

ESC TODAY

Remembering the fallen | 5

Operation Giveback | 6





<< On the Front Cover

Soldiers from the 143d Sustainment Command (Expeditionary) serve as a color guard at a Memorial Day ceremony May 30 in downtown Orlando, Fla., to honor the fallen.

5

Inside This Issue >>

Messages from the top.....	3
Remembering the fallen.....	5
Operation Giveback kicks off.....	6
Retirees gave more than 125 years.....	7
Resiliency, deployment and a change of command.....	8
New commander takes charge of 849th.....	9
Around the ESC.....	10
Hurricane preparation.....	11

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

editorial content of this publication is the responsibility of the 143d Sustainment Command (Expeditionary) public affairs officer. This publication is written, edited, and published by the public affairs office of the 143d ESC, 9500 Armed Forces Reserve Dr., Orlando, Fla. 32827. Submit comments to: john.adams16@usar.army.mil or call 800-221-9401 ext. 1132. Send editorial and photographic submissions to: john.adams16@usar.army.mil.

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

Command Executive Officer
143d ESC
Mr. Fred Guzman

Command Sergeant Major
143d ESC
Command Sgt. Maj. James Weaver

Public Affairs Officer/Editor
143d ESC
Maj. John Adams

CONTRIBUTORS:

Lt. Col. Brian Ray
143d ESC Chaplain

Maj. John Adams
143d ESC PAO

Maj. Mike McMahon
143d ESC historian

Sgt. Elisebet Freeburg
143d ESC

Sgt. Ian Morales
143d ESC

Spc. Joseph Tucker
849th QM Co. UPAR

LAYOUT & DESIGN:

Sgt. Elisebet Freeburg
143d ESC

WEB LINKS:

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

<http://www.dvidshub.net/units/143ESC>

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

<http://twitter.com/My143dESC>

The Command Post

Memorial Day has come and gone. Remembering those who served, those who continue to serve, and those who made the ultimate sacrifice for our nation is vital as much for their memory as our benefit. I cannot thank the Soldiers and civilians of the 143d ESC enough for your service, sacrifice, dedication, and professionalism that make us the best ESC in the Army Reserve. I sincerely hope all of you enjoyed a fun and safe weekend while celebrating and remembering our nation's finest.

While celebrations honoring those who serve are extremely important to us all, it is also important to continually improve ourselves in all areas. Specifically, I need you to work to develop your overall resilience and ability to cope with stresses. The most important person in this command is the individual Soldier. You cannot be successful in life, your career, or our mission if you are not prepared in all areas of individual readiness. Personally, you must be physically, mentally, morally, financially, and spiritually fit to best serve yourselves, your families, and your nation. The Army Reserve has developed a vast array of programs designed to help our Soldiers and their families in many categories. Two programs that I want to highlight this month are: the Employer Partnership (EP) and Comprehensive Soldier Fitness (CSF) programs. Each program will guide and assist you to achieve readiness levels vital to succeeding not only in the Army, but in life itself.

The CSF develops the "whole person," by giving the same emphasis to psychological, emotional, and mental strength that is often given to physical strength. The Army

is committed to a true prevention model, aimed at the entire force, not just people in the throes of crisis. The CSF assessment and training enhances resilience and coping skills, enabling Soldiers, family members and Army civilians to grow and thrive during this very demanding period of our Army. We must remove the stigma once placed on emotional or mental issues within your ranks and equip our Soldiers with tools to help them cope and succeed. In some ways suicide has become an acceptable method of coping or a "way out" among young people in America. Anyone who watches television or listens to the news can see this unnerving trend of young people taking their lives rather than addressing their problems. Suicide is a permanent solution to a temporary problem. Developing Soldiers and junior leaders with skill sets to curb and ultimately stop trends of this nature are vital for future success. One loss due to suicide is one too many. We must not only help Soldiers cope with problems but we must help them find solutions that will reduce the stressors in their lives.

The Employer Partnership of the Armed Forces is a key program to help reduce financial stresses on Reserve Component Soldiers. Maintaining financial resilience, a factor assessed in the CSF program, cannot be achieved without an income and many of our Soldiers are without just that. The EP program is partnering now with more than 1,000 employers who've listed 500,000 jobs with EP. More than 10,000 Soldiers, their families and veterans participate in the program. If you or one of your fellow Soldiers is in the job market, take a look into the EP program and see



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

what it can do for you. Follow this link for more information: <http://www.employerpartnership.org/>

Lastly, the 143d ESC is predominately stationed throughout the Southeastern portion of the United States. We are entering the hurricane season and with it I want to ask one question...what are you doing to prepare? When planning for the season, ask yourself how you will prepare your family, your unit and your home. Do not find yourself without a plan when the time comes to evacuate or seek shelter. Please see the last page of this month's ESC Today for tips on how to prepare.

Sustaining Victory!

Army Strong!

The Bottom Line

On June 14, 1775, Congress adopted "the American continental Army." Two hundred and thirty-six years later, the Army will celebrate its birthday this year by commemorating the Soldiers, families, civilians and veterans who make our Army great. Maybe you plan to attend a celebratory event like the Army birthday ball. Perhaps June 14 will be a typical day for you, as you go about your work schedule. Whatever your plans, remember this. We are "America's Army: The Strength of the Nation." The idea of Army Strong goes beyond being physically and mentally tough. Army Strong incorporates living the Army values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. It is the encompassment of these traits that makes our Soldiers the best in the world.

Another historical event occurred June 14 that must not be forgotten. Congress adopted Old Glory as the flag of the United States in what is known as the Flag Resolution of 1777. First established by a 1916 proclamation of President Woodrow Wilson, June 14 was officially designated as National Flag Day by President Harry S. Truman in 1949. Although not an official federal holiday, I encourage you to do your part to observe National Flag Day. Display the American flag at your home. Attend a parade or veterans gathering, or organize your own. Take the opportunity to gather family and fellow friends together. Show your patriotism this June 14 by honoring our colors and the Army's 236th birthday.

Army Strong!



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

REFLECTIONS BY THE CHAPLAIN- *CHANGE AND GROWTH: WHAT'S THE DIFFERENCE?*

■ BY LT. COL. BRIAN RAY
143d Sustainment Command (Expeditionary)
Command Chaplain

Soldiers of the 143d,

I pray that you and your loved ones are well! A Greek philosopher from the 5th century BC once said the following, "Nothing is permanent except change." Fellow Soldiers, truer words have never been spoken. Take these statements for example.

Just 100 years ago...

- The average life expectancy was 47! (Many of our junior NCOs would be middle aged!)
- More people lived in Alabama than California.
- The population of Las Vegas was 30!
- Only 14 percent of homes had a bathtub.
- Only eight percent of homes had a telephone.
- And a three-minute phone call from Denver to New York...cost \$11.

For many of you, 100 years

ago may be too long ago to fully comprehend, but consider the following. I completed my undergraduate degree 20 years ago...and guess what?

No cell phone! No e-mail! No Internet!

I know the very thought of living like that just made some of our younger Soldiers break out in a sweat.

I began this article by offering you an ancient quote that says "nothing is permanent expect change." Let me share another quote with you as well. It is an ancient Chinese quote that reads, "Change will happen....growth is optional."

Fellow Soldiers, what you choose to do with the personal and professional development that you've gained during your military experience is your decision, and your decision alone. Each of you should look at your military experience as a responsibility.... a responsibility to fulfill your potential. Each of

you has such promise. You have the promise to be the key leaders that we need in our squads, platoons, and companies...and more importantly your family.

Let me close with a few words of wisdom that I've picked up over the years. There is an anonymous quote that reads, "Life can't give me joy, and it can't give me peace. Life can only give me time and space. It is up to me to decide how to fill it." Soldiers of the 143d, I promise you that you are wise to have filled part of your life in service to your country! By deciding to fill part of your life interacting with the kind of Soldiers you serve with, you've made a choice that will pay tremendous dividends. A 19th century French writer wisely said, "One can acquire everything in solitude except character." Wow...the very thing that we should all seek to cultivate and strengthen...our CHARACTER. As Soldiers, you have strengthened, and will continue to strength-

en, your character as you interact with your brothers and sisters in arms!

And finally the words of Howard Thurman, a theologian and civil rights leader. Thurman said the following, "Don't ask what the world needs; ask what makes you come alive and GO DO IT! What the world needs is people who have come alive."

Fellow Soldiers, these words of wisdom capture many of the traditions of excellence that have been forged by those who have come before us. I am confident that you, the Soldiers of the 143d, will continue to build upon their great legacy by choosing to be the beacons of hope and freedom that we need so desperately in our world.

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

Click here for Chaplain Ray's monthly words of motivation: June 2011.



New voices in the ESC

■ BY MAJ. JOHN ADAMS
143d Sustainment Command (Expeditionary)
Public Affairs Officer

ORLANDO, Fla. – More than 70 Soldiers representing the 143d Sustainment Command (Expeditionary) arrived in Orlando, Fla. to receive training on everything public affairs May 11 to 13. Unit Public Affairs Representatives are liaisons or representatives that will perform duties similar to that of a public affairs office.

The instructing public affairs team consisted of PA professionals from across the ESC's four PA units and staff office. Leaders broke down the UPARs into four teams of about 18 Soldiers. The teams, representing 66 separate units, were then rotated through individual "break out" rooms until all Soldiers received training in the following subjects: UPAR overview, command information, crisis com-



Photo by Sgt. Ian Morales | 204th PAD/143d ESC

Col. Mark W. Palzer, commander, 143d ESC, presents a certificate of appreciation to Sgt. Adam Brown, unit public affairs representative, 591st TC Det., May 13 in Orlando, Fla., for Brown's contributions to the UPAR program.

munication, the Digital Video and Imagery Distribution System, writing media, interview preparation, news stories, a photography workshop, social media and community relations. The rotating workshops focused on intense training in a small-team environment.

Keynote speakers for the event included Col. Mark W. Palzer, commander of the 143d ESC; Maj. Jeff Weir, commander of the 209th Broadcast Operations Detachment, who recently returned from a successful public affairs mission to Iraq; and Sgt. Maj. Troy Falardeau, the senior enlisted Soldier for U.S. Army Reserve Command public affairs.

Several UPARs were recognized for showing early initiative in the program and received a challenge coin from Palzer. Two Soldiers, Staff Sgt. Christine K. Rogers, a UPAR from the 207th Regional Support Group out of Fort Jackson, S.C., and Sgt. Adam Brown, a UPAR from the 591st Transportation Company Detachment out of Chattanooga, Tenn., received certificates of appreciation for their achievements in the program. Both Rogers and Brown attended the 143d's first UPAR training event September 2010. ☒

ORANGE COUNTY REMEMBERS ITS FALLEN



Retired Col. Tom Walters, chairman of the Orange County Mayor's Veterans Advisory Council, and Command Sgt. Maj. Frank A. Grippe, the command sergeant major of the U.S. Central Command, listen May 30 as Orange County Mayor Teresa Jacobs addresses the audience on the importance of recognizing Memorial Day and those who serve, have served, continue to serve and those who have made the ultimate sacrifice. Jacobs also made an official proclamation to the audience and families of Cpl. Patrick D. Deans and 2nd Lt. Michael E. McGahan, before unveiling their names, engraved on the Orange County War Memorial in the courtyard of the Orlando courthouse.

Photo by Maj. John Adams | 143d ESC



Photo by Maj. John Adams | 143d ESC

Left to Right: The families of Medal of Honor recipient Staff Sgt. Robert J. Miller, Cpl. Patrick D. Deans and 2nd Lt. Michael E. McGahan listen to remarks from Orange County Mayor Teresa Jacobs during the Memorial Day ceremony honoring Deans and McGahan, the most recent fallen heroes from Orange County, May 30 in the courtyard of the Orlando courthouse.



Photo by Maj. John Adams | 143d ESC

Left to Right: The parents of Cpl. Patrick D. Deans, Robyn and Patrick M. Deans from Winter Garden, Fla., along with the grandmother of 2nd Lt. Michael E. McGahan, Katy McGahan from Orlando, Fla., watch as the engraved name of their fallen loved one is unveiled on the Orange County War Memorial May 30 in the courtyard of the Orlando courthouse.

BY MAJ. JOHN ADAMS
143d Sustainment Command (Expeditionary)
Public Affairs Officer

ORLANDO, Fla. – As the sun broke through cloudy skies and a gentle breeze rippled through flags of the honor guard, a crowd of more than one hundred and fifty observers assembled May 30 in the courtyard of the downtown Orlando courthouse to pay respect to the two new honorees of the Orange County War Memorial. Memorial Day ceremonies across the country kicked off Monday to honor those in the military, past and present, and especially those who made the ultimate sacrifice.

“It’s an honor to be here today and recognize two fallen heroes from the 101st Airborne Division and all those who have served in the armed forces,” said Command Sgt. Maj. Frank A. Grippe, United States Central Command. Grippe, who served as the 101st Airborne Division (Air Assault) command sergeant major from 2004 to 2006, honored Orange County’s fallen by serving as the guest speaker for the day’s event. The names of 2nd Lt. Michael E. McGahan of Orlando, Fla., and Cpl. Patrick D. Deans of Winter Garden, Fla., were officially unveiled on the county’s war memorial as the latest Soldiers from Orange County to

make the ultimate sacrifice while serving with the 101st Airborne Division (Air Assault) in Afghanistan.

The Orange County War memorial, dedicated to the county in 1997, displays the names of the county’s fallen heroes over the past two centuries.

“I cannot thank those here enough for paying respect to these brave and courageous heroes of Orange County,” said Orange County Mayor Teresa Jacobs. Jacobs also cited an official proclamation to the families of Deans and McGahan. Both families were in attendance.

The parents of Medal of Honor Recipient Staff Sgt. Robert Miller, Philip and Maureen Miller of Oviedo, Fla., were also in attendance. Deans served as a member of the team leader for Bravo Company, 2nd Battalion, 502nd Infantry, 101st Airborne Division (Air Assault). McGahan served as a platoon leader for 1st Brigade Special Troops Battalion, 1st Brigade Combat Team, 101st Airborne Division (Air Assault).

The Orange County Mayor’s Veterans Advisory Board, Orange County officials and the 143d Sustainment Command (Expeditionary) partner to ensure such events receive full military honors and support. ☒

OPERATION GIVEBACK OFF TO GREAT START

■ BY MAJ. JOHN J. ADAMS AND SGT. ELISEBET FREEBURG
143d Sustainment Command (Expeditionary)
Public Affairs Office

ORLANDO, Fla. – While the sun rose across the dawn sky, Operation Giveback Inaugural 5K/10K/Kids Run, Walk, Roll kicked off on the University of Central Florida’s Memory Mall field Saturday, May 14, as more than one thousand racers, vendors and other supporters cheered for nine wounded warriors, honored



Photo by Sgt. Elisebet Freeburg | 143d ESC

Command Sgt. Maj. Michael D. Schultz, command sergeant major, U.S. Army Reserve, encourages wounded warriors while they warm up May 14 in Orlando, Fla., before the first Operation Giveback Inaugural 5K/10K/ Kids Run, Walk, Roll. More than 900 participants raced in the event that benefited wounded warriors.



Photo by Sgt. Elisebet Freeburg | 143d ESC

Wounded warriors from across the U.S. lead the field of more than 900 runners and walkers through the start line at the first Operation Giveback Inaugural 5K/10K/ Kids Run, Walk, Roll May 14 in Orlando, Fla. Proceeds from this event will benefit wounded warriors and their families.

during the inaugural event.

Children, firefighters, police officers, veterans, reservists and many others ran on either the 5k or 10k course, proving their support for wounded warriors. The command sergeant major of the U.S. Army Reserve, Command Sgt. Maj. Michael D. Schultz, was one of these supporters.

“It’s just great to see our wounded warriors being supported by so many in the local community,” said Schultz. “As citizen warriors, we’re part of every community across America and to see these people show their support to our heroes is amazing.”

Proceeds from this event will support such organizations as Wounded Warrior Project, Iraq Star foundation and Building Homes for Heroes that create jobs, build homes and provide rehabilitative medical care for servicemembers. Operation Giveback, an organization created by veterans to increase awareness and resources for wounded warriors, raised more than \$50,000.

Before the races, the crowd gathered around, cheered and clapped in honor of the wounded warriors who stood or sat in front of the podium. A color guard presented the U.S. and Army flags, followed by the singing of the national anthem. Several keynote speakers, both military and local officials, addressed the gathering.

Sgt. Noé Santos Diloné, born in the Dominican Republic and raised in Brooklyn, N.Y., was one of the wounded warriors present. Diloné’s left leg was amputated after an improvised explosive device blast hit his vehicle in Iraq 2005.

“I’m excited and proud to be part of this event,” said Diloné, a current resident of Orlando, Fla. “I didn’t prepare much for the run, because I knew I’d take it easy due to my injuries.”

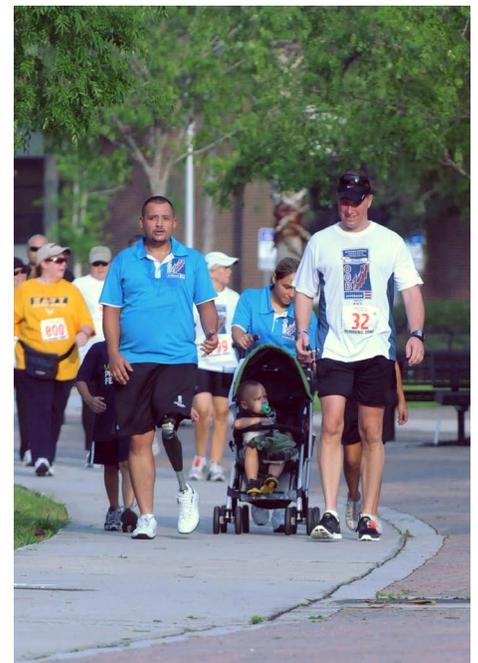


Photo by Maj. John Adams | 143d ESC

Staff Sgt. William Castillo, originally from Medellin, Columbia, and raised in Jackson Heights, N.Y., walks and talks with Command Sgt. Maj. Michael D. Schultz, command sergeant major, U.S. Army Reserve, during the first Operation Giveback Inaugural 5K/10K/ Kids Run, Walk, Roll May 14. After finishing his own 10k run, Schultz returned to the route to walk with Castillo to the finish line.

Following the 5k and 10k runs, children 10 yrs. old and under participated in a Kids Fun run. Home Depot brought crafts, games, a bounce house and other activities for children as well. Donations directly supported the WWP.

Operation Giveback proved a success by raising thousands of dollars for programs that support wounded warriors and raised awareness within the region about its existence, purpose and commitment to the American servicemember. The next scheduled race is May 2012 with a location yet to be determined. ☒

For more photos, visit <http://www.dvidshub.net/image/401728/orlando-welcomes-first-operation-giveback-wounded-warrior-run-walk-roll>

DID YOU KNOW?

The Central Florida Veterans Memorial Park will be constructed adjacent to the new Veterans Affairs medical center in Lake Nona, Fla. This memorial will honor approximately 1,100 veterans from central Florida counties who made the ultimate sacrifice. The CFVMP Foundation is accepting contributions to help fund this project. For more information, visit <http://www.cfvmfp.org/>.

Retirees gave 128 years in service

■ BY SGT. ELISEBET FREEBURG
143d Sustainment Command (Expeditionary)

ORLANDO, Fla.—The large auditorium was jammed with people, sitting in chairs and standing along the walls. Composed of civilian and military, family and friend, peer and pupil, the crowd was in attendance to honor, thank and wish farewell to four men who gave more than 125 years in service to the Army.

Colonels Andrew Barclay, John G. Barker, Edwin R. Marrero and Lt. Col. Timothy A. Lance officially retired from the U.S. Army Reserve during a ceremony May 15 at the 1st Lt. David R. Wilson Armed Forces Reserve Center.

Born in Philadelphia, Penn., and a current resident of Acton, Mass., Barclay served as the 143d Sustainment Command (Expeditionary) chief of staff during the command's 2009 deployment to Afghanistan.

Barclay began his military career after high school as an enlisted Marine before being transferred and commissioned into the Army as a second lieutenant in 1981.

Also commissioned in 1981, Barker, a Jacksonville, Fla., native, served on active duty until 1992. He also deployed with the 143d ESC in 2009 and served as the operations officer for the command.

Of the four officers, Marrero can boast the distinction of having served 40 years in the military. The Orlando, Fla., resident began his military service in 1971 as an enlisted Soldier, and was commissioned in 1979. Marrero currently serves in a civilian capacity as the 143d ESC staff operations and training officer.

Commissioned in 1983, Lance, a Georgetown, S.C., native, first attended the U.S. Army Quar-



Photo by Sgt. Elisebet Freeburg | 143d ESC

From left to right: Priscilla Lance; Lt. Col. Timothy A. Lance, former 143d Sustainment Command (Expeditionary) command chaplain; Joan Barclay; Col. Andrew Barclay, former 143d ESC chief of staff; Maj. Gen. Luis Visot, 377th Theater Sustainment Command commander; Col. Mark W. Palzer, 143d ESC commander; Mindy Barker; Col. John G. Barker, former 143d ESC operations officer; Elizabeth Marrero; and Col. Edwin R. Marrero, 143d ESC training and operations officer, pose for a group photo after a May 15 retirement ceremony. The command sergeant major of the U.S. Army Reserve, Command Sgt. Maj. Michael D. Schultz, also attended.

termaster Officer Basic Course. The former 143d ESC command chaplain attended the U.S. Army Chaplain Officer Basic Course in 1999. Lance currently teaches middle school.

The retirees each in turn delivered remarks to the crowd, thanking particular servicemembers, family and friends, and reminiscing about his service. The men's wives were also recognized for their own unselfish, faithful and devoted service with applause, flower bouquets and certificates of appreciation signed by Gen. George W. Casey, former chief of staff of the Army.

Each retiree also received a Legion of Merit medal for exceptionally meritorious conduct in the performance of outstanding services and achievements.

Col. Mark W. Palzer, 143d ESC commander, and Command Sgt. Maj. James Weaver, 143d ESC command sergeant major, presided over the ceremony. Distinguished visitors included Maj. Gen. Luis Visot, 377th Theater Sustainment Command commander, and Command Sgt. Maj. Michael D. Schultz, U.S. Army Reserve command sergeant major. ❧

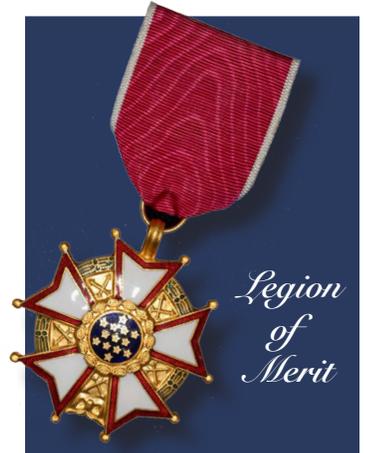


Photo by Maj. John Adams | 143d ESC

Left to Right: Lt. Col. Timothy A. Lance and colonels John G. Barker, Andrew Barclay and Edwin R. Marrero wait to be presented U.S. flags during their May 15 retirement ceremony at the 1st Lt. David R. Wilson Armed Forces Reserve Center in Orlando, Fla.

DID YOU KNOW?

The Blue Star Museums program offers free admission for all active duty, National Guard and Reserve military personnel and their families from Memorial Day through Labor Day at more than 1,000 museums across America. For more information, visit http://www.bluestarfam.org/Programs/Blue_Star_Museums.



Photo by Maj. John Adams | 143d ESC

During a May 15 ceremony at the 1st Lt. David R. Wilson Armed Forces Reserve Center in Orlando, Fla., Lt. Col. Timothy A. Lance and colonels John G. Barker, Andrew Barclay and Edwin R. Marrero officially retired from the Army Reserve.



Photo by Sgt. Elisabeth Freeburg | 143d ESC

Lt. Col. Daniel E. Leavitt (left) takes provisional command of the 257th Transportation Battalion May 15 at the headquarters of the 641st Regional Support Group in St. Petersburg, Fla. The provisional command will last for about one year and controls eight units.

Resiliency, deployment and a change of command

■ BY SGT. ELISEBET FREEBURG
143d Sustainment Command (Expeditionary)

ST. PETERSBURG, Fla.— During a provisional change of command ceremony, Lt. Col. Daniel E. Leavitt and Sgt. Maj. Richard Holmes took charge of the 257th Transportation Battalion here May 15 at the headquarters of the 641st Regional Support Group in St. Petersburg, Fla.

The provisional command for the 257th Trans. Bn. was established since the headquarters is deploying to Afghanistan. A command structure is needed here to manage subordinate units stateside until the deployed headquarters returns.

Since the 257th reports to the 641st RSG, the 641st commander, Col. Eddie Davis Jr., selected

Leavitt and Holmes for their positions of provisional leadership.

“It is a great responsibility that both myself and my acting command sergeant major, Sgt. Maj. Richard Holmes, have been entrusted with,” said Leavitt, a supervisory human resources specialist in his civilian capacity for the 143d Sustainment Command (Expeditionary) and a Minneapolis, Minn., native.

Numerous other units that report to the 641st are either deployed or in the process of deploying, such as the 352nd Combat Support Sustainment Battalion, the 196th Transportation Company and even a part of the 641st itself.

“At any given time, 50 percent of my formation is deployed, recently

redeployed or getting ready for deployment,” said Davis, a Memphis, Tenn., native.

Due to these revolving deployments, Davis said that since he took command of the 641st RSG ten months ago, he’s only been able to spend three or four monthly battle assemblies at the headquarters. For example, in one month he spent three weekends at different locations in support of subordinate units.

Constant mobilizations prove a trial to unit readiness and individual resiliency.

“Just because it’s hard, doesn’t mean we can’t do it,” said Davis. “There are just some challenges that need to be overcome.”

Command and control, like the provisional 257th’s Trans. Bn. ceremony, is a vital part of the unit readiness process, giving structure and maintaining consistent leadership. It also plays a role in resiliency.

“We have an obligation of care for redeploying Soldiers,” said Davis.

Unlike active duty troops, when reservists return home after a deployment, they go back to civilian life and generally only return to duty during monthly battle assemblies and for two weeks of annual training. They may face family and relationship stress and have difficulty adapting. Suicides within the Army Reserve doubled in 2010. This spike shows the importance of leaders staying in touch with their Soldiers.

“We [Holmes and I] will both do our best to care for the Soldiers within our units and to improve readiness in order for our units to support peace and wartime mission requirements,” said Leavitt.

The provisional 257th Trans. Bn. headquarters will last for about one year and command eight units, all together made of more than 1,000 Soldiers. ☒

DID YOU KNOW?

Its not too early to volunteer for or donate to Wreaths Across America, a nonprofit organization that places wreaths every December at Arlington National Cemetery and more than 500 other locations nationwide. For more information, visit <http://www.wreathscrossamerica.org/>.

RECENTLY REDEPLOYED 849TH QM CO CHANGES COMMANDERS

■ BY SPC. JOSEPH TUCKER
849th Quartermaster Company
Unit Public Affairs Representative

WINTERVILLE, N.C.—The 849th Quartermaster Company met in Winterville, N.C., at the United States Army Reserve Center May 15 to take part in a change of command ceremony. Capt. Jeffery L. Miller relinquished his command to Capt. Gregory L. Waters.

Lt. Col. Timothy P. Bobroski and Command Sgt. Maj. Dovie Wilson of the 362nd Quartermaster Battalion attended the ceremony, in support of the change of command. The 849th QM Co. reports to the 362nd QM BN.

Miller was in command of the 849th QM Co. from January 2008

until May 2011. He led the 849th QM Co. to Camp Leatherneck, Afghanistan in support of Operation Enduring Freedom from January 2010 until January 2011, when he successfully brought everyone home to his or her families.

Waters, now the commander of the 849th QM Co., took command Sunday, May 15, with pride and determination.

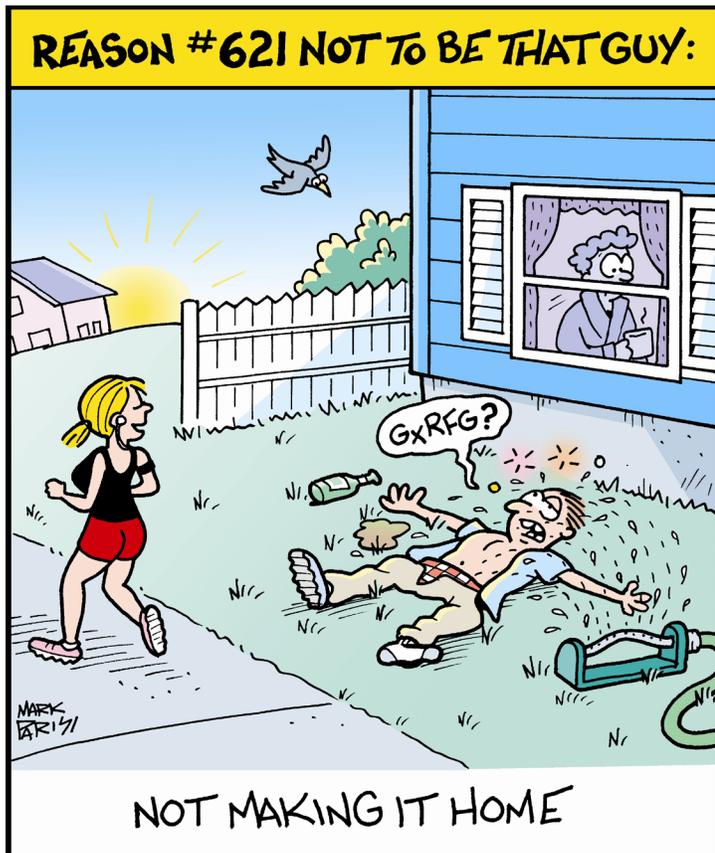
“We will continue to have the best and most hard-working unit within the 362nd Quartermaster Battalion,” said Waters.

Before taking command of the 849th QM Co., Waters was a logistics officer with the 207th Army Liaison Team at Fort Bragg, N.C., from April 2009 until March 2011. ☒



Photo by Spc. Joseph Tucker | 849th QM Co.

(Left to Right) Capt. Jeffery L. Miller, outgoing commander of the 849th Quartermaster Company; Lt. Col. Timothy P. Bobroski, commander of the 362nd Quartermaster Battalion; and Capt. Gregory L. Waters, incoming commander of the 849th QM Co., salute the U.S. flag during the national anthem May 15 during the 849th QM Co. change of command ceremony in Winterville, N.C.



Don't be That Guy (or Girl)

SHORT TERM EFFECTS OF ALCOHOL:

Alcohol can have significant short-term effects. Many of these can seriously impair physical and mental abilities and cause other problems:

- Lower inhibition; increase in risky behavior
- Dizziness
- Talkativeness
- Slowed reaction times and reflexes
- Poor motor coordination
- Altered perceptions and emotions
- Blurred vision
- Slurred speech
- Less ability to reason; impaired judgment
- Memory loss
- Confusion, anxiety, restlessness
- Slowed heart rate; reduced blood pressure
- Slowed breathing rate
- Heavy sweating
- Nausea and vomiting
- Dehydration
- Disturbed sleep
- Bad breath/hangovers

AND...

- Drunk Dialing
- Stupid Tattoos
- Becoming That Guy

FOR MORE INFORMATION, RESOURCES, OR TO GET HELP:

www.thatguy.com



Courtesy Photo

Soldiers of the 655th Transportation Company out of Millington, Tenn., pose for a company photo April 4 in Kandahar Airfield, Afghanistan. To support the Soldiers of the 655th TC and see more of their photos and news from Afghanistan, visit <http://www.facebook.com/pages/655-Transportation-Company/183603554985652>.

UNIT PHOTOS WANTED

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

ATTENTION

Compete in a monthly "military quote" contest! Submit your entries to the 143d historian, Maj. Mike McMahon, at william.mcmahon@us.army.mil. Winning entries will be featured in the 143d ESC's historian's corner.

THE HISTORIAN'S CORNER

■ BY MAJ. MIKE MCMAHON
*143d Sustainment Command (Expeditionary)
Historian*

As the 143d ESC historian, I am currently engaged in collecting unit histories of the subordinate units of the 143d ESC and would like to ask your assistance. While I am specifically starting with the 641st history, I welcome any information concerning your deployment and home station experiences.

Current and past 641st members or commanders that care to contribute any information involving the unit are especially invited to share their perspectives. The finished product will eventually be submitted to the Center for Military History in Washington, D.C. for archiving, per AR 870-5.

What record we collect of our experiences during OIF / OEF and how they

are preserved will dictate what history remembers about you and your unit long after the mission has ended. Among the items which would be invaluable to this project I would request

- Photos
- Rosters
- Maps
- Casualty information
- First person narratives or journal entries

There have been too many illustrations in the past where we failed to take care of our own because there was no documented proof to validate the circumstances of a claim. We need to look no further than the examples of Agent Orange, the "Atomic Soldiers" or Gulf War Syndrome to realize the importance of your observations of events.

In its simplest terms, this is a Soldier-care issue. In a recent interview, Col. Eddie Davis, commander, 641st RSG, stated that the care of our deploying and returning Soldiers is one of his top priorities. As leaders, we have an indivisible obligation to our Soldiers and their well being.

Your help with piecing together our history before it is lost may be one of the greatest contributions you'll ever make during your career. All that this worthwhile effort requires is a little of your time and reflection, and I'll take it from there.

Please contact me at william.mcmahon@us.army.mil.

"In a man-to-man fight, the winner is he who has one more round left in their chamber." - Erwin Rommel



"Into the Hornet's Nest"

2004-2005

By Sgt. 1st Class
Timothy Lawn

- Lawn deployed 2004-2005 as a photographer, print journalist and combat illustrator in support of Operation Iraqi Freedom.
- Employed as a civilian by Special Operations Command, Lawn is the new noncommissioned officer in charge for the 143d Sustainment Command (Expeditionary) public affairs office.
- From the collection "Army Artists Look at the War on Terrorism 2001 to the Present: Afghanistan, Iraq, Kuwait and the United States"
- Courtesy of the Army Art Collection, U.S. Army Center of Military History (USACMH) http://www.history.army.mil/books/wot_artwork/index.html

Be prepared for hurricanes hurricanes hurricanes

"Preventing the loss of life and minimizing the damage to property from hurricanes are responsibilities that are shared by all."

Disaster Prevention should include:

- Developing a Family Plan
- Creating a Disaster Supply Kit
- Having a Place to Go
- Securing your Home
- Having a Pet Plan

One of the most important decisions you will have to make is "Should I Evacuate?"

If you are asked to evacuate, you should do so without delay. But unless you live in a coastal or low-lying area, an area that floods frequently, or in manufactured housing, it is unlikely that emergency managers will

ask you to evacuate. That means that it is important for you and your family to HAVE A PLAN that makes you as safe as possible in your home.

Disaster prevention includes modifying your home to strengthen it against storms so that you can be as safe as possible. It also includes having the supplies on hand to weather the storm. The suggestions provided here are only guides. You should use common sense in your disaster prevention.

• **DEVELOP A FAMILY PLAN** - Your family's plan should be based on your vulnerability to the Hurricane Hazards. You should keep a written plan and share your plan with other friends or family.

• CREATE A DISASTER SUPPLY KIT

There are certain items you need to have regardless of where you ride out a hurricane. The disaster supply kit is a useful tool when you evacuate as well as making you as safe as possible in your home.

• **SECURE YOUR HOME** - There are things that you can do to make your home more secure and able to withstand stronger storms.

• **ONLINE VULNERABILITY INFO** - There are web sites that can give you information about your community's vulnerability to specific hazards. These include hurricanes as well as other weather related hazards.

DID YOU KNOW?

The Army Reserve Child, Youth & School Service program is hosting its 2011 Southeast Youth, Leadership, Education and Development Summit July 28 to 31 in Biloxi, Miss. The summit is open to youth with one or both parents serving in the Army Reserve. Teens must be between the ages of 14 to 17 and reside in the state of Mississippi, Alabama, Georgia, South Carolina, North Carolina, Tennessee, Kentucky or Florida. This four-day residential summit will enhance the leadership skills of Army Reserve youth through a creative, engaging and hands-on approach curriculum. Event is free for AR youth. For more information or to register for the southeast YLEAD, visit www.arfp.org/ylead or contact Tasha Martin at (404) 903-7794 or Tasha.M.Martin@usar.army.mil.