

ESC TODAY



The Long Haul: A Proof of Principle 8

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<< On the Front Cover

A tanker comes down the freeway amidst foggy conditions as part of a proof of principle mission June 18. Soldiers of the 414th Trans. Co. and the 257th Trans. Co. jointly transported fuel, food and water products from Fort Hunter Liggett to United States Marine Corps Logistics Base Yermo in support of the National Training Center, Fort Irwin, Calif.

Photo by Spc. Justin Snyder | 354th MPAD

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The Command Post

The Army is once again at the forefront of change. On September 20, 2011, the law commonly known as Don't Ask, Don't Tell, will be repealed. The President, Secretary of Defense and Chairman of the Joint Chiefs of Staff have certified that the statutory requirements for repeal have been met, and the force is prepared for repeal. They've certified that DoD is ready to make this change consistent with the standards of military readiness, military effectiveness, unit cohesion, and recruiting and retention of the Armed Forces.

As of July 15, the majority of the command has been trained, and training will continue throughout the 60-day period through repeal. As we move forward, DoD will continue to train and finalize additional policies and processes, while remaining engaged with the field to address any issues or questions that arise. Repeal will lead to some changes to policies, but many of our policies require no change – they are sexual orientation neutral.

It remains the policy of the Department of Defense not to ask servicemembers or applicants about their sexual orientation, to treat all members with dignity and respect, and to ensure maintenance of

good order and discipline. I expect your steadfast support to these principles.

To communicate organizational change, especially my vision and the way ahead, I planned an ESC-wide conference to align command teams with critical information to meet future missions and support our most valuable commodity, the Soldier and their family. Unfortunately, new DoD policy regarding conferences has adjusted the original plan. The conference is not cancelled but is postponed to the next FY. I will hold a much smaller conference with Brigade Commanders, key staff and DoD Civilians later this month according to the original plan. I regret any confusion or complications the change has caused you or your families. I trust as leaders within the 143d ESC, you will be able to adjust accordingly. Again, to communicate key subjects critical to mission success and keeping our Army Reserve family strong, the commander's conference has been postponed to the next FY.

Sometimes we think safety without even knowing it. For example, do you check your tires for correct pressure or review the weather in the area you're headed to? If so, these are examples of proper safety planning surrounding everyday events.



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

Soldiers in today's Army Reserve receive safety training throughout our careers and without even knowing it, we incorporate measures to reduce risk in our daily lives much more than your average civilian.

I challenge you to continue improving the safety in and around your daily life to include that of your unit. We must continue to look for areas where we can reduce risk, especially if we are responsible for the lives of others. Enjoy the rest of the summer and I look forward to seeing many of you in the future in and around the 143d ESC's battle space.

Sustaining Victory!
Army Strong!

CSTX 91 11-01

FORT HUNTER LIGGETT, Calif., during Combat Support Training Exercise 91 11-01, June 21. Cook is a native of Dallas, Ga.

For more photos of CSTX 91 11-01, see page six.



Photo by Sgt. Joshua Risner | 372nd MPAD

The Bottom Line

Soldiers of the 143d ESC,

As I step into the honored role of your command sergeant major, I charge noncommissioned officers within the command to remember the words and, even further, remember the meaning of the NCO Creed. Since the American Soldier crossed the battlefields of Lexington and Concord, the Corps has distinguished itself through professionalism, proficiency, leadership, dedication and courage. The Army Reserve has become an operational and functional command that requires NCOs to step up and meet the requirements on today's modern battlefield. The concept of the "weekend warrior" is dead, and I rely on you to help keep it that way.

Within your units is the future of the Army. These young Soldiers need guidance and counsel from an honest, committed mentor who truly cares about their growth and challenges their potential. As you fulfill your duties, never forget to lead with discernment and by example.

In parting, remember that:

No one is more professional than I. I am a Noncommissioned Officer, a leader of soldiers. As a Noncommissioned Officer, I realize that I

am a member of a time honored corps, which is known as "The Backbone of the Army". I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All soldiers are entitled to outstanding leadership; I will provide that leadership. I know my soldiers and I will always place their needs above my own. I will communicate consistently with my soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect



Command Sgt. Maj. Jeffrey E. Uhlig
Command Sergeant Major
143d Sustainment Command
(Expeditionary)

and confidence as well as that of my soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!

Army Strong!

REFLECTIONS BY THE CHAPLAIN: WHAT IT MEANS TO NEVER ACCEPT DEFEAT!

[Click here to watch Chaplain Ray's words of motivation for the month](#)

Dear Soldiers and families of the 143d ESC,

I trust that you and your loved ones are having a wonderful summer. In May, I wrote about the Army Values and how they can serve as a solid anchor when we are confronted with difficult decisions in life. In June, I talked about the importance of character, particularly for us as Soldiers, our nation's guardians of freedom. During the month of August, having just celebrated our country's independence, I thought it would be fitting to reflect on a few lines of our creed.....The Soldier's Creed.

•I WILL ALWAYS PLACE THE MISSION

FIRST.

•I WILL NEVER ACCEPT DEFEAT.

•I WILL NEVER QUIT.

•I WILL NEVER LEAVE A FALLEN COMRADE.

Most of us understand what the phrase "never accept defeat" means. But like so many things in life, it is much easier said than done. Consider the words of General George S. Patton.

"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired ... morning, noon, and night.

See Reflections, pg. 5



Lt. Col. Brian Ray
Command Chaplain
143d Sustainment Command
(Expeditionary)

Reflections, cont.>>

But the body is never tired if the mind is not tired. When you were younger, the mind could make you dance all night and the body was never tired. You've always got to make the mind take over and keep going."

General Patton tells us that the mind of the Soldier is the key to victory in battle.

But if you think about it in broader terms, General Patton's focus on the mind (i.e., our choices) makes all the difference in almost every area of our life.

Our mind is the key to not giving up ... not giving up on friends

... not giving up on family ... not giving up on our self. Even when we are weary, worn down, and bombarded with messages of negativity, it is the strength of our mind that CAN and WILL see us through. I have often shared the following quote with my children.

Life is 10 percent what happens to you ... and 90 percent how you react to what happens to you.

Just think of how marvelously the Soldier's Creed conditions and strengthens our mind to react effectively in difficult times. The creed provides us with words of motivation ... words of resolve ... and when all seems lost, the

Soldier's Creed provides us with words of hope. I am convinced that our great army has been successful for 236 years, because we have had Soldiers who have lived lives that honor those glorious words that make up the final lines of our creed.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat. I am the guardian of freedom and the American way of life.

In closing, imagine for a moment if all Soldiers lived the words of the Soldier's Creed in their personal life. If these words

shaped all of our actions, our army would see fewer broken homes, far less substance abuse, and many fewer suicides.

Soldiers of the 143d ESC, I encourage you to keep the Soldier's Creed handy and read it during difficult times. I promise you, the words of our creed will remind you of the powerful inner strength that you as a Soldier have deep inside your heart. It is this inner strength, the strength of the American Soldier, that will help you and your loved ones endure life's many challenges.

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

Movers and Shakers get the GREEN light

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

GAINESVILLE, Fla.-In recognition of their upcoming deployment to Afghanistan, Soldiers from the 257th Transportation Battalion (Movement Control) held a deployment ceremony Aug. 3 at the Lincoln Middle School auditorium in Gainesville, Fla.

Guest speakers included Commissioner Scherwin Henry, Gainesville City Commission, and Col. Fred Guzman, 143d Sustainment Command (Expeditionary) command executive officer.

Guzman thanked the families present for their sacrifices and support of their Soldier. He spoke of his days in the 24th Infantry Division, when his brigade would be notified to deploy within 18 hours, not knowing if the deployment was real or just an emergency deployment readiness exercise. After saying goodbye to their families, the troops waited with their gear at a designated location for a "red light" or "green light."

"Ladies and Gentlemen, you have a green light," Guzman told the listening crowd of



Photo by Sgt. Elisebet Freeburg | 143d ESC

Soldiers from the 257th Transportation Battalion out of Gainesville, Fla., enter the auditorium of the Lincoln Middle School in Gainesville during a deployment ceremony Aug. 3. The 257th Trans Bn. is deploying to Afghanistan to serve as a Joint Movement Control Battalion.

Soldiers, family and friends.

While deployed, the nearly 60 Soldiers of the 257th Trans Bn. will combine with Airmen and Marines together as a Joint Movement Control Battalion that leads approximately 20 movement control teams.

"I think I have a great team, made of great individuals and great Americans," said Lt. Col.

Kevin Meisler, the 257th commander and a resident of Jacksonville, Fla.

The battalion will report to the Joint Sustainment Command-Afghanistan. Initially formed by the 143d ESC in 2009, JSC-A is responsible for all movement and sustainment operations in Afghanistan.

See Green Light, pg. 6



Photo by Sgt. Ellisebet Freiburg | 143d ESC

The commander of the 257th Transportation Battalion, Lt. Col. Kevin Meisler, addresses the crowd of Soldiers, family and friends during an Aug. 3 deployment ceremony in Gainesville, Fla.

Green Light, cont.>>

With about a year's worth of preparations behind them, many Soldiers expressed assurance that the 257th is ready for the job to come. "Movers and Shakers" is their motto.

"They [the 257th] will do a good job of representing the 641st RSG and the 143d," said Command Sgt. Maj. Cornelius Moore, the 641st Regional Support Group command sergeant major and a resident of New Smyrna Beach, Fla.

"I'm excited," said Spc. Vicki Stefanou, a 257th Trans Bn. paralegal specialist and a resident of Pinellas Park, Fla., who is deploying for the first time. "I've been looking forward to this the last couple of months."

Although happy to get a deployment under her belt, Stefanou confessed that she will miss spending time with her family and friends. "Leaving family is never easy."

The 257th Trans Bn. reports to the 641st RSG, 143d ESC. ☒

143d ESC: nerve center of cutting-edge CSTX 91 11-01

■ BY SGT. JOSHUA RISNER
372nd Mobile Public Affairs Detachment

FORT HUNTER LIGGETT, Calif., June 14 - The 143d Sustainment Command (Expeditionary) is the nerve center of Combat Support Training Exercise 91 11-01. From their control center, they effectively orchestrate the ebb and flow of events, which Soldiers in the box react to and deal with in real time.

The 143d is the voice and actions of the enemy and higher headquarters, providing both adversarial and supporting capabilities, according to Col. David Aucoin, deputy commander, 143d ESC.

"The 143d ESC serves as the higher, adjacent and lower response cell, working closely with the exercise control cell, injecting [Joint Master Serial Events List] events as the interface to the exercised units," he said. "So in essence, we are replicating those parts of the [combat service support] structure that they will interface with when they are deployed into an operational wartime scenario."

The JMSEs, which form the framework of the training exercise, are not just notional events

randomly created and chosen, he added. In fact, they have been painstakingly formulated based on real scenarios encountered in Iraq and Afghanistan.

"These are simulated events whereby we, in conjunction with the [observer-controller/trainers] who observe the performance against these tasks via a set schedule, we take an event and inject down via the tactical network to these units," he explained. "Based on that, we have an expected response we would hope to see from the exercised unit, and based on their response ... we will give them feedback during the [after action report]."

Thanks to the intensive planning and careful execution on behalf of the 143d and other supporting units, CSTX 91 11-01 is on the cutting edge of what a pre-deployment training exercise can be. Soldiers participating in the training will get the most true-to-life scenarios that can be thrown at them, and the way they react will give them the much-needed lessons learned in order to deploy with as much preparedness as possible. ☒



Photo by Sgt. Joshua Risner | 372nd MPAD

Staff Sgt. Lassandra Key, assigned to the 414th Transportation Company out of Columbia S.C., applies an improvised tourniquet to the leg of Pfc. Kendall Pringle during a simulated attack at Fort Hunter Liggett, Calif., June 13. The Soldiers are here for Combat Support Training Exercise West - 2011.



Photo by Sgt. Joshua Risner | 372nd MPAD

Protesters clash with Army Reserve Soldiers during a mock protest at Fort Hunter Liggett, Calif. during Combat Support Training Exercise 91 11-01, June 21.



Maj. Gen. Luis R. Visot, commanding general of the 377th TSC, passes the general officer pistol to Stephanie Palzer before she presents it to her father, Brig. Gen. Mark W. Palzer, commanding general of the 143d ESC, during Palzer's July 9 promotion ceremony in Orlando, Fla. Photo by Spc. Aaron Ellerman | 143d ESC

143d ESC commander promoted, receives star

■ BY SPC. AARON ELLERMAN
143d Sustainment Command (Expeditionary)

ORLANDO, Fla.- Col. Mark W. Palzer, commander of the 143d Sustainment Command (Expeditionary), was promoted to the rank of brigadier general July 9, 2011 at the 1st Lt. David R. Wilson Armed Forces Reserve Center here in Orlando.

Many of Brig. Gen. Palzer's family, friends, and military colleagues attended the event. Maj. Gen. Luis R. Visot, commanding general of the 377th Theater Sustainment Command, from Bell Chase, La., was present to promote Col. Palzer to the rank of brigadier general. The 377th is the 143d's upper echelon of command.

Palzer entered the Army in 1982. He was a Distinguished Military Graduate and was commissioned a second lieutenant upon graduation from the United States Military Academy at West Point, New York. Originally from Huntington Station, New York, he and his wife Donna currently reside in Jackson, New Jersey. They have three children: Stephanie, Daniel, and William.

"I feel the ceremony today went very well," said Palzer.

It was a wonderful event. Maj. Gen. Visot made the occasion with his charisma, said Palzer.

Palzer, who has command and control of 109

units and more than 10,000 Soldiers located throughout the Southeastern United States, said his first order of business is to continue to ready his units and instill command imperatives.

It is important that we drive challenging training throughout the 143d and inspire the junior leaders to effectively train their Soldiers, who are the future leaders, said Palzer.

If you lay a string on a desk and try to push it forward from the back end to where you want it to go, it just gets jumbled up, said Palzer. But if you take the string from the front and lead it to where you want it to go, it moves smoothly. Then the rest of the string follows neatly behind.

Always lead from the front and don't be afraid to try new things, said Palzer. It is important for the young Soldiers to pursue fun challenging jobs.

"Who you are is whom you choose to be around," said Palzer

The 143d Sustainment Command (Expeditionary) was constituted as a transportation brigade on November 24, 1967 in the United State Army Reserve and activated in Orlando, Fla. The 143d Sustainment Command (Expeditionary) is a transportation brigade comprised heavily of Soldiers in the transportation and logistical fields. From December 2001 to December 2006 the unit kept a presence in Kuwait in support of Operation

Enduring Freedom and Iraqi Freedom. In February 2009 the unit deployed to Afghanistan and returned in December 2009. ☒



Photo by Maj. John Adams | 143d ESC

Newly-promoted Brig. Gen. Mark Palzer, commanding general of the 143d Sustainment Command (Expeditionary), accepts the general officer oath of office given by Maj. Gen. Luis R. Visot, commanding general of the 377th Theater Sustainment Command, during Palzer's promotion ceremony July 9 at the 143d ESC headquarters in Orlando, Fla.

Training for the Long Haul



Soldiers of the 414th Transportation Company and the 257th Transportation Company jointly transport fuel, food and water products amidst hilly terrain to United States Marine Corps. Logistics Base Yermo in support of the National Training Center, Fort Irwin, Calif., June 18.

Photo by Spc. Justin Snyder | 354th MPAD

■ BY SPC. JUSTIN SNYDER

354th Mobile Public Affairs Detachment

FORT IRWIN, Calif.—In a day and age where Army Reserve Soldiers have been deployed more than ever in history, it's not unusual for active-duty and Reserve components to work as one force.

However, the notion still exists that the Army Reserve and active duty should train separately.

"There is often the idea that the Army Reserve is below the active duty or that we cannot do the same things they can," said Col. Barry Bort, 143d Sustainment Command (Expeditionary) G-3 operations. "But that's not the real story. We fight together, so why not train together as well."

Various levels of leadership and commands came up with a way of proving that. They organized a long-haul convoy to prove the Army Reserve could perform as well as the active component. This would also set the example for future combat support training exercises held at Fort Hunter Liggett, Calif.

The 414th Transportation Company, of Orangeburg, S.C., and 257th Transportation Company, of Las Vegas, joined to prove this concept during the 2011 CSTX.

Soldiers rallied June 17 to transport fuel, food and water safely and efficiently from Fort Hunter Liggett to United States Marine Corps Logistics Base Yermo in support of the National Training Center, Fort. Irwin, Calif.

The transportation companies completed three round trips in a span of nine days.

"The ultimate goal was to prove that the Army Reserve remains fully capable of providing sustainment support in a continental United States training environment as they do in Operations Enduring Freedom and Operations New Dawn," said Col. David Aucoin, 143d ESC deputy commander.

The exercise began with Soldiers performing pre-maintenance checks and services on all vehicles, while taking part in numerous briefings and rehearsal drills.

The PMCS and drills helped familiarize Soldiers with their route and ensure the safety of all participating in the first-of-its-kind mission. It also allowed for the two units, who had no prior working relationship, some time to gel.

"The drills were a very important part of this mission," said Staff Sgt. Lassandra Keys, 414th Trans Co. acting convoy commander for the mission. "It's all about preparation. A prepared Soldier makes for a safer Soldier, and we cannot stress safety enough."

The convoy, consisting of three tankers, nine flatbeds, one Humvee and a wrecker vehicle in

case of any problems, departed mid-day Friday en route to their first pit stop, Camp Roberts, Calif.

Here Soldiers were fed and had a place to sleep. All vehicles were staged and prepared for travel in the early morning.

Soldiers then departed from Camp Roberts to the National Guard Armory in Bakersfield, Calif., where all the vehicles refueled using one of the tankers traveling in the convoy.

"Being self-sufficient and refueling using our vehicle was very important on a training standpoint," said Keys, a native of Jessup, Ga.

"It gave our Soldiers another chance to get better at what they do and made it possible for us to arrive at our goal destination with enough fuel," she said.

The convoy then departed Bakersfield for their final destination of Yermo.

Throughout the trip, Soldiers were forced to endure from bright to foggy conditions, travel among the busy traffic of freeways and scale the scenic hills and terrain of California, often competing with the local population for road space.

See The Long Haul, pg. 9

DID YOU KNOW?

Army Reserve Family Programs has a virtual Army Reserve installation where geographically dispersed teens can meet to collaborate, learn and create a community through social networking. With parental sponsorship, teens can register, create an avatar and navigate the virtual installation. For more information, visit the ARFP website: <http://www.arfp.org/skins/ARFP/home.aspx>

The Long Haul, cont.>>

For some of the drivers, it was their first experience driving in a long-distance convoy, while for others they appreciated the hilly terrain for realistic deployment conditions.

“I think the training for our drivers was great,” said Sgt. 1st Class Kenyatta Bell, 414th Trans. Co. driver.

“We are fighting a war right now in Afghanistan, and I’ve been told that the terrain is very hilly there. Getting used to that kind of scenery will help these soldiers a lot.”

After two days, four stops and 300-plus miles of driving, CSTX history was made as the convoy arrived on time to Yermo where they met with leadership.

This was the Army Reserve taking chances, breaking down walls and driving their way into the future.

Aucoin was on hand to meet the Soldiers and congratulate them on a successful mission.

“I had an opportunity to meet and talk with the Soldiers,” he said. “They did very well. They were excited, energized and at the same time very tired. Three-hundred miles makes for a long day, but this kind of training is the right thing to do and was truly spot on as an outstanding training event.”

“A lot of lessons learned from operations in Iraq and Afghanistan were incorporated to ensure that this exercise was real and provided

the rigor needed in order to help deploy these units forward,” added Aucoin.

Aucoin said that the convoy’s success is pivotal in helping bring together active duty components and Reserve components for future training.



Photo by Spc. Justin Snyder | 354th MPAD

Soldiers of the 414th Transportation Company and the 257th Trans. Co. jointly transport fuel, food and water products amidst hilly terrain to United States Marine Corps. Logistics Base Yermo in support of the National Training Center, Fort Irwin, Calif., June 18.

“Certainly on the short-term scale, we succeeded in preparing these units to deploy, but more importantly in the long-term we are ensuring that the CSTX is the pre-eminent combat support training for the United States

“We fight together, so why not train, together as well.”

-Col. Barry Bort, 143d ESC

Army, both Reserve and active duty component,” said Aucoin.

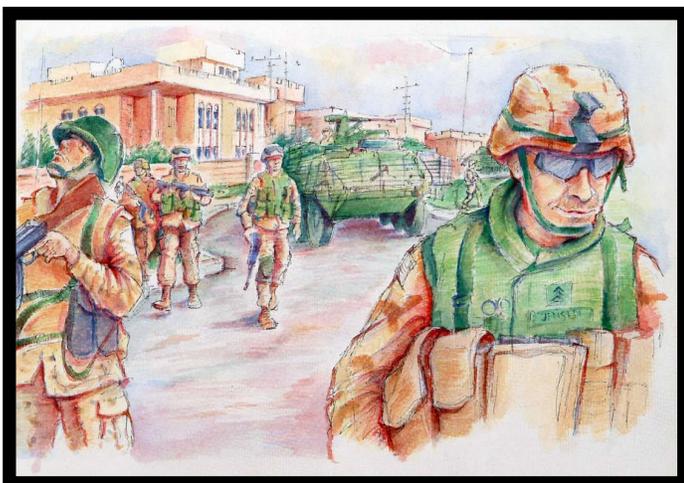
Bell said the Soldiers appreciated the command being there and enjoyed the training.

A lot of our Soldiers didn’t have a lot of experience prior to this mission,” said Bell, a native of Springfield, S.C. “They were all saying how great the training was and that they wanted to do more things like it in the future. We are better at our jobs now because of it.”

Following completion of the exercise, an after action review was completed with the Soldiers input, something Bort believes is important.

“This mission will pretty much make or break the CSTX in the future,” said Bort. “These AARs give us the information needed to expand upon the training and is essential in making sure Soldiers get the best training possible for years to come.”

The 414th Trans. Co. reports to the 812th Transportation Company Battalion, 518th Sustainment Brigade, 143d ESC. The 414th Trans. Co. is scheduled for deployment Fiscal Year 2012. ☒



“Market Street Patrol”

“Market Street Patrol” 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 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_art-work/index.html

143d ESC welcomes new command sergeant major



■ BY SPC. AARON ELLERMAN
143d Sustainment Command (Expeditionary)

ORLANDO, Fla.- We are losing a great command sergeant major, but we are gaining an equally great command sergeant major, said Brig. Gen. Mark W. Palzer, commander of the 143d Sustainment Command (Expeditionary).

A change of responsibility ceremony took place July 10 at the 1st Lt. David R. Wilson Armed Forces Reserve Center here in Orlando. The ceremony transferred responsibility of the 143d from Command Sgt. Maj. James W. Weaver to Command Sgt. Maj. Jeffrey E. Uhlig.

My first order of business as the 143d's new command sergeant major is to acclimate to the current command climate and current operations tempo, said Uhlig.

"I look forward to the opportunity to help mold tomorrow's leaders of this organization,"



Photo by Maj. John Adams | 143d ESC

The commander of the 143d Sustainment Command (Expeditionary), Brig. Gen. Mark W. Palzer, passes a ceremonial saber to incoming 143d ESC command sergeant major, Command Sgt. Maj. Jeffrey E. Uhlig, during a July 10 change of responsibility ceremony at the 1st Lt. David R. Wilson Armed Forces Reserve Center.

said Uhlig.

It is important for Soldiers to know their jobs and be professional, said Uhlig. Soldiers need to set goals for themselves. Noncommissioned officers should know their Soldiers and lead from the front.

"The 143d was very rewarding and is an excellent organization. I am glad I had an opportunity to be a part of it at this level," said Weaver.

Weaver has served in the Army since 1970 and is slated to retire in 2011. He has served as the 143d's command sergeant major since April 2009.

"I love what I do," said Weaver.

Weaver was born in Adel, Ga. And currently resides at Lake Seminole, Ga. with his wife Polly. They have two sons: Matt and Dennis.

Among his duties, the Uhlig will enforce policies and standards,

specifically those relating to enlisted Soldiers in the areas of performance, training, conduct and appearance. He will also advise and make recommendations to the commander and staff about issues related to the NCO system within the command. ☒



Photo by Maj. John Adams | 143d ESC

Brig. Gen. Mark W. Palzer, the commander of the 143d Sustainment Command (Expeditionary), and outgoing Command Sgt. Maj. James Weaver, 143d ESC, look at a gift given to Weaver from brigade sergeants major within the command during a July 10 change of responsibility ceremony at the 1st Lt. David R. Wilson Armed Forces Reserve Center.



Photo by Maj. John Adams | 143d ESC

Brigade sergeants major render salutes during the July 10 change of responsibility ceremony for outgoing Command Sgt. Maj. James Weaver and incoming Command Sgt. Maj. Jeffrey Uhlig held by the 143d Sustainment Command (Expeditionary) at the 1st Lt. David R. Wilson Armed Forces Reserve Center in Orlando, Fla. Weaver is slated to retire this year.

TRANSLOTS trains, prepares for real-world operations

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

CEIBA, Puerto Rico—Approximately ten Army Reserve units from across the United States participated in a transportation logistics over the shore (TRANSLOTS) exercise between May 15 and July 15 to transfer military equipment from former Naval Station Roosevelt Roads, Puerto Rico to Cape Canaveral, Fla.

Following the relocation of U.S. Naval Forces Southern Command to NS Mayport, Fla., Roosevelt Roads closed in 2004 after operating for more than 50 years. The Base Realignment and Closure process includes reallocating military equipment to new locations, and the TRANSLOTS 11 exercise

helped facilitate this government directive while giving participants real-world training.

With a variety of Military Occupational Specialties represented, Soldiers were able to hone their skills and practice their jobs throughout the exercise. The numerous fields present included food service specialists, medical personnel, mechanics, watercraft operators, public affairs and motor transport operators.

The Army Reserve vessels Landing Craft Utility 2026 Matamoros and LCU 2031 New Orleans operated as a pivotal part of the exercise by transporting the equipment on two voyages each. The Matamoros is manned by 824th Transportation Company Soldiers out of Morehead City, N.C., while the 824th Trans Co. troops aboard the New Orleans are stationed in Rattlesnake Point (Tampa), Fla.

“I think it’s a great exercise,” said Sgt. Cory L. Weinstein, an 824th Trans Co. watercraft operator from Tampa, Fla. “We’re able to get on the boat longer than a battle assembly weekend.”

Every year reservists undergo annual training, referred to as AT. This AT assists the Army Reserve in maintaining an operational force, ready to deploy around the globe when necessary.

During their TRANSLOTS 11 voyages, the crews rotated as teams, manning the bridge and learning the map charts.



Photo by Sgt. Elisebet Freeburg | 143d ESC

Army Reserve vessels Landing Craft Utility 2026 Matamoros and LCU 2031 New Orleans, both from the 824th Transportation Company, participate in a transportation logistics over the shore (TRANSLOTS) exercise June 9 at former Naval Station Roosevelt Roads, Puerto Rico.

“You need to know where you are at all times,” said Staff Sgt. Elroy Donovan, an 824th Trans Co. watercraft operator from Tampa, Fla.

They also performed line handling, the practice of positioning and tying the boat swiftly and correctly when docking.

“Everything’s quick reaction,” said Donovan. “We stress safety a lot.”

The LCUs Matamoros and New Orleans recently proved their ready capability by their rapid support in Operation Unified Response after Haiti’s 2010 earthquake. For about five months, the Reserve vessels worked neck-to-neck with active duty units.

“The [TRANSLOTS 11] exercise has allowed the Soldier-mariners of the 824th Trans Co. an excellent opportunity to sharpen

their maritime skills while performing a valuable cost-saving service for the

Army,” said Chief Warrant Officer 2 Mia Perdue, the watercraft operations officer from the 824th Trans Co.

The contributing units for TRANSLOTS 11 included the 1190th Transportation Brigade, Baton Rouge, La.; the 385th Transportation Battalion, Tacoma, Wash.; and the 378th Medical Detachment, Kenova, W.Va.

The 824th Trans Co. reports to the 332nd Transportation Company Battalion, 641st Regional Support Group, 143d Sustainment Command (Expeditionary). Units from the 143d ESC have participated in TRANSLOTS exercises for more than 10 years. The 143d ESC reports to the 377th Theater Sustainment Command. ☒



Photo by Sgt. Elisebet Freeburg | 143d ESC

Army Reserve vessel Landing Craft Utility 2026 Matamoros of the 824th Transportation Company participates in a transportation logistics over the shore (TRANSLOTS) exercise June 9 at former Naval Station Roosevelt Roads, Puerto Rico.

DID YOU KNOW?

The Army Reserve has a collection of speaking resources to help reservists tell their Army story to the public. The resources available include everything from addressing high school students at an assembly or in a classroom to Veterans Day and Fourth of July speeches. For more information, visit <http://www.usar.army.mil/arweb/community/Pages/SpeakersBureauToolkit.aspx>. Leaders, visit AKO to find the latest command messages and resources from the Chief of the Army Reserve. Log in, brows the folders and files located in the top left portion of the public affairs page under Speakers Toolkit.

Chaplain candidate program gives servicemembers on-the-job training

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

ORLANDO, Fla. —Established in 1775, the Army Chaplaincy is the world's largest and oldest military chaplaincy. An integral piece of Soldier resiliency, Army chaplains serve on the frontlines alongside troops, while providing counseling, support and spiritual guidance to men and women who face mortality daily. In recent years, the Army has reported a shortage of chaplains. The chaplain candidate program is a vital part of boosting the military's clergy ranks.

In order to become a chaplain, the applicant must have met the proper educational requirements, normally a Master of Divinity from an accredited seminary, and must hold an ecclesiastical endorsement by an approved religious body or endorsing agency.

However, the Army Reserve's chaplain candidate program allows a seminary student to receive Army training and experience while still attending school.

"I want to be an encouragement to Soldiers and make a positive difference in Soldiers' lives and give them hope," said 1st Lt. Pleshette Harris, a chaplain candidate for the 642 Regional Support Group and a native of Nagocdoches, Texas.

Once chaplain candidates graduate the Chaplain Basic Officers Leadership Course (CHBOLC), they are authorized yearly practicum for up to 45 days.

Additionally, candidates are now required to drill with units during regular battle assembly.

"I'm just learning so much," said Harris.

This allows full-fledged chaplains to mentor the candidates and gives candidates the opportunity to work with Soldiers while still in training.

"Soldiers want someone who's going to love them and come alongside them," said 2nd Lt. Scott Speight, a chaplain candidate for the 640th RSG and a native of Nashville, Tenn. "That's the best lesson I've ever learned, and I learned it from Soldiers."

The candidates serve in many ministry areas like the Yellow Ribbon Program, Strong

Bonds retreats, worship services, suicide prevention briefings and pre-deployment sessions. Candidates cannot perform counseling.

While attending the CHBOLC at the U.S. Army Chaplain Center and School located at Fort Jackson, S.C., the candidates learn how to minister to Soldiers.

"It's about taking care of the Soldiers, their spiritual needs, and guide them," said 2nd Lt. Denise Webb, a chaplain candidate for the 143d Sustainment Command (Expeditionary) and a native of St. Petersburg, Fla.

Webb previously worked for several years as an enlisted Soldier in active-duty public affairs and deployed to Afghanistan in 2009.

While at the CHBOLC, Webb used her military knowledge to benefit the unfamiliar. In turn, she learned from those with ministry but little military experience.

"The Army brings together such a diverse background," said Webb.

The 12-week CHBOLC is divided into four phases, that must be taken sequentially, but not necessarily in the same year.

The first phase is Chaplain Initial Military Training. Students learn about map reading, military customs, field operations and more.

"They make you go through a mini-basic training, so I was like, 'Not again!'" said Webb, who found herself braving the gas chamber for a second time during her military career.

Next, the chaplain hopefuls attend Phase I, which focuses on Army writing and correspondence, then Phases II and III.

During the last two phases, students learn how to apply their pastoral abilities in the Army environment.

"They really equip you with the skills you need," said Harris.

Candidates take back to their units what they learned during their Army training and



ies.

"Seminary is not going to prepare you for what you face," said Speight. "Getting in there and getting to know your soldiers is vital. Meet Soldiers where they are."

As a reservist, it may mean meeting a Soldier at his civilian job and going to lunch, explained Speight.

"It's a lot of work," said Webb. "It's not a one weekend a month thing. We're available 24/7 to the Soldier."

To become a chaplain candidate in the Reserve, applicants must meet further requirements including age, physical fitness, security clearance, and U.S. citizenship or residency.

After completion of the program, chaplain candidates must submit a packet to an Army Reserve chaplain board for approval as a chaplain.

There are several reasons that could explain the current scarcity of chaplains in the Army Reserve. As the Army continues to cycle thousands of troops through deployments, many Reserve chaplains have been mobilized to fill empty active-duty positions, both state-side and overseas.

In addition, chaplains in the Reserve do not have the same job security as other reservists. Under federal law, when a Soldier deploys, his civilian employer must hold his job position for him to return to, but this does not apply to chaplains. Churches are not bound to this law, due to the First Amendment's Establishment Clause. ☒

DID YOU KNOW?

The Chairman of the Joint Chiefs of Staff, the Chief of Staff of the Army, the Vice Chief of Staff of the Army, the Sergeant Major of the Army, and many other Army leaders are on Facebook. For more information, visit <http://www.army.mil/media/socialmedia/>.

THINK WEAPONS SAFETY THIS SUMMER

Soldiers are trained and receive constant instruction on how to care for and respect their weapons. The assumption is Soldiers are proficient with weapons therefore they would be best suited to handle them at home. However, the reality is that on average, the Army has lost five Soldiers each of the past three years to off-duty weapons handling accidents.

According to Tracey Russell, a weapons safety expert at the U.S. Army Combat Readiness/Safety Center, the reasons why Soldiers die from unintentional shootings is attributed to different factors. Three are listed below:

1. The involvement of alcohol and time of day, especially during the

late evening or early morning hours. Obviously, alcohol and firearms are a lethal combination. During a time of summer barbecues and other social functions that typically involve drinking, it's extremely important to resist the urge to 'show off' the latest addition to the gun cabinet.

2. Basic fundamentals of safe weapons handling are ignored. The most prevalent mistakes are horseplay, improper clearing procedures and failure to keep the weapon on safe and finger off the trigger.

3. Overconfidence and complacency. A deadly assumption is Soldiers frequently handle weapons on duty; they'll have no problems at home. Off duty, there isn't a supervisor to enforce the rules, and his-

tory proves it's all too easy for Soldiers to neglect the basics of firearm safety.

"It cannot be stressed enough that every weapon should always be treated as if it's loaded, even if you 'know' it isn't," Russell said. "We've lost too many Soldiers in accidents involving 'unloaded' weapons."

Finally, it's important to remember the family aspect of firearms safety. According to the National Institutes of Health, a child as young as three years old has enough strength to pull the trigger on a handgun. Further, of all unintentional shootings reported annually in the United States, more than half were committed by children and teens.

• Always store guns unloaded and in a secure place to ensure little hands stay safe.

• Treat every weapon as if it's loaded.

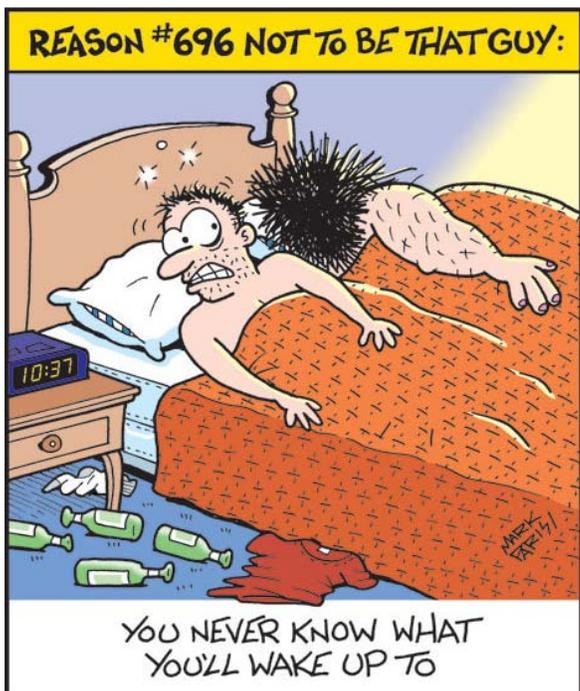
• Handle every weapon with care.

• Identify the target before you fire.

• Never point the muzzle at anything you don't intend to shoot.

• Keep the weapon on safe and your finger off the trigger until you intend to fire.

For more information on safe weapons handling, visit the US-ACR/Safety Center's Range and Weapons Safety Toolbox Web site at <https://safety.army.mil> or the National Shooting Sports Foundation Safety Web site at <http://www.nssf.org/>.



Don't be That ~~Guy~~ (or Girl)

DANGERS OF ALCOHOL POISONING:

One of the most dangerous short-term consequences of binge drinking is alcohol poisoning, which can lead to irreversible brain damage or even death.

Excessive drinking depresses nerves that control things like breathing or the gag reflex. Drinking too much in too short a time can lead to slow or stopped breathing; irregular or stopped heart beat; choking on vomit; severe dehydration; low body temperature; or too little blood sugar.

Don't ever let someone "sleep it off."

Blood alcohol levels continue to rise in the body even when someone is passed out and no longer drinking. Watch for these signs of alcohol poisoning and get help immediately:

- Mental confusion, stupor or coma
- Passed out and difficult to wake
- Cold, clammy, pale or bluish skin
- Vomiting
- Seizures
- Slow or irregular breathing
- Hypothermia (low body temperature)

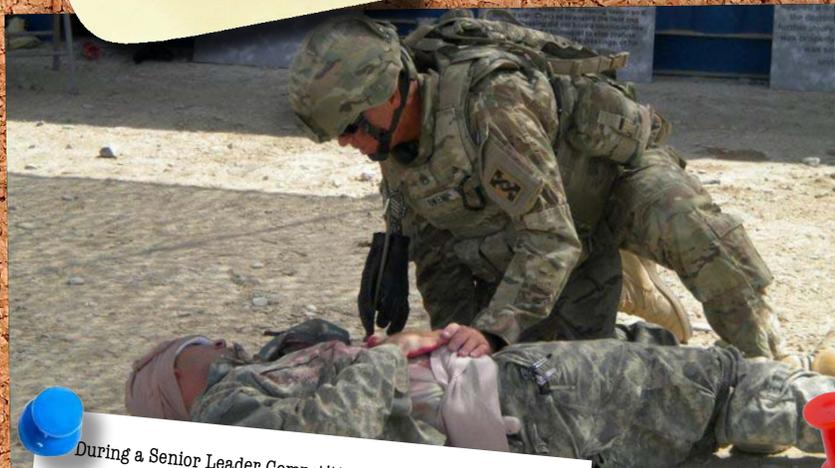
FOR MORE INFORMATION, RESOURCES, OR TO GET HELP:

www.thatguy.com

DID YOU KNOW?

There are services available to veterans to help them transition to a career in healthcare. For servicemembers or their spouses already trained in the medical field, Military to Medicine provides a network of healthcare employers throughout the country. For those looking for a new career, Military to Medicine offers career preparation and assessment. For more information, visit <http://www.militarytomedicine.org/about.html>. The website Heroes to Healthcare is an employment resource site, where veterans can post resumes and search for jobs. For more information, visit <http://www.miracleworkers.com/WM/Default.aspx?lr=cbheroes2hc>.

Around the ESC



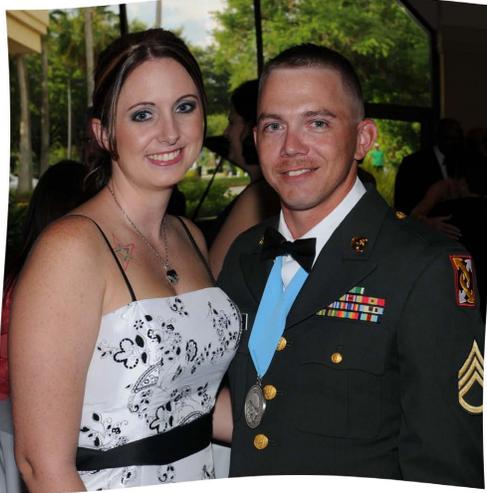
During a Senior Leader Competition at Kandahar Airfield, Afghanistan, Staff Sgt. Randy Owen, 2nd Platoon, 655th Transportation Company, evaluates a casualty, simulated by Spc. Callas, 655th TC. (Photo by 1st Lt. Michael Embrey, 655th TC)



Chief of the Army Reserve Lt. Gen. Jack Stultz presents an award to Spc. Mitchell W. Reynolds of the 175th Ordnance Company during the 236th Army Birthday Ball held June 18 by the Association of the United States Army in Orlando. Reynolds won the title 143d Sustainment Command (Expeditionary) Soldier of the Year at the ESC's 2011 Best Warrior Competition. (Photo by Sgt. Elisebet Freeburg, 143d ESC)

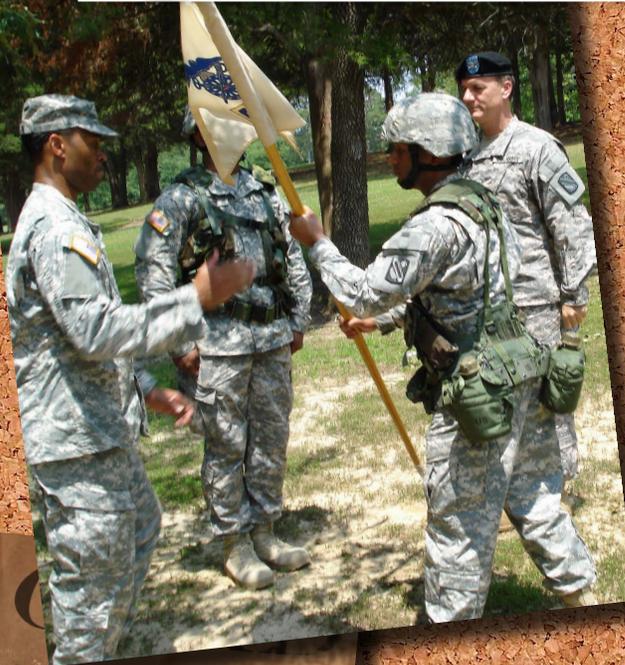
A food service specialist from the 658th Quartermaster Company, Pfc. Dante Perrin from Hamilton, Miss., pauses during the Philip A. Connolly cooking competition held June 11 at Trace Lake State Park, Belden, Miss. The 658th QM was competing in the field kitchen category and prepared meatloaf, carrots, mashed potatoes and more to about 65 Soldiers. (Photo by Command Sgt. Maj. Scherr D. Qualls, 375th Combat Sustainment Support Battalion)





Michelle and Staff Sgt. Jeffery Kelly from Orlando, Fla., pose for a photo during the 236th Army Birthday Ball held June 18 by the Association of the United States Army at the Renaissance Sea World Orlando hotel. Previously assigned to the 310th Human Resources Sustainment Center out of Fort Jackson, S.C., Kelly was medically retired in February after being wounded August 2008 south of Scania, Iraq, while deployed with the 846th Transportation Company, out of Salisbury, N.C. (Photo by Sgt. Elisebet Freeburg, 143d ESC)

The commander of the 658th Quartermaster Company, 1st Lt. Demetrius Quinton, relinquished his command June 11 to Capt. Daren Walker at Trace Lake State Park, Belden, Miss. Distinguished visitors and participants included the commander of the 321st Sustainment Brigade, Col. Emmett Klump, and the command sergeant major of the 375th Combat Sustainment Support Battalion, Command Sgt. Maj. Scherr D. Qualls. (Courtesy Photo)



(Left to Right) Mrs. Kevin Foley, Staff Sgt. Kevin Foley, Chief Warrant Officer 3 Randy Grady, Chief Warrant Officer 2 Charles Johnson, Staff Sgt. Caleb Bagwell, Sgt. Brad Honeycutt, Chief Warrant Officer 2 Chris Buckland, Sgt. 1st Class Hilario Benitezrivera, and Staff Sgt. Thomas Allen take part in the 2nd annual Capt. MAC Beach Run and lead with the U.S. flag May 14 in front of the Sheraton Atlantic Beach Oceanfront Hotel. The run is organized by the Military Affairs Committee of the Carteret County Chamber of Commerce. The Soldiers represented the units based out of the Morehead City, N.C., Army Reserve Center, including the 824th Transportation Company. (Courtesy Photo)



Chief of the Army Reserve Lt. Gen. Jack Stultz presents an award to Staff Sgt. Don L. Holder of the 618th Sustainment Brigade during the 236th Army Birthday Ball held June 18 by the Association of the United States Army in Orlando. Holder won the title 143d Sustainment Command (Expeditionary) Noncommissioned Officer of the Year at the command's Best Warrior Competition. (Photo by Sgt. Elisebet Freeburg, 143d ESC)

Former Army Spc. Luis Puertas chats with Staff Sgt. Richard Vicenty, 143d Sustainment Command (Expeditionary), during a Homes for Our Troops event to provide Puertas, a double amputee, with a wheelchair-accessible home. Puertas lost both legs in Iraq 2006 due to an improvised explosive device blast. Homes for Our Troops is a nonprofit organization. (Courtesy Photo)



Sgt. Elisebet Freeburg, a public affairs specialist for the 143d Sustainment Command (Expeditionary), interviews Sgt. Mark L. Kwansah, a visual information equipment operator-maintainer for U.S. Army Africa, July 12 during MEDFLAG 11 in Ghana, West Africa. Freeburg provided public affairs support and coverage for the U.S. and Ghanaian military forces involved in MEDFLAG 11, a medical exercise that strengthens the relationship and interoperability between the U.S. and Ghana armed forces. (Photo by Spc. Jess Raasch, 116th Public Affairs Detachment)

Soldiers from the Morehead City, N.C., Army Reserve Center, including the 824th Transportation Company, carry the U.S. flag and run in the 2nd annual Capt. MAC Beach Run May 14 in front of the Sheraton Atlantic Beach Oceanfront Hotel. The run is organized by the Military Affairs Committee of the Carteret County Chamber of Commerce. (Courtesy Photo)



Former Army Spc. Luis Puertas (center) stands with Soldiers from the 143d Sustainment Command (Expeditionary) performing a color guard during a Homes for Our Troops event to provide Puertas, a double amputee, with a wheelchair-accessible home. Puertas lost both legs in Iraq 2006 due to an improvised explosive device blast. Homes for Our Troops is a nonprofit organization. (Courtesy Photo)

Around the ESC



Soldiers from the 352nd Combat Sustainment Support Battalion out of Macon, Ga., pose with their trophy after winning first place in a volleyball tournament held over the fourth of July weekend in Balad, Iraq. (Photo by Capt. Gabriel Burnette, 352nd CSSB)

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.



SOLDIERS LEADERS
CIVILIANS FAMILIES

Take 5

before taking
a glide!

It's a Bird, It's a Plane,
It's You ...

- Take training from a certified trainer
- Inspect your equipment
- Know the weather, especially the winds before gliding
- Never go gliding without others knowing where you are



What Have You Done,
to Save a Life Today?



ARMY STRONG



U.S. ARMY COMBAT READINESS/SAFETY CENTER
<https://safety.army.mil>

ARMY SAFE
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