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Staff Sgt. Daniel Stein, a utility equipment repairer representing the 298th Service Maintenance Company, crosses an obstacle during the 316th ESC Best Warrior Competition. (Photo by Sgt. Christopher Bigelow, 316th ESC)

Best Warrior Competition

By Sgt. Christopher Bigelow,
316th ESC PAO

Ft. Devens, Mass. – “One more mile, one more round, I’m not tired yet, I can do this all day. Yesterday was my hardest day, I’ve got this,” the inner dialogs of the warrior’s competing in the 316th Sustainment Command (Expeditionary) best warrior competition all have one thing in common.

Continued on Pg. 8,

Commander's Corner – Brig. Gen. Bud R. Jameson, Jr.

E Pluribus Unum.

“From Many, One” or “Out of Many, One”. This simple Latin phrase describes the action of Many Uniting into One to form our Nation. It was such a compelling description of the young United States of America that our founders chose it to be our National Motto. Later generations felt it was such a powerful statement that it should be inscribed on all our coins as a reminder to all who shall see it that America is strongest when all of its peoples stand united.

As I look through this quarter's articles, I am struck by how our units – our entire Army – unlike at any other time in our history, actually live out our National Motto. I see stories and photos of young Soldiers just beginning their careers of service to the Nation, of old Soldiers celebrating a life of service and sacrifice, of men and women, of all races and creeds, bound together – **United as One** – by a common belief in our Nation, in our Army Values, and in one another to forge the strongest Total Army in our history.

It is in this spirit we recognize and honor the valor of Private First Class Frank H. Ono, a WWII veteran who risked his life to save his fellow Soldiers and to defeat the enemy. He and other first generation Americans of Japanese descent – the Nisei – from both the 100th Battalion and the 442nd Regiment, fought to save their Nation and prove beyond a shadow of doubt their patriotism, even unto death.

He, like Staff Sergeant Thomas P. Hanlon who honored us with his attendance at the Military Ball, were not career Soldiers, but were Citizen Soldiers, no different from any of you, who set aside their civilian lives and stepped forward when the Nation needed them. The only difference is that today we try to remain better prepared through membership in and training with our Army Reserve units.

Many of you have heard me speak on the topic of Profession of Arms and how I personally believe we are only as



strong as the degree to which each of you takes personal responsibility for your own actions, your own readiness, and for those who serve under you. Only this enables us to be **Many Uniting into One** as our Founders envisioned. Part of this successful uniting is the mutual respect we hold for each other – regardless of gender, race, or creed – and our willingness to accept and, if necessary, fight to defend our fellow Soldiers as PFC Ono and SSG Hanlon did in their day.

But this unity is being seriously challenged today by the sexual harassment, sexual assault, and even rape that you allow to take place in your units, by and upon the Soldiers you should be looking out for. Not a single one of you would abandon a fellow Soldier on the battlefield, so why aren't you fighting just as hard to defend your fellow Soldiers from the words and attacks of these sexual predators?

I am so very proud to be your commander, proud of all that you accomplish each day, in and out of uniform. But I will be even more proud when the day comes that I see that each of you is fighting for the safety, the honor, and the integrity such that I can report that we no longer tolerate within our ranks those shameful individuals who find sexual harassment or sexual assault acceptable behavior.

You've also heard me say that we are the “face of the Army” to our communities whether we are in or out of uniform. But as Soldiers you are also role models. Thank you for taking our Army values and our sense of unity into our schools and workplaces, to build, strengthen, and support our communities.

I want to single out and thank to PFC Zachary Fleischauer for his quick thinking and selfless service. You make us all proud to have such a great young man and such a promising young Soldier as part of our unit. Please read the account of his actions.

I want to publically thank all those who contributed to or worked to sponsor the Inaugural Western Pennsylvania Military Victory Ball. It was a great event at a great location and I hope it will become a tradition with as many of your supporting it each year as possible.

Congratulations to all the Best Warrior Contestants for the hard work it took to get to the ESC-level competition.

Congratulations to WO1 Amy Adams. I know you will work hard in your new role and will grow to become a role model within the Warrant Officer Corps.

I want to also thank my Battle Buddy, Command Sergeant Major Bolduc for his tireless service to our Nation, our Army, and to the Soldiers of this command. I also want to thank his family for the love and unquestioned support they have given him throughout his long and distinguished career. Sergeant Major, thanks for your wisdom, your support, and for keeping me on the right path. You **will** be missed!

Finally, I want to announce my selection of CSM Johnny McPeck as the new Command Sergeant Major for the 316th and welcome him and his family back to the Command!

Everyone Keep Ready. Keep Safe. Stay United and Army Strong. I'll see you on the high ground!

Brig. Gen. Bud R. Jameson Jr.
Commanding General

Looking Back – Cmd. Sgt. Maj. Michael Bolduc

Over the last few months I've taken time to reflect upon the successes of the 316th Sustainment Command (Expeditionary). I wanted to make sure I properly said goodbye to the Soldiers and civilians of this command. I had a very difficult time putting pen to paper; I questioned whether I could convey my message accurately.

It has been an honor and privilege to serve as the senior enlisted Soldier in this command. I've recently visited Soldiers in the field during major exercises, attended professional development forums, watched our top enlisted Soldiers and Noncommissioned Officers compete at the Best Warrior Competitions, attended the Victory Ball in Pittsburgh, made unannounced visits to some of our subordinate units across the command, and most recently had the opportunity to tell our story to USARC at the Force Generation Readiness Review.

I am so proud of the leadership at every level and the attitude of every Soldier that I've interacted with during my tenure here. I am not so naïve to believe that there were not challenges along the way. What makes this command pretty special is the way these challenges were received.

Personnel, budget and readiness requirements were constant challenges to our units and Soldiers. Missions were executed, Soldiers were properly trained, and we continued to



“Do not let
what you
cannot do
interfere
with what
you can do.”

strive forward to meet the “never ending” requirements that were asked of us.

I can't thank you all enough with the efforts put forth both collectively and individually. There is a quote I use in my civilian e-mails; this quote was directed toward the student /

athletes I've coached over the years. I find it fitting to share with this command; “Do not let what you cannot do interfere with what you can do.” It would have been easy to make excuses, but that never seemed to be the issue; finding a way to make it happen was often the course of action.

As most know, not only is my tenure complete with the 316th ESC, but I am retiring after 30 years of service. I have mixed feelings; it is not easy to leave something I've been so proud to be part of. It has been truly an honor and humbling to serve for this great nation for so long. Soldiers understand the commitment it takes to serve and without hesitation continue to do so.

In closing, I'd like to say; we have the ability to proudly serve because of the support from our family and friends. I often felt that I was being a little selfish when it came to serving. As I continued to do what I loved to do, my wife Jackie, daughter Jill, and sons Benjamin and Michael gave me their unconditional love and support and I could never thank them enough.

My regret is that I do not think I recognized their support and their sacrifices enough. I ask that you always remember those around you. When it is all said and done those closest to you will still be there.

Cmd. Sgt. Maj. Michael Bolduc
Command Sergeant Major

Army Reserve Soldier aids high school stabbing victims

By Spc. Sophia Kleemann, 316th ESC PAO

PITTSBURGH – Victims and bystanders recall the initial panic during the mass stabbing that occurred in the halls of a Pennsylvania high school on the morning of April 9. Nearly two dozen students and staff members at Franklin Regional Senior High were injured during the attack and ensuing mayhem, when a pulled fire alarm sent masses of students fleeing from their classrooms.

Not everyone ran for safety. “There are a number of heroes in this day,” said Pennsylvania Governor Tom Corbett in an evening news conference following the incident. “Many of them are students: students who stayed with their friends and didn’t leave their friends.”

Among those who stayed behind to care for fellow classmates was Pfc. Zachary Fleischauer, an Army Reserve Soldier with Coraopolis-based 316th Sustainment Command (Expeditionary).

“I saw a teacher with a student yelling for help,” said Fleischauer, “I grabbed some medical supplies from my classmate, Alex Pasculle. He asked if I knew what to do and I said yes, I had training in the Army.”

“Zachary Fleischauer was a strong, calm and

reassuring young man at a time when those qualities were most needed,” said Beth Frydrych, a health services coordinator.

“I was just doing what I thought I should do to help, I didn’t like seeing my friends in pain,” said Pfc. Fleischauer of the 316th ESC.

“I knew that I could tend to other students in the area and that Zachary was a young man I could count on,” said Frydrych.

Amy von Geis, a learning support aide, had pulled an injured student outdoors while waiting for police and paramedics.

“As I waited for help to arrive Zack came over to me, identified himself as having first responder training, and asked me if he could help. He ran towards the school and shortly came back with a trauma bandage and some tape.”

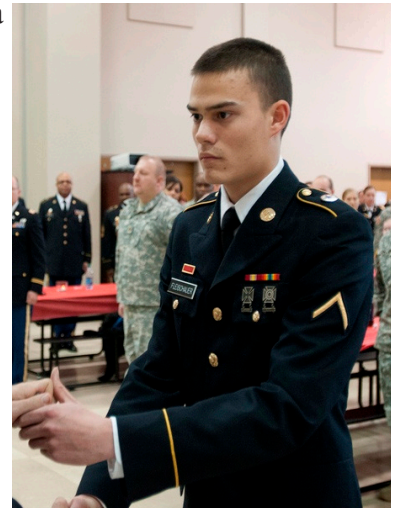
The two worked quickly to place the bandage so Geis could continue to apply pressure to the wound.

“I’m glad I joined the Army when I did, without my training I may have froze,” said Fleischauer, who was trained in both first aid and buddy care. “The Army taught me enough to know what to do, with that knowledge I was able to react.”

In an interview with the Pittsburgh Post-Gazette, Fleischauer downplayed his role.

“I’m just a Soldier doing what I was taught to do and doing my duty and serving,” said Fleischauer.

Faculty and staff returned to work April 14, and the following day the building was open for students and their families to visit and tour before returning for classes on April 16. When van Geis saw Fleischauer for the first time since the incident she couldn’t help but run over to him and give him a huge hug. She told him what a wonderful job he had done. Fleischauer quietly replied “Thank you Ma’am, how are you doing.”



America's Army – Our Profession

By Spc. Sophia R. Kleemann,
316th ESC PAO

CORAOPOLIS, Pa. – After over a decade of sustained combat operations, can we as Soldiers define what it means to be a Soldier and a member in the profession of arms?

America's Army – Our Profession, is an Army-wide program that started Oct. 1, 2013, through the Center for the Army Profession and Ethic (CAPE), to emphasis professional identity and behavior in future generations of Army professionals. The focus for the first six months of the program is on Trust, and the focus for the last six months will be on Honorable Service and Stewardship of the Army Profession.

The program's purpose has multiple facets. It is built to reinforce trust with in the Army profession and with the American people. It keeps Soldiers united in their identity by helping them to demonstrate military expertise, inspire honorable service and provide stewardship for Soldiers, Army civilians and resources and property entrusted to them. It's built to enhance Espirit de Corps and teach Soldiers how to uphold Army ethics, live the Army values, and conduct themselves in a manner worthy of the profession.

"They look at their service and their time in the Army as Soldiers, as a member of a profession and what is expected of a professional and the trust that is built within the unit and between the Army and the American people," said Gen. David Perkins, current TRADOC Commander.

The goal of the program is to

develop the Army Profession and future leaders and sustained public confidence in the Army.

"At every venue (commanders) have, they need to emphasize the importance of being a member of a profession, of acting professionally and the expectation that our nation and our Soldiers have of each other," said Perkins.

The program was built to instill all aspects of being a professional and understanding the history of the profession and how it is built into the way people view their daily lives, conduct training and their professional development.

The program originated in October 2010, when the Secretary of the Army and the Chief of Staff of the Army directed the Commander of Training and Doctrine Command (TRADOC) to conduct a review assessing how prolonged years of war impact service members. The results of this assessment led to the development of this program.

Quarterly Themes included Standards and Discipline; Customs, Courtesies and Traditions; Military Expertise; and Trust.

Standards and Discipline focuses on the essence and stewardship of the profession, sets the level of expectation for each other and help build trust with each other and in turn the nation.

Customs, Courtesies and Traditions focus on why Soldiers serve.

"The tradition of selfless service to our nation goes back 237 years to 1775, an institution that is older than the republic itself," said Perkins. "It helps put in context to our young and old Soldiers the tens

of thousands if not millions that have served before them, why they served and why their sacrifice is critical to the continued existence of our nation and our way of life as we enjoy it now and as we want it to be in the future."

Military Expertise means that we are expected to be the masters of the art and science of war and experts in military operations, said Perkins. Extensive training, leader development, professional military education for leaders and soldiers are the primary focus.

"Military expertise like all professions becomes the thread that runs throughout a profession," said Perkins. "It is how we build trust with subordinates and superiors, and our nation."

Trust, being the last theme, seems to be the underlying theme of the whole program.

"Trust with the American people is a primary importance in the United States Army because as an Army of a democracy, we are here to support and defend the Constitution of the United States, and to do that America gives us it's most precious resource and that is their sons and daughters," said Perkins. "For them to hand over their sons and daughters, they have to have absolute unwavering trust that we will do well by them and that we will represent their family, their town, their state, and their nation, in a way the American people expect the Armed Forces of the United States to operate."

For more training resources, go to the America's Army – Our Profession website at <http://CAPE.army.mil>.



Ninety-year-old, Pittsburgh native and World War II Veteran, Thomas P. Hanlon, served with the 88th Infantry Division from 1943 to 1945 and was the guest speaker at the 316th ESC Victory Ball. His presence was a unique tie-back to the unit hosting the event as he is the grandfather of Capt. Andrew Steimer, the 316th ESC, Headquarters and Headquarters Company Commander. (U.S. Army photo by SSG Desiree Lindley, 354th MPAD)

Honoring Them With Our Presence

By SSG Desiree Lindley,
354th MPAD

PITTSBURGH - Approximately 300 Western Pennsylvania Army Veteran's, past and present, and their guests, gathered together at the Soldiers and Sailor's Memorial Hall here, to enjoy an evening of military tradition and esprit des corps Feb. 22.

The Inaugural Western Pennsylvania Military Victory Ball, hosted by the Pittsburgh area's 316th Sustainment Command (Expeditionary), U.S. Army Reserve, embodied the motto of the hall with the theme

of, "Honor them with your presence."

The event was an opportunity to do more than just celebrate. The event was intended to honor all service under the motto, "Once a soldier, always a soldier," and the ball was honored by the presence of three distinguished guest speakers; World War II Veteran, Thomas P. Hanlon, Operation Iraqi Freedom Veteran, Command Sgt. Maj. (Retired) Bart Womack and 316th ESC Commanding General, Brig. Gen. Bud R. Jameson, Jr.

Along with Maj. Gen. Peter Lennon, Commanding General of the 377th Theater Sustainment

Command, various Western Pennsylvania Army Reserve units and guests from the American Legion Post 935, University of Pittsburgh's Reserve Officers Training Corps, Pennsylvania Reserve Office Association, Military Affairs Council of Western Pa., and Pennsylvania Association of the United States helped to make this event an opportunity for veterans from WWII through present day to gather and share in the special bond of service.

The evening's festivities included many unique historical and entertaining displays

BALL Continued

including several of the hall and museum displays that come to life. Costumed actors stood in front of display cases ranging from the Civil War through WWII and shared with the attendees, history of the time and about their persona's service to the nation.

"Normally, when you go to a museum, you're standing there, and you're reading. When you have the exhibits come to life and speak to you and tell you their story, it draws you in," said Master Sgt. Denise Underwood with the 316th ESC.

As educational and novel as the actors were, most notable was the presence of veterans and their sharing of stories describing the past, present and future.

The first speaker, a 90-year-old, Pittsburgh native and World War II veteran, Hanlon, served with the 88th Infantry Division from 1943 to 1945. He shared his experiences in Italy during the war

as a communications wireman. His presence was a unique tie-back to the unit hosting the event as he is the grandfather of Capt. Andrew Steimer, the 316th ESC, Headquarters and Headquarters Company Commander.

On his grandfather speaking, Steimer said, "It meant a lot. He enjoys speaking, and I've taken a lot from him. My decision to join the Army was based on him and his stories; it was neat to see it come full circle."

"Having a WWII veteran present held special meaning," said Command Sgt. Maj. Sammy Sablan of the 77th Sustainment Brigade adding, "I felt a personal connection as my home island of Guam was held by Japan and liberated in World War II."

The second speaker, Womack, talked about service and sacrifice. Womack talked about an incident of a Soldier in his ranks throwing hand grenades into the tents of sleeping officers and attacking unit

personnel with small-arms fire. He shared a story of the fighting men and women of the Bastogne Brigade who responded bravely to the attack, who saved lives of their brothers and sisters, and also a story of the lives tragically lost by fratricide.

The keynote speaker of the evening, Brig. Gen. Bud R. Jameson Jr., spoke about how as members of this profession, we too often can overlook why we serve and the pride of wearing the uniform and events like this can help remind us of why we serve.

In the end, soldiers shared this evening of celebration with family members and honored guests as they reveled in this piece of tradition. 316th ESC 1st Sgt. Robert Frank said, "I had a great time. This was the first time for my wife to attend a ball, and she was very impressed. I think it was a great morale boost, and I hope we make this a tradition."



PITTSBURGH – U.S. Army Reserve Brig. Gen. Bruce Edward Hackett reaffirmed his oath of office in a promotion ceremony held in the presence of his family, friends and colleagues, at the Soldiers and Sailors Hall, Feb. 23, 2014. "My faith, strong support from my church, my mentors, extended family, and close friends have helped guide me through my military career over the past three decades," Hackett and his wife have two grown children, Kristen and Kraig, and have maintained strong ties to the Pittsburgh community over the years. Hackett earned his second master's degree in leadership and business ethics from Duquesne University where his daughter, Kristen, is also a recent graduate. (U.S. Army photo by Sgt. Nicole Smart, 118th MPAD)



Spc. Michael Velazquez, an armament repairer representing the 237th Support Maintenance Company, fires an M9 pistol at the 316 Sustainment Command (Expeditionary) Best Warrior Competition qualification range.

(Photo by Sgt. Christopher Bigelow, 316th ESC)

Best Warrior Continued

They are driven.

Six competitors have proven themselves to be the best of the best among their peers and have been awarded the opportunity to represent their individual brigades, at Ft. Devens Mass. in a competition designed to highlight their soldier skills.

"I was nervous when I was initially told I was going to be in the competition," said Staff Sgt. Cornelius Cobbs, from Philadelphia, a petroleum supply sergeant representing the 316th ESC, an Army Reserve unit from Pittsburgh.

"However I've trained hard and I don't feel that there is anything that I can't handle," Cobbs added.

After winning the titles of best warrior at the battalion level, six competitors have earned the right to compete for the title of best warrior in a competition run by the 475th Quartermaster Group for the 316th ESC.

"Events like this highlight what soldiers can do when given the right training opportunities," said Command Sgt. Maj. Vernon Perry III, the command sergeant major of the 475th Quartermaster Group.

"The competitors here are very professional, they have a very high anticipation level for this competition, and I'm sure at the end of this each of these competitors is going to come out a better Soldier," said Perry.

The Best Warrior Competition consisted of 13 separate events, a Physical Fitness test, Written Exams, multiple live fire day and night ranges, a 10-mile road march, a day and night land navigation course, a combatives tournament, and an Appearance Board were some of the events the competitors encountered.

"Competing in 13 events ensures we select the top NCO and top enlisted soldier in this command," said Command Sgt. Maj. Michael J. Bolduc, the command sergeant major of the 316th ESC.

"A Soldier has to consistently place well in each event to win. Being good at only a few events will not be enough to win this



Staff Sgt. Cornelius Cobbs, a petroleum supply non-commissioned officer with the 316th Sustainment Command (Expeditionary), crosses the halfway point of a 10-mile road march during the 316th ESC Best Warrior Competition. (Photo by Sgt. Christopher Bigelow, 316th ESC)

competition,” said Bolduc.

Six Soldiers representing five separate battalions from the Army reserve came to compete in the competition, however only one Non-Commissioned Officer and one Enlisted Soldier could win.

Staff Sgt. Daniel Stein, a utility equipment repairer with the 298th Service Maintenance Company, and Spc. Michael Velazquez, an armament repairer representing the 237th Support Maintenance Company, each earned the title of best warrior, by consistently placing themselves at the top of each of their events.

“The competition was intense, but the camaraderie and the experience was even more so,”

said Velazquez.

“I’m feeling motivated both spiritually and mentally; I can’t wait to move onto the next competition,” Velazquez added.

The winners of the 316th ESC Best Warrior Competition will move onto the 377th Theater Sustainment Command Best Warrior Competition.

“The winners will have some work to do and it is my job to with the support of their commands staff to get them prepared for the 377th TSC Best Warrior Competition. If they are fortunate enough to win that they will be off to compete in the U.S. Army Reserve Commands competition and then the Department of the

Army’s,” said Bolduc.

“We have high hopes for both our enlisted soldier and our NCO,” added Bolduc.

According to Bolduc the Best Warrior Competition is a means of indentifying soldiers from the active component and the reserve component who are truly dedicated to their profession.

“When you look across the spectrum of the Army, their examples serve as a guide for what other soldiers aspire to be and as role models, Soldiers look up to them and say, ‘I want to be like that,’” said Sergeant Major of the Army, Raymond Chandler III in a recent interview.

Hard work and dedication turns sergeant first class to warrant officer

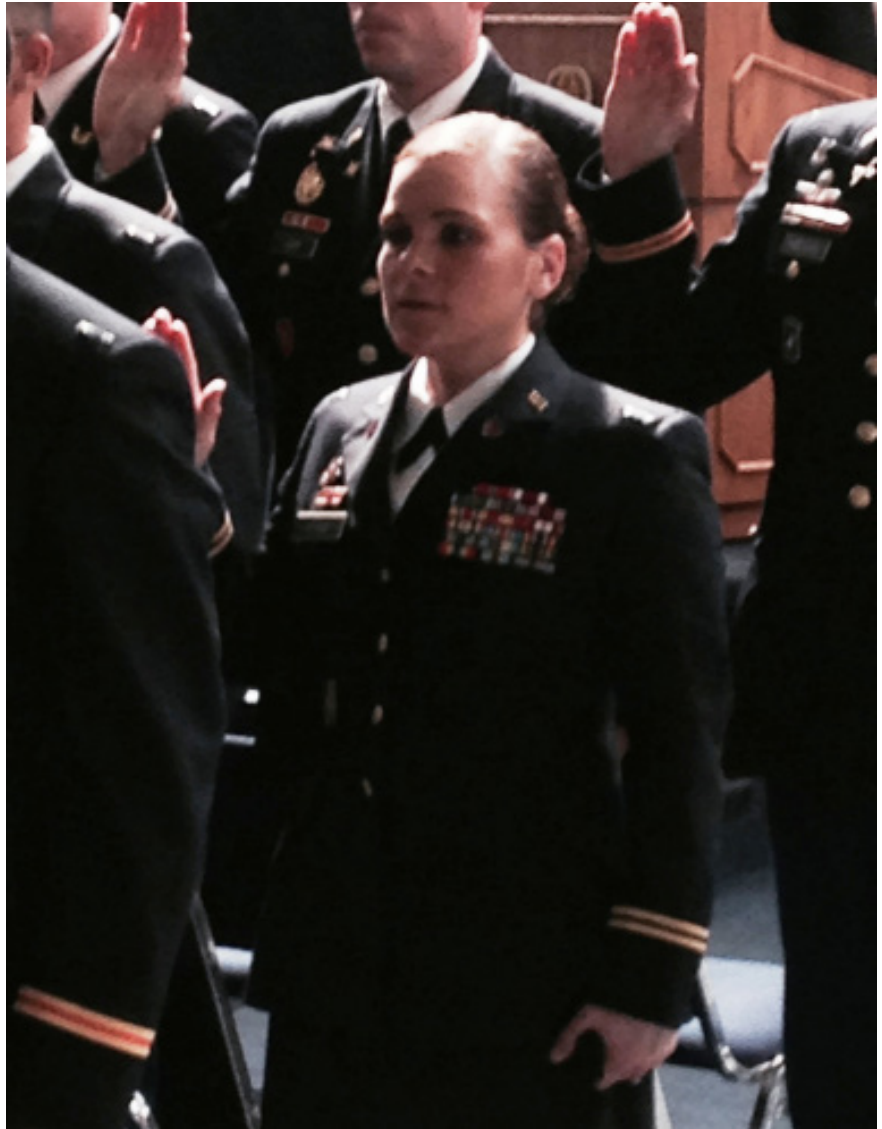
By Spc. Sophia R. Kleemann,
316th ESC PAO

PITTSBURGH - The warrant officer is a unique breed: a leader much like an officer, yet a technical expert and focused on mission execution like the enlisted soldier. These subject-matter experts and leaders are the silent professionals sprinkled throughout the Army Reserve and the 316th Sustainment Command (Expeditionary) that ensure the job gets done; but what does it take to get become one?

According to recently appointed Warrant Officer Amy M. Adams, a Human Resources technician, HR Operations Branch with the 316th ESC, it took a lot of hard work and dedication to lead her to the position she desired.

After 16 years as an enlisted soldier, advancing to the rank of sergeant first class, Adams felt like she needed a change and new challenge.

"I love being in the Army, especially the Army Reserve, and I love what I do which is Human Resources, so staying in the HR field and being able to specialize in that and not be such a generalized soldier was very attractive to me,"



Warrent Officer Amy M. Adams conducts a joint Oath of Office with her warrent oficer class at Fort Rucker, Ala., on Feb. 20. After 16 years as an enlisted soldier, advancing to the rank of sergeant first class, Adams is recently appointed Warrent Officer with the 316th ESC. (Courtest Photo)

said Adams.

"The warrant officer is the critical core expert that bridges the gap between the officers and enlisted," said Chief Warrant Officer 5 Raymond A. Wolf, Jr., Senior Ordnance Officer/Command Chief Warrant Officer, 316th ESC. The officers are there to lead the troops and provide the strategic aspect. Officers are in a leadership position with general knowledge of a variety of aspects of their

branch.

The warrant officers are there to execute, they have specific knowledge of their career and can lead and execute the tasks to obtain the end result that the commander or officers want, said Wolf, of Beaver, Pa.

"Being able to stay in my field and focus on Intelligence was a primary reason I became a warrant," said Chief Warrant Officer 4 Sandra Tadda adding "I

“The warrant officer is the critical core expert that bridges the gap between the officers and enlisted,”

- Chief Warrant Officer 5 Raymond A. Wolf, Jr.,
Senior Ordnance Officer/Command Chief Warrant
Officer, 316th ESC.

was able to focus and dedicate my time on one field and become an expert.”

While the Army is filled with leaders at every rank and position, the warrant officer brings a different aspect of leadership to these organizations, and one in high demand.

“The Army Reserve is in definite need of warrant officers,” said Wolf. “The Army Reserve set the goal for (this fiscal year) of recruiting 600 warrant officers. In the 316th ESC, there are about 56 slots available for warrant officers, especially for Petroleum System Technicians and Maintenance Technicians.”

The first steps toward her warrant officer goal were submitting a packet, being accepted and attending the five-week warrant officer candidate school.

“Candidate school was definitely the hardest military school I’ve ever done,” said Adams, of Toronto, Ohio. “It’s one of those courses that you hear a lot of horror stories about. Everybody has their own little spin on what happens there and how hard it’s going to be. I don’t think there’s anything you can really prepare for other than the physical aspect

of it. You really have to make sure you are in shape before you go. I did underestimate how physically demanding it would be.”

Candidate school is conducted at Fort Rucker, Ala., that includes Army Reserve, National Guard and active duty aoldiers and much like basic training, the candidates are not allowed to use Internet or cell phones and are detached from outside influences. They are also placed under a lot of stress to see how they react to and handle situations.

Despite the challenge of candidate school, Adams thinks it was well worth it.

“It’s very fun and also rewarding while being challenging,” said Adams. “It’s good for developing team mentality and building Esprit de Corps.”

During this course, candidates focus on military history, history of the Warrant Officer Corps, customs and courtesies, protocol and Officer Evaluation Reports. The academics of the course are integrated with physically demanding aspects as well.

“If I had advice for anybody going, it would be to really make sure that you are physically prepared for the demands that they

have for you and that mentally you are able to devote yourself to the academics, to the stress and to the back-to-basic mentality,” said Adams.

Now that this course is complete, Adams’ next step is to attend the eight week warrant officer basic course, which is designed to certify warrant officers as technically and tactically competent to serve as warrant officers in their designated specialty.

Adams has had time to reflect on what this new position means,

“I realize there is a whole new level of responsibility. People look up to me as a role model; I represent a small but critical segment of the Army.”

“I intend to take on many varieties of assignments to become a well-rounded warrant officer so I can call myself a subject-matter expert, which is what they expect of us as warrant officers,” said Adams.

Asian Pacific American Heritage Month



PITTSBURGH – Every May, we celebrate Asian Pacific American Heritage month. The U.S. Army has a website devoted to Asian Pacific Americans in the United States Army—<http://www.army.mil/asianpacificsoldiers/index.html>.

The Army shares a long history with Asian and Pacific Americans who have served valiantly and led at every level of America's Army - from the Civil War to subsequent wars in lands across the globe. The Army has benefitted from the leadership of great Soldiers like General (Retd.) Eric Shinseki, the first Asian American four-star general and 34th Chief of Staff of the Army, and Lieutenant General Thomas Bostick, who serves as the commanding general of the U.S. Army Corps of Engineers. These great Americans, and so many other Asian and Pacific American Soldiers and civilians, clearly show that leadership excellence combined with our value of inclusiveness are what make us Army Strong.

This month, the Army expresses sincere gratitude and appreciation for the many years the nation and Army have benefited from the contributions and countless sacrifices of Asian Pacific Americans.

Here is one story of bravery and heroism from <http://www.army.mil/asianpacificsoldiers/index.html>.

Private First Class Frank H. Ono, a Medal of Honor recipient, distinguished himself by extraordinary heroism in action on July 4, 1944, near Castellina, Italy.

In attacking a heavily defended hill, Private First Class Ono's squad was caught in a hail of formidable fire from the well-entrenched enemy. Private First Class Ono opened fire with his automatic rifle and silenced one machine gun 300 hundred yards to the right front. Advancing through incessant fire, he killed a sniper with another burst of fire, and while his squad leader reorganized the rest of the platoon

in the rear, he alone defended the critical position. His weapon was then wrenched from his grasp by a burst of enemy machine pistol fire as enemy troops attempted to close in on him. Hurling hand grenades, Private First Class Ono forced the enemy to abandon the attempt, resolutely defending the newly won ground until the rest of the platoon moved forward.



Taking a wounded comrade's rifle, Private First Class Ono again joined in the assault. After killing two more enemy soldiers, he boldly ran through withering automatic, small arms, and mortar fire to render first aid to his platoon leader and a seriously wounded rifleman. In danger of being encircled, the platoon was ordered to withdraw.

Volunteering to cover the platoon, Private First Class Ono occupied virtually unprotected positions near the crest of the hill, engaging an enemy machine gun emplaced on an adjoining ridge and exchanging fire with snipers armed with machine pistols. Completely disregarding his own safety, he made himself the constant target of concentrated enemy fire until the platoon reached the comparative safety of a draw. He then descended the hill in stages, firing his rifle, until he rejoined the platoon.

Private First Class Ono's extraordinary heroism and devotion to duty are in keeping with the highest traditions of military service and reflect great credit on him, his unit and the United States Army.

Photos courtesy of U.S. Army

Army Reserve soldiers share love of learning with local students



Sergeant Mary Jane Sowinski, of the 316th ESC, visit kindergarten and first grade students from West Allegheny School District's Donaldson Elementary School Feb. 25, as part of the Read Across America Program. (Courtesy Photo)

Courtesy Story

PITTSBURGH, Pa. - Kindergarten and first grade students, from West Allegheny School District's Donaldson Elementary School, were visited by soldiers from the U.S. Army Reserves, 316th Sustainment Command (Expeditionary), Feb. 25. The soldiers were there on a unique mission; to provide dramatic readings from some of their favorite children's books.

The soldiers volunteered to help celebrate the National Education Association's, 17th annual, Read Across America Day, which promotes literacy and the development of reading at an early age. Last year, Forty-five million people nationwide participated in the largest reading celebration in the country which happens to coincide with Dr. Seuss' birthday on March 2.

After reading to a kindergarten class, Maj. Thomas Fox, with the 316th ESC said, "I think that it is important to encourage children to read at an early age and reading is one of my favorite hobbies, so it was a natural fit for me."

The 316th ESC is supporting the program with a week of activities by provide examples to encourage reading. Ty Beck, US Army Reserve Child, Youth & School Services Specialist with the 316th ESC said, "This was a good opportunity to bring the unit and a local school together." Adding, "Read Across

America is one example of many activities we have done over the last year to support our local schools through the Partnerships in Education initiative."

"It was very nostalgic to read a Dr. Seuss book and made me realize that you are never too old to enjoy a good book and bring a smile to someone's face, including my own," said Sgt. Mary Jane Sowinski, with the 316th ESC.

Read Across America's focus is to motivate Children and Youth to read through events, partnerships, and resources. By celebrating Dr. Seuss and reading, a clear message is sent to America's Children and Youth that reading is fun and important. Growing up Lt. Col. Scottie Jackson, of the 316th ESC, recalled his early reading memories saying, "Today's a reflection of the fun times I had as a kid reading books. I love the significance of reading and how it impacts your life."

In total, five 316th ESC soldiers; Staff Sgt. Charles Stoddard, Sgt. Mary Jane Sowinski, Maj. Thomas Fox, Capt. Joanne Socha, and Lt. Col. Scottie Jackson read to the students.

"The students were very excited and the fact a service member was reading the book made it a unique and memorable experience for everyone, including the soldiers," said Beck.

Family Services

April is the Month of the Military Child, a time to honor Youth impacted by deployment. For one day in April everyone is encouraged to wear purple, the color that symbolizes all branches of the Military as the combination of Army green, Marine red, Air Force, Navy and Coast Guard blue to show support and thank Military Children and Youth for their strength and sacrifice.

The 316th Sustainment Command (Expeditionary) Army Reserve Child, Youth & School Services and the McGarity Reserve Center Morale Committee invited all staff, contractors, and service members to wear purple on Tuesday, April 15, 2014. This marks the 4th annual Purple Up! Celebration nationwide.

Capt. Joanne Socha from the 316th ESC said, "It's great to recognize Military kids for their resiliency and positive attitudes."

"During the deployment process, Military Children are often not included and can feel left out. Purple Up! recognizes the issues/concerns children experience while being separated from the deployed parent. A campaign like Purple Up! can help them express their feelings, struggles, and assist them with coping

with the deployment", said Chief Warrant Officer 2 Christina Lunardini.

School Services Specialist, Ty Beck and Master Sgt. Denise Underwood, made a collaborative effort to get Moon Area School District involved. Superintendent, Mr. Curt Baker was supportive by sending home Purple Up! flyers with students and displaying a Purple Up! banner at Moon Area High School. Students throughout the Moon Area School District wore purple to support fellow Military Children and Youth attending Moon Area Schools.



In honor of Month of the Military Child and National Take Your Daughters and Sons to Work Day, Child, Youth & School Services held a McGarity Army Reserve Center wide event on April 24. This was CYSS third year participating and this year brought a record 49 people together to share in all day activities.

Parents, youth and facilitators participated in a day featuring a wide variety of activities. Each activity was tied to the Army Reserve and how it uses resources, materials or equipment.

Two activities of interest were learning how the Army melts brass casings from spent ammunition and the opportunity to use the EST2000 weapon simulator where participants utilized different weapons to shoot turkeys.

Later in the day, 4-H/Shad Henderson lead the group in, some PT where the Kids rotated among 5 stations and performed a variety of fun physical exercises.

The final activity of the day was lead by Staff Sgt. Jaisen Siaca who taught the participants how to make

biodegradable plant holders, fill them with soil and then plant seeds in them.

The afternoon concluded with each participant (including guests) receiving a framed, personalized certificate.

Sgt. Todd Fritz and Kelley Bruce-Fritz, both with the 316th ESC, enjoyed spending time with their six-year old son Brody, saying "It was nice to see him smile and spend time with him here at work." As for Brody, he loved the day and said his favorite part was the EST 2000 and spending time with his mom and dad.



Preparing to weather the storm

by ART POWELL

Directorate of Communication and Public Affairs
U.S. Army Combat Readiness/Safety Center

The weather can change from day to day, and sometimes hour to hour.

How Soldiers, Families and civilians live with the weather is up to them.

The National Weather Service reports that in 2011, 1,096 people died and 8,830 were injured from weather events in the United States. Property damage approached \$24 billion.

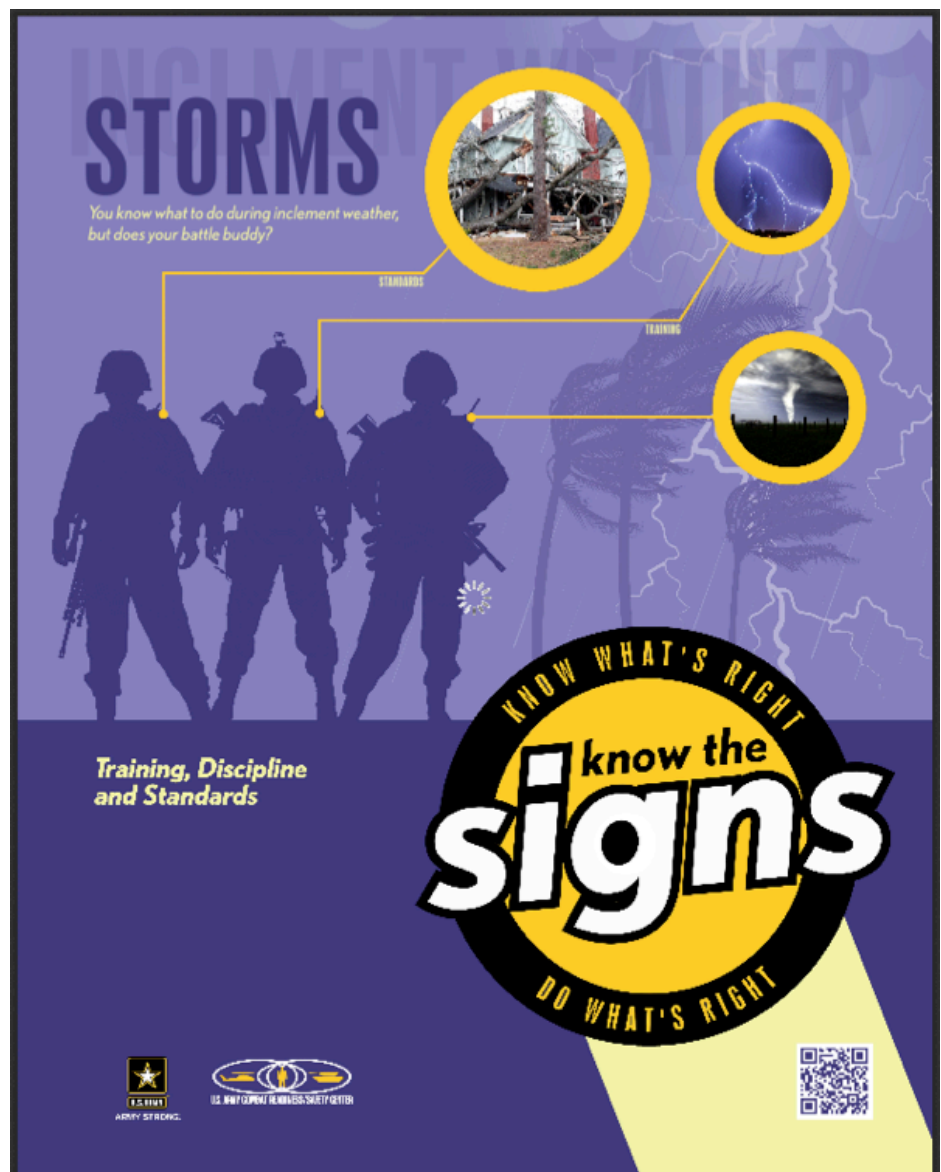
“An emergency can happen any place or time,” said Janet Frolescher, president and CEO of the National Safety Council. “Make sure you know the threats that can occur in your area, such as tornadoes, earthquakes, floods and hurricanes. Stay up-to-date on the weather forecast, practice drills with your family and prepare an emergency kit to keep you and your loved ones safe.”

Every state in the United States has experienced some form of severe weather, so everyone is exposed to risk. Check the forecast regularly and visit www.ready.gov/severeweather to learn more about preparing for potentially severe conditions.

Other common sense measures include preparing a communication plan to share with your Family and keeping important papers and valuables in a safe place.

Weather radios are an inexpensive and easy way to stay informed, even if the power goes out. Smartphone apps also connect users to sources that provide information and updates. While a wailing radio alarm or siren isn't what you want to hear in the middle of the night, the information they provide helps keep you and your Family as safe as possible during bad weather.

“The summer months are often a high point of our year as we take a well-deserved vacation and spend time with family and friends,” said Defense Secretary Chuck Hagel in a DOD message. “The summer allows for an opportunity to relax and refresh. However, many of the activities we pursue during our vacation time put us at risk for accidents that have potentially serious consequences. We all must do everything we can to be safer this summer. Each of us must do our part to keep everyone around us safe off-duty. Fundamental military lessons of working together, exercising leadership, focusing on the mission, and having the courage to say no to a risky situation are all essential to enjoying the summer and returning to your units.”



Take me out to the ball game



PITTSBURGH - Soldiers with the 316th Sustainment Command (Expeditionary) were part of the Pirates opening day celebration at PNC Park on March 31. Three Soldiers were part of a joint color guard and Staff Sgt. Charles Stoddard sang God Bless America prior to the game.

A visit from Lt. Gov. Jim Cowley



PA Lieutenant Governor Jim Cowley toured the 316th ESC HQ as part of a Pennsylvania Military Community Protection Commission visit to Pittsburgh on 26 March, 2014. Lt. Gov Cowley toured the 316th ESC, 911th USAR Air Wing and 171st PA ANG facilities. Cowley was joined by members of the PMCPCC that included LTG (Ret) Ron Adams.

