to a video game, the EST 2000 facilitates weapons training for Soldiers without an actual range.



Photo by Pfc. Ronald Fenner | 362nd QM BN

Pfc. William Winfield role-plays as a casualty as Spc. Kimberly Hardy conducts warrior task training on evaluating a casualty during their battle assembly Feb. 12 to 13 in Kinston, N.C. Both Soldiers are from the 362nd Quartermaster Battalion.



Courtesy Photo

Master Sgt. Scott Ferry, 1st Lt. Charles Day, and other members of the 332nd Transportation Company Battalion out of Tampa, Fla., have been recognized as the only battalion with a 100 percent pass rate on the U.S. Army Reserve Command physical security inspections.

Around the ESC



Photo by Sgt. Ellisebet Freiburg | 143d ESC

Purple Heart recipient Sgt. Wileen Footman, 912th Human Resources Company, carries her daughter and poses with family and friends for a photo after arriving back in Florida at Orlando International Airport Feb. 20. Footman was wounded during a rocket attack at Kandahar Airfield, Afghanistan, June 2010.



Photo by Maj. Bill Keltner | 469th FMC

Staff Sgt. King of the 469th Financial Management Center out of New Orleans, La., prepares a display in celebration of Black History Month during the 469th's February battle assembly. During their BA, the unit also prepared for upcoming weapons qualification, conducted deployment disbursement training, and received an organizational inspection program (OIP) by members of the 143d ESC.

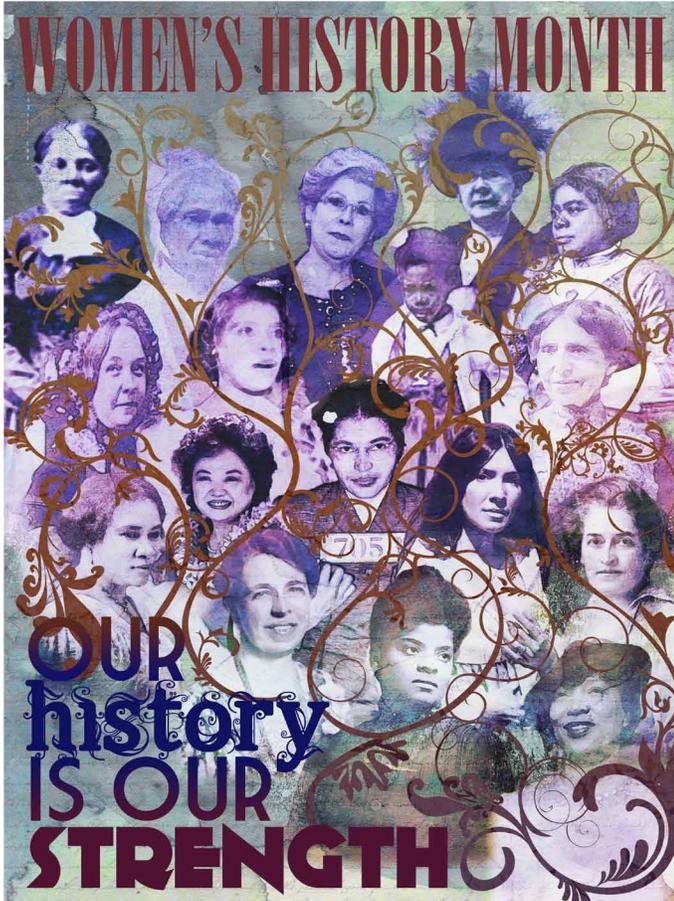


Photo by Claude Whitney | 143d ESC

Col. Fred Guzman, 143d Sustainment Command (Expeditionary) command executive officer, presents Carl Williams, 642nd Regional Support Group safety specialist, the 143d ESC FY2010 Individual Safety Award for Civilian Safety Specialist. Williams was awarded for his excellent contributions in making the 642nd RSG Safety Program one of the best in the Army Reserve.



Army Safety Gram



11-09

02 March 2011

Driven To Distraction

When you drive a motor vehicle, you should give this task 100 percent of your attention. It is amazing how many drivers don't. They find other activities to keep them entertained and challenged as they try to pilot a ton of steel down a busy highway. Sometimes the result is tragic. Serious traffic accidents have occurred because the drivers were momentarily distracted and took their attention off their driving.

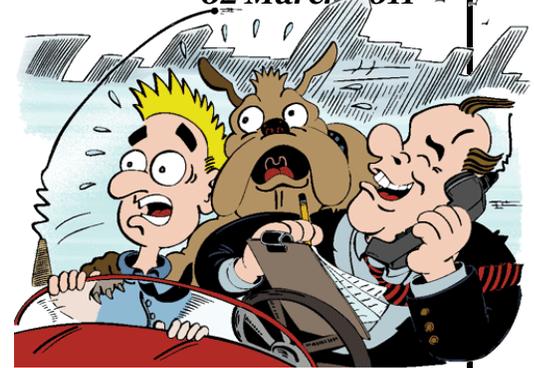
Here are some typical distractions behind the wheel. Do any of them sound familiar?

- ◆ Trying to find a radio station or selections on your tape player.
- ◆ Fishing around in the glove compartment for something.
- ◆ Combing your hair, checking makeup in a mirror or even shaving.
- ◆ Drinking coffee, trying not to spill coffee, cleaning up spilled coffee.
- ◆ Trying to hold a hamburger together while you eat it and keep the ketchup off your shirt.
- ◆ Lighting a cigarette, fumbling for the dropped lighter or ember.
- ◆ Reading a map.
- ◆ Looking for an address.
- ◆ Dialing a cellular phone or engaging in an in depth conversation with someone in the vehicle.
- ◆ Disciplining restless children in the car, or feeding them snacks.
- ◆ Dodging a bee in the vehicle.
- ◆ Staring in amazement at other drivers doing these things.

Here are some reminders for driving safely without distractions:

Certainly people today are rushed, and many have become accomplished at doing other things while driving. However, driving and trying to do other tasks decreases the safety of the driver and passengers, because you do not have as much control of the vehicle and you cannot drive defensively – anticipating other drivers' actions.

- ◆ Make sure you, and the workers you supervise, use cell phones safely. The safest thing is to make your calls before you set out. If you receive a cell phone call while you are driving, let the caller leave a message, pull over, and call that person back. Reinforce this safety policy by issuing regular reminders and by setting a good example.
- ◆ Consider how your children might be observing your unsafe habits and thinking of them as something normal that everyone does. If you don't want your children jabbering away on cell phones while they are driving, don't let them see you doing it, ever.
- ◆ Be aware that using a hands-free, voice-activated cell phone can still distract you.
- ◆ A safe driver also stops before checking maps and addresses, looking at paperwork, and dealing with similar distractions.
- ◆ Even eating, drinking, fiddling with the radio or vehicle sound system, adjusting heaters and digging items out of the glove box while driving have caused vehicle crashes.
- ◆ Arguments or stressful conversations with passengers can also divert the driver's attention from the road. We know better than to drive while under the influence of alcohol or drugs, but fatigue, stress and strong emotions such as anger can also impair the ability to drive safely.



So, think twice about driver distractions. If you have to do something that requires your attention, then pull over. Safe driving takes all of your concentration!

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