

Highlighting the Mission Command of the 377th Theater Sustainment Command

CANDO

May 2016



Breathe!
Warriors battle for the next level of competition
Food face-off
Soldiers work to earn coveted food service award
One life is too many
The effort to reduce suicide through intense training



CAN DO QUARTERLY

Cover Story



SGT Collin Larmour, grimaces in pain from leg cramps after finishing first in a ten-mile ruck march. It was the last event testing physical endurance during the 377th Theater Sustainment Command Best Warrior Competition. Larmour, who represented the 103rd ESC, is a native of Roseville, Minn. and was among 11 Soldiers vying for the 377th Theater Sustainment Command title and opportunity to represent the command at the US Army Reserve Command Competition at Fort Bragg, N.C. May 1-7, 2016.

Featured Video



377th TSC Soldiers Advance to USARC Best Warrior Battle

By Maj. Steven Johnston, 377th TSC Public Affairs Office

FORT DEVENS, Mass. -- Eleven Soldiers braved snow and battled below-freezing temperatures in their quest to be named the best warrior in the 377th Theater Sustainment Command, in the command's Best Warrior Competition, held April 4 – 7. These eleven already claimed the best warrior **MORE**

377th TSC Best Warrior Album

377th TSC BWC Highlights

Highlight video capturing the best moments throughout the 377th TSC competition as eleven Soldiers compete to advance to the United States Army Reserve Command Best Warrior Competition 1-7 May.

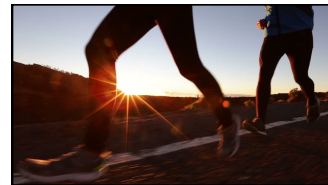
Produced by Spc. Willie Spanoz, 377th TSC PAO

NEWS

Social media PRT with the 811th OD Company

By Sgt. Christopher Henry, 310th ESC Unit Public Affairs Representative

RAINELLE, W. Va. -- Army Reserve Staff Sg Dawn-Noel P. Dunbar, assigned to the 811th Ordnance Company, 321st Ordnance Battalion, based in Rainelle W. Va., has innovatively created a way to coordinate social media and Physical Readiness Training (PRT) to increase unit readiness... **MORE**



Feeding the Connelly Competition

By Staff Sgt Dalton Smith, 316th ESC Public Affairs Office

FORT INDIANTOWN GAP, Pa. -- "Get on line! Get on line! We have Soldiers to feed!" Those were the words of Chief Warrant Officer 4 Charles Hunter, command food advisor for the 377th Sustainment Command (Theater), as he organized trays and utensils by the food containers ... **MORE**



One Life is Too Many

By Sgt. John Carkeet, IV, 143d ESC Public Affairs Office

ORLANDO, Fla. -- Boom. The shotgun blast reverberates through the phone receiver. Breathless seconds pass before and eerily calm voice cuts through the ringing ear pressed against the other line.... **MORE**



ARSC Supports the Warfighter through Contract Integration and Management

By Staff Sgt. Shiela Holifield, ARSC Public Affairs Office

FORT BLISS, TEXAS -- What once began as an Army contracting annual exercise focused on contingency contracting officer deployment has now evolved into a multi-service training audience to include non-acquisition professionals focused on contract support integration and contractor management,... **MORE**



Follow the 377th TSC on Social Media





Photos of the Quarter



NAS JRB NEW ORLEANS, La.-- The 377th Theater Sustainment Command, in cooperation with the Ursuline Sisters of New Orleans, established the Ursuline Pioneer Award in a small signing ceremony at the command's headquarters 14 Apr. The award will recognize those volunteers who have contributed significantly to the quality of life of Soldiers and exemplify personal concern for the needs, training, development and welfare of Soldiers and Families. The Ursuline Sisters of New Orleans have a long history of service in the community which includes caring for sick Soldiers during the Battle of New Orleans in 1731. (U.S. Army photo by Angele Ringo)



SAN ANTONIO, Texas -- Lt. Col. Gregory Dunbar briefs 377th Theater Sustainment Command Deputy Commanding General, Brig. Gen. Norman Green, on potential courses of action during a training exercise of the 377th TSC Deployable Command Post. The DCP is the command's quick reaction team that trains to deploy within 96-hours to a contingency operation in support of its geographical partner, U.S. Army South. (U.S. Army photo by Maj. Steven Johnston)



DES MOINES, Iowa. -- 103rd Sustainment Command (Expeditionary) Commanding General, Brig. Gen. Jonathan McColumn, speaks with Iowa Live host Lou Sipolt, Jr. during a morning show segment. McColumn appeared on the show the day before the 108th birthday of the U.S. Army Reserve on 23 Apr. McColumn talked with Sipolt about Army Reserve history, opportunities in Iowa and the Minuteman Scholarship. (U.S. Army photo by Maj. William Geddes)

TRADITION OF SERVICE
SERVICE MEMBERS, FAMILIES, VETERANS & CIVILIANS

Greater New Orleans 241st Army Birthday Ball

Save the Date!
SATURDAY, JUNE 25TH

TIME: 1730-2300
SERVICE MEMBERS, VETERANS, CIVILIANS & FRIENDS
POC# 377TH TSC @ 504-552-5979

Crystal Palace Ballroom

1725 Gretna Blvd, Harvey, LA

SPECIAL GUEST SPEAKER
Music & Dancing

MILITARY: MESS DRESS/SEMI FORMAL
CIVILIAN: FORMAL

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About this newsletter - CAN DO Quarterly is an authorized quarterly newsletter highlighting new items about the 377th Theater Sustainment Command from military journalists and commercial news media. The contents of **CAN DO Quarterly** are not necessarily the official views of--or endorsed by--the U.S. Government or Department of the Army. It is produced by the 377th TSC Public Affairs Office. To subscribe or submit articles and photographs to CAN DO Quarterly, please contact the 377th TSC PAO @ (angele.p.ringo2.mil@mail.mil). Public Affairs Office, AFRC-ARC-PA, Headquarters, 377th Theater Sustainment Command, 400 Russell Ave., Bldg. 492, New Orleans, LA 70143-5077 (Ph: 504-552-5967)