

THE OFFICIAL MAGAZINE OF THE 79TH THEATER SUSTAINMENT COMMAND

# *THE* FALCON

## *The 79th is Ready to Fight*

WITH READY FORCE X IMPLEMENTATION, NATIONWIDE MOVE, AND OPERATIONS ACROSS THE CONTINENT OF AFRICA, THE 79TH IS SETTING THE STANDARD FOR READINESS IN THE ARMY RESERVE.

### *Cold Steel*

OPERATION COLD STEEL SHARPENS CAPABILITIES OF 79TH SOLDIERS

### *Flintlock*

U.S. AFRICA COMMAND'S PREMIER AND LARGEST SPECIAL OPERATIONS FORCES EXERCISE



**2018**  
Issue 1



### 79TH TSC COMMAND TEAM

COMMANDING GENERAL  
MAJ. GEN. MARK W. PALZER

DEPUTY COMMANDING GENERAL  
BRIG. GEN. SUSAN E. HENDERSON

COMMAND SERGEANT MAJOR  
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COMMAND CHIEF WARRANT OFFICER  
CHIEF WARRANT OFFICER WILFREDO JARIN

PUBLIC AFFAIRS OFFICER  
LT. COL. BRANDON KELLEY

PUBLIC AFFAIRS CHIEF  
SGT. 1ST CLASS ALEXANDRA HAYS

MANAGING EDITOR  
CPT. ERIC SMITH

LAYOUT & DESIGN  
SGT. HEATHER DOPPKE

79TH TSC Public Affairs Office: 562-936-7660

Email: [usarmy.usarc.79-tsc.mbx.pao@mail.mil](mailto:usarmy.usarc.79-tsc.mbx.pao@mail.mil)

Official Website: <http://www.usar.army.mil/79thTSC/>

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Cover photo: U.S. Army Reserve Spcs. Gabriela Benitez and Jose Barajas, automated logistical specialists, 693rd Quartermaster Company, work together as gunner and assistant gunner to group and zero an M2A1 machine gun during Operation Cold Steel II, hosted by the 79th Theater Sustainment Command at Fort Hunter Liggett, Calif., Oct. 16, 2017. (U.S. Army photo by Sgt. Heather Doppke)

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## Two Star Notes: By Maj. Gen. Mark W. Palzer



Falcon Family and Friends,

I recently had the opportunity to visit France to commemorate the Soldiers of the 79th who fought to liberate France following the D-Day invasion. As I spoke to crowds of French citizens still dedicated to remembering our Soldiers 74 years later, I was struck by the indelible mark this unit has left on the world. The way we prosecute battle today may be different, our role may have changed, but I know that the Soldiers of the 79th today are continuing in this great tradition – we are a force for good.

As the 79th TSC rounds out our 100th year of service to this country, I could not be more pleased to reflect on the progress we've made in our first year as a Theater Sustainment Command. Since our transition to a global mission last fall, our team has adapted with great flexibility and competence to the unique challenges of our new role.

We've integrated our teams with U.S. Army Africa to support exercises and operations across the African continent. We've enabled our Expeditionary Sustainment Commands to take on their own missions around the world as part of our globally deployable force. We've tackled the task of preparing our units assigned to Ready Force X for their new mission.

Our RFX units are rapidly reaching their required readiness levels because of the dedication of the Soldiers in those units and the hard work of leaders at every level of the chain of command. As we pursue this new initiative, we become the face of the future of our force. We are on the cutting edge of readiness with the capability to fight fast and destroy the enemy wherever they may be.

I encourage you to read on in this magazine to find out more about how we are contributing to the Ready Force and to see all of the exciting ways that the 79th is leading the way.

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



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# THE 79TH IS READY TO FIGHT

By Command Sgt. Maj. John K. Zimmerman

Soldiers and Leaders of Team 79,

The only reason why our U.S. Army exists is to FIGHT and WIN our nation's wars. We all have a part in that mission. From the newest private to the commanding general himself, we must all use our time and resources to PREPARE for war. We owe it to our families, who want us to return safely, and we owe it to our fellow Soldiers with whom we bear the cost of war.

Preparing for war is as much mental and spiritual as it is physical and psychological. For years we have used the term "training" in the Army. Training

"...we must go beyond mere training and prepare ourselves and our teams mentally, physically, spiritually, and emotionally..."

is something athletes have the luxury to do. As Warriors of America's Army Reserve, we must go beyond mere training and prepare ourselves and our teams mentally, physically, spiritually, and emotionally to close with and destroy the enemies of our country. In today's unstable world, as Warriors of the most lethal Army Reserve force that our nation has ever seen, we must use every moment possible to prepare for war. In doing so we will be ready when called upon by our nation to fight and win against any enemy in the world, in any climate, at any time.

No other army in the history of the world has been able to project large, lethal combat forces globally and then sustain them to fight and win the way the U.S. Army has demonstrated time and time again. We have some of the most advanced weapons, battle-hardened Soldiers, and combat-experienced leaders in the world. It is our logistics, sustainment, and support Soldiers that enable our Army to be the great Army that it has become. In fact, what separates good armies from great

armies are their ability to sustain and support their forces in the fight. No other army has done that as well as we have. As such, there is no better target on the modern battlefield than you, the Soldiers of our low-density, high-demand support force.

The battlefields that we must prepare for war are multi-domain battlefields where there are no rear areas. The world today is more volatile than it has ever been. We are faced by multiple threats on multiple fronts, some of whom are near peer adversaries that have had the luxury to study both our technology and our tactics over the last several decades. Some of them have been waiting for an opportunity to challenge us. They know that to truly defeat us, they need to deny and isolate our combat fighting forces from logistics, sustainment and support. Therefore, it is more important than ever for you, the sustainer, to fully embrace the Warrior Ethos and be proficient in your Army Warrior Tasks and Battle Drills.

Know the kind of warfare we must prepare for isn't the kind of warfare many of us have seen or experienced. For decades, the United States has had the luxury of sea, air, space, and cyber superiority. Our near peer adversaries had the luxury of studying us and developed technologies and tactics to deny us dominance in a world where wars will be fought across all domains.

You are a member of the most elite and lethal fighting force ever known to mankind, and you must do this as a Citizen Soldier with a fraction of the time that our active component brothers and sisters have to prepare for war. Therefore, it is vital that each one of you use your time and resources wisely to do what is necessary to prepare for war. Your survival in combat and the survival of your teammates depends upon it.



## SHARE YOUR STORY

Are you or someone you know exemplifying the Citizen Soldier lifestyle? We want to hear your story!

For your chance to be featured, please email us with a brief summary of how you're going above and beyond or doing something extraordinary in your life!

[usarmy.usarc.79-tsc.mbx.pao@mail.mil](mailto:usarmy.usarc.79-tsc.mbx.pao@mail.mil)

# READY FOR ANYTHING WITH READY FORCE X

By Maj. Josiah Fisher, 451st ESC  
and Sgt. 1st Class Angel Marini, 79th TSC

FORT KNOX, Ky.— The life of a senior leader in a Ready Force X unit comes with additional focus, increased accountability, and non-stop training.

1st Sgt. Bryant Howard plays a key role in shaping the readiness of the 842nd Quartermaster Company. The Army Reserve has designated the 842nd as an RFX unit, and the company is a subordinate unit to the 451st Sustainment Command (Expeditionary).

"Being a senior leader in an RFX unit means putting in more time toward the goal of achieving a higher state of readiness," said Howard. "It means asking more from the Soldiers and encouraging them to welcome the higher op-tempo that comes with being in an RFX unit."

Ready Force X is more than an enhanced state of individual and unit readiness. The "X" is used to demonstrate that this initiative does not apply to just one specific operation or theater. RFX units are designed to react to and resolve any issue in an expeditious manner, regardless of geographic location.

RFX, at its core, is a culture change within the Army Reserve. It builds on the concept of deploying in a "break glass in case of emergency" situation. Units need to not only be ready to deploy, but already be highly trained, lethal, and subject matter experts in their field. They have to be ready to be the first Reserve units in a new environment. This enhanced preparedness allows any RFX unit at any given time to be able to execute an emerging requirement anywhere in the world.

RFX was not created to address a current need for deployable units, rather, it exists to ensure there is a pool of units tasked with maintaining higher levels of readiness to enable quick deployment in the future. These units leverage the resources of every echelon in their chain of command. The Ready Force approach to individual and unit readiness has reduced pre and post mobilization timelines helping to meet any contingency.

The 79 Theater Sustainment Command has put an emphasis on executing unit-centric readiness through improved personnel, equipping and maintenance, and training actions. To increase the 842nd's readiness toward meeting future mission requirements, the company completed a three-week Combat Support Training Exercise at Fort Knox, Kentucky in March 2018.

As a fueling unit, more than 100 Army Reserve Soldiers of the 842nd were able to set up a tank and pump unit and assist base operations by maintaining the readiness of generators and heaters during the exercise.

Howard also put emphasis on battle-focused

training during the exercise. "We continually rehearsed reaction to contact, improving the perimeter, security, accountability, combat lifesaving skills, and protective measures in a chemical, biological, radiological, or nuclear attack."

The CSTX created an environment where Howard and his Soldiers had to be ready for anything. Most importantly, they learned valuable lessons about lethality on the battlefield.

"The skills we learned at the CSTX will help us if we need to go into an austere environment and they have built our confidence to where we know we have what it takes to accomplish the mission and protect ourselves," said Howard. "Even though we're a fueling unit, we must know what it takes to survive."

Some of the Soldiers in the 842nd haven't had this type of training since they attended basic combat training. A significant effect of this exercise has been increased morale.

"This unit has some of the best, highly-motivated Army Reserve Soldiers any command could ask for," said Howard. "They're being challenged and pushed to their limits, but the morale of the unit is very high."

Going forward, Howard said the unit will continue to train on different aspects of battle-focused training while continuing to maintain the readiness of the company's primary fueling mission. As an RFX unit, he acknowledged the sense of urgency.

"We should be ready to fight yesterday, and I've asked our leaders to train up on what they feel is lacking with their Soldiers," said Howard. "While I feel confident in the unit's ability to survive, defend, and fuel if needed, I know we must not stop training."



Soldiers of the 842nd Quartermaster Company engage in training at CSTX to prepare them as a RFX unit. (Courtesy photo)



# SHARPENING STEEL

## Cold Steel II kicks off at Fort Hunter Liggett, Calif.

Story by Spc. Kaitlin Waxler, 4th Expeditionary Sustainment Command and Staff Sgt. Debralee Best, 84th Training Command

FORT HUNTER LIGGETT, CALIF.—Operation Cold Steel II kicked off Oct. 12, 2017, at Fort Hunter Liggett, California.

The second iteration of the exercise is bigger than the previous year, both in number of locations and in the number of troops involved. Cold Steel II runs from Oct. 12, 2017, to Aug. 31, 2018, at Fort Hunter Liggett; Fort McCoy, Wisconsin; Fort Knox, Kentucky; and Joint Base McGuire-Dix-Lakehurst, New Jersey. Comprising of approximately 3,800 crews of 10,000 Soldiers from across the Army Reserve, Cold Steel is the Reserve's premier crew-served weapons qualification and validation exercise.

to their home units and be a part of the Ready Force."

Ready Force X is a pool of units tasked with maintaining higher levels of peacetime readiness to offset risk to the nation. Its mission is to rapidly respond to evolving threats.

"This is a great learning opportunity for everybody involved," said Master Sgt. Robert L. Caron, maintenance supervisor, 79th TSC. For Task Force Coyote he serves as the safety noncommissioned officer-in-charge. "As we restructure, events like this help to give a feel of what lies ahead in future missions."

Caron, in his 38th year of service, knows a thing or two

## "Every soldier needs mentoring"

-Sgt. Moses Gross

The Army Reserve, part of the Total Force, requires extensive training to keep Soldiers capable, combat-ready, and lethal. For the largest Federal Reserve force in the nation's history, exercises like Operation Cold Steel are vital to being able to deploy rapidly to any part of the world.

The 79th Theater Sustainment Command, the lead agency for Cold Steel's Fort Hunter Liggett portion of the exercise, provided cadre to support a variety of roles from classroom instruction to range safety. The selected 79th TSC Soldiers and those from downtrace units called itself Task Force Coyote.

"Cadre are our leaders for the operation," said 1st Sgt. Derrick Roberson, Task Force Coyote first sergeant. "We are everywhere for the Soldiers so that we can provide all the tools to help them perform."

That's no small task, considering each cycle of Soldiers has a four-day window to become proficient on the crew-served weapon systems they are assigned. These systems include the M249 light machine gun, M240 and M2 machine guns and the Mark 19 40 mm grenade machine gun.

"A lot of these Soldiers haven't had the opportunity to handle crew-served weapons," said Spc. Christian Bennett, a wheeled-vehicle mechanic with the 79th TSC and cadre for Cold Steel. "This is their chance to gain new skills to take back

about transitioning and restructuring.

"We have a lot of newer troops here at Operation Cold Steel II, supporting the mission. We have a lot of senior troops too," he said. "We can help sharpen our younger cadre and prepare them for upcoming promotions. They help us older guys out as well because they help us adapt to the changes. It benefits everybody here."

The Cadre have not accepted this mission lightly. Primarily comprised of noncommissioned officers, these Soldiers have taken a personal interest in the task at hand.

"Every Soldier needs mentoring," said Sgt. Moses Gross, a financial management technician with the 79th TSC and a Task Force Coyote range safety. "It's good to be able to give them the one-on-one training. From the primary marksmanship instruction classes to live-firing the weapons, they need guidance."

Sgt. Felicia Obaya, a motor transport operator with the 851st Transportation Company, 79th TSC, is a range safety officer for Task Force Coyote, keeps her eye on safe training.

"My job is to ensure that everybody knows the proper mechanics of each of the weapons," she said. "Ensuring that everybody is safe is top priority."

In 2017, an estimated 1,800 Army Reserve Soldiers from approximately 60 Army Reserve units participated in the U.S.



Spc. Zachary McFarlane makes adjustments on an AN/PAS-13 Thermal Weapon Site while Sgt. 1st Class Trevor Bissett, motor transportation operators, 182nd Transportation Company, observes during Operation Cold Steel II, hosted by the 79th Theater Sustainment Command at Fort Hunter Liggett, Calif., Nov. 29, 2017. (U.S. Army photo by Sgt. Heather Doppke)

Army Reserve Command's inaugural Operation Cold Steel, hosted by the 84th Training Command.

More than 450 weapons crews were trained and certified over the seven-week duration of OCS. The exercise executed crew-served weapons platform qualifications through multiple 12-day rotations, with Soldiers qualifying on Mark 19 40 mm grenade machine gun, M240B machine gun and

## "exercises like Operation Cold Steel are vital to a force that can be asked to deploy rapidly to any part of the world"

M2 machine gun weapons systems.

The first Operation Cold Steel was a successful proof of principle, concluding with a qualification rate of 93 percent.

Maj. Ryan Gore, Task Force OCS II operations officer-in-charge, noted the changes to this year's Cold Steel

exercise.

"It will focus on crew-served weapon and platform qualification as well as collective live-fire training to enhance the readiness of selected units," Gore said. "Additionally, it provides a platform for Soldiers to be trained as Vehicle Crew Evaluators and gain practical experience so they can effectively perform in this capacity at their units. Finally, it teams newly-trained Army Reserve Master Gunner Common Core graduates with seasoned active-component Master Gunners to build the bench that will enable units in the Army Reserve to conduct gunnery autonomously at the unit level in the coming years."

According to Gore, this combination of training is designed for units to become self-sufficient in completing this training on their own.

"The 79th has sent out some high quality personnel," said Brig. Gen. Richard Staats, senior advisor for Task Force Coyote. "They're doing excellent work out here, and I don't think they could do a better job."

# SHARPENING STEEL

Photos by Sgt. Heather S. Doppke  
79th Theater Sustainment Command



Sgt. Marco Hermosillo, motor transport operator, 419th Transportation Company, zeros an M240B machine gun on Nov. 30, 2017, as part of Operation Cold Steel II hosted by the 79th Theater Sustainment Command at Fort Hunter Liggett, Calif. Nov. 30, 2017.



Spcs. Robert Norvell and Erica McCallister, human resource specialists, 350th Human Resources Company, work together as gunner and assistant gunner during target accusation practice on a Mark 19 40 mm grenade machine gun as part of Operation Cold Steel II on Nov. 11, 2017.



Spc. Stephen Justin adjusts an AN/PAS-13 Thermal Weapon Sight while Staff Sgt. Jeff Harley looks on. Both Soldiers are petroleum supply specialists with the 842nd Quartermaster Company, preparing to send the first rounds downrange with an M2 machine gun for weapons qualification during Operation Cold Steel II Oct. 15, 2017.

"As we restructure, events like this help to give a feel of what lies ahead in future missions."

-Master Sgt. Robert Caron



Staff Sgt. Dorian Yeager, water treatment specialist, assists Spc. Justin Martinez, paralegal specialist, both with 382nd Combat Sustainment Support Battalion, while he fires the first rounds downrange with an M2 machine gun for weapons qualification during Operation Cold Steel II, Oct. 15, 2017.



Spc. Christopher Landon, a motor transport operator assigned to the 182nd Transportation Company, fires an M240B machine gun as part of Operation Cold Steel II, Dec. 2, 2017.



Staff Sgt. Jeff Harley, petroleum supply specialist, 842nd Quartermaster Company, adjusts a traversing and elevation mechanism on an M2 machine gun during Operation Cold Steel II, Oct. 15, 2017.



# AFTER THE STORM

## 373rd CSSB Conducts High Water Rescue Missions

Story by Spc. Kaitlin Waxler  
4th Sustainment Command (Expeditionary)

BEAUMONT, Texas – The U.S. Army Reserve’s 373rd Combat Sustainment Support Brigade assisted local authorities here during relief efforts in the wake of Hurricane Harvey.

Capt. Tabitha Williams, commander of Headquarters and Headquarters Company, 373rd CSSB, directed Army Reserve Soldiers on multiple missions under Defense Support of Civil Authority (DSCA) to administer aid for people affected by the catastrophic hurricane.

“(DSCA) allows us, as federal assets, to assist local civilian authorities in times of disaster,” explained Williams. “My role is to accept the DSCA mission and orchestrate our Soldiers in ways that will be the most useful.”

Williams oversaw Soldiers in her company, as well as those with the 348th Transportation Battalion.

“Our Soldiers are providing capabilities to travel through high water and collect multiple citizens,” Williams said. “They’re providing expertise and efficiency while collaborating with the

Beaumont Fire Department and Police Department.”

Although the circumstances were less than ideal, the Army Reserve Soldiers were prepared and equipped for the mission. Water levels continued to rise throughout the week, but the skills that Soldiers acquired during previous training events proved to be effective.

“They are well-trained, licensed, and experienced drivers in these vehicles, but the conditions of driving in so many feet of water—it is new to the Soldiers,” explained Williams. “Even though there were so many variables, basic soldiering skills allowed us to adapt and overcome, and we were successful in that.”

The primary focus for the Soldiers was to assist in high-water rescues.

Many people in the Beaumont area chose not to evacuate their homes, so the Fire Department and Soldiers made frequent trips to check up and ensure their safety.

Fire Captain Cody Theriot, leader of Beaumont Fire Department’s Strike



Staff Sgt. Darrell Thibeaux, a human resources specialist with the 373rd Combat Sustainment Support Brigade, is thanked by a survivor during a high water rescue mission in Beaumont, Texas, Sept. 1, 2017. (U.S. Army photo by Sgt. Heather Doppke)

“When opportunity arises and local officials can use the Reserve, we stay as long as they need us.”

–Sgt. Beau Burkhead

Team 3, said that the efforts and resources put forth by the U.S. Army Reserve were critical in life-saving missions.

“The Reserve has been a big help. The Soldiers want to jump in and help local authorities, and it’s been outstanding,” said Theriot. “They’re driving [military tactical vehicles] for us. As we’ve needed help in the water, they’ve been jumping in with us and helping to rescue people. They’re really doing a great job at getting us where we need to go.”

Sgt. Beau Burkhead, a water purification specialist with the 373rd CSSB, drove Strike Team 3 around the flooded city, and tried to eat and rest at the fire station in between calls.

“When opportunity arises and local officials can use the Reserve, we stay as long as they need us,” said Burkhead. “This is a great, real-life experience for Reserve Soldiers. Getting to apply everything we learn in training ... it puts a real sense of purpose to all of this.”

Sgt. Ronald Allen, a unit supply

specialist with the 373rd CSSB, explained just how large of an impact the team had on rescue missions.

“There were at least 150 adults and 100 kids, along with 15 animals,” explained Allen. “That was the first day. The other vehicles were only able to carry three people at a time, and ours could transport twenty-five to thirty people at a time.”

By the end of operations, Army Reserve Soldiers had assisted in over 700 evacuations of citizens, 170 animals, and transported over 100 emergency personnel to critical locations.

The 373rd CSSB and 348th Transportation Battalion belong to the 4th Sustainment Command (Expeditionary). The command has units throughout Arkansas, Louisiana, New Mexico, Oklahoma, and Texas. As part of America’s Army Reserve, these units are trained, combat-ready and equipped to provide military and logistical support in any corner of the globe.



Sgt. Beau Burkhead, a water treatment specialist with the 373rd Combat Sustainment Support Brigade, stops to give direction to one of the survivors while conducting a water level survey with Beaumont Fire Department in Beaumont, Texas, Sept. 2, 2017. (U.S. Army photo by Sgt. Heather Doppke)



Staff Sgt. Darrell Thibeaux, a human resources specialist with the 373rd Combat Sustainment Support Brigade, helps survivors into a Medium Tactical Vehicle during a high water rescue mission in Beaumont, Texas, Sept. 1, 2017. (U.S. Army photo by Sgt. Heather Doppke)



Sgt. Phillip Bradley, an information technology specialist with the 373rd Combat Sustainment Support Brigade, sits and eats after returning from a high water rescue mission in Beaumont, Texas, Sept. 1, 2017. (U.S. Army photo by Sgt. Heather Doppke)



Sgt. Phillip Bradley, an information technology specialist with the 373rd Combat Sustainment Support Brigade, helps unload survivor’s recovered items from the back of a Medium Tactical Vehicle during a high water rescue mission in Beaumont, Texas, Sept. 1, 2017. (U.S. Army photo by Sgt. Heather Doppke)





# SOLDIERS, SQUADS CONTEND FOR 79TH TSC BEST WARRIOR AND TOP SQUAD TITLE

## The Best of the Best

By Staff Sgt. Robert C. Pufahl

FORT HUNTER LIGGETT, Calif. – Competitors from the 311th, 4th, 451st, and 364th Expeditionary Sustainment Commands and the 79th Theater Sustainment Command's Special Troops Battalion competed in this year's Best Warrior and Top Squad Competition, May 17-20, 2018.

In a change to previous competitions held annually by the 79th TSC each unit was represented by a squad. The members of each squad vied for the title of Best Soldier or Best Non-Commissioned Officer individually. The highest Army Physical Fitness Test score was also a new award category this year.

Competitive events included ruck marches, an obstacle course, day and night land navigation, weapons qualification, and other challenging surprises.

At the culmination of the grueling three-day competition

tested at BWTSC are important.

"All of these infantry tasks are vital to our sustainment for our fighting force," she said.

Sgt. Alanzo Patterson of the 364th ESC noted how unusual the challenge was.

"It's quite different from anything I've done. The sleep deprivation; not being able to tell the time besides by daylight. The different tests that we're having are above our knowledge," he said.

Competitors were not allowed to have any electronic devices such as phones or watches, and were not even told what time of day it was. Drill Sergeants were on hand to provide additional training and discipline. Meals consisted of MREs and loud music was played prior to sleeping hours and at wake up to create extra difficulty for the tired competitors.

## "It's meant to put us in stressful situations so we can learn what our limits are and push past those."

-Sgt. Charles Cherry

Spc. Camden Ewell and Sgt. James Southard, both of the 364th ESC, were named Best Soldier and Best NCO, respectively. The 451st ESC claimed the spot of Best Squad with Sgt. John Zukaitis, Sgt. Louis Serra, and Pvt. 2nd Class Wayne Jasper. The highest APFT score award went to Spc. Tuoc Le of the 311th ESC.

The Best Warrior and Top Squad Competition tests Soldier skills and the personal resilience of all the competitors. In preparation for the event competitors not only have to focus on physical fitness but also on Warrior Task Training. According to Sgt. Angela Myers of the 311th ESC the skills

In addition, the Soldiers had seven graded essays to complete throughout the competition on topics ranging from why they joined the Army to what it will look like in 100 years. Adding to the challenge were mystery events to see how well competitors could negotiate the element of surprise. One such event was a race between two competitors pushing cars, moving water cans and ammo boxes, and low crawling as quickly as possible.

Spc. Francisco Aguirre of the 4th ESC emphasized that competitors were expected to show up ready to excel. "This is not a training station where you'll be taught how



Sgt. Angela Myers fires an M2A1 machine gun during the Best Warrior Competition 2018 at Fort Hunter Liggett, Calif., June 17. (U.S. Army photo by Sgt. Heather Doppke)

to achieve, and how to perform the steps. This is someone evaluating your competency, your proficiency in these skills, and grading you based on that," he said.

Sgt. Charles Cherry of the 79th TSC STB believes that the competition builds character, morale, and great leaders for the future. According to him the squad portion especially provided an opportunity to develop leadership skills.

"It's a chance to lead Soldiers. It's a great experience for me and the only way to get better is to do it in challenging situations. If you're going to lead a team here, be there for your team. It's not about you," he said.

In the eyes of the 311th ESC's Spc. Kevin Pendleton the competitors had good reasons for taking on the difficult competition.

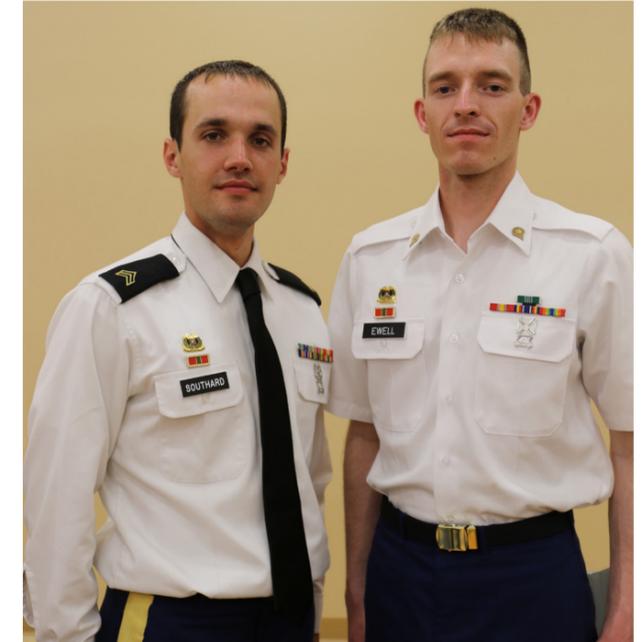
"I really do enjoy the environment that we are in. It's meant to put us in stressful situations so we can learn what our limits are and push past those," he said.

Other Soldiers noted embracing the personal challenge and even the potential for career progression. Whatever the reason for competing, Soldiers felt the pride of accomplishment at the end. Cherry didn't have to wait to hear the results to know he was a winner.

"My dream has already come true. I led these guys. We had a great time and I just want to see them prevail throughout the Army, whatever their endeavors are," he said.



Spc. Michael Rountree, a chemical, biological, radiological and nuclear specialist, 478th Human Resources Company, checks a map during the night land navigation course. (U.S. Army photo by Sgt. Heather Doppke)



Sgt. James Southard and Spc. Camden Ewell, petroleum supply specialists, 786th Quartermaster Company, are named Best NCO and Best Soldier. (U.S. Army photo by Staff Sgt. Robert Pufahl)



Sgt. Louis Serra, transport management coordinator, 535th Movement Control Team, runs through the obstacle course during the Best Warrior Competition 2018 at Fort Hunter Liggett, Calif., June 17. (Photo by Sgt. Heather Doppke)



Best Warrior Competitors hike during the ruck march as part of the Best Warrior Competition 2018 at Fort Hunter Liggett, Calif., June 17. (Photo by Sgt. Heather Doppke)



Spc. Antonio Hernandez, culinary specialist, 79th Quartermaster Company, runs through one of the surprise events of the warrior challenge. (U.S. Army photo by Staff Sgt. Robert Pufahl)



Spc. Michael Rountree, a chemical, biological, radiological and nuclear specialist, 478th Human Resources Company, low crawls during the obstacle course. (U.S. Army photo by Sgt. Heather Doppke)





# REMEMBERING THE BATAAN DEATH MARCH

## Soldiers hike 26.2 miles in memorium

Story by Capt. Thomas Piernicky  
4th Sustainment Command (Expeditionary)



Command Sgt. Maj. Eric Archuleta with the 4th Sustainment Command (Expeditionary) at Fort Sam Houston, San Antonio, Texas, shakes hands with U.S. Army Col. (Ret.) Ben Skardon, a survivor of the original Bataan Death March, at White Sands Missile Range, New Mexico, March 25, 2018. (Photo by Capt. Thomas Piernicky)



The Bataan Memorial Death March is a 26.2-mile run/ruck/walk event held annually to honor thousands of American and Filipino soldiers who defended the Philippines at the outbreak of World War II. (Air Force photo by Senior Airman Steven A. Ortiz)



Servicemembers, families and civilians participate in the 29th Annual Bataan Memorial Death March on March 25, 2018 at White Sands Missile Range, New Mexico. (Air Force photo by Senior Airman Steven A. Ortiz)



Soldiers with the 364th Training Support Battalion, 5th Armor Brigade, 1st Army, stationed at Fort Bliss, Texas pose for a team photo before beginning the 2018 Bataan Death March. (Photo by Capt. Thomas Piernicky)



Maj. Linda Zamora with the 372nd Quartermaster Battalion (Petroleum Support) stationed at Kirtland Air Force Base, New Mexico, briefs her team on the route for the 2018 Bataan Memorial Death March. (Photo by Capt. Thomas Piernicky)



Servicemembers honor the 75,000 who surrendered to invading Japanese forces on April 9, 1942, and were marched by their captors over 60 miles through treacherous jungle terrain and into captivity. (Air Force photo by Senior Airman Steven A. Ortiz)

WHITE SANDS MISSILE RANGE, N.M. — U.S. Army Reserve Soldiers with the 4th Sustainment Command (Expeditionary), based in San Antonio, took part in the 2018 Bataan Memorial Death March, here, March 25, 2018.

This yearly event honors the nearly 10,000 U.S. and Filipino Soldiers that died during an April 1942 forced march at the hand of their Japanese captors during World War II.

More than 8,000 participants tackled the Bataan Memorial Death March this year either as individuals or teams. One team leader was U.S. Army Reserve Capt. Troy Catterton, a logistics officer with the 4th ESC who works in the unit's emergency operations center. Catterton was inspired to participate by his boss, Lt. Col. Bob Wagner, who completed the march previously.

"I knew about the Bataan Death March, but didn't know the historical context behind it," said Catterton. "It's a realistic opportunity show appreciation, and through the suffering and challenges of service members coming back from World War II. It brings personal pride and value to me and will reflect honor on my unit."

Catterton knew the event would be a grueling endeavor. He did research on the historic march to better understand what the U.S. and Filipino Soldiers endured. In 1942, after seven months of fighting, those Soldiers surrendered to the Japanese Army and were forced to march 65 miles through the sweltering heat of the Philippine jungle. Many died of disease, injury or were executed by their captors during the

march.

While the original death march covered 65 miles in jungle terrain, the memorial march course allows participants to do a 14.2 or 26.2-mile route. Catterton's team prepared to complete the 26.2-mile course set in the rigorous New Mexico desert at White Sands Missile Range. Events like the Bataan Memorial Death March hone a Soldier's body and mind ensuring today's Army Reserve is the most capable, combat-ready, and lethal Federal Reserve force in the history of the Nation.

Such preparation and training required a significant commitment from Catterton. He started his training by doing Crossfit then switched to three days of ruck marching interspersed with two days of running four to six miles. Catterton said the terrain of Fort Sam Houston, Texas, has numerous hills that built his endurance for the march.

"The regimen that I conduct is that every other day is a ruck day," said Catterton. "I get to Fort Sam at 0500 in the morning, I put on a 50-pound ruck and my boots, and I will ruck for about three consecutive hours."

For one member of Catterton's team, this is her 13th time participating in the Bataan Memorial Death March. U.S. Army Reserve Maj. Linda Zamora, executive officer for the 372nd Quartermaster Battalion (Petroleum Support) stationed at Kirtland Air Force Base, New Mexico, conducts a 6-day-a-week training regimen that incorporates trail running and rucking in sand.

"Typically, I started training at Thanksgiving," said Zamora. "We train to get the body strong, the mind strong."

Another member of Catterton's team, U.S. Army Reserve Maj. Mike Hopkins, the 372nd QM BN Intelligence Officer, is no stranger to ruck marching. Hopkins attended the Special Forces Qualification Course in which he recalled ruck marching 250 miles over a two week period.

"This is the ultimate challenge for foot marches," said Hopkins. "It teaches you how far you can go. You can't stop. You find new limits you didn't know were there."

The ability to push the body past known physical limits starts with a proper mindset. Catterton said the key to finishing the Bataan Memorial Death March is high morale. That morale and high motivation were displayed on the team's smiling faces at the opening ceremony of the event. During the opening ceremony, survivors of the original Bataan Death March were present for a roll call and greeted the participants as they began the march.

"It's neat to have the survivors from the original march at

the start," said Zamora.

Zamora recalled seeing a particular Bataan Memorial Death March survivor at a specific checkpoint every year during her first several marches. She said he had a way of motivating her to finish because she realized his march was far worse than what she was taking on. Then, one year, he wasn't at that check point. The survivor had died in the months preceding the annual memorial march.

"I was crying," said Zamora. "It was sad that I would never see him there encouraging me on."

That sort of inspiration was a significant driving force for Catterton's team during their 26.2-mile trek. The team crossed the finish line in 8 hours and 27 minutes. Despite their sore feet and tired bodies, the group maintained their smiles and positive attitude.

"It was a great experience and I recommend it to all ranks," said Catterton.



# FLINTLOCK 18

## U.S. Africa Command's premier and largest Special Operations Forces exercise

By Capt. Fernando Ochoa  
Special Operations Command, Africa

NIAMEY, Niger – Members of the 79th Theater Sustainment Command participated in Flintlock 2018; an annual, African-led, integrated military and law enforcement exercise April 11-20, 2018.

Flintlock, U.S. Africa Command's premier and largest Special Operations Forces exercise, has been on-going since 2005. The exercise aims to strengthen key partner nation forces throughout north and West Africa as well as Western Special Operations Forces.

Multinational partners this year included Belgium, Canada, Italy, the Netherlands, Poland, Spain and the United Kingdom.

The 79th TSC was key in running the Reception Staging Onward-Movement Integration station. The RSOI is a very important function of a military exercise which incorporates contingency and expeditionary base operations support with responsibilities for managing facilities, providing administrative and logistical support of Soldier services, and ensuring the security of personnel and facilities on a base camp.

Normally, the RSOI task is standard operating procedure, but Flintlock 2018 was not a normal exercise. This exercise was attended not only by service members from every branch of the U.S. Armed Forces but also more than a dozen African nations including the host nation of Niger.

1,900 service members from 23 African and Western partner nations moved through the RSOI but the mission didn't end there. The RSOI also had to process civilians participating in Flintlock including personnel from the State Department, civilian contractors, and journalists. Their primary mission

"This exercise gave our Soldiers real world experience learning how to fight as we train and giving us multi-skill and force multiplying tasks"

- Maj. Leticia Dreiling

was to safely check in and out all personnel and to assist in maintaining accountability as these personnel travelled through country.

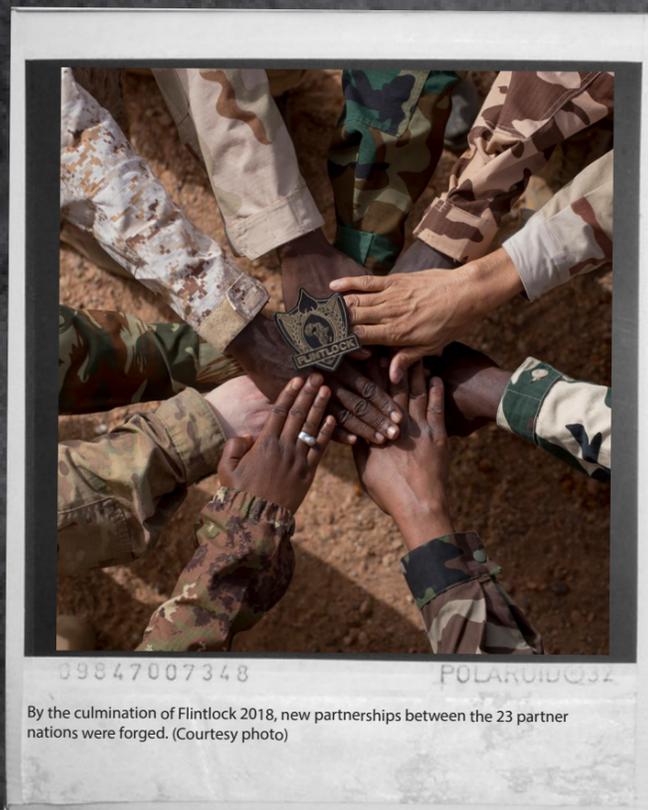
"More than most, this exercise gave our Soldiers real world experience learning how to fight as we train and giving us multi-skill and force multiplying tasks," said Maj. Leticia Dreiling, 79th TSC Support Operations plans officer in charge. "We had a heavy lift, which gave our personnel a challenge, but it also helped us build relationships and create bonds with our Allied African partners," she said.

Soldiers from the 79th Theater Sustainment Command also visited Saint Vincent de Paul orphanage, which is an international non-profit organization, where they delivered supplies to support the children April 17, as the exercise was coming to a close.

Led by a 3rd Special Forces Group (Airborne) first sergeant, from Fort Bragg, North Carolina, Soldiers delivered 100 kilos of beans, 50 kilos of rice, Nestle baby formula and other assorted food supplies. Donations were also given by the Spirit of

America organization who help charitable causes throughout the African continent.

"For me, this was the best day I had during the Flintlock exercise, delivering these supplies and love to these deserving children," said Maj. Shannon Memminger, 79th TSC support operations planner. "But, our team also provided crucial support to the Flintlock 2018 exercise, including logistics, movement and RSOI services," he said.



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By the culmination of Flintlock 2018, new partnerships between the 23 partner nations were forged. (Courtesy photo)



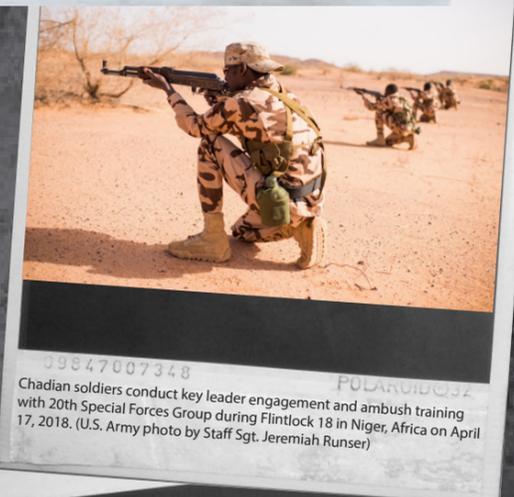
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A U.S. military member interacts with orphans at Saint Vincent Orphanage of Niamey during Flintlock 2018 in Niamey, Niger, April 18, 2018. (U.S. Army photo by Sgt. Heather Doppke)



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A Nigerian Soldier marches across the airfield at the start of the opening ceremony of Flintlock 2018 in Niamey, Niger, April 11, 2018. (U.S. Army photo by Sgt. Heather Doppke)



04341077087-8  
Soldiers of the Belgium Special Operations Surgical Team render aid to a casualty as part of an exercise during Flintlock 2018 in Tahoua, Niger, April 16, 2018. (U.S. Army photo by Sgt. Heather Doppke)



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Chadian soldiers conduct key leader engagement and ambush training with 20th Special Forces Group during Flintlock 18 in Niger, Africa on April 17, 2018. (U.S. Army photo by Staff Sgt. Jeremiah Runser)



04341077087-8  
Nigerien Armed Forces conduct a convoy movement, key leader engagement and ambush exercise during Flintlock 18 in Niger, Africa on April 15, 2018. (U.S. Army photo by Staff Sgt. Jeremiah Runser)



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Forces Armées Nigériennes soldiers wait for their turn to conduct close quarters combat training with U.S. Special Forces advisors during Flintlock 2018 April 13, 2018 in Agadez, Niger. (U.S. Army photo by Staff Sgt. Daniel Love)





U.S. Army Reserve Spc. Leo Erro Trajano, culinary specialist, 693rd Quartermaster Company, views the range through an AN/PAS-13 Thermal Weapon Site preparing to send rounds downrange with an M2A1 machine gun for weapons qualification during Operation Cold Steel II, hosted by the 79th Theater Sustainment Command at Fort Hunter Liggett, Calif., Oct. 16, 2017. Operation Cold Steel is the U.S. Army Reserve's crew-served weapons qualification and validation exercise to ensure that America's Army Reserve units and Soldiers are trained and ready to deploy on short-notice and bring combat-ready and lethal firepower in support of the Army and our joint partners anywhere in the world. (U.S. Army photo by Sgt. Heather Doppke, 79th Theater Sustainment Command)

# Dispatches from the field

## WWII Memoirs

The following is an excerpt of a book contributor Phil Jackson is writing about his father, Capt. Edwin C. Jackson. CPT Jackson served in the U.S. Army from 1942-1953, and saw action as a platoon leader and operations officer in the 314th Infantry Regiment, eventually earning a Silver Star and three Purple Heart medals.

Photo right: 2nd Lt. Edwin Jackson at Camp Gruber, Okla., 1943.



As the 314th prepared to cross the Meurthe River on 21 September 1944, Lt. Jackson received the first of his 3 combat wounds and his first Purple Heart medal. He was shot in the head by a sniper about 1 mile north of Fraimbois. The bullet entered the front of his helmet, travelled around between the steel outer helmet and the fiber liner, and exited out the back. He did have a scar over his ear as a result but narrowly escaped death. When at the Aid Station another soldier saw his helmet with bullet holes front and back lying on the ground and remarked that he pitied the poor soldier who it belonged to. Lt. Jackson informed him that it was his.

The following is a first-hand account by Lt. Dick Orphan who was a forward observer with the 314th Cannon Company and was with Lt. Jackson when it happened. Lt. Orphan's job was to accompany a Rifle Company and coordinate artillery fire from rear positions to support them.

"One misty morning near the town of Luneville with the Rhine-Marne Canal just ahead, we knew that the German defenses were across the canal. Being foggy in the early morning, we were able to warm a cup of coffee over flaming K ration boxes. I was talking with the [K Company platoon leader] named Jackson. As we were looking at a map together planning the day's activities, the mist began to clear as the sun rose. Suddenly a German sniper must have had us in his sights. I heard a crack quite different from the usual rifle sound. Jack was hit through his helmet and bleeding profusely out of his head. I often thought that there was a 50-50 chance of being selected by the German sniper and one must continually face in combat the chances of being killed but dwelling on the prospect does not make it easier. Jackson was evacuated and I did not see him again but was told later that he did recover."

The 3rd Battalion, 314th Infantry, 79th Division was awarded a Presidential Unit Citation for its actions from 20 Sep 1944 to 23 Sep 1944 to establish a bridgehead across the

Meurthe River.

While recuperating from his wound, the 79th Division moved beyond the Meurthe River and cleared the Foret (forest) de Parroy in what was their bloodiest battle to date. Tree bursts from German artillery shells sent splinters flying in all directions and caused many casualties.

On 18 October, Lt. Jackson returned to duty in Company K near Manonviller just as the Division was preparing to be relieved by the 44th Division. On 23 October, the day the 44th relieved them; I Company's CO (Commanding Officer), Capt. Erdman, and Lt. Seymour were seriously wounded. Lt. Jackson was transferred to I Company as CO on 25 October.

For 18 days, beginning on 24 October, the Division was on R&R in Luneville where they enjoyed showers, hot meals, clean clothes, movies and slept with roofs over their heads. In addition, daily training sessions provided time to absorb the many replacements that had arrived.

On 11 November the 79th left Luneville on its next mission to force the Saverne Gap through the Vosges Mountains and drive the enemy out of Alsace. If the Germans were not driven from the mountains before winter set in, they could delay the Allied advance until spring.

During the next two weeks, the 79th pushed through the Saverne Gap and was in Hoerd, between Strasbourg and Haguenau, by Thanksgiving.

On 5 December the 79th, while still part of the US Seventh Army, passed from XV Corps to VI Corps to participate in a planned offensive to the northeast which was to culminate in the breaching of the Siegfried Line. The 79th's mission was to attack on the Corps' right flank, seize Haguenau and be ready to clear the Foret de Haguenau which contained large German ammunition dumps.

On 9 December 1944 Lt. Jackson led I Company on an attack about 1 mile southwest of Haguenau, France. During the attack he was wounded, earning his second Purple Heart.

In addition, he was awarded the Silver Star medal for his actions. He later recounted that during the attack as he and his radioman ran across a field one of them stepped on a land mine and that his radioman lost his leg from the explosion.

The 79th Infantry Division General Order 35 dated 12 March 1945 reads as follows:

AWARD OF SILVER STAR. Pursuant to authority contained in AR .600-45, the Silver Star is awarded to Captain EDWIN C. JACKSON, 01321039, Infantry, 314th Infantry, United States Army, for gallantry in action against the enemy on 9 December 1944 in France. When Captain Jackson received an order for an attack he conducted a personal reconnaissance of the terrain and enemy positions in his company's area of attack. At the appointed time he led his company in the attack on the enemy position, routing two enemy companies, taking 30 prisoners and killing 24 enemy. During the attack Captain JACKSON was wounded but refused evacuation until the company's mission was accomplished. His outstanding leadership and devotion to duty reflect highest credit upon himself and the armed forces of the United States.

On 12 January Lt. Jackson rejoined I Company near Rohrwiller, France about 7 miles southeast of Haguenau. During his absence, the 79th had continued its attack across the Moder River during the bitterly cold Alsatian winter and advanced northeast across the Lauter River (the boundary line between France and Germany) and into the Siegfried Line and, as a result of Operation Nordwind by the Germans, had fallen back to defensive positions south of Haguenau along the Moder River, giving up their hard fought gains made in December.

On 1 January 1945 the Germans began Operation Nordwind. The offensive was to break through the lines of the U.S. 7th Army and French 1st Army in the Upper Vosges mountains and the Alsatian Plain, and destroy them. This would leave the way open for Operation Dentist and the destruction of the U.S. 3rd Army.

It soon had the under strength U.S. 7th Army in dire straits. The 7th Army, at the orders of U.S. General Dwight D. Eisenhower, had sent troops, equipment, and supplies north to reinforce the American armies in the Ardennes involved in the Battle of the Bulge.



Capt. Edwin Jackson (circled, center-back row) with Company K outside Paris. (Photo courtesy of Phil Jackson)

U.S. VI Corps, which bore the brunt of the German attacks, was fighting on three sides by 13 January. With casualties mounting, and running severely short on replacements, tanks, ammunition, and supplies, Eisenhower, fearing the outright destruction of the U.S. 7th Army, rushed already battered divisions hurriedly relieved from the Ardennes, south-east over 100 km, to reinforce the 7th Army. Their arrival was delayed, and the Americans were forced to withdraw to defensive positions on the south bank of the Moder River on 21 January. The German offensive finally drew to a close on 25 January, the same day that the reinforcements began to arrive from the Ardennes.

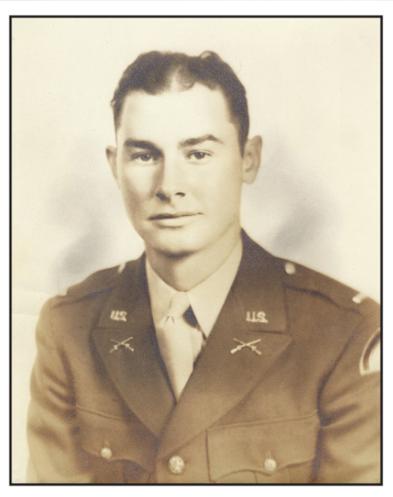
Hitler's last offensives in December 1944 in the Ardennes region of Belgium and Luxembourg, and in January 1945 in

" Captain Jackson was wounded but refused evacuation until the company's mission was accomplished."

the Alsace region of France marked the beginning of the end for the Third Reich. With these final attacks, Hitler had hoped to destroy a large portion of the Allied ground force and to break up the Allied coalition. Neither objective came close to being achieved. Although perhaps the Allies' victory in the spring of 1945 was inevitable, no doubt exists that the costs incurred by the Germans in manpower, equipment, supplies, and morale during the Ardennes-Alsace battles were instrumental in bringing about a more rapid end to the war in Europe.

The battle in the Alsace appeared to be less dramatic than in the Ardennes, but was no less an Allied victory. Hitler spent his last reserves in Alsace and with them the ability to regain the initiative anywhere.





A postcard depicting 2nd Lt. Ediwin Jackson from Camp Gruber, Okla. (Photo courtesy of Phil Jackson)



Top right: Capt. Jackson (center) with fellow Lieutenants in Holland.  
Middle right: U.S. troops at the Meurthe River, France.  
Bottom right: U.S. troops at the Meurthe River, France.  
(Photos courtesy of Phil Jackson)

Action on 25 January was particularly intense. The Germans had broken through the MLR (Main Line of Resistance) northeast of Haguenau in the area held by the 222nd Infantry (42nd Division). Companies I and K of the 314th were moved to Neubourg and called on to help repel the German attack through the Bois d'Ohlungen. It was here that Lt. Jackson was wounded in the face by artillery fragments but remained on duty. This qualified him for his third Purple Heart medal. One document lists the date of his wound as 27 January but since on that day the 314th was relieved by the 101st Airborne and a 24 hour rest before they moved to the southern edge of Haguenau to relieve the 242nd Infantry, it is more likely that he was wounded on the 25th.

After securing Haguenau, the division enjoyed 10 days of R&R at Dieulouard between Nancy and Metz. While there, Lt. Jackson received a promotion to the rank of Captain.

On 17 February the 79th became part of XVI Corps and the Ninth US Army and moved to an area north of Tongres (present day Tongren), Belgium for further training and to resupply equipment for future operations.

On 23 February the 314th was assigned to assist the 35th Division crossing the Roer River while the rest of the 79th Division was held in reserve. The 314th feinted a crossing on 26 February thus allowing the 35th Division to successfully cross the Roer and clear the enemy from in front of the 314th. This ended their mission and they rejoined the Division.

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# THE ARMY GOES ROLLING ALONG

## From Washington to Kentucky the 376th executes the start of Nationwide Move

Story by Chief Warrant Officer Ricardo Villanueva, 79th TSC and Master Sgt. Richard Mallozzi, 376th Transportation Company



MISSOULA, Mont. – Members of the 376th Transportation Company executed the first iteration of Nationwide Move 2018 on February 16, 2018, as it sent 35 Soldiers to haul equipment from Joint Base Lewis-McChord, Washington, to Fort Knox, Kentucky, in support of Bridge - Combat Support Training Exercise 2018.

Nationwide Move is a comprehensive training exercise that provides Army Reserve transportation units valuable and realistic training as they perform real-world equipment hauls to supply other on-going training exercises throughout the United States. Units assigned to Nationwide Move perform front hauls and back hauls, or convoys, gaining valuable experience while fulfilling a needed capability.

In its first year as lead coordinator for Nationwide Move, the 79th TSC tasked the 451st Expeditionary Sustain-

ment Command to oversee movement of essential equipment that would be transported with Army Reserve assets in order to support Bridge - Combat Support Training Exercise 2018. The 79th TSC tasked the 376th TC to provide trucks and personnel to transport the vital equipment to the exercise.

Soldiers of the 376th TC battled snow, ice, and freezing temperatures as they moved 20 High Mobility Multipurpose Wheeled Vehicles (HMMWVs), and various skid-mounted generators for a total of about 3,168 miles per truck.

"I enjoyed Annual Training for the purpose of driving our equipment long distance and through varying weather conditions," said Staff Sgt. Gideon Cooper, 376th TC. "It is not often, even on active duty, that we have the chance to drive through the conditions we did and experience the satisfaction of complet-

ing a rather arduous mission."

The convoy initially traveled Westbound from Missoula, Montana to pick up equipment at Joint Base Lewis-McChord and Marysville, Washington. The convoy picked up 364th ESC equipment then moved Eastbound in order to meet the expected delivery to Fort Knox, Kentucky by February 27.

The mission itself was not routine, due to the adverse winter weather, said Master Sgt. Richard Mallozzi, 376th TC Senior Truck Master. Mallozzi planned for freezing temperatures and briefed the Soldiers volunteering for their first Nationwide Move mission.

"This mission truly exercised all aspects of our Company," said Mallozzi. "The Soldiers' morale was high throughout the mission. The multiple weather and road conditions pushed our drivers and mechanics to enhance their driving skills on the spot. This is the best exer-

cise to properly evaluate an M915 truck company."

With most of the mountainous terrain covered in snow and ice, the maintenance platoon and the drivers worked on various trucks along the way. Truck malfunctions and breakdowns occurred due to extreme weather, lack of equipment usage, and faulty parts; the realistic breakdowns helped to exercise the unit's breakdown procedures and flex the mechanics' and drivers' knowledge on their assigned equipment.

Equipment was tracked utilizing the Coalition Mobility System, a newly-developed Department of Defense-approved application used for in-transit visibility of military equipment.

The equipment arrived on time, as expected, and a different team from the 376th TC performed the back haul after the exercise was over. The substitution was necessary in order to provide realistic motor transport operations training for as many transportation Soldiers as possible, said Chief Warrant Officer 3 Ricardo Villanueva, a Mobility Officer and Officer in Charge of Nationwide Move for the 79th TSC.

Villanueva added that the first leg of Nationwide Move went considerably well, even with the extreme weather conditions and the shortage of personnel and equipment.

"We came across a lot of challenges well before moving any trucks," said Villanueva. "But having experienced, proactive and motivated units, like the 451st ESC and the 376th TC made this mission a success. Having experienced Soldiers coordinating at the transportation company-level makes all the difference when planning realistic training." This iteration is just one portion of Nationwide Move which this year will also involve moving equipment to Maple Resolve, a multinational exercise in Wainwright, Canada.



## HIIT IT

By Sgt. Heather Doppke

First off...what is HIIT? HIIT stands for High-Intensity Interval Training, and you can use almost any type of exercise for a HIIT routine. It's a form of cardio that can give you phenomenal results in a very short amount of time. The basic foundation to HIIT is intervals of high intensity activity coupled with intervals of low intensity activity or rest. The key is to shock your body, forcing it to use fat as fuel by never allowing it adjust to one level of intensity.

### Benefits of HIIT:

- Burns fat faster and longer: Traditional cardio workouts burn fat only during the workout but HIIT allows your body to continue losing weight during times of rest.
- Saves you time: Lack of time, one of the main excuses as to why people don't workout, is now less of a problem since you can perform HIIT only a few times a week in under 30 minutes and see results.
- Location and equipment do not matter: It's something you can do anywhere with or without equipment. This is beneficial for Soldiers because often times they may be in a location without any access to a gym or other form of workout equipment.
- Preserve muscle mass: Unlike traditional cardio workouts, where some muscle will be burned as fuel, HIIT focuses on just burning fat, which means the likelihood of your body growing muscle mass would be higher.

Now that you've seen a few of the benefits from HIIT, here are a few examples to get you started:

- Beginner: 15 seconds high-intensity exercise / 60 seconds rest or low-intensity exercise
  - o Repeat this 10x, ending with a final 15-second high-intensity blast
- Intermediate: 30 seconds high-intensity / 60 seconds rest or low-intensity exercise
  - o Repeat this 10x, ending with a final 30-second high-intensity blast
- Advanced: 30 seconds high-intensity / 30 seconds rest or low-intensity exercise
  - o Repeat this 10x, ending with a final 30-second high-intensity blast
- Athlete: 30 seconds high-intensity / 15 seconds rest or low-intensity exercise
  - o Repeat this 10x, ending with a final 30-second high-intensity blast

Whether you're trying to burn and shred some unwanted body fat, save time with shorter but more efficient workouts or just change up your cardio style the most effective workout is the one you're willing to do. Any form of working out is better than no workout at all. The most important thing is to get moving.





# BRIDGE TO AWESOME

## 364th Soldiers battle cold conditions

Story by Sgt. Kayla Benson  
364th Expeditionary Sustainment Command



Lt. Gen. Charles D. Luckey, chief of the Army Reserve and commanding general for U.S. Army Reserve Command, tours the 364th Expeditionary Sustainment Command Jump Tactical Operations Center, March 23, 2018, in Fort Knox, Ky., during Combined Situational Training Exercise- Bridge. (U.S. Army Photo by Sgt. Kayla Benson)

FORT KNOX, Ky. – Approximately 15 Reserve Soldiers with the 364th Sustainment Command (Expeditionary) endured snow and mud as the small team hustled to build a secondary tactical operations center during Combined Situational Training Exercise - Bridge in Fort Knox, Ky., March 21, 2018.

Jump Tactical Operations Center (TOC) Coyote, the first of its kind for the 364th, demonstrated the Soldiers' ability to react in a new combat environment. Their goal was to establish and maintain communications with the main TOC, which was one mile away.

"We're training to go to an environment that is unfamiliar," explained Capt. Kevin Prevost, a training support officer with the 364th ESC. "We're breaking new ground."

"This is an idea that kind of sprung out from this exercise. Brig. Gen. Gregory Mosser and his staff want to see what we can do," Prevost said. "We are pressing forward, leaning forward in the saddle as they say, to at least attempt to set the equipment up the way it would need to be set up."

Despite the cold Kentucky winter weather and working into the night, the Soldiers successfully stood up and concealed the mobile operations center along the tree line and established 360-degree security. Communication with the main TOC was initiated by phone, email and radio using a very small aperture terminal satellite and antenna.

"Signal [and] comms could be considered the blood of the JTOC. Without them, there's really not much point to



U.S. Army Reserve Cpl. Enrique Vizcarra, culinary specialist, 1002nd Quartermaster Company, preps meat for cooking while Samuel Stanovich, an evaluator with the National Restaurant Association Military Foundation, looks on during the Philip A. Connelly cooking competition held at Fort Polk, La., March 25, 2017. During the competition, the Army Reserve partners with the National Restaurant Association to give food service personnel an opportunity to demonstrate their capability and combat-readiness while competing for recognition. (U.S. Army photo by Master Sgt. Dave Thompson)



U.S. Army Reserve Cpl. Enrique Vizcarra, culinary specialist, 1002nd Quartermaster Company, preps meat for cooking while Samuel Stanovich, an evaluator with the National Restaurant Association Military Foundation, looks on during the Philip A. Connelly cooking competition held at Fort Polk, La., March 25, 2017. During the competition, the Army Reserve partners with the National Restaurant Association to give food service personnel an opportunity to demonstrate their capability and combat-readiness while competing for recognition. (U.S. Army photo by Master Sgt. Dave Thompson)

the whole thing," said Sgt. Cory J. Seamons, a sustainment automation support management specialist with the 96th Sustainment Brigade under the 364th ESC. "Communication to the rear, data input [and] output with other units, stockages, ordering and movements all need connectivity to track and move."

The jump TOC tested the unit's capability to not just support operations remotely, but completely resume operations if the main TOC was compromised by enemy fire or chemical attack. Sustainment operations are a critical piece on the battlefield that includes moving and tracking troops, as well as supplying ammunition, fuel, equipment and life-essentials

miles from the 364th main TOC.

Even though the jump TOC staff rotated, the teamwork and morale stayed high throughout the process.

"Different people at different times have worked on this particular part of the project, so we've had input from all staff sections, and all different ranks, and people have chipped in to do their part," said Prevost. He added he felt the unit performed excellently.

The jump TOC attracted the attention of multiple distinguished visitors, including Lt. Gen. Charles D. Luckey, Chief of the Army Reserve and commanding general for U.S. Army Reserve Command.

**"We're training to go to an environment that is unfamiliar. We're breaking new ground."**

**-Capt. Kevin Prevost**

such as food and water.

Being the first project of its kind for the unit, the Soldiers had to critically assess the situation and determine the best use of the limited amount of equipment and supplies, noting their obstacles, duration of tasks, and successes.

"We were able to expand our current capabilities for the unit and actually prove a concept for future operations," said Sgt. Jordan Smith, satellite communications specialist with the 96th SB.

After two days in their first location, a team of 364th Soldiers packed up and moved to a new location, this time 15

"There was a time when we conducted operations in a very dynamic fashion like this," said Luckey during his visit to the jump TOC. "The way you all are thinking about doing this, you're on the right track."

"Much like a lot of what we do, we adapt, improvise and overcome," said Prevost.

Through projects such as Jump TOC Coyote, the Soldiers with the 364th ESC demonstrate their readiness, capability and lethality regardless of the mission or its conditions.





# TESTING THE WATERS

## Port and beach operations try the skills of 348th Soldiers

Story by Capt. Thomas Piernicky  
4th Expeditionary Sustainment Command

JOINT EXPEDITIONARY BASE LITTLE CREEK – FORT STORY, Va. –Soldiers with the 348th Transportation Battalion took part in Combat Support Training Exercise 78-18-03, here, March 1 through March 29, 2018.

CSTX 78-18-03 is a Combat Support Training Exercise with 11,000 participating service members that ensures America’s Army Reserve units and Soldiers are trained and ready to deploy on short notice.

Lt. Col. David Nowicki, commander of the 348th Transportation Battalion (Terminal), based in Houston, Texas, has five Reserve units and four attached active duty units comprised of 300 Soldiers participating in the exercise running port and beach operations. Nowicki said that the training was good for his Soldiers to practice their lethal warrior tasks while working with active duty units, which was an extra challenge as the units were spread out over long distance geographically.



Sgt. 1st Class David Tate and Sgt. Shawn Robinson, 338th Transportation Detachment, Ft. Eustis, Va., setup and test their equipment during CSTX 78-18-03, at JEB-Ft. Story, Va., March 7, 2018. (U.S. Army photo by Staff Sgt. Christopher Sofia, 78th Training Division)

“We are executing mission command where we have to empower our subordinate commanders and formations to follow commander’s intent and end state, but make the decisions to adjust as necessary to accomplish the mission,” said Nowicki.

Running ports and opening beaches for amphibious landing craft is something that few Army units can do. To do this, members of the 331st Causeway Company spent nine hours during training building a causeway just off the beach on Fort Story, Virginia. It is the only unit in the Army that can accomplish this task.

“This gives the Army an asset most people don’t know we have,” said Command Sgt. Maj. Kurt Hollier, of the 348th Transportation Battalion. “It means we don’t have to rely on the Navy.”

In the initial days of training Soldiers practiced small unit tactics, which many of the experienced Soldiers had not practiced in many years.

The Soldiers enjoyed challenges which enhanced the training value of the exercise, but by Monday evening the weather had taken a turn for the worse. Soldiers had prepared for cold weather with temperatures dropping to below freezing, but the strong winds caught many off guard. Freezing temperatures, driving rain and wind gusts over 30 mph tore down

“This gives the Army an asset most people don’t know we have,”

-Command Sgt. Maj. Kurt Hollier

tents the Soldiers were sleeping in.

“By and large, the weather was the largest challenge we had,” said Nowicki.

The harsh weather conditions challenged Nowicki’s Soldiers and created unexpected complications during the training. Extreme wind gusts tore a tent free and blew it into a tree top several yards away.

“Even though we had the tents staked down and sandbags on there, the wind was big enough, it just blew up,” said Capt. Ayana Kendal, commander of the 384th Movement Control Team out of Fort Eustis, Virginia, one of the active duty units



A Soldier ground guides a M998 HMMWV off of Landing Craft Utility vessel 2023 and onto the mud flats beach during CSTX 78-18-03, at Joint Expeditionary Base Little Creek, Va., March 10, 2018. (U.S. Army photo by Staff Sgt. Christopher Sofia, 78th Training Division)



U.S. Army Landing Craft Utility Craft 2023 briefly ties to U.S. Army LT-805 Tug Boat to transfer some personnel on its way to U.S. Naval Ship Brittin anchored off the coast of Joint Expeditionary Base Little Creek-Ft. Story, Va., on March 10, 2018. (U.S. Army photo by Staff Sgt. Christopher Sofia, 78th Training Division)

attached to Nowicki’s battalion. “We had Soldiers sleeping in tents and they got wet. With the wind they got really cold. We did have one Soldier that experienced mild hypothermia.”

Despite the weather, the Soldiers maintained high spirits. Kendal’s Soldiers set to work immediately to fix the tents.

“Morale was high to continue the mission,” said Kendal. “The Soldiers were laughing and singing while getting soaked in the rain and snow. It didn’t faze them.”

Leaders in the unit offered the soaked Soldiers a chance to go to a near-by building and change into dry clothes and sleep there for there night, but they refused.

“Soldiers come out here and want to be tested,” said the 348th intelligence officer, 1st Lt. Christopher Zavesky of Houston, Texas. Zaleski said the Reserve Soldiers enjoyed the

challenges of the training despite the hardships.

Training exercises like CSTX 78-18-03 are developed to improve each units’ training readiness and to assess how they perform in a dynamic operational environment.

“I have seen the growth of Soldier skills and confidence over just a few days,” said, Nowicki. “It has given me crystal clear vision of what our current capabilities are if we are called to perform our overseas mission in the next few days.”

The 348th Transportation Battalion is a part of the 4th Sustainment Command (Expeditionary). The command has units throughout Arkansas, Louisiana, New Mexico, Oklahoma and Texas. As part of America’s Army Reserve, the units are capable, combat-ready, lethal and equipped to provide military and logistical support in any corner of the globe.



Army Reserve Soldiers flex and pump their arms to signal “gas, gas, gas” after donning their M-50 protective masks during CSTX 78-18-03, at JEB-Ft. Story, Va., March 7, 2018. (U.S. Army photo by Staff Sgt. Christopher Sofia, 78th Training Division)



An Army Reserve Soldier wearing an M-50 protection mask gets into the prone position to secure the area during CSTX 78-18-03, at JEB-Ft. Story, Va., March 7, 2018. (U.S. Army photo by Staff Sgt. Christopher Sofia, 78th Training Division)



# HOW TO WIN THE FITNESS GAME

## Creating A Plan That Works For You

By Sgt. Heather Doppke, 79th Theater Sustainment Command

Fitness is key for any Soldier but in the life of an Army Reserve Soldiers fitness is only one of many other responsibilities. For many Reserve Soldiers daily life consists of working a full time job, going to school, and supporting their family while also reporting to their unit every month for drill and in the summer for Annual Training. Fitness isn't programmed in each morning like it is for our Active Duty counterparts. With that disadvantage, and because we only are required to take an Army Physical Fitness Test twice per year, it's crucial for Reserve Soldiers to find ways to make fitness fit into their daily regimen.

There are many ways to stay in shape, so it's up to every individual to find out what works best for them. It's the responsibility of the Soldier to always be prepared and ready for an APFT but motivation to maintain this level of fitness can sometimes be hard to find.

For someone who's been a lifelong athlete like Sgt. Joy Mason, a human resources specialist with the 79th Theater Sustainment Command, working out is a lifestyle where motivation comes from within.

"When I wake up every morning and look at myself in the mirror I want to see something I love," she said. What about for those who haven't always been fit? For some Soldiers, up until joining the Army, fitness was never really part of their lifestyle.

"I never did sports growing up, but I was in marching band," said Sgt. Timothy Yao, a print journalist with the 201st Press Camp Headquarters. Setting goals helps keep things interesting for him.

"Whether it be Spartan Races, Tough Mudders or simply setting personal goals, external sources of motivation can help fuel your internal motivation of staying fit," he said.



Soldiers assigned to 1st Stryker Brigade executed the proposed Army Combat Readiness Test (ACRT) on Ready First Field, April 17, 2018. The proposed ACRT is part of the Army's effort to optimize Holistic Health and Fitness and improve Soldier readiness. (U.S. Army photo by Sgt. Kelsey Miller)

Beyond maintaining the required level of fitness, another obligation for Soldiers is to maintain a healthy body weight within standards. For some, this is actually a more difficult challenge than staying fit. But for others like Mason, keeping a healthy diet is already part of daily lifestyle.

"I live a KETO lifestyle! Sometimes you have to give up the bomb french toast topped with a sugar mountain or the jelly-filled donut that melts in your mouth to get the results you want. No one says it's easy living a healthy, fit lifestyle but the rewards are priceless," she said.

**"No one says it's easy living a healthy, fit, lifestyle, but the rewards are priceless."**

- Sgt. Joy Mason

Living life on a strict or specific diet everyday doesn't work for everyone though. Many may want to enjoy that French toast or a jelly filled donut.

"It's ok to enjoy sugar and fatty foods, but portion control and frequency factor in when trying to maintain a healthy lifestyle," explained Yao. "The right type of food intake is the cornerstone of weight management. Eating 'real' foods, not pre-packaged or processed, is not only healthier, but your body is able to digest more nutrients," he claims.

According to [www.goarmy.com](http://www.goarmy.com) there are four components of physical fitness Soldiers should focus on: Cardio Respiratory Endurance, Muscular Strength and Endurance, Flexibility and Body Composition. In addition to a well-planned workout routine, proper nutrition also plays a crucial role in maintaining these components at optimal fitness levels.

The National Center for Biotechnology Information states that, "the physical characteristics of the U.S. fighting Soldier have long proved to be a significant factor in the maintenance of a strong military force. Throughout history it has been demonstrated that the stronger, more fit, mentally sound Soldier is better able to perform his or her assigned duties at optimal levels of proficiency."

Whatever path your fitness journey takes you on the most important thing is to get started now. Don't wait for tomorrow to make an improvement, instead, do some research today to find a diet and routine that is realistic and sustainable for you. Taking a step in the right direction today can pay off long term dividends for both your health and your military career.

# MAPLE RESOLVE 2018

Story and photos by Staff Sgt. Robert C. Pufahl, 79th Theater Sustainment Command



WAINRIGHT, Canada—Soldiers of the 786th Quartermaster Company from Provo, Utah, participated in Maple Resolve 2018, a multi-national exercise which ran from May 14-24.

Maple Resolve is the largest annual Canadian army exercise and is an opportunity for U.S. Forces to strengthen relationships, exchange information and share best practices among partner nations. This year approximately 6,000 troops from the U.S., Canada, United Kingdom, France, and Australia participated.

In the first year of the unit's involvement with Maple Resolve, Soldiers of the 786th QM CO were responsible for the central fuel point of the exercise. Two fuel bags totaling almost 24,000 gallons were filled with diesel and dispersed throughout the field to power equipment such as tanks, trucks, and power generators. Throughout the exercise, the Soldiers used ten tankers, each with a 5,000-gallon capacity. In addition, Soldiers also supported the transportation of aviation fuel to the airfield.

Twenty-Nine Soldiers also participated in convoy operations with Canadian tactical vehicles in combat simulation where they transported fuel to remote locations. 786th QM CO Platoon Leader 2nd Lt. Thai Welty noted that the most appealing aspect of Maple Resolve is that it is not a typical training exercise where troops are confined to a base.

"We're going to be on the move, constantly supporting the fight and shifting the way that we train for the future," Welty said.

The Soldiers moved tactically throughout the exercise training field, delivering fuel to various locations where they engaged simulated enemy forces along the way.

2nd Lt. David Rogers, also a 786th platoon leader, echoed this sentiment and cited enthusiasm for an opportunity to move beyond the classroom.

"We're going to get out there and put hands on the equipment," Rogers said. "It's a lot more hands-on, a lot more practical, and we'll be able to do our job in realistic way in



Soldiers from the 786th Quartermaster Company out of Provo, Utah, set up a central fuel point May 10, during Maple Resolve 2018.



Soldiers from the 786th Quartermaster Company out of Provo, Utah, set up a central fuel point May 10, during Maple Resolve 2018, the largest annual Canadian army exercise which involved 6,000 troops from five countries in Wainright, Canada.

an environment that is similar to what we would deal with in combat."

The 786th began planning for the exercise in October 2017. Much of the preparation was coordinating resources and how to allocate troops with the Canadian Armed Forces. The 786th QM CO provided tankers, fuel pumps, hoses, fittings, and fire extinguishers while the Canadian Armed Forces provided the fuel bags. In addition, the Canadians provided safety equipment to prevent fuel runoffs as well as environmental protection experts to inspect and certify the operation.

Both of the platoon leaders credit their leadership, which provided the battle drills to focus on. Their leadership empowered them to personally create an appropriate training plan affording an opportunity to train to mission.

79th TSC Soldiers from the 650th Regional Support Group, 208th Transportation Company, 250th Transportation Company, and the 456th Transpiration Detachment also took part in Maple Resolve this year.



Soldiers from the 786th Quartermaster Company out of Provo, Utah, set up a central fuel point May 10, during Maple Resolve 2018.





# COMMUNITY OUTREACH

## Soldiers volunteer to enrich students' school experience

Story and photo by Sgt. Christopher A. Bigelow  
316th Expeditionary Sustainment Command

MARYSVILLE, Wash.—364th Sustainment Command (Expeditionary) personnel and Shoultes Elementary School staff in Marysville committed to the development of a partnership in education February 28, 2018.

As the official start of the Army School Partnership Program (SPP) between Shoultes Elementary and the 364th, an Army Reserve unit headquartered here at the Marysville Armed Forces Reserve Center, a signing ceremony was held to provide a working agreement between the two organizations.

Brig. Gen. Gregory Mosser, Commanding General of the 364th ESC, spoke with Shoultes Elementary School staff at the ceremony to kick off what Mosser considers to be the start of a valuable partnership.

Mosser and Cory Taylor, the Shoultes Elementary school principal, signed a document to determine nature of the partnership between the 364th ESC and Shoultes Elementary.

The 364th ESC pledged that within the program, Soldiers will actively volunteer and assist students by tutor-



Brig. Gen. Gregory Mosser, Commanding General of the 364th ESC, and Cory Taylor, Shoultes Elementary School principal, officially start the Army School Partnership Program (SPP) between Shoultes Elementary and the 364th ESC in a signing ceremony Feb. 22, 2018.

prove their educational experiences and provide positive role models through willing volunteers," said Mosser, a native of Lakeville, Minn.

According to Mosser, through the 364th ESC's participation, Soldiers will

greatly benefit from the service that will be rendered. We hope this partnership will continue for quite some time," said Taylor. "364th ESC Soldiers have much to offer our local schools and their efforts will go far in contributing to the educational excellence of our children. Their dedication is greatly appreciated in making this program possible."

As a key speaker in the ceremony Taylor welcomed future participating service members on behalf of the entire school.

"As I've reflected on what this partnership means I couldn't help but think about how important it is to have great adult role models for our students to follow. In our day, I can't think of anything that is more important to our future generation than having quality adult role models. Without question this is what our service men and women represent," said Taylor.

be given the opportunity to develop bonds with community members, build the understanding of the military and military presence in Marysville, and devote themselves to community service.

The SPP is designed to optimize participant opportunities for educational enrichment and preparing students for educational success.

"It's my belief that our students will

**"I can't think of anything that is more important to our future generation than having quality adult role models."**

- Cory Taylor, Shoultes Elementary School Principal

ing, participating in reading programs, mentoring, assisting in career development, holding motivation classes and providing recognition and rewards for student achievements.

"The purpose of the partnership is to build a stable and consistent relationship between the school and the military community, to assist our youth in developing strong citizenship skills, im-



### Are you taking advantage of your military health benefits through TRICARE?

If not, you could be wasting thousands of dollars a year. TRICARE coverage qualifies as the minimum coverage required by the Affordable Care Act and is a great way to provide comprehensive medical care for your family and yourself. Members of the Army Reserve in a drilling status are eligible for TRICARE Reserve Select. Retired members may be eligible for TRICARE Retired Reserve. In addition to these programs, Reservists can take advantage of the TRICARE Dental Program.

Here's some more information on the costs of coverage:

#### TRICARE RESERVE SELECT® / TRICARE RETIRED RESERVE®

Description	
	<ul style="list-style-type: none"> <li>Premium-based health plan</li> <li>Coverage and costs for care similar to TRICARE Select for active duty family members (ADFMs)</li> </ul>
Enrolling	<ul style="list-style-type: none"> <li>Enrollment required</li> <li>Offers member-only and member-and-family coverage</li> <li>Initial two-month premium payment due with enrollment form</li> </ul>
Costs	<ul style="list-style-type: none"> <li>Monthly premiums, a yearly deductible and copayments or cost shares and catastrophic cap apply</li> </ul>
Getting care	<ul style="list-style-type: none"> <li>Get care from any TRICARE-authorized provider (network or non-network)</li> <li>Get care at a military hospital or clinic on a space-available basis</li> <li>No referrals required</li> <li>Some services require prior authorization</li> </ul>

#### TRICARE Reserve Select Costs

##### Monthly Premiums

Type of Coverage	Cost
Member Only	\$46.09
Member + Family	\$221.39

##### Annual Outpatient Deductible

Cost sharing begins after you meet the annual outpatient deductible each calendar year.

- Sponsor Rank E4 and below: \$50 per individual, but no more than \$100 per family
- Sponsor Rank E5 and above: \$150 per individual, but no more than \$300 per family

#### TRICARE Retired Reserve Costs

##### Monthly Premiums

Type of Coverage	Cost
Member only	\$431.35
Member + Family	\$1,838.31

##### Annual Outpatient Deductible

Copayment and Cost sharing begins after you meet the annual outpatient deductible each calendar year.

- Network\*:
  - \$150 per individual
  - \$300 per family
- Non-Network\*:
  - \$300 per individual
  - \$600 per family

If you use TRICARE Retired Reserve, you'll pay for the full cost of coverage. By law, there is no government su

With the TRICARE Dental Program you can receive low cost dental insurance for yourself and your family. Current monthly premiums are:

- Sponsor only: \$11.39
- Single: \$28.48
- Family: \$74.05
- Sponsor and family: \$85.44

**For more information, including how to purchase TRS or TRR coverage, go to [www.tricare.mil/trs](http://www.tricare.mil/trs) or [www.tricare.mil/trr](http://www.tricare.mil/trr). To learn more about the TRICARE Dental Program visit [www.uccidp.com](http://www.uccidp.com).**

\*All program details current as of 20 JUNE 2018\*



# FALCON NEWS

## FOREVER GI BILL

Story by Sgt. Heather Doppke

Over the next few years many changes are going to be made to the GI Bill. New servicemembers and recent veterans will be the primary ones to benefit from the upcoming changes.

One of the biggest changes being implemented is the removal of the time limit veterans have to utilize their GI Bill, hence the name "Forever GI Bill." This not only applies to veterans discharged on or after Jan. 1, 2013, but also to surviving spouses and dependents and their use of the Fry Scholarship.

Another big change is that GI Bill benefits will be restored for those who had attended a college that closed or lost accreditation after Jan. 1, 2015. Any portion of the GI Bill that had been utilized to pay for classes taken but credits were then lost will again be made available to the servicemember.

The new law also allows for some of the Reserve Educational Assistance Program recipients to become eligible to switch over to the Post 9/11 GI Bill.

There have also been a few changes made towards housing allowance. Housing allowance is now going to be based on the location where you attend classes and not necessarily where the main campus is located.

BAH will also be reduced by one percent every year from 2015 to 2019, averaging \$100 less allowance per month, resulting in BAH covering only 95 percent of housing cost by 2020. These changes will only affect those who began utilize their GI Bill benefits after Jan. 1, 2018.

Any servicemember awarded with a Purple Heart will now get the full GI Bill regardless of how long they served on Active Duty. This change will take effect August 1, 2018.

Also effective Aug. 1, 2018, is that if a veteran is enrolled in Science, Technology, Engineering and Mathematics programs, has used up all of their GI Bill benefits and has at least 60 semester/90 quarter hours credit toward a STEM degree, they can get paid up to \$30,000. Those who already have a STEM degree and are working on a teaching certification will also be eligible to be paid.

For more information on these and other benefits of the Forever GI Bill please go to:

<https://www.benefits.va.gov/GIBILL/FGIBSummaries.asp#109>

## 250TH TRANSPORTATION SOLDIERS HAUL EQUIPMENT FROM CALIFORNIA TO CANADA

Story by Staff Sgt. Robert C. Pufahl

WAINRIGHT, Canada—Soldiers from the 250th Transportation Company out of South El Monte, California, took part in the second leg of Exercise Nationwide Move May 1-June 4, 2018, transporting needed equipment from California to Wainright, Canada, in support of Maple Resolve 2018.

Moving equipment to Maple Resolve, a multi-national exercise which ran from May 14-24, 2018, provided the unique opportunity for the Reserve Soldiers to perform their mission across national borders.

The twenty-vehicle front haul from the Los Angeles area to Canada took six days, averaging eight hours a day of driving.

"This is what we want to do," said 1st Lt. John Villagrana of the 250th TC. "These line missions, these long-haul trips. This is why we signed up for this job."

Villagrana explained that long-distance driving is his unit's specialty, and Nationwide Move provided an opportunity to gain further experience.

The 250th TC ensured vehicle maintenance was standard and rest stops were planned accordingly before embarking on the trip.

"Twenty vehicles driving from Southern California to Canada with no incidents—it's pretty impressive," said Capt. Adrian Silva, 250th convoy commander, referring to the front haul. "It's just a testament to the Soldiers' skills and how outstanding they are."



The 250th hauled military tactical vehicles and other equipment needed for Maple Resolve, and ensuring the loads were properly balanced was key to mission success.

"It's about getting the proper training for our Reserve Soldiers and the equipment being exercised," said Chief Warrant Officer Ricardo Villanueva of the 79th TSC, officer in charge of Nationwide Move.

Villanueva explained that without Nationwide Move, the Army would rely solely on commercial contracting to move the equipment needed and that the, "success is determined by getting the equipment exercised and the feeling that the Soldiers have accomplished something."

## U.S. ARMY TRAINS NIGERIAN INFANTRY

Story and photo by Capt. James Sheehan

JAJI, Nigeria – Twelve U.S. Army Soldiers deployed to the Nigerian Army's School of Infantry to train more than 200 Nigerian soldiers for seven weeks, Jan. 15 - Feb. 22, 2018.

Facilitated by U.S. Army Africa, eight Security Assistance and Training Management Organization, Fort Bragg, North Carolina soldiers teamed up with four soldiers from 1st Brigade Combat Team, 10th Mountain Division, Fort Drum, to share ground-combat tactics with the Nigerian Army's 26th Infantry Battalion.

"We brief them the mission, conduct the lane and follow it



up with an assessment," said Capt. Stephen Gouthro, the U.S. Army officer-in-charge of the training course. "Sometimes, the assessment is brutal. We do not sugarcoat it. If there is a better way to conduct a mission, they need to know. Honest and direct feedback is best."

The U.S. Army training team developed the comprehensive seven-week course following an invitation from the Nigerian government. Instruction included offensive and defensive tactics such as reacting to contact, countering an improvised explosive device, and seizing an objective.

"The significance of this training cannot be underestimated," said Gouthro. "We developed the training program according to the Nigerian Army's needs. We will push them because their life may depend on it."

The 26th Infantry Battalion could be the Nigerian Army's next unit to deploy to the Borno State, an area in northwest Nigeria and a location that's seen frequent attacks from the violent extremist organization, Boko Haram.

The Nigerian Army, along with support from the Multi-National Joint Task Force, has made great strides in containing and degrading the downsized terrorist group. Last month, 700 abducted civilians were freed from Boko Haram's grasp.

## U.S. TROOPS TRAIN CAMEROONIAN ARMED FORCES IN COUNTER-IED

Story and photo by Sgt. 1st Class Alexandra Hays

A handful of Soldiers from the 764th Ordnance Company (Explosive Ordnance Disposal) out of Fort Carson, Colorado, came to Cameroon at the request of U.S. Army Africa during Counter Improvised Explosive Device-Defeat Phase I training October 23 to November 17, 2017, to help Cameroonian troops learn more about IEDs and how to dispose of them safely.

While IEDs have long been used in conflicts, they are a favorite among terrorist organizations. Cameroonian Armed Forces regularly deploy to northern Cameroon—an area where the violent extremist organization Boko Haram operates. According to the United Nations, attacks by Boko Haram have displaced up to two million people in the countries of Cameroon, Nigeria, Chad, and Niger, and have claimed the lives of up to 15,000 people since 2009.

So Staff Sgt. Joshua Crenshaw and his team, many with experience countering IEDs in Iraq and Afghanistan, are taking what U.S. EOD Soldiers learn in their nine-month course and condensing it into four-week courses—providing potentially life-saving training in the fight against violent extremism.

"We're here passing on the knowledge that will hopefully save these guys' lives," said Crenshaw. "It will make them slow down, make them think about it before they just run

into a situation."

During the course Soldiers of the 764th went over how to manage many IED threats that the Cameroonian troops might encounter including vehicle-borne IEDs, suicide vests, IEDs buried in the ground, weapons caches, and more.

"It means a lot to me personally," said Crenshaw. "I've done the fight, I've done what they're going to do, and I know how dangerous it is. I've been on both sides of the effects of it, so it means everything [to me]."



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Editor  
The Falcon  
79th Theater Sustainment Command  
Public Affairs Office  
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