

SHORELORD EXPRESS

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July 2002

COMMANDER'S CORNER

Well this month comes to a close I will be saying goodbye so this is my last newsletter as the Commander of the 393rd Transportation Harbor-master Detachment. My time in the unit has gone by so fast, a year has come and gone, it seems like yesterday I was just getting back from Kuwait and taking command. We have had some very interesting times as well as some very good times. I have enjoyed working with all the professional people in the unit and will remember everything that I have learned from working with you all. To the "Original Crew" thanks for putting up with me and allowing me to make all the changes that I made to the unit. With out your experience and knowledge the change over would have been difficult. To all the new people in the unit, I thank you for all your support that you have given me since arriving here. We have made some major improvements in the unit, with new equipment added to the ISO-Shelter, and hopefully more to come. I will never forget the A/C heater unit procurement process or how we froze on Anzio Beach with the original one that was purchased before my arrival. I will have fond memories of our field exercises, both at Ft. Story and at Ft AP Hill. You have shown both the Battalion and myself what a unit even as small as we are can accomplish. Even though we only made our full compliment of 18 personnel for one month since my arrival you have all worked hard and accomplished everything I asked of you. I ask that you give CW3 Petersen the support that you have given me. Enough on me now on to the best part of the unit, we have some major changes this summer so first I would like to



CW3 Randall Milligan

say Hello to SFC Priest and his family coming from 97th to take over as Operations NCOIC. Next I would like to welcome CW3 Petersen and his family coming in as the new Commander July 25th from the LSV-4 and a tour in Kuwait. Finally our good-byes to SFC Lisa Borgert and SSG James Strickland who departed in June for Tampa, FL to serve with the Reserve Component as part of the Active Component / Reserve Component Force restructuring plan. Next we say good-bye to SPC Wejbe, one of our operations top Guru's, who has chosen to pursue the Corporal-recruiting program and will be stationed in California. Also as the summer comes to a close we will say good-bye to SGT Boudreaux who has chosen to pursue another MOS, Prime-Power, and will be leaving in August. SGT Boudreaux has served in various positions, but has had the greatest impact as our primary briefer for tours and as the re-enlistment NCO where he has counseled and processed 8 out of 11 soldiers eligible to re-up. Finally we say good-bye to SPC Ford-Cunningham, who it seems, has influence on every part of this unit. Without her I am not sure how Battalion or we will get along. SPC F-C has put her heart and soul in this unit and will be greatly missed by all soldiers and family members. So in closing I bid you and your families a fond farewell. I will only be gone for a year and would gladly take any of you on-board any of the watercraft I will serve on in the future. **"FAIR WINDS AND FOLLOWING SEAS".**

"SHORE LORDS".

"Skip"

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NOTES FROM THE FIRST SERGEANT

I would like to take this time to welcome the Priest, Hall and Cassidy families to the Detachment. SFC Priest was reassigned to us from 97th Trans Co. , SGT Hall from the 73rd Trans Co and SGT Cassidy from the 545th Trans Co in Hawaii. Congratulations to the Hall family on their newest addition, Ethan Thomas Hall was born 12 July 2002 weighing in at 8 lbs 3 oz and 20.74 inches long. Best wishes to SGT Hall and wife Anjonette. Also, I would like to hail a hearty welcome to the incoming commander CW3 Joen Petersen and his family. Mr. Petersen will begin his journey as Detachment Commander on 25 July 02. I look forward to you and your family's contributions to the ongoing success of the detachment. To



Dexter R. Fells, Detachment Sergeant

CW3 Milligan , it has been a pleasure serving with you and your family. I'm sure that you will be successful in your next assignment in Washington State (stay dry). You give 100% and more in all that you do. To the soldiers of the Detachment, the unit wouldn't be a success without your hard work and dedication that all of you put forth. Keep up the good work,
"hooah"

"1SG"

*Volunteers are the
cornerstone of our
community. Volunteer!*

COMMUNITY NEWS

17 Jul 02, Mandatory (Yes, mandatory) Post Newcomer's Brief, Fort Eustis Information Brief (0900-1045), Info Fair (1045-1130), Tour of Fort Eustis (and the hospital), Langley and Fort Monroe (1200-1530). Fort Eustis Club, family members are encouraged to participate! FMI call Ms. Cooper, 878-3638. Child care is available or you may bring your children if they are not registered with Child Development Services!

18 Jul 02, **Health Consumer Council Meeting**, 1000, MACH Cmd Conf Rm.

20 Jul 02, Seal Reunion/Demonstration, Fort Story Fly-away, 422-7010 ext 232.

22-27 Jul 02, **Transportation Corps Week**

24 Jul 02, **Transportation Corps Week Run with FRG Volunteers**, units meet up at 0600 and the run begins at 0630. FRG Volunteers needed to make and hold banners at four locations and pour water at one location, POC is Anastasia Kakel, 878-5377.

2 Aug 02, **Super Day/Retiree Day**, Murphy Field

7 Aug 02, **Family Readiness Meeting**, 1300, 7th GRP Conference Room, POC is Anastasia Kakel, 878-5377.

8 Aug 02, **Post Information Share**, 1900, Commissary, all persons interested may attend.

8 and 9 Aug 02, **89th Trans sponsored Golf Tournament at the Pine's Golf Course**, for more information call SGT Gray, 878-2197.

13 Aug 02, **Family Readiness Training**, 0900-1200, 7th GRP Conf Rm, POC is Anastasia Kakel, 878-5377

13 Aug 02, **Domestic Violence Prevention Training**, 1800-1900, ACS Bldg 601, call Mr. Markun to reserve your seat, 878-3638. A minimum number of participants must be present for the class to go.

21 Aug 02, Mandatory (Yes, mandatory) Post Newcomer's Brief, Fort Eustis Information Brief (0900-1045), Info Fair (1045-1130), Tour of Fort Eustis (and the hospital), Langley and Fort Monroe (1200-1530). Fort Eustis Club, family members are encouraged to participate! FMI call Ms. Cooper, 878-3638. Child care is available or you may bring your children if they are not registered with Child Development Services!

10 Sep 02, **Sponsorship Training**, 0900-1100, 7th GRP Conf Rm, POC is Anastasia Kakel, 878-5377.

10 Sep 02, **Family Care Plan Training**, 1000-1130, 7th GRP Conf Rm, POC is Anastasia Kakel, 878-5377.

18 Sep 02, **Hispanic Heritage Opening Ceremony**, Wylie Theater, 2LT May , 878-2624/1993

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"SHORELORDS"

BIRTHDAYS / SPECIAL EVENTS / ANNOUNCEMENTS



Happy Birthday to:

Ashley Royle	20-Jul
SPC Ford-Cunningham	01-Aug
Dakota Austin Hall	08-Aug
Melissa Fisher	10-Aug
Sue Milligan	12 -Aug
Randall Milligan	30 -Aug

Congratulations to SGT Hall and hi wife Anjonette on the birth of their son, Ethan born 12 July 02.

Congratulations to Melissa Fisher on taking her State Nursing Boards.

Congratulations to SGT Boudreaux on his acceptance to the Prime Power Program. He, Tanya, Jake and Alex will be leaving the detachment by the end of July. Best Wishes and Godspeed in all you future endeavors.

Congratulations to SGT Poole who will be re-enlisting on 22 July 02 to go to Hawaii.

Congratulations to SGT Benton-McNeal who will be re-enlisting on 25 July 02 to take a position in Michigan with an ROTC unit to be their fulltime Supply SGT.

Welcome to SGT Cassidy and his fiancée Connie on their arrival to the 393rd from Hawaii.

HEALTHY SUMMER EATING

Cucumber Dill Salad (serves 4)

Preparation Time 10 minutes

Ingredients

1 medium cucumber, peeled and cut in half length-wise
1 shallot, sliced very thin
3 tablespoons cider vinegar
1 tablespoon sugar
salt to taste
freshly ground black pepper
3 tablespoons finely chopped, fresh dill

Cooking Instructions

1. With a melon baller or a sharp knife, scoop out the seeds in the center of the cucumber. Cut the cucumber into thin slices.
2. Place the vinegar, sugar, salt and pepper in a bowl and whisk together until the sugar dissolves.
3. Add the cucumber slices, shallots and dill and stir well

Nutrition Facts

Serving Size about 1/2 cup

Amount Per Serving

Calories 30
Total Fat 0 g
Saturated Fat 0 g
Protein 1 g
Total Carbohydrate 7 g
Dietary Fiber 1 g
Sodium 148 mg
Percent Calories from Fat 1%
Percent Calories from Protein 11%
Percent Calories from Carbohydrate 88%

For additional recipes for light summer cooking go to <http://www.foodfit.com/Default.asp>.