

ESC TODAY



RODDEO

ZOMBIE
SAFETY MENTALITY

pg. 9



824th Quartermaster Company places second
in Army wide rigger competition **16**

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ESC TODAY

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(Expeditionary)
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<< On the Front Cover

Spc. Alvero Morales (left) and Pfc. Joseph Tapia (right) pack a G-12E cargo parachute during the 2012 Rigger Rodeo held Sept. 17-21 in Fort Bragg, N.C. Morales, Tapia and three other Soldiers represented the 824th Quartermaster Company (Heavy Airdrop Supply) in this annual competition that pushes the Army's best parachute riggers to their physical and mental limits.

Photo illustration by Sgt. 1st Class Timothy Lawn, 143d ESC

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The Command Post

It is truly an honor to be selected to Command this great organization. My thanks to Brig. Gen. Mark Palzer for providing the leadership and direction that has made the 143d ESC what it is today. We all wish him and his family our best as he begins his tour in direct support of Operation Enduring Freedom. My family and I are especially grateful for the warm reception from the Palzer family and this Command.

Like all great organizations, the 143d ESC must continue to grow and improve in order to meet the needs of today's total Army force. Together we will work to strengthen our weaknesses and build upon our successes. I ask each of you to continue to embrace this approach as we strive toward success across all areas of readiness and overall capabilities required to fight and win on the battlefield.

As I told the staff and leaders, we must be a team of supporting teams, built around confident, disciplined and competent professionals, who train hard to published standards, who espouse

“ . . . we must be a team of supporting teams, built around confident, disciplined and competent professionals . . . ”



Photo by Spc. Aaron Ellerman • 414th TC

to the Army values, and who employ new transformational methodologies to execute more with less. Change is no longer a force in the environment; it is the environment we operate in. We must maintain our readiness in all areas. The Army Reserve and the 143d ESC remain an operational force focused on the War on Terror, humanitarian missions, joint exercises and homeland defense. Our Soldiers and their families will be physically, mentally, morally, spiritually, and financially ready in order to perform these duties and ensure family, Soldier, and mission success.

Summer is over and, as we enter fall, begin preparing for the months ahead with safety in the front of your mind. Many of us will travel to visit friends and family during the holidays. I charge each of you to ensure that our Soldiers travel safely and without incident. Remain involved at all levels. Check and double check travel plans. There are no excuses for loss of life because of poor tire pressure or texting



Col. James H. Griffiths
Commander
143d Sustainment Command
(Expeditionary)

while driving. We work too hard and sacrifice too much for a preventable accident to occur. SAFETY FIRST!

Continue the outstanding performance that has made the 143d ESC what it is today. I look forward to working with all of you as the 143d ESC continues to be the best ESC in the Army Reserve.

Army Strong!
Sustaining Victory!



DID YOU KNOW?

The Army wants you to vote for one of six designs of its Improved Army Physical Fitness Uniform! From now until Oct. 30, Soldiers using computers with Common Access Cards may select their favorite set at <https://surveys.natick.army.mil/Surveys/ipfu.nsf>, while Soldiers without a CAC reader may cast their ballot at <https://ipfusurvey.natick.army.mil>. Regardless which design the Army elects to use, Soldiers will benefit from more than 30 improvements that include female uniform sizes, lighter material, moisture-wicking fabric and tagless labels.

The Bottom Line **FAMILY STRONG!**

America dedicates enormous sums of money and manpower to ensure her Army stands as the finest trained and equipped organization of its kind on the planet. From Department of Defense almanacs overflowing with facts and figures to combat footage captured from a high definition camera mounted on an infantryman's helmet, the Army has hundreds of sources that prove we have the people, experience, skills and supplies to defend our nation from any human threat.



Among the volumes of data showing what our Soldiers have achieved in the last decade, there exist a relatively small collection of articles, books, photos, videos and websites dedicated to the most valuable yet under overlooked asset in our Army's arsenal. Though rarely seen on the battlefield, this force multiplier can guarantee victory without firing a single shot, and they can be found in nearly every classroom, boardroom and living room in America: Our families.

We should never overlook the impact families have on unit cohesion and morale. Those who view these men, women and children as anonymous faces who smile and shed tears when they see their heroes march off to or from the war do so at their own peril. In fact, these courageous citizens stand as beacons of hope whose power far exceeds anything that rolls off a defense contractor's assembly line. A single email or phone call from a loved one can reinforce or ravage our Soldiers' ability to deploy, engage and

destroy the enemy. Why, then, do some of us segregate family matters from Army affairs?

Families deserve an active role throughout every aspect of the deployment cycle. Annual family days and Yellow Ribbon events are great beginnings, but we must do more to recognize their immeasurable contribution to "Sustaining Victory!" I know several units within the 143d ESC have taken the next step by presenting awards to family members who have gone above and beyond in helping their commands connect with their communities. One unit, the 207th Regional Support Group, even hosted a Warrior Spouse Day that gave the husbands and wives of our Warrior Citizens first-hand experience in basic Soldiering skills. The social and psychological impact from these relatively low-cost events can enhance or even save lives down range.

The Army Reserve has made great strides integrating families in the "Army Strong" concept. The service has developed numerous programs to help Soldiers overcome the physical, mental and emotional challenges that come with marriage and parenthood. Unfortunately, many Soldiers remain unaware of these resources, several of which are free and available 24/7. As noncommissioned officers, we must not only learn everything we can about these programs, but also



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

promote them with the clever zeal of a political campaign manager combined with the sincere compassion of a minister.

The vehicles we drive and the weapons we wield are but a small fraction of our Army's total force. Its primary source of power derives from the strength of our Soldiers, and that strength has been, is now and always will be anchored by the support of their families.

No wonder "family strong" is . . .
Army Strong!

DID YOU KNOW?

The Fort Family Support & Outreach Center connects Soldiers and families with the right information at the right time by providing live, 24/7 support with various subject matter experts in social services, emergency care, health insurance, child support, financial planning, customer service and more. Fort Family has also expanded services previously restricted to military installations to many communities Army Reserve Soldiers and their families reside. Contact FFS&O today by visiting <http://www.usar411.org> or call 866-345-8248.

ARMY FAMILY TEAM BUILDING - CYSS - FRC

143C



AFAP - FINANCIAL - EMPLOYMENT - CRISIS

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143ESCFamilies





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

Click here to watch Chaplain Ray's words of motivation for this month

Soldiers and families of the 143d ESC,

I'd like to build on the article I wrote for the September 2012 edition of the ESC Today. Suicidal ideations and high-risk behaviors continue to be of grave concern for the Army. Suicide affects every segment of the force, and no rank, component or family is immune to its causes and consequences. Suicidal and self-destructive behaviors have mental and physical dynamics that adversely impact both Soldiers and their dependents. These impacts are not always visible from the outside and often require intentional engagement at the battle buddy level to reduce the risk of individuals engaging in destructive actions and/or thoughts. Across the 143d Sustainment Command (Expeditionary), I would like for us all to address this very real



Courtesy Photo

Reflections by the Chaplain:

SHOULDER TO SHOULDER, STAY 'ARMY STRONG!'

threat to our soldiers in the following manner.

Individual Soldier Level: At the individual Soldier level, each service member should have a 143d ESC Shoulder to Shoulder Stay Army Strong card with current point of contact (POC) information for his/her Battle Buddy, first-line leader, chaplain and trusted family member or friend.

Battle Buddy Level: Battle Buddy teams are the "center of gravity" in this suicide prevention initiative. During each battle assembly, first line leaders should ensure that every Battle Buddy team in his/her section conducts a "link up operation." The nature of this monthly link-up involves battle buddies talking with one another about the current events in their lives (e.g., positive, negative, challenging, overwhelming, etc.). This monthly "link up" reinforces the shoulder-to-shoulder theme and builds trust and communication at the individual Soldier level.

Squad/Section Level: During each battle assembly, first-line supervisors should conduct

at least one 10 to 15 minute section-level "resiliency map check." This map check will reinforce the shoulder-to-shoulder model as well as provide for a second level of risk reduction. The intended outcomes of the "map check" are stronger section cohesion and greater esprit de corps.

Soldiers of the 143d ESC, you and I can meet this challenge. Standing "should to shoulder" with our Battle Buddy is the best line of defense. First-line leaders, particularly sergeants and staff sergeants, are the "backbone" that will "make it happen." Together, we will stay ARMY STRONG!

Sustaining Victory . . . Army Strong !

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

**143d ESC
 SHOULDER TO SHOULDER
 STAY ARMY STRONG**

Crisis Intervention Hotline #'s

Military Crisis Line 800-273-8255
Vet 2 Vet Hotline 877-838-2838
Army One Source 877-811-2769
Alabama VA Med Center: 866-847-4243
Florida VA Med Center: 877-741-3400
Georgia VA Med Center: 800-224-4087
Kentucky VA Med Center: 800-376-8387
North Carolina VA Med Ctr: 888-878-6890
South Carolina VA Med Ctr: 800-293-8262
Tennessee VA Med Center: 800-228-4973

Battle Buddy: _____
First Line Leader: _____
Chaplain: _____
Friend/loved one: _____



Photo by Air Force Staff Sgt. Erica Picariello 30th Space



Photo by Sgt. 1st Class Raymond Drumsta New York National Guard

DID YOU KNOW?

The Department of Defense has made major improvements to its Transition Assistance Program (TAP). The DoD encourages service members eligible for retirement to visit TAP's official website at <http://turbotap.org/register.tpp> and take advantage of the many programs that help those who served with continuing their education, finding civilian employment, completing disability claims and other matters that pertain to retirees. Our Warrior Citizens who plan to retire or return to the civilian workforce within 24 months should review TAP's Reserve Component Transition Guide available via this [link](#).

SOLDIER ON THE STREET

Parachute riggers participating in the 2012 Rigger Rodeo were asked:
“What are your thoughts on the Army postponing the new APFT?”



Spc. Charli Boyer
623rd Quartermaster Co.
Hernando, Miss.

“I don’t believe the new [Army Physical Fitness Test] would have solved the problem we have with unfit and overweight Soldiers. The new test looks less challenging than the APFT we use now, so why fix something that’s not broken?”



Spc. Joshua Medina
824th Quartermaster Co.
Boyton Beach, Fla.

“I know this sounds cocky, but this decision doesn’t phase me because I would have passed the new test as easily as I pass this one.”



Staff Sgt. Raymond Reyes
623rd Quartermaster Co.
Bayamon, Puerto Rico

“I believe the Army does not need to replace the current APFT, but it should raise the minimum standards from 60 to 70 points in each event to better determine who’s fit to fight.”



Staff Sgt. Michael I. Sharp
824th Quartermaster Co.
Fayetteville, N.C.

“If the experts developing this test found it necessary to postpone it, then they must have valid reasons behind it . . . We’ll press forward exceeding the APFT standards we have now.”

JUMPING INTO HISTORY

■ BY SGT 1ST CLASS JIM MICKO
421st Quartermaster Company

ROME, Ga. – Members of the 421st Quartermaster Company (Light Airdrop) had the opportunity to make a parachute jump from a World War II aircraft during the Wings Over North Georgia Air Show Sept. 30.

The Liberty Jump Team (LJT) is a commemorative parachute demonstration team that seeks to keep the memory alive of all veterans in the hearts and minds of people while educating new generations about the tremendous sacrifice of airborne forces. The team participates in six to eight events a year to include jumps at the original drop zones used by the allied forces during D-Day. Most jumps are conducted from a C-47 Dakota aircraft, the standard transport for the allies during World War II.

When some LJT team members were unable to attend this year’s Wings Over North Georgia Air Show in Rome, Ga., the LJT extended an invitation to the 421st for jumpers.

As qualified parachutists participating as LJT guest jumpers, the Soldiers had no issues utilizing the team’s equipment as it is very similar to what is standard today in the Army.

A C-47 jump provides today’s Soldiers an opportunity to understand just what the airborne troops in World War II went through



Photo by Sgt. 1st Class Jim Micko ■ 421st QM Company
Capt. Cecillo Mendez (right), commander of the 421st Quartermaster Company, prepares to jump out of a C-47 Dakota, a World War II era transport plane maintained by the Liberty Jump Team, during the Wings Over North Georgia Air Show Sept. 30 in Rome, Ga.

as they jumped and fought to make the world free again. Collectively, the 421st members were thankful for the opportunity and felt the jump was a fantastic experience. The presence of the 421st at the event also provided an opportunity to tell the public about the unit’s mission while extending an invitation to those seeking a military career to consider joining the Army Reserve.

Based in Ft. Valley, Ga., the 421st is actively seeking soldiers who wish to join the unit and challenge themselves by becoming airborne qualified. The unit offers a fast paced and exciting path to a fulfilling Army Reserve career. The work is hard, and the operations tempo is quick, but the end result is a rewarding personal experience. And some day, you may be afforded an opportunity to do as these Soldiers have: make a parachute jump that connects all the way back to our “Band of Brothers.”

Interested in joining the 421st Quartermaster Company in Ft. Valley, Ga.? Call Sgt. 1st Class Jim Micko at 478-396-4714.

National

DISABILITY

EMPLOYMENT

AWARENESS

M O N T H

**A STRONG WORKFORCE
IS AN INCLUSIVE
WORKFORCE:
WHAT CAN YOU DO?**

ZOMBIE SAFETY MENTALITY



Illustration courtesy of the Centers for Disease Control and Prevention

■ BY MARK DALY

143d ESC Safety Office

Zombies are persons bereft of consciousness and self-awareness, yet ambulant and able to respond to surrounding stimuli. They are complacent, lazy, unmotivated and selfish creatures that live in denial and cause chaos. The good news is zombies are easily defeated with a well-aimed bullet in their empty brain pan. The bullet I am referring to is knowledge.

On what planet do zombies live? Have they ever traveled on an interstate road? Have they listened to our politicians? Yes, America, zombies do exist, and their mentality is deadly.

So what does a zombie mentality have to do with Army safety? It's about being properly prepared for on or off duty activities by combating complacency.

For example, if you live in Florida or anywhere along the Gulf of Mexico Coast, hurricanes are a very real threat. As we all saw in the aftermath of Hurricane Katrina, thousands of people did not properly prepare for a disaster that they had repeatedly been warned about. How's this ignorance any

different from a zombie's one track mind?

Zombies have been known to use .50 caliber cartridges as hammers, because they don't want to take the time to use the right tool.

Zombies are excellent at poor planning, cutting corners, and generally setting everyone up for failure. You must have the proper mindset prior to the successful execution of any mission or activity. Talk to your subject matter experts and include your safety specialist in the pre-planning portion of your missions.

You should also include your safety specialist in all parts of your missions.

Most accidents are avoidable. The majority of them we encounter falls into the complacency category, which means lack of focus. Keep the zombies at bay with proper planning and consulting Subject Matter Experts. Keep your Soldiers motivated. Senior NCOs: take charge, set the standards high, and stay in constant communication with your Soldiers.

In closing, zombies are your basic lazy complacent humans who cause accidents. Proper planning, consultation and leadership will help keep the zombies away. ☒



Illustration by Sgt. 1st Class Timothy Lawn | 143d ESC

DID YOU KNOW?

The Centers for Disease Control (CDC) discard the possibility of a zombie apocalypse and even deny the existence of the undead. However, the CDC apply this implausible scenario to teach citizens how to better prepare for more realistic natural disasters such as fires, hurricanes and earthquakes. Visit <http://www.cdc.gov/phpr/zombies.htm> to learn more about this unique campaign that incorporates blogs, posters, games, videos and even a graphic novella into an entertaining and educational experience.



WHY I SERVE:

Name: Elena Wicks

Rank: Specialist

Unit: 824th Quartermaster Co.

Title: Parachute Rigger

Hometown: Vicenza, Italy

I was working several part time jobs and finding it difficult to be the mother I wanted for my children. I also had the personal goal of finishing my bachelor's degree, and I believed the Army would offer the financial and educational benefits to achieve my personal and professional goals. So when my husband, an Army medic, returned from deployment in 2008, I made the decision to join.

After completing basic training, there were a limited number of options available to me because I had only my green card. Consequently, I began my career as a 92Y (unit supply specialist) for the 82nd Airborne Division. However, my active service commitment was cut short due to family hardship when my husband deployed again.

In 2012, I joined the Reserve with an eye toward becoming a medic, but the only MOS

available near my home was a 92R (parachute rigger) for the 824th QM Company.

I never saw myself jumping out of airplanes. I used to tease my husband about paying to jump and never knowing if you would make it back alive. With my transition to the rigger field, I had no choice but to literally leap along my husband's crazy idea.

I can see myself jumping for the rest of my military career. Perhaps I will remain a parachute rigger and become a warrant officer or put my linguistic skills to use in civil affairs. Another goal I have is to join a cultural support team that permits females to deploy with special forces units.

Going through training puts your mind in the right spot. I gained confidence and became more independent. The lessons I learned in the military transition well to my civilian job as a detention officer and

as a wife and mother. My greatest achievement was earning my bachelor's degree while working full time as a Soldier and a mom. Currently, I am working on my master's in pre-sports medicine, and I am grateful to the military for the financial opportunity to do so.

To anyone considering the military as a career, I say, "Do it!" The Army provides training and focus. Be ambitious. Make the decision to not use drugs or drink all weekend. With your choices and the opportunities provided by the Army, you can further your career and realize your educational goals.

My work with the Army Reserve teaches me skills that I can apply to my civilian work at the jail and vice versa. My children are impressed that I wear two uniforms, and I would be proud to see my children in the military someday.

Photo by Spc. John L. Carkeet IV | 143d ESC

Stay Drug Free 143d ESC

The 143d Sustainment Command (Expeditionary) is one of three Army Reserve commands selected to head a pilot program entitled, "MyPrime." Launching Jan. 1, 2013, the program targets Soldiers who have elicited a positive test result in illegal drug use but have otherwise demonstrated that their command should consider taking steps to retain them. According to Army Regulation 600-5, a commander must initiate separation to any Soldier who tests positive for drugs. However, the Soldier's chain of command may recommend retention.

MyPrime gives Army Reserve commanders

the tools to offer substance abuse training to Soldiers in need. The program also provides a no-cost prevention education course to Troop Program Unit Soldiers and Active Guard Reserve Soldiers geographically separated from a military installation.

MyPrime is an online prevention intervention training tool that provides Soldiers with the ability to self-assess their own high risk behaviors and influence changes in attitude, belief and behavior. This training is a conversion to virtual (online) delivery of the current ADAPT curriculum (PRIME For Life) which is a traditional, classroom based training series taught by certified PRIME For Life instructors.

The MyPrime program option will appear in the fiscal year 2013 Drug Demand Reduction standard operating procedures. The 143d ESC's Alcohol and Drug Control Officer is the primary point of contact for the program's management and implementation throughout



Gilbert Rivera
Alcohol & Drug Coordinator
143d Sustainment Command
(Expeditionary)

the unit beginning January 2013.

Learn more about MyPrime through the Army Substance Abuse Program website at <http://acsap.army.mil/sso/pages/public/resources/myprime.jsp>.



DA PHOTO LAB

NOW



WHAT TO WEAR - OFFICIAL D.A. PHOTOGRAPH
SOLDIERS MAY WEAR EITHER THE CLASS A UNIFORM OR THE ARMY SERVICE UNIFORM UNTIL FY 2015

Class A Uniform

- NO INFANTRY CORDS
- NO INFANTRY DISCS
- WEAR **RED** IF AFFILIATED
- WEAR ONLY **ONE** FOREIGN AWARD
- WEAR ONLY UNIT CITATIONS THAT ARE **PERMANENT** AND IN YOUR RECORDS AS SUCH
- NO GREEN LEADERSHIP TABS
- YOU **MUST** WEAR UNIT CRESTS
- NO FLASH BEHIND PARACHUTIST BADGE
- NO FRENCH FOURRAGERES

Army Service Uniform

- NO INFANTRY DISCS
- WEAR **RED** IF AFFILIATED
- WEAR ONLY **ONE** FOREIGN AWARD
- WEAR ONLY UNIT CITATIONS THAT ARE **PERMANENT** AND LISTED IN YOUR RECORDS
- WEAR ONLY **ONE** COMBAT SKILL ID BADGE
- NO GREEN LEADERSHIP TABS
- YOU **MUST** WEAR UNIT CRESTS
- NO FLASH BEHIND PARACHUTIST BADGE
- NO FRENCH FOURRAGERES
- SOME** IDENTIFICATION BADGES MAY BE WORN ON THE LEFT SIDE
- NO INFANTRY CORDS

THIS IS A 3/4 LENGTH PHOTO. SHOES WILL NOT SHOW IN PHOTOS HOWEVER YOU MUST HAVE SOMETHING ON YOUR FEET.

OPEN

Where we're located

9500 Armed Forces Reserve Dr. (TAFT Bldg) Orlando, FL 32827

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Nov. 28 - 30
Dec. 1 - 2 Fri.
Jan. TBA 1000 - 1900

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CASING THE COLORS

460th, 482nd AG Replacement Companies leave lasting legacies

■ BY STAFF SGT. DEIDRA JACKSON

210th Mobile Public Affairs Detachment



Photo by Staff Sgt. Deidra Jackson | 210th MPAD

1st Sgt. Patricia Holmes gives her final salute as the 460th AGRC's first sergeant as her unit's inactivation ceremony comes to an end Sept. 15.

FLORENCE, S.C. – For 19 years, the 460th Adjutant General Replacement Company was the duty unit for now Sergeant 1st Class Samantha Singletary of Greenville, S.C. When the human resource specialist first reported to the unit in 1993, she was a private straight out of Advanced Individual Training.

Over the last two decades, she mobilized with the unit on three different occasions. The 460th is where Singletary grew from a private, to noncommissioned officer, to senior NCO leader. And on Aug. 15, she watched the unit commander lower the guidon and the first sergeant case the blue flag with an Adjutant General symbol during an inactivation ceremony at the Francis Marion Army Reserve Center in Florence, S.C.

"This has been the only home I've known," Singletary said. "It's sad [and] bitter sweet to see the unit close. It makes me remember all the people I've met. I've seen a lot of Soldiers grow and move on their in professional careers."

The 460th has had an extensive history from being assigned to the European Theater of Operations during World War II to mobilizing in support of Operations Desert Shield, Desert Storm and Operation Joint Guard and finally mobilizing in support of Operation Enduring Freedom.

The 460th had been under the command of Capt. Justin Roy since August 2009.

"The end of command brings with it a flurry of emotions that I have experienced since I assumed command," said Roy. "This journey leaves me

with a reflective glance of those many incredible images that have become a special part of my life."

The last mission the unit faced together was the Continental U.S. Replacement Center (CRC) in Ft. Benning, Ga., which they completed on August 2010. However, the true final mission was inactivating the unit. With less than five soldiers on the books and all tasks complete, the unit once again rose to the occasion and completed their mission successfully. This was in large part due to 1st Sgt. Patricia Holmes and her Soldiers.

"My main mission was inactivation, finding slots for Soldiers and making sure they were taken care of," Holmes said. "It's a sad time because of what the ceremony means, but beautiful because we're paying homage to the Soldiers and the unit."

In addition to the 460th closing its final chapter, their sister unit 482nd Adjutant General Replacement Company also cased its colors during their inactivation ceremony Aug. 16.

The unit was initially organized in 1992 as part of the 360th CONUS Replacement Battalion. Its mission then and subsequently afterward would be to support ongoing missions worldwide. In 2005, the Army deployed the unit to Fort Benning, Ga. to support a CRC mission, where it was directly responsible for the processing of more than 25,000 personnel. In 2010, the unit returned to Fort Benning and processed more than 6,500 Soldiers and civilians.

First Sergeant Rod Mendenhall of North Myrtle Beach, S.C. has led the unit since 2009. Choking back tears when he addressed his Soldiers at the inactivation ceremony, he thanked them for the opportunity.

"The greatest satisfaction as a first sergeant is watching your Soldiers learn, excel and grow into leaders, and I am grateful I was able to do that here," Mendenhall said.

The unit was a stellar performer at the CONUS Replacement Center and established a reputation as the subject matter experts for CRC operations.

Pfc. Eric Greene, who served as a personnel specialist in the unit for 5 years, said the unit was like a second family away from home each month.

"There was always something to look forward to

during battle assembly," Greene said.

While in Ft. Benning, the 482nd not only shared missions with the 460th, but also a commander. Roy assumed the position as commander in October 2011 after the former commander took an Active Guard Reserve position.

"The units would have thrived and drove on with the mission without me because of the great Non-Commissioned Officers," said Roy, "Officers relay the intent but NCO's make it happen and I have been blessed with them."

Among the distinguished guests were Lt. Col. Katrina Dowis, executive officer of the 207th Regional Support Group, Lt. Col. William Harris, commander of the 362nd Quartermaster battalion, and Command Sgt. Maj. Dovie Wilson, command sergeant major of the 362nd Quartermaster Battalion.

An inactivation ceremony is different from a deactivation ceremony because when a unit is deactivated the unit's flag is folded forever, but if it is inactivated, the flag could stand back up.

"An inactivation ceremony allows you to capture the highlights that took place during that unit's lifespan," said Wilson. "With the help of the public affairs office, we pay homage to the Soldiers and the missions they accomplished."

Harris admitted that there is a time for everything to end, but it was truly an honor for him to have commanded both units.

"Today reminds us all that there is a time for all seasons and today it's time to bring a close to these great units," Harris said. ☒



Photo by Staff Sgt. Deidra Jackson | 210th MPAD

Captain Justin Roy (middle), commander of the 482nd Adjutant General Replacement Company, and 1st Sgt. Rod Medenhall (right), the company's first sergeant, case the unit's colors during its inactivation ceremony Sept. 16.



AROUND THE ESC



Photo by Spc. Aaron Ellerman | 414th TC

Soldiers from the 414 Transportation Company install a Self Protection Adaptive Roller Kit to a Mine-Resistant Ambush Protected Vehicle. The MRAP pushes the SPARK in a manner similar to a person pushing a wheelbarrow. If a SPARK makes contact with an Improvised Explosive Device, it will absorb most of the blast, allowing the vehicle and its souls on board to continue the mission unscathed. The 414th deployed to Afghanistan earlier this year in support of Operation Enduring Freedom.



Courtesy Photo 362nd QM Company

Soldiers from the 362nd Quartermaster Battalion salute the colors as it raises to half mast in remembrance of the 11th anniversary of 9/11.



Photo by 2nd Lt. Nicole Rossman | 143d ESC

From left to right: Staff Sgt. Nikolai N. Mashtalov, Capt. Theodore C. Mataxis and Staff Sgt. Michael I. Sharp with the 824th Quartermaster Company pose for a photo during the Rigger Ball held Sept. 21 in Fort Bragg, N.C. The Soldiers attended the ball in celebration of their unit's second place standing in the 2012 Rigger Rodeo.



Photo by Staff Sgt. Rael Tirado | 143d ESC

Lt. Col. Abraham Garcia with the 143d Sustainment Command (Expeditionary) and Mark Watson, food and nutrition service area manager for Orange County Public Schools, enjoy the buffet during the Employee Recognition Luncheon held Sept. 20 at the Orange County City Hall in Orlando, Fla. The luncheon recognized the many local employers who support employees in the National Guard and Reserve.

AROUND THE ESC



Photo by Spc. John L. Carkeet IV | 143d ESC

Sgt. Clarence W. Curry, Jr., a parachute inspector for the 824th Quartermaster Company (Heavy Airdrop Supply), adjusts one of the many ratchets that secure this Humvee to a skid and a pair of G-12E cargo parachutes Sept. 19 in Fort Bragg, N.C. The setup is part of an airdrop exercise that the United States Army Civil Affairs and Psychological Operations Command plans to conduct in November.



Courtesy Photo

Spc. Teresa S. Munoz, a light wheeled mechanic with the 143d Sustainment Command (Expeditionary), shows off her silver wings she earned Oct. 12, the day she graduated from Airborne School in Fort Benning, Ga. Less than 24 hours later, Munoz reported for duty in time for her unit's October Battle Assembly.



Photo by Sgt. 1st Class Curtis Blunt | 362d QM BN.

Sgt. Michael Nobles participates in the Army Physical Fitness test during October battle assembly with the 362d Quartermaster Battalion while Sgt. Jvona Harrell grades and Pfc. Nathaniel Wickstrom assists.

UNIT PHOTOS WANTED

The "ESC Today" wants to show off photos of Soldiers from your unit performing operational duties and basic soldiering skills. Include a caption with names, ranks, place, date and a short description of what is happening in each photo, then send your images to:
john.adams16@usar.army.mil

HORSEPOWER HEROES

PALLETIZED LOAD SYSTEM

■ BY 2ND LT. NICOLE ROSSMAN
143d ESC Deputy Public Affairs Officer

FACTS*

Entered service: 1993
Manufacturer: Oshkosh Defense
Cab seating: 2
Primary missions: line haul, local haul and unit resupply
Weight (curb): 24.90 tons
Maximum load: 16.50 tons
Length: 10.67 meters
Width: 2.44 meters
Height: 3.28 meters
Engine: 500 hp Detroit Diesel 8V92TA
Maximum road speed: 91 kph
Range: 480 kilometers

Background

As the mission changes over the years, so does the need for new designs of vehicles. In the mid-1950s, the Army sought a better cargo truck; one that could traverse all types of terrain, carry more equipment, and keep up with its high-mobile combat forces. The Army turned to commercially

owned companies that designed earth moving equipment. Caterpillar won the contract design of the M520 Goer, an eight ton cargo truck with articulating steering and amphibious capabilities. It was first used during the Vietnam War, but its lack of suspension and slow speed made it inadequate for traveling on hardened surfaces. In the mid 1980s, the Army replaced the Goer with Oshkosh's Heavy Expanded Mobility Tactical Truck. The Palletized Load System—a variant of the HEMTT family of vehicles—entered active service in 1993. The PLS saw action during military operations in Bosnia, Kosovo and Iraq. Today, these versatile vehicles continue to haul supplies to American troops and their allies throughout Afghanistan.

Capabilities

Known as the vehicle backbone of the Army's distribution and resupply system, the PLS is a key transportation component

of the ammunition distribution system and will perform long range hauling, local hauling and unit resupply of ammunition. The Palletized Load System (PLS) is composed of a prime mover truck with integral self-loading and unloading transport capability, a 16.5-ton payload trailer, and demountable cargo bed (flatrack). The PLS comes in two mission configurations: the M1074 and M1075. The M1074 is fitted with a crane to support forward deployed field artillery units. The M1075 is used in conjunction with the M1076 trailer, but it does not have the material-handling crane. The vehicle's two-person cab can be fitted with an add-on armor kit for a higher level of protection. Crews have the option of mounting a machine gun on the vehicle's roof. ☒

**The data listed above are based on the PLS' M1074A1 variant.*



Photos by Spc. John L. Carkeet IV • 143d ESC

ALL THE WAY!



■ BY 2ND LT. NICOLE ROSSMAN AND SPC. JOHN L. CARKEET IV

143d ESC Public Affairs Office

Photo by 2nd Lt. Nicole Rossman ■ 143d ESC

824TH QUARtermaster COMPANY PACKS IN COMPETITION AT 2012 RIGGER RODEO



FORT BRAGG, N.C. – The Soldiers stare at the task set before them. The dark circles under their eyes testify to the challenges they faced in the days leading to this moment.

Hours earlier, these men and women—all sporting red baseball caps—had prepared to jump out of a CASA C-212 transport plane, trekked through the forest during a thunderstorm to find points on a map, and fired M-16 rifles on a mud-laden range before assembling and disassembling these weapons as fast and accurate as possible. Now they stand in front of long tables, their gazes locked on the tools and supplies at their disposal.

A single word breaks the silence.
“Go.”

The Soldiers race to their stations. They pull suspension lines, make measurements and cut material. Minutes later, the fastest troops dash to their desks, dragging a flowing sheet of nylon fabric behind them. One by one, each Soldier sits down in a swivel chair and powers up a sewing machine as he—

Wait, a sewing machine?

An Army sponsored event that combines

basic Soldiering skills with professional sewing techniques may sound incredulous, but it is grounded firmly in traditions that date back to the Second World War; traditions best summarized in the opening lines of the “Rigger Pledge:”

“I will keep constantly in mind that until men grow wings their parachutes must be dependable.”

For years, parachute rigger teams throughout the Army have converged on Fort Bragg, N.C., to put their military occupation specialty skills to the test. This year, eight teams set out to prove that they are the best unit in the rigger community, and the 824th Quartermaster Company (Heavy Airdrop Supply) answered the call.

Capt. Theodore C. Mataxis, the 824th’s company commander, explained why his unit—the only one from the Army Reserve—elected to participate in this year’s Rigger Rodeo that ran Sept. 17-22 at various facilities along Fort Bragg’s sprawling post.

“The rigger community is small and spread out around the world,” said Mataxis. “This competition brings the various units together to better share their skills and experiences.”

“[The Rigger Rodeo] breaks down the field to basic tasks that every rigger should perform with proficiency,” added Staff Sgt. Michael I. Sharp, the training and operations noncommissioned



Photo by 2nd Lt. Nicole Rossman | 143d ESC

Before ever packing their first parachute, all riggers must graduate from Airborne School before proceeding to Advanced Individual Training. Here, Pfc. Joseph Tapia, a member of the 824th Quartermaster Company’s Rigger Rodeo Team, demonstrates a parachute landing fall Sept. 17.

officer in charge for the 824th. “It also builds up morale and camaraderie while giving an honest assessment on where we excel and where we must improve.”

Unlike their active duty counterparts, most Soldiers in the 824th lack the luxury of practicing their trade everyday. This disadvantage did not deter Mataxis and Sharp from selecting troops relatively new to the rigger field.

“We wanted to give motivated, TPU [troop program unit] Soldiers an opportunity to participate in the competition and gain confidence in their skills,” said Mataxis. “We built a team based on the individual strengths of each Soldier rather than just looking at how long they’ve been packing parachutes.”

Though experience in the field varied among the five-member team, every Soldier representing the 824th shared a common trait: near perfect Army Physical Fitness Test scores.

“Last year’s competition had a great emphasis on physical endurance,” said Mataxis. “It included a non-stop succession of events that lasted 24 hours . . . It was more like Ranger School than a Rigger Rodeo.”

Earlier this summer, Sharp selected Spc.

See “Rigger,” pg. 18>>>



Photo by 2nd Lt. Nicole Rossman | 143d ESC

Parachute riggers from eight U.S. Army units stationed around the world kick off the 2012 Rigger Rodeo with a four mile “Red Hat Run” held Sept. 17 in Fort Bragg, N.C. The 824th Quartermaster Company was the only Army Reserve unit participating in this annual competition that combines basic Soldiering skills with complex tasks for airborne operations.

<<< "Rigger," cont.

Joshua Medina, a parachute rigger on active orders with the 824th, as the team leader. Assuming he would face a series of physically demanding tasks with little rest, Medina wasted no time conditioning his comrades.

"We incorporated long runs and ruck marches when we worked out together," said Medina. "My teammates kept up this level of intensity when they worked out on their own."

Less than three weeks separated the team from the Rigger Rodeo's welcome brief when it discovered that this year's competition would emphasize the technical qualities of parachute rigging. Sharp and Medina adjusted their training regimen to reflect the new standards.

"The team started formal training one week prior to the competition," said Sharp. "We did PT [physical training] every morning, then spent the rest of each day practicing every task in the event schedule."

The "rest" of each day lasted 12 to 16 hours as the team toiled at their unit's shop reviewing manuals, memorizing procedures and, of course, packing parachutes. By week's end, several team members had spent more time practicing their



Photo by Spc. John L. Carkeet IV | 143d ESC

Spc. Joseph Tapia replaces a suspension line as part of the parachute maintenance phase during the 2012 Rigger Rodeo in Fort Bragg, N.C. Tapia and his team overcame the 824th's lack of parachute repair equipment by practicing with the tools and machines from other rigger maintenance facilities in the days leading up to the event.



Photo by 2nd Lt. Nicole Rossman | 143d ESC

Spc. Joshua Medina (middle), the team leader for the 824th Quartermaster Company's Rigger Rodeo team, checks his compass to guide Spc. Alvero Morales (left) and Spc. Joseph Tapia to their next rally point Sept. 18 in Fort Bragg, N.C. The team successfully traversed through the land navigation course in the midst of foul weather that cancelled the spot jump and rifle qualification events.

MOS skills than at all their battle assemblies combined.

As dawn broke on Fort Bragg Sept. 17, the team donned PT uniforms and their signature ball caps before joining their competitors for a four-mile "Red Hat Run." After a quick shower, breakfast and welcome brief, the teams gathered at a rigger maintenance facility to complete its first graded event: preparing a Low-Cost Low-Altitude aerial resupply system. Each team had up to one hour to assemble this one-time use, disposable parachute to Army standards. Air delivery instructors from the U.S. Army Quartermaster School in Fort Lee, Va., hovered around each team with clipboards in hand, looking for the most minor of mistakes. Fortunately, the 824th minimized such errors thanks to its training and leadership.

"We're not the fastest [parachute] packers," said Spc. Alvero Morales, a parachute rigger for the 824th. "But this competition is less about speed and more about proficiency."

The 824th proved its proficiency at the next two events: the Jumpmaster Personnel Inspection and Pre-Jump Recital. The teams' coaches—all of whom were jumpmaster qualified—inspected two Soldiers who had prepared for a mock jump. Sharp administered the inspection on behalf of the 824th, and his superb performance pushed

his team among the top competitors.

The Rigger Rodeo's organizers dedicated the second day to conducting an actual airdrop and testing the teams' basic Soldiering skills.

"Every parachute rigger is jump qualified," said Mataxis. "In fact, the 92 Romeo series is one of the few MOSs in the Army where the Soldier goes to Airborne School before starting AIT [Advanced Individual Training]."

"It's one of the best parts about being a rigger," said Pfc. Joseph Tapia, a relative newcomer to the 824th and the rigger field. "Not too many people get to do it, and I love the rush."

The competitors added their names to the manifest hours before sunrise. As they waited for their plane to pick them up at their drop zone, the blue sky gave way to billowing clouds as the entire post came under a barrage of thunderstorms. The organizers had no choice but to call off the jump, but Mother Nature's wrath did not prevent the soaked Soldiers from competing in other outdoor events.

The teams packed themselves in a bus that dislodged them near one of many Fort Bragg's training fields. There, each team leader received a map, compass and a set of coordinates. Minutes later they dashed into the thick brush searching for their designated points. Though

See "Rigger," pg. 19>>>



Photo by Spc. John L. Carkeet IV | 143d ESC

The final day of the 2012 Rigger Rodeo challenged every competitor to pack three types of personnel parachutes. Here, Spc. Elena Wicks with the 824th Quartermaster Company

<<<“Rigger,” cont.

contending with a wet map in a ceaseless downpour, the 824th arrived at their destination within the designated time limit, but by then a tornado warning forced the organizers to scrap the M-16A2 rifle qualification event.

The teams hurried to a maintenance facility managed by the 623rd and 647th Quartermaster Companies to complete the day’s remaining events: weapon assembly/disassembly, knot tying and the written exam.

“We were one of the first teams to properly assemble and disassemble [the M16],” said Medina. “We also earned a perfect score in the rigger knot event.”

“... and the 824th had the highest written exam scores,” added Mataxis.

Soon after the last Soldier answered the final question on his written exam, the teams dispersed to their respective shops. Instead of resting on their laurels, the 824th began practicing for its most challenging event: sewing.

“There’s a lot of attention to detail in sewing, and our shop doesn’t have the equipment for us to practice our sewing skills,” said Medina.

“We had to go to another team’s shop to practice on one sewing machine,” said Morales. “It was a great refresher as some of us hadn’t sewn since AIT.”

The next morning the teams returned to the 623rd and 647th’s maintenance facility to sew a patch on a parachute and replace a suspension line. Sharp and Medina were impressed with their team’s ability to apply what they rehearsed only days before, but their limited exposure to parachute maintenance could not compare with

active duty Soldiers.

“I wish we had more time to train for this event,” said Spc. Elena Wicks, a recently qualified parachute rigger who joined the 824th earlier this year. “You can’t improvise. Either you know your stuff or you don’t.”

The passable performance in the maintenance round did not dampen the team’s winning attitude. The riggers’ optimism quickly amplified after they shut down their sewing machines and proceeded to do what they did best: pack parachutes.

Surrounded by instructors, coaches, photographers, videographers and other observers in uniform, the teams took their places around an unpacked G-12E, a cargo parachute designed to stabilize bulk-type platforms weighing 501 to 2,200 pounds airdropped from as low as 475 feet above ground level. In less than an hour the team unraveled the G-12E’s 64 suspension lines and carefully secured the canopy into an immense pack.

The teams reconvened at the same shop after the judges inspected and graded their craftsmanship. Half the competitors stepped outside to wait their turn for the next event, while the other half—the 824th included—continued competing by constructing a Container Delivery System bundle.

CDS bundles stand as the most common method for the aerial insertion of supplies in today’s high tempo, operational environment. It often consists of a wood skid band stacked with ammunition crates or fuel drums. The Rigger Rodeo teams had to construct a CDS bundle as quickly as possible while adhering to strict Army standards. This procedure included scores of tasks such as sawing energy dissipating material, tying boxes together, securing a cargo bag over the stack of supplies, and attaching a G-12E parachute to the top of the bundle. The 824th completed this event in less time than it took to pack its G-12E.

The last 72 hours proved that the 824th could collaborate and assemble reliable systems to deliver the tools of war through the air. The competition’s final day would test their individual speed and skill when they packed the very devices that distinguish service members wearing jump wings on their chests from the rest of the ranks.

Medina, Morales, Tapia and Wicks each packed three types of parachutes designed for personnel equipped with combat gear. Sharp coached his

teammates as they completed the dozens of steps necessary to properly pack a T-10D, though Medina—a seasoned parachute rigger—tuned out the competition by singing to himself. Fortunately for his team, Medina’s speed and skill in packing parachutes more than made up for his off key melody.

As the sun set on Fort Bragg Sept. 20, the teams left the 647th Quartermaster Company’s packing facility having completed three separate but similar rigger tasks. The teams had an opportunity to unwind by participating in a golf scramble the next day, but the 824th opted to prep their Army Service Uniforms for that evening’s Rigger Ball at Ft Bragg’s Officer Club. It was here that the competitors shared their stories of triumph and folly. It was here the Soldiers received the Army Achievement Medal for their participation in the 2012 Rigger Rodeo . . .

... And it was here that the 824th Quartermaster Company (Heavy Airdrop Supply)—the only Army Reserve parachute rigger unit in the assembly—discovered that they had won second place.

“First place would have been awesome, but we still proved our point,” Wicks beamed.

“I’m proud of my team,” said Medina. “Everyone worked cohesively as if they had done this sort of thing everyday.”



Photo by 2nd Lt. Nicole Rossmann | 143d ESC

Members of the 824th Quartermaster Company accept their Army Achievement medals at the Rigger Ball held Sept. 21 in Fort Bragg, N.C. The five Soldiers representing the 824th during the 2012 Rigger Rodeo outscored most of their active duty comrades and earned second place.



WANTED:



Nominations for Inspector General Staff



143d Inspector General



Seeking Exceptional Soldiers:

- ▶ SFC/E7 00G4B
- ▶ SFC/E7 42A40
- ▶ SFC/E7 92Y4B

- Must meet accession requirements stated in AR 20-1, B-1
- Must be able to obtain and maintain a Secret Security Clearance
- Must be MOSQ or have diverse career background
- Must have written and verbal communication skills
- Must be able to develop relationships through all ranks
- Must be able to maintain confidentiality and unbiased objectivity

Contact:

LTC Mark.M.Stewart@usar.army.mil

MSG Samantha.StLouis@usar.army.mil

SAY 'BOO' TO BULLIES

■ BY SGT. ELISEBET FREEBURG

204th Public Affairs Detachment

October is National Bullying Prevention Month. Bullying and being bullied is not a rite of passage for children and young adults.

According to the National Crime Prevention Council, bullying is

• "Fighting, threatening, name-calling, teasing, or excluding someone repeatedly and over time

- An imbalance of power, such as size or popularity
- Physical, social, and emotional harm
- Hurting another person to get something"

Why is it important to prevent bullying?

Whether a child is the one being bullied or the one doing the bullying, it's important for parents to step in and take an active role in prevention.

"Being bullied has the obvious damaging affects of negating a child's self confidence and positive self image, but it can also seriously affects their ability to learn," said Dr. Susan Sailor, principal of Keystone Heights Middle and High School in Keystone, Fla. "When their brain is occupied with the emotional issues of survival in their peer environment, children often have little capacity for absorbing new knowledge and skills."

Facts:

- More than 160,000 children stay home from school every day to avoid being bullied.
- One-third of young people are bullied at least once a month
- Six out of ten teens in the U.S. witness bullying every day
- Nearly 60 percent of middle school boys that researchers classified as bullies were later convicted of at least one crime by their mid-20s. Approximately 40 percent had three or more convictions.
- Children who are bullied are often singled out for a perceived difference between them and others.



Illustration by Sgt. 1st Class Timothy Lawn | 143d ESC

• Being bullied can destroy self-esteem, negatively impact academics, lead to anxiety and depression, and even suicide.

• Less than half of bullied children talk to an adult about the situation.

Open up a dialogue with your child. Peer-pressure can be a powerful motivator, and some children may be caught up in bullying, because they're afraid that they could be ostracized next, or perhaps they just want to "fit in." Don't bully your children or bully others in front of them. Children often repeat behavior they see at home.

What if your child won't talk to you?

According to the NCPC, children who are being bullied, often exhibit

- Withdrawal
- Lack of interest in activities
- Loss of friends
- Lower grades
- Physical signs such as torn clothes or bruises

Children who are bullies often

- Lack empathy
- Value aggression
- Like to be in charge
- Are sore losers/arrogant winners
- Fight with siblings
- Impulsive

Not all bullying happens at school. As social media becomes increasingly entwined in people's daily lives, incidents related to cyber bullying also increase.

Do you know what your children are doing on the Web?

According to surveys conducted by the Internet safety organization i-safe and its sister group, Teenangels,

- Almost 60 percent of students admit to using the Internet unsafely, inappropriately, or illegally.
- At least 55 percent of children have given out personal information to someone they met online.
- More than 30 percent of children have their own Web page.
- About 40 percent of students do not share with their parents where they go or what they do on the Internet.
- Almost 30 percent of students admit their parents would be concerned if they knew what their children did on the Internet.

Where can we go for help?

Elementary school children can check out

www.pacerkidsagainstabullying.org.

Teens should visit: www.pacerteensagainstabullying.org

Parents and other adults can visit www.Pacer.org for more information on bullying and resources to help prevent it.

Also, visit StopBully.Gov on Facebook (www.facebook.com/stopbullying.gov) for information, who is at risk, and how to prevent and respond. ☒

Doing **MORE** with *less*



Photo by Maj. John Adams | 143d ESC

Col. James Griffiths, Interim Commander, 143d Sustainment Command (Expeditionary) and Sylvia Rhodes, Lean Six Sigma and Kaizen consultant, address a class of Kaizen Team Leaders Sept. 14 in Orlando, Fla.

■ BY MAJ. JOHN ADAMS

143d ESC Public Affairs Officer

ORLANDO, Fla. – If you are not aware of the current operating environment of the United States Army (let alone the Department of Defense), perhaps the ESC Today or other Army publications will get you up to speed. For one specific area, a predominate theme is echoed throughout today's Army Reserve and many are waiting to see what changes will follow. The specific area is the budget, and the theme is "doing more with less." What does it really mean for you and me? Leaders at the 143d Sustainment Command (Expeditionary) heard the message and are taking the initiative to do just that.

Cutting costs, transaction times and re-thinking old business practices are today's marching orders within the command and Lean Six Sigma is the methodology they'll use to achieve success.

Under the leadership of Col. James H. Griffiths, interim commander of the 143d ESC and program initiator, teams of Soldiers and civilians across the command will work together developing ideas, processes and deliverables sustainable within the 143d ESC.

"Lean methodologies are proven techniques to help focus resources in a laser like manner in an organization," said Griffiths. "The Lean process allows you to quickly identify opportunity areas, puts a plan in place, and diverts the right resources to quickly solve a problem that usually has an immediate effect on an organization's bottom-

line. It is time bound and resource focused."

The results will eliminate variation, improve process flow and speed of the transactions, which will save the command hundreds of thousands of dollars and man-hours.

In order to conquer complexity and achieve major cost reductions in less than one year requires the support of all sections and subordinate units throughout the 143d ESC command.

Kaizen, a management system originally developed in Japan as a continuous improvement vehicle utilized by the Toyota Production System, is the organized use of common sense to improve quality, delivery and responsiveness to customer needs. In this case, the customer is the Soldier, civilian and family members.

"Working to help implement lean methodology and tools in a transactional environment while using a facilitation process versus traditional teaching focused on removing waste are some of my goals," said Sylvia Rhodes, Founder and CEO of the Nightingale Consulting Group.

The command will achieve results by assembling cross-functional teams aimed at improving processes identified within specific areas. Teams will set goals, assign accountability, handle conflict, pay attention to how decisions are made, make sure effective meetings are conducted, and foster continuous learning with other groups.

"In order for Lean to be successful, it's critical to have support from the top and most importantly, cross-functional teams to communicate as in G1-G8 to make recommendations for removing waste from the process," said Rhodes. "The result will redefine current operating environments and affect the bottom line."

So how does it really work? A project will begin with a focused, five-day dedicated event that begins within the first quarter of fiscal year 2013. A team of approximately five to nine members will come together, committed to refine daily transactions to better serve units, Soldiers and families. The initial project will focus on travel costs within the 143d ESC. Analysis encompassing legacy thinking versus higher

efficiency will amount in fewer dollars spent and overall cost savings in accordance with DA policies resulting in responsible stewardship of tax payer dollars. Will it really work?

"The greatest challenge our command will face is the same challenge every organization faces: change!" said Capt. Daniella Fitzhugh, comptroller for the 143d ESC. "Kaizen/Lean will allow us to relook what we do and why we do it. Lean will help the team recognize what needs to change, but expecting an entire organization to buy into and support a change is a hard thing to do. Most people don't like change and the military in no exception."

Through Soldier and leader involvement, results driven by experience from professionals conducting daily transactions that know where the rubber meets the road, directly influencing the success of the program.

In order to make sure everyone understands the command's priorities, communication with leaders is vital to overcome roadblocks and resolve conflicts that may arise between sections and subordinate commands.

The more Soldiers, civilians and families are aware of the changes at hand, the support of Lean Six Sigma initiative will gain momentum that will lead to its success, reducing the command's bottom line and "doing more with less." ☒



Photo by Maj. John Adams | 143d ESC

Repositional notes cover the wall during Kaizen Team Leaders training describing current process flaws as team members document and plan new processes necessary to improve current operations.



Take 5

Beat the Cold

- *More than 550 armed forces members suffered cold weather injuries in 2010*
- *Prevention is a command and individual responsibility*

- *Keep cold weather clothing clean and dry*
- *Watch for skin color changes, blurred vision or slurred speech*
- *Stay hydrated*



**ARMY SAFE
IS ARMY STRONG**

