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## INSIDE THIS ISSUE:

BG Jameson	2
LTG Talley at 377th	3
Snowball Express	4
Retirement (cont.)	5
Community	6
Profession of Arms	7
Soldier For Life	8
Suicide Prevention	9
OSW	10
Equal Opportunity	11
Soldier Spotlight	12
Safety	13
Promotions & Photos	14

## Celebration of Service

Soldiers of the 316th Sustainment Command (Expeditionary) gathered at the T/Sgt Vernon McGarity Reserve Center here for a ceremony celebrating the lifetime service of six 316th ESC Soldiers Dec. 14. These Soldiers and their Families were recognized during a retirement ceremony for their outstanding leadership and service. Those honored were Col. David L. Brown Sr., Lt. Col. Daniel P. Hart, Sgt. Maj. Robert B. Murphy, Sgt. Maj. Thomas L. Schoolfield, Master Sgt. William T. Brown, and Staff Sgt. Kevin R. McGuire.

"I offer thanks and assurance to these six honorees today," said Brig. Gen. Bud R. Jameson Jr., Commander, 316th ESC. "Without their own careers of service in turn, who would have been there today to teach, mentor and inspire the current generation of Soldiers, regular Reserve and Guard, who willingly served and sacrificed so nobly to seek out our terrorist enemies around the world and prevent them from being able to attack innocent Americans here at home."

For these Soldiers, serving in the Army Reserve meant a lot.

Their time in service was met with honor and dutifully fulfilled by selfless service. The loyalty, respect, integrity and personal courage these men displayed is in keeping with the Army Values.

"I always wanted to be in the Army and I'm really fulfilling a dream I've always had," said Lt. Col. Daniel P. Hart, Human Resources Officer, 316th ESC, having admitted to dreaming of being a Soldier as a child.

"It was fulfilling," said Sgt. Maj. Robert B. Murphy, Senior Munitions Non-commissioned Officer, 316th ESC. "It was an adventure. I like to serve my country. It had the ups; it had the downs; but mostly it was a positive experience."

"I spent my whole adult life dealing with the service," said Sgt. Maj. Thomas L. Schoolfield, Chief Information Non-commissioned Officer, 316th ESC. "It was all I really knew at the time." "I'm honored to have had the opportunity to serve," said Master Sgt. William T. Brown, Material Readiness Branch Non-commissioned Of-



ficer-in-Charge, 316th ESC. "I love this country."

As they say farewell to their fellow Soldiers, they can leave with confidence about the next generation of Soldiers whom they have mentored.

"I did a lot of mentoring by hands-on as well as constructive criticism, oral and written," said Schoolfield, ending 37 years of service, while celebrating his 35th wedding anniversary to his wife, Shirley.

Many like to lead by example when it comes to mentoring Soldiers.

"I think the best way to mentor Soldiers is to show them the task, and then let them work on the task," said Murphy, of Charleroi, Pa. "I tried to encourage my Soldiers by doing hands-on as much as possible."

"I tried to set the example," said Col. David L. Brown Sr., (continued on p.5)



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# Happy New Year!

We closed out the old year by honoring and thanking a group of “old” Soldiers and celebrating their service to the Nation. And we now turn our attention to the New Year.

This coming year promises to be exciting and eventful for this command and its nearly eight thousand Soldiers. We have major exercises – WAR-EX, CSTX, QLL-EX, and Nationwide Move – to participate in and support. We will work with the 1st Theater Sustainment Command (ITSC) at Ft. Bragg to define and coordinate our relationship through them and US Army Central (USARCENT) to fulfill our mission as Regionally Aligned Army Reserve Forces for US Central Command (CENTCOM) in accordance with the strategic guidance from our commander, LTG Talley. We will continue to ready Soldiers and units to support Army requirements for continued operations overseas and any contingencies that may arise at home or abroad. And we will all figure out how to do this within the new priorities and resource guidance we are receiving from

Army Reserve Command.

These are what we know and can plan for. What we don’t know is when we will be called upon to execute our new authorities to support our local and regional communities in times of domestic emergencies. We also don’t know which of our units will be selected to be disestablished to help the Army Reserve to meet its new, lower, overall strength or which units will be selected to convert to new missions and new equipment to support the restructure of the total Army. Finally, we don’t know what external threats our Nation may face in the coming year or which of our units will need to be ready to respond.

Fortunately the answer to what we know and what we don’t know is the same: each of us, Soldiers and Leaders, at all levels need to recommit ourselves to serving the Nation, striving to maintain our own individual readiness, and do all we can to improve our Soldiers and our units! If you like your unit, doing what it does, in the town or city where it currently is, the way to keep all of this is to ensure it is at full strength, with ready Soldiers, and trained to do its missions. It really IS that simple.

Unfortunately, too many of our units are under-strength, with non-duty MOS qualified Soldiers, with Leaders who have not completed the required professional military education, and units unable to train in scheduled exercises or to execute unit missions without external assistance. This makes them easy targets to fill the Army Reserve’s need to close or reorganize units and transfer or re-qualify Soldiers and bring with it unwanted turmoil and uncertainty to our mission and to our lives.

This will be my last year as your commander and I want to leave behind me the strongest, most ready, most highly respected ESC and subordinate units in the Army. I ask your help in achieving this goal. Together I know we can make this a New Year to remember!



## Postwar Army Reserve will continue overseas missions, reserve chief says

By Paul Purpura—The Times-Picayune

As the U.S. Army reshapes itself after more than a decade of war, the Army Reserve will be tapped for operations designed to avert hostilities and build relations with allies, Lt. Gen. Jeffrey Talley, who commands the 205,000 Army reservists scattered worldwide, said Sunday during a stop in New Orleans.

That will be done by providing the United States' regional military commanders around the world with combat support and combat service support, those units whose specialties range from logistics to engineers to medical services that primarily are found in the Army Reserve, he said.

That's how Talley envisions the reserve force will play into Army Chief of Staff Gen. Ray Odierno's post-war strategy, which the Army calls "Prevent, Shape, Win." The Army will maintain a fighting force that will win wars but will work to prevent them and will help shape military relations with allies, Odierno says.

"They way you do that is with combat support and combat service support, which is what the Army Reserve predominantly is," Talley said. "So we see our requirements will be steadily utilized for these contingent 'prevent and shape' missions well into the future."



That means units like the New Orleans-based 377th Theater Sustainment Command and its subordinate outfits will continue to be used in places like South and Central America, Africa, Europe, the Middle East and Southwest Asia, Talley said.

He was in New Orleans Sunday for meetings with Maj. Gen. Peter Lennon, who commands the 377th Theater Sustainment Command, whose 850-member headquarters staff is split between the Naval Air Station-Joint Reserve Base in Belle Chasse and the James H. Diamond Army Reserve Center at New Orleans' lakefront.

Talley, who earned an undergraduate degree at LSU in 1981 and an Army commission through the ROTC program, returned to his alma mater Saturday to be inducted into the school's Hall of Honor, a group of alumni with distinguished military careers.

"The best part about it was, LSU beat Texas A&M," Talley said. "I think a lot of people were surprised

about that."

In an interview with NOLA.com | The Times-Picayune at the National World War II Museum, where he met with Lennon, Talley briefly discussed the Army Reserve and its future, at time when more than 12,000 of his reservists are mobilized. More than 8,000 of those soldiers are assigned to the U.S. Central Command, the regional combatant command that includes Afghanistan, Kuwait and Iraq.

The Army, using what it calls the "force generation model," requires its reserve units to be ready for deployment on 5-year cycles, he said. Those deployments could include named operations, such as Operation Enduring Freedom in Afghanistan, or "contingency" missions such as a humanitarian operation in Africa requiring medical or engineering units, he said.

"What we're seeing, thank goodness, is a lower demand signal for our forces for named operations, or combat-effects missions," Talley said. "We're out of Iraq. The president, the commander in chief, has asked us to draw down quicker in Afghanistan. And so we see a demand signal that's going to continue to stay on the high side for the Army Reserve, but it's going to be contingent missions and not combat missions."

And yet other, short-term missions are more likely stateside, under a law enacted last year allowing federal military reserve forces to assist local civilian authorities and states' National Guard forces in responding to emergencies such as Superstorm Sandy last year.

"The American people don't care and don't need to care where the help will come from," Talley said. "They just want the help. And so if we have federal forces nearby in terms of a complex catastrophe, whether they be active federal forces or federal reserve, ... why shouldn't we tap into those resources to help the American people?"

Just last week, an Army Reserve unit in Illinois was sent to help local authorities respond to deadly tornadoes. Like the three reserve units that responded to Sandy, the one activated briefly in Illinois was commanded by Lennon's 377th.

"We were called upon to block off roads and provide traffic rerouting," said Lennon, who became the 377th's commanding general in May 2012 in Belle Chasse. "There was no use of weapons, there was no police authority or anything like that. (continued on p.12)



## McGarity Army Reserve Center supports Snowball Express

Families of fallen Soldiers participated in the Snowball Express event Dec. 12 starting in the Pittsburgh International Airport. Snowball Express is a non-profit organization whose mission is to provide hope and new memories for the children and spouses of military members who fell since Sept. 11, 2001. American Airlines and American Eagle partnered with Snowball Express to fly nearly 1,800 family members from across the country to Dallas/Fort Worth at no charge.

Army Reserve Soldiers and federal employee of the 316th Sustainment Command (Expeditionary) and the Army Reserve Careers Division, based out of the McGarity Army Reserve Center, Coraopolis Pa., along with members of the Patriot Guard Riders, and airline volunteers greeted family members greeted and welcomed the family members as they began the five-day, four-night journey.

"American Airlines took 10 planes out of service today to fly around the country to pick up families for Snowball Express," said retired Air Force Lt. Col. Ray Blust, a pilot for American Airlines and resident of nearby Wheeling, W.V. Blust had volunteered to fly today for the program but there was a long list of others who also wanted to volunteer. "So I came up to support this," said Blust. "This is a great opportunity."

"It is very healing for (Daniel)," said Marilyn Adams, of her twelve-year-old son. "Since there is not a really big military presence in Pennsylvania, he tells me he feels alone; he's the only one that this happened to but when he gets in that room of 3,000 families, he's just (excited)." Daniel, of Wexford, Pa., has found through these trips that there are others who have been through the same thing and can relate to him. Adams and her son have been to several of the trips in the past years.

The fallen represented in Pittsburgh included Sgt. 1st Class Brent Adams, Army National Guard; Spc. Robert Hall, Army Reserve; and Staff Sgt. Eric Holman, Army Reserve. Family members present were Rachel Hall, 12, and her grandmother, Debbie Whitfield, of McKees Rocks, Pa.; Misha Holman, 8, and his mother Terri, of Beaver Falls, Pa.; and Shaina Shaw, 16, and her mother JoAnn, of Warren, Ohio.

For the families at the Pittsburgh Airport, the treatment started with complimentary beverages and food, presents for the children around two festively decorated trees and a private tour. Ezequiel Boneta, a station agent at PIT, took the families to meet the crew before the flight and take a tour of the cockpit.

"Last year, we came out with Soldiers, and we supported seven families of fallen Soldiers who were going to Dallas on the Snowball Express," said Lt. Col. Owen T. Ward, of Fort Meyers, Fla., Commander, 2nd Battalion, Army Reserve Career Division. Three of the four families were here last year. "It's nice for them to see we are committed to them and came back out."

"We are here to support them and encourage them," said Master Sgt. Lewis E. Parker Jr., Area Retention Leader, ARCD, of Suffolk, Va. "Every year, American Airlines sends them over to Texas to uplift their spirits during the holidays."

Because Pittsburgh does not have an active duty military post, Soldiers from the Army Reserve represent the face of the Army to most local citizens, "I think it's important for the Army to be here because the Soldiers expect their families to be taken care of regardless of what happens to them when they deploy," said Ward. "In this circumstance, these Soldiers never came home to their families so it's important there is still an Army presence and that their children understand that the Army's committed to them and their future success."



The eighth annual event, to be held Dec. 12-16, marks the fifth time Snowball Express has visited Texas. This year features a "Wizard of Oz" themed gate decorations, including a yellow brick road through the airport, Munchkin Land and a field of poppies; the red carpet treatment to the movie "Frozen" at LOOK Cinema along with unlimited games and entertainment; a "Walk of Gratitude" parade where families will receive a VIP welcome by the city of Ft. Worth; a day at the zoo including a private concert by Gary Sinise and the Lt. Dan Band; and the rock star treatment at the Texas Music Project and Talent Experience in the historic House of Blues followed by a grand finale show produced by David Hira Productions. For more information, visit <http://snowballexpress.org/>.

## Ceremony (cont.)

former Chief of Staff, 316th ESC. "I was an enlisted Soldier first for close to seven years, and I just always tried to set the example and lead; to coach, lead and mentor." Army Values represent leadership: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage. Upholding these Army Values are great signs of a great leader and many will continue to use them outside of the Army.

"I used them in my everyday life, and I still use them in my civilian job," said Schoolfield, of Hertford, N.C. "I take those Army Values and instill them in my employees at work. I build it as a part of their structure too." Schoolfield is a quality inspector supervisor for Huntington Ingalls Industries. "Those Army Values are a part of our key process here."

"I was very clear on the standards," said Hart, who had 31 years of service. I expected things to be done right and that the Soldiers had values and would do the right thing regardless of the circumstances. Hart now teaches health education programs as a Department of Labor employee, working for the Mine Safety and Health Administration.

When it comes to mentoring, Staff Sgt. Kevin R. McGuire Sr., a Human Resources Non-Commissioned Officer, 316th ESC, takes a slightly different approach.

"I tell them to put your creator first, whoever that may be, and always pay attention to detail," said McGuire, of North Braddock, Pa., who served 25 years.

In the end, retiring has left a good feeling with these individuals.

"I'm going to miss the activity," said Murphy, who served 30 years. "I'm going to miss coming to drill. I'm going to miss the people, but I'll be glad to move on to the next phase of my life." "I am proud to serve," adding, "I miss the camaraderie," said Hart, of Pittsburgh. "I miss being involved in the Army." "I feel good about (retiring) now because I can spend a lot of time with my grandkids," said Schoolfield, who served 37 years.

The retirees leave behind a whole generation of Soldiers who are always training to be ready; to be "Fit to Fight; Fit to Lead."

"Fit to fight means having the confidence and ability to serve," said McGuire, an executive chef on the civilian side. "Fit to lead means having the confidence and strength to lead, and your Soldiers will have the confidence to follow."

"To me, it means being mentally, physically and spiritually tough," said Master Sgt. Brown, of Marengo, Ohio.



Soldiers of the 316th are always striving to be the best they can be and be "Fit to Fit; Fit to Lead." With big shoes to fill, the Soldiers will hopefully have the same gusto and appreciation for the service as their predecessors had.

"It means a great deal that I was able to contribute my services to this great nation," said Col. Brown, of Pittsburgh, now a Department of Veteran Affairs hospital administrator. "When I was very young, I really looked at how I could contribute something to the United States of America. I think I had an opportunity over the 38 years to demonstrate my commitment to this nation and the people of this country."



## Community Involvement—Stuff-a-bus

For the last decade, civilians of all walks of life have supported deployed Servicemembers with care packages and gifts; as an opportunity to give back, local Army Reserve Soldiers and civilians, have supported the Marine Corps Reserve, Toys for Tots drive.



On Friday, December 6, Army Reserve Soldiers, civilians and contractors, from the Coraopolis based McGarity Army Reserve Center, loaded a five-ton, Light Medium Tactical Vehicle (LMTV), with new 48 bikes and delivered them to the 96.1 KISS FM, stuff-a-bus, Toys for Tots drive at the Monroeville Mall.

“Arriving at a shopping mall with a LMTV and a HMMWV (High Mobility Multipurpose Wheeled Vehicle) can really draw attention, and that’s what we hoped to do. We wanted to make as many people aware of the Toys for Tots drive as we could,” said Sgt. Todd Fritz, vehicle driver for the 316th Sustainment Command (Expeditionary).

“This is the second year the McGarity center members participated in the drive. Last year we collected 35 new bikes and this year we exceeded our goal of 36 by collecting 48 bikes,” said Ms. Amy Adams, Equal Opportunity Specialist with the 316th ESC.

This has turned into such a popular event for us because it is a high profile event with a local radio station promoting it live on the air; everyone gets excited about it. Knowing a child will be getting a bike for Christmas can be something memorable and something kids will remember, that makes it easy to support, said Adams.

As Army Reserve members, we live and work in the Pittsburgh community, so events like this are an excellent opportunity to show the gift of giving during the holiday season and give back to the community that has been so supportive of us. To make this event a success and far exceed last year’s results, it took a total team effort with contributions from units throughout the entire reserve center, said Mr. Ken Walter, Command Executive Officer for the 316th ESC.

In addition to 316th ESC Soldiers, Army Reserve civilians and contractors, 2nd Battalion, 312th Regiment, 1st Army Div East, Army Reserve Careers Division, the Education Center and the Army Strong Community Center all contributed to the effort by donating bikes

“Even though it was cold, coming together with schools and other organizations at the mall made this a true community event we were proud to be a part of,” said Capt. Adam Renner of the 316th ESC.



## Profession of Arms

Company commanders and senior non-commissioned officers (NCO) of the 316th Sustainment Command (Expeditionary) gathered for a Commanders Training and Readiness Workshop, at the T/Sgt. Vernon McGarity Army Reserve Center in Coraopolis, Pa., Dec. 13 to 15, 2013. "This was a three day workshop designed for company and battalion level training teams to focus on company level training management critical to the future health of the Command. We brought in over 80 units and this was an opportunity to develop tools and strategies that significantly impact unit readiness by driving continual improvement during the ARFORGEN cycle," said Col. Curtis Henry, Support Operations Chief, for the 316th ESC.

To open up the conference, Brig. Gen. Bud R. Jameson Jr., Commander of the 316th ESC asked the attendees, "As citizens, are we civilians who are part-time Soldiers or Soldiers who are part-time civilians?" It is important that these leaders understand that they have to make commitments to conduct themselves with the professionalism of full-time Soldiers. After they have made this commitment, Jameson said, they could then instill the same sense of professionalism within all of the Soldiers within their units.

"As a new NCO it was great to hear from General Jameson and hear his insight on the profession of arms," said Sgt. Todd Fritz, training NCO for the 316th ESC. He said as Army Reserve Soldiers we are representing our profession with our every-day conduct. We are in the public eye and are also role models for our junior Soldiers.

Reserve Soldiers are equal members of the profession of arms regardless of their part-time civilian role, emphasized Jameson. Reserve Soldiers have proven to be part of the profession of arms because they have made a commitment to juggle their Army careers with their civilian responsibilities. "Reserve component Soldiers are the link



between the profession of arms and our client... the American People," said Jameson, adding, unit leaders are responsible for spreading the ideas of commitment and professionalism through mentorship.

Capt. Yifei Zhang, commander of 444th Human Resources Company based in Pittsburgh, Pa., sat among those in attendance of the conference.

Zhang said he felt a great sense of pride in the Army Reserve because of what it has given him. Zhang entered the Army in 2006 as a private. Since joining, Zhang said the Army Reserve provided the values he now carries with him in every aspect of his life. "I see myself in every Soldier I meet within my command," said Zhang. "I took command of the 444th because I have the power to influence."

Zhang wants to make sure every Soldier in his unit is mentored and learns that his or her actions determine their success.

"If we do not work to keep junior Soldiers involved we will lose their interest, attendance and professionalism," said Fritz. "Younger Soldier mentorship is important because they are the Army's future," said Fritz. He said if we fail them we are failing the future of the Army Reserve and our profession of arms.

Jameson said Army Reserve leaders must set the example and take care of their own Soldiers and the workshop helped to spread the idea that Army Reserve Soldiers are part of the profession of arms and must therefore act with the highest level of professionalism.



## Soldier For Life

*“Soldiers past and present are selfless, disciplined, and innovative. They have lived, served, and led with moral and ethical courage. They are **Soldiers for Life** and their attributes will make them a welcome addition to any organization. Once a Soldier, Always a Soldier.”*

*—General Raymond T. Odierno  
Chief of Staff, U.S. Army*

The Soldier for Life mindset is a holistic approach to the military life cycle career of a Soldier. The U.S. Army takes care of teammates by ensuring Soldiers start strong, serve strong, and reintegrate strong so they remain Army Strong serving their communities after they leave the Army. The U.S. Army's strategic imperative of sustaining the All Volunteer Army is directly affected by how well the veterans reintegrate back into the communities. Gen. George Washington said: ***The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation.***

The Chief of Staff of the Army created the Soldier for Life office to enable Army, government and community efforts to facilitate successful reintegration of our Soldiers, veterans, and their families in order to keep them Army Strong and instill their values, ethos and leadership within communities.

### START STRONG

Americans are proud of the military and see the Army as a strong career path. The U.S. Army wants the best educated, healthy and strong individuals to join the Army as a profession.

### SERVE STRONG

Forged in the crucible of austere, highly dynamic situations, Soldiers are adaptable, skilled, team players that desire to Serve Strong. As Soldiers serve, they continue to become stronger through technical skills education, credentialing opportunities, and professional leadership training.

### REINTEGRATE STRONG

In order to Reintegrate Strong, Soldiers must approach the Transition process throughout the life cycle of their career in order to be "career ready". We've found that Soldiers and their Families successfully prepare for reintegration through these focus areas: meaningful employment, access to education to improve marketability, and access to quality healthcare.

### REMAIN STRONG

Soldiers and their Families are the Veterans that are our ambassadors within in the community. Soldiers bring with them invaluable skills to include the Warrior Ethos and Army Values. They are Soldiers for Life Veterans, that Remain Strong, and thereby strengthen our communities and inspire future generations to serve.

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





## Suicide Prevention—ASIST Training

In the summer of 2013, Army G1 established ASIST by LivingWorks as the only approved training for Gatekeepers. Living Works delivers Applied Intervention Skills Training to the United States Army Reserve and has implemented ASIST 11 as its newest training module. This two day course teaches advanced practical skills for intervention and referral. ***ASIST implementation can only be facilitated by someone who has completed all the requirements for certification by LivingWorks as a trainer.*** So it is critical that units send participants to ASIST 11 training so they can offer quick and competent intervention when the need arises.

Completion of the full two days is required in order to receive certification. Through ASIST 11, participants will engage in small group discussions and skills practice that are based upon adult learning principles where the participants will feel challenged and safe as they learn to deliver suicide first aid.

ASIST 11 is fundamentally the same as any version of ASIST and remains true to ASIST principles. If you have a need to work or consult with people who have taken ASIST 11, expect them:

- to be open, honest and direct about suicide;**
- to exercise care in expressing their own values about suicide**
- to do whatever they can to respect a person at risk's decision-making rights**
- to appreciate the importance of letting the person at risk talk about suicide;**
- to appreciate that some part of a person at risk wants to live;**
- to value collaboration with the person at risk;**
- to consider things that might threaten the person at risk's safety;**
- to develop a plan that fits the immediate safety needs of the person at risk; and,**
- to make sure that the person at risk understands the plan and is committed to carrying it out.**

While ASIST interventions will remain fundamentally the same, ASIST 11 is also significantly better than previous versions.

ASIST 11 uses a three phase model with six tasks and has a similar appearance to the Suicide Intervention Model. However, ASIST 11's model is so different that it has a new name, Pathways for Assisting Life or PAL for short. Helpers using PAL will have an ease with letting a person at risk talk about suicide, a knack for helping a person at risk discover life connections and a talent for turning those connections into reasons for working on safety-for-now. Once you learn this model, you can feel that natural flow.

PAL uses a Safety Framework that integrates current research on suicide risk with the emerging literature on obtaining safety. It is every trainer's goal that you will see a positive, transparent focus upon creating safety for now while gaining clarity and flexibility in how to achieve it. Two of the new helping tools featured in ASIST 11 are related to helper guidance and helper roles.

Throughout 2014, ASIST courses will be made available to the 316 ESC. Please contact your command Suicide Prevention Representative for further information.

Mrs. Michelle Steimer

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## 655th RSG Prepares for OSW 2014

Soldiers from Army Reserve commands from across 14 states will come together August 2014 at Joint Base McGuire-Dix-Lakehurst, N.J., to improve their combat readiness and maintain their skill-sets as part of Americas premier fighting force in an extended combat training exercise known as Operation Sustainment Warrior.

"Operation Sustainment Warrior is the 377th Theater Sustainment Commands answer to the dilemma of meeting the requirement of providing 14 days of active duty training to every Army Reserve Soldier every year," said Brig. Gen. Bud R. Jameson Jr., Commanding General of the 316th Sustainment Command (Expeditionary), an Army Reserve unit based in Pittsburgh.

According to Jameson the goal of the exercise is to create a meaningful readiness and training event beyond the home station capability of some Soldiers units.

"OSW 2014 is going to be a combat multiplier keeping Soldiers in their reset year trained and motivated for continued service in our Army Reserves. The focus on Warrior Training Tasks, Leadership, and individual preparation will leave them wanting another round. The extensive planning and preparation by the 655th staff began immediately at the end of OSW 2013 and has been continuous," said Col. Deborah Kotulich, Commander 655th Regional Support Group, the Army Reserve unit hosting OSW 2014.

"The OSW training experience is incredible," said Capt. Laura Sampsel, the tactical intelligence officer with the 655th.

Sampsel, an OSW veteran of two years, is looking forward to the upcoming operation in August and the wide array of training opportunities for the Soldiers that will make OSW 2014 the most ambitious one to date.

In keeping with the DoD's total force policy that recognizes Reserve forces as an integral part of military operations, not a force of last resort, OSW includes combat exercises designed to enhance each Soldier's warrior tasks, and refresh the leadership skills of the Non-Commissioned Officers and Officers participating in the exercise.

"When Soldiers return home to their units they're trained," said Command Sgt. Major Michael Bolduc, the Command Sergeant Major of the 316th Expeditionary Sustainment Command, adding, the goal of OSW is to bring every participating expeditionary Soldiers readiness and training levels up to and beyond the Army standard.

OSW 14 is a unique opportunity that fully leverages resources

in a fiscally constrained military environment, said Lt. Col. Ike Kim, the OSW planner for the 655th RSG.

Troops participating in OSW 2014 will complete weapons qualification, a Combat Lifesaver (CLS) course that includes airlift/casualty evacuation scenarios, land navigation, a Virtual Interactive Combat Environment simulation (VICE) trainer, squad-level immersion lanes, HMMWV Egress Assistance Trainer (HEAT), and convoy combat lanes scenarios similar to operations expeditionary Soldiers might face in a deployed environment.

Operation Sustainment Warrior 2014 not only reinforces Warrior Training Tasks that markedly improve Soldier's proficiencies at the individual, crew, and team level, but also provide the dynamic integration of Joint Military Services (Air Force and Marines) and International Military Cooperation and involve-

ment in order to more fully train Soldiers in their RESET year and make them deployable to any contingency worldwide, said Kim.

"OSW enhances reservists' warrior skills in an interactive new way," says Sampsel. Adding, "The training is fun and exciting, it brought the Soldiers assigned to my temporary OSW company together as a team and gave us the opportunity to be the Soldiers that we wanted to be and do things as Soldiers in the Army."



OSW 2014's exciting and dynamic training will address retention by inspiring and motivating Soldiers by reminding them of what it means to serve in the Army Reserves, said Kim.

According to Command Sgt. Major Sammy Sablan, the Command Sergeant Major of the 77th Sustainment Brigade, the unit responsible for hosting the OSW in 2013, Soldiers successfully used training simulators like the VICE, and HEAT trainers to build their small group communication skills, and learn to incorporate squad and platoon leader interaction as a way to increase team building.

"Going forward we have to be more creative in the type of training that we give to our Soldiers, we have a younger generation that's more in sync. Our Soldiers are actually sending back videos to their friends and families saying I'm having fun and I'm learning while I'm out here," said Col. Joyce B. Junior Commander of the 77th SB.

In addition to building individual warrior skills, OSW prepares Soldiers in ways most home station training cannot, with both a Soldier Readiness Preparation and a career fair, ensuring every Soldier returns to their unit both medically and physically better prepared as a Warrior Citizen. (Continued on p. 11)



## Equal Opportunity - Sgt. William H. Carney

By ashmccall - The U.S. flag has been a symbol of American courage and patriotism for more than 200 years, and those who serve in the military hold it in high reverence.

So it's no surprise that Army Sgt. William H. Carney risked his life in 1863 to safeguard the symbol of American pride and inspiration, earning the distinction of being the first African-American to be awarded the Medal of Honor.

Carney, the son of slaves, was born in Norfolk, Va., on Feb. 29, 1840. As a young man, he was ambitious and eager to learn, and excelled in academics despite laws and restrictions banning African-Americans from learning to read and write.

After his parents' slave owner died, the Carneys were granted their freedom. Carney's father moved further north, searching for a suitable area to settle down. After stops in Pennsylvania and New York, the elder Carney took his family to New Bedford, Mass.

Carney spent the remainder of his adolescence in New Bedford, working odd jobs and pursuing his interests in the church. He attended services at the Bethel African Methodist Episcopal Church and Union Baptist Church, and was on the precipice of making ministry his life's work when the Civil War began. Carney decided he could better serve God by serving in the military to help free the oppressed.

On March 4, 1863, Carney, along with 40 other African-Americans from New Bedford, joined Company C, 54th Massachusetts Colored Infantry Regiment, to fight in the Civil War.

According to state records, the regiment was the first African-American Army unit to be raised in the northern states, and its fighting force included two of famed abolitionist Frederick Douglass' sons.

After only three months of training in Readville, Mass., they were shipped to the main area of fighting in South Carolina, where they saw action at Hilton Head, St. Simon's Island, Darien, James Island and Fort Wagner.

It was at Fort Wagner that Carney's heroic actions earned him the nation's highest military honor.

On July 18, 1863, 54th Massachusetts Colored Infantry Regiment soldiers led the charge on Fort Wagner. During the battle, the color guard, John Wall, was struck by a fatal bullet. He staggered and was about to drop the flag when Carney saw him.

Carney seized the flag, and held it high despite fierce fighting, inspiring the other soldiers. He was wounded twice — in his leg and right arm — and bled heavily. Although the Army sergeant could hardly crawl, he clutched the flag until he finally reached the walls of Fort Wagner. He planted "Old Glory" in the sand and held it tightly until he was rescued, nearly lifeless from blood loss.

According to accounts, Carney still refused to give up the flag to his rescuers, but grasped it even tighter. He crawled on one knee, assisted by his fellow soldiers, until he reached the Union temporary barracks, ensuring the flag never once touched the ground.

For his bravery, on May 23, 1900, Carney was awarded the Medal of Honor, becoming the first African-American to receive the medal. <http://www.army.mil/africanamericans/profiles/carney.html>



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## OSW (cont.)

"OSW is a place where in two weeks a Soldier can get their readiness on both levels, on the civilian side they can get a job and become more effective and take care of their families, on the readiness side Soldiers leave OSW better equipped both medically and physically up to standard," said Junior.

The OSW 2014 career fair will feature military employment enablers such as ESGR and H2H, along with colleges, universities and dozens employers looking to hire Soldiers. In addition, professional development training will be available on cover letters, resume writing and interviewing techniques. Last year over 30 Soldiers were able to obtain positions through the job fair.

"Each year that I have participated in OSW has been bigger than the last. I'm sure that OSW 2014 will provide even more opportunities and the outstanding level of training for service members that I have come to expect," said Sampsel. As an example, this year Soldiers will be given the opportunity to earn the German Armed Forces Proficiency Badge.

"My goal for this training is to send Soldiers home more ready and more enthused about the Army Reserve than when they arrived," said Jameson. "I believe that OSW is the best model for the Army Reserve to meet its training requirements, it's constructive, cost effective and it revitalizes the force," Jameson added.

## Soldier Spotlight—Spc. Kristin Ellis

Spc. Kristin A. Ellis is a 32-year-old Information Technology Specialist with the 316th Sustainment Command (Expeditionary). However, she has only been in the Army Reserve for less than three years.

What makes someone join the Army after being out of high school for over a decade? For Ellis, it was something she had always thought about doing, but after having knee surgery in 1998, she didn't think she could do it. "I played sports in high school, but after the surgery, I hadn't done anything or even worked out," said Ellis, a Basehor, Kan., native. "I did one push up at the recruiters. I thought I was never going to make it, but I did it. It's been a really good experience. I'm proud that I could get through basic training with a bunch of 18-year-olds at age 30. I work out every day now and I'm in so much better shape because of it. I just can't believe I did nothing for a decade and then made it through basic training."

At 30, Ellis decided she wanted to join the Army to try and gain leadership skill and for the experience the Army could give her.

"I'm a really good follower so maybe this will pull out some leadership abilities in me," said Ellis. One of the opportunities Ellis has to build on her leadership is her job requires her to be in charge of two other Soldiers in her section.

"It's hard to be a reservist and take care of everything and take care of your Soldiers," said Ellis. "It's a lot of work." She stressed being able to focus her full attention to the Army Reserve is challenging with only two days to work with a month. However, she enjoys the opportunity to serve. "It is a good experience."

Ellis works as an IT Specialist at Deloitte in downtown Pittsburgh having transferred from Washington D.C. a year ago. Even though her civilian and Army jobs don't require a degree, Ellis has obtained a degree in business administration on her own from Strayer University in Alexandria, Va. With a degree already under her belt, Ellis had the option to become an officer, but decided she would rather start out as an enlisted Soldier and focus on her civilian job adding, "I'd rather know they (Soldiers) respect me because they know I've been through what they've been through."

With the 316th Ellis works at the Tier 2 help desk. If a Soldier has computer issues that the Tier 1 help desk can't fix, it comes to Ellis and her team. She also helps Soldiers gain access to the network.

Looking back, after having to go through the Military Entrance Processing Station twice because of her knee, she persevered and was able to accomplish enlisting. Ellis is proud of her accomplishments and enjoys her experience in the Army Reserve even if it meant waiting to join.



## Talley (Cont.)

These guys were available, and they were on their battle assembly. We were quickly able to shunt them on over to the area around Washington, Ill., to provide assistance while the local utility companies cleared up downed power lines and things like that."

The 377th for years was affiliated with the U.S. Central Command, providing combat service support to the wars in Iraq and Afghanistan. That mean the command maintained a constant presence in places such as Kuwait.

Under an Army reorganization, the 377th became affiliated with the U.S. Southern Command and also became the headquarters for more than 36,000 reservists in 400 units nationwide, making the 377th the largest command in the Army Reserve. The 377th has about 1,400 soldiers based in Louisiana, with almost 850 of them stationed in the New Orleans area.

Talley said he foresees the 377th headquarters, and the units under its command, "significantly increase its engagements" with regional combatant commanders in South and Central America, Europe, Africa and the Middle East.

The United States, like its allies, is "not able to afford the size of the active component that we'd like to have," Talley said. "And so as we have in the past, and even more in the future, it's going to require all of us in the active component and in the reserve component, all services, to stick together and work together in order to meet the requirements we have to defend the nation and support our allies."

"And so I think you're going to see continued effort to strengthen the relationships between your federal reserve and your Army National Guards and Air National Guards in services to the active component. Because the only reason we have a reserve component is to serve the active component."



## Safety—Distracted Driving

Story courtesy of Amy L. Robinson, U.S. Army Training and Doctrine Command Public Affairs

Motor vehicle accidents involving a distracted driver kill thousands of people each year on America's roadways. Anytime drivers text, use a cell phone or navigation system, change a radio station, eat or drink, or do anything that diverts their attention from the road, the opportunity for an accident to happen increases exponentially.

For some accident victims, they were merely in the wrong place at the wrong time and a distracted driver slammed into their vehicle. No matter the circumstances, organizations across the nation agree that distracted driving has become an epidemic on U.S. highways.

"We are all guilty of driving distracted and putting ourselves and others at risk when we're on the road," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. With the number of people dying in crashes involving a distracted driver on the rise — 3,331 in 2011 compared to 3,267 in 2010 — safety officials are determined to educate individuals on the dangers of distracted driving.

"The biggest problem is most people don't realize just how dangerous it is," said Dr. Joseph MacFadden, USACR/Safety Center Human Factors Directorate, research psychologist.

"They don't know the statistics. Most young people (who) are texting and driving these days are completely unaware, and of course, they feel also that they can defy the odds."

USACR/Safety Center officials are in the process of producing an informational awareness package that will be available to everyone in the Army.

Distracted driving is an emerging trend that needs to stop said Walt Beckman, program manager and deputy director, Driving Directorate, USACR/Safety Center.

"Many times Soldiers think they can multi-task while driving and that's not the case," said Beckman. "Drivers need to focus on driving and not worry about the text message or phone call that can wait. Taking your eyes off the road or your mind off the task of safely operating a motor vehicle, even for just a few seconds, can cause a devastating accident and a life-changing event. It's just not worth it."

**U.S. Army Combat Readiness/Safety Center, Fort Rucker, Ala. <https://safety.army.mil>**





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