

CANDO

MAY EDITION

2011

2011 BWC

377th TSC Best Warrior
Competition

VIRTUAL TRAINING

Mobile Teams Provide Training
Throughout the Command

VOLUNTEERS

377th TSC Volunteer
Recognition
Ceremony

PKO

MG Visot Attends
America's CPX

100 DAYS

Summer is here...
Stay Safe!





<< ON THE COVER
Staff Sgt. Janine Smeltz from the 316th ESC advanced to the next round of combatives portion of the 2011 377th Theater Sustainment Command Best Warrior Competition by putting this submission hold on her opponent.



In Memory of SPC Hanna Page 18

CAN DO

CAN DO

Commander
377th Theater Sustainment Command
Maj. Gen. Luis R. Visot

Command Executive Officer
377th TSC
Col. Michael A. Ford

Command Sergeant Major
377th TSC
Command Sgt. Maj. James M. Lambert

Public Affairs Officer
377th TSC
Mr. Shawn W. Clark

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 Gregory V. Dawson
 CW5 Billy Ray Robinson

CAN DO IS A MONTHLY NEWSLETTER

HIGHLIGHTING MAY 2011

COMMAND MESSAGE

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Our Mission is the foundation of our reputation; we are judged on our success in each line of effort...THIS IS WHAT WE DO!



MG Luis R. Visot
Commander of the
377th Theater
Sustainment Command
**CAN DO, ANYTIME,
ANYWHERE!**

CAN DO, ANYTIME, ANYWHERE!

Dear 377th TSC Family,

In this issue of the Can Do we pay tribute to the best and brightest of our Soldiers. Whether it is with the winners of the 377th Theater Sustainment Command Best Warrior Competition, their struggles and challenges they faced, or those preparing to compete, we honor and salute your strength of character and say cheers to our 'Professional Soldiers'.

We recognize the hard work and diligence of those Soldiers from the Support Operations who went above and beyond to provide state of the art training for their subordinate commands as well as the Family Readiness Group

who held a special 'Volunteer recognition Ceremony' to extend a heartfelt thank you to those who continue to support us selflessly.

We are surrounded by Soldiers, Families and communities doing more than their share. Going the extra mile, offering a hand of comfort, working long hours on the details until they see double...to these hard working everyday heroes, these Warrior-Citizens, I simply must say thank you!

CAN DO, ANYTIME, ANYWHERE!

MG Luis R Visot

AREA OF FOCUS:

Q: What is the Army Profession?

Q: What does it mean to be a professional Soldier?

On the CG's Desk:

Profession of Arms
Drive by Daniel H. Pink
The Starfish and the Spider by Rod D. Baxter
National Security Strategy
Red Book - Chapter 3 'Lost Art of Leadership'
TRADOC Commander's 4C's: Character,
Commitment, Courage and Candor

Command Sergeant Major Lambert

AREA OF EMPHASIS

We're in This Together

by Mrs. Denise Lambert



We're in this together!

"There is no chance, no destiny, no fate that can circumvent or hinder or control the firm resolve of a determined soul."

— Ella Wheeler Wilcox (1850–1919)

That quote has been a touchstone for me as our Family faces the joys and trials and tribulations of our life of service. My husband, Command Sgt. Maj. James Lambert, recently assumed his duties as the 377th Theater Sustainment Command's senior non-commissioned advisor. With more than 39,000 Soldiers and civilians, it's the largest command in the Army Reserve. We are (of course) very proud of his achievement, but also aware that this distinct honor comes with challenges — to both him and us as a Family. He has always said, "We're in this

together." James' position, which requires extensive travel, coincided with many exciting 'firsts' for our Family. I have just been promoted to a new position, and we're in the midst of planning a summer wedding for one of our twin daughters. Our other daughter moved to Kansas in January to attend college and finish a degree. With James away and very busy, I stay in support of our Family and our future — I always say, it has to work out, there is no other option. *Continued on page 5*



PHYSICAL FITNESS	PROMOTIONAL DEVELOPMENT	SELF DEVELOPMENT	PMCS
TC 3-22.20 The new way of conducting physical training.	Effective 1 June 2011 Junior Enlisted Promotion System.	Automatic The army is changing to a continuum of career education.	Critical I want to see a sense of ownership with our equipment.

“NCOs need to know the Creed of the Noncommissioned Officer, be able to recite it, but also know how to relate to it and live it”

CSM LAMBERT

That James is finally in a position where he can help Soldiers — something I know is in his blood — is something I support 100 percent. Knowing in the long run we’re making a difference in the world and supporting Families and Soldiers who need assistance makes the sacrifice worthwhile.

I was recently able to pass along resources to a Soldier’s spouse who had relocated and was feeling isolated, frightened, and unsure where to turn for assistance. My role as a senior-enlisted spouse gives me opportunities to help within and outside the unit — I think all military spouses have a unique perspective that enables us to ease each other’s fears in a way that people don’t always understand.

Years ago, when my husband was deployed to Operation Desert Storm, I was at the mall walking the girls in their stroller when an old schoolmate came up; he had found out that James was deployed and commented that he might never come home. It’s a fear that we all have to grapple with in our own way — hearing someone give voice to my worst fears was distressing, so it means a lot to me to be able to offer assistance or just lend an ear to the many spouses who are going through similar ordeals.

Our faith gets us through the tough times; my husband and I believe we are both servants for a mighty purpose, and I believe it helps tremendously to know that in your heart when the tough times come, as they always do.

The biggest challenge is making time for the other important things — prioritizing the military and Family is sometimes nearly impossible, but we are determined to make time to nurture our relationship, and after 25 years, I believe where there’s a will there’s a way. (Luke 1:37)

Very Respectfully,

Mrs. Denise Lambert



PROGRAMS AND GUIDANCE

Total Army Sponsorship Program

AR 600-8-8, The Total Army Sponsorship Program

Strong Bonds

AR 165-1, Army Chaplain Corps Activities

Resilience Training

(formerly Battle-mind)

<http://www.resilience.army.mil/>

Nutrition Education and Outreach

AR 40-25, Nutrition Standards and Education

Medical/Dental Readiness

AR 40-35, Dental Readiness and Community Oral Health Protection

Army Reserve Suicide Prevention Program

AR 600-63, Army Health Promotion



WELLNESS

SOLDIER, FAMILY, EMPLOYER and COMMUNITY



May was a month for holidays! There are 74 different holidays and “special” days in May ranging from May Day (May 1) to Memorial Day Weekend (The last weekend of May.) In between are national Teacher’s Day, Cinco de Mayo, Military Spouses’ Day, V-E Day (Victory in Europe) National School Nurse Day, Mother’s Day, Armed Forces Day, National Missing Children’s Day and even Friday the 13th. All of these days and most of the other holidays and “special” days in May have one thing in common; they are all about remembering people and events that have contributed something special to our lives.

Mother’s Day is certainly an important National Holiday, as most of us have mothers; I do not think I know anyone who was “hatched.” For most of us, our mothers gave us much more than life; they gave us love, value, ideals, and hope for a future that was promising and worthwhile. They fed us when we were hungry, patched us up when we were clumsy, some were the neighborhood mom and cared for most of the kids in the area, some worked to

make ends meet so we could dress like the other kids or go to the best school or simply afford to play a particular sport we loved.

Regardless of the exact “job description” our mothers had to fill, they filled it with the best they had. They loved us on the days when we excelled and they loved us on our worst days in spite of our faults. Loving is what makes a woman a mother; many children are raised by women other than the person who bore them, and they call them “Mom” because they were loved. Mother’s Day is a happy holiday precisely because we celebrate the love of our mothers for us. But there was another important National Holiday in May; Memorial Day.

Some Moms have to fill the most difficult job of all, that of welcoming home a child who was killed in combat. Memorial Day, that other May holiday was a day of cookouts and family reunions for many families across America; but for some families there was remembering children who cannot be at the barbeque; some children will be placing flowers on a mother’s grave or place of remembrance because their mom was a Soldier. Find a mother who has lost a child in the war or a family who has lost a mother who was a Soldier and make it a point to visit or contact them this month and assure them that you remember the sacrifice their Soldiers and they have made and honor them. Christian Scripture says, “Greater love has no man than this; that he gives up his life for his friends.”

CH(COL) Stanley Puckett

377th TSC Command Chaplain

U.S. Army South Peacekeeping Operations Americas 2011 Command Post Exercise



U.S. Army South opens PKO - Americas CPX

By ARSOUTH Public Affairs Office

The Peace Keeping Operations 2011, running from May 2 - 13, is the capstone event of the multi-stage exercise known as Peace Keeping Operations - Americas 2011 (PKO-A 11) that began March 14 and had previous stages of the exercise held in Brazil, Chile and El Salvador.

PKO-A 11 is an annual, U.S. Southern Command-sponsored, regionally-oriented exercise involving partner nation (PN) armed forces from within the Western Hemisphere. This exercise creates a multinational training venue that incorporates multi-echelon professional development engagements (PDE) and a CPX.

ARSOUTH serves as the executive planning agent for PKO-A 11. The purpose of the command post exercise is to foster alliances, enhance regional relations, reinforce security arrangements and promote interoperability. Because of this, members of each country share leadership roles within the various working sections and scenarios.

"This exercise centers around building relationships to understand how we work with each other during critical events," said Maj. Gen. Luis R. Visot, exercise co-director and commanding general of the 377th Theater Sustainment Command. "At the end of the day, it's all about learning how to diminish the suffering of the people and saving lives."

PKO-A 11 is a series of multinational exercises designed to enhance regional dialogue among military, governmental and non-governmental agencies and inter-governmental organizations addressing concerns, lessons learned and new initiatives involved in peacekeeping.

More than 300 participants from 16 different countries to include representatives from the United Nations, Central American armies, and the Conference of the American Armies attended the opening ceremony.

The exercise will also focus on supporting and enhancing cooperation and stability in the Latin American and Caribbean region.

"We have a lot of expertise here," said Col. Michael Stewart, ARSOUTH chief of G-3 exercise division and PKO-A 11 assistant co-director.

"The subject matter experts can help educate us on some of the peacekeeping practices an initiatives so we can share the best techniques and incorporate those into future events."

Photo's and captions by ARSOUTH PAO



Maj. Gen. Luis R. Visot, Peacekeeping Operations - Americas 2011 co-director and the commanding general of the 377th Theater Sustainment Command, provides remarks during the opening ceremony May 2.

377th TSC Best Warrior Competition

"Our Best Warrior Competition encompasses the Whole Soldier Concept"



THE 377th TSC

2011 "BEST WARRIOR COMPETITION"

By Sgt. Kent Westberg –
215th Mobile Public
Affairs Detachment,
377th TSC.

BELLE CHASSE, LA - Ten Warriors from within the 377th Theater Sustainment Command were chosen from over 38,000 Soldiers of eight subordinate commands to compete in the 377th TSC 2011 Best Warrior Competition this spring. The Soldiers competed in four days of intense competition testing their Warrior skills with the winner moving onto the

next round in the United States Army Reserve Command level.

As a lead-up to the Army Reserve Best Warrior



Competition in June, the 377th TSC Best Warrior Competition was held April 18 through 21, at the Naval Air Station Joint Reserve Base in Belle Chasse, La. and at Camp Shelby in Mississippi. There Soldiers competed to see who

would become the best of the best. Warriors tested their skills dealing with day and night land navigation, a 10-mile road march carrying a 35-pound

rucksack, marksmanship, written and verbal skills test, combatives challenge and an appearance before a board presided over by Command Sgt. Major M. James Lambert. "Our Best Warrior Competition encompasses the whole

Soldier concept. Our objective is to mainly make sure they're ready to move on to the next higher level, which is the United States Army Reserve competition. We try to tailor it to make sure we hit all the components they are going to do there," Command Sgt. Maj. James Lambert, the 377th TSC's ranking non-commissioned officer, explained. "It's a combination of both physical and mental capabilities so all of our Soldiers will have strengths and weaknesses. It's the total Soldier concept that we are looking for."

Continued on page 9

Facing movements and questions from the Army's study guide were given to both the non-commissioned officers and enlisted participants from a board comprised of Command Sergeants Majors from the attending five subordinate commands of the 377th Theater Sustainment Command. The first task involved the wearing and



appearance of the Soldier's Class A uniform while performing facing movements in front of the Board to demonstrate the proper wearing of the uniform. The second task was a battery of questions given to the competitors to test their knowledge taken from the Army's Study Guide. Questions covered topics such as current affairs, military history, and Geneva Conventions to commands given to open ranks. The purpose of the Board was to determine the Soldier's communications skills knowledge and dedication to the Army Profession. "These Soldiers come before the board and are tested on the depth of their military knowledge ability and skills but mostly their mental knowledge. A soldier is expected to think on their feet and the only way a Soldier is able to do that is to study and apply what they've learned," Command Sgt. Maj. Orlando Santiago of the 316th Sustainment Command (Expeditionary) said. "All Soldiers, so far, are impressive. Some are standing above others. You can tell based on their responses." After their

board appearance at the 377th TSC headquarters, soldiers conducted an equipment check and inspection ensuring they had the proper gear to perform the Warrior tasks as part of the competition. They then boarded busses and moved on to Camp Shelby in Hattiesburg, Miss. for the next phase of the competition. Once there, they were assigned to quarters and given time to mentally prepare for their grueling four-day competition. That part of the competition included a day and night land navigation test, a 10-mile road march, weapons marksmanship and an Army combative competition.

In the early hours the next morning, soldiers readied their equipment by packing their ruck sacks and securing them for several field exercises including equipment check and an early-morning 10 mile road march carrying a 35-pound rucksack each and weapon across hilly terrain and gravel rock-strewn roads. Setting the early pace, Spc. Michael Beaver of the 310th Sustainment Command (Expeditionary) took the lead in the pre-dawn hours of the rigorous road march. Command Sgt. Maj. James Lambert marched along the route encouraging each soldier to do their very best to move forward along the difficult and hilly terrain. As the sun rose, soldiers marched into a bright but misty Mississippi morning which greeted competitors with a warm Southern climate to which many weren't accustomed to. This added extra challenge and difficulty to the competition. Staying true to his early lead, Beaver crossed the finish line with a time of 1 hour, 26 minutes.

"You know, it probably leaves me about even with the guy I'm neck and neck with just because there's a two and a half hour limit," Beaver

said of the tight competition. "He can't be that far behind me so it's not like he's going to get any less points than me." The first non-commissioned officer was also the only female participating in the competition. Her name was Staff Sgt. Janine M. Smeltz from the 316th Sustainment Command (Expeditionary). Smeltz, letting her performance do the talking, confidently only said "too easy" as she crossed the finish line to set the standard for all the other NCOs.



Soldiers started the weapons competition by zeroing and qualifying with the M-4 rifle at the range at Camp Shelby. Command Sgt. Maj. Lambert carefully evaluated the Soldiers' shot groupings on their silhouette targets before moving to the pop-up range. At this point in the competition, the



playing field was leveled amongst the competitors as marksmanship varied and there wasn't a clear leader during this phase.

Continued on page 10

Soldiers' skills were put to the test on the night land navigation course, a real challenge for the competitors. They encountered dense, uncleared terrain, plotting their course with varying degrees of success. As the Soldiers moved to the day course, their warrior skills task was to plot and find six points: three with a lenticular compass and three points



using a handheld GPS device designed to map military grid coordinates and track points.

The competition culminated in a mixed-martial-arts-style tournament that challenged each soldier's knowledge and training in modern Army combatives fighting. Warrior skills were tested on the final day of competition on the mat. The Final NCO match placed Staff Sgt. Janine



Smeltz against Staff Sgt. Julio Torrez. Round one ended in a draw but Sgt. Torrez took command of the second round flipping Staff Sgt. Smeltz to

her back and executed a submission hold to win.

The final enlisted round matched Spc. Kyle McLafferty against Pfc. Darren Huff, a body builder. Huff's physical skills were impressive and his strength proved to be too much a match for all the competitors. Huff easily won the combatives competition with an overall score of 100 points.

Scores were tallied on maximum 100 points per event to determine the winner of each event. The NCO winner for the 2011 Best Warrior Competition to represent the 377th TSC was Staff Sgt. Janine Smeltz from the 316th ESC. Her overall warrior skills made an impressive win in the competition.

"I'm a very competitive person and I'm not going to lie, I was volunteered to try the Best Warrior competition," Smeltz admitted with a grin. "I like a challenge, so one step at a time and here I am."

At the end, the competition was a close finish between Smeltz and Torrez, who placed as the NCO/Runner-up. He becomes the "alternate" in the event Smeltz cannot go to the next stage of the finals.

Spc. Kyle McLafferty from the Deployment Support Command placed first for the enlisted soldiers with the best combined

scores and a strong finish.

"Competing with the other soldiers that are representing the best of their

commands and the best of their units is an intense but exciting and rewarding challenge," McLafferty said.

Runner-up for the enlisted was Pfc. Darren Huff of the 103rd ESC.

377th TSC Command Sgt. Maj. James Lambert presented all competitors with a certificate of achievement and commanders coin.

The 377th TSC will be putting the



"best of the best" forward in the next level of competition. The 377th TSC 2011 Best Warrior Competition winners will proudly represent the command in Ft. McCoy, Wis., later this summer. The winners of the USARC-level Best Warrior will continue to compete at the Department of the Army level.



A SOLDIER'S STORY: THE RIGHT GUY

SPC Shawn Burke is the 'GO TO' man for your security issues...



Sgt. 1st Class Timothy Williams:

"When you give Spc. Burke a task, he takes it and runs with it."

Spc. Shawn M. Burke is an active duty Soldier assigned to the 377th Theater Sustainment Command's G2 section. Burke is part of a small three-person team with a big responsibility.

His responsibilities include in-processing newly assigned personnel, providing access cards and tracking security clearance issues. From time to time, Burke also stands in for his supervisor, Sgt. 1st Class Timothy Williams.

"He needs minimal supervision," Williams said. "When you give him a task, he takes it and runs with it."

Williams also says that Burke interacts extremely well with a wide range of personnel including enlisted, staff officers and other soldiers assigned to the 377th TSC's major subordinate commands.

"It's pretty routine for Spc. Burke to interact with Soldiers to find out their [security] status." Williams added. "They are amazingly comfortable talking to him to discuss personal issues. He's the right guy for this important job!"

*Photos and story by
Sgt. Maj. Lolita Famble*



MOTORCYCLE SAFETY



The days are getting longer and warmer and the urge to throw your leg over the saddle and fire up your motorcycle is almost too much to bear.

However, before you bring that bike back to life, there are a few things you must do to get it and yourself ready for the riding season. First, listen to your Mother— and by that we mean your motorcycle owner’s manual. If you put your bike in hibernation the way your Mom told you to, just follow its instructions to get your scoot back on the road.

You’ll have your work cut out for you, though, if you just parked that baby in the corner of your garage or shed. For those of you that followed their Mom, your prep time will be relatively short. Pull the cover off, fill the gas tank, change the oil and check the tires for correct pressures and signs of dry rot.

Remove any plugs you installed to keep the critters out of your exhaust, carburetor and air filter intake, and then connect the battery following your mother’s procedures. If you didn’t put your battery on a trickle charger, you might have problems getting your bike fired up. But between your Mom and T-CLOCS inspection (see the inspection list online at <http://www.msf-usa.org/downloads/t-cloclsinspectionchecklist.pdf>) your pre-ride inspection should cover everything.

Although your bike might be road ready now, you have to check your personal protective equipment to make sure it still fits and is in serviceable condition. Those extra pounds you put on over the holidays might mean a trip to the bike shop to buy a new jacket or leather chaps. Now you need to get yourself ready for the road. Your first trip shouldn’t be from Fort Riley, Kan., to Daytona Beach, Fla. for Bike Week. Ease back into shape and knock the rust off your

riding skills by practicing the drills outlined in the Motorcycle Safety Foundation’s “Riding Tips” handbook.

You can get a free copy online at http://www.msf-usa.org/downloads/Riding_Tips.pdf. You might need a refresher course if it’s been longer than a few months since your last ride, so contact your local safety office to schedule an experienced rider’s course.

And while you’re out there enjoying the new riding season, diligently scan the road for any problems, especially cracks or potholes that developed over the winter. Those of you stationed in colder climates know what I’m talking about. It’s the pothole that bottoms out your suspension, rattles your eyeteeth and leaves you wondering if you bent your rims.

If your installation has a Motorcycle Mentorship Program, call and join the group. The MMP is a great way to meet people that share the same passion for riding, and you also can enjoy group rides and activities. If your installation doesn’t have an MMP, contact your safety office to check on starting one. You can also check out the Army Motorcycle Mentorship Program Web site at <https://crc.army.mil/mmp/index.asp> to help find local riding associations and information on how to be a safer rider.

Whether you’re a hard-core or fair-weather rider, machine, mind and body have to be firing on all cylinders to ensure a safe and enjoyable riding season. Warm weather will come and go, so enjoy it while it’s here. Live to ride, and ride safe!

Gregory V. Dawson
Safety and Occupational Health Director
377th Theater Sustainment Command

Asian Pacific American Heritage

May marks our commemoration of Asian Pacific American Heritage. Asian Pacific Americans have played a vital role in our country, in particularly in New Orleans. Once known as the New Orleans Chinese Quarter, our city and its members took great pride in this tradition and heritage. However, the last of its remains may be destroyed. How can this be in a city where it thrives on culture, traditions, and heritage?

According to www.apasneworleans.com, New Orleans paved over most of its old Chinatown in 1937 when the neighborhood was torn down to make way for a parking garage. A few stores moved to Bourbon Street in the French Quarter and continued on as the Chinese business center before succumbing to the ill wind of urban flight. Little physical evidence remains of the early presence of Chinese in New Orleans. Another parking garage proposal is expected to go before the City Council and if passed will obliterate the last five old buildings in an area once known as the "Chinese Quarter." The new garage will stamp out the last physical ties to the hub of a unique early Chinese-American immigrant experience. The multitude of cars parading up and down the ramps will serve as the surrogate second line mockingly the passing of a landmark.

The city was once mecca for Chinese contract laborers who left the plantations along the Mississippi River in the post-Civil War South. This city provided a refuge to the Chinese laborers escaping the anti-Chinese frenzy in the West Coast. This is also the city where early enterprising Chinese merchants made large fortunes running dried shrimp operations deep in the

Louisiana Bayous. In this city a dedicated Christian Mission nurtured and guided the early assimilation of a fragile community of Chinese families. It was said that Dr. Sun Yat-Sen, the George Washington of modern China came to raise money for the revolution from the local Triad of Chinese free masons. New Orleans is where self-proclaimed Chinese Cajun Cowboy Sheriff Harry Lee, the second most powerful politician in Louisiana today, was born and raised. This is also the city where the noted African-American political and civil rights leader Judge Revis Ortique recalls fondly of his Chinese grandfather. "Lotus Roots" run deep in this city. It probably is the best kept secret ingredient in the famed New Orleans cultural gumbo.

Researching into the long forgotten Chinatown surely could offer answers to the litany of intriguing questions. Exploring the past invariably leads to new insights into potent issues that present day Chinese Americans are grappling with. As the old saying goes, those who do not learn from history are destined to repeat it. Currently "Operation Lotus Roots" seeks to rediscover the long forgotten Chinese Quarter. The first phase will put Chinatown back on the literary map, connect it with the notable New Orleans historical preservation community and produce a visual medium to tell this unique Chinese-American experience with a southern and Creole flavor.

There has been an Asian presence in New Orleans since the colonial era with the arrival of Spanish speaking Filipino sailors who jumped ship in Mexico

and made their way to the colony in the 1700's. However, there was not a

heavy presence of Asians until after the Civil War. A few hardy Chinese led the influx, arriving as contract workers in the 1860's. The 1880 U.S. Census indicated that there were 489 Chinese in the entire state of Louisiana. Currently, it is estimated that there are about five thousand in New Orleans alone. By the 1990's the Asian and subcontinent population had diversified, with the arrival of Thais, Indians, Pakistanis, Taiwanese, and, after the fall of Vietnam, thousands of Vietnamese. Some of the more established groups, such as the Chinese and Filipinos, are seeing value in "going public" and are gaining political influence by being more vocal. Harry Lee, a prominent Chinese-American whose family members are well-known restaurant owners, was elected sheriff of neighboring Jefferson Parish in 1980. His penchant for wearing a cowboy hat and boots has earned Lee the friendly nickname Chinese Cowboy.

Asian families are spread throughout the Greater New Orleans area; however, most of the recent arrivals are Southeast Asians who live in eastern New Orleans or on the West Bank. Although relatively poor and in the city for only a short time, they have made extraordinary strides in establishing themselves.



Mr. Calvin J. Colin, 377th TSC
Equal Opportunity Specialist.
Photo by Mr. Shawn Clark

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"The great thing in this world is not so much where we stand, as in what direction we are moving."

- Oliver Wendell Holmes.

PROFILES OF PROFESSIONALISM



This photo is of CW4 Johnny Allen and his son in Afghanistan during this past Christmas 2010.

CW4 Allen is a member of the 377th TSC G4 section and his son continues the heritage of military service in the Alabama National Guard.



HAPPY BIRTHDAY!

“The Warrant Officer is the highly specialized expert and trainer who, by gaining progressive levels of expertise and leadership, operates, maintains, administers, and manages the Army’s equipment, support activities or technical systems for an entire career.” The 377th Theater Sustainment Command is the largest command in the Army. The command boasts an authorized Warrant Officer strength of 787.

The United States Army Warrant Officer Corps will celebrate its 93rd birthday on July 9, 2011. While we celebrate our heritage, honor those from our past, we invite you, the Non Commissioned Officer to join the Warrant Officer ranks and continue your career as the Army’s premier technical advisor. Come be a part of something great!

Billy Ray Robinson

CW5, CCWO

377th Theater Sustainment Command

377th TSC VIRTUAL TRAINING

By MAJ Rhasaan L. Lymon



The 377th TSC has created a virtual training room within the Support Operations (SPO) section training room. The intent of this room is to provide training for the 150 Soldiers assigned to the SPO section.

This training room is also utilized to train Soldiers within the subordinate ESCs that require specific training, e.g.: MCTs, Early Entry Modules, and SPO sections. The TSC's vision is to create a mobile training team to go and conduct training at the O-6 and O-7 command level.

Although our mobile team will be trained in all facets of BCS3, the mobile training team training isn't intended to replace the operator training course conducted by Tapestry.

In the future we would like to invite Tapestry to integrate into our training teams and assist with mission-specific training.

We are currently training 12 Soldiers that are participating in the Golden Cargo exercise. Their mission is to maintain ITV with assigned convoys transporting sensitive cargo throughout the country.

Their training has been tailored to their mission requirement. They will also receive a block of instruction on the VSAT and how to setup the system in this configuration.

This is the first class that is being taught under this pilot program, but we anticipate favorable reviews.



1LT Liliana
Arcedelgado, MS

Environmental
Science Officer

377th TSC Surgeon's
Office

377th TSC SURGEON'S OFFICE

Exercise Injury Prevention

Lower-extremity musculoskeletal injuries resulting from physical training and sports, such as ankle sprains, knee and thigh injuries, and shin splints, are particularly prevalent in the military population. These injuries result in loss of training time, and thus decreased military readiness. To prevent injuries always start your exercise routine with a proper warm-up session of 5 to 10 minutes. Begin with moderate exercise of about 20 minutes, 3 times a week and gradually increase time and intensity. Change your exercise routine. It allows you to get a full body workout without over-stressing certain muscle groups.

Listen to your body. Sharp pain, weakness or light-headedness during exercise is your body's signal that something is wrong and you should stop exercise. Pushing through acute pain is the fastest way to develop a severe or chronic injury. Do some stretching exercises after your exercise workout. Take time for rest and recovery.

Remember, hydrate before you exercise or do any physical activity, wear good athletic shoes, and get enough calcium and vitamin D for strong bones.



JUDGE ADVOCATE GENERAL'S CORPS

JAG Corps Mission:

Develop, employ, and retain one team of proactive professionals, forged by the Warrior Ethos, who deliver principled counsel and mission-focused legal services to the Army and the Nation



Chief of Military Justice, Major Dan Estaville, provides the full range of legal services in the area of Military personnel law and Military Justice to the 377th TSC Command Group, staff, and as many as ten subordinate General Officer Commands and their assigned units, comprising in total approximately 34,000 Soldiers and civilians.

100 DAYS OF SUMMER



— *IT'S SUMMER! THINK SAFE! BE SAFE!*
STAY SAFE!



We are just a week away from the 100 days of summer, which will once again stress the importance of proactive, prevention-focused risk mitigation during the summer months. Many of you are aware seasons change and so do safety hazards. Our goal is not to lose or injure a single Soldier, Civilian, or Family member due to an accident. These next six months are cause for concern, as this is historically a time when we see an escalation in our off-duty fatalities, particularly those not wearing seat belts in privately owned vehicles and on motorcycles. As we enjoy the summer season, we must remember excessive consumption of alcohol, assaults, and other acts of indiscipline can combine to make this time particularly hazardous if leaders and Soldiers are not planning ahead and looking out for each other. I expect leaders to be involved, identify the hazards their subordinates are likely to face, teach them to be aware for changing conditions, and help them to mitigate the risks. Leaders must emphasize personal responsibility, consequences of alcohol abuse, and indiscipline. This year's CRC campaign, which runs April 1 through Sept. 30, encourages

every member of the Army Family to get out and enjoy all that summer has to offer, but to ask yourself "what have you done to save a life today?" The CRC campaign web site features articles, posters and videos focusing on more than 20 summer safety topics to help you build a successful summer safety program. Please visit <https://safety.army.mil> and click on the 2011 Safe Spring/Summer Campaign icon in the bottom right corner. While we saw a reduction in off-duty fatalities last summer, each of us must take an active role if we are to repeat that success and drive down losses even farther this year. Safety awareness, discipline, and teamwork are key enablers to a safe summer. Please encourage your Soldiers to "Take 5" this summer, by looking out for each other and protecting our Band of Brothers and Sisters. Thank you for what you do every day to keep our Soldiers, Civilians and Families safe.

Army Safe is Army Strong!

Gregory V. Dawson, CSHM
Safety and Occupational Health Director
377th Theater Sustainment Command

Promotions...Farewells...and We'll Miss You's !



1LT Eric Kuyper was promoted to the rank of Captain on the 12th of April 2011.



SGT Brian Campbell was promoted to the rank of Staff Sergeant on the 10th of May 2011.

Promotions



1LT Bretlan C. Mosely was promoted to the rank of Captain on the 11th of April 2011.

Farewell

Farewell to BG Gracus K. Dunn, Deputy Commanding General, HQ 377th Theater Sustainment Command. His next assignment will require him to be dual-hatted as the Commanding General of the 85th Support Command, based out of Chicago, IL and as DCG-Support, First Army, Division West, Ft Hood, TX. His main office will be in Chicago, IL(TPU) and he will have an office in Ft Hood, TX (TDY) supported by a liaison team. With gratitude we wish you a safe journey and best wishes for success in your new assignment.

Your 377th TSC Family!



We'll Miss You !



Family and friends paid their last respects to Spc. Justin Paul Hanna on May 21st, 2011 at the Naval Air Station Joint Reserve Base Chapel.

Justin was a good friend to all and we are blessed to have had the chance for his friendship. Our hearts and prayers go out to his family through this time of sorrow.



377th Theater Sustainment Command

CAN DO is the quarterly command information newsletter of the 377th Theater Sustainment Command 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 the CAN DO are not necessarily official views of, or endorsed by, the U.S. Government, Defense Department, Department of the Army or the headquarters, 377th TSC. The editorial content of this publication is the responsibility of the 377th TSC public affairs officer. This publication is written, edited, and published by the public affairs officer of the 377th TSC Public Affairs Office 400 Russell Ave. Belle Chasse, LA 70143. Submit comments to: shawn.clark5@usar.army.mil or call 504 558 5556 Send editorial and photographic submissions to: shawn.clark5@usar.army.mil



377TH TSC CAN DO

MAY 2011

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