

VICTORY JOURNAL

VOLUME 3, ISSUE 5

OCTOBER 1, 2013

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QLLEX Delivers Challenges and Opportunity

Recently over 3,000 service members, predominantly U.S. Army Reserve Soldiers, at four military installations from Virginia to California, moved more than 2.6 million gallons of fuel over 169,000 miles and produced 320,000 gallons of drinking water as part of the U.S.

Army's Quartermaster Liquid Logistics Exercise from June 1 to 14. While this may have been an exercise, the battle rhythm, communication and missions for Marine Corps Reserve, U.S. Army Reserve and National Guard members of providing fuel, water, laundry, showers and hot meals were designed to replicate conditions similar to those on a battlefield and demonstrate military self-sufficiency.

Originally conceived as a petroleum exercise over 30 years ago, QLLEX has become much more over the years. Currently involving personnel, military intelligence, computer and network support, supply and support operations sections, testing a broad range of Soldiers and military occupational specialties, no other CONUS-based exercise provides such a broad suite of real-world, multi-echelon and joint sustainment operations training opportunities for the private through senior officer level. Based out of Fort A.P. Hill, Va., the 475th Quartermaster Group was the lead command for QLLEX with support from subordinate units at Fort Pickett, Va., Fort Bragg, N.C., and Fort Pendleton, Calif.

QLLEX highlights how Soldiers are capable of sustainment of decisive action by demonstrating how sustainment operations support the Army's core competencies of combined arms, maneuver and wide area security. Sustainment operations provide the Army with operational reach, freedom of action, and endurance. The ability to demonstrate this is necessary in order to give commanders confidence to take the initiative and conduct decisive action and QLLEX gives sustainment commands the means to demonstrate this. "It's fuel that drives all the equipment and it's water that drives the Soldiers," said U.S. Army Reserve Col. Mark A. Anspach,



Commander of the 475th Quartermaster Group, based in Farrell, Pa.

Exercises like QLLEX test and demonstrate expeditionary sustainment ability at many levels. QLLEX tests senior leaders' military planning and decision making process. "QLLEX is a complex exercise designed to challenge and develop battalion and group's staff military decision making skills. The battalions have to plan their annual training with units from outside their regular peacetime chain of command, and be able to execute their mission while being assigned to a location that can be hundreds or in some cases thousands of miles from the group headquarters," said Lt. Col. Richard Sayre, 475th Executive Officer. The core focus of the exercise planning and execution involves petroleum and transportation missions. These missions include transporting fuel from (continued on p.5)

CG



To my fellow Steel Sustainers,

These are exciting times to be an Army Reserve Soldier. As I looked over this quarter's Victory Journal, I was both excited by and proud of all that is happening across this command. You are conducting relevant, one-of-a-kind training with QLL-EX and Operation Sustainment Warrior; you are showcasing our excellent food service capabilities in the Connelly Competition; and you are reaching out into your local communities to support Veterans, future Soldiers in JROTC, and as the face of the Army in your communities, you bring honor and respect to the Army every day by your conduct and your actions. Thank you.

As we begin a new training year my priority remains providing trained, equipped, and ready forces to support (win) the current fight, while maintaining responsiveness for unforeseen contingencies, so I challenge each of you to continue to develop and execute challenging training at every level. In order to enhance this effort, we will begin this new fiscal year by hosting a Training Management and Readiness Workshop where Collective Training is the

focus with the clear understanding that quality, challenging unit training is the key to the combat readiness of our units. And this all begins at the company level. As leaders we must;

- Develop strategies and execute quality training across the ARFORGEN Cycle that will significantly impact unit readiness.
- Ensure our Soldiers are "Fit to Fight" by focusing on individual Soldier Readiness and fundamentals – including Army Values, developing individual skills and warrior tasks, and integrating all this as members of a team to train on unit collective tasks.
- Through J-LEAD, educate, inspire and empower junior NCOs to become "the backbone of the Army" in any unit they may serve in or join.
- Ensure our leaders are "Fit to Lead": 316th leaders at every level must first be qualified and ready Soldiers ("Fit to Fight") as individuals, but in order to be qualified to lead other Soldiers they must also ensure they are current with DMOSQ, NCOES, OES, and other duty-specific training.

As leaders we have a moral responsibility to each other, our Soldiers, their families and the citizens of this country to ensure we adequately prepare a new generation of Soldiers and Leaders for the complex Operational Environment.

"A Soldier who dies in war is a shame; an untrained Soldier who dies in war is a crime."

The challenge we will face in the months ahead is how to get the most out of every Battle Assembly because the missions will only get more demanding with us moving to a CENTCOM Regional Alignment while in the near term our resources will be constrained. We must dedicate ourselves – from the newest Soldier to the oldest Veteran in our ranks – to training as smart as possible in order to get the best value for every dollar we have available. This could be grim or cause some to despair, but I am counting on us engaging every Soldier and Leader to explore new ideas, leverage new technologies, and invent new ways of training to ensure we stay ready and trained in order to protect and defend our great Nation!

BG Bud R. Jameson, Jr.

254th Competes in Connelly Competition

Story by Sgt. Michael Crawford—Tucked away in the forest along a dirt road, Soldiers from the 254th Quartermaster Company, based in York, Pa., had organized a base of operations for the Philip A. Connelly Awards competition at the U.S. Army Reserve Command level.



“We’ve never done this kind of set-up before,” said Sgt. Jose R. Ortiz Jr., a food service non-commissioned officer. “It took a lot of hard work and team play.”

The 254th Quartermaster Company competed on behalf of the 316th Sustainment Command (Expeditionary), of Coraopolis, Pa., one of 17 such commands participating in the USARC level competition. While the scenario was out of the ordinary, the task was no different than any other battle assembly weekend.

“We do this every drill,” said 1st Sgt. Daniel Pluck. “The only difference is it’s tactical instead of in the garrison area, but they cook off the MKT (mobile kitchen trailer) every month.”

The routine task did not mean Soldiers took the competition lightly. Members of the 254th Quartermaster Company had been on site for four days prior to the event, setting up the area and planning the flow of storage, sanitation and cooking.

“It’s come together really well,” said 2nd Lt. Fendi Richardson, Executive Officer for the 254th QM Co. “Starting from last year, one of our NCOs ... felt as though the cooks weren’t getting enough of their own training. He put together a whole kitchen for our unit and the cooks fix us food every day.”

The Connelly Awards, named after the late Philip A. Connelly, aims to provide recognition for excellence in preparing and serving food in both field and garrison environments. It serves to improve professionalism of food service personnel, as Connelly labored to do in both the civilian and military food services industries. Connelly chaired the Armed Forces Service Committee and received the Peter Gust Economou Award for Most Outstanding Contribution to Industry Food Service in 1962.

It’s not just about whipping up a hot meal; in addition to food preparation, evaluators look at training, security, accounting procedures, storage, sanitation, command support, appearance, serving, site layout and equipment.

“We are evaluating them on what they should be doing every time they are out in a field environment,” said Chief Warrant Officer 4, Pamela Null, an evaluator for the competition from USARC.

There are five evaluation categories: Active Army Large Garrison, Active Army Small Garrison, Active Army Field Kitchen, Army Reserve Field Kitchen and Army National Guard Field Kitchen.

The International Food Service Executives Association co-sponsors the Connelly Awards along with the Department of the Army.

IFSEA also helps evaluate the finalists and presents awards. If the 254th Quartermaster Company wins this round, they will be selected to move on to the Department of the Army level in Orlando, Fla.



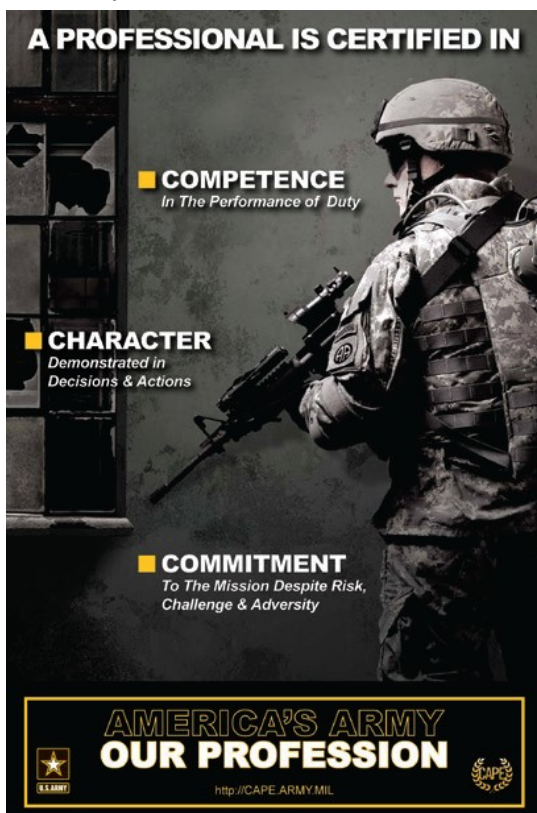
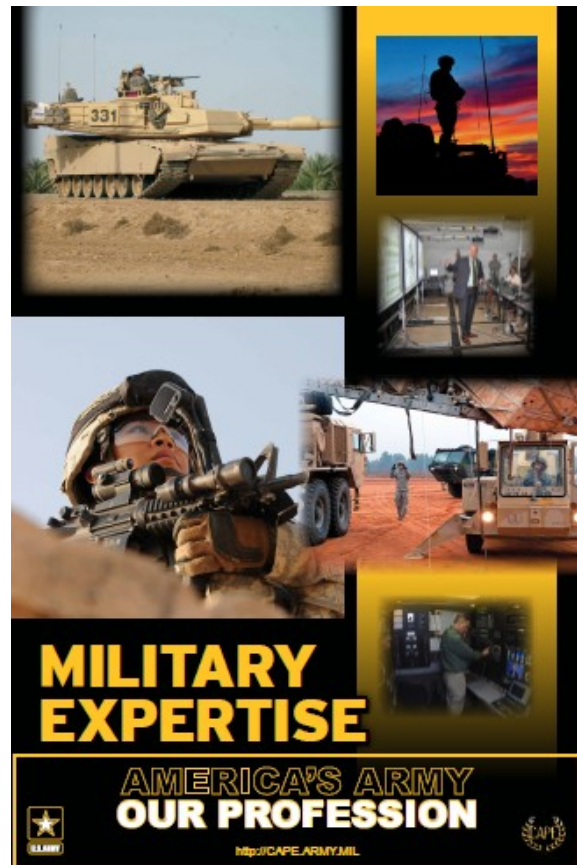
America's Army, Our Profession

With fewer than one-quarter of today's youth able to qualify for Army service maintaining a professional fighting force is critical. About 23 percent of today's 18- to 24-year-olds can meet the Army's physical and educational requirements, said Army Chief of Staff Gen. Ray Odierno. The problem of finding qualified applicants is so acute that recruiters now conduct programs to help would-be recruits prepare to serve.

At the same time, interest in joining the Army remains high, Gen. Odierno said: The U.S. Military Academy at West Point, N.Y., had a record number of applicants this year, and for the first time last year, not everyone who wanted to re-enlist in the Army was allowed to do so.

The America's Army Our Profession program is designed to generate an inspirational and aspirational dialog for Soldiers and Civilians to reaffirm their understanding of themselves as Army professionals, to recommit to a culture of service, and to understand and serve in accordance with the Army Ethic and Army culture.

"The primary goals of the America's Army-Our Profession program are to create an enduring emphasis on the Army Profession, to strengthen our professional identity, to motivate behaviors that are consistent with our values and the Army ethic and to inspire future generations of Army professionals," said Col. Jeffrey Peterson, director of Center for the Army Profession and Ethic.



Tom Patrick, who retired from the Army as a lieutenant colonel in 1984

after 20 years of service and now serves as the chief, Operations Division, Training Operations Management Activity, TRADOC G-3/5/7, said while he was still in the Army, he began to see a change in younger leaders -- noncommissioned officers and officers -- who began to think of it not as a profession, but as a job.

"It was a change, and I was appalled that it was happening," Patrick said.

"This (dialogue on the Army Profession) is long overdue."

America's Army -- Our Profession consists of four quarterly themes: standards and discipline; Army customs, courtesies and traditions; military expertise; and trust. These themes will be used to guide discussion and professional development within Army organizations throughout the year. Also referred to as the "implementation phase," America's Army -- Our Profession is the successor to the Army Profession Campaign, a yearlong campaign designed to solicit feedback from the force -- both military and civilian -- on what it means to be a profession as well as a member of the Profession of Arms.

"Essentially, what we have done is surveyed nearly a half million Soldiers and leaders to ask this young generation if they want to be a profession," said Gen. Robert W. Cone, commanding general of U.S. Army Training and Doctrine Command. "And the beauty of this is that they have self-critiqued. They have said, 'Yes, we want to be a profession,' and they have defined what a profession means."

For more training resources and information on America's Army -- Our Profession, visit CAPE's website at cape.army.mil.

QLLEX (cont.)

Fort Lee, Va., to the 100,000 gallon fuel farm at Fort A.P. Hill and transporting water to the base camps and other areas for Soldiers use with laundry, showers and food preparation.



The fuel farm is where fuel is temporarily stored and tested for contaminants and water content by Soldiers from the 633rd Quartermaster Team using their mobile testing labs. Any time fuel changes hands from where it's being stored there is a risk of contamination, so before the fuel is to be distributed and used, it must be pure and consistent within specifications. "In the lab, we run a variety of tests; some that will determine the number of contaminants in it. This testing ensures a safe fuel is used," said Pvt. Glen Hefner, Petroleum Laboratory Technician, with the 633rd. Once the fuel passes its tests, it gets shipped for use by the transportation Soldiers.

In addition to fuel, water treatment is the other key component to QLLEX and with the military's budget under increasing constraint, self-sufficiency and cost efficiency are an ever increasing priority and the Army Reserve is constantly looking for ways to achieve that. Using the same equipment being used today in Afghanistan, QLLEX water purification units, using Reverse Osmosis Water Purification Unit's (ROWPU), can pull raw water directly from organic sources then Soldiers treat the water to prevent waterborne diseases. Opportunities like QLLEX provide realistic training for U.S. Army Reserve support Soldiers because they mirror similar conditions and scenarios they will face when deployed.

QLLEX is more than just an exercise for fuel and water technicians. Feeding and supporting this many Soldiers takes planning and coordination as well and QLLEX gives

Soldiers the hands-on experience that they may not get to do during a battle assembly weekend, along with stresses, the reliance on military self-sufficiency. For food service Soldiers, this means the chance to train on their field food preparation capabilities using their mobile kitchen trailers.

"With over 3,000 soldiers participating in this year's exercise, it will test the capacity of all the cooks," said Staff Sgt. Michael Harbison from the 298th Transportation Company, based in Franklin, Pa., adding, "Cooking in this environment is a fun challenge, we are working at the full capacity of our MKT's".

Pvt. 1st Class Kennice Parker, from the 611th Quartermaster Company, Baltimore, Md., said, "QLLEX has allowed me to prepare some of my first meals in a field environment," adding, "This is my first time cooking since AIT."

Along with providing food service, the Soldiers provided over 11,000 showers and completed over 5,000 bundles of laundry for the participating service members.

QLLEX is an opportunity for all Army Reserve Soldiers in these units to stay ready and trained. Behind the scenes at the headquarters, Soldiers and senior leaders track the movement of convoys using the Battle Command Support and Sustainment System or BCS3. This system provides logistics information critical to operations by fusing sustainment information from numerous sources into a computer based map system providing real-time visibility of shipments to their destination. Along with the convoys there are Soldiers constantly moving in and out of the area that need to be tracked and accounted for as well.

Staff Sgt. Amanda Morrow is the Platoon Sergeant for the 475th, is tested on her ability to perform personnel functions. "I am responsible for ensuring that the Soldiers in the personnel section accurately collect and roll-up each day's [personnel status reports], red cross messages, and sick call visits," said Morrow. Adding, "We need to know where personnel are at all times."

Testing military self-sufficiency and command and control for 3,000 Soldiers at multiple locations, over a 14-day period may seem like enough of an undertaking, but many involved with the exercise would like to see it expand and involve even more Soldiers. "QLLEX continues to demonstrate our ability to keep critical expeditionary skill, fuel and water, tested and fresh. In the coming years we would like to include Air Force participation as well as fuel and water teams from our active duty Army units. And next year we are looking at adding different fuel delivery challenges to QLLEX; such as over the shore fuel delivery operations using Army watercraft. To accomplish that the QLLEX exercise will undoubtedly need to grow at least in terms of complexity, if not size," said Anspach.



Community Involvement

The 316th ESC hosted 35 JROTC Cadets from the West Mifflin Area and Seneca High Schools, June 12, for a day of Army life; including MRE's, as part of their two-week Leadership Laboratory Activity (Cadet Summer Leadership School). In addition to eating all the MRE's the cadets could get their hands on, they tested out the EST2000 weapons simulator, donned pro masks, ACH's, IOTV's and asked Soldiers questions on Army life and Careers. LLA is designed to develop and promote leadership traits and skills, promote teamwork, participate in physical training activities, drill and ceremonies, career exploration, confidence building and more.



Soldiers from the 298th Transportation Company provided uniformed honors, at the Hollidaysburg Veterans Home, where Ray Yingling was presented the Purple Heart, June 22, for injuries received in Vietnam in 1969.



Soldiers from the 316th ESC marched in the Coraopolis Memorial Day Parade. Soldiers handed out candy to children and shook hands with many thankful veterans and local residents.

Soldiers from the 475th Quartermaster Company in Cranberry, Pa., paid a visit to Glade Run Lutheran Services in Zelienople, July 2. The Soldiers answered questions on what it was like to be in the Army and let the boys and girls experience a bit of Army life by trying on some equipment and enjoying an always tasty MRE. Glade Run is a private, non-profit faith-based residential treatment facility serving youth from eight to 21.



Maj. Gen. Lennon Visits N.Y. Shelter for Veteran Women

Story by Sgt. 1st Class Michel Sauret—When people hear the word “homeless shelter,” it’s easy to imagine a sterile building with long, narrow hallways and rooms filled with creaky, metal beds.

But as Kathy Dunlap, a resident and assistant house manager for the Guardian House, gave a tour of this New York shelter, the large home offered a different feel.

The rooms held beds with colorful linen, pictures along the walls and personal belongings on top of spacious dressers. The wooden steps climbing up the main stairwell are still held in place today by the square nails hammered down 200-plus years ago. The hardwood floors dip in places and groan beneath the weight of feet walking the hallways. One woman prepped a large, seasoned chicken inside a crock-pot sitting on the kitchen counter. Other women scurried between rooms and main-floor offices as they anticipated a visit from a group of honored guests.

This is the Saratoga County Rural Preservation Company, better known as the Guardian House: a place where military veteran women find rescue from homelessness. “I love the idea of working with veterans ... (They’re) people who went in and gave time and service to our country. There shouldn’t be homeless veterans at all. Ever,” said Mary Laskey, the finance director for Guardian House, located in Ballston Spa, N.Y.

The home houses up to 11 women veterans at a time. They come from various military backgrounds, and the stories that forced them into homelessness range from sexual assault trauma, to substance abuse to deep depression. The center helps them with all kinds of services, whether to bring them to the Veterans Affairs hospital for medical care, find an apartment, apply for a job or complete higher education; the goal is to eventually help these women rely on their own strengths.

“We sort of get them back on their feet – get them healthy – and get them viable living (solutions) in a nice place, and make sure they have a support network in place when they leave,” said Laskey.

This is only one of two homes in the state of New York that focuses specifically on women veterans. They’ve partnered with organizations that teach nursing, carpentry and mechanics to give the house residents tangible skills they can use once they move on. They’ve even worked with a group that taught an eight-week course in black-and-white film photography. At the end of the course, the women displayed their work at a local historical museum that brought in a huge crowd, said Laskey.

“It’s no longer a matter of sending care packages to deployed Soldiers ... but provide support to family members and those who are coming back (from war), which is the modern way of sending the care packages,” said Maj. Gen. Peter Lennon, commander of the 377th Theater Sustainment Command, about the importance of these services.

Lennon toured the house along with New York state political members. Lennon was born and raised just an hour-and-a-half west of the Guardian House, outside of Cooperstown, N.Y. His command sergeant major still owns a house less than eight miles from this place, where his wife and children live while he resides in New Orleans for his Army position.

“I was very interested in how the local community (members) were embracing the veterans who were unemployed, who were needing to get on their feet. This is one of a kind,” said Command Sgt. Maj. Nagee Lunde, command sergeant major of the 377th TSC.

“I think it’s a noble cause,” said Lunde. “It’s a very dynamic program. (It’s) a model of how local communities can embrace, support and invest in veterans.”

As Dunlap gave the house tour, she moved with purpose and shared historic knowledge of the place. She resembles a completely different woman than how she described herself just two years prior.

“I was literally turning around in circles because I didn’t know which way to turn inside the apartment, because I didn’t know what to do next. I was so flustered and upset, (that I couldn’t) take charge,” she said.

Dunlap, who suffered from deep depression and anxiety that stems back to her childhood, served in the Navy from 1980 to 1986. Her depression eventually caused her to lose a job she had held for 14 years. She moved from one temporary job to another until eventually she had no choice but to move in with her daughter. That lasted three years, when she realized she needed help.

“I felt like best I could do would be just hanging on, eking out living. Now I can see myself as a success,” said Dunlap.

This place has given her the strength she needed to become self-reliant, she said.

In June, she will graduate from residency and live on her own for the first time in 21 months. She has a stable job, an apartment and a sense of responsibility she can look forward to.

“It reinforced that I can do it, and of course each success makes you more confident. I think that’s probably the best part of this: you get the confidence in yourself that you can do things,” she said.

For more information on Guardian House: <http://www.vethelpny.org/vet-help/the-guardian-house/>



Chaplain's Corner



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Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God. Honor everyone. Love the brotherhood. Fear God. Honor the emperor. 1 Peter 2:16–17 (ESV)

May you have celebrated our liberty as a nation in great joy with your Family and friends! We need to step away from our routines and celebrate the freedoms we too often lose sight of how precious our freedoms are and how precious the Family and friends God has given us.

In the passage above we are given directives as to how best to use our liberty, consider them with me for a moment. We should not use our freedom to do what is wrong and then claim some sort of propriety to prevent being found out or called out for wrong-doing. We should use our liberty to be productive and do what is right. We should use our freedom as “servants of God,” that is, living as accountable to Him.

Verse 17 shows us what that looks like in everyday life: we should seek to honor everyone, to love, or cherish the brotherhood, and honor the emperor (for us, the President and our government in general). All of this should be done not because everyone deserves our honor at all times, but because God has directed us to do so. We may do any of these because we want to, but we should do so out of reverence for God and who He is.

The Tanakh, or the Christian Old Testament states this directive in this way: Deuteronomy 6:5 and Leviticus 19:18b, *You shall love the LORD your God with all your heart and with all your soul and with all your might... you shall love your neighbor as yourself: I am the LORD.*

One action we can take to honor our Family members is to honor our spouse. Let me encourage and challenge you to take initiative to attend a Strong Bonds event with your spouse. If you have a Family you may have an opportunity to attend a Strong Bonds event that includes Family care and members. If you are single, there are Strong Bonds retreats for you that could be of wonderful encouragement and help. Whether you are re-connecting after a deployment or training for one in the future, it is tremendous for you and me to have our relationships in a strong position... i.e., a strong bond—it's more than a catchy slogan. Strong Bonds great enhances our lives on the personal and Family level.

Visit this website www.event.com/d/ccq3gj/6T or www.strongbonds.org to check availability and register for any available FY-14 event that is within 350 miles of your residence. Plan ahead! Direct your questions to strongbonds99@usar.army.mil... That's who I consult! **CH Robinson**

Suicide Prevention

Suicide is an issue that crosses all ages and walks of life; including the Army, where values such as being physically and mentally tough and never leaving a fallen comrade are cornerstones of the organization. Because of this issue, the U.S. Army Reserve Command created the position for a Suicide Prevention Program Manager last year, with the purpose of further developing policy and procedures for assisting Soldiers at the unit level.

Prior to this, the only Army Reserve Program Managers were located at USARC. This program puts experts at the lowest level to better address the needs of the Soldier allowing for better networking with providers across the command including Veteran Affairs and community-based mental health providers. This brand-new Army Reserve program serves as a resource tool for the command to help its Soldiers much like its active duty counterpart.

"The Army Reserve has a unique situation," said Michelle L. Steimer, the Suicide Prevention Program Manager for the 316th Sustainment Command (Expeditionary). "On active duty, everyone lives in the beehive. There's a place to go for everything you need. For a Reservist, you could live 200 miles or more from your unit. Now when an issue comes up commanders and Soldier have the tools to address the issues immediately at the unit level."

"I am the Reserve proponent of the big picture," said Steimer, a U.S. Army Reserve Soldier and mental health therapist. Steimer presented the 316th ESC Suicide Prevention Program to commanders and first-line leadership during the 316th ESC sponsored commanders' workshop here, Sept. 21.

Steimer developed a unit level program in the USARC initiative in June, creating the program in support of the 377th TSC and USARC pillars to suicide prevention. The position was meant to help streamline the mental health referral process, as well as command referrals and to give commanders a resource to get Soldiers the services they need, said Steimer.

"I enjoy having the life experience to bring to the position to say, 'I have sat where you have sat. I have been a commander. I have deployed. I have done this job, and it is hard. How can I make your life easier? How can I reach out to your Soldiers to get them what they need to become more resilient, to learn from crisis, and to come out on top?'"

September is Resiliency Month, and as a part of the suicide prevention campaign, the suicide and resiliency programs linked together to create "Ready and Resilient."

"That is the across the USARC campaign this month: how to be resilient, how to hunt for the good stuff, how to put things in perspective," said Steimer. One of her goals is to help people become more resilient so they have a better capability of dealing with difficult issues.

Steimer is focusing on educating the community and commanders of this resource through command events like the commanders' workshops, making available informational books and CDs, speaking at community events at universities, attending the mental health board every month, and meeting with the Red Cross and the VA. Steimer said getting out and removing the taboo could help people become more comfortable with seeking help when needed.

"I am trying to reach out past the Army Reserve to the community at large," said Steimer. "One of the descriptions for my duty is build a community network of care. I'm available and willing to help at any time. It is my honor to do this. I have an investment in improving the lives within our command, and I am more than willing to do anything someone needs, within reason, to get them help."

The Suicide Prevention Program is available to military families and veterans too, with many resources available whether at home or overseas.

Resources: Military Crisis Line, 800-273-8255, chat at www.MilitaryCrisisLine.net or text 838255

Vets4Warriors, 855-VET-TALK (838-8255), www.vets4warriors.com



OSW conducts largest combat lifesaver course of the year

Operation Sustainment Warrior trained more than 400 Army Reserves Soldiers with 12 different events from Aug. 3 to 16, at JB MDL, that range from live fire exercises to a career fair. Also included was the largest Combat Lifesaver class this fiscal year.

With the decreasing number of troops going through pre-deployment training for Iraq and Afghanistan, the Army has taken lessons learned and applied them to training events such as OSW for Reserve Soldiers, said Army Col. Joyce B. Junior, commander of the 77th Sustainment Brigade.

"As we start to downsize with the Army Reserves of 'big' Army as far as our deployments are concerned ... this is a unique way of keeping soldiers' skills current," said Junior.

In keeping with the DoD's total force policy that recognizes Reserve forces as an integral part of military operations not a force of last resort, OSW included combat exercises emphasizing urban warfare. This training included virtual reality war tactics, live-fire M16 training, and a mock city scenario. "This training its all about teamwork and communication ... minimal mistakes add up. In this training we take it real," said Spc. Juan Ramos, 408th Human Resources Company, New York City. "Luck is not the skill."

More than 400 U.S. Army Reserve Soldiers combed the fields of a land navigation range during a medical battlefield exercise, part of the combat lifesaver course that Operation Sustainment Warrior 2013 conducted here.

Five companies strong, Alpha through Echo, the OSW trainees, under the command of the 77th Sustainment Brigade, are participating in the CLS course.

"We could not do this with the Army alone so that's why we partner with the Air Force [and] the Coast Guard," said Junior. In fact, 15 airmen, two Coast Guardsmen and 10 Army instructors participated along with 467 trainees, said Army Sgt. James W. Ramsay, a healthcare specialist with the 327th Medical Command here.

"It definitely helps having the other branches of the Armed Forces with us because they have their own input and their insight," said Pvt. Charles Seabolt, a Soldier participating in the course.

"We're getting really good ideas exchanges here," said U.S. Coast Guard Chief Petty Officer David Bartolini, a healthcare specialist with the 87th Medical group here. "[The Army] attack comes from battlefield medicine and ours is more of ... what you would see in a typical emergency room."

The course was divided over three days. Tuesday entailed the classroom portion, preparing soldiers with the knowledge from the Army CLS manual. On Wednesday, Soldiers were able to apply that knowledge in realistic training events held outdoors in Doughboy Field here.

"CLS helps you have practical solutions, where you can use



your every day items, not just items you are equipped with, to solve those problems," said Pfc. Jose De la Cruz of the 316th Expeditionary Sustainment Command. De la Cruz also partook as a trainee in the CLS course.

The CLS course teaches several life-saving battlefield medical techniques including tourniquet application, opening and managing a casualty's airway and treatment of open chest wounds. Additionally, the course taught military protocol on safely moving and transporting a casualty and requesting a medical evacuation into and out of a combat situation.

"I think more people should learn this kind of information because it will save a life," said Bartolini.

Not only was it the largest, it also succeeded in certifying 100 percent of the trainees that participated, said Army Sgt. James W. Ramsay, a healthcare specialist with the 327th Medical Command here.

Along with CLS the Soldiers participated in various medical and warrior tasks.

HEAT, HMMWV (Humvee) Egress Assistance Training, is intense military vehicle rollover training where soldiers experience different roll-over scenarios. Soldiers first receive classroom instruction on vehicle rollover incidents, statistics and safety. HEAT provided a skill transferable to civilian passenger vehicles, especially SUVs and vans. Motor vehicle accidents are the leading cause of death Army wide.

In addition, a career fair, which took place the first day of OSW, was also included to help soldiers find civilian employment in this harsh economic climate. The goal was to provide resources for Soldiers, either unemployed or looking, for a career change.

Medical and dental screenings were also provided the first day to ensure the readiness and health of reservists. Logistics Health Institute, a health services contractor, provided a myriad of services including root canals, extractions and fillings to soldiers. This was especially valuable to those without health insurance of their own.

Force Providers Remain Trained and Ready

Soldiers of the 542nd Quartermaster Company, 301st Regional Support Group, headquartered in Fairview, Pa., participated in an annual training at the Base Camp Integration Lab, here, this summer.

This is the third two-week iteration of this training for the 542nd QM Co. This training tests the unit's Mission Essential Task List, including operating the new Force Provider system that supplies everything the Soldiers need; climate-controlled billeting, showers, latrines, laundry, dining facilities, an all electric kitchen, and a power distribution system. These modules support 150 personnel and the 542nd QM Co. is capable of supporting 24 modules for a total of 3,600 personnel.

"Force Provider equipment is very unique, and it's very limited on availability," said Staff Sgt. John K. Schwentner, of DuBois, Pa., the Shower/Bath and Laundry Non-commissioned Officer-in-Charge. "Here, we have everything, brand-new and the next generation. You're not going to get that anywhere else."

"The 542nd QM Co. is the only force provider company still within the Army's inventory," said Maj. Mitchell J. Wisniewski III, of Cleveland, commander of the 542nd QM Co. "The only current training sets are here at Fort Devens."

The Force Provider containerized modules weigh less than 10,000 lbs making them easily movable with a forklift. In addition, these readily deployable, pre-packaged base camps can be transported inside one C-17 Globemaster III aircraft and within a matter of hours setup and operational. These tents cut down on weight by using air-filled beams, not metal supports, and are easily replaceable without having to take the whole tent down. Soldiers from the 542nd QM Co. are using their annual training to learn

the new systems and brush up on old skills.

"We have everything we need to be self-sufficient," said Schwentner.

These modules include nine air-beam tents with flooring, electrical, insulation and bunk beds.

"This one uses an air compressor to fill the beams," said Spc. Nicholas E. Pire, of Bradford, Pa., a Food Service Specialist who went through the training here. "It's much quicker and much more reliable than the old I-beam tents."

"You just deflate the beam, put it back in, no problem," said Pfc. Tasha A. Baranchak, of Clearfield, Pa., a Water Treatment Specialist. "It's cheaper also in the long run." Baranchak believes it's also easier to store and carry, has a better air conditioning system, and takes less effort and manpower to set up.

Each of the seven billeting tents house 22 Soldiers. Also included are an all-electric expeditionary kitchen that feeds 150 personnel, a tricon freezer/refrigerator, a laundry unit capable of handling the Army standard of 15 pounds of laundry per Soldier, a shower system divided into two containers with a total of eight showerheads, and two latrine units.

One technological advancement of the Force Provider equipment is the water system.

"We have what's called a shower-water reuse system," said Wisniewski. "It's a system based initially off a (Reverse Osmosis Purification Unit) theory, but it has a lot more filters in it, and it allows us to reuse up to 75 percent of the shower water in order to save on resources, water deliveries and such. So, we don't have to have additional transportation assets always bringing water in." Deployment is always inevitable when serving in the Army Reserve. "This type of training here is essential for our Soldiers who never touched any of this to actually learn how to properly use this equipment," said Schwentner. "So, when they move downrange, they will know what they are doing." He stressed how this new equipment will help other Soldiers while deployed. Soldiers can get some rest, a hot meal and a shower, and get right back on the road to get to the next camp and get what is needed, he said.

Schwentner spent the first 14 years of his career as a truck driver and vividly remembers sleeping under his trailer while deployed. "It was an absolute welcome to at least find some sort of shelter to stay in besides the cab of our truck or underneath the trailer," said Schwentner. "It is a really nice morale booster to have a bunk you can sleep on instead of the ground, have a hot meal, get a shower, and have a flushable toilet. It's the small things that count."

"It puts us in a state where we have to be always available as a unit," said Wisniewski. "At a moment's notice, we can be called to go anywhere to support any type of mission. So, having this training here is key in updating our Soldiers' skills on this equipment."

This exercise provides Soldiers with skills they can use in many situations.

"The bigger picture of the exercise is to enable the Soldiers to be able to take the skills they're learning here on the actual Force Provider equipment and apply that to deployment situations or exercises ... worldwide as well as assisting with disaster relief efforts at home," said Wisniewski.



HHC Change of Command

The 316th Sustainment Command (Expeditionary) conducted a change of command ceremony at its headquarters to pass on the torch to a new Headquarters and Headquarters Company commander July 13. More than 250 local Army Reserve Soldiers, military dignitaries, including Brig. Gen. Bud R. Jameson, Jr., 316th ESC Commanding General, and Family members gathered for the ceremony to welcome the new commander.

Capt. Andrew T. Steimer, of Claysville, Pa., assumed command of HHC from Capt. Bronwyn B. Odhner, of Pittsburgh, who served as commander since September 2011.



As part of tradition, the company guidon is passed from Odhner to Steimer to show the change in authority to Soldiers present.

"It's going to be an exciting year with lots of change," said Steimer. "We will work through it and excel, and I look forward to working with each and everyone of my Soldiers."

Steimer, a former active duty Soldier, came to the 316th ESC in 2011 in Support Operations as an ammunitions officer. He deployed twice to Iraq and once to Kuwait. Steimer was on the Military Transition Team and has been a contracting officer, platoon leader and executive officer.

"Continue to take care of each other," said Odhner, to the HHC Soldiers. "Always strive to do and be better." Odhner joined the 316th ESC in December 2009 as a Mobilization Plans and Operations officer. She deployed with the unit to Kuwait in April of 2012 for a

one-year mobilization. Odhner, a captain promotable, is moving on to U.S. Army Reserve Command in an Active Guard/Reserve position.

Andrew Steimer is married to Capt. Michelle Steimer, who was the MSE HHC commander while the 316th ESC was deployed to Kuwait.

Bronze Star for Vietnam Vet

U.S. Senator Robert P. Casey, Jr. and Col. Eric Lawson from the 316th Sustainment Command (Expeditionary) presented, Vietnam Veteran, John Ferry of Seven Fields, Pa., with his Bronze Star, Combat Infantryman Badge and seven other awards at a ceremony in Pittsburgh on June 21.

Ferry, a sergeant, who served in Vietnam from 1970 to 1971 as a platoon leader with the 1st Cavalry Division, 12th Cavalry Regiment, earned his Bronze Star for displaying heroic actions by unselfishly exposing himself to enemy hostile fire and engaging the enemy.

A modest Ferry said about his service and awards, "I was just doing my job like everyone else." Adding, if something good came from my era and how we were treated is that Soldiers today are being recognized.

After a 42-year wait, Ferry received his awards by requesting assistance from Senator Casey's office. In addition to the Bronze Star and Combat Infantryman Badge; Ferry received the Air Medal, Army Commendation Medal, Good Conduct Medal, National Defense Service Medal, Vietnam Service Medal and Vietnam Campaign Medal.



Safety—Distracted Driving

Story courtesy of Amy L. Robinson, U.S. Army Training and Doctrine Command Public Affairs Motor vehicle accidents involving a distracted driver kill thousands of people each year on America's roadways. Anytime drivers text, use a cell phone or navigation system, change a radio station, eat or drink, or do anything that diverts their attention from the road, the opportunity for an accident to happen increases exponentially.

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

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

"The biggest problem is most people don't realize just how dangerous it is," said Dr. Joseph MacFadden,

USACR/Safety Center Human Factors Directorate, research psychologist. "They don't know the statistics.

Most young people (who) are texting and driving these days are completely unaware, and of course, they feel also that they can defy the odds."

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

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

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

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



Congratulations Col. Hackett

Col. Bruce Hackett, the Deputy Commanding Officer for the 316th ESC during the deployment to Kuwait, has been nominated for promotion to the rank of brigadier general with assignment as Commander, 78th Training Division, Joint Base McGuire-Dix-Lakehurst.



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Newsmaker: 1st Sgt. Robert Frank

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By Tribune-Review

Published: Tuesday, May 28, 2013, 11:52 p.m.
Updated: Wednesday, May 29, 2013

1st Sgt. Robert Frank

Noteworthy: The Army awarded Frank, an Army reservist, the Meritorious Service Medal for serving as the senior enlisted man of the 316th Expeditionary Support Command during its nine-month deployment to Kuwait.

Age: 41

Residence: West Mifflin

Family: Wife, Susan

Occupation: Frank managed an Eat 'n Park restaurant when the Pentagon activated him in 2007. With his return to reserve status in May, he is undergoing refresher training to become manager at another Eat 'n Park.

Background: The Army previously awarded Frank a Bronze Star for joint operations in Balaad, Iraq, in 2007 and a Meritorious Service Medal for service to the unit in 2011. He said he enjoyed active service for the past six years but with military operations winding down, he decided it was time to get back to civilian life. Serving as senior enlisted man was a big but rewarding job, he said.

Education: Bachelor's degree in business management, Indiana University of Pennsylvania

Quote: "Everybody answers to that individual and you're in charge of the morale and well-being of all the soldiers in the unit. It's a huge responsibility."

— Brian Bowling

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The Army awarded 1st Sgt. Robert Frank, 41, of West Mifflin the Meritorious Service Medal for serving as the senior enlisted man during the 316th Expeditionary Sustainment Command's nine-month deployment to Kuwait.

Daily Photo Galleries



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Newsmaker: Maj. Rob Bojarski

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By Brian Bowling

Published: Saturday, May 4, 2013, 8:40 p.m.
Updated: Sunday, May 5, 2013

Noteworthy: The Army awarded Bojarski, an Army reservist, the Meritorious Service Medal for his work during a nine-month deployment to Kuwait with the 316th Expeditionary Sustainment Command out of Moon.

Age: 39

Residence: Hempfield

Family: Wife, Kerri, and sons Christian, 8, and Nathan, 3.

Occupation: Bojarski's civilian job is supervisory logistics management specialist for the 316th ESC. His military service is as a logistics officer for the command.

Education: Bojarski holds bachelor's degrees in business administration and political science from Washington & Jefferson College.

Background: During the 316th's deployment to Kuwait from June 2012 to March, Bojarski developed a joint logistics training program with the Kuwaiti National Guard that allowed both sides to share information on how they go about moving people and equipment in combat conditions. Bojarski said strengthening ties with Kuwaiti forces helps make the United States more secure.

Quote: "It would make it easier for us to function on a battlefield. It's a hostile region. It definitely benefits us to work with the Kuwaitis and develop that partnership with them."

— Brian Bowling

About Brian Bowling

Brian Bowling 412-325-4301
Staff Reporter
Pittsburgh Tribune-Review

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The Army awarded Maj. Rob Bojarski, 39, of Hempfield the Meritorious Service Medal for developing a joint logistics training program with the Kuwaiti National Guard during his nine-month deployment to Kuwait.

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Newsmaker: Andrew Steimer

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By Craig Smith

Published: Friday, May 24, 2013, 12:01 a.m.
Updated: Friday, May 24, 2013

Noteworthy: A captain with the Coraopolis-based 316th Expeditionary Sustainment Command, he received the Army Commendation Medal after deployment to Kuwait in 2012. The medal is awarded to soldiers who distinguish themselves through heroism, meritorious achievement or meritorious service.

Age: 31

Residence: Claysville

Occupation: Supply manager

Background: Steimer did two tours of Iraq, 2006 and 2009, before being deployed to Kuwait in 2012 to help get equipment out of Iraq.

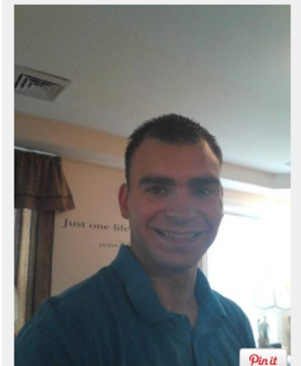
Education: Bachelor of arts, history, Penn State University, 2005.

Quote: "It was a real honor to be recognized for your service. The team that I was a part of worked really hard and I think it was a reflection of my team."

About Craig Smith

Craig Smith 412-380-5646
Staff Reporter
Pittsburgh Tribune-Review

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Andrew Steimer of Claysville received the Army Commendation Medal after a 2012 tour in Kuwait with the 316th Expeditionary Sustainment Command, based in Coraopolis.

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