

THE FALCON

100 Years of 79th History

FROM THE HILLS OF MEUSE-ARGONNE TO THE
BEACHES OF CALIFORNIA: WHERE WE'VE BEEN
AND WHERE WE'RE GOING



Window into the Past

A DONATED STAINED GLASS WINDOW TELLS THE STORY
OF A 79TH SOLDIER'S SERVICE

Dispatches From the Field

MEMOIRS FROM WWII OF A 315TH INFANTRY REGIMENT
SOLDIER PUBLISHED FOR THE FIRST TIME



2017
Issue II

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79TH TSC COMMAND TEAM

COMMANDING GENERAL
MAJ. GEN. MARK W. PALZER

DEPUTY COMMANDING GENERAL
BRIG. GEN. SUSAN E. HENDERSON

COMMAND SERGEANT MAJOR
COMMAND SGT. MAJ. JOHN
ZIMMERMAN

COMMAND EXECUTIVE OFFICER
MR. GREGORY T. HINTON

COMMAND CHIEF WARRANT OFFICER
CHIEF WARRANT OFFICER WILFREDO
JARIN

PUBLIC AFFAIRS OFFICER
LT. COL. BRANDON KELLEY

PUBLIC AFFAIRS CHIEF
SGT. 1ST CLASS ALEXANDRA HAYS

MANAGING EDITOR
1ST LT. CLASS ERIC SMITH

LAYOUT & DESIGN
SGT. HEATHER DOPPKE

79TH TSC PUBLIC AFFAIRS OFFICE:

562-936-7660

USARMY.USARC.79-TSC.MBX.PAO@MAIL.MIL



WWW.FACEBOOK.COM/79TSC



WWW.FLICKR.COM/

PHOTOS/79THSSC/ALBUMS

Cover photo: President Woodrow Wilson receives a passing review of the 79th Infantry Division in Baltimore, Md., on April 8, 1918. Photo courtesy of G.V. Buck.

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Dressing station, operated by Ambulance Company No. 316, 79th Division, Les Eparges, Meuse.



Aid station, 315th Infantry, 79th Division, Bois de Consenvoye, France, 8 November 1918.



Major General Ira T. Wyche, Commanding General, 79th Division, presents awards to men of the 314th at Luneville, France.

A CENTURY OF 79TH HISTORY

TWO STAR NOTES:

BY MAJ. GEN. MARK W. PALZER
79TH THEATER SUSTAINMENT COMMAND
COMMANDING GENERAL



This August 12th, the 79th Theater Sustainment Command celebrated its 100th birthday. From the battlefields of France where we earned our emblem, "The Cross of Lorraine," to our present day mission providing sustainment for the vital work being accomplished across Africa, the 79th has been a military leader, an example for others to follow.

One month after we turned a century old, we reached our initial operating capability and began our new mission as the 79th Theater Sustainment Command. Upon taking up this new responsibility we once again became a deployable unit, globally available in support of any Army service component command. Our mission will take us to the other side of the world, where we will be regionally aligned with U.S. Army Africa - providing the backbone of support the warfight-



The continuing drive to serve and succeed has pushed our unit to become one of the most effective within the Army Reserve.



ers need, to ensure stability in this vulnerable region of the globe.

When I consider this exciting and challenging future for the 79th, I must look to the past for guidance as well. The history we own of heroism, dedication to duty, and selfless service continues to be reflected in the Soldiers of the 79th today. It is just one reason that our motto has been all these years, "To do for country." The continuing drive to serve and succeed has pushed our unit to become one of the most effective within the Army Reserve.

The idea of learning how to operate from others' experience is an important concept. While I seek to learn from our forebears successes, I want to encourage you, the Soldiers of the 79th, to learn from each other. There is no more essential job to senior NCOs and Officers than that of training your junior leaders. You are the subject matter experts who have the capability to make training challenging and engaging. It is the job of NCOs to lead the way. I rely on you to convey your considerable know-how up and down the chain of command.

Our readiness is at its strongest when we work together, passing on our knowledge to the leaders of tomorrow.

Training these future leaders to treat each other with dignity and respect is key to the survival of our future force. I encourage each of you to bring up the next generation of leaders as if they will be the ones someday leading your child in battle. You should train them with that level of urgency and care.

It's tempting to use a lack of schoolhouse training as an excuse. The reality is that it is crucial we provide quality training to Soldiers right here in our home units. Our best training is based upon the experience of our senior leaders, those NCOs and officers who have been around the block and are experts at their trade. It is incumbent upon junior Soldiers to seek out their assistance and it is expected that senior leaders proactively guide these newer Soldiers. This is the tradition of our military, creating an engaging training environment by utilizing the vast resource of knowledge we have available to us.

What other experiential training resources do we have? The 79th TSC is functioning as a leader in the Department of Defense's Total Force concept. That means that in addition to the exceptional talent and experience of our AGR and TPU Soldiers, we are adding Active Duty Soldiers to our team. The experience that these men and women bring from the Regular Army will be invaluable to our long term mission success. Take the time to talk to these Soldiers and utilize their knowledge while also sharing your own. Information sharing is key towards supporting our mission and effectively collaborating with our partners at U.S. Army Africa.

As we move into the new fiscal year and assume our responsibilities as a Theater Sustainment Command, I have every confidence in you, the 79th TSC military professional. It is your expertise that has gotten us this far and your selfless service which has enabled us to rise to this new challenge. I look forward to spending time with you across this country and the globe as we do the work of sustainment and enable the most powerful and lethal reserve force our nation has ever assembled.

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



WINDOWS INTO OUR PAST

100 years after his death, a perserved stained glass window sheds light on a Soldier's sacrifice.

Story by Sgt. 1st Class Alexandra Hays
79th Theater Sustainment Command

JOINT FORCES TRAINING BASE LOS ALAMITOS, Calif.— In 1984 Mary Brown found herself in the basement of the Beacon Presbyterian church in Philadelphia, where her father was pastor.

Rummaging through stored items, Brown came across a stained-glass window—a remnant of Beacon’s original church building that was severely damaged in the catastrophic 1954 Hurricane Hazel. The window, a memorial to Hugh D. MacDonald who died in 1918, was beautiful, bright blue with marbled white background featuring the image of a green scroll in the middle. Brown thought living relatives of MacDonald should know about the window, so she started searching for them.

To no avail—to this day, Brown still hasn’t found a living relative of MacDonald, who had no children, but in the process of her search, she uncovered the story of a Soldier who gave his life in service to his country.

It lieu of finding a MacDonald descendant, Brown has taken it upon herself to find out as much as she can about the WWI Veteran so that his story lives on.

“It’s something I would do for a member of family,” Brown said of researching MacDonald’s life. “Hugh was one of ours, he was a member of our church. There is very little that should not be done for our Veterans.”

According to Brown’s research, MacDonald was born in 1894 in Kensington, Pennsylvania, to Scottish and Irish im-migrants. According to the 1901 census, there were about 11 family members living in the house MacDonald grew up in. Only receiving a sixth-grade education, MacDonald worked in a box factory before World War I broke out.

MacDonald was drafted into the Army in 1917 for WWI and is described in his service registration as tall and slender with black hair and brown eyes. He shipped out to Camp Meade, Maryland, for training where he was assigned to Company C, 1st Battalion, 315th Infantry Regiment (of the 79th Infantry Division).

After several months of training at Camp Meade, Company C boarded a troop carrier at Hoboken, New Jersey, that would take the unit to France. Upon arrival in France, the Company took up rifle, bayonet, and gas instruction in the village of Courcelles, in preparation to fight on the front lines, accord-ing to “The Official History of the 315th Infantry U.S.A.” On the morning of September 8, 1918, Company C marched into battle for the first time.

The Company engaged in trench warfare, withstood straf-ing from enemy planes, and suffered gas attacks.

“We dug in for the night, but had hardly established our lines when a deluge of shells fell on the hill which we held,”



A stained glass window dedicated to the late Sgt. Hugh D. MacDonald, a 79th Infantry Division Soldier who died in WWI, is displayed by Mary Brown, who is loaning the window to the 79th as a historical display. (Photo courtesy of Mary Brown).

an excerpt from “The Official History” reads (p.180). “It began to rain, and with the moaning of the wounded, the crash of the shells, the alarm of the gas, and the heart-rendering cries for first aid, the men passed a never to be forgotten night.” (Sept. 28, 1918)

MacDonald fell ill at some point during the 315th’s advance and passed away on October, 16, 1918, during the Meuse-Argonne Offensive—an offensive that involved 1.2 million Americans and led to the end of the War. He is listed in “The Official History of the 315th Infantry U.S.A.” as perish-ing from “accident or disease,” after having reached the rank of first sergeant.

“It was here that a large number of men were evacuated to the hospital, amongst whom was our first sergeant, Hugh MacDonald, who shortly afterward succumbed to his illness,” The Official History,” pg. 181.

Brown believes that MacDonald was one of the victims of the 1918 flu pandemic—a global crisis that claimed the lives of an estimated 50 million people.

“My mother and I have probably cried more over poor Hugh than for my father,” Brown said, explaining that she’s saddened that he died overseas at a young age. “My father died when he was 75-years-old, comfortably, in a hospital with his friends and family around him, but Hugh lost any

chance of that. It bothers me,” she said.

MacDonald is interred at the Meuse-Argonne American Cemetery and Memorial, about 4,000 miles from where he grew up.

“That’s part of why I’ve taken up the cause ... because there is nobody else to see to this guy. It’s a War that doesn’t get talked about, and it’s a shame,” Brown said.

She explained that MacDonald’s mother, Jane, was able to take a Gold Star Mother’s trip to France to visit her son’s grave in 1932. She later passed away in 1936.

While Brown is unsure exactly who paid for the intricate stained-glass window honoring MacDonald, she suspects the family pooled together to chip in, or perhaps one of his brothers covered the cost. MacDonald’s father, died of Septicemia (blood poisoning) in 1901, leaving a widow and six children behind—the window would’ve been an expensive

luxury that MacDonald’s mother probably couldn’t afford.

Because the financial strain of purchasing a window like that would’ve posed, the fact that the window exists tells its own story—one of a family refusing to let a beloved son to be forgotten, no matter the cost.

And Brown is striving to uphold that sentiment of re-membrance. Although the window was in her possession for many years, she contacted the 79th TSC in 2016 to offer the window on loan as a historical display.

Meanwhile, Brown continues her research on MacDonald and attempting to find any of his living relatives, and said she’s planning her own trip to one day visit MacDonald’s grave in France and personally place flowers there.

“Soldiers that have died in battle for our country ... they can’t be forgotten, it just can’t happen,” Brown said. “You can’t forget somebody who gave that much.”

“It’s a war that doesn’t get talked about, and it’s a shame.”

-Mary Brown



Mary Brown, right, and Rev. Becca Blake hold a stained glass window dedicated to the late Sgt. Hugh D. MacDonald, a 79th Infantry Division Soldier who died in WWI. (Photo courtesy of Mary Brown).

Dispatches from the field

WWII Memoirs

The following is an excerpt of Pvt. Frank A. Chelko's 1942 memoirs. Chelko, a former infantryman with the 315th Infantry Regiment, 79th's Infantry Division, fought in the European theater of WWII. Chelko received the Bronze Star Medal and Purple Heart for his service in WWII. (Photos and discharge paperwork of Pvt. Chelko, courtesy of his son, Frank Chelko). He had been in the service since Nov. 27, 1942, and was assigned to the company E315INF, 2nd Battalion, 79th Division.

April 7, 1944

It was a cold dark morning with the dew heavy at the Boston Harbor the morning we left Camp Myles Standish to go overseas. We marched out to the outskirts of camp loaded down with a full field pack and loaded up on trains for our four-hour train ride to Boston Harbor. As we marched up the gang plank the band sounded off with the National Anthem which always puts a lump in my throat when I hear it. This time more than ever, knowing I was leaving the country for which it stands. As the band played the Red Cross workers were there passing out doughnuts and hot coffee which surely hit the spot that morning. After squeezing through a couple of narrow passageways, I was given an upper hammock in section P.B. of the South American ship Uruguay, which was to be home for how long? During the night sometime, a couple of tug boats pulled us out of the harbor where we joined a large convoy, then we were on our way to point unknown.

After several days we got down to regular scheduled movies and recreation which helped us keep our mind off the swaying boat. Movies were shown in the large mess hall in the lower deck. Father Ternan, our regiment's Catholic Chaplain, arranged an amateur hour out on the main deck. There were singers, accordion and guitar players, a few comedians, and the regiment's band. I met several hometown boys on the ship which helped keep me from getting homesick.

For 11 days all we could see was water and more ships which made up our convoy. The trip was fairly quiet except for a couple of rough days and the one time when we were all called to an alert over the public address system because of a sub somewhere near. I must say it surely gave me a funny feeling to know that the enemy was so near.

Finally the day came when we sighted land. Our D-Day came off the 12th of June, just six days after the original D-Day of France. We got on L.C.I. (landing craft infantry) boats in Southampton harbor late in the evening and by midnight were on our way across the English Channel, which I will say

at this time surely was a rough ride. There were hundreds of ships along the coast. Some were unloading men and equipment and others were waiting to be unloaded, while some never got unloaded before they were sunk. After cruising up along the coast we came within several hundred yards of the Utah beach where we were to make our landing. Landing barges pulled up alongside of our L.C.I. and on the double we climbed aboard. We loaded our rifles and hit the shore the 14th of June.

On the 19th of June we moved out of our assembly area into our first attack. I shall never forget it. I was the first scout and out about 150 yards ahead of the Battalion. Father Ternan walked along with me until we hit our first phase line. It was 3:00 a.m. when we moved out. At 5:15 a.m. we hit our first phase line of attack but did not meet any enemy resistance. So we moved on the second phase line and still no enemy. This went on to the fifth phase line where we finally did run into enemy mortar and rifle fire. We fought on till 11:30 p.m. that night. We were all pretty tired and hungry. It was a little too dark to make some hot coffee so we just had a cold K ration for supper and dug in, posted guard, and went to sleep. Everything was very quiet that night, in fact too quiet for comfort.

The next morning I found out that Father Ternan was shot and killed while administering the last rights to our colonel's driver. Our colonel was also shot and taken prisoner. Everyone felt pretty bad after hearing about the news ... The next morning we pushed off again to another Purple Heart hill like Hill 30. Once again with wonderful artillery support we moved on up the hill. Here we had some medium tanks as support but to no good. The tanks could not do much good because of the thick hedge rows so once again it was up to the old foot sluggers, the doughboys to battle it out from one hedge row to another. I don't remember much about this objective because I'd not get to make it all the way before I was knocked out by German 88 artillery fire. The last I remember



there was that I was sent out to contact Company G on our left when the enemy laid down a heavy barrage of artillery and one must have hit nearby.

When I regained consciousness I was back at the beach again at a field hospital. One of the ward boys told me that it was the 9th of July and that I was brought there on the 6th. I was being treated for shell shock.

They kept giving me sodium amatol capsules that kept my nerves inactive. I spent around 12 days there and then was interviewed by a major doctor to see if I was fit to go back and slug it out again. After a short talk with him I told him that I didn't mind going back and trying again.

I was glad to be back with the boys also anxious to know what happened to the missing. Lt. Smith was no longer our company commander. He was sent back because of a nervous breakdown. So Lt. Herndon an all-American from Nebraska took over Company command while Lt. Wager was the executive officer. We stayed in a defensive position here for 12 to 14 days and were being shelled day and night by enemy 88s.

... I can't quite recall much action on our way into Belgium. We moved out on tanks to a nearby town up at the Belgium border where we were cut off by the English Army. So once again we got on tanks and started off across France to where—no one knew.

After two days of rough riding on tanks we came to the City of Reims where everything was clear of the enemy by this time. We camped just outside the city that night and started up bright and early the next morning at 3:00 A.M. on tanks again ... As far as we knew there were quite a bit of [Germans] there and that meant another fight for a city.

Our objective was to take the right flank of the city. We had to cut across a small forest. When we moved out to attack some of the [German] observers must have seen us because the 88s and mortars began to let loose. The fighting was so close there that we had to withdraw because we were being shelled by our own artillery. We climbed a steep cliff of about a mile straight up. Here we dug in and put up a road block on a highway.

That night we did not get any rations or bed rolls because we were too far advanced and the cliff was impossible to climb with rations and water. All we could do now was hope

that the first battalion would get through to us and clear the highway. It began to get dark and we had no contact with the rest of our regiment yet so we did not know the score. We dug in good that night and no one was to sleep at all. Everyone was on guard. Our machine guns took up the forward positions, the riflemen the flanks, and mortars in support. We had to be ready for anything that night.


Around 2:30 A.M. the machine guns opened up and something in the dark in front of us. I was on flank guard at this time and began to get a little nervous because I thought if the enemy could not get through the front they would try the flank. Many of the fellows had submachine guns which they got from tank crews in exchange for pistols. With the

"We dug in good that night and no one was to sleep at all. Everyone was on guard."

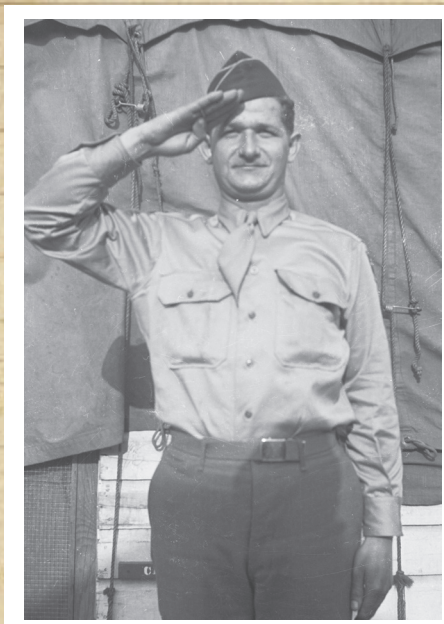
bars, machine guns and subs all firing at the same time, it really laid down a sheet of fire. The firing kept up for about an hour and then everything was very quiet again—too quiet for comfort.

It was good to see day break the next morning. When it got light enough a group of men went forward to investigate the results of the firing during the night. It proved to be very very good because there were dead [Germans] laid all around and many bicycles too. The only thing we could make of it was either a patrol or some retreating [Germans] from the city.

About 10:00 A.M. we finally sighted our troops coming up the highway. Our rations and water got to us and we had our breakfast. Some of us laid down in the sun and fell asleep from exhaustion. That didn't last long because after dinner we moved on. At the city of Neufchateau, was all clear and liberated, people shouted their welcomes to us which was our reward for the fight that previous day and night. There

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was some champagne, cognac, and cider from the French people.

That afternoon we moved on to our next objective—that of a little town of Chatenois. It began to rain and got pretty cold too—add to this the enemy began to shell us with 88s and mortar. About 200 yards from the town we came to a road block made up of old farm wagons, trees, and wire so we by passed it and went through a field next to the highway. We had our rifles down ready to fire at anything that we might come into. Just as we got around the corner we met up with 12 [Germans] in the garden where they were well dug in and probably their mission there was to cover the intersection. They did not fire on us but came out with their hands over their heads. We searched them took away what weapons and ammunition they had and marched them back to the Battalion CP.

Then we were sent out again to remove the road block, but as we neared it, the [Germans] began to shell the highway and made it impossible for us to get near. We started to flank the road to get to it but that also proved to be unsuccessful because as we stared around we were hit with a heavy blanket of mortar fire. This is where I was wounded on the side of the hill near Chatenois. My platoon sergeant, Sgt. Tillison, Pvt. Clark, and Sgt. Hardwick and Arnold Martin pulled me to safety near an embankment until the shelling slowed up and they took turns about helping me back to Battalion Aid Station. To them, I owe my life. At the aid station I took my wound pills, had a morphine shot, and shot against lockjaw. My wounds were dressed and I was put on stretchers and loaded on a jeep and then taken back to a field evacuation hospital. After a three day period, I was evacuated to an air strip holding hospital northwest of Paris to await evacuation to England. Finally on the seventh day the sun came out over the field and along about noon we could hear the roar of planes coming in for a landing. Around about 5:30 P.M. we were loaded on the planes and as soon as each plane

was loaded it took right off. It took us two hours and twenty minutes to get to Warminster, England. There were ambulances waiting when we got there. They took us to a station hospital where we were classed according to our injuries. We had supper and then off to sleep we went. The beds actually had clean white sheets, also a real mattress on the bed and a pillow to lay our weary heads on instead of a rock or our canteen as we often used in the foxholes at the front.

On the 26th of September I had my right leg sewed up and my right foot treated with magnesium sulfate hot packs to clean the wound from all infection. Then on October 4th I went to the operating room again and had my right foot sewed up. The next morning my leg was put in a cast and ten days later removed and the stitches were taken out. The healing was very slow because the wound is in the back of my ankle where the blood circulation is very poor. I stayed at the 216th until November the first. The doctor that took care of me was a German Jew refugee and a very good surgeon.

Now that I am here in this nice quiet hospital all that I went through in France and Belgium seems like a bad dream. I am now looking forward to seeing my dear wife and dear parents. I hope that it is very soon.

December 23, 1944

Today is one of the happiest days of my life. Happy because I am writing this part of my story overseas aboard the U.S.S. General Richardson in the harbor of South Hampton, England which will be pulling out sometime tomorrow bound for the good old U.S.A.! Everything happened so fast today that I still can hardly believe that I am on my way home. Just this morning I was on R.P. at the 158th General Hospital in Salisbury. About 10:30 A.M. I was told to get my personal belongings together because I was leaving at 12:45 P.M. It didn't take me long to get ready. The thing that topped everything off was the wonderful supper served in bed. White bread which tasted like angel's food cake after eating English dark bread for the past 10 months. Then there was meat loaf, gravy, peas, lima beans, coffee, butter and pineapple for dessert. It is now 10:00 P.M. and time for bed. I don't know how much sleep I'll get because I'll lay awake half the night thinking about home. What a surprise it will be to my wife and folks back home to hear from me in the states since they don't know that I am coming home yet.

December 25, 1944

Christmas Day on the U.S.S. General Richardson somewhere on the Atlantic ocean on our way to the U.S. Last night while I laid in bed I could hear more singing of Christmas carols out in the lounge. It gave me that homesick feeling. I thought about the time which was 11:45 P.M. that would be 5:45 back home and just about the time that the folks back home are having Christmas Eve dinner. I could picture the Christmas tree all lit up, the little miniature town of Bethlehem under the tree and the usual gifts that surround the tree. It reminded me of the old days when I was just a boy. One year

in particular we all sat around the Christmas Eve dinner and made our usual Christmas speeches that we all learned at school. After supper mom opened the living room door and in we all rushed. The tree was all lit up and an electric train was under the tree and around the tree was the usual shirts, ties, gloves, and socks were there. Then there was midnight mass. The organ softly played "Silent Night" while a violin accompanied it and of course the male chorus. That is how my mind wondered last night. I just wondered what my wife and folks would be doing at the moment. The singing died off and the next thing I knew the ward boy woke us up for breakfast. So here it is Christmas right now. We had a wonderful Christmas dinner. One of the best I ever had since I came into the Army.

January 4, 1945

The day of all days I shall never forget how good it was to see the lights of New York City that morning. Although it was 6 A.M., I believe everyone in the ship was on deck to see the wonderful sight. It was still dark out but the outline of the building could be seen towering high into the sky. The Empire State Building looked like an over sized Christmas tree. Then the Chrysler Building looked like its little brother as it towered

"... the girl [statue] of liberty in the harbor. She never looked so good."

high. But what topped all the high buildings and lights in the city was the girl of liberty in the harbor. She never looked so good. Although it was dark one could see her plain enough because she stood out with the light of the city as background. It is hard to express the feeling I got when I saw it after those hard months overseas.

Our boat docked at Jersey City around 8:00 P.M. and there were buses and ambulances waiting at the dock to unload the patients. It took all day to do the job. At 3:30 P.M. our deck was unloaded. There were the Red Cross passing out pints of milk, coffee and doughnuts and ice cream. The band was also there and a welcome home committee. As our ambulance pulled out I laid on the stretcher on the floor of the ambulance and I could not see the driver so I just called and asked where we were going. I was surprised to see that our driver was a female. One of Uncle Sam's W.A.C.'s. The ride from dock surely was a thrilling one. She drove through the city with the siren wide open. Boy! How she could drive! She must have been a taxi driver in New York before her enlistment. It was about 45 minutes or at least it seemed that long when we arrived at the Halloran General Hospital on Staten Island. We had a wonderful supper here and I drank a whole quart of milk for the first time since I left the states. Then I

went to the Day Room and placed a phone call to my wife and mother. It surely felt great to be able to talk to them. I guess it must have been quite a surprise to them to hear from me since they have not known I left England. Now I am waiting to be sent to another hospital this time I hope near home. So ends my story overseas.

8,365 miles during training in the U.S.
280 miles in England
540 miles in France
330 miles by plane
6,125 miles by water
15,640 Total

Written By: Frank A. Chelko-1945

*"Fight the Good Fight in the Battle of Life
When things go wrong, as they sometimes will
When the road you're trudging is all up hill
When funds are low and debts are high
And you try to smile but you have to sigh
When cares are pressing you down a bit
Rest if you must-but never quit,
Life is strange with its twists and turns
As every man eventually learns
And many failures turned about
When he might have won had he stuck it out!
Stick with your task though the pace seems slow
You may succeed with one more blow.
Success is failure turned inside out
The silver tints of the clouds of doubt
And you can never tell how close you are
It may be near when it seems so far
So stick to the fight when you're hardest hit
It's when things seem worst that you mustn't quit."*

— A poem Father Bellamy shared with the troops by Edgar A. Guest



100 YEARS OF 79TH HISTORY

Story by 1st Lt. Eric Smith
79th Theater Sustainment Command



In commemoration of 100 years of 79th history, we trace the footsteps of 79th Soldiers from WWI to today.

Photo left: Three Soldiers of the 79th Infantry Division fire from the ruins of "Little Gibraltar" toward Germans fleeing from the battle of Montfaucon, France, on Sept. 27, 1918.

Photo opposite page: A column of German prisoners are marched out of Cherbourg, France, in 1944 by the 79th Infantry Division.

It's been 45 years since the last draft, shepherding into the military nervous, unskilled young men for the battlefields of Vietnam. The reality of the draft is now only a distant memory for American Soldiers—highly trained and motivated volunteers. Through the years the military has changed dramatically both in the composition of men and women who compose its ranks and in the context of its constantly evolving missions. As with the military as a whole, the 79th Theater Sustainment Command has served the American people for the past century in many incarnations and roles. The technically and tactically proficient unit operating today is vastly different from its undertrained predecessors of World War I.

World War I

On August 25th, 1917, the men reporting in to the 79th Infantry Division at Fort Meade, Maryland, were not

Soldiers by choice. They were bakers, clerks, mechanics, and newspaper boys. They were pulled from towns all over the Northeastern United States. From Pennsylvania, New York, West Virginia, and Rhode Island, they came to answer their country's call to arms. Supplies were scarce. A rifle and bayonet to every man, a few hand grenades and a disheartening dearth of machine guns in the ranks. The standard basic training for these reluctant warriors was just six weeks, while the exceptionally lucky might receive as many as 18 weeks.

Half a world away, a war was raging on the European continent. Interlacing global alliances had been called upon during the diplomatic crisis caused by the assassination of Archduke Franz Ferdinand of Austria in 1914. In a matter of weeks the great powers of Europe and later the rest of the world became embroiled in war.

The forces of the Central Powers poured forth from their homeland and attacked Russia, creating the Eastern

Front which stretched from the Baltic Sea in the north to the Black Sea in the south. Overwhelmed by the belligerents it faced, Russia called upon its ally, France, to open a second front in the west. The Western Front was drawn with fortified trenches stretching from the North Sea to the Swiss frontier with France. For the remaining four years of the war, this line changed little as a brutal war of attrition wore on. It was in a shallow valley in the center of the front in September of 1918 that the 79th Infantry Division was first called upon to accomplish what the French had been unable to do - break the German line and push forward to cut off the railway supply lines enabling the German assault on France.

On the quiet, cold morning of September 26, 1918, the 79th found itself staring up at the rolling heights of Montfaucon. Comprised of punishing inclines, natural barriers, and deeply laid in enemy positions, the town was a crucial military control point for the en-

tire Meuse-Argonne sector. The enemy had not wasted their last four years occupying Montfaucon. They had fortified their defenses and prepared themselves for the impending attack.

As American artillery rained down upon Montfaucon, the 79th charged up the terrifying slopes of the mountain. Again and again the Germans rebuffed their attack, a bloody and seemingly unending nightmare. As the sun set, the Division had still not taken town. Its blood soaked hills mocked the American attempts to advance. Through the night the 79th fought on and inch by inch they gained toward the crest. As the sun rose again on the 27th, American and German blood mingled together, indistinguishable in the mud.

It was 30 hours before Montfaucon gave up all of its strongholds. Through the darkest of nights and a red sunrise, the American bakers, clerks, mechanics, and newspaper boys had never given up - they captured Montfaucon.

The battle for Montfaucon was only the beginning; the Soldiers of the 79th Division continued to teach the German army the meaning of defeat. They broke the entrenched Western Front and retook Nantillois, Borne du Cornouiller, and marched on past the town of Moirey. It was as they were advancing slowly and unstoppably on the final German stronghold in the sector that they received the order to ceasefire. The armistice had at last been signed.

Over the previous thousand years the Meuse Valley and Argonne Forest had seen many armies march through its roads and paths but none as giant or technologically advanced as the American and German forces arrayed against each other. What would later be known as the Meuse-Argonne Offensive was the largest in United States military history with 1.2 million American Soldiers involved. The cost was high on both sides. The conflict claimed the lives of 28,000 Germans and 26,277 Americans. Through the pain and death of the war, the 79th became a hero of the French people and earned the name "The Cross of Lorraine" Division, harkening to a sacred symbol of the region. From the name of the brutal Montfaucon the 79th also took their emblem, the falcon.



World War II

The Cross of Lorraine was again called into active service in June of 1942 as a new German threat spread across Europe. The simmering tensions from the misnomered "War to End All Wars" had burst into flames under the tyrannical leadership of the charismatic Adolf Hitler. The World War would burn across the countries of Europe unlike anything that humanity had ever seen before. The German Blitzkrieg rained down bombs across Allied countries, swiftly taking Poland and initiating war with France and Britain. In 1941, Hitler would declare war on the United States.

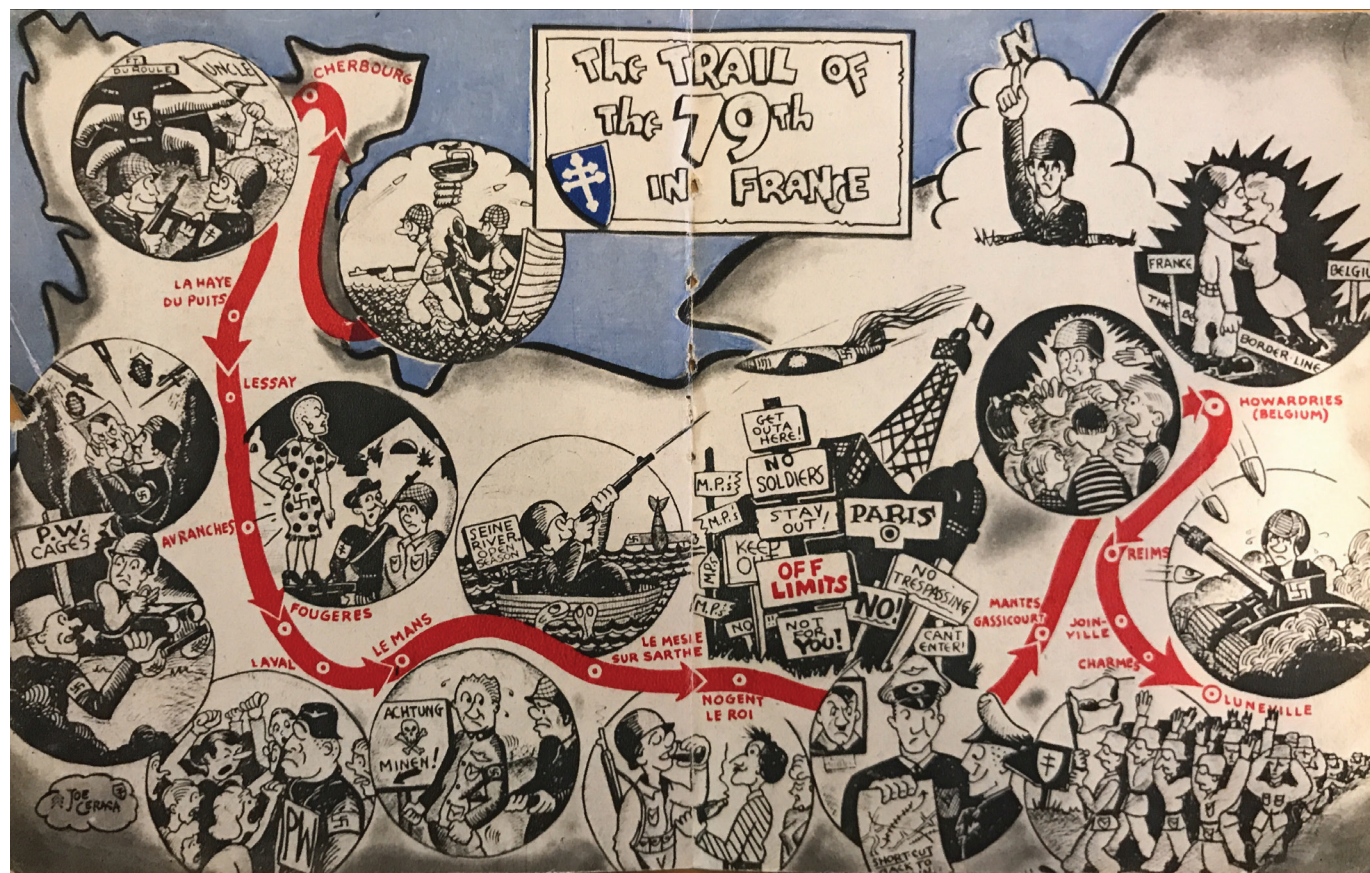
The Soldiers of the 79th Infantry Division's experience would be far different this time around. They were well resourced with nearly two years of training across four different training grounds in the US and England. They were ready to thrust their way into battle.

Utah Beach, Normandy was still red from the battle six days earlier on D-Day. Enemy shelling and bombing rained down at random with bursting shell fragments granting the first Purple Hearts for the Division. The Division moved north where it faced its first

major target, the port of Cherbourg. Well before the landings in Normandy on D-Day, the Allies realized that any invasion of France would fail if it did not include the swift capture of Cherbourg and the peninsula on which it sat. The 79th moved to execute a three-pronged attack on the port, moving up the peninsula through fields, orchards, and roads, all of which were bordered by hedgerows. These natural barriers were piles of earth and stone topped with thick vegetation. A clever enemy would take up emplacements unseen behind the obscuring and ubiquitous features. Every acre of farmland became a battlefield unto itself.

One week after landing at Normandy, the Cross of Lorraine launched its attack on Cherbourg. Soldiers from the 313th Infantry began movement at 0500 followed by the 315th. They came into contact with the enemy immediately. As they moved forward the small arms fire and occasional bursts of artillery that they encountered in the early morning swelled into a crescendo. Bullets flew overhead and shells crashed down around the Soldiers. Many rounds found their targets.

Despite strong resistance and favorable positioning for the enemy, the 313th arrived at its objective on the outskirts of the city by mid-day. All 79th



An illustration of the 79th's WWII campaign in France.

units reached their objective, marking an outstanding first day of combat in World War II. The enemy had suffered heavy losses and the 79th stood on Cherbourg's doorstep.

Throughout the next few days the Division continued to take key enemy positions around the city and mop up enemy resistance. On a high ridge towering over the northwest end of the city was Fort du Roule, a key strategic position that had been left without the arms and supplies necessary to hold it indefinitely. As the 314th moved on the position, an extreme act of bravery stood out, earning the Division its first Distinguished Service Cross.

Cpl. John D. Kelley of Co. E, 314th

Infantry, was slowly moving his way up the face of the fortress when his company was pinned down by enemy machine gun fire from a deeply entrenched strongpoint on the slope below the peak. With virtually no cover and bullets ripping through his unit, it was clear to Kelley that they would be unable to hold out long with that gun in place. Kelley took action, arming himself with a pole charge 10 ft. long with 15 pounds of TNT attached to it. With machine gun fire raining down around him Kelley climbed the slope and placed the charge at the base of the emplacement. The blast rattled his bones as it echoed across the city. When the smoke cleared he could see that it had

failed to destroy the enemy position. Undeterred, he returned for another charge, again he ran back toward the enemy while under the fire. This time, the explosion sheared off the ends of the enemy guns, disabling them. Bringing forward one last charge, he placed it at the rear entrance of the strongpoint. When he blew open the entrance he began to hurl hand grenades inside until the surviving Nazis were forced to crawl out and surrender.

Later in the day the fort was captured and the 79th swept through the city, wiping out Nazi resistance. Cherbourg was liberated on June 26th, 1944. Col. Bernard McMahon, the multi-lingual commander of the 315th Infantry,

When exactly one month later the Cross of Lorraine left the French bank of the Lauter River it was German soil which crunched beneath American boots on the other side.

went on a portable GI public address system and urged the Germans to come out and surrender to the American victors. More than 6,000 prisoners were captured and large stores of equipment and materiel were seized.

Cherbourg was the first major city to be liberated in France. Thousands of citizens poured into the streets cheering and welcoming "les liberateurs," however, the celebration wasn't to last. The next day, the Division marched on.

The 79th advanced through rain, minefields, and continual confrontations with an entrenched enemy. It pressed through La Haye du Puits, the Ay River, and circumnavigated Paris. On August 28th, 1944 the 79th ID joined up with the XIX Corps after establishing a bridgehead on the Seine. The order was received from higher headquarters to advance. In just 72 hours the Division thundered across 180 miles directly onto its objectives in Belgium.

As later recounted by Maj. Gen. Charles H. Corlett of the XIX Corps, "During this period the Division fought numerous engagements, destroyed much enemy equipment and took many prisoners. This is believed to be one of the fastest opposed advances of comparable distance by an infantry division in warfare."



The 79th Infantry Division marks its advance into the German homeland with this sign posted on the eastern bank of the Lauter River.

The Division continued its unstoppable advance through Alsace, racing to prevent the enemy from using the natural barriers of the Vosges Mountains to shelter behind through the cold, dark winter to come. By November 15th, 1944 the 79th began pressing its way into the Vosges foothills. When exactly one month later the Cross of Lorraine left the French bank of the Lauter River it was German soil which crunched beneath American boots on the other side. Not five minutes after its arrival a bold, crisply lettered sign rose on the bank of the Lauter, "You are now entering Germany, courtesy of the 79th Inf. Div."

The Soldiers of the 79th didn't rest there. They carried on past the Rhine River and into the Ruhr, the heart of German industry. There they found cities of rubble and white flags, their 25,000th prisoner, and a German people ready for the war to be over.

The Division stayed in Germany on occupation duty from April of 1945 through December of the same year when they inactivated at Camp Kilmer, New Jersey, their duty done for the time being. It would be 21 years before the unit was called upon again for a very different duty.

1967-1996

In December of 1967 the 79th was reformed within the U.S. Army Reserve as the 79th U.S. Army Reserve Command. In this status the unit was responsible for hundreds of thousands of Soldiers in the Northeastern United States over the next 29 years. As opposed to its work during the world wars as a combat force, the new 79th refocused its work on support. Its new units included supply, medical, engineering, and schools. During this nearly 30-year period the 79th supported the warfighter in some capacity during every major conflict.

This role was understood and appreciated by the Soldiers of the 79th ID during WWII. In fact, in the unit's official history published shortly after the war, the command noted, "No combat unit is stronger than its services and supply branches will it to be. Between the lines of the foregoing are countless untold services and assistance supplied by the [support units of the 79th.].... There is no finer record – nor higher tribute – than this."

Undeterred, he returned for another charge, again he ran back toward the enemy while under the fire.

-79th Distinguished Service Cross recipient Cpl. John Kelley



Brig. Gen. Frederick A. Welch, 79th USARCOM Commander, discusses tactical matters with Chemical Corps Soldiers during a field training exercise in 1972 conducted by the 28th Infantry Division and supported by the 79th USARCOM.

Modern Day

The modern day mission of the 79th began in 2009 when the U.S. Army Reserve Command realized that their "Grow the Army" initiative had left the Army Reserve with over 58,000 combat service support Soldiers geographically dispersed across the continental United States with only one theater sustainment command to provide command and control. To provide the necessary oversight for these troops, the 79th Sustainment Support Command was born.

Eventually taking responsibility for four expeditionary sustainment commands, the 79th now had Soldiers mobilized to Afghanistan, Iraq, Kuwait and beyond. As it fully assumed its role as a primary support system for stateside sustainment forces in the Western half of the nation, the command established itself as an intrinsic part of the most lethal Army Reserve ever.

The Cross of Lorraine now contained transportation companies, quartermaster units, ordinance, finance and more. Their specialty included virtually everything the warfighter needs to fight and they were among the best in the nation

at supplying for those needs.

As a stateside unit, the 79th was non-deployable. It focused on setting policy and providing command and control of its expeditionary units. In August of 2017 the 79th Sustainment Support Command transitioned into the 79th Theater Sustainment Command. The change was significant. Now, the command would not only provide command and control for its subordinate units, it would also be globally deployable itself.



316th Quartermaster Battalion Soldiers participate in the 2013 Quartermaster Liquid Logistics Exercise.

The 79th was regionally aligned to U.S. Army Africa, bringing it into an entirely new battlespace and fresh problem set. The new mission was large-scale, it required working in partnership with USARAF to provide support to land forces across an area of responsibility spanning 53 African nations and the length and breadth of the second-largest continent on Earth.

Today, the Cross of Lorraine commands over 20,000 volunteer Soldiers across 19 states, over 215 units, and a continually changing network of foreign partner nations. The world these Soldiers live in is vastly different from that of the young men that assembled in 1917 at Ft. Meade but their willingness to step up to the task at hand is exactly the same. Maj. Gen. Mark W. Palzer, the Commanding General of the 79th Theater Sustainment Command, offered perspective on the new contributions of the Soldiers of the 79th in his speech at the unit's transition ceremony.

"The ultimate role of the Army Reserve is to provide the support necessary to win the battle. Today we win wars by sustaining the warfighter. We fight in a new, multi-dimensional battlefield that requires us to be adaptable, competent, and always ready," said Palzer, "The 79th today continues the tradition of our forebears by accepting the most difficult missions and executing them with excellence and outright gumption."

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CHANGE OF MISSION

The 79th accepts its new, global role as a Theater Sustainment Command

Story by Sgt. 1st Class Alexandra Hays
79th Theater Sustainment Command



Maj. Gen. Mark W. Palzer, commanding general of the 79th Theater Sustainment Command, left, and Command Sgt. Maj. John K. Zimmerman, unfurl the 79th TSC's colors. (U.S. Army photo by Sgt. Heather Doppke, 79th TSC)

JOINT FORCES TRAINING BASE LOS ALAMITOS, Calif. — 100 years since its initial activation as the 79th Infantry Division, the 79th Sustainment Support Command transitioned to a theater sustainment command in a ceremony here Sept. 23.

With the change in unit designation comes a change in mission—from being a sustainment command with a U.S.-facing mission, to one supporting missions on the African continent. The 79th, now regionally aligned with U.S. Army Africa, an active-duty unit headquartered in Vicenza, Italy, now takes on the logistics support mission for all land forces on the African continent.

While the 79th continues to provide trained, ready, cohesive, well-led sustainment units for world-wide deployment, it is now the designated unit to deploy and sustain Army operations in the event of a crisis on the African continent. This directly supports U.S. Africa Command's mission to disrupt and neutralize transnational threats, protect U.S. personnel and facilities, prevent and mitigate conflict, and build African partner defense capability and capacity. With the help of the 79th, USAFRICOM's mission promotes regional security, stability and prosperity across Africa.

"All of you have embraced the challenge as you move from an administrative headquarters to a deployable unit," said Lt. Gen. Aundre F. Piggee, U.S. Army Deputy Chief of Staff, G-4, the head of Army logistics, during a speech at the ceremony. "You worked hard to get to this day—your leadership worked hard to get here. It's a new milestone."

Piggee noted the immensity of the new mission accepted by the 79th.

"Now it's your chance to make a difference on that continent," Piggee said. "Now you will be among the first to deploy if there is any contingency in Africa."

Piggee spoke about the sheer size of the African continent and the complexities about being called to bring sustainment



Pvt. 1st Class Matthew Hughes, a cook with the 79th TSC, pauses in reflection during the invocation at the 79th TSC's transition ceremony Sept. 23, 2017. (U.S. Army photo by Capt. Brian Andries, 79th TSC)

to any one of 53 countries.

"Collectively, we can fit the entire United States, all of China, India, all of Eastern Europe, France, Italy, Great Britain and Spain into the ground circumference of Africa—it's truly immense," he explained. "There aren't many times in the Army where you can start something from scratch and build things up—this is one of those times. You will be the first, and I know the 79th TSC is up to the challenge ... As you were one of the first [units] to land in Normandy, some 100 years ago as the 79th Infantry Division, you will be one of the first to support Africa."

As the Army Reserve's second-largest command, the 79th TSC also executes command and control of the 4th, 311th, 364th, and 451st Expeditionary Sustainment Commands. These one-star commands account for approximately 20,000 Army Reserve Soldiers and Civilians assigned to 215 sustainment units dispersed across 19 states west of the Mississippi River.

With the change in mission, comes a boost in the size of the command headquarters—from less than 100 Soldiers to about 430 Soldiers. The unit is also becoming multi-component, adding active-duty Soldiers to its ranks.

The 79th, however, is no stranger to challenging missions.

The 79th touts lineage from the 79th Infantry Division, which fought decisive battles in World Wars I and II. The 79th was first activated on Aug. 5, 1917, for WWI where the unit saw extensive combat in the Meuse-Argonne region and earned the name "The Cross of Lorraine Division" for its defense of France. The unit was reactivated for WWII on June 15, 1942, and landed on Utah Beach, Normandy, in 1944. It participated in campaigns in Normandy, Northern France, Rhineland, and Central Europe, returning home on Dec. 10, 1945, after 248 days of combat.



Maj. Gen. Mark W. Palzer, commanding general of the 79th Theater Sustainment Command, left, and Lt. Gen. Aundre F. Piggee, right, U.S. Army Deputy Chief of Staff, G-4, cut a cake celebrating the 79th's transition Sept. 23, 2017. (U.S. Army photo by Sgt. 1st Class Alexandra Hays, 79th Theater Sustainment Command)



Maj. Gen. Mark W. Palzer, speaks during the 79th TSC's transition ceremony Sept. 23, 2017, as Lt. Gen. Aundre F. Piggee, U.S. Army Deputy Chief of Staff, G-4, looks on. (U.S. Army photo by Sgt. 1st Class Alexandra Hays, 79th TSC)

"This ceremony is not only an opportunity to mark our transition from a sustainment support command to a theater sustainment command, it is an opportunity to celebrate our proud heritage and lineage of our unit's history; a century of serving the American people," said Maj. Gen. Mark W. Palzer, commanding general of the 79th Theater Sustainment Command. "This year we are especially reminded of the long-standing contribution of this unit as we commemorate both the 100th anniversary of the United States entering WWI and our own 100th anniversary. It is a time to pay tribute to the contributions of the then-79th Infantry Division and the important role it played in the United States and our allies winning that war."

The sustainment mission is a vital one to our nation's warfighting capabilities—and Palzer said that today, wars are won by sustaining the warfighter.

He explained that the 79th is one most well-trained and equipped units in the Army now, but that wasn't always the case.



Brig. Gen. Susan E. Henderson, deputy commanding general of the 79th Theater Sustainment Command, renders a salute as 'commander of troops' during the 79th TSC's transition ceremony at Joint Forces Training Base Los Alamitos, Calif., Sept. 23, 2017. (U.S. Army photo by Sgt. Heather Doppke)



The 79th TSC color guard marches in step during the unit's transition ceremony Sept. 23, 2017, at Joint Forces Training Base Los Alamitos, Calif. (U.S. Army photo by Sgt. Heather Doppke, 79th TSC)

Draftees in WWI answered their nation's call and went into battle with little training to meet an enemy that wouldn't wait, Palzer said.

"While strategies failed and equipment ran short, the 79th fought harder," Palzer said. "During the battles of WWI, the 79th took heavy losses: over 1,000 men were killed, and there were nearly 6,000 casualties, but they never quit."

In WWII, the unit suffered over 15,000 killed, 10,000 wounded and three Soldiers received the Medal of Honor.

In keeping with the tradition of the 79th to take on tough missions, the unit, which has responsibility for 17 percent of all sustainment forces in the U.S. Army, looks forward to its next evolution.

"The work we do is vitally important, and that's why I'm so pleased to have this group by my side," Palzer said of the Soldiers of the 79th. "Together we will write the next chapters of this great command's history as we continue to meet the missions and challenges of today while preparing for tomorrow."

REMEMBERING THEIR SERVICE

79th TSC Remembers WWI Veterans in Memorial Day Ceremony

Story and photos by Sgt. Heather Doppke
79th Theater Sustainment Command



Maj. Gen. Mark W. Palzer, commanding general of the 79th Theater Sustainment Command, kneels before the grave of Col. Ramsey Flynn, a WWI veteran, during a Memorial Day event at St. Paul's Church in Mount Vernon, N.Y., May 29, 2017.



Maj. Gen. Mark W. Palzer, right, commanding general of the 79th Theater Sustainment Command, speaks with Ramsey Flynn III, grandson of Col. Flynn, during a Memorial Day event at St. Paul's Church in Mount Vernon, N.Y.



Maj. Gen. Mark W. Palzer, left, commanding general of the 79th Theater Sustainment Command, partakes in a wreath laying ceremony at a Memorial Day event at St. Paul's Church in Mount Vernon, N.Y.

"It makes me want to live in a way that *honors* all of my *forebears*."

-Ramsey Flynn III

MOUNT VERNON, NY – Maj. Gen. Mark W. Palzer, commanding general of the 79th Theater Sustainment Command, attended a commemorative ceremony held at St. Paul's Church in Mount Vernon, N.Y., May 29, 2017.

The ceremony, held to recognize Memorial Day, placed a special emphasis on World War I-era Col. Ramsey William Joseph Flynn, who was originally from Mount Vernon.

"Col. Ramsey Flynn is a part of my Army family, my Army heritage, and I'm grateful for the chance to honor him and our other fallen heroes today," Palzer expressed during his speech.

Flynn served with the 313th Infantry

Regiment of the 79th Infantry Division, the predecessor to the 79th TSC. Flynn survived a poisonous gas attack during WWI, and was buried at St. Paul's on Feb. 26, 1947, after succumbing to carbon monoxide poisoning from a faulty heater in his Mt. Vernon home.

"There's actually 140-plus Veterans that are laid to rest out there, eight of those served in WWI, and two of these men were brothers; Col. Ramsey Flynn and Sgt. John Flynn," said Palzer. "It's truly an honor to recognize our nation's heroes, and especially meaningful to speak to the legacy of Col. Ramsey Flynn, a 79th Soldier."

Following the ceremony, attendees

gathered outside in the cemetery near the grave of Col. Flynn to observe a wreath laying ceremony conducted in his honor. Palzer, along with a few members of the Flynn family, followed in behind a color guard as they marched in line to form up for the playing of Taps.

One of these members was Ramsey Flynn III, grandson of Col. Flynn. Flynn shared some family history, including the ongoing tradition of the Flynn's family ring. All Flynn offspring—boys and girls—receive blank family rings on their 12th birthdays. The stones on those rings are plain, without the family crest. If those offspring are deemed to have upheld the Flynn family values and

possess good character, on the eve of their 21st birthdays, they receive new rings with the crests in place.

"Speaking just for myself, it makes me want to live in a way that honors all of my forebears," Flynn said.

Some of Col. Flynn's relatives said they hadn't previously known much about Flynn's service in the Great War prior to this ceremony, but have since learned a lot more about their namesake. As a 30-year-old Mt. Vernon municipal employee, Col. Flynn enlisted in a National Guard unit for the Mexican border expedition under General John J. Pershing in 1916. Then deploying to France as part of WWI's Meuse-

Argonne operation, Flynn was severely wounded in a gas attack only days before the Armistice.

Col. Flynn's brother John, a Manhattan insurance broker at the time, followed his brother and also enlisted in the Army in 1918 to fight in WWI. John was deployed to France the same year, rose to the rank of sergeant, and fought in two major campaigns. John also passed away in 1947 and is interred at St. Paul's.

St. Paul's church, which was built during the Revolutionary era, is one of the oldest churches in New York. In 1943 the church was designated as a National Historical Site and became part

of the National Park Service in 1980.

Palzer said each year it's important to re-commit to remembering the true meaning of Memorial Day.

"It has a much deeper meaning. This year the Army observes it's centennial anniversary of America's entry into WWI, and we acknowledge the sacrifices given in that war, were reminded of it's true cost—not just in the lives lost to battle but in the losses by all that knew them," said Palzer.

PARTNERING ACROSS BORDERS

U.S. Army Africa Conducts Exercise Judicious Activation 17-2 in Gabon

Story and photos by Sgt. 1st Class Alexandra Hays
79th Theater Sustainment Command

LIBREVILLE, Gabon – Members of the 13th Expeditionary Sustainment Command, 101st Airborne Division (Air Assault), and 79th Sustainment Support Command joined U.S. Army Africa exercise planners to conduct Judicious Activation 17-2, by setting up an Early Entry Command Post, July 24-30, 2017, in Libreville, Gabon.

Judicious Activation, a quarterly exercise run by U.S. Africa Command, is in its first year of existence. During this iteration, it was the Army's responsibility to run the exercise—the responsibility will fall to other military components during other cycles.

"This exercise is short in duration, but I think it packs a good punch," said Maj. Benjamin C. Tumlinson, the lead planner for Judicious Activation 17-2, and USARAF's exercise deputy. "There's great lessons to be learned from this exercise and that's what it's for."

The focus of this exercise was to test an expeditionary sustainment command's ability to deploy to a forward location and set up an early entry command post—a forward location capable of managing logistics for troops before the main element deploys and long-term structures are in place.

"It's a small piece of the ESC designed to go forward as a tactical command post to set the theater as folks flow in," said Lt. Col. Dennis Bowers, the support operations officer for the 13th ESC. "This gave us an opportunity to get after training."



2nd Lt. Michael A. Goss, center, a platoon leader with 1st Battalion, 327th Infantry Regiment, 101st Airborne Division (Air Assault), discusses squad-level tactics during a situational training lane in Libreville, Gabon, July 27, 2017.

the military relies on local contractors in deployed locations to supply some goods and services that would otherwise be very costly to transport.

"Everything that you see here, minus the military equipment—it's all LOGCAP," Tumlinson said. LOGCAP provided tents for lodging, a wooden shower structure, Porta Potties, and two hot meals per day.

Part of what makes this J-ACT-17-2 unique, is that it is one of the 13th ESC's last exercises acting as USARAF's regionally-aligned sustainment force, while the 79th SSC, an Army Reserve unit, stands ready to transition into a Theater



Capt. Valentin J. Boza, left, a support operations plans officer with the 79th SSC, briefs during the after action review on July 29, 2017, during Judicious Activation 17-2.

"Africa is a very challenging continent logistically—it's unlike any other geographic combatant command's area of responsibility," Boza said. "And as USARAF gains the operational capabilities of a TSC, it gives USARAF the opportunity to expand its logistics infrastructure across the continent."

Boza expounded that the continent of Africa really tests logisticians' capabilities—as each country has different contracting capabilities, laws, and governments. He added that because of the challenges of operating on the African continent, exercises like these meet Chief of the Army Reserve Lt. Gen. Charles Luckey's guidance on showcasing the ability of the Army Reserve as the most capable, combat-ready, and lethal federal Reserve force in the history of the nation.

"The added benefit of this exercise is that we've been able to have Army units engage directly with multinational partners and that's a success story, not just for the Army, but for the U.S. as a whole," Boza said.

Concurrently while the 13th ESC exercised its ability to set up and run an EECF, a platoon of 101st Soldiers integrated with and conducted training alongside Gabonese troops from 1st Regiment Parachute Gabon. Training the platoons conducted together included physical fitness, a terrain walk, and situational training.

Troops from the 101st experienced a range of training locations including rainforest in Libreville's jungle warfare center, and more urban conditions training on a Gabonese Armed Forces base.

"Overall it's been a very good experience, a very eye-opening experience," said Capt. Calvin L. Torbert, commander of A Company, 1st Battalion, 327th Infantry Regiment, 101st Airborne Division (Air Assault).

"The first thing that stands out about the Gabonese is how generous they are—how kind they are," Torbert said. "You



Staff Sgt. Rudy V. De LaRosa, a squad leader with 1st Battalion, 327th Infantry Regiment, 101st Airborne Division (Air Assault), displays a pin insignia he received from the Gabonese soldier to his right, from 1st Regiment Parachute Gabon July 25, 2017.

expect it from your brothers in arms to look out for you and help you out, and they've treated us like that."

Torbert's platoon culminated the three days of training by hosting a small, informal ceremony where troops from both units traded patches and unit insignia.

"Despite the fact that we grew up on different sides of the world—very different cultures—we still have a lot in common," Torbert said. "With the right mindset and the right attitude, you can find common ground with anyone."



Sgt. Garrett Byer, (foreground), and Pvt. Jacob Settles, both Soldiers with 1st Battalion, 327th Infantry Regiment, 101st Airborne Division (Air Assault), provide security during a situational training lane in Libreville, Gabon, July 27, 2017. The platoon of 101st Soldiers conducted training alongside its Gabonese counterparts to include physical fitness training and a ruck march during Exercise Judicious Activation '17-2.

"With the right mindset and the right attitude, you can find common ground with anyone."

-Capt. Calvin L. Torbert

About 35 members of the 13th ESC arrived in Gabon at a small, contained location and within four hours set up tents for their center of operations. The location, called a Cooperative Security Location, included two pre-existing hard structures that were used as the dining facility and a meeting area—all other life support items were brought in.

"We get to come down and test out the systems in place for the CSL—in this particular location, the Logistics Civil Augmentation Program portion of has never been activated," Tumlinson explained.

According to Tumlinson, putting the LOGCAP, or contracting portion of the exercise, to the test is important, as often

Sustainment Command in September take over the USARAF sustainment mission in December.

"What we really gain out of this is getting an opportunity to integrate directly with USARAF," said Capt. Valentin J. Boza, a support operations plans officer with the 79th SSC.

Boza and three other members of the 79th SSC attended J-ACT-17-2 in an observational capacity, and to facilitate the exercise's after action review. Boza explained that it is critical for the 79th to have a presence on the African continent during USARAF exercises, because in the near future, it will be the 79th supporting them.





NO LIMITS

Soldiers don't let disabilities hold them back as they compete in the 2017 Department of Defense Warrior Games

Story by 1st Lt. James Kim
364th Expeditionary Sustainment Command

CHICAGO – U.S. Army Reserve Sgt. 1st Class Heather Moran, a native of Seattle, Wash., and a medical readiness NCO with the 364th Expeditionary Sustainment Command in Marysville, won two silver medals for Team Army during the 2017 Department of Defense Warrior Games, an adaptive sports competition for wounded, ill and injured service members and veterans participating in eight sporting events in Chicago June 30-July 8, 2017.

Being back from the Warrior Games only a few days, one could feel the excitement and joy she felt from where she had the opportunity to showcase her competitive edge, develop lasting relationships and heal, both physically and mentally.

Moran, with a permanent disability in her left hand, participated in four events: shot put, discus throw, cycling, and rifle shooting. She won silver in both shot put and discus throw, 4th place for cycling and 7th place for shooting in the prone position and 6th place for standing. She was 0.4 meters away from winning gold in the discus throw.

She began her journey at the Warrior Transition Battalion at Joint Base Lewis-McChord where they required patients several hours of adaptive sports per

"There is no limit to what you can do."
-Sgt. 1st Class Moran

week offering a range of sports. What was supposed to be casual exercise, led her into signing up for regional time trials and then national time trials where she won silver in recumbent cycling and gold for both shot put and discus throw,



Sgt. 1st Class Heather Moran, 3rd left, represented the 364th ESC in the 2017 DoD Warrior games as part of the cycling, shooting, shot put and discus throw team. The Warrior games is an adaptive sports competition for wounded, ill and injured service members and veterans participating in eight sporting events in Chicago from June 30 – July 8.

which put her into one of 40 spots for Team Army in the 2017 Warrior Games based on their professionalism, team spirit and event performances.

Moran is clear about what motivates her.

"My team. We are all doing this together and we all have different issues. Whether they're bi-lateral amputees, PTSD, blind, missing an arm, whatever their issues are, we are a team," said Moran.

For the Warrior Games, Moran received a recumbent bicycle from the VA, which she dedicated six to seven grueling days per week cycling for 30-40 miles a day. She credits the adaptive sports program at the WTB, which helped her focus on something positive, and kept her mind off the things that she couldn't do, which gave her a sense of accomplishment.

"I start training today," said Moran. "Regional time trials are coming up in

November and I want to be on the team again. This time I want to add more, and if my knees let me, I want to try for the 100-200 meter dash and backstroke swimming."

Moran is also a resident nurse with more than 20 years experience and will also continue her Army career by pursuing a commission. Her advice for Soldiers was, "There is no limit to what you can do, it doesn't matter what disability you're experiencing. You'll have support and there's ways to accomplish the goals you want. Adapt and overcome, that's what we do."

Approximately 265 athletes representing teams from the United States Army, Marine Corps, Navy/Coast Guard, Air Force and Special Operations Command, as well as athletes from international partner nations, the United Kingdom Armed Forces and the Austrian Defense Force, participated in the Warrior Games.

EQUAL OPPORTUNITY HISTORY

Ms. Marisa Saucedo
79th TSC EO Program Manager

With history as the theme of this issue, it is only fitting to discuss how far the Army has come with regard to diversity and inclusion. According to the U.S. Center of Military History's website: "The United States Army has not always been entirely a reflection of American society. The Army ... has either prohibited or severely limited service by a wide variety of social and ethnic groups. African-Americans, Hispanic-Americans, Asian-Americans, women, and homosexuals have at various times been banned from service, allowed in only in small numbers, or allowed in only under special conditions".

The Three R Syndrome, (Reject-Recruit-Reject) serves as an example of this. During the Spanish American War, Army regulations did not allow women to enlist--this was the Reject phase. However, because the Army was unable to recruit enough men to provide medical treatment during the war, Congress authorized the Army to appoint women as Army nurses under contract, but without military status. This is known as the Recruit phase. The Reject phase came into play again because the nurses were civilian contract workers not to be confused with Soldiers who cared for the sick.

The Three R Syndrome went on through World War I and World War II until the Women's Armed Services Integration Act of 1948 which gave women a permanent place in the military services.

Another example of the "Three R Syndrome" happened when minorities were not allowed to enlist in the armed services at the onset of periods of hostilities. But because of manpower demands and insufficient numbers, minorities were recruited, usually during a conflict. After induction, most minorities were segregated, poorly trained, and/or relegated to low levels or hazardous jobs. Once again, the Reject phase was implemented when hostilities were over, the units were disbanded and the racial minorities were released from any requirements to serve, despite any desire to continue service. In some cases, minorities were denied Veterans' benefits.

The Army has come a long way with regard to diversity and inclusion since the time of the Civil and Spanish American Wars. As the Army recently celebrated its 242nd birthday, it strives to be a leader in inclusion and equality, evident in several policy changes in recent decades including the repeal of Don't Ask, Don't Tell in 2010. These are reflections of the Army Values and an immutable part of the ethos of its Soldiers.

"To Do For Country"

Yellow Ribbon Program

Mr. Eugene Haynes IV
79th TSC Yellow Ribbon Coordinator



The United States Army Reserve Yellow Ribbon Program hasn't been around for 100 years yet, however in an approximately 10% of that time we've gone on to impact hundreds of thousands of Soldiers and Family members. The demands of the United States Army Reserve continue to increase, which means the demands placed upon the shoulders of our servicemembers grow daily. Therefore, the USAR Yellow Ribbon Program's goal is that Soldiers and Family members are knowledgeable and aware of the benefits, entitlements, expectations, both positive and negative signs, and tendencies that can often be associated with a mobilization.

In fiscal year 2017 the 79th Sustainment Support Command (now TSC) provided Yellow Ribbon training for more than 300 Soldiers and more than 400 Family members. Since 2008, however, the program has changed greatly. Yellow Ribbon has evolved from a total of seven periodical events, in 2008, into a total of four curriculum-intensive classroom structured events where attendees find joy in tailoring their schedules to classes that fit the direct needs of their Families. As the Army Reserve evolves, the 79th TSC and entire Yellow Ribbon program continues to adjust to the budget constraints and evolving servicemember needs.

In its infancy the Yellow Ribbon Program began with a ready roster of volunteers, trained military instructors, and eager individuals looking to make a difference in someone's life. Today, it is far more organized, with professional support in nearly every operational area. From holding assemblies in cramped Army Reserve centers, to contracting hotels and conducting combined events with Strong Bonds in areas more rewarding and accessible to military Families preparing for their road to war, it's evident that we've come very far.

The demand for knowledge continues to grow, and today, as well as tomorrow, the 79th TSC and the Army Reserve continues supporting our Soldiers and Families through the Yellow Ribbon Program. Whether it's gaining an understanding related to how to enroll your newborn into the Defense Enrollment Eligibility Reporting System, finding a school or civilian employer to better support your career, or resources and support related to the knowledge associated with the ability to cope with the difficulties of an extended separation or deployment, for the last 100 years the 79th TSC has done its job, and will continue doing so.

Register for an event at
www.yellowribbonevents.org





SHOOT FOR THE STARS

Army Reserve Best Warrior is Aiming High

Story by Spc. Noel Williams
214th Mobile Public Affairs Detachment, for the 311th Expeditionary Sustainment Command



Spc. Kenny Ochoa a watercraft specialist, participates in a chemical attack test during the 2017 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C. June 14. (U.S. Army photo by Sgt. Jennifer E. Shick)



Army Reserve Non-Commissioned Officer of the Year winner, Cpl. Carlo Deldunno (left), and Soldier of the Year, Spc. Kenny Ochoa (right), pose together during the 2017 U.S. Army Reserve Best Warrior Competition awards ceremony held at the Iron Mike Conference Center, Ft. Bragg, N.C. June 16. (U.S. Army photo by Sgt. William A. Parsons)

FORT BRAGG, N.C. - Of all the Warriors in the 2017 U.S. Army Reserve Best Warrior Competition, Specialist Kenny Ochoa distinguished himself with his desire to be among the stars – literally. As the U.S. Army Reserve Soldier of the Year explained, his life long dream is to become an astronaut, and he is determined to make that dream a reality by any means necessary.

“I don’t want to be average, I want to do things that very few people have done,” said the would-be astronaut. Ochoa is an U.S. Army Reserve watercraft specialist with the 481st Heavy Boat Transportation Unit, in Los Angeles, California. But today, he is the winner of the 2017 U.S. Army Reserve Best Warrior Competition at Fort Bragg, North Carolina.

“I love what I do, on both sides,” Ochoa explained.

Born in Guatemala, Ochoa recognized early on he was not willing to settle for an average life. He wanted to be an astronaut and nothing was going to stop him. The young man immigrated with his father to America in 2003, and decided to gain his citizenship by joining

the U.S. Army Reserve in 2014.

Currently majoring in physics at the University of California, Davis, Ochoa has his sights set on a job working for NASA.

Ochoa understands becoming an astronaut is a difficult task, but not impossible. Fortunately for the young specialist, every two years the Astronaut Candidate Program recruits Soldiers to join the ranks of astronauts working for NASA.

Unbeknownst to many, the Army also has its own dedicated occupation that trains Soldiers to become Army astronauts. The training is directed by NASA and requires Soldiers to perform space flight related duties. All of this has caught the attention of Ochoa

It goes without saying being an astronaut involves learning a variety of skills while working under an immense amount of mental stress. Knowing this, Ochoa has decided to put himself to the test by competing in the 2017 U.S. Army Reserve Best Warrior Competition. In preparation for the competition, Ochoa started exercising, eating healthy, and studying regularly.

“Joining the Army Reserve, you bring a skill set that an active duty Soldier might not get a opportunity to possess, such as previous education and work experience,” said Ochoa.

The 2017 U.S. Army Reserve Best Warrior Competition showcases a variety of America’s Warriors – each who bring a unique set skills that may not necessarily be found on the active duty side of the Army. Every event at U.S. Army Reserve Best Warrior Competition requires knowledge of how treat casualties; implement small unit tactics; engage the enemy using physical strength, and display a firm grasp of history – all of which demonstrates the Warriors’ capability, combat-readiness, and lethality.

Being part of the 2017 U.S. Army Reserve Best Warrior Competition is a challenge, but one that also opens doors, Ochoa said. “I’m here to give my best.”

“I wasn’t in last year’s competition, I didn’t make it this far,” Ochoa explained. “I want to win, I put in a lot of time in, both mentally and emotionally.”

79TH TSC BEST WARRIOR COMPETITION

The 79th Theater Sustainment Command hosted its 2017 Best Warrior Competition at Camp Pendleton, Calif., May 3-6. The Best Warrior Competition seeks out the best candidate that defines the profession of arms by testing competitors physically and mentally. At the conclusion, one Soldier and one NCO were named the 79th TSC Best Warriors and went on to represent the command in the U.S. Army Reserve Best Warrior Competition held at Fort Bragg, N.C., June 4-10, 2017. Spc. Kenny Ochoa, 481st Transportation Company, was named the U.S. Army Reserve Soldier of the Year.



Spc. Kenny Ochoa, a watercraft operator with the 481st Transportation Company, writes an essay during the 79th TSC's Best Warrior Competition at Camp Pendleton, Calif., May 4, 2017. (U.S. Army photo by by Sgt. Heather Doppke, 79th TSC)



Sgt. Carlos Garcia Velasquez, a human resources specialist with the 90th Sustainment Brigade, plots his course during the Land Navigation portion of the 79th's Best Warrior Competition. (U.S. Army photo by by Sgt. Heather Doppke, 79th TSC)



Spc. Charles Cherry, a paralegal specialist with the 79th TSC participates in the room clearing event May 5, 2017. (U.S. Army photo by Sgt. 1st Class Alexandra Hays, 79th TSC)



Spc. Justin Rafferty, 910th Quartermaster Company, answers graded questions during the medical evacuation event (U.S. Army photo by Sgt. 1st Class Alexandra Hays, 79th TSC)



Sgt. Carlos Garcia Velasquez, a human resources specialist with the 90th Sustainment Brigade, clears a window during the room clearing event May 5, 2017. (U.S. Army photo by Sgt. 1st Class Alexandra Hays, 79th TSC)



Spc. Justin Rafferty, a petroleum supply specialist with the 910th Quartermaster Company, subdues a "high value target" during the 79th TSC's 2017 Best Warrior Competition. (U.S. Army photo by by Sgt. Heather Doppke, 79th TSC)





RESERVIST FROM THE TOP ROPE

Story and photos by Maj. Brandon Mace
4th Expeditionary Sustainment Command

As he walks out from behind the curtain half the crowd is chanting his name, "T-Ray, T-Ray, T-Ray," while the other half can be heard booing. He makes his way through the crowd and into the ring where he pauses to flex his muscles and yell at a few members of the audience. This is T-Ray's job, and he loves it.

The U.S. Army Reserve is full of citizen-soldiers who balance a civilian job with their part-time service in the military. This balance can be a challenge, but these warrior-citizens persevere, keeping the Reserve a capable, combat-ready and lethal force. For U.S. Army Reserve Sgt. Trenty Watford, a microwave communications specialist with the 4th Expeditionary Sustainment Command based in San Antonio, Texas, that civilian job is performing as a professional wrestler.

In the ring Watford goes by 'T-Ray', a name he finally settled on after trying several others. He said he read a book by another professional wrestler suggesting the most successful names were short.

"You want something simple that the fans can chant or they can boo," said Watford. "When I am signing autographs I want something small so I can sign quick."

He wrestled with creating a great name until his girlfriend



came up with an idea.

"My girlfriend's name is Rachael and she said, 'why don't you just combine our names,' so we came up with T-Ray," Watford said. "I brought it up to my trainer and he said, 'I like it,' so it stuck."

Watford is a military brat; born, raised and trained in a military family. He said he initially joined the Army to open up opportunities and continue the family tradition of military service.

"I spent my whole life around the military," said Watford. "My dad was in, my sister joined and it was a way to get out of Louisiana after I graduated high school."

"My son was like, 'you should be a wrestler,' and I couldn't think of an excuse why not to do it"

Before joining the Reserve in October 2014, Watford was in the active duty Army and deployed to the Middle East three times with the 35th Signal Brigade in 2002, 2005 and 2006. Before he joining, he didn't realize he would gain such strong bonds with his fellow soldiers.

"It is a weird brotherhood," said Watford. "Initially the military was just more of a family thing, and I didn't know about all the cohesion. It became more about them and I put my joy and love into working with those guys. I've got friends that I haven't seen in 8-9 years but we still talk on a weekly basis, and when we get to see each other, we pick up right where we left off. You don't get that in other jobs."

You wouldn't know it by looking at him today but Watford was small as a kid. In high school he wanted to play basketball, but his small stature led him instead to his school's folkstyle wrestling team.

"They had basketball tryouts and my whole life I had played basketball and football year-round. I went to all the camps but I was an extremely tiny kid. My freshman year I was like 91 pounds," said Watford. "I was on the basketball team and the other kids are like 140 or 150, they are all regular sized kids, and I got cut."

The next day in P.E. class, the teacher, who also happened to be the wrestling coach, noticed Watford looking a little depressed. He invited Watford to join the wrestling team, and that is when everything changed.

"After that day I've been hooked ever since," said Watford. "I was able to tap into something that was there, everything just came naturally. All of the drills that we did, I had no problems with the work outs. It progressed and progressed and that spawned out into kickboxing and jujitsu."



In the spring of 2016, as Watford was training in mixed martial arts, one of his sons had an idea.

"My son was like, 'you should be a wrestler,' and I couldn't think of an excuse why not to do it," said Watford with a laugh. "So I looked up the schools in the area, found one and started going last June."

Watford's wrestling character, T-Ray, is nothing like himself. He likes to play the villain, so T-Ray enjoys boos from the crowd as he enters the ring and competes.

"You want to get booed as a bad guy," said Watford. "I am an enhanced opposite of what I really am. Normally I am quiet, laid back, relaxed. My character is trash talking, telling everyone I'm better than them, I get to be mean to kids. I think about things that would make me mad or things that would offend me and then I just do it."

Watford's girlfriend is very supportive. He said she wanted him to be happy in a job so he would be happy in other aspects of his life. While she enjoys watching his matches, Watford said he has to prepare his girlfriend before each match so she knows what to expect. He used to not tell her, but one night things did not go as smoothly as he hoped.

"There was a match where I got beat up bad, she wasn't expecting it, and I think she took it personal," Watford shared. "She went to go check on me in the back and I was still trying to get my bearings back. They said, 'Oh, he'll be fine,' and she was like, 'no he's not fine, I saw what you did to him!' So if something intense is going to go on in the match, I let her know, then she will be ready."

Despite the danger and the hard work, Watford truly loves what he is

doing.

"You know that feeling you get where you know you are doing what you are supposed to be doing in life? I have no stress, no worries, I am not dreading going to a show," Watford shared. "I am working at what I want to do. I want to make an impact, and if I can inspire one person I have done my job."

Watford explains that he hopes that performances as T-Ray inspires people to be the best versions of themselves, "I try to get people inspired to be the best person that they can be. No matter what other people think of what you do in life, you can do whatever you want to do that makes you happy. As long as you are happy and self-fulfilled you should keep doing it."

Above all else, Watford is grateful for the camaraderie he experienced during his active duty service that continues as he serves in the Reserves. He recognizes and encourages that kind of camaraderie as a professional wrestler.

"There is a camaraderie there when everybody is doing their part to get the mission complete," said Watford. "Whether it's the people setting up the ring or setting up the chairs; the people setting up concessions or merchandise, it all works together for the show. You have the same thing in a unit with new soldiers coming in and old soldiers retiring. It is humbling to know that any day could be my last day doing it and building that cohesion."

So whether you are cheering or booing for T-Ray, he loves it all, and he has no intention of slowing down anytime soon.





ORDER'S UP!

Soldiers Compete in the Culinary Arts

Story by Master Sgt. Dave Thompson
4th Expeditionary Sustainment Command

FORT POLK, La. — A team of five U.S. Army Reserve Culinary Specialists with the 1002nd Quartermaster Company based in Beaumont, Texas, competed in the finals of the Philip A. Connelly cooking competition during their annual training field exercise March 25, 2017.

The Philip A. Connelly Awards Program is the personification of food service excellence by Army culinary specialists. It is co-sponsored by the National Restaurant Association and the Department of the Army. During the annual Connelly competition, teams of cooks from the U.S. Army Reserve, The U.S. National Guard and the U.S. Army Active Component are evaluated on a wide range of areas related to food preparation in garrison and field environments.

"The 1002nd have won at the 4th ESC level, the 79th SSC level and at the USARC (U.S. Army Reserve Command) level to become one of the top four teams competing at the DA (Department of the Army) level for the Army Reserve Component category," said Chief Warrant Officer 3 Robert Nieves, 4th Expeditionary Sustainment Command food service advisor.

U.S. Army Reserve Staff Sgt. Richard Canales, culinary noncommissioned officer in charge, briefed his team of four junior cooks on the menu, the time limits and cooking assignments - while evaluators watched, asked questions and took notes - then turned them loose to begin their work.

"It's all about pride and professionalism," said Canales. "We're all from different places but we've come together, we've worked hard and we work as a team."

Samuel Stanovich with the National Restaurant Association Military Foundation is one of the evaluators judging the competition. He says the evaluators are focused on execution, service standards, preparation and final product. Stanovich stated that all teams start with 1,000 points and points are deducted for infractions.

"We're down to the last of four final teams, so at this level, obviously they're all good," said Stanovich. "We're looking to see how the team communicates, how are they engaging one another...does it look like they've really embraced the initiatives they've been shown and are taking it to the next



Soldiers with the U.S. Army Reserve's 1002nd Quartermaster Company from Beaumont, Texas, are being served a hot meal by their food service team during their Field Training Exercise March 25, 2017. The 1002nd is a subordinate unit of the 4th Expeditionary Sustainment Command and part of America's Army Reserve. These units are trained, combat-ready and equipped to provide military and logistical support in any corner of the globe. (U.S. Army Reserve photo by Master Sgt. Dave Thompson)

level..."

U.S. Army Reserve Cpl. Enrique Vizcarra, a culinary specialist with the 1002nd was in charge of preparing the main entrée, roasted pork. He is a chef in his civilian occupation and brings years of cooking experience to his job in the Army Reserve.

"I'm trying to create a different experience, using different techniques, spices and flavors," said Vizcarra. "My goal is to modify and modernize the cooking techniques we have in Army food service so we can present more options to the Soldiers."

U.S. Army Reserve Spc. Christen Chambers is an award-winning food operations specialist assigned to the 1002nd, having competed and won at the highest levels in Army culinary competitions. Her experience is evident as she meticulously measures out ingredients for oatmeal cookies into an enormous mixing bowl. She owns her own bakery catering business in Chicago but says she takes great pride in putting her uniform on and doing her Army job.

"The Army came about as a means of going back to school to further my education," said Chambers. "Having been in and having the opportunities to do the things that I've done have certainly broadened my experiences and it's been pretty awesome."

U.S. Army Reserve Specialists Adrian Carreon and Jamal Sims, both culinary specialists, round out the team. Carreon handled the preparation of sweet potato wedges and the salad, while Sims poured his efforts into preparing beef barley soup.

While the cooks toiled to prepare the meal in their cramped mobile kitchen trailer under the constant scrutiny of the evaluators, the rest of the company was engaged in defending their petroleum pipeline from attacks by the exercise opposing forces. Torrential rains the night before and sporadic downpours in the early morning had left the ground a muddy mess. 1002nd's 1st Sgt. Shawn Ledet directed his



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

Federal Reserve force in the history of the nation. Realistic, field-training exercises like these measure a unit's readiness level and hones operational skills.

One by one, the Soldiers of the 1002nd enter the mobile kitchen trailer and exit out the other end with a plate of hot food complete with soup, salad, desert and fresh fruit. The cooks and all the Soldiers that worked to support them have done their part and now it's left to the judge's scores to determine a winner. There were lots of smiles and accolades going around in the mess tent as the Soldiers polished off their meals, many wishing for a second helping.

"I could not be more proud of our cooks and the job they've done," said 1st Lt. Steven Drayton, 1002nd com-

"This is resiliency training...the type of training that let our Soldier's know that we can do our mission in any type of conditions..."

-1st Sgt. Shawn Ledet

troops to hasty fighting positions as the smell of roasted pork wrapped with bacon, beef barley soup and freshly baked oatmeal raisin cookies wafted in the air.

"This is resiliency training...the type of training that let our Soldier's know that we can do our mission in any type of conditions," said Ledet. "We are almost in our 'ready year' cycle and this training lets our Soldiers understand our mission and the commander's intent. Our cooks perform a vital service and they've worked hard to support the Soldiers in this company and to get to this level of the competition."

The U.S. Army Reserve, under new commander Lt. Gen. Charles Luckey, is the most capable, combat-ready and lethal

mander, addressing his Soldiers. "Regardless of the outcome, you are all winners to me and we are proud to have you all in the 1002nd."

The 1002nd is a part of the 211th Regional Support Group and the 4th Expeditionary Sustainment Command. The command has units throughout Arkansas, Louisiana, New Mexico, Oklahoma, and Texas. As part of America's Army Reserve, these units are trained, combat-ready and equipped to provide military and logistical support in any corner of the globe.





RELENTLESS SUPPORT

More Than a Motto, the 211th RSG Demonstrates its Commitment

Story and photos by Maj. Brandon Mace
4th Expeditionary Sustainment Command

FORT MCCOY, Wis. – When a U.S. Army Reserve unit is called to action, they don't respond by themselves or as individual service members, they integrate with other units and sister services to create a total force prepared for any mission in any environment. Every year, U.S. Army Reserve units participate in large scale exercises that ensure they remain capable, combat-ready and lethal.

Members of the 211th Regional Support Group, based in Corpus Christi, Texas, participated in one such event, Warrior Exercise 86-17-02, Apr. 29 to May 13, 2017, here.

WAREX 86-17-02, provided training opportunities to nearly 6,200 Army Reserve Soldiers from 70 units from across the U.S. in an exercise that simulated real-world operational missions and environments.

"WAREX 17-02 is designed to train our units in an austere environment, making sure we can still use our mission command systems and continue to operate," said U.S. Army Reserve Lt. Col. Kevin Meisler, commander of the 211th RSG. "It provides a realistic avenue as opposed to sitting in a drill hall trying to pretend. This provides that realism that the Soldiers need to move to the next level."

Meisler was the senior logistician participating in the exercise, and took on an additional leadership role as the Senior Tactical Assembly Area Commander. He said the participating units did not fall in on any existing structures or resources. They started the exercise with the equipment they brought and a large empty field.

"This is completely austere, just a field. When we come out to an environment like this, first we have to build a defensive position, then we need to create the operational TOC (tactical



Pvt. 1st Class Diego Garcia, a Paralegal Specialist with 211th Regional Support Group based in Corpus Christi, Texas, performs Quick Reaction Force duties during Warrior Exercise (WAREX) 86-17-02 at Fort McCoy, Wis. From April 29, 2017 until May 13, 2017.

operations center), so we can actually do our job, and when we finally get that done, then we can look at our creature comforts." Meisler said. "It's definitely a mindset change for a lot of folks."

U.S. Army Reserve Capt. Jason Brownling, also a member of the 211th RSG, was the commander of TAA 5. He said that setting up in this kind environ-

ment was eye opening for him and his Soldiers. "Falling in on facilities that are already set up makes life a lot easier and that's how we have practiced up to this point," said Brownling. "When you have to do everything yourself and make everything work together you realize how much extra effort and how much longer it takes to get your systems in place. This exercise really taught us to go back and get into our Soldier skills so that it's not hanging us up out here."

The 211th RSG crest displays the unit's motto, "Relentless Support," a

"I am always impressed with these Soldiers. They have the ingenuity, they have the know-how, and they will get things done."

-Lt. Col. Kevin Meisler

ment was eye opening for him and his Soldiers.

"Falling in on facilities that are already set up makes life a lot easier and that's how we have practiced up to this point," said Brownling. "When

sentiment the unit took to heart as they executed their mission at WAREX despite challenges.

"Soldiers are not used to this weather, especially since we come from South Texas," said U.S. Army Reserve 1st

Lt. Jose Nava-Lopez, commander of the 597th Transportation Detachment in Rio Grande City, Texas. "It was cold and rainy, but Soldiers were still out there, energized, getting things done, transporting supplies and any other equipment we needed out there."

"I am always impressed with these Soldiers," said Meisler. "They have the ingenuity, they have the know-how, and they will get things done."

This exercise is just one of many that the 211th RSG will use to maintain their combat readiness. Meisler said the unit will take everything they practiced and learned to prepare for future training and real world missions.

"The next big question is how can we do this more rapidly, how do we continue to improve, because in the fight of the future we may not have three days to set up," said Meisler. "We took some pretty good steps forward, and that's what I like to see, continuing progress. We will take all the lessons learned and spend our next battle assembly reviewing the AARs (after action reviews), developing a plan and a way ahead, so we are ready for the next fight."

The 211th Regional Support Group is a part of the 4th Expeditionary Sustainment Command. The command is made up of Soldiers, civilians and their families in units headquartered throughout Texas, New Mexico, Arkansas, Oklahoma and Louisiana. As part of America's Army Reserve, these units are trained, combat-ready and equipped to provide military and logistical support in any corner of the globe.



U.S. Army Reserve Soldiers with the 597th Transportation Detachment based in Rio Grande City, Texas, load a High Mobility Multipurpose Wheeled Vehicle with supplies during Warrior Exercise (WAREX) 86-17-02 at Fort McCoy, Wis. From April 29, 2017 until May 13, 2017.

FIT TIPS



Sp. Kenny Ochoa, 79th TSC 2017 Best Warrior Soldier of the Year, shares pointers on how to keep in top

Photo by Spc. Trenton Fouche
214th Mobile Public Affairs Detachment

The hardest part of any training is simply getting started. Once you get past the first dreaded hill, it only gets easier. The hardest part is actually getting to the track, gym or pool. Once you're there, you might as well do it.

Respiration is my most important asset. Good lungs open the way to better circulation, greater stamina and more power. Cardio works out are always the toughest and that's why I work on this the most. Training beyond your goal will make things a whole lot easier.

You also want to change up work out plans to trick your body and get out your comfort zone. For example, one day I train for distance while other days I sprint short distances and even run sprints uphill. If you are able to push your body to that limit, you will see results with your overall body physique. I also recommend swimming and biking for stamina, endurance and to cut down weight.

Maintaining clean healthy lungs and learning how to pace yourself is the key to a strong foundation for any athlete.

You must find the sweet spot between a healthy diet, adequate amount of sleep, and a great work out plans. Everybody is different and only you know how your body reacts to certain things. From experience, I've come to find out what works for me. Early work outs always seemed to work the best for me.

Heathy diet is extremely important and it is often overlooked. Just avoiding sugars alone can make a huge difference. You begin generating energy from different sources, such as lipids, and begin to cut unhealthy excess fat. This takes a lot of time and patience.

If you're able to make a meal at home and avoid fast food places that is a battle won. All these battles will add up to a war over several weeks and your morale will sky rocket.

Drink water not soda. Chose healthy vegetable or fish fats and oils instead of trans or saturated fats. Snacking during the day also keeps your body at a high rate of metabolism.

Educate yourself on what you should be putting into your body. Most people will support your choice of a healthy lifestyle and you might even motivate those around you. It's always easier when you have someone to keep you motivated. If you take care of your body it will take care of you.

Finally, staying motivated is perhaps so simple but can make all the difference. A lot of the times people start off strong and slowly taper off. To avoid this, you must change your mentality from "ugh I have to go run these miles" to "I'm about to kill these miles". Perception about anything will change how you react to scenarios. Learn to love yourself, body and mind; the rest will follow.





311th ESC Introduces “The Year of Fitness”

Preparing for the fight is key to any Army unit's success

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



Sgt. Alexandria Love, a national boxing champion from the Army's World Class Athlete Program, taught participants at a similar fitness initiative, the 11th Military Police Brigade's Guardian Fit Camp, different boxing exercises as an alternative cardio workout. (U.S. Army Photo by Sgt. Timothy Yao)

JOINT FORCES TRAINING BASE LOS ALAMITOS, Calif. – To kick off “The Year of Fitness,” Brig. Gen. David E. Elwell, 311th Expeditionary Sustainment Command commanding general, invited Tony Horton, a world-class motivational speaker and an author of top-selling books, and Garba “Mister G” Onadja, who teaches people the benefits of a nutritious, healthy, fit lifestyle, to a command-wide readiness session at the Los Alamitos Joint Forces Training Base, March 4.

Best known as the creator of the commercial home exercise regimen P90x, Tony Horton spoke about the importance of nutrition and staying fit, challenging your body with many different forms of exercise and being consistent with your exercise routine.

A former professional athlete, Mr. G holds a doctorate in Chinese Martial Arts, a 10th Degree Master Black Belt and

“Fitness is the cornerstone of readiness and readiness is our number one priority.”

-Brig. Gen. David Elwell

was inducted to the USA Martial Arts Hall of Fame. He took the time to show the Soldiers some self-defense maneuvers.

Physical fitness is one the cornerstones of combat readiness because being physically fit means that a Soldier is always ready for any mission. At the 311th ESC, the focus is on fitness being a condition of service in the Army Reserve so that one is ready to deploy at a moment's notice.

The 311th ESC is introducing a new fitness challenge called, “Combat Fitness Challenge.” There are many Army fitness challenges like the Cadet Fitness Challenge, which is a one-week program designed to help prepare cadets and recruits for basic training, and others like the Extreme Military Challenge, designed for senior NCOs, but this new challenge is very unique.

The competitors of the Combat Fitness Challenge will be the elite. The participants are limited to the top one percent of combat athletes that will participate in extreme fitness challenges that will test them both physically and mentally.

This event will test their resolve and is uniquely different because it gives junior enlisted, NCOs and officers an opportunity to participate in the same competition.

“I’m calling for ‘The Year of Fitness at the 311th ESC because fitness is the cornerstone of readiness and readiness is our number one priority,” said Elwell. “I’m grateful that Tony Horton and Mr. G were here to inspire the troops because fitness and military service go hand and hand.”

The competitors in the Combat Fitness Challenge will become the fitness leaders in the 311th ESC. This new challenge will set a new standard and may have a lasting change that can help Soldiers commit to health as a lifestyle. Exercise, nutritious foods and the right mindset is the formula that leads to a vibrant, productive and full life for anyone who focuses on being the best they can be.



Soldiers from the 11th Military Police Command, participate in a similar fitness initiative “Guardian Fit Camp,” at Los Alamitos, Calif. (U.S. Army Photo by Sgt. Timothy Yao)



Soldiers from the 11th Military Police Command, participate in a “Guardian Fit Camp,” at Los Alamitos, Calif. (U.S. Army Photo by Sgt. Timothy Yao)



SOLDIERS "GET CONNECTED" TO PREVENT SUICIDE

Story and photo by Spc. Kaitlin Waxler
4th Expeditionary Sustainment Command



During the Get Connected campaign's initial launch, Pinkerton and the 4th ESC Soldiers worked together to come up with a list of specific things individuals can do to combat that sense of loneliness, and help end the isolation people sometimes feel. The list included a number of actions, from establishing common ground to asking each other for help or opinions.

"The Soldiers came up with some insightful ideas of how they can get connected with each other," said Pinkerton. "This list will only grow with time."

Pinkerton also met with U.S. Army Reserve Brig. Gen. Alex Fink, Commanding General of the 4th ESC, and Command Sgt. Maj. Larry Johnson, Command Sergeant Major of the 4th ESC, to discuss the campaign. During the meeting, they both signed a pledge promising to do their part in preventing suicide.

Pinkerton said he plans to reach all 6,000 Soldiers within the 4th ESC. He will be working with everyone in an effort to spread his message.

"People don't just have this type of discussion and then walk away. They have this discussion and carry those thoughts with them," said Pinkerton. "We want all of our Soldiers to walk away knowing that they can get connected."

If you or somebody you know is struggling with thoughts of suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK). Veterans and Service Members can reach the Military Crisis Line by dialing the same number, and then pressing 1.

The 4th ESC is made up of Soldiers, civilians, and their families in units headquartered throughout Texas, New Mexico, Arkansas, Oklahoma and Louisiana.

disconnectedness. The Get Connected Campaign focuses on overcoming those feelings by encouraging Soldiers to establish meaningful relationships.

"The idea is that you are no longer connected with anybody, that you are isolated. You don't have these emotional connections with other people," said Pinkerton. "Connectedness is the one thing that we have the greatest potential to impact, so we came up with this idea of Get Connected."

Some of the goals of the campaign are to identify the risk factors and warning signs of those who are struggling with thoughts of suicide and to end the stigma associated with talking about suicide. In order to accomplish these goals, Pinkerton said it was imperative to recognize that the courage to ask for help is a sign of strength and wisdom.

"This is an intentional and deliberate method of changing a culture, of reframing the way that we perceive our social interactions," said Pinkerton. "It is the desire to succeed."

U.S. Army Reserve Brig. Gen. Alex Fink, Commanding General of the 4th Expeditionary Sustainment Command, and U.S. Army Reserve Command Sgt. Maj. Larry Johnson, Command Sergeant Major of the 4th ESC, sign the Get Connected Pledge to end the stigma around asking for help with suicidal thoughts at Joint Base San Antonio, May 9, 2017. The Get Connected Campaign aims to prevent suicide by teaching Soldiers how to prevent feelings of isolation.

JOINT BASE SAN ANTONIO, Texas – The U.S. Army Reserve 4th Expeditionary Sustainment Command took a stand against suicide by launching the Get Connected campaign here, during their monthly battle assembly, May 6, 2017.

Mr. Brion Pinkerton, Suicide Prevention Program Manager for the 4th ESC, introduced Soldiers to the campaign, which aims to end the stigma around talking about suicide and, as the name of the program suggests, help Soldiers connect with one another.

Pinkerton has spent his whole professional career helping others. Before becoming a SPPM, he worked with the National Crisis Line in Alaska and worked in Christian ministry. He is in the final days of completing his doctorate in Industrial Organizational Psychology.

Pinkerton began the Get Connected campaign based on the works of Dr. Thomas Joiner, who identified three factors present in all victims of suicide. One of these factors, thwarted belongingness, describes feelings of



MOTHER, SOLDIER, HERO

Story and photos by Maj. Brandon Mace
4th Expeditionary Sustainment Command

SAN ANTONIO, Texas – As a part of the National Read Across America initiative, Female Soldiers from the 4th Expeditionary Sustainment Command read "Hero Mom," by Melinda Hardin and Bryan Langdo, to children at Kinder Ranch Elementary, Mar. 10, 2017.

Through the story presented in "Hero Mom" the Soldiers, who are each mothers with children at home, challenged the children to redefine and take ownership of the word hero as they think about what it takes to be heroic.

"We wanted to celebrate Read Across America while educating the children about military life and the heroes who wear the uniform," said Cristela Trevino, Child and Youth Services Command Specialist for the 4th ESC. "The story we selected describes the different roles of women in the Armed Forces comparing them to superheroes. Being a hero is not a one-time event or

a single action, being a hero is a lifestyle that involves commitment."

After reading the story, the students made posters where they shared their new definitions of what it means to be a hero.

"It is important for these kids to see heroes in the real world," said Erin Heinz, kindergarten teacher at Kinder Ranch. "You don't need magical powers or the ability to fly. If you work hard and are determined, you can be a hero too."

"It is really rewarding to come to schools and see how kids view Soldiers and moms that are Soldiers," said Army Reserve Sgt. Claudia Martinez. "We not only have a job of being a Soldier but we are also moms. We have that connection with the kids."

The 4th ESC Child and Youth Services Office is continually looking for opportunities to support military children and educate their classmates about military

life.

"In my ten years as an educator, before I began working for the Army Reserve, I can recall inviting police officers and firefighters to inspire and read to children," Trevino said. "Moving forward I would like to ensure that members of the Army Reserve and our military are represented in classrooms across San Antonio, Military City USA."

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U.S. Army Reserve Sgt. Ana Verduzco with the 4th Expeditionary Sustainment Command hands out Read Across America certificates to students at Kinder Ranch Elementary in San Antonio, TX, Mar. 10, 2017.



U.S. Army Reserve Master Sgt. Johnnie Garcia with the 4th Expeditionary Sustainment Command reads "Hero Mom" to students at Kinder Ranch Elementary in San Antonio, TX, Mar. 10, 2017.



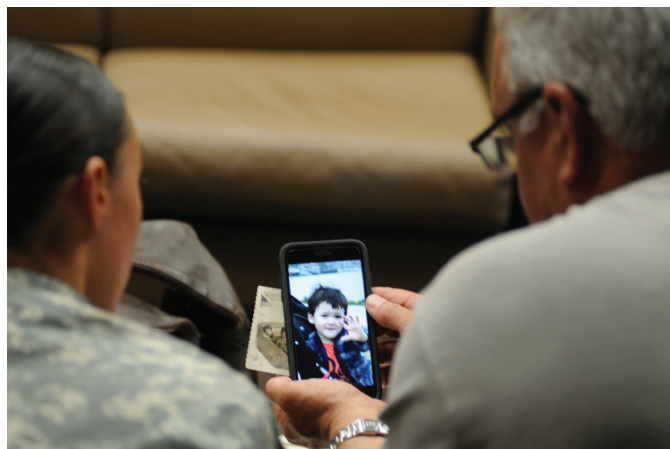


SOLDIER MEETS BIOLOGICAL UNCLE FOR FIRST TIME AT CSTX

Story and photos by Capt. Eric Connor
311th Expeditionary Sustainment Command



Sgt. Angela Myers, an ammunition sergeant with the 311th ESC, gives an emotional hug to her uncle Corey Rose.



Sgt. Angela Myers and her uncle Corey Rose, chat with her son, Zander, on Facetime.

SAN LUIS OBISPO, Calif. – “I’m getting nervous. Like roller coaster nervous.”

Sgt. Angela Myers’ life is about to change forever. Myers, an ammunition sergeant with the 311th Expeditionary Sustainment Command, based in West Los Angeles, has been waiting for this moment for all her life – 28 long years.

Myers was raised an orphan almost her entire childhood life, bouncing from one foster care home to another.

“I was under guardianship from five until 18 years old,” said Myers.

And even before then she hadn’t been with her parents for years. From age 6 weeks to 5-years-old she thought the man and woman she lived with were her parents, but that wasn’t the case.

“My dad was abusive because of his drug use and my mother feared for her life so she left California for Vegas and left me with my dad.”

The young Myers witnessed the abuse as a toddler up until her mother decided she’d had enough and took off, but without her infant daughter. Myers was left with her abusive father who would soon leave her with a friend and his wife. With both biological parents gone and her nine other siblings under foster care, Myers would find herself without any real family and in a state of turmoil and confusion tough for anyone to handle, let alone a child.

She also had to use an alias for her first name for protection. Myers bounced from her father’s friend’s home to another home that reminded her of the abuse she’d witnessed her entire young life. But this time the abuse was toward her, verbally.

“She [foster mother] would call me a dog. Said I was nothing. I felt like an animal, like a dog because that’s what I

was called and made to feel like.”

Myers would eventually land in a loving home in Acton, California, where she learned to ride horses, flourished at writing poetry and learned about discipline.

“My foster dad was a former Marine so everything had to be dress right dress which I liked.”

The family cared for her until she was 18-years-old. But something was still missing. Myers felt a huge void not knowing her biological parents or any other biological family for that matter.

“I searched for my real parents from 5 to 18-years-old. I also found out my mother left me to protect me because of my abusive father and she wanted a better life for me.”

Fast forward nine years later and the curiosity and desire to find her parents still burned in Myers’ heart. During her search she would learn that both her parents had passed but she still learned so much.

“My dad rode horses, loved to ride. My real mother journaled everything and wrote poetry. I found out she was a published poet. She also had all my information.”

Still wanting to find some biological family she searched and searched, using search engines, social media and anything she could think of.

And then it happened--she finally came across a name she had been looking for on Facebook and sent a message through Messenger.

Days passed, and then the person answered.

As Myers was starting annual training for Combat Support Training Exercise at Joint Forces Training Base in Los Alamitos, California, on July 21, 2017, the moment Myers has been waiting for arrived.

“I started crying ten minutes out. It’s a once in a lifetime

"I want people to know to
never give up."

-Sgt. Angela Myers



Sgt. Angela Myers looks over photos of her biological family she's never seen with her uncle Corey Rose.

moment,” revealed the person she’s about to meet, driving up to see Myers, who is now at annual training at Camp San Luis Obispo.

Myers is anxiously waiting and noticeably nervous as she tries to concentrate on her job inside the tactical operations center. Minutes later a voice yells out “Where is she?” And then a figure standing 6-foot-5 inches tall reveals himself.

It’s her biological uncle – her uncle Corey Rose.

The two dart toward each other and give a big, emotional and lasting hug. And then the tears of joy begin to flow from Myers as her uncle Corey refuses to let go of his embrace.

“I always wanted a daughter and now I have a niece,” said Rose. “I always wondered where she was.”

The two share laughs. Myers shows her uncle where she sleeps in a tent for CSTX. Her uncle also shares pictures with her that she’s never seen. One in which her biological father looks just like her 2-year-old son, Zander. Her uncle, who’s the assistant chief for the Los Angeles Fire Department, also pulls out a pair of riding boots her father once wore that are the exact same size as Myers.

“Oh my God, oh my God,” is her reaction. Which brings a continuous smile to both of their faces.

“I felt guilty over the years but family takes care of family,” said Rose.

All throughout the ups and downs Myers remained positive. “I want people to know to never give up. If you want something to go for it, never give up.”

The two spent the rest of the day together and part of the next day unable to contain their newfound joy.

“We have a lot of catching up to do,” said Rose.

79TH TSC MEDICAL MATTERS

79th TSC Medical Advisory Office



Post Deployment Health Reassessment

Commanders are responsible for ensuring all their Soldiers and Department of the Army Civilians are compliant with Post Deployment Health Reassessment (PDHRA) requirements. The PDHRA provides leaders with a critical tool to identify physical and behavioral issues that evolve following the initial Post-Deployment Health Assessment (PDHA).

Unit readiness is supported by:

- Providing early treatment for health concerns
- Enabling quicker manning decisions
- Enhancing unit deployability

Commanders coordinate the PDHRA process with appropriate G-1/S-1 or medical staff who then coordinate with the local PDHRA Coordinator to review PDHRA options.

The PDHRA is administered 90 to 180 days after deployment based on the criteria established within DODI 6490.03. Compliance in this window is critical, because deployment-related health concerns often evolve during this period.

May 2010 G-1 Memo stressed the need for:

- True compliance within the 90-180 day window
- Maximum participation by leadership to set the example
- Collaboration between the personnel and medical communities as a key for success

In 2009, Vanderbilt University conducted a DoD-wide study of the PDHRA. Key information was formulated for Commanders:

- Unit leader involvement and support related to positive attitudes
- Education improves attitude
- Combat exposure leads to greater likelihood of Soldier’s endorsing on PDHRA
- Behavioral health symptoms are commonly reported
- Resilience Training, in coordination with PDHRA, had a positive influence on attitudes and reporting
- Soldiers admitted to underreporting physical, emotional and alcohol use problems

Determining a Soldier/DA Civilian’s PDHRA eligibility and tracking compliance is conducted through MEDPROS: <https://medpros.mods.army.mil/medprosnew>

The Army G1 highly recommends that Commanders conduct the mandatory 3-6 Month Post-Deployment Resilience Training (IAW AR 350-1) prior to the PDHRA. Research indicates that Soldiers who participate in Resilience Training prior to the PDHRA tend to be more candid in their PDHRA participation and are more willing to seek help for post-deployment concerns.

For more information or answers to questions contact:
PDHRA_AR@ocar.army.pentagon.mil



FALCON NEWS

Big LOTS West for a 'Cause'

Story by Capt. Eric Connor

YERMO and SAN DIEGO, Calif. - Soldiers of the 331st Transportation Company (Causeway) assemble a Modular Warping Tug (MWT) at the Port of San Diego in preparation to construct a Modular Causeway System (MCS) during Big Logistics Over the Shore West 2017.

The U.S. Army Reserve's Big LOTS West 17 exercise kicked off at the Port of San Diego, Camp Pendleton, Coronado and other surrounding locations.

Big LOTS West 17 is a multi-component exercise involving Soldiers from the Army Reserve, active-duty U.S. Army, Navy, Marines and U.S. Maritime Administration who train and conduct logistics and sustainment operations involving the transporting of cargo and materiel, and ship-to-shore duties.

"We do this all the time, makes you feel good, but it's definitely a team effort. We work with the Army Reserve and other services on this exercise to bring it all together," said one 331st Soldier helping to construct the MWT.

"Its (ultimate) purpose is that it is connected to the roll-on/roll-off discharge facility and then shipped simultaneously out to sea," added 1st Lt. Zach Wilson, the 331th officer in charge of the MWT and MCS' build.



When it's all said and done the intense man-hours and eventual completion of the causeway system mission translates into another successful training operation and team effort for all the services involved and a momentary breather before moving on to the next big training mission for Big LOTS West 17.

WWI 100th Anniversary Commemoration

Story by Spc. Kaitlin Waxler

JOINT BASE SAN ANTONIO, Texas - Members of the U.S. Army Reserve 90th Sustainment Brigade, from Little Rock, Ark., joined civilians and veterans here, in Hangar 9 of Brooks City Base, on Saturday, May 20, 2017, to honor the 100th anniversary of the U.S. entering World War I and celebrate Armed Forces Day. The event was hosted by the City of San Antonio Department of Military Affairs to honor those who served in World War I.

Among the guests was 94 year-old Army Corps of Nurses 1st Lt. (Ret.) Josephine Reaves. She served during World War II, working mostly with surgical patients. Reaves said the commemoration was very important for her to attend.

"This event is beyond my expectations," said Reaves. "I love all of my fellow veterans so much. We just can't do enough for them." Reaves also spoke of her time in the service, describing her work after the Battle of the Bulge. She said it was among her most memorable moments with the Corps of Nurses. "I took care of the amputees," Reaves said. "I wanted them to know there was a human being there with them. That's just the way I operated."

The 90th Sustainment Brigade, a unit that traces its lin-



eage to the 90th Infantry Division, was selected to provide a five-Soldier color guard for the commemoration. Staff Sgt. Randall Franks, non-commissioned officer in charge of the color guard, said he was proud to carry on the legacy. To demonstrate their unit's historical ties, Soldiers wore era-specific uniforms as they presented the colors. "It emphasizes the common bond between current military and Veterans," said Franks. "It's pretty important to us, especially because of our history with World War I."

201st HMODS Deploys

Story by Capt. Fernando Ochoa

MARE ISLAND, Calif. - On a beautiful California day, dozens of family members came to bid their love ones' farewell and good luck, during a deployment ceremony at the Mare Island U.S. Army Reserve Center April 22.

The 201st Harbormaster Detachment is part of the 481st Transportation Company, which also contains other transportation detachments with watercraft operators. This mission demands a high-level of readiness and synchronization that the unit achieves through joint and interagency field training



exercises.

The 201st Harbormaster Detachment's troops are prepared to rapidly deploy from their home station at Mare Island to ports, both improved and unimproved, and other water terminals throughout the world to provide Command and Control for approaching vessels in their area of operation as they off-load material and supplies.

"As we all know, there is a mix of good and evil throughout the world, but these Soldiers have chosen good over evil in their commitment to our nation," said Lt. Col. Thomas J. Harzewski, 483rd Terminal Battalion commander. "To the Soldiers of the 201st detachment, thank you for your commitment and never lose sight of your values and take care of each other, and continue to always do what is right."

"My main goal is to bring all of my Soldiers home, but more than that we want to fulfill our mission with excellence," said Chief Warrant Officer 5 Kenneth Lashbrook, 201st Harbor Master Operation Detachment officer in charge. "I'm excited to deploy with these Soldiers because they are among the best personnel I have ever worked with, having more experience and skills than I have ever seen."

469th CSSB Conducts FTX

Story by Capt. Fernando Ochoa

DUBLIN, Calif. - Soldiers and elements from the 469th Combat Sustainment Support Battalion participated in a Field Training Exercise at the Camp Parks Reserve Forces Training Area in Dublin, Calif., March 9-12. The 469th CSSB came to Camp Parks and set up a battalion tactical operation center, then set up a base TOC in the field, where the down trace units could live in tents and be directed by the observer controller trainers.

The primary focus for this FTX was for units to conduct major unit collective training events in order to prepare for annual training requirements with a primary focus of training for collective tasks that included the use of the VBS-3 and live convoy operations.

During this exercise scenario, the enemy forces are from the town of Atropia, which is a safe zone for the Atropian Liberation Front. The ALF personnel wear civilian clothing to blend into the populace and are armed with small-arms, IEDs, RPGs, and Crew-served weapon systems. The ALF forces are known to hijack civilian/military convoys and the 469th CSSB is sent in to clear the area.

"The purpose of this FTX is to work on our battalion METL and collective tasks and training with an outside organization like the 2-360th Tactical Support Battalion provides us with

an honest, outside perspective and sight picture of our units METL readiness," said Capt. Andrew Adams, 469th Combat Sustainment Support Battalion officer in charge. "It is always critical for Soldiers to develop their basic warrior skills. We must be proficient in the basics skills such as shooting, movement and communication."

The mission of the 469th CSSB is to provide mission command of all assigned and attached units of the Combat Sustainment Support Battalion as it operates logistics hubs of supply, transportation, and maintenance support to the Sustainment Brigade and supported Brigade Combat Teams.



Budzunski Named Army Reserve Transportation Officer of the Year

Story by Capt. Andrew Daane

So what exactly does it take for a junior officer to reach the milestone of transportation officer of the year?

In an interview with Budzynski during the 364th ESC's annual training, it became clear her seemingly unlimited supply of energy and perpetual positive attitude contributed to her success as a Transportation Officer in the United States Army Reserve (USAR).

When asked about how she was able to bring about these accomplishments, she referenced family as her major source of inspiration. With a supporting husband and two young children at home, they offer her support like no one else can. "Nothing is a bigger stress reliever than hearing a baby laugh," she explained. Whether it is coming home to her baby laughing, or her husband listening to the frustrations of the day, she attributes much of her success to them. Her family understands she serves in the US Army out of a sense of duty, and honors that commitment.

Aside family support, one of Budzynski's secrets to success is stress management and always maintaining a positive attitude whenever possible. "When I'm stressed out I try and remain optimistic which allows people to work around you more and want to work with you," she said.

Given transportation missions are often collaborative in

nature, this is one of the most valuable traits she focuses on. She also possesses an energetic nature, which allows her to be proactive and anticipate obstacles that lie ahead, rather than simply react. "I'm an active person with a lot of energy and I have to expend it," she said.

In the end, being named the USAR Transportation Officer of the Year has to do with task completion, mission execution and furthering the reputation of the Transportation Corps as a whole through leadership. The entire chain of command holds Budzynski as a performer who leads from the front.



Army Reserve Colonel Co-authors Textbook

Story by Staff Sgt. Robert Pufahl

JOINT FORCES TRAINING BASE LOS ALAMITOS, Calif.— Col. Carlos Bertha, a 79th Theater Sustainment Command Defense Support to Civil Authorities officer, recently published "Engineering Ethics: Real World Case Studies," a text which pulls from his experiences in the military. Bertha, also a professor of philosophy at the United States Air Force Academy, in Colorado Springs, Colorado, in his civilian capacity, is the director for the ethics course which all Air Force Academy cadets are required to take.

Though his background is in engineering both for the Army and in academia, Bertha is also a professor of philosophy at the United States Air Force Academy, in Colorado Springs, Colorado, in his civilian capacity. The publication of his new book affords Bertha the opportunity to further influence the ethical development of future military officers as he is already the director for the ethics course which all Air Force Academy cadets are required to take.

Bertha was inspired to write the book after encountering ethical dilemmas while serving as a resident engineer during a deployment to Afghanistan with the Army Corps of Engineers. Engineers working in the field can encounter a variety of ethical issues at any time during a construction project. How they deal with those situations can have a major

impact on the project's success and viability. Ethical issues for engineers can range from not continuing one's education and improving skills, to the impact the project has on society and the environment.

Bertha says the intent of the book is to give real world examples of ethical issues that engineers working in the profession are likely to encounter. According to Bertha, "The idea was to take the American Society of Civil Engineers Code of Ethics and write a book that would allow people to analyze any moral dilemma that they're facing." The book aspires to be a resource for those engineers trying to navigate difficult moral dilemmas. Bertha lends his ethical guidance to the 79th TSC's missions which will include working alongside humanitarian organizations in training and real-world scenarios. He is scheduled to teach a future class at the 79th TSC on ethics in Humanitarian Assistance & Disaster Relief.



Warrior Fit Camp Pushes Soldiers to Succeed

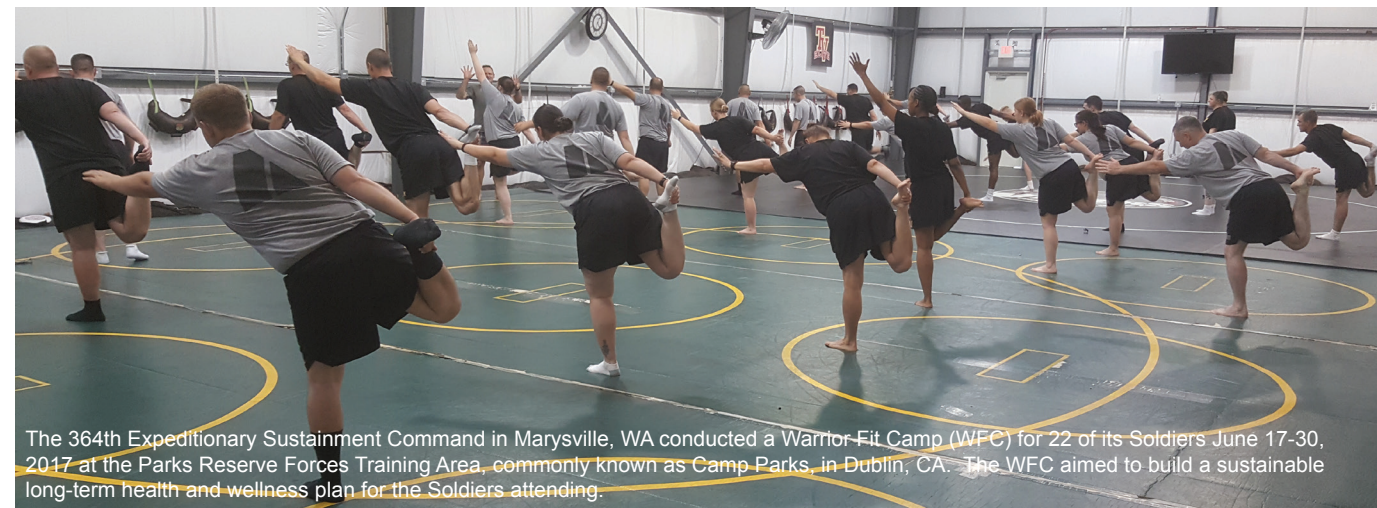
Story by Capt. Andrew Daane

Impressive metrics came out of the WFC. In two short weeks Soldiers improved their maximum repetitions on push-ups and sit-ups by an average of 34% and 37% respectively.

Morning workouts focus on cardiovascular endurance, while afternoon workouts consist of functional fitness a.k.a circuit training. Outside the gym Soldiers take nutrition classes and learn exactly how many calories their body needs in any given day, factoring in activity level explains Sgt. First Class Hughes, program designer, coordinator, and overall supervisor of the camp. "Understand what your daily [caloric]

intake should be...but don't deprive yourself. If you want a brownie, have a brownie. Just account for it in your daily plan."

Soldiers also learned mental techniques to stay positive and motivated. "Once Soldiers understand they can not control external events, but they can control their thoughts, they can affect their emotions and responses to these events," Hughes said. In the end, Soldiers left with a high intensity workout plan, a customized nutrition plan, and a strong mental state required to be successful.



The 364th Expeditionary Sustainment Command in Marysville, WA conducted a Warrior Fit Camp (WFC) for 22 of its Soldiers June 17-30, 2017 at the Parks Reserve Forces Training Area, commonly known as Camp Parks, in Dublin, CA. The WFC aimed to build a sustainable long-term health and wellness plan for the Soldiers attending.

311th Dines on Battleship Iowa

Story by Capt. Fernando Ochoa

SAN PEDRO, Calif. – Brig. Gen. David Elwell, 311th Expeditionary Sustainment Command commanding general, hosted a Dining Out on the United States Ship Iowa (BB-61), the last lead ship of any class of United States battleships, March 4, at the Port of Los Angeles in San Pedro, and Maj. Gen. Mark Palzer, 79th Sustainment Support Command commanding general, served as the guest speaker.

A "dining out" is a traditional military ceremonial dinner designed to foster camaraderie and an "Esprit de Corps." This event incorporates all of the military traditions associated with the more formal "mess night" or "dining in," including a table setting dedicated to those military members killed, captured or missing in action.



"I remember when I was young, a model of this vessel was at the state capital and now that we can have this ceremony on the deck of this great vessel this is a great night," said Elwell. "We come here to remember



the fallen and we come here to celebrate our families, but more than anything we come here to celebrate the great nation of the United States of America that we will defend."

"The Dining Out is important to the organizational health as it provides an opportunity for our service members and the friends and families of our service members to participate in the traditions and comradery of the Army," said Palzer. "The best part of any dining out is the opportunities it provides for military members to interact with guests, such as family members, Veterans, and special guests. It provides the right atmosphere to thank those who make our service possible."

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Editor
The Falcon
79th Theater Sustainment Command
Public Affairs Office
4201 Saratoga Avenue
Los Alamitos, CA. 90720

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Blended Retirement Sources: Fiscal Year 2016 National Defense Authorization Act, sections 631, 632, 634, and 635

