



THE FALCON



*CSM Ted Copeland
Assumes Responsibility of the 79th SSC
Page 24*

TRAINED, READY, COHESIVE, WELL-LED
SUSTAINMENT UNITS FOR WORLD-WIDE DEPLOYMENT

THE FALCON CONTENTS

TWO STAR NOTES	4
INNOVATIVE AND PROACTIVE IN FISCALLY CONSTRAINED TIMES BY MAJ. GEN. MEGAN TATU	
CSM ON POINT	6
MY TWO PART PHILOSOPHY BY COMMAND SGT. MAJ. TED L. COPELAND	
SPIRITUAL FITNESS	8
WORKING WITH LESS ... ACHIEVING MIRACLES BY CHAPLAIN (COL.) ROBERT EWING	
COMPTROLLER- G8	9
CONQUERING FUNDING CHALLENGES BY COL. MARK MOSES	
EQUAL OPPORTUNITY	10
EO PROGRAMS IN A FISCALLY CONSTRAINED ENVIRONMENT BY MS. RITA COSSIO	
WARRIORS HAVE COURAGE - SEEK HELP	12
BY WAY OF INTRODUCTION BY LT. COL BETTINA AVENT	
ASK JAG	14
PLANNING EVENTS IN A FISCALLY CONSTRAINED ENVIRONMENT BY COL. JERE DIERSING	
THE INSPECTOR GENERAL	15
THE IMPARTIAL FACT FINDER BY COL. JULIANA MCCAUSLIN	
MEDIAL MATTERS	16
MEDICAL COVERAGE ON A BUDGET BY COL. SRIDHAR NATARAJAN	

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FAMILIES IN SUPPORT 18

OUR MISSION
BY MS. MARITZA RAMIREZ

HAIL AND WELCOME 19

COMMAND CHIEF WARRANT OFFICER

79TH SSC BEST WARRIOR COMPETITION 20

BY SPC. HEATHER DOPPKE, 79TH SSC COMBAT DOCUMENTATION/PRODUCTION SPECIALIST

79TH SSC CHANGE OF RESPONSIBILITY 24

BY SGT. 1ST CLASS JAMES LILLY, 79TH SSC PA CHIEF

311TH ESC HIGHLIGHTS 26 - 33

4TH ESC HIGHLIGHTS 34 - 37

364TH ESC HIGHLIGHTS 38 - 41

451ST ESC HIGHLIGHTS 42 - 43

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TWO STAR NOTES:

BY MAJ. GEN. MEGAN TATU
79TH SUSTAINMENT SUPPORT COMMAND, COMMANDING GENERAL



INNOVATIVE AND PROACTIVE IN FISCALLY CONSTRAINED TIMES

Fiscal constraint has been a central topic of discussion over the past few years and will continue to be for the foreseeable future. Prior to beginning my discussion on operating in a fiscally constrained environment, it is necessary to propagate the operational realities facing the 79th Sustainment Support Command (SSC) heading into Fiscal Year (FY) 16. First, there will be no greater resources in FY 16 than what we have seen in FY 15. And second, the requirements of the 79th SSC are independent of the fiscal environment. The mission of the United States Army Reserve (USAR) is to provide trained, equipped and ready Soldiers, Leaders, and units to meet America's requirements at home and abroad, and it remains steadfast. Understanding and accepting these realities turns us to the rightful inquiry of overcoming the challenges inherent to a fiscally constrained environment. Simply stated, *commanders must achieve and maintain readiness with fewer resources.*

Proactive and Innovative Leaders Thrive in a Fiscally Constrained Environment

Increasing organizational efficiency is central to adapting to fiscal constraints. Commanders who are proactive and capable of developing innovative approaches to training will thrive

in our fiscally constrained environment. In order for commanders to be the proactive and innovative Leaders they are needed to be, the Chief of the Army Reserve, Lt. Gen. Talley, has continued to cultivate a localized framework of operations. Lt. Gen. Talley's decentralized approach to training provides commanders with the autonomy needed to be empowered decision-makers to address the unique needs of their respective commands. This should be a welcome opportunity for those Leaders eager to champion beneficial change within their organizations.

Proactive Leadership, an Absolute at the Individual Soldier Readiness Level

I find it necessary for Leaders to be especially proactive at the individual Soldier readiness level. It is paramount that Leaders forecast the needed training requirements for their Soldiers well in advance of the coming fiscal year. "In-year" training requests, submitted through the Army Training Requirements and Resources System (ATRRS), are detrimental to both the Soldier and the unit. For the Soldier, it is difficult to receive the needed training due to abundant demand and limited course space. For the unit, "in-year" training requests compound their own funding issues. During the



Lt. Gen. Talley's decentralized approach to training provides commanders with the autonomy needed to be empowered decision-makers to address the unique needs of their respective commands.

formation of the defense budget, the amount of training requests in ATRRS serves as a demand signal to the Department of Defense (DOD) for the amount of funding needed for Soldier training requirements in the forthcoming fiscal year. Units that are not enrolling their Soldiers for courses in ATRRS in advance of the fiscal year, create a nominal (and lessened) demand signal to be analyzed by the DOD during fiscal planning; which results in under-allocated funding for schooling opportunities. Logically, if units submit an abundance of "in-year" training requests, they essentially increase the demand for Soldier training while having already decreased available training opportunities. Reactive leadership is never the right answer and is especially problematic in a fiscally constrained environment. I expect Leaders within the 79th SSC to be proactive, especially at the individual Soldier readiness level.

Innovative Leadership is Essential at the Collective Training Level

Innovative Leaders separate themselves from other Leaders, particularly in the collective training arena during fiscally constrained times. The deliberate narrowing and flexing of mandatory training requirements by Lt. Gen. Talley provides more time for commanders to shape training to the distinctive needs of their units. With this added autonomy comes a greater expectation for leaders to engage in

diligent and creative planning. Multi-echelon training and collaborative training partnerships with adjacent units are essential and need to be incorporated in unit training plans if it is not already. Additionally, maximizing time and resources during battle training assembly weekends has never been more critical than it is now. I expect Leaders within the 79th SSC to be creative planners and innovative when developing BTA schedules. Never lose sight that Soldiers want to do the things that they joined the Army Reserve to do; which is to train in their specialty and support the fight that wins wars for our nation.

Evolutionary Leadership

My charge to the Leaders within the 79th SSC is to be evolutionary and build the solutions and efficiencies that will guide the USAR for years to come. Ultimately, the challenges presented by a fiscally constrained environment are overcome by adaptable Leaders who proactively forecast unit needs, creatively plan and collaborate, and remain continually grounded in the mission and the Soldiers who will accomplish it.

***"To Do For Country,
Falcon Strong!"***



MY TWO PART PHILOSOPHY

BY COMMAND SGT. MAJ. TED L. COPELAND

First, I want to say I am honored to be the 79th Sustainment Support Command's second Command Sergeant Major. It is truly humbling and I look forward to working with each and every one of you. Now that I have had the opportunity to travel with Maj. Gen. Tatu over the last five months on battlefield circulation, I am incredibly impressed with the caliber of Soldiers, Civilians, and Families we have in the 79th SSC. The visits have reinforced what I have always known-America's best serve in uniform. Now that I've settled in, I would like to share my command philosophy, goals and expectations with you.

My philosophy has two parts: Soldier readiness and inspiring leadership, especially within the Noncommissioned Officer Corps. Although my philosophy is simple in nature, I am aware it may not always be simple in execution. Ultimately, the philosophy centers on the fundamental tenant to support the 79th's Commanding General's philosophy along with the Army Reserve Commanding General's intent spelled out in *Rally Point 32.1*. While serving as the most senior NCO within the 79th SSC, it is my intent to



lead by example and inspire our Soldiers and Noncommissioned Officers to aspire for excellence in all we do for our country and the Army.

The first part of my philosophy is that I expect Soldiers to meet all Army requirements in order to be a fully "Trained and Ready" force, capable of answering the call of our nation when we are needed either domestically or abroad. These requirements are vast and its attainment requires buy-in at all levels of unit leadership. I expect basic individual readiness to be met at all times. Unit leaders need to emphasize that basic readiness does not deal solely in the medical and physical realm, but in the primary military education arena. Military occupational skill training, additional skill identifiers and professional military education courses are of utmost importance

and will be crucial to our success. I expect Soldiers to take charge of their Army career with the support, mentorship, and guidance of their first-line leadership every step of the way.

Also, let's not forget that readiness is not solely internal to the Soldier but is very much external to the Soldier. The 79th SSC values the Families of our Soldiers and the Civilian enterprises and organizations that employ our Soldiers. Maj. Gen. Tatu and I will ensure equal emphasis and efforts are exerted to provide the command's Families and employers with information and services they need as they sacrifice for our nation alongside their Soldier.

The second part of my philosophy is centric to the NCO Corps. In my personal opinion there is no better job in the United States Army than that of an NCO. The NCO Corps is where the rubber meets the road. I expect the aforementioned guidance to be especially embodied in the NCOs of the 79th SSC.

A leader must lead from the front and set the proper example for others to follow. I expect all 79th SSC NCOs to lead from the front by ensuring they themselves meet the Army's entire individual readiness requirements-period; no exceptions! Does it take sacrifice on the part of the NCO? It absolutely does. And, although the Army Reserve is demanding and may take time away from Family, Civilian employment, and personal leisure, the 79th SSC command team seeks to minimize situations where training

and operations may require time away from such important things.

I expect 79th SSC NCOs to foster a command climate of respect and Soldier care. To me, *Soldier care* is much more than just caring for Soldiers. It starts with the NCO first embodying the unit's standards and expectations. Then transforms into the NCO enforcing the same standards and expectations through well-planned and executed training, timely and focused counseling at the individual Soldier level, and engaged mentorship. Caring for our Soldiers means all of these things! I challenge the command's NCOs to be innovative and resourceful; whether it is planning training or setting aside time for one-on-one counseling, 79th SSC Soldiers deserve the very best from their NCOs.

In closing, my final goal is to ensure a Soldier's mindset is not set to just meet minimum standards. In all we do at the 79th SSC, let's do it to the very best of our abilities. This will be the message that I embody as your Command Sergeant Major. I am honored to be a part of the 79th SSC and truly am looking forward to continuing to visit and meet with the myriad of Soldiers, Civilians, and Families that comprise this great unit.

To Do For Country!

Falcon Strong!



Spiritual Fitness

Chaplain (Col.) Robert Ewing
79th SSC Chaplain



Working with Less ... Achieving Miracles

In January of 1945, a small group of U.S. Army Rangers set out on an impossible mission. The Japanese Army was in retreat, and they were destroying their prisoner of war camps. Word had gotten to the U.S. Army, that as they left, large numbers of allied prisoners of war were being executed. It was a desperate and risky action on which the Rangers embarked.

There was little time to plan and few personnel available to support the operation. Yet one thing was clear, if the Rangers could not reach them in time, the POWs would die. They would have to move quickly and quietly. It would not be possible for the Rangers to carry a heavy load and maintain the pace and stealth required. If they were to reach their objective they would have to go fast and light.

At one point in the mission they lay silently as a large force of Japanese soldiers marched right by them. Having opted for speed, they choose not to bring enough ammunition for a prolonged fight. So they waited. Once the enemy passed, they moved on. The 121 Rangers reached the POW camp and were able to free over 500 captives.

If ever there was a group that did so much with so little, it was the Rangers, the POWs, and those who helped them. Their heroic acts are recounted in the book *Ghost Soldiers* by Hampton Sides. If you read it, you will discover for yourself the inspiring actions of so many, who did so much with so little.

Today it would be all too easy to focus on what we can't do. But I believe that if we focus on what we can do, there are still great things to be accomplished. It is a choice each of us will make. The POWs who were set free had to make a choice simply to live. It would have been easier to look around them, see the starvation and disease that was over taking the camp, and choose to give up.

Now is not the time for us to give up simply because there is not as much time or money available to accomplish our missions. We must focus on what matters most. Look at what we do best. Discern what we do best and go after it. Go after it like there is no tomorrow.

For the Unit Ministry Team, as it is for each staff section, we have tasks and missions that only a select few can perform. They are missions that if we allow them to fail, no one else will complete. That is where we must focus our resources. That is where we start. If we fail, there is no one else to fall back on.

In the case of the Unit Ministry Team, Chaplains, and Chaplain Assistants perform their mission based on three core values: nurture the living, care for the wounded and honor the dead. First and foremost, above all else, those three tasks tell us what we must do.

In times of limited resources, we are forced by necessity to really identify what we must do. It worked for the 121 Rangers. They took just enough, made do with less than they might have liked, and found a way to succeed. They were able to do what mattered most. For the Unit Ministry Team, and for all of us, we can draw on the efforts of those heroes and focus on success of the missions we must accomplish.

We don't have all the resources we would like these days, but we have more than enough to get the important things done. The POWs truly had nothing but hope, and with that they were able to survive. Today we have so much, we can do more than survive. We can choose what we focus on and we can make a difference for one another and for our country.



MONEY MATTERS

Col. Mark Moses
79th SSC Comptroller



Conquering Funding Challenges in a Fiscally Constrained Environment

Due to the Congressional budget uncertainty, along with on-going federal sequestration, the 79th SSC, as well as the Army, is operating with less funding for Fiscal Year 15. It is very likely, beginning October 1, 2016; Fiscal Year 16 will open with a new Continuing Resolution Authority. This will result in a continuation of the fiscally constrained environment throughout FY 16.

While the 79th SSC operates in the current and future fiscally constrained environment, Soldiers,

Leaders, and staff throughout the 79th SSC can help conserve and use funds wisely by implementing the following tips.

Implementing the steps below will assist the Command in “navigating through this fiscally constrained environment.” With the Leaders and Soldiers working together to conserve and spend funds wisely, the 79th SSC will accomplish all of its missions.

Soldiers can:

**Submit Request for Orders for missions and other events a minimum of 90 days in advance.*

**Submit a Defense Travel System authorization with flight, rental car, and hotel reservations completed, for missions and other events a minimum of 60 days in advance.*

Leaders and Staff can:

**Always use funds in accordance with applicable laws and regulations to protect government funds from fraud, waste, abuse, and over spending of available funds.*

**Reserve charter flights and buses for group travel a minimum of 120 days in advance.*

**Plan to conduct conferences/workshops via Defense Collaboration Services/teleconferences versus attendees traveling to the same location.*

**Confirm all personnel who manage and execute funds are properly trained and certified, receive delegations of authority to execute funds, and have the proper access to all financial systems.*



EQUAL OPPORTUNITY PROGRAMS IN A FISCALLY CONSTRAINED ENVIRONMENT

Ms. Rita Cossio

79th SSC EO Program Manager



The EO Program is truly about “human relations readiness.”

Fiscal year 2015 has seen many changes in the distribution of Army funds and the strategies we are using to access and expend these funds.

How do we overcome funding challenges and still accomplish the mission? To begin with, we as leaders must thoroughly understand our program's end state, only then will our analysis of constraints be fruitful. The Equal Opportunity Program is an ever-evolving program with an end state which helps commanders develop and maintain a healthy and professional working environment; an environment that ensures every individual is treated equally and ensures the talent, ability, and initiative of every Soldier and Civilian flourishes throughout the command. It further safeguards that discrimination or harassment based on race, gender, color, religion, or national origin will neither be tolerated nor condoned. It's very important to note that this end state is not something achieved simply by applying funding to it.

As our budget and funding changes this year, and in coming years, we have to review our programs and develop strategies that will allow us to do better with less. How will we do that? We will review our program and its effectiveness, we look at the overall issues in our command, and lastly we examine our personnel and resources to ensure availability and readiness. Our Equal Opportunity Program is about Soldiers, and Soldiers are about readiness!

The first step in establishing an effective program is to have developed and enforced EO policies posted in the unit. Next, have the EO policies reviewed by all incoming Soldiers and Civilians as part of their in-processing. Finally, look at your Equal Opportunity Advisors (EOA) and Equal Opportunity Leaders (EOL) to ensure you have a person who is committed and has the right skills to execute your program and meet your intent. If not, replace them.

This is NOT a “check the block” duty. Review the selection criteria in Army Regulation 600-20, Army Command Policy, because your program's credibility, and desired end state, depends on your informed selections.

For successful program execution you must complete the command climate assessment and ensure you are complying with AR 600-20, Army Command Policy, on the implementation and execution of your command climate survey. Assessment surveys do not work unless they are conducted, and commanders provide feedback directly to Soldiers within the established time frame. As the old adage goes, timing is everything and it's importance cannot be overstated. Also, you should provide opportunities for your Soldiers and units to work cohesively in an environment that applies the policy of dignity and respect, and encourage team building events and utilize your subject matter experts to enforce your intent.

To effectively create a realistic and applicable spend plan, you should know the funding process and its limitations. Commanders, with their EOAs and EOLs, must outline a spend plan in writing. The plan should include identification of all the special observances, training of EO candidates, assistance visits, Initial Command Inspections (ICI), and Subsequent Command Inspections (SCI), as required. Budget and plan out for the whole year. To be effective and unyielding in your execution of funds, practice to be a good steward of funding!

Lastly, look at the costs of investigations, site visits, Soldier training, and your overall EO requirements. Operating in a fiscally constrained environment will never be easy, but if you research, plan, and execute with a systematic strategy, you will succeed and have a successful EO Program.





ARMY RESERVE
SGT Antwan Smalls
25U Signal Support Systems Specialist Instructor

CIVILIAN
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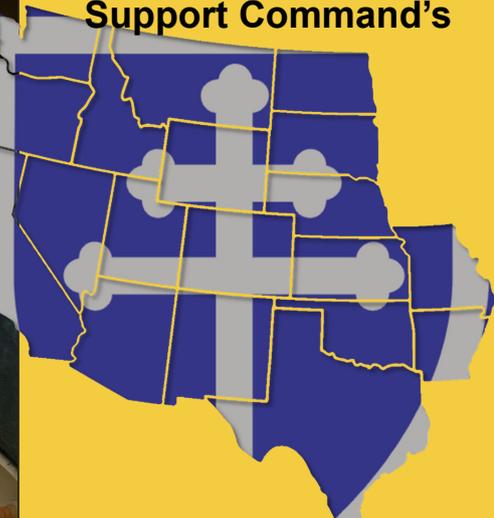
SFC Dorys Morey
Recruiting & Retention
562-936-7672



As Army Reserve Soldiers, members of the 79th Sustainment Support Command proudly bridge the gap between Military and Civilian communities. Living and working as both Citizens and Soldiers not only fundamentally binds our forces to the nation they serve, but also enhances unit capabilities by applying civilian experience to military specialties.

Additionally, Army Reserve Soldiers bring their military skills and training to the civilian workforce, as well as their ingrained Army Values of Loyalty, Duty, Respect, Selfless Service, Integrity and Personal Courage.

The 79th Sustainment Support Command's



Sphere of Influence
221 Units in 19 States

WARRIORS HAVE COURAGE-SEEK HELP

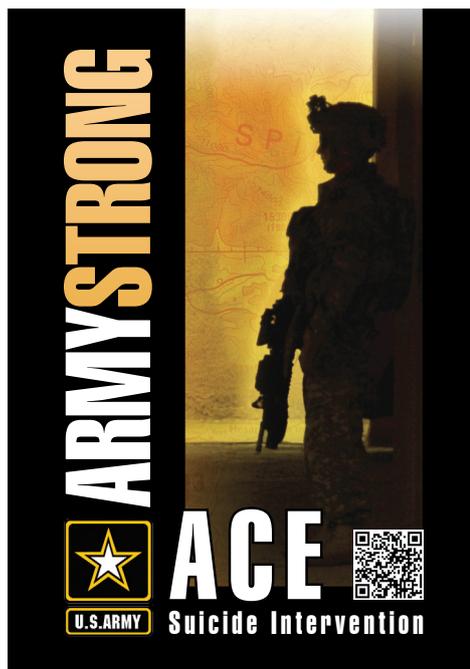
Mr. Peter Dubinin

79th SSC Suicide Prevention Program Manager

By Lt. Col. Bettina Avent

Welcome to Peter Dubinin, the 79th SSC Suicide Prevention Program Manager. Although this is his first posting as a Department of the Army Civilian, he arrives to this position with more than 18 years of military service as an Army chaplain; 17 years of those in Active Federal Service. This experience means he has for a long time actively and decisively engaged in the Army's suicide prevention effort. Prior to his time in the military, he also served as a pastor, probation officer, and counselor in the Job Corps, where suicide prevention and intervention comprised an essential part of his work. He says "I know firsthand the pain that is the loss of a close friend to suicide, but I also know the satisfaction that comes with successful intervention. While I've only been on the job since April, I have to say I'm impressed with the work of our Suicide Prevention Program Managers in each of our ESCs. The quality of training they provide is excellent, and the frequency of training events they conduct is exhausting, it is a tremendous expression of professionalism and deep concern for our Soldiers, Family Members and Civilians. I'm proud to be part of the team." In addition to the annual requirement for all Soldiers and Civilians to receive 90 minutes in Ask, Care, Escort (ACE) training, the Army's focus this year is to prioritize all junior leaders (Sgt. through Sgt. 1st Class, Warrant Officer One through Chief Warrant Officer 3, 2nd Lt. through Capt.) and first line supervisors

for ACE – Suicide Intervention (ACE-SI). ACE-SI is a four-hour block of instruction received once in a career. Our Suicide Prevention Program Managers instruct the Applied Suicide Intervention Skills Training (ASIST), which is a two day training program for those identified as gatekeepers. Dubinin says, "These are in my opinion some of the best, if not the best, applied suicide intervention training opportunities available. I'm energized to be part of the 79th team and look forward to a productive and successful tenure to be measured by a reduction in suicide, and an increase in the number of team members trained in suicide prevention and intervention."



Military Crisis Line 24/7 1-800-273-8255

For Training Resources visit the Army G-1 Website <http://www.armyg1.army.mil/hr/suicide/>

ESC Suicide Prevention Program Managers

4th ESC - Edwin Ahl 210-466-2638

311th ESC - Kenneth Gesch 310-235-4290

364th ESC - Chaplain (Ltc.) Tim Bohr 604-701-1772

451st ESC - Kelli Johnson 316-681-1759 ext. 1450



Summer Water Safety

HERE IT COMES

are you
ready
for the
water?

Boating Safety

- Always wear a life jacket
- Get the boat checked
- Watch the weather to prepare for local conditions and electrical storms
- Communicate trip details in event of an emergency
- Do not swim or wade near a boat's exhaust pipe
- Have CPR instructions and local emergency numbers on the boat

Beach Safety

- Check with the lifeguard on surf conditions before swimming
- Never swim alone
- If caught in rip currents, relax and swim toward the shore at a 45 degree angle
- Never swim intoxicated

READY ...OR NOT?

Ready ... or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?



ARMY STRONG:



<https://safety.army.mil>

Mr. Keith Humphrey
79th SSC Safety Director
562-936-7664
keith.i.humphrey.civ.mail.mil

ASK JAG:

Col. Jere Diersing

79th SSC Staff Judge Advocate (SJA)



PLANNING EVENTS IN A FISCALLY CONSTRAINED ENVIRONMENT

The Joint Ethics regulation requires each and every one of us to be good stewards of taxpayer dollars. One of the most important ways leaders can support this requirement is in the planning of training events and conferences. We must always use the venue that will both be suitable for the event and the most cost efficient. By USARC policy, the first consideration must always be to conduct the event, training, or conference on a military or other Government installation.

An excellent example of how military installations are the best and most cost effective venues is to look at the options offered at Fort McCoy. Fort McCoy's Moral, Welfare and Recreation offers competitive conference room and "set up" package prices ranging from \$175 to \$325 for a full day, and as little as \$100 to \$175 for a half day. Additionally, having the conference on Fort McCoy allows those traveling on temporary duty (TDY) to take advantage of the installation's on-post hotel, offering convenience in location, complimentary continental breakfasts, and competitive pricing.

Hosting events on military installations not only saves taxpayer dollars, it also provides much-needed business for installation MWR programs. Installation MWR programs are run mostly on non-appropriated funds and need to be self-sustaining to stay in existence. Thus, hosting events and conferences on installations like Fort McCoy

not only saves the Army money, it also supports the installation's Soldiers and Family Members. This helps to ensure similar support will continue to be available for future conferences and events.

In addition to being the most cost efficient, hosting events on military installations has many other benefits. For one, it is the safest option available for personnel attending an event or conference. It also increases the likelihood that an event or conference request will be approved. Requesting an event or conference to be held in a commercial facility is not only more expensive, it causes the request to go through a more extensive approval process, and could ultimately be the reason why the event is disapproved. Additionally, the cost of many conferences are capped, so finding ways to keep the cost down goes a long way to increasing the approval of a conference.

A great resource for finding a list of available venue sites for your next planned event or conference can be found at <https://securecac.hqda.pentagon.mil/oaacustomer/conferences.aspx> under Informational Documents titled "Government Owned Facilities."

For more information about Fort McCoy's MWR conference packages, visit <http://mccoymwr.com/home/catering.html>. Information about Fort McCoy's on-post hotel can be found at <http://www.ihg.com/armyhotels/hotels/us/en/fort-mccoy/zyyma/hoteldetail>.



I.G.

Col. Juliana McCauslin
79th SSC Staff Inspector General (IG)



THE IMPARTIAL FACT FINDER

The 79th Sustainment Support Command maintains many attributes from our lineage in the 79th Infantry Division. It consists of motivated Soldiers who never quit, Non-Commissioned Officers who take charge, and make things happen and Officers who lead from the front. Thankfully, one change since WWI is the perception of the Inspector General. General George S. Patton described IGs in the following manner: "A typical IG is cold, passive, non-committal, with eyes of a codfish, polite in contact, but at the same time unresponsive, calm ... with a heart of feldspar and without charm or friendly germ ... minus passion, or a sense of humor." Times have changed and so has the IG!

The IG has an important mission within the 79th SSC. We are tasked to be the eyes, ears, voice, and conscience of the Commanding General across the spectrum of operations. We conduct thorough, objective, and impartial inspections, assessments, and investigations. We provide assistance and training. We advise and assist our leaders to maintain Army values, readiness, and effectiveness in the promotion of well-being, good order, and discipline. To fulfill our mission we select and train only our best Soldiers to be IGs. The nomination and vetting process is rigorous, so when you approach an IG with a question, you know you will get timely and professional assis-

tance addressing your issue.

In a constrained environment it is critical that command teams have timely and accurate common operating pictures of their commands. The IG assists this role through inspections of subordinate units. In 2015, the IG staff will perform special inspections of more than 40 subordinate units of the 79th SSC. These inspections will assist unit commanders and leadership throughout the command to provide an accurate assessment of how well we are implementing United States Army Reserve Command and 79th SSC policy for minimizing Soldier losses due to expiration of term of service, or transfer to the Individual Ready Reserve. The inspections will also indicate how well we are recovering Soldiers who desire to come back into the Army Reserve. The IG inspections provide excellent training opportunities for the inspected units to learn best practices from peer units and share their methods with the IG team for dissemination throughout the command.

The IG team is standing by and ready to assist you and your Soldiers with any issue - no challenge is too small or too tough for our team. However, we urge you to use your chain of command and allow them the opportunity to do what they do best - take care of Soldiers, before coming to the IG. We look forward to assisting you.

Droit Et Avant!

(Right and Forward)



79TH SSC MEDICAL MATTERS



Col. Sridhar Natarajan
79th SSC Medical Advisory Office

MEDICAL COVERAGE ON A BUDGET

Many Soldiers who are self-employed, unemployed or living on a tight budget tend to think of health insurance as an optional expense. This is especially prevalent among younger Soldiers who have not experienced a serious injury or illness. It only takes one injury, one car crash, one persistent condition or illness that just won't go away, to put a Soldier's health and financial security at severe risk.

The TRICARE Reserve Select (TRS) program is a premium based insurance plan that is available worldwide. It is available for qualified members of the Selected Reserve and their Families. If you are on military duty for less than 30 days (or not activated) – which includes inactive duty for training, annual training, and active service for 30 days or less - then you may qualify for this plan. TRS is considered minimum essential coverage under the Affordable Care Act and is perfect for Reserve Soldiers on a constrained budget.

Who is Eligible

Members of the Selected Reserve (and their families) who meet the following qualifications:

- Not on active duty orders
- Not covered under the Transitional Assistance Management Program
- Not eligible for or enrolled in the Federal Employees Health Benefits program or currently covered under FEHB, either under their own eligibility or through a family member

Note: Those members in the Individual Ready Reserve including Navy Reserve Voluntary Training Units do not qualify to purchase TRICARE Reserve Select.

What You Pay

Soldiers are responsible for paying:

- A monthly premium
- A co-pay or cost share for certain medical services
- An annual deductible

Getting Treatment

Soldiers can schedule an appointment with any TRICARE authorized provider, but like all insurances, if they visit a non-network provider, the share of the costs will be higher. No referrals are needed, but Soldiers may need prior authorization from a regional contractor for some types of services.

The TRICARE Reserve Select Program is run like any other insurance program, with monthly premium payments which authorize certain types of care at a discounted or free rate.

Premiums

The current premiums are:

- Member Only: \$50.75 per month
- Member plus Family: \$205.62 per month

Annual Outpatient Deductibles

The annual deductible (the amount you must pay out-of-pocket before insurance begins paying) is:

- Sponsor rank E4 and below: \$50 per person with a maximum of \$100 per family
- Sponsor rank E5 and above: \$150 per person with a maximum of \$300 per family

For more information on Tricare Reserve Select visit the Tricare website: <http://www.tricare.mil/Plans/HealthPlans/TRS.aspx>



Did you know

Army Reserve Soldiers have a responsibility for medical fitness outlined in (AR 40-501, section 9-3) Standards of Medical Fitness.

It is the responsibility of Reserve Component (RC) Soldiers to maintain their medical and dental fitness. This includes correcting remedial defects, avoiding harmful habits, and controlling weight. RC Soldiers are responsible for seeking medical advice and treatment quickly when they believe their physical well-being is in question. RC Soldiers must report to their unit commander any change in their health status that impacts their readiness status.

All RC Soldiers are responsible for providing the unit commander all of their medical documentation to include civilian health records. They must complete the annual physical health assessment. Civilian health records documenting a change which may impact their readiness status will be placed in the Soldier's military health record.

RC personnel previously deployed to a combat theater are eligible to access health care through the Department of Veterans Affairs for up to 5 years after discharge. For more information on VA eligibility and Combat Veteran Enhanced Eligibility and Enrollment visit: <https://www.va.gov/healtheligibility/eligibility/CombatVets.asp>



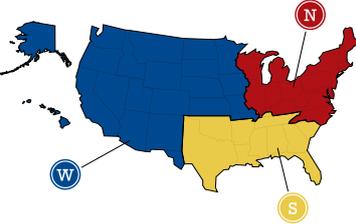
TRICARE® Resources for Service

This overview provides a snapshot of TRICARE service and support resources offered through a variety of convenient Internet options and toll-free call centers.

Visit the "I want to ..." section at www.tricare.mil to:

- Enroll in or Purchase a Plan
- Change Your Primary Care Manager
- File or Check a Claim
- See What's Covered
- View Referrals and Prior Authorizations
- Compare Plans
- Find a Doctor
- Manage Prescriptions
- Go Paperless

... and more



TRICARE Regional Contractors

Regional contractors work with the Department of Defense to administer the TRICARE medical benefit.

STATESIDE	OVERSEAS
<div style="margin-bottom: 10px;"> N <p style="font-size: x-small; margin: 0;">North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com</p> </div> <div style="margin-bottom: 10px;"> S <p style="font-size: x-small; margin: 0;">South Region Humana Military, a division of Humana Government Business 1-800-444-5445 Humana-Military.com</p> </div> <div> W <p style="font-size: x-small; margin: 0;">West Region UnitedHealthcare Military & Veterans 1-877-988-WEST (1-877-988-9378) www.uhcmilitarywest.com</p> </div>	<div style="margin-bottom: 10px;"> O <p style="font-size: x-small; margin: 0;">TRICARE Overseas Program (TOP) International SOS Government Services, Inc. www.tricare-overseas.com</p> </div> <div> <p style="font-size: x-small; margin: 0;">TOP Regional Call Centers</p> <p style="font-size: x-small; margin: 0;">Eurasia-Africa +44-20-8762-8384 (overseas) 1-877-678-1207 (stateside)</p> <p style="font-size: x-small; margin: 0;">Latin America and Canada +1-215-942-8393 (overseas) 1-877-451-8659 (stateside)</p> <p style="font-size: x-small; margin: 0;">Pacific (Singapore) +65-6339-2676 (overseas) 1-877-678-1208 (stateside)</p> <p style="font-size: x-small; margin: 0;">Pacific (Sydney) +61-2-9273-2710 (overseas) 1-877-678-1209 (stateside)</p> </div>





FAMILIES IN SUPPORT

Ms. Maritza Ramirez

79th SSC Family Programs Director

COST EFFECTIVE SOLUTIONS TO YOUR NEEDS

During these times of budget constraints, remember, Family Programs provide no cost resources and information to educate and empower members of our military community for a multitude of unit and community-based services that foster the growth, development, and readiness of Soldiers and Families assigned to the command.

Although our Army Reserve Soldiers and Families are geographically dispersed, numerous support programs and services currently exist for our Soldiers, Families, and Civilians.

Through a cooperative and coordinated effort, Family Programs provides free services with benefits, training, education, awareness, outreach, information, referral, and follow-up services. Some of these services are provided through programs like Child, Youth and School Services, Survivor Outreach Services, Financial Planning, Community Outreach Assistance, and Fort Family.

Fort Family is a live support line available 24/7, 365 days a year, that connects Soldiers and their Families with the right service at the right time. Fort Family is a virtual extension to Army installation services and is available simply by calling 1-866-345-8248.

Fort Family Outreach and Support Center provides relevant information for responsive family crisis assistance. It provides a unit with community based solutions to connect people to people. Fort Family Outreach and Support Center established this community based capacity by engaging our nation's "Sea of Goodwill" to support Soldiers and Families closest to where they live.

These services are available to military service

members, their Families, transitioning military members, military retirees, and Civilians for needs such as: temporary housing, emergency funds, disaster relief, debt management, emergency home repair, assistance with locating the nearest installation, separation or coping issues, information on how to find a ID card office, and much more.

This information can be helpful during and in the areas of: deployment, reunion, relationship struggles, grief, spouse and service member employment searches, education, parenting, and childhood development.

Family Programs also establishes, develops and maintains partnerships with community, state, and federal resources, which are beneficial to our Soldiers and their Families at NO COST. Resources like the Employer Support of the Guard and Reserve, which develop and promote supportive work environments for service members in the reserve components. Through outreach, recognition, and educational opportunities that increase awareness of laws, the Employer Support of the Guard and Reserve helps resolve employer conflicts between service members and their employers.

Military One Source is a confidential Department of Defense funded program providing comprehensive information on every aspect of military life at NO COST to Soldiers in the active component, National Guard, and Army Reserve, along with their Families.

Have a need? Come talk with us or call 562-936-7612 and give us an opportunity to support you!

WELCOME

COMMAND CHIEF WARRANT OFFICER

New addition to the Command Team of the 79th SSC

Command Chief Warrant Officer 5 Michael A. Hanten

Chief Warrant Officer 5 Michael A. Hanten grew up in rural Southern Oregon and attended Oregon State University where he graduated in December of 1980 with a Bachelor's Degree in Business Administration and a Commission as an Ensign in the U.S. Naval Reserve. After attending the Surface Warfare Officers School and Anti-Submarine Warfare Officer's School in San Diego, California, CW5 Hanten reported aboard the USS Buchanan (DDG-14) as Anti-Submarine Warfare Officer.

He left active duty in 1984 after two deployments on the USS Buchanan. He returned to Oregon State University in 1987 to pursue a degree in Electrical Engineering and was hired at the Naval Undersea Warfare Center Division Keyport, Washington in July of 1991. While attending OSU, he affiliated with the Maritime Defense Zone Sector Alaska Naval Reserve Unit as Assistant Coastal Defense Officer.

He resigned his Naval Reserve Commission and accepted a direct Commission as a CW2 in the National Guard as a Marine Warrant Officer in December of 1992. He has held numerous positions in various watercraft units since then including Commander of the 805th TC Det and Master of the USAV Gen. Brehon B. Somervell (LSV-3) from January 2001 through December of 2006.

In March of 2002, the unit was mobilized and deployed to the Arabian Gulf in support of Operation Enduring Freedom. The 805th operated in the



Arabian Gulf, the Indian Ocean, and the Gulf of Aden for six months, earning the Army Chief of Staff Deployment Excellence Award and the National Defense Transportation Association Small Unit of the Year under his command before returning to Ft. Eustis, Virginia.

After his departure from the 805th Transportation Detachment in December of 2006, Chief Hanten attended the Warrant Officer Staff Course at Ft. Rucker, Alabama and then trans-

ferred to the 548th Transportation Detachment (LSV) in Pearl Harbor, Hawaii as Master of the USAV Ssgt. Robert T. Kuroda (LSV-7). He Commanded the LSV-7 until September of 2010, when he was selected as the Command Chief Warrant Officer (CCWO) for the 9th Mission Support Command.

He attended Warrant Officer Senior Staff Course, graduating on October 1, 2010, and was immediately promoted to CW5. Upon mobilization of the 548th Transportation Detachment in November of 2011, Chief Hanten transferred back to the 548th and deployed as the commander for the duration of the deployment.

After his return, he was again selected as the CCWO for the 9th MSC in September of 2014 where he served until selected as CCWO for the 79th Sustainment Support Command, assuming that position on March 5, 2015. *Welcome Chief!*



79TH SUSTAINMENT SUPPORT

Story and photos by Spc. Heather Doppke
79th SSC Public Affairs Specialists

Pvt. 1st Class James Freed (left) and Sgt. Spencer Burton

Both Soldiers representing the 364th Expeditionary Sustainment Command headquartered in Marysville Wash., placed 1st as Soldier and NCO in the 79th SSC Best Warrior Competition. The awards ceremony wrapped up three long days of intense competition where nine competitors pushed themselves to their physical, mental and intellectual limits. These two 79th Warriors represented our command at the United States Army Reserve Command's Best Warrior Competition at Fort Bragg, North Carolina.



Cpl. Bryan Ohlendorf, a water purification specialist with the 383rd Quartermaster Company, 451st Expeditionary Sustainment Command, conducts a 6.2 mile ruck march during the Best Warrior Competition, hosted by the 79th SSC at Camp Pendleton Calif.

COMMAND BEST WARRIORS!



79th SSC Deputy Commanding General, Brig. Gen. Kurt Hardin, (left) and Command Sgt. Maj. Ted Copeland, (right) take a photo with the Best Warrior competitors and their sponsors following the awards ceremony.



Pfc. James Freed, an intelligence analyst with the 364th Expeditionary Sustainment Command, assembles a M249 Squad Automatic Weapon as part of a Mystery Event during the Best Warrior Competition hosted by the 79th Sustainment Support Command.





Sgt. Yessenia Silva, a water purification specialist with the 961st Quartermaster Company, 4th Expeditionary Sustainment Command, uses binoculars for a Mystery Event during the Best Warrior Competition.



Sgt. Kirsten Franka, an intelligence analyst with the 647th Regional Support Group, and Staff Sgt. Xavier Garcia, the training noncommissioned officer for the 79th Sustainment Support Command, plot points on a map during the land navigation course portion of the Best Warrior Competition.



Sgt. Spencer Burton, a motor transport operator with the 146th Transportation Company, 364th Expeditionary Sustainment Command, finds a point during the land navigation course portion of the Best Warrior Competition.



Spc. John Searles, a transport management coordinator with the 79th Sustainment Support Command, performs elevated push-ups as part of the competition, as Sgt. 1st Class Steven Burns grades for correct form.



Sgt. Erin Bridges, a transport management coordinator with the 711th Transportation Company, 311th Expeditionary Sustainment Command, sits at an appearance board during the Best Warrior Competition.



Sgt. Spencer Burton, a motor transport operator with the 146th Transportation Company, 364th Expeditionary Sustainment Command, carries a 40 lb. sandbag as part of the Endurance Event during the Best Warrior Competition.



A soldier from the 473rd Transportation Detachment, 451st Expeditionary Sustainment Command, participates in the Endurance Event during the Best Warrior Competition.



Staff Sgt. Xavier Garcia, the training noncommissioned officer for the 79th Sustainment Support Command, renders first aid as part of a Mystery Event during the Best Warrior Competition.

The 79th SSC Change of Respo

Story by Sgt. 1st Class James Lilly
79th SSC Public Affairs Chief

Photos by Spc. Heather Doppke
79th SSC Combat Documentation/Production Specialist

Maj. Gen. Megan Tatu, (left) commanding general of the 79th Sustainment Support Command, outgoing Command Sgt. Maj. Robert Roberson and incoming Command Sgt. Maj. Ted Copeland, render salutes during the posting of the colors.



LOS ALAMITOS, Calif.— The 79th Sustainment Support Command held a Change of Responsibility ceremony at its headquarters on Joint Forces Training Base, Sunday, February 8, 2015. Command Sgt. Maj. Robert N. Roberson Jr., who officially retired from the Army Reserve in June after 42 years of service, relinquished his duties as the Command Sergeant Major of the 79th SSC to Command Sgt. Maj. Ted L. Copeland.

The event was attended by more than 75 guests including local civic leaders, retired, and active military members, as well as family and friends of Roberson and Copeland.

The ceremony represents the pride, discipline,

and teamwork of the Army and in particular, is a military tradition which honors and provides official recognition to the five year tenure of outgoing Command Sgt. Maj. Roberson, and to incoming Command Sgt. Maj. Ted Copeland.

Roberson was the first Command Sgt. Maj. assigned to the 79th SSC, and had been an integral part of the modern activation of the 79th SSC, which officially activated on December 1, 2009.

Command Sgt. Maj. Copeland, a native of Wapakoneta, Ohio, previously served as the Command Sgt. Major of the 311th Expeditionary Sustainment Command in Los Angeles, Calif. He has participated in five mobilizations and operational

Responsibility Ceremony



Command Sgt. Maj. Ted Copeland receives the 79th SSC unit colors from Maj. Gen. Megan Tatu, during the Change of Responsibility ceremony.



Maj. Gen. Megan Tatu congratulates Sgt. Maj. Robert Roberson for receiving the Legion of Merit for his tenure with the 79th SSC, also pictured is Bert Roberson, wife of Sgt. Maj. Roberson.



deployments to: Saudi Arabia, Cuba, Kansas, Iraq and Afghanistan. Copeland has served in every leadership position from team leader to Command Sergeant Major and twice as a company 1st Sgt.

The 79th SSC executes command and control of the 4th, 311th, 364th, and 451st Expeditionary Sustainment Commands. These one-star commands account for approximately 21,000 Army Reserve Soldiers and Department of Army Civilians assigned to 221 sustainment units dispersed across 19 states west of the Mississippi River. These units all participated in the ceremony and this is important in developing and maintaining

unit pride, building esprit de corps, and preserving tradition.

The 79th SSC lineage dates back to the 79th Inf. Div. which first activated in WWI, in August, 1917. The 79th Infantry Division saw extensive combat in the Meuse-Argonne area where it earned the name of "Cross of Lorraine" for the defense of France. The division inactivated in June, 1919 and returned to the United States.

The division again activated for WWII in June, 1942. After training in the United Kingdom from April 17, 1944, the 79th Infantry Division landed on Utah Beach, Normandy, June 12-14, and entered combat on June 19, 1944.



311th ESC

211th Transportation Company

Story & photos by Sgt. Felix Fimbres
311th Sustainment Command (Expeditionary)

“To get suppli

SOUTHPORT, N.C. - Army Reserve Soldiers with the 211th Inland Cargo Transfer Company located in Garden Grove, California, traveled across the country to the largest military terminal in the world, Military Ocean Terminal Sunny Point, to assist in Operation Transmariner 15 during their annual training.

The mission brought Soldiers from California, Florida and Puerto Rico together to improve not only their transportation skills but to accomplish a national strategic mission as well.

“We are downloading a vessel that contained cargo that needed to be placed into storage,” said Staff Sgt. Davian Gray, officer in charge of the mission for the 211th. “We are working with our own unit, as well as other Army units and civilians.”

Once the cargo is unloaded the Soldiers transport it with MH-878s, known as “yard dogs” to staging points throughout the installation. Material handling equipment and fork lifts are used to off load cargo from the truck at inspection locations where Soldiers then unload and inspect the cargo. Once

everything has been inspected, repaired, or removed due to deficiencies, the cargo is then ready for shipment to its final destination.

The Army units have been integrated to improve team building skills, and civilian port workers are there every step of the way either assisting or providing guidance.

Gray said working with the other Army units here has gone smoothly because he and his Soldiers are used to working with other Army units.

“The pace has been good,” said Spc. Terrence Leonard, who is a motor transport operator with the 211th. “This is my eighth day here and the mission has been very smooth. There’s no rush because we want everything to be done safely.”

Leonard has enjoyed the mission so far since the work environment is different from what he is used to operating in.

“Usually we’re in the field, putting up tents and working on our soldiering skills, but for this mission, I get to take a warm shower every night in a nice clean environment,” said Leonard.



Capt. William Yee, 1394th Transportation Brigade safety officer, talks with Spc. Idelisse Diaz, a motor transport operator and a cargo specialist with the 390th sea port transportation company in Puerto Rico, before moving her cargo during Transmariner 15 in Southport, N.C.



Train cars stand by while soldiers and civilians load cargo for inspection during Transmariner 15 in Southport, N.C., on March 3, 2015. Thousands of containers will be offloaded, inspected and shipped to other locations by Army Reserve soldiers.



any and Operation Transmariner 15 *es back into the fight”*

Beyond safety and hot showers, the 211th has enjoyed the opportunity to train and get practical hands-on experience with the equipment in a real port environment.

“I’m a driver but I’m also a Noncommissioned Officer, so I’m making sure all of my Soldiers get time behind the wheel for the experience and the training,” said Sgt. Yesenia Markel, a cargo specialist, who is also a stay-at-home mom with two boys, ages 2 and 9 months old. “Being in the Army Reserve gives me something to do besides being home. I enjoy the challenge and the opportunity to serve my country.”

An unusually cold winter here has been a challenge for the unit from sunny California, who are not used to the freezing conditions.

“The weather has been cold; so cold. It rained and then it froze, and operations were shut down for a day because of the conditions. We definitely had to adjust being from California. But it’s been fun and it’s been a good experience because it gets us outside of our element,” said Markel.

The conditions are also a reminder to other leaders that Soldiers need to be prepared for a wide variety of conditions regardless of where they might

be going.

“When you’re going anywhere, make sure your Soldiers have all their gear and are ready for all sorts of weather,” said Gray.

The 211th Inland Transportation Company return home to North Carolina to their friends, family, and their civilian lives. However, they return better prepared for future missions.



A material equipment handler loads a cargo container onto an MH-878 for transportation to an inspection station. Thousands of containers were offloaded during Transmariner 15 by more than a dozen different Army Reserve units.



Spc. Terrence Leonard, an Army Reserve motor transport operator with the 211th Inland Transportation Company in Garden Grove, Calif., stands in front of the M-878 which he will use to transport cargo during Transmariner 15 in Southport, N.C.



Army Reserve Sgt. Yesenia Markel, cargo specialist with the 211th Inland Transfer Company in Garden Grove, Calif., stands in front of one of the material equipment handlers that will be used during Operation Transmariner 15 in Southport, N.C.



The 63rd BSB Brings Connelly Award

Story by Capt. Fernando Ochoa
311th Sustainment Command (Expeditionary)

311th ESC

CHICAGO, Ill. - First Lt. Teresa M. Gonzalez, 63rd Brigade Support Battalion officer in charge of this year's 63rd BSB field feeding team, traveled to Chicago with three Soldiers to accept the Department of the Army Connelly Award for best U.S. Army Reserve Field Kitchen at the 47th Annual Philip A. Connelly Awards Program at the Armed Forces Foodservice Awards ceremony May 15th.

Co-sponsored by the Department of the Army and the International Food Service Executives Association, units from throughout the Army are evaluated against the Joint Culinary Center of Excellence standard.

Sgt. 1st Class Silverio Aguirre, Sgt. Samuelito Quijano and Pfc. Diana Guzman also traveled to Chicago to personally accept the prestigious Connelly Cup; a big silver bowl.

Gonzalez said that she was extremely proud of all the Soldiers involved in this year's competition, from the cooks to the field sanitation team and administrative supporters; the effort and solidarity was beyond expectation.

"As a new battalion, having only stood up in 2010, the skepticism was there, but the Soldiers took the challenge and triumphed," said Gonzalez. "Through respectable feedback and countless hours of practice, these Soldiers were able to perfect their skills, earning them the win!"

The 63rd BSB, Sloan, Nevada, competed by cooking and serving a meal in this higher round of competition. They were evaluated on categories that range from field food safety and head-count opera-



Pfc. Diana Guzman, 1st Lt. Teresa M. Gonzalez, 63rd Brigade Support Battalion officer in charge of this year's 63rd BSB field feeding team, Brig. Gen. Ronald Kirklin, quartermaster general and the commandant of the U.S. Army Quartermaster School, Sgt. 1st Class Silverio Aguirre and Sgt. Samuelito Quijano traveled to Chicago to accept the Department of the Army Connelly Award for best U.S. Army Reserve Field Kitchen at the 47th Annual Philip A. Connelly Awards Program at the Armed Forces Foodservice Awards ceremony May 15.

tions to effective use of manpower and the appearance and attitude of the food service personnel.

Aguirre, Headquarters and Headquarters Company Detachment, 63rd BSB, senior food operations sergeant, described the meals that promoted the success of the team, which included a healthy, hearty vegetable rotini and turkey meatball entrée, a lightly oiled and steamed broccoli side and a pleasantly light double chocolate cake topped with fresh strawberries and whipped frosting.

"We are very proud of the 63rd BSB, and winning the DA Philip A. Connelly shows the true value of teamwork; by using all of the team's strengths, we were able to close the gap on any weaknesses and create a winning team," said Chief Warrant Officer 4 Alan Owens, 79th Sustainment Support Com-



Home to Las Vegas



Pfc. Diana Guzman, 63rd Brigade Support Battalion field feeding team member, participated during the competition stage of the Department of the Army Annual Philip A. Connelly competition.



Soldiers from the 63rd Brigade Support Battalion field feeding team pose with their unit crest during the competition stage of the Department of the Army Philip A. Connelly competition, where they were named best U.S. Army Reserve Field.

mand logistics specialist. “The 79th SSC supports this competition and the Soldiers involved. It gives the 79th SSC a great feeling knowing its Soldiers performed with the best of the best and came out on top.”

The Philip A. Connelly Awards Program is the

Army’s ultimate cooking competition, which began in 1968 and includes active Army, Army Reserve and National Guard mess sections from across the globe in order find the best Army cooking operations.

To simulate a down range environment, the unit’s operation was set in the Nevada desert, where a real-life scenario could reflect a deployment to Iraq.

Part of the competition scenario is preparing a meal in a combat zone environment: Stations where security is observed, hands can be washed, Soldiers can be signed in, meals can be eaten, utensils can be washed, and a fully-functional kitchen is displayed.

“Attitude plays a significant role when working as a team,” said Gonzalez. “The Soldiers attitudes were very professional, yet fun when working together, and I think that this type of attitude was what really got them through those wearisome times.”

This program was named after Phillip A. Connelly, a leader in the Food Service Management Corp and a former President of the IFSEA, who worked diligently and earnestly throughout his life to promote professionalism in food service, in both the civilian and military services.

The 63rd BSB was the second unit out of four to demonstrate their talents and to be evaluated by the Department of the Army back in March.

The honor in receiving the Connelly Cup, recognition plaques from the NRA, 79th Sustainment Support Command, 311th Expeditionary Sustainment Command, as well as all the individual Soldier awards and coins given by Brig. Gen. Ronald Kirklin, quartermaster general and the commandant of the U.S. Army Quartermaster School, Fort Lee, Virginia, was well deserving, Gonzalez expressed.

The 63rd BSB is one of three U.S. Army Reserve units that are structured to support the Maneuver Enhancement Brigades with all classes of supply, field maintenance and transportation in a constantly changing environment. The battalion support can rapidly mobilize and deploy anywhere in the world and provide sustained logistical support organic to the theater of operation.

The 63rd BSB officially conducted its activation ceremony Oct. 21, 2012, at Nellis Air Force Base in Las Vegas.





Army Reserve Heavy Boats Cond

Story by Maj. Gregg Moore
311th Sustainment Command (Expeditionary)

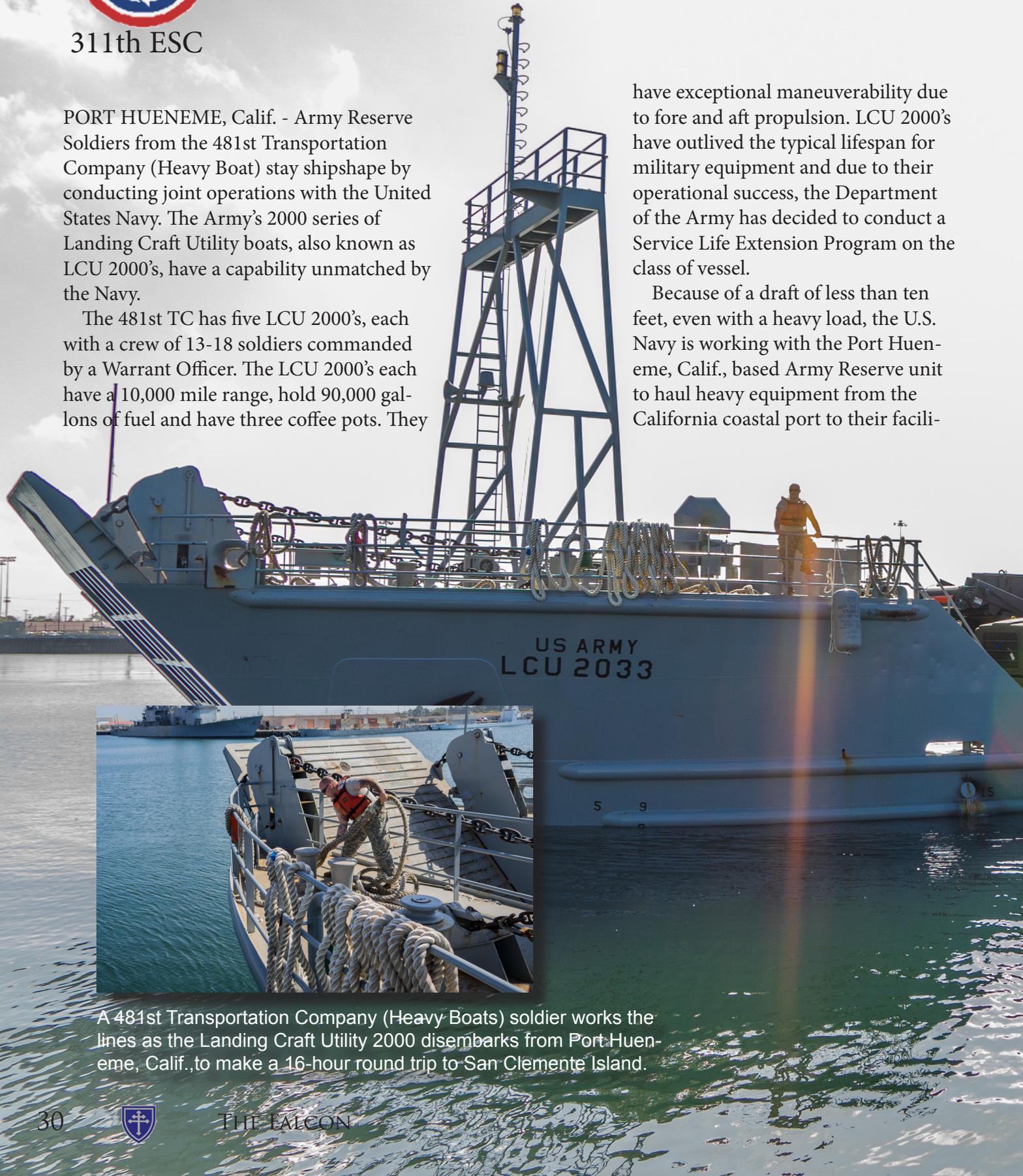
311th ESC

PORT HUENEME, Calif. - Army Reserve Soldiers from the 481st Transportation Company (Heavy Boat) stay shipshape by conducting joint operations with the United States Navy. The Army's 2000 series of Landing Craft Utility boats, also known as LCU 2000's, have a capability unmatched by the Navy.

The 481st TC has five LCU 2000's, each with a crew of 13-18 soldiers commanded by a Warrant Officer. The LCU 2000's each have a 10,000 mile range, hold 90,000 gallons of fuel and have three coffee pots. They

have exceptional maneuverability due to fore and aft propulsion. LCU 2000's have outlived the typical lifespan for military equipment and due to their operational success, the Department of the Army has decided to conduct a Service Life Extension Program on the class of vessel.

Because of a draft of less than ten feet, even with a heavy load, the U.S. Navy is working with the Port Hueneme, Calif., based Army Reserve unit to haul heavy equipment from the California coastal port to their facili-



A 481st Transportation Company (Heavy Boats) soldier works the lines as the Landing Craft Utility 2000 disembarks from Port Hueneme, Calif., to make a 16-hour round trip to San Clemente Island.



uct Joint Operations

ties on California's Channel Islands. This 16-hour round trip voyage yields tangible and intangible benefits for the Navy and the Army Reserve.

Chief Warrant Officer 3 Jerry Mitchell, 311th Expeditionary Support Command Watercraft Officer, said, "Doing these missions helps the Army and the Navy better learn each other's language. Our relationship with the Navy is further enhanced, and we are better prepared for exercises such as J-LOTS [Joint Logistics Over the Shore] and for our deployment missions."



Soldiers from the 481st Transportation Company (Heavy Boats) lash two U.S. Navy rock crusher trucks to the deck of their Landing Craft Utility 2000 in preparation for a 16-hours round trip sail from Port Hue-neme, Calif., to the Navy's quarry yard on San Clemente Island.



The 250th Transportation Company

Story by Sgt. 1st Class Deborah Runkles-Jenkins
304th Sustainment Brigade

311th ESC

FORT HUNTER LIGGETT, Calif. - Army Reserve Transportation Companies want to provide fundamental, hands-on training for their Soldiers using the vehicles and equipment they were trained to employ. To do that, TCs need missions that allow for the time and road distance that battle training assemblies can't always afford.

The Nationwide Move 2015 (NWM 15) is an Army Reserve-approved functional training exercise designed to provide Reserve component transportation and support units with valuable, realistic training, by conducting operations in support of continental U.S. activities.

The 250th Transportation Company out of El Monte, California, is one of many TC units tasked to participate in NWM 15, explained Master Sgt.



First Lt. Elliott Dill (left), officer in charge of movement and 2nd platoon leader with the 250th Transportation Company in El Monte, Calif., reviews the route map with his convoy commander, Sgt. 1st Class Jerry Lubin (right) and two of his convoy drivers on Feb. 6, 2015, at Fort Hunter Liggett, Calif., prior to a long-haul convoy mission to Fort Lewis, Wash.

Christian Beeler, lead planner of operations for the 821st Transportation Battalion based in Topeka, Kansas.

“The 250th Soldiers welcomed the opportunity,” said 1st Lt. Elliott Dill, 2nd Platoon leader with the 250th, and officer in charge of movement. He said his unit has conducted many support missions throughout continental United States and Canada, but this one is different.

“Nationwide Move is built with the transportation companies in mind,” said Dill. “It’s one of the few times we can get behind the wheel and actually run long-haul missions.”

The task is to load and transport vehicles and large storage containers for the 189th Infantry Brigade (Training Support) from Joint Base Lewis-McChord, Fort Lewis, Washington, and convoy back down to Fort Hunter Liggett, California, where the 189th will support the Combat Support Training Exercise. Once the exercise is complete, the 250th will conduct the same mission, in reverse order.

The 250th will simultaneously transport contain-

ers of real-world medical supplies for the Regional Training Site-Medical from Camp Parks, California, to six locations at Fort Hunter Liggett and Camp Roberts, California, supporting CSTX and Warrior Exercises over the next several months.

“It’s what the Soldiers want,” said Dill. “They want to drive; they want long-haul missions; they want to physically load equipment- and that’s exactly what we are going to be doing.”

The 250th Motor Transport Operators (88M), along with those of the 208th and 289th Transportation Companies out of Arizona who augmented the 250th, agree that this type of mission is just what they’ve been waiting for.

“It’s awesome, I love it,” said Spc. Elizabeth Walker, a San Bernardino, native and motor transport operator with the 250th.

Walker, who has been driving trucks in the Army Reserve for 5 years, said she became an 88M because she likes to travel and is anxious to see the sites on the road.

“This is the first time I get to do a true long-haul

Moves Nationwide



Soldiers of the 250th Transportation Company, based in El Monte, Calif., perform preventive maintenance, checks and services on their vehicles on Feb. 6, 2015, at Fort Hunter Liggett, Calif., prior to a long-haul convoy mission to Fort Lewis, Wash.

Spc. Elizabeth Walker, a motor transport operator with the 250th Transportation Company in El Monte, Calif., performs preventive maintenance, checks and services on her vehicle Feb. 6, 2015, at Fort Hunter Liggett, Calif., prior to a long-haul convoy mission to Fort Lewis, Wash.

mission," she said. "It's, going to be a great experience."

This particular long-haul will include approximately 2750 round-trip miles for the Soldiers, confirmed Beeler.

"We're always looking for opportunities to put miles on the trucks," said Beeler. "To get these Soldiers out using their equipment and trusting their equipment - you can't put a price on good training for the troops."

Sgt. 1st Class Jerry M. Lubin, convoy commander for the movement, said the Soldiers will be driving M915A5 and A3 truck tractors, similar to the civilian semi-tractor trailer.

"In a mission on this level, the drivers really get to see how their trucks handle," Lubin said. "They can critique each other and give us feedback. There's a lot of differences when driving with a loaded trailer, especially in changing weather."

Known well for its rainy climate, the northwestern states did not disappoint. From the first day in convoy there were very few dry areas to be found.

Heavy rains were forecasted for much of the first week of the trip.

Lubin said there are many adjustments that have to be made for the rain, but safety is the number one priority.

"We don't get to train like this in Southern California, but our Soldiers are ready," said the Beaumont, California, native. "They know to slow down, keep the right distances and report obstacles they might see on the roads."

This real-world activity provides more than training benefits for the Soldiers who are driving.

"We as leaders get to know the Soldiers in our units better," explained Sgt. 1st Class Cesar Trujillo, assistant convoy commander and Palmdale, California, resident. "We get to just step back and let the Soldiers do the jobs they've trained for."

Trujillo said this exercise will give him the opportunity to identify his Soldier's strengths and weak spots. He can use the information and feedback he gets to plan for future training back home, he said.

Supporting units for this mission include the 192nd Quartermaster Company from North Canton, Ohio and the 375th Trailer Transfer Point out of Las Cruces, New Mexico.

The 250th TC is part of the 304th Sustainment Brigade. The 304th, based at March Air Reserve Base, Riverside, California, is responsible for planning and executing life support efforts (sleep sites, meals, showers, etc.) at multiple overnight rest locations across the United States for NWM 15.



Change of Command Ceremony

Story & photos by Staff Sgt. Nina Ramon
4th Sustainment Command (Expeditionary)

4th ESC

FORT SAM HOUSTON, Texas - The Army Reserve's premier logistics sustainment command held their change of command ceremony here on the historical MacArthur Parade Field May 3rd.

Brig. Gen. Norman B. Green relinquished command of the 4th Expeditionary Sustainment Command to Brig. Gen. Kenneth D. Jones.

Maj. Gen. Megan Tatu, commander of the 79th Sustainment Support Command, Soldiers, friends and Family attended the change of command ceremony, which is a time honored tradition that represents a formal transfer of authority and responsibility.

Green took command of the 4th ESC in July 2012 and next moves to the 377th Theater Sustainment Command in Belle Chasse, Louisiana. Green assumed command just as the 4th ESC returned from a deployment to Afghanistan and rebuilt the command to its current mission ready status.

"The Army Reserve is built on the strength of America's strongest citizen," said Green, "a point proven by the warrior citizens here today."

Green says that Army Reserve Soldiers are a testament that there are people from the community who have the value, character, and fortitude which are instrumental to the Army Reserve and total force.

"During the past three years, Soldiers and Civilians of the 4th Expeditionary Sustainment Command have achieved exemplary unit readiness performance levels ascending and attaining the top readiness results within the 79th Sustainment Support Command," said Green.

Jones, previously the commanding general of the 451st ESC in Wichita, Kansas, is a Texas native from Bryan and graduate of Texas A&M University. Jones joins the 4th ESC as the command prepares to deploy to Kuwait.

"Soldiers in these formations have long established



The 4th Sustainment Command (Expeditionary) held a change of command ceremony May 3 at the MacArthur Parade Field located at JBSA Fort Sam Houston. The ceremony recognized Brig. Gen. Norman B. Green, outgoing commander, and Brig. Gen. Kenneth D. Jones, incoming commander.

their value and commitment to our nation's defense," said Jones.

"We will not settle for being 'good,' but will always strive to be a 'great' military organization," said Jones, "by sustaining the excellent traditions which this unit was founded upon over seven years ago."

As the 4th ESC continues their preparation for deployment in support of Operation Enduring Freedom this summer, Jones will continue the momentum of his predecessor.

"For the headquarters here in San Antonio," said Jones, "we are once again being called upon and will soon be departing to support current operations in the CENTCOM area of responsibility."

The 4th ESC will once again join the more than 300,000 Army Reserve Soldiers who have mobilized and seamlessly integrated into the active component and the joint force over the past 13 years. This will be the fourth time the 4th ESC headquarters has deployed in support of the Global War on Terrorism with the last deployment to Afghanistan in 2011.

"For the Soldiers deploying forward, I know these mobilizations come at a high cost to Families and it takes personal sacrifices to get the mission done," Jones said.





Maj. Gen. Megan Tatu, commander of the 79th Sustainment Support Command, participated in the change of command ceremony for the 4th Sustainment Command (Expeditionary) May 3 at the MacArthur Parade Field located at JBSA Fort Sam Houston.

Spc. Daniel Concepcion awaits the signal to begin the ceremonial cannon salute. The 4th Sustainment Command (Expeditionary) held a change of command ceremony May 3 at the MacArthur Parade Field.

The 4th ESC, a subordinate command of the 79th Sustainment Support Command, conducts distribution management for Army, joint, interagency, and multinational forces when mobilized in support of military operations and supports its four subordinate brigades with collective training, mobilization, deployment, and redeployment.

4th ESC Soldiers Compete in Mini-Triathlon

Story & photos by Staff Sgt. Nina Ramon
4th Sustainment Command (Expeditionary)

JOINT BASE SAN ANTONIO, Texas - Seven Soldiers from the 4th Expeditionary Sustainment Command competed in a Joint Base San Antonio mini-triathlon June 15, 2014.

The competition consisted of a 200-meter swim, five mile bike ride and a one mile run.

Physical fitness has a direct impact on a Soldier's combat readiness. When Soldiers are physically fit, they are more likely to have a pleasurable and productive career and life.

Competitions such as this embodies the Army's demands on Soldiers to be physically fit in order to perform many challenging individual tasks as well as perform tasks as a team.



Soldiers from the 4th ESC that competed are: Staff Sgt. Jerome McKinney, Staff Sgt. Antonio Espinoza, Chief Warrant Officer 3 Denrick Mills, Capt. Vernon Nauls, Maj. Keri Molina, and Pvt. Uriel Rangel, and Sgt. 1st Class Damon Hood. The competition consisted of a 200 meter swim, five mile bike ride and a one mile run.





Potential Olympian Says Being in the A

Story & photos by Capt. Valerie Palacios
4th Sustainment Command (Expeditionary)

4th ESC

CONROE, Texas - Some things are more important than the Olympics, like god, country, and family. That is what Capt. Chad Stoermer says motivated him to make the difficult decision to postpone his long held dream of training and participating in the Olympics to join the U.S. Army.

Stoermer was raised in San Antonio and attended Judson High School, which he says is known for training athletes to compete from the heart. He then attended and received his commission from Texas A&M University in 2009.

Though he was not recruited into college for any sport, he managed to demonstrate his talent during a walk-on tryout, made the team, and helped build a National Championship Track program at Texas A&M.

"I was never a first string kind of athlete. I've always had to start at the bottom and fight my way to the top, in every sport, on every team, at every level," says Stoermer.

During his senior year, they won their first ever National Championship Track title under Head Coach Pat Henry.

Soon after he received his commission, Stoermer deployed to Afghanistan with the 3rd Sustainment Brigade, 3rd Infantry Division. His four years on active duty in the Army made it very difficult to pursue his dreams in track and field. Though he feels his development for Olympic level competition declined, he remained positive and recognizes that the Army gave him the opportunity to further develop his character and provided him with rare life experiences that he could not have received in any other profession.

While deployed to Afghanistan, he realized he needed to fulfill his dream of training for the Olympics. He began training for the long jump since the environment did not allow him the capability to pole vault. He says the approach and take off are similar in long jump and pole vault.

After four years of active duty service, he then made the decision to join the 310th Quartermaster Detachment, an Army Reserve unit based in Conroe, Texas,



Capt. Chad Stoermer, 310th Quartermaster Detachment petroleum officer, recently jumped 17'1" during Oklahoma University's John Jacob Track Classic. In this picture, he stands with his former college coach, Jim Van Hootegeem, who is now the head track coach for Oklahoma University.

so that he could return to his former alumni and continue training for the 2016 Olympics. He joined the Army Reserve to continue serving his country and because it allows him the opportunity to train to meet standards which could lead him to be part of the Army's World Class Athlete Program.

Even though he did not pole vault for four years while on active duty, he was able to return and jumped higher than ever before.

Stoermer says there are open competitions all over the world which allow him to compete without having sponsorship. He is very confident and hopeful that he will be accepted into the WCAP, in which he would then be sponsored by the U.S. Army in the 2016 Olympics.

"I would love to represent the U.S. Army," said Stoermer. "The Army Reserve has been fantastic and is truly a great program to pursue two careers at once without having to compromise."

As long as he stays in the Army Reserve, he has access to world class training to help get him into the Army's WCAP. Once in the program, he would then get put back on active duty to train full time in preparation for the Olympics.



Army Reserve is a Bargain Deal

“I believe our country is always in need of positive influences and role models who do things for the right reasons,” says Stoermer. “I push my mind, body, and soul so that I may be one of those role models.”

Stoermer thrives on the adrenaline that accompanies dangerous activities which attracted him to pole vaulting, which he explains is fast and dangerous.

“I train to be able to compete at my absolute very best,” says Stoermer. “My goal is not to show the world that I am a world class athlete; my goal is to remind our country what one person is capable of doing when they use ALL of what they got.”

Stoermer serves in the 310th Quartermaster Detachment as an assistant petroleum officer and says his commander, Lt. Col. Rose Bean is very supportive of his goals and training. She says he is a very positive person and an inspiration to others.

“I would not have been able to get where I am at or where I go if it weren't for the Army Reserve being so flexible and working with me,” Stoermer said.

Aside from being in the Army Reserve and training for the Olympics, he also started two local art businesses and is working on his dissertation for his

doctorate's degree in education research.

He says he does not see any excuse for not being in the Army Reserve.

“I feel that's a bargain deal for what they pay us and for what we get out of the deal,” Stoermer says, “the amount of time I put in the Reserves is certainly worth it.”

While deployed he came to the realization that our education system has a lot of room for improvement and that the next generation of our country is going to face some rather difficult challenges over the next 20 years.

His research mathematically defends universal methods to optimize the learning process. He plans to apply the processes to our national education system with the goal of improving the efficiency of our public education system.

He is using himself as practical evidence of his research, thus training for the Olympics is very important so that he can provide hard proof of what we are all capable of when we maximize the capacity of our mind, body, and soul.

4th ESC Soldiers Receive Body Composition Training

Story & photos by Staff Sgt. Nina Ramon
4th Sustainment Command (Expeditionary)

SAN ANTONIO, Texas - Soldiers from the Headquarters, and Headquarters Company, 4th Sustainment Command (Expeditionary) were selected to attend a Body Composition Training workshop at University of Texas at San Antonio, June 18, 2014.

The training was conducted by Dr. Donovan Fogt and his team at the Exercise Biochemistry and Metabolism Laboratory on the UTSA campus.

Soldiers learned the proper techniques when conducting the U.S. Army Body Composition tape test as well as other body composition analysis methods.

The EBML was established in 2005 to investigate mechanisms by which the body adapts to short-term and chronic exposure to stressors such as exercise, environmental, or dietary manipulation.



A UTSA student demonstrates proper use of Harpeden skinfold calipers for body composition. Soldiers from the HHC, 4th Sustainment Command (EXP) were selected to attend a Body Composition Training at University of Texas - San Antonio.



Last 100' Tug Boat in the Fleet Retires

Story by Capt. Marvin Baker
364th Sustainment Command (Expeditionary)

364th ESC

TACOMA, Wash. - The last remaining 100' (FLT III) tug boat in the U.S. Army Reserve fleet, was removed from the Bishop Reserve Center, pier 23 at the Port of Tacoma.

The 100' tug boat was a single engine ocean tug boat in service since the 1950's. In the 1990's the vessels were refitted with a modern diesel engine and due to stability concerns, were reclassified as "harbor tugs". The 100' tug boats have been systematically removed from the Army and Army Reserve inventory and replaced with a fleet of six modern, twin engine 128' ocean going tug boats. The last major mission for the Anzio was supporting the Joint Logistics Over The Shore (JLOTS) exercise at Camp Pendleton, CA in 2008. The vessel now belongs to the Native Village of Eyak, Alaska.



The Anzio, last remaining 100' (FLT III) tug boat in the U.S. Army Reserve fleet, was decommissioned and then removed from the Bishop Reserve Center at the Port of Tacoma, Wash. April 17, 2015. The Anzio was then ferried to it's new home, the Native Village of Eyak, Alaska.



The replacement tug for the FLT III is the Large Tug (LT) 800 series tugboat, shown here in this stock photo, the Army began fielding these vessels in the early 1990s.



The primary purpose for a Large Tug (LT) 800 series tugboat in a floating craft company, is to transport the barge derrick (BD). This photo was taken at the "Yokohama North Dock" in Yokohama, Japan.



709th TC Soldiers Train for Shipboard Emergencies

Story by Capt. Marvin Baker
364th Sustainment Command (Expeditionary)

TACOMA, Wash. - During the April Battle Training Assembly, the 709th Trans. Co. conducted shipboard fire fighting and damage control training at the Joint Fire Training and Emergency Services Readiness Response Center in Bremerton, Washington. Participants ranged in rank from Private to Chief Warrant Officer 3.

Fifty Soldiers, under the direct supervision of 10 instructors, participated in basic marine fire fighting and damage control training in order to maintain their proficiency in these highly perishable and life-saving skills. Following the crawl, walk and run principle, Soldiers began each day with a classroom session reviewing fire fighting principles followed by a hands-on walk through (ROC Drill) and finally a culminating event of fighting actual fires in a controlled environment.





Veterans Visit 364th ESC Watercraft Unit

Story by Capt. Marvin Baker
364th Sustainment Command (Expeditionary)

364th ESC

TACOMA, Wash. - Six members of the Washington State Amphibious Forces Association visited Soldiers in the Tacoma, Washington based 805th Transportation Detachment March 2.

The non-profit fraternal veteran organization members have military experiences ranging from service in WW II through Vietnam and consists of former Navy, Marine, and Army service members.

During the visit, the veterans listened to Chief Warrant Officer 2 Michael Nishida and Chief Warrant Officer 3 Richard Martin, crew members of the Logistical Support Vessel-3 of the 805th Transportation Detachment, discuss the unit's five-month mission on the LSV-3 last year, which sailed nearly 11,000 nautical miles and relocated 480 tons of cargo.

The one-day visit aimed to develop relationships between local veteran service organizations and Marysville, Washington based 364th ESC Army Reserve units in the Pacific Northwest. It also helped increase interest and awareness of the unique capabilities within the 364th ESC.



Six members of the Washington State Amphibious Forces Association visited Soldiers in the 805th Transportation Detachment March 2.



Chief Warrant Officer 3 Richard D Martin Jr. of the 709th Transportation Company discusses the capabilities and unique missions of the 364th ESC's logistics support vessels with members of the Washington State Amphibious Forces Association. The group of veterans, who previously served on watercrafts, visited Soldiers and toured the vessel in Tacoma, Wash. in order to re-connect to their past and learn more about Army boats.



364th ESC Soldiers Share Stories of Success with Students

Story by Capt. Marvin Baker

364th Sustainment Command (Expeditionary)



EVERETT, Wash. - More than 2,500 high school and middle school students from Snohomish, King and Skagit counties participated in the 13th Annual Students of Color Career Conference at Everett Community College March 25.

The yearly conference aims to inspire confidence in students by hearing from professionals who were once where they are now. This year's conference focused on careers in science, technology, engineering, and mathematics.

Over 100 professionals from local businesses and organizations hosted break-out sessions to share real-life stories of their challenges and triumphs. For the first time, Soldiers from Marysville and Everett were invited to join the discussion. Capt. Marvin Baker of the 364th Sustainment Command (Expeditionary), Capt. Eder Bennett and Staff Sgt. Michael Arneson, of the U.S. Army Everett Recruiting Company, discussed their personal experiences,

challenges and successes of their military careers.

Baker, who started his military career in the Army Reserve, said he enjoyed sharing his personal experiences with the young adults and that he probably learned as much as the students did during the mutually beneficial discussions.

As a Soldier in the 364th ESC, part of Baker's job is to help his unit connect with private organizations working together toward goals that benefit Reserve Soldiers and civilian sector businesses. The unit's participation in the career conference moved them a step closer toward that goal and had a tremendous benefit to the students.

"The students seemed truly enthusiastic and interested in learning about the career options," said Baker.

"I wanted them to know they had the ability to pursue anything they like," he added.



Training Exercise Tests Sustainment

Story and photos by Sgt. 1st Class Neil Simmons
451st Sustainment Command (Expeditionary)

451st ESC

WICHITA, Kan. – Each summer Army Reserve units across the country gear up as the peak season for annual training kicks off. This year, units from the Army Reserve’s 451st Expeditionary Sustainment Command participated in Warrior Exercise 86-15-02, centered largely at Fort McCoy, Wisconsin. The culminating exercise tested the collective skills of units involved by placing them in a simulated deployed environment where they were presented numerous scenarios they might encounter during a real-world deployment.

This year’s exercise introduced a new element to the scope of training not typically seen during these events. From May 6 -18, the 451st ESC headquarters participated directly in an exercise typically designed for lower echelon units at the brigade level and below.

Commanding subordinate units and managing support operations from afar is exactly what an ESC headquarters would expect to do when deployed. So to add to the challenge and realism, the Headquarters, and Headquarters Company for the 451st ESC remained at their home station in Wichita, Kansas. This required the command’s leadership to direct operations at Fort McCoy across a geographi-



U.S. Army Reserve Soldiers from the 451st Expeditionary Sustainment Command’s Headquarters, Headquarters Company collaborate with each other, civilian contractors, and even Navy personnel May 6 at the Army Reserve Center in Wichita, Kansas as they prepare for the start of Warrior Exercise 86-15-02.

cally diverse area with long lines of communication. Completing the atypical training setup were observers from the 75th Training Command out of Houston, Texas, which provided feedback and guided the unit in discussion. The 75th identified areas of success and areas that needed improvement, and the command’s leaders were able to find plenty of both.

“The staff has improved tremendously from day one to what I’m seeing now,” stated Col. David Scheideler, the 451st ESC Assistant Chief of Staff for Operations, following a briefing by the staff. “Now we can focus on the little things,” he added, highlighting that there is always room for improvement no matter how well the unit performs.



Command's Readiness



As part of Warrior Exercise 86-15-02, Command Sgt. Maj. Donald Langworthy, the command sergeant major for the 451st Expeditionary Sustainment Command, and Col. Laura Wisch, commander of the 451st ESC, listen May 11 as each staff section briefs them on the day's significant events during the daily commander's update briefing.



Spc. Kimberly Nelson, signal support systems specialist, and Spc. Tyler Grimes, information technology specialist, both with Headquarters, Headquarters Company, 451st Expeditionary Sustainment Command, work diligently to troubleshoot any issues that arise with the tactical network that 451st Soldiers are using for Warrior Exercise 86-15-02.

The headquarters staff had to overcome numerous challenges, such as shortages in equipment, technical issues communicating with their units at Fort McCoy, and conflicting exercise data. However, these issues pushed the staff to work together and to find effective solutions to continue the mission. By the end of the two-week event, the commander of the 451st ESC, Col. Laura Wisch, was pleased with her staff's performance.

"You have all done a superb job," Wisch said, addressing a packed room of officers and non-commissioned officers from the command. "I would deploy with any one of you tomorrow if I could."



Navy Lt. Hugh Wilson, Supply Department Head for SEAL Team 17, provides Army Reserve Soldiers with the 451st Expeditionary Sustainment Command's Support Operations staff an overview on the Navy May 17 at the Army Reserve Center in Wichita, Kansas. During the brief, Wilson explained how Army logistics will likely interact with their Navy counterparts during a deployment and provided his expertise during the 451st ESC's annual training May 6-18.



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