

# CAN DO

NOVEMBER EDITION

2011



## BRAVO ZULU!

A visit to Surge Sealift command

### Leadership

Where it all starts

### Army Values

What does duty mean to you?



**<< ON THE COVER**

Spc. Lorenzo Huerta in the supported prone position as Spc. Jared Ellender coaches during the 377<sup>th</sup> TSC range qualification at Camp Shelby, Mississippi on November 19<sup>th</sup>. Photo by SFC Angele Ringo

# CAN DO

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377th TSC  
**Maj. Gen. Luis R. Visot**

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# CAN DO

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**CAN DO IS A MONTHLY NEWSLETTER**

**HIGHLIGHTING NOVEMBER 2011**

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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!**

My Fellow Soldiers, Civilians, Families,  
and Community Members at large,

**HAPPY HOLIDAYS!**

The Army Values define our character and guide our actions as Soldiers and Leaders. It is even more important for us to live our Values in our everyday lives than most other Americans. We serve as role models and examples when we wear the uniform of the United States. I hope that if you happen to travel in uniform over the Holidays and the American People offer their gratitude and appreciation, you kindly respond "That is our Honor and Duty!" The United States is the Strength of our Nation and YOU (The American Soldier) are the Strength of the U.S. Army! Be proud and be humble... It's our Duty!

In our last issue of the CAN DO magazine we focused on loyalty and this month our focus is Duty. Duty is fulfilling your obligations. Doing your Duty means more than carrying out your assigned tasks. Duty means being able to accomplish tasks as part of a team. The work of the U.S. Army is a complex combination of missions, tasks and responsibilities – all in constant motion. You fulfill your obligations as a part of your unit every time you resist the

temptation to take "shortcuts" that might undermine the integrity of the final product. Please read CSM Lambert's column to get a deeper appreciation of our Army Values.

Now, what does Duty mean to you? Can you cite an instance or tell a story of when you have witnessed Duty? Please share with us. We would deeply appreciate it. Our PAO will be the depository of your stories.

Our duty to our country is important but so is the time spent with our loved ones. As the holiday season approaches, I wish you and you Families a safe holiday season. Please take the time to hug and kiss those that most matter to you in your life – your family and loved ones! In addition, please extend our thanks to those Soldiers and Civilians that are presently serving our Nation in harm's way. Until next month, many blessings to you and your Family! I am grateful for each and every one of you!

Thank You!

**CAN DO, ANYTIME, ANYWHERE!**

MG Luis R. Visot

# Non Commissioned Officers

## Making the Connection

We are all very capable of reciting the Army Values – LDRSHIP: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. We may even be able to give a summarized version of the “Army’s” description of them. The question I have is, “how do you connect with these values?” What do they mean to YOU? Do they guide you in your daily life? Are these values apparent in everything you do, in both your personal and professional life? Do we really understand the full scope of these values? Review the examples below.



### *Loyalty – Bear true faith and allegiance*

“Faithfully adhere to others, our units, and our Army”  
“Believe in and devote yourself to others”  
“Support leaders and the chain of command”  
“Care for your subordinates”  
“Work with the team”  
“Prioritize your obligations”

### *Duty – Fulfill your obligations*

“Do what we are told to do”  
“Do what needs to be done”  
“Follow rules and regulations”  
“Complete the mission”  
“Make the correction”  
“Shoulder more than our fair share of the task”

### *Respect – Treat people as they should be treated*

“Treat others with consideration and honor”  
“Accept and value others”  
“Understand that all people possess worth as human beings”  
“Accept others and acknowledge their worth without obligation”

### *Selfless Service – Put the welfare of the nation, the Army and your subordinates before your own*

“Placing duty before personal desires”  
“Promoting and helping others”  
“Volunteering”  
“Putting your own interests aside”  
“Committing to others”  
“Being glad when others succeed”

We must get beyond reciting LDRSHIP. We have to make a personal connection with the Army Values and a personal commitment to embody them in daily life. Have a great holiday season! Be safe in all that you do and remember to say thank you to those that support you in your service to the nation.

Very Respectfully,  
CSM James M. Lambert

### *Honor – Live up to the Army Values*

“Be honest with yourself”  
“Understand the profession”  
“Know what’s at stake as a Soldier”  
“Respect our traditions and past”  
“Embrace the legacy of our Country and our comrades”

### *Integrity – Do what’s right, legally and morally*

“We are moral”  
“Our word is our bond”  
“We can be trusted”  
“We acknowledge our mistakes”  
“We don’t tolerate immorality”  
“We stand up for others”

### *Personal Courage – Face fear, danger or adversity*

“We make and support good decisions – even if unpopular”  
“We risk it all for a buddy or for a stranger”  
“We hold to what is right – regardless of the consequences”  
“We face our fears”  
“We speak with candor”

“Can Do! Anytime,  
Anywhere!”



**Command Sergeant Major  
Lambert  
ARMY VALUES**

*For more information on the Army Values please visit the website listed below:*

<http://cape.army.mil/Army%20Values/Values2.html>

# What Do Chaplain Assistants Do?

By 1st. Lt. Matthew  
Beisel, Chaplain  
Candidate



# WELLNESS

SOLDIER, FAMILY, EMPLOYER  
and COMMUNITY

Last month we looked at the Chaplain Candidate Program. This month we are concentrating on the hard work of Chaplain Assistants and their contributions to the Chaplain Team. Chaplain Assistants perform many tasks that help both the Chaplain and Unit Ministry Team (UMT) which consists of Chaplains, Chaplain Candidates and Chaplain assistants. Chaplain Assistants are a vital part of the Unit Ministry Team that seeks to minister to Soldiers' needs. Chaplain Assistants are vital because they perform many responsibilities that are essential to maintaining spiritual readiness and spiritual fitness. These various duties include: providing professional elements to the subordinate Unit Ministry Teams, assisting Soldiers by assessing their situations when they come for counseling, helping to develop values and resolve conflict, assisting Soldiers and their families in spiritual renewal during reintegration from deployment, and also coordinating the Religious Support Plan and Commander's Master Religious Program.

The duties of the Chaplain Assistant are very important. Without the Chaplain Assistant, the UMT could not function effectively. At the 377th TSC we currently have five Chaplain Assistants. Sergeant Major Timothy Lowe, currently deployed, is the Chief Chaplain Assistant. Sgt. 1st class Bianca Scott has been with the 377th TSC for the last 15 years. Staff Sgt. Simone Ruffin has also contributed greatly as a Chaplain Assistant. Spc. Aries Johnson is another Chaplain Assistant who has been in the unit for 4 years. Pvt. Sarah Bollat is our newest Chaplain Assistant and has grown tremendously in a short amount of time.

Chaplain Assistants join the Army for many different reasons. Private Sarah Bollat said, "I want to support the beliefs of Soldiers and in general lend a

helping hand to Soldiers." She acknowledged that the main duty of the Chaplain Assistant is to perform and provide specified religious support. One aspect of being a Chaplain Assistant is the ability to minister in areas where the Chaplain cannot. Soldiers may feel more comfortable talking freely about their problems around a Chaplain Assistant than with a Chaplain. Enlisted Soldiers can feel more at ease when discussing their personal issues with the Chaplain Assistant.

Chaplain Assistants also provide administrative service. The Chaplain Assistant has the duty of being an administrator for the UMT. Therefore, Chaplain Assistants are actively involved in ministry and administration as a part of their daily lives.

Many Chaplain Assistants work hard behind the scenes and do not receive credit for their hard work. Please encourage and pray for our hard working Chaplain Assistants.



*Sgt. 1st Class Bianca Scott explains the importance of the Unit ministry team Battle Book to Chaplain Candidates 2nd Lt. Matthew Johnston, Capt. Lucians Stamps, 1st Lt. Matthew Beisel and Chaplain Assistant Pvt.2 Sarah Bollat during Battle Assembly November 19th.*

# CHANGE IN ACTION!

Story by Mr. Calvin Colin

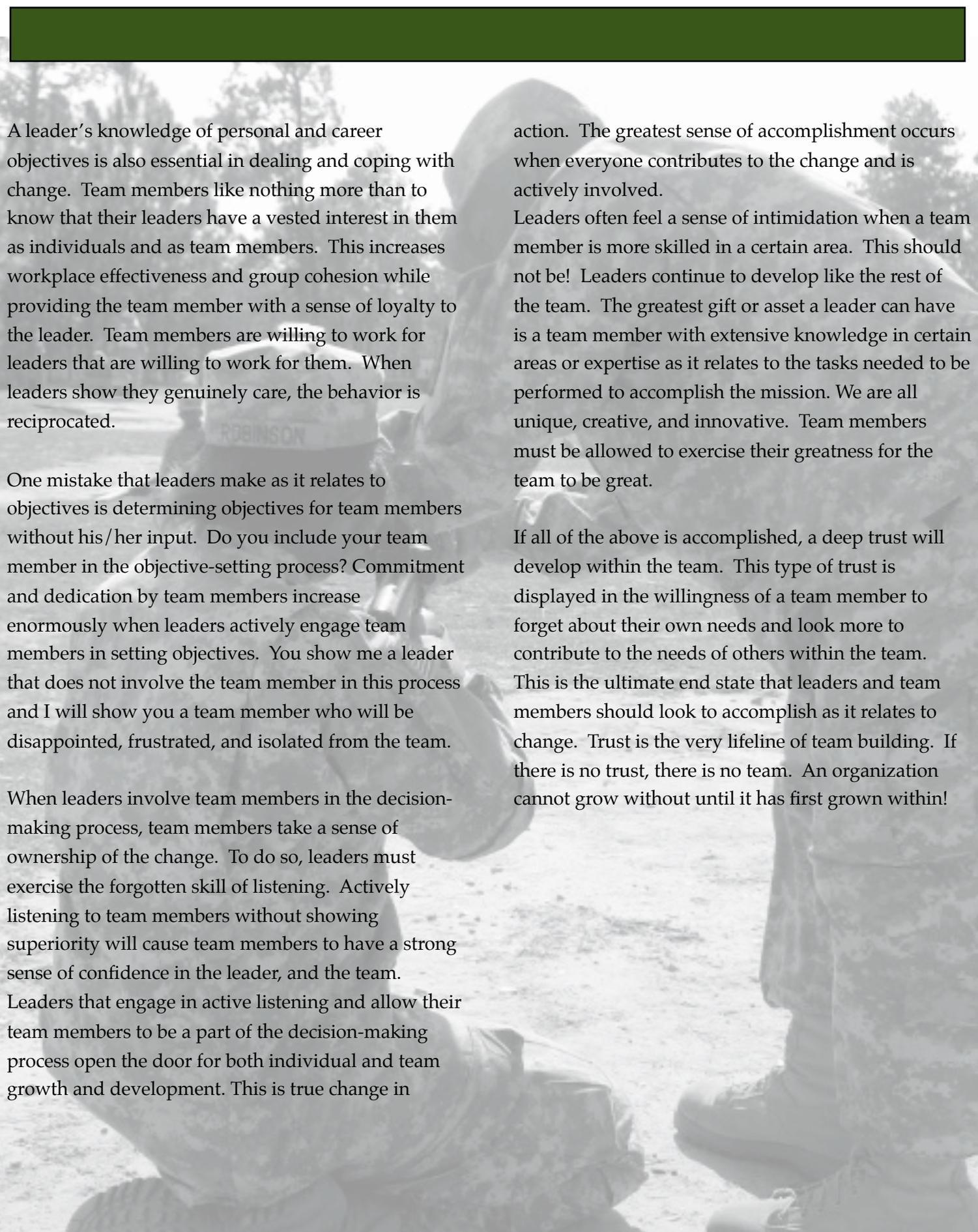
Often times when people think of the equal opportunity program they think of policies, complaint procedures, sexual harassment, and special observances. However, the equal opportunity program offers so much more than that. We are your human relations and diversity managers. We offer many different classes to include group dynamics, group and team development, conflict management, power and privilege, and effective communication to name a few. One key area that we deal with that increase productivity, mission readiness, and mission effectiveness is change management. In this issue, we would like to share with you strategies to use to help manage change in the workplace.

Many times executives find themselves sitting at a round table with other top executives looking for ways to improve organizational effectiveness. The fact of the matter is, these individuals look at change from their perspective in a leadership position. Many factors are taken into consideration as to what will change the organization. Subjects such as strong leadership, a clear vision, rewards, and training seem to always be the first recommendations. In many cases, when we talk of change, we think it is someone else who needs to change. It all starts with self. As members of a team, we have to look deep within ourselves and determine our own strengths, weaknesses, likes, and dislikes. We then need to decide which part of our individuality is slowing down the team-building process and may be

interfering with our workplace effectiveness. It's hard to tell the truth to ourselves. It's much easier to tell the truth about others. Self reflection conceives individual growth. It is at this point that true team building begins. As individuals grow, so do teams.

Change is powerful. Change impacts thoughts, behaviors, and actions. Here are some simple keys to implementing change. Everything rises and falls on leadership. Leadership is where it all starts and it all ends. For change to meet with the least resistance, leaders must take a few things into consideration: how transparent has the leader been concerning information? How involved has the leader been with individuals concerning his/her career objectives, how much the leader involves his/her team in the decision making process? And how much is the leader trusted by the team.

Transparency is an effective leadership tool. When team members see that a leader is willing to be transparent and not withhold information to surprise the team or use the information as a form of reprimand later creates an effective and productive team. Secrets are the enemy to success. Some leaders are willing to withhold information to give them a sense of being in control. This type of power is called informational power. It's not effective and can cause great distrust within the team.



A leader's knowledge of personal and career objectives is also essential in dealing and coping with change. Team members like nothing more than to know that their leaders have a vested interest in them as individuals and as team members. This increases workplace effectiveness and group cohesion while providing the team member with a sense of loyalty to the leader. Team members are willing to work for leaders that are willing to work for them. When leaders show they genuinely care, the behavior is reciprocated.

One mistake that leaders make as it relates to objectives is determining objectives for team members without his/her input. Do you include your team member in the objective-setting process? Commitment and dedication by team members increase enormously when leaders actively engage team members in setting objectives. You show me a leader that does not involve the team member in this process and I will show you a team member who will be disappointed, frustrated, and isolated from the team.

When leaders involve team members in the decision-making process, team members take a sense of ownership of the change. To do so, leaders must exercise the forgotten skill of listening. Actively listening to team members without showing superiority will cause team members to have a strong sense of confidence in the leader, and the team. Leaders that engage in active listening and allow their team members to be a part of the decision-making process open the door for both individual and team growth and development. This is true change in

action. The greatest sense of accomplishment occurs when everyone contributes to the change and is actively involved.

Leaders often feel a sense of intimidation when a team member is more skilled in a certain area. This should not be! Leaders continue to develop like the rest of the team. The greatest gift or asset a leader can have is a team member with extensive knowledge in certain areas or expertise as it relates to the tasks needed to be performed to accomplish the mission. We are all unique, creative, and innovative. Team members must be allowed to exercise their greatness for the team to be great.

If all of the above is accomplished, a deep trust will develop within the team. This type of trust is displayed in the willingness of a team member to forget about their own needs and look more to contribute to the needs of others within the team. This is the ultimate end state that leaders and team members should look to accomplish as it relates to change. Trust is the very lifeline of team building. If there is no trust, there is no team. An organization cannot grow without until it has first grown within!

# 377th TSC SOLDIERS VISIT SURGE SEALIFT PROGRAM

Story by Col. Joel Weeks

It was a clean, crisp autumn morning in Violet, Louisiana, as two busloads of Soldiers from the 377th Theater Sustainment Command pulled into the lot adjacent to the berth. Moored pier-side were two of the largest military vessels in our Nation's service, the United States Naval Ships (USNS) SHUGHART and YANO. Owned by the U.S. Navy's Military Sealift Command (MSC), these two ships are part of the MSC's Surge Sealift Program which is comprised of ten Large, Medium-Speed, Roll-on, Roll-off (LMSR) ships and responsible for the ocean transport of military cargoes in support of crises and contingencies around the globe.

The buses were met at the dock by Mr. Mark Coggins, Program Manager for Surge Sealift at MSC, as well as Mr. Joe Doggette, Contracting Officer's Representative and on-site Technical Representative for the Inspections Branch, Engineering Directorate, MSC. After a brief safety overview, Soldiers boarded the ship single-file up the gang-plank and regrouped at the top deck (called the weather deck) of the USNS SHUGHART. There, the group was met by mariners from Patriot Contract Services, including the two Ships' Captains, Capt. Brian Patten from the USNS YANO and Capt. Paul Garber from the USNS SHUGHART.

*Mr. Mark Coggins, director, Surge Sealift Programs for Military Sealift Command and Master Sgt. Claudesecric Grace, 377th TSC G3, discuss the history behind the development of the LMSR program designed to support large-scale deployments, while other 377th TSC personnel listen. Photo by Lt. Col. Darrell Burger*



These two ships, like almost all of the others in the Surge and Prepositioning Fleets operated by contracted mariners under MSC, were named after Medal of Honor recipients from previous conflicts. In the aftermath of Desert Shield/Desert Storm, the Department of Defense undertook a study to explore the lift requirements of our nation's land forces (Army and Marine Corps) to deploy and fight in a conflict. The result of this Mobility Requirements Study (MRS) was a recognition that we had not invested properly in the ocean-going waterfront to ensure our ability to deploy on a timely basis. The LMSR fleet eventually grew to a total of 19 ships, ten in the Surge Program and the others carrying Army Prepositioning Sets (APS) or Maritime Prepositioning Squadrons (MPSRONS). This maritime force structure was born as a direct consequence of the MRS.

Each of the LMSR has a cargo-carrying capacity of more than 300,000 square feet, equivalent to almost eight football fields, and can lift nearly two-thirds of an Infantry Brigade Combat Team's equipment in one load. As Capt. Patten told the assembled group, "You have to remember that though these ships are part of the Navy, they were purpose-built for you (the Army)". Combined, the carrying capacity of the 19 LMSRs is over 6.5 Million square feet. Not only can they lift quite a bit of military cargo, they also sail at a relatively



*The USNS SHUGHART (on right), and the USNS YANO (on left), both named after U.S. Army Medal of Honor recipients, are two large, medium speed, roll-on, roll-off (LMSR) ships used to deploy military equipment in support of OPLANS and contingencies. Photo by Lt. Col. Chester Price*

swift 24 knots (almost 27 MPH). LMSR also have the ability to discharge to both Navy and Army landing craft "in-stream", which means that they are capable of unloading without having to dock at a port.

The Soldiers on the trip were treated with a visit to the ship's bridge - where they learned about the controls, radar, and other navigation systems used by the Captain and crew - as well as the helicopter deck, the ship's infirmary, billeting spaces, and galley. MSC was even gracious enough to arrange lunch for their guests. Following an extensive walk-around of the ship's seemingly endless deck spaces, the meals were much appreciated! A training video showing how the ships are crewed and operated rounded out the tour.

Especially in this era of greater joint cooperation, with Sailors manning Provincial Reconstruction Teams in Afghanistan and Airmen trained to operate as Truck Companies in Iraq, our need for understanding the total capability of our Nation's military has never been greater. Too often, we do not get the opportunity to learn about the platforms, roles, and missions of our sister services. Having an occasion like this for the Soldiers to gain a greater appreciation in a hands-on learning environment was a good start. A resounding "BRAVO ZULU" (Navy term meaning "Very Well Done!") goes out to Military Sealift Command for their outstanding support of this professional development opportunity.



*Capt. Brian Patten, Captain of the USNS Yano, provides an overview of the ship's bridge (control room) for members of the 377th TSC. Photo by Maj. Chris Curley*

# Smoking Cessation

By Sgt. Martha B. Pierre

Smoking is not an easy habit to quit, but it can be done. The best chance of stopping the urge to smoke is to know what you are up against, what options you have, and where to seek help. You may ask yourself, "Why should I quit?" Well, a good reason is your *health*, which is actually the top concern for quitting.

Smoke harms every organ of the body. Half the people who continue smoking will end up dying from some smoke-related illness. In The United States alone, 1 out of 5 deaths annually and about 8.6 million people are fighting lung and heart diseases. Everyone knows that smoking can cause lung cancer, but few are aware of types of cancers caused by smoking, including cancer of the mouth, nose, sinuses, voice box (larynx), throat (pharynx), esophagus, bladder, kidney, pancreas, cervix, stomach, and acute myeloid leukemia.

Smoking greatly increases your risk of getting long-term lung diseases like emphysema and chronic bronchitis. These diseases make it harder to breathe and are grouped together under the name chronic obstructive pulmonary disease (COPD). COPD causes chronic illness and disability and gets worse over time – sometimes becoming fatal. Emphysema and chronic bronchitis can be found in people as young as 40 but are usually found later in life when the symptoms get much worse. Long-term smokers have the highest risk of developing severe COPD. Pneumonia is also included in the list of diseases known to be caused by smoking. Then there are heart attacks, strokes and blood vessel diseases.

Smokers are twice as likely to die from a heart attack as non-smokers. Smoking is a major risk factor for peripheral vascular disease, a narrowing of the blood vessels that carry blood to the brain (carotid arteries), which can cause strokes. Smoking can cause an abdominal aortic aneurysm, during which the walls of the body's main artery weaken and separate, often causing sudden death. Also, men who smoke are more

likely to develop erectile dysfunction because of blood vessel disease. This is commonly known as impotence.

So, why quit now? You ask yourself.

No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. People who stop smoking before age 50 cut their risk of dying in the next 15 years in half compared with those who keep smoking. Ex-smokers enjoy a higher quality of life. They have fewer illnesses like colds and the flu, lower rates of bronchitis and pneumonia, and feel healthier than people who still smoke.

For decades, the Surgeon General has reported the health risks linked to smoking. In 1990, the Surgeon General concluded:

- Quitting smoking has major and immediate health benefits for men and women of all ages. These benefits apply to people who already have smoking-related disease and those who don't.
- Ex-smokers live longer than people who keep smoking.
- Quitting smoking lowers the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.
- Women who stop smoking before pregnancy or during the first 3 to 4 months of pregnancy reduce their risk of having a low birth-weight baby to that of women who never smoked.
- The health benefits of quitting smoking are far greater than risks from the small weight gain (usually less than 10 lbs) and possible emotional or psychological problems that may follow quitting.

Reference: American Cancer Society Last Medical Review: 01/31/2011 Last Revised 06/27/2011



# HOLIDAY SAFETY MESSAGE

Each holiday season, Americans gather with family and friends to give thanks for the many blessings they enjoy as citizens of this great country. This holiday season will be particularly poignant for our deployed personnel serving in harm's way and for their families. As we celebrate, let us recognize the selfless service and sacrifice of our war-fighters.

Although a time of joy and goodwill, this season brings particular hazards that can be unforgiving to the unprepared. Holidays include four-day weekends and many among us will take advantage to travel and enjoy the time off. Now is the time to remind ourselves how to reduce the risks associated with alcohol consumption, home fires and decorations, hunting, ice and snow-covered walk-ways, and winter driving conditions. We do not want the long weekend to be marred by accidents or misconduct.

The winter holiday period is the nation's most dangerous driving season. Winter weather and heavy traffic may complicate your travel plans. The Travel Risk Planning System (TRiPS) at <http://combatingaggressivedriving.com/trip%20planning.html> is the assessment tool that will be used to identify travel risks and help mitigate your chance for an accident. Further, make sure the only belt unbuckled is at your holiday dinner table, not in your vehicle. In addition, if traveling on a motorcycle, use common sense, wear your Personal Protective Equipment and travel at safe speeds. This is non-negotiable.

Leaders should engage their Soldiers and discuss their weekend plans. Our goal is an accident free holiday season and success requires leaders to pay close attention to the activities of their Soldiers, who also must take responsibility for their own safety and guard against preventable accidents.

Whatever your plans, I wish you a safe and happy holiday and thank you for your continued service to our Nation and Armed Forces. *ARMY SAFE IS ARMY STRONG!*

377th Theater Sustainment Command

Command Safety and Occupational Health Office



# PROFILES IN PROFESSIONALISM

## Sgt. 1st Class Bianca Scott

We have many talented people in the 377th TSC . Each month we highlight our top Soldiers and their unique skills and the services they provide.

To nominate a Soldier, e-mail the editor,  
[dianna.anderson@usar.army.mil](mailto:dianna.anderson@usar.army.mil) for the submission form. Please include a high-resolution (300 dpi) 5"x7" digital photo of the candidate.

*Home town:* Folsom, Louisiana

*A brief description of your Army job:* I am a Chaplain Assistant. In that role, I perform and provide specified elements of religious support during deployments, combat operations, and training, for the 377th TSC.

*What has been your greatest Army achievement?* My greatest achievement has been setting the example for my subordinates to follow. I wouldn't ask them to do anything I wouldn't do. I believe in leading by example in all aspects of my career.

*Who has been your biggest influence since joining the Army?* I wasn't influenced by an individual person; it was the fact that I could be a part of an organization that could make a difference for people across the nation. My goal has always been to serve. I don't feel I've been successful unless I'm helping someone else to succeed.



Sgt. 1st Class Bianca Scott explains the importance of the Unit Ministry Team battle book to Chaplain Candidates 2nd Lt. Matthew Johnston, Capt. Lucians Stamps, 1st Lt. Matthew Beisel and Chaplain Assistant Pot. Sarah Bollat during Battle Assembly November 19th.



*What do you enjoy most about the 377th TSC?* That's easy - the Soldiers. I've always been a people person and I love how my job allows me to interact with troops in ways that junior and perhaps senior leaders cannot. I've been a part of the 377th TSC for sixteen years so it's like a family to me and every new person that comes in is like an addition to the family.

*What is your personal Professional Motto?*

"To succeed it is necessary to accept the world as it is and rise above it."

-Michael Kordo

# 377th TSC at the Range November 2011 at Camp Shelby

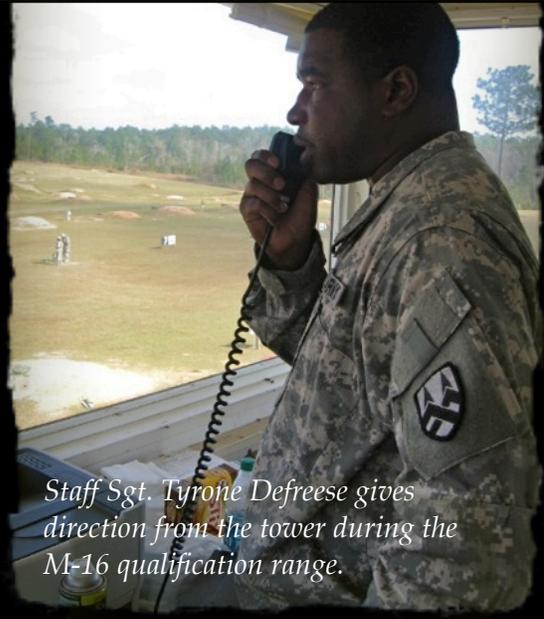
Photos by SFC Angele Ringo



Staff Sgt. George Chevalier prepares magazines for Soldiers during M-16 qualification range.



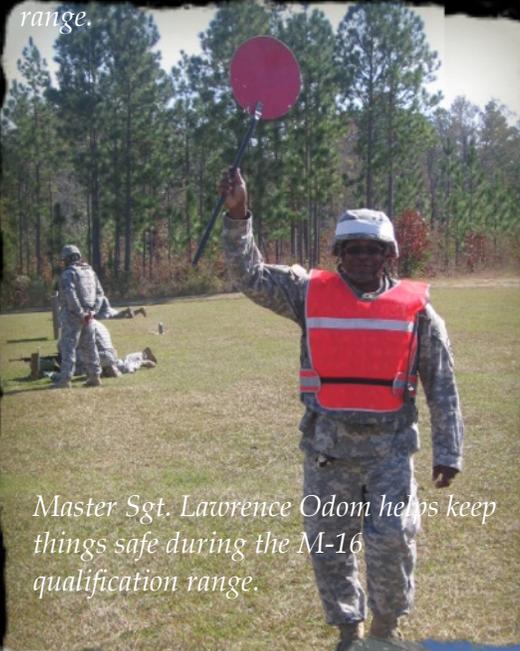
Sgt. 1st Class Jermal Washington sets up impromptu target practice for PV2 Kellie Robinson during the M-16 qualification range.



Staff Sgt. Tyrone Defreese gives direction from the tower during the M-16 qualification range.



Range OIC Sgt. 1st Class Kevin Austin cleans up targets for Soldiers during the M-16 qualification range.



Master Sgt. Lawrence Odom helps keep things safe during the M-16 qualification range.



Sgt. 1st Class Tanya Lemons prepares zeroing targets for Soldiers during the M-16 qualification.



Sgt. Clint Noel checks rear aperture on his M-16 before qualification.



Spc. Heather Boesch studies her shot grouping to make adjustments during the zeroing the M-16.

# CHANGE THE CULTURE, CHANGE THE GAME



*Maj. Gen. Luis Visot speaks to 377th TSC senior leaders about Change the Culture, Change the Game November 20th.*

Photos by Maj. Greco Carreras

By Lt. Col. Michael Perez

The senior leaders (officers and NCO's) of the 377th Theater Sustainment Command (TSC) met during November Battle Assembly to discuss how to improve the organization. Many of these leaders recently read the book "Change the Culture Change the Game" by Roger Connors and Tom Smith. At a similar meeting in August they had developed a set of core beliefs for the organization. In November they discussed how applying these beliefs to the lowest levels of the 377th TSC could help bring about a positive change within the unit. The conclusion; if every Soldier accepted and "lived" the core beliefs, achieving Army standards in training and operations would be easier. Soldiers would see their role in the Army Reserve as a profession not just a part-time job. By adopting these beliefs and putting them into practice, change will happen. The ensuing changes will help the unit clarify its mission and METL tasks. The 377th TSC will become the premier TSC in the Army Reserve and the Army, a unit in which all its Soldiers proudly serve.

## 377th TSC AR2 READINESS REVIEW

By Master Sgt. Dianna Anderson

An Army Force Generation (ARFORGEN) Readiness Review (AR2) was held 17-19 November at the 377th TSC Command headquarters in Belle Chasse, LA, in order to provide the Deputy Commanding General, United States Army Reserve with an update on our subordinate plans to provide trained and ready forces to meet readiness requirement.

The commander's intent during the AR2 was to establish a collaborative readiness enabling environment between Supported and Supporting Commands for producing ready, trained and deployable Soldiers and units.



*Master Sgt. Alynda Roundtree, G1, is congratulated by Maj. Gen. Miller for her accomplishments with the Medical Evaluation Board packet process during the 377th TSC ARFORGEN Readiness Review November 19th.*



*Maj. Gen. Jon Miller, USAR Deputy Commander, speaks while Maj. Gen. Luis Visot, 377th TSC Commanding General, looks on during 377th TSC ARFORGEN Readiness Review November 19th.*

The briefings were conducted in three phases. Phase I was used to identify issues in terms of policy, processes and systems which inhibit the supporting command's ability to generate forces through ARFORGEN. Phase II was the Workgroup Phase used to gain clarity on issues raised during Phase I. In Phase III, the issues and solutions brought up in the previous phases were briefed to the DCG and the other commanders in attendance. Among the issues addressed were annual equipping changes and their effect on unit readiness, shortening the 90-day transition policy for Soldiers after Release from Active Duty, the length of time needed to re-station units for readiness improvement, the application process for security clearance submission, the transition to Soldier Readiness Processing Centers and the resulting capability gap, and mandated requirements for Professional Military Education for promotion.

# OPERATION CAN DO



Staff Sgt. Shermond Esteen helps unload toys for children at the 377th TSC, November 20th.

The Operation Can Do Committee has been formed with the goal to provide for our own Soldiers in need and to reach out to local community services. This holiday season, they have received donations from local businesses to give out to our Soldiers and families and they are also sponsoring an Angel Tree for under privileged children through the local Salvation Army.



Sgt. 1st Class Bianca Scott helps unload toys for children at the 377th TSC, November 20th.



Spc. Aries Johnson helps organize toys by age groups.



## VETERANS VISIT LOCAL HIGH SCHOOL

Over 95 U.S. military veterans visited more than 900 high school students during the Belle Chasse High School tribute to "Our Heroes-Our Veterans" program honoring our veterans. The event is held annually to recognize veterans and give them an opportunity to talk to the students about how the military changed their lives and what happened to them after the service.



Veteran Herbert Simmson talks to high school student Ian Diggs about his military experience during "Our Heroes-Our Veterans" program honoring our veterans held by Belle Chasse High School November 18th.



Maj. Keil Scott, Maj. Sandra Kennedy, and Lt. Col. David Crowninshield speak to high student about their experience in the military during "Our Heroes-Our Veterans" program honoring our veterans held by Belle Chasse High School November 18th.

Photos by Staff Sgt. Shermond Esteen

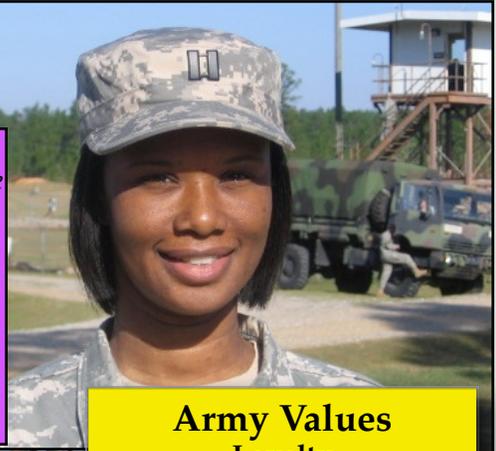
# What Does Duty Mean to You?

Photos by Sgt. 1st Class Angele Ringo

## AROUND THE 377TH TSC



*"DUTY is fulfilling your obligations and even going above and beyond the call of duty. It's very important in the Army because people depend on you and expect you to do certain things. You always want to do what's right to set the standard." - Capt. Sharon Mayfield/SPO*



*"To me DUTY means being able to perform your job to the best of your abilities whenever called upon. It's going above and beyond because you never just want to be the standard, you always want to do the maximum and be the best you can be" - Spc. Lorenzo Huerta/IG*



*"Each one of the Army values helps to make you a better person. DUTY means that you're responsible. It means that you're the kind of person that's going to do what they have to do no matter what." - Spc. Shelisa Daniel/G-1*



*"It's something that I take to heart and the Army has taught me that. DUTY means to me teamwork...working with my soldiers, making sure everybody's on task. You don't want to be mediocre you want to be the best. Every day you go out and you want to give it your all. It's your duty to be the best you can be every time you step out there" - Sgt. Lee Thibodaux/G-1*



*"On a Soldier level, DUTY to me would mean to serve your country no matter what it takes; to do what you're asked to do the best you can and even more than that. The stronger each individual person is at doing what they're told to do or what they want to do, the stronger the Army will be." - Pvt. Adam Hughes/SPO*

**Army Values**

**Loyalty**  
Bear true faith and allegiance to the U.S. Constitution, the Army, your unit and other Soldiers.

**Duty**  
Fulfill your obligations.

**Respect**  
Treat people as they should be treated.

**Selfless Service**  
Put the welfare of the nation, the Army and your subordinates before your own

**Honor**  
Live up to Army values.

**Integrity**  
Do what's right, legally and morally.

**Personal Courage**  
Face fear, danger or adversity (physical or moral).

For video, go to 377th TSC Facebook site <http://www.facebook.com/pages/377th-Theater-Sustainment-Command/337414931526>

# NCO CREED



**ARMY VALUES**

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 tactically and technically 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 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!

**[WWW.ARMY.MIL/VALUES](http://WWW.ARMY.MIL/VALUES)**



# 377th Theater Sustainment Command

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377TH TSC CAN DO

AUGUST 2011

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