

ESC TODAY



BUILDING ON THE BASICS *Pg. 8*

BRINGING IT HOME *Pg. 20*



<< On the Front Cover

Brig. Gen. Francisco A. Espallat, commanding general of the 143d ESC (right), and Sgt. Maj. Paul Leckinger, acting command sergeant major of the 143d ESC, uncased the 143d ESC's colors Sept. 14 at the David R. Wilson Armed Forces Reserve Center in Orlando, Fla. The ceremony marked the official homecoming for the 143d ESC after conducting various sustainment operations throughout the Middle East and Central Asia in support of Operation Enduring Freedom.

Photo by Staff Sgt. Rael Tirado, 204th PAD

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ESC TODAY



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The Command Post

As I travel across the 143d ESC footprint, many of you have heard me talk about mission command and its importance to our operational success. Mission Command essentially is “leadership in action.” It is based on leaders establishing and maintaining an environment of mutual trust, shared understanding, and purpose with those they lead. From first line supervisors at the squad level through command teams at the company, battalion, brigade and ESC level, we must all be focused on knowing and supporting our Soldiers and their families. We also must provide our subordinates with our intent, the purpose of the operation, the key tasks, the desired end state, and the resources required to accomplish it. In short, we must give them the tools to be successful as Citizen Soldiers.

Mission command is more than just occupying a position of authority and giving orders. It is about leading from the front by balancing the art of command (i.e., the creative and skillful exercise of authority through timely decision making and leadership) with the science of control (i.e., the regulation of forces and war fighting functions to accomplish the mission in accordance with the commander’s intent). Whether a staff lead, a platoon leader/sergeant or a unit squad leader, commanders at every level depend on you to help them exercise control over those under their charge by coordinating, synchronizing and integrating

the steps needed to achieve the commander’s intent as well as the desired end state.

Moreover, mission command is about empowering those you lead to make things happen without further guidance, even when the operation you have been tasked to conduct does not unfold as planned. The empowerment of your personnel can only be attained through mutual trust which takes time and must be earned. You, as a leader, earn the trust of your Soldiers and civilians by upholding the Army Values and by setting and being the example in all that you say and do. Your Soldiers and civilians expect to see not only you, but also your entire chain of command accomplish the mission while taking care of their welfare and sharing their hardships. This is what I call “leadership in action,” which is the essence of mission command.

As the commanding general of the 143d ESC, I expect all command teams and their respective staffs to become familiar with Army Doctrine Publication 6-0, Mission Command, to include its principles, and apply them into their leadership approach as well as with their staff. I also expect each of you to establish a mission command system, which is the arrangement of personnel, networks, information systems, processes and procedures, facilities and equipment needed to enable you to conduct timely and effective operations. In doing so, you will help me ensure that the 143d ESC is a trained, cohesive, and battle ready command,



Brig. Gen. Francisco A. Espallat
Commander
143d Sustainment Command
(Expeditionary)

poised to answer our nation’s call at a moment’s notice.

Since assuming command in February of this year, I have personally witnessed 143d ESC commanders and staffs at all levels effectively use the concepts of mission command to achieve operational success, both at home and while deployed. In each instance, I was very impressed and proud knowing that Soldiers under their leadership were trained and prepared to carry out any given task, regardless of the conditions of the environment, to the right standard, and without fail.

As the holiday season rapidly draws near, I look forward to serving shoulder-to-shoulder with each of you as we prepare for challenges of missions, both known and unknown, in the year ahead. I am confident that we will be successful because of the outstanding Soldiers, civilians and volunteers who make up the 143d ESC. I know, as I am sure you all know and appreciate, that we could not do all that we do as Soldiers without the love, support and encouragement of our families, for they are truly the heartbeat of our formations.

My wife, Margie, and I wish all of you a Happy and Healthy Holiday season. I look forward to seeing you in 2015. Until then, stay focused on Sustaining Victory and being Twice the Citizen-Army Strong!

Victory 6 Out! ☒



Photo by Sgt. John L. Carkeet IV 143d ESC

Brig. Gen. Francisco A. Espallat (center), commanding general of the 143d Sustainment Command (Expeditionary), stands with noncommissioned officers and junior enlistees Nov. 23 at the David R. Wilson Armed Forces Reserve Center in Orlando, Fla. The 143d ESC’s Headquarters and Headquarters Company conducted an Army Service Uniform inspection that day in preparation for its December Dining Out social.

THE BOTTOM LINE

DEMYSTIFYING MISSION COMMAND

Ask a room full of noncommissioned officers to define the word, “mission,” and you will likely see scores of hands rocket skyward. Similarly, ask those same Soldiers to define the word, “command,” and even more answers will fling toward you faster than rounds fired from a squad automatic weapon.

However, what would happen if you asked the group to define “mission command?” After a few seconds of awkward silence, one courageous NCO may ask you to repeat the question in hopes that he or she misheard the odd couple. As you assure them that there is no need to check their hearing readiness status on MEDPROS, other questions might boil behind your cool pretense: “Just what is mission command, and how do I explain its importance to NCOs without sounding like a mad rocket scientist?”

Fortunately, it is relatively simple to understand and integrate mission command into the roles and responsibilities of NCOs.

According to Sgt. Maj. Dennis Eger, the senior enlisted advisor for the Mission Command Center of Excellence at Fort Leavenworth, Kan., mission command is “the exercise of authority and direction by the commander using mission orders to enable disciplined initiative within the commander’s intent to empower agile and adaptive leaders in the conduct of unified land operations.” Simply stated, the term describes how the Army should conduct operations at every level of leadership.

It aims to improve the relationship between effective leadership and establishing and maintaining an appropriate level of combat readiness through six guiding principles: (1) building cohesive teams through trust, (2) creating shared understanding, (3) providing a clear commander’s intent, (4) exercising disciplined initiative, (5) using mission orders,

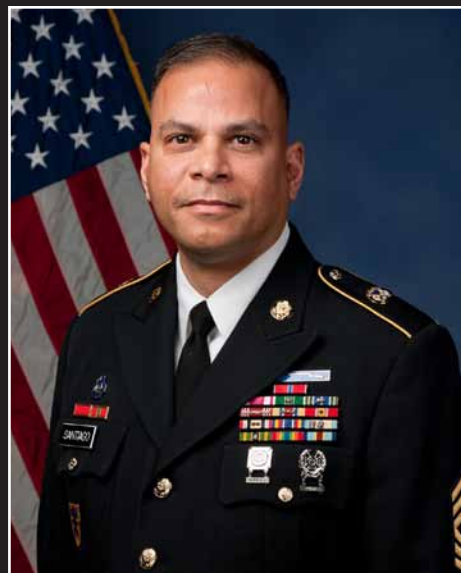
and (6) accepting prudent risk.

Army doctrine dedicates ADP 6-0, Mission Command, to the application of each principle as they relate to how we should conduct war proper. Every NCO who considers him or herself to be a leader, should embody these concepts, because the principles of mission command, although expressed in a different manner, essentially are a part of “The Creed of the Noncommissioned Officer.”

For example, take the first principle: build cohesive teams of trust. It is vital to develop a team which is tactically and technically proficient in their respective mission essential tasks. The way to accomplish this is by being a trustworthy leader. Trust is earned by setting the example and being the example in all that you say and do. Those under your charge are watching to see if you live what you say daily and not just when you are in their presence. Remember, an untrustworthy leader will produce—through his or her actions—untrustworthy Soldiers and that is bad for our readiness, our Army, and our nation.

Although mission command doctrine dictates that only commanders can exercise mission command, this does not relieve you as an NCO from carrying out your commander’s intent. As an NCO leader, you help bridge the gap between initial intent and actual outcome. The actions you take or direct ultimately helps achieve mission accomplishment. You play a key role in enhancing mission command when you train, mold and mentor your Soldiers to be proficient in their jobs, when you train as a team, and when you continuously live the Army Values.

The success or failure of mission command hinges on your Soldiers not only understanding the commander’s intent but also on their ability to exercise disciplined initiative. Through continuous training, you as an NCO help to



Command Sgt. Maj. Orlando Santiago
Command Sergeant Major
143d Sustainment Command
(Expeditionary)

engrain discipline in your Soldiers, and through proper mentorship, you help to instill in your personnel the confidence and initiative to take the appropriate action to achieve mission success, even in the absence of orders.

Although engrained in hundreds of years of American military history and U.S. Army tradition, mission command is still important today. The driving force behind mission command stems from a core of concepts defined by what works and what does not work on the modern battlefield. It is up to us, the “backbone of the Army,” to ensure it is effectively executed by confident, disciplined and well-trained Soldiers who understand their commander’s intent and how help to fulfill it regardless the task assigned or the conditions of the operational environment.

As the holiday season makes its presence known, I encourage you to reflect on mission command and how it relates to your job as an NCO leader. Those who you lead are counting on you to do just that—lead! I, too, am counting on you. So continue to develop yourself and those Soldiers under your care. I wish you, your Soldiers, all members of the 143rd ESC (i.e., civilian, uniform, and volunteer staff), and all family members of the 143d ESC a most joyous and safe holiday season and a very prosperous 2015.

Sustaining Victory! Twice the Citizen! Army Strong! 🇺🇸

HECTIC HOLIDAY HOMECOMINGS

The last month of the year goes out in style. Time to give thanks and gifts to those we love, form new traditions, create special memories, center ourselves on deeper reflections of faith, purpose and life. At least, that is how it is meant to go. However, it often becomes everything but that.

I had a neighbor who spent weeks preparing his holiday lights. It seemed he bought every lighted, inflated, singing and hanging holiday display sold at Walmart. I couldn't even see the grass. There was a Star of David next to Rudolf and Frosty the Snowman juggling behind Baby Jesus. On evening walks, we would pass twinkling lights on gabled roofs until we came to that jumbled house of everything with music thrown in for "effect." It made no sense to me.

At that time, I recently returned from a deployment and, like many Soldiers, my first therapy of choice was to make a joke. Every time we went by that house, day or night, my husband and I commented and laughed. It became my little game. Three weeks went by. By now, I prepared well in advance to make my comment on the house and looked forward to my laugh. I will never forget that one morning, however, when my husband turned and asked, "Do you think we have to comment every time we go by the house?"

I confess that I was upset. **I liked to comment on that house!** I was so annoyed at his question, it became a bitter thing between us for a few days.

Finally, I admitted to myself that my husband waited and supported me for the entire year of my deployment. Maybe I should consider his question. Why was I compelled to comment on the house every single time? I can't say I had an instant epiphany. However, the more I thought about the house, the more I had to consider how I spent the previous December working in a mortuary after the bombing of the Mosul dining facility in 2004. As I remembered that Christmas week, I came to understand that I could not stand to come home and see people celebrate the holidays like that neighbor of mine. Christmas changed at deep levels for me; what it meant, its purpose, its message, its memories. This was a long journey, but the more I chose to understand my own shifts, the less power that house had over me. I still felt it was senseless, but I could reinvest my energy around purpose instead and hopefully distill wisdom and meaning from a more important context than someone's holiday display.

I told this story many times as a Yellow Ribbon chaplain. It is my story because life can be complicated and hard to sort out sometimes, particularly after war or other challenging life circumstances. During the holidays we often do not understand why we feel gut-level gratitude as well as deep stress, anger or frustration at the same time. Our homecomings sometimes feel like a jumbled mix, and we are hesitant to receive



Chaplain (Maj.) Terri Jones
Command Chaplain
143d Sustainment Command
(Expeditionary)

simple questions from anyone who "wasn't there." However, those moments become gold if we find the courage to see beyond what doesn't make sense, clarify our own values, listen to those who love us, and face difficult experiences with a willingness to see purpose.

The holidays can be hectic. Our American culture makes sure of that. Do not let the chaos steal the truly gifted moments. Find someone to sort through your stories and share your joys. The most important things in life are worth an honest look, shared insight and purposeful direction about where we go next and why.

May you find deeper meaning this holiday season. ❧

"The holidays can be hectic. Our American culture makes sure of that. Do not let the chaos steal the truly gifted moments."



HERE IT COMES

Are you ready
for winter?



- Follow the directions on the package if you use man-made logs.
- Never close the damper with hot ashes in the fireplace and be sure the fire is out before retiring for the evening.
- Always use a sturdy screen when fireplaces are in use.
- Burn only wood.
- Make sure the fire is out before leaving the house or going to bed.



READY ...OR NOT?

Ready ... or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?



U.S. ARMY

ARMY STRONG.



U.S. ARMY COMBAT READINESS/SAFETY CENTER

<https://safety.army.mil>



INTERVENE

ACT

MOTIVATE

Intervene, Act, and Motivate (I. A.M.) **STRONG** is the Army's campaign to combat sexual harassment and sexual assault by engaging all Soldiers in preventing sexual assault before it occurs.

Grounded by our shared belief in the Army Values, we are a band of brothers and sisters, placing mission first, never accepting defeat, never quitting, and never leaving a fallen comrade. Our interdependence and shared respect among comrades frames who we are as a team and an Army. We are a team who finds Sexual Harassment and Sexual Assault reprehensible and beyond toleration. Those who commit these acts hurt other team members and wound our Army. This criminal act is cowardly and damaging to the very moral fiber that gives our Army its innermost strength. It is a betrayal of the trust inherent in serving in the Profession of Arms.

As Soldiers and proud members of the Army team, we are duty bound to Intervene, Act, and Motivate others to stop sexual harassment and sexual assault and help foster an environment that repudiates and promptly reports these behaviors. ✕




Charity Albritton
Sexual Assault Response Coordinator
143d Sustainment Command
(Expeditionary)

DID YOU KNOW?

MILITARY CRISIS LINE

A person in crisis often needs immediate reassurance and support without having to figure out where to go for help or waiting for a counseling appointment. That's why a crisis hotline can be an essential resource for someone in emotional distress. With a single call or click of a mouse, he or she can talk or chat confidentially with a person trained to help people in crisis. Active duty, Guard and reserve service members, their families and friends stateside and in Europe have 24/7 access to the Military Crisis Line at no cost. For crisis support, those in the U.S. call **1-800-273-8255**, then press 1. Callers in Europe dial **00800-1273-8255** or **DSN 118**.



BUILDING ON THE BASICS

■ STORY AND PHOTOS BY SGT. 1ST CLASS GARY WITT
641st Regional Support Group

The smoke has dissipated and the convoys are gone, but the impact of the two-state Regional Readiness Training Exercise (R2TE) is expected to last.

Army Spc. Gary L. Crowe of Greer, S.C., a fueler with the 228th Transportation Company, stays behind the cover of his vehicle during a security halt at the convoy lanes of the Regional Readiness Training Exercise in Fort Stewart, Ga., Aug. 13. Army Reserve troops from throughout the Southeast took part in the event, known as R2TE, at Fort Stewart and Fort Jackson, S.C.

DECATUR, Ga. — More than 500 U.S. Army Reserve Soldiers from across the Southeast participated in the exercise held this summer at Fort Jackson, S.C., and Fort Stewart, Ga.

Training included live-fire marksmanship, virtual combat training, military driving contests, radio classes, stress classes, physical training tests, hands-on vehicle maintenance sessions, full-scale convoy lanes, and other essential tasks commonly conducted in the field..

Col. Tucker Wilson, the commander who oversaw the exercise, said that training was a success in all areas. He contrasted it with the common method of placing units into a rotation of outside-run training scenarios.

“I think we proved the Soldiers can get back into the habit of training themselves,” said Tucker, a native of Alexander City, Ala.. “We don’t have to go back to a conveyor belt.”

Designed for units that did not have their own annual training planned, the exercise provided those participating with the chance to work on their basic Soldier skills and have the occasional new experience.

Staff Sgt. Horace Bullock Jr. of Atlanta, a platoon sergeant with the 461st Human Resources Company, said R2TE helped cohesion between units as it permitted NCOs to share freely their experiences.

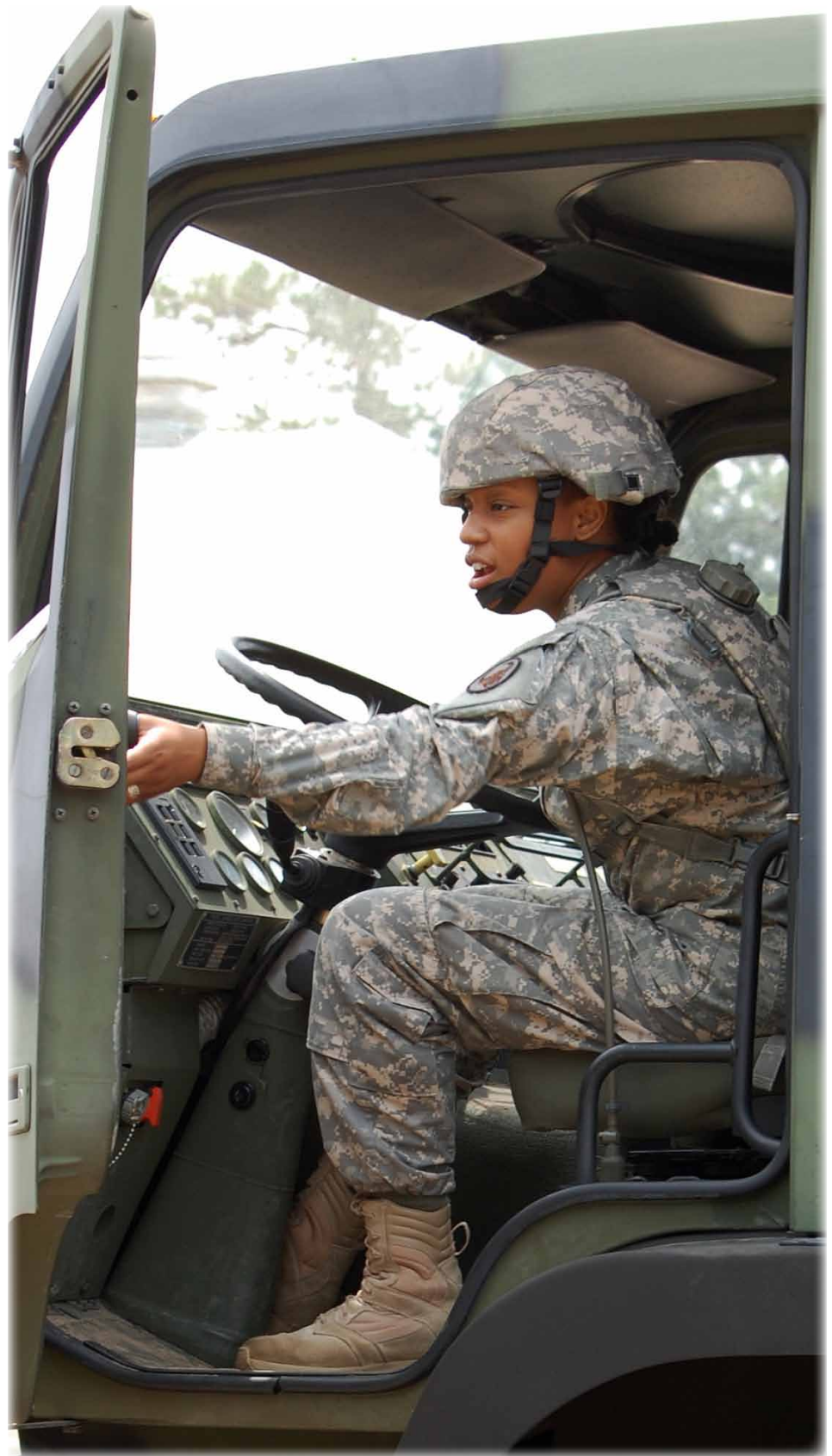
“This is the best training I’ve seen the 461st conduct,” said Bullock. “All the training sessions [here] have been excellent.”

Along with handling personnel in-processing, the Soldiers also went to the firing range, took part in driver safety classes to get their military driver licenses, led their own convoys, and conducted physical training whenever possible.

On Aug. 9, the troops took turns riding in the Humvee Egress Assistance Trainer (HEAT) at Fort Stewart, Ga. The HEAT provides Soldiers with the experience of a vehicle accident using a mock Humvee suspended on a machine that turns it upside down.

Bullock said some of his troops were concerned having never ridden in the HEAT before.

“I just coach them, he said. “I let them know it’s like a roller coaster and to listen to their instructors.”



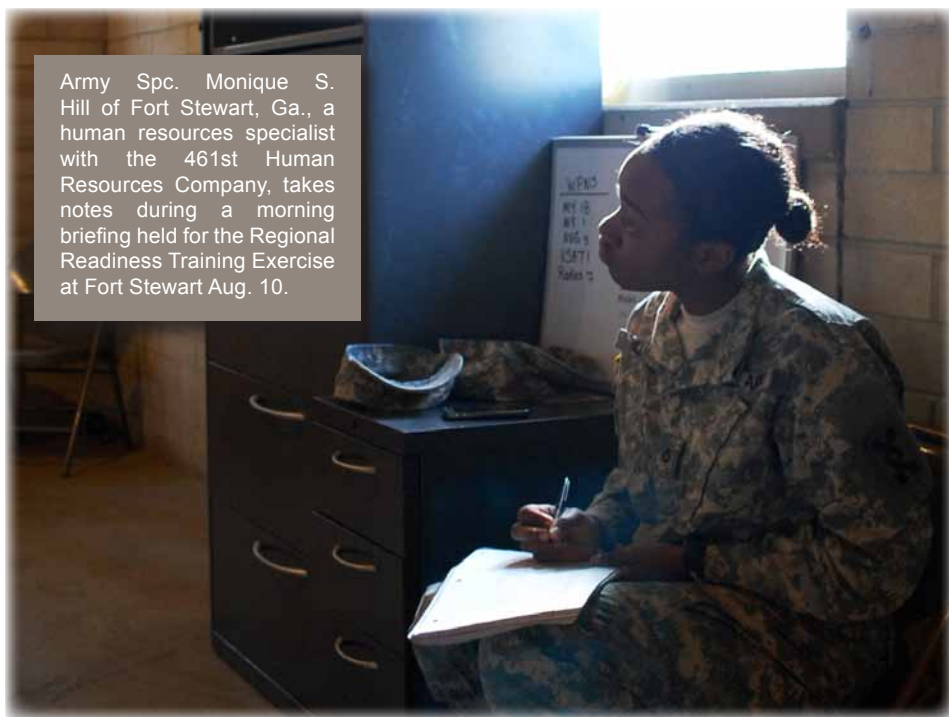
Army Pvt. First Class Cecelia R. Richardson, of Charlotte, N.C., a logistics specialist for the 812th Transportation Battalion, prepares to drive a Light Medium Tactical Vehicle using only her rear view mirrors as part of a “truck rodeo” competition between troops from her unit and the 991st transportation Company at Fort Stewart, Ga., Aug. 10. The events conducted as part of the Regional Readiness Training Exercise involves a written test, a maintenance test and a timed driving course.

Sgt. 1st Class Edward A. Pesquera, the NCOIC for the headquarters detachment of the 332nd Transportation Battalion, used the exercise as a way to provide his junior enlisted Soldiers leadership experience. He rotated them into a position of authority, such as squad leader or first sergeant, and expected them to take charge. "I'm really going back to the way I was taught when I was lower enlisted [Soldier]," said Pesquera, a native of Riverview, Fla.. "It motivates the Soldiers to be on their A-game, [and] it gives them the opportunity to pay attention."

"Each Soldier held his or her position for a day then chose which Soldier was next," he said. Pfc. Matthew E. Wilson, a chemical specialist with the unit, served as first sergeant the day his fellow Soldiers took a class on radio procedures at Fort Jackson. Wilson said he isn't a good public speaker and the position has forced him out of his shell. He received support from the NCOs in his unit and spent the night before practicing a briefing, "It's a lot more challenging than I thought, said



Army Pvt. First Class Marc E. Kempe of Conyers, Ga., a human resources specialist with the 461st Human Resources Company, climbs out of the Humvee Egress Assistance Trainer at Fort Stewart, Ga., Aug. 9. The training, conducted as part of the Regional Readiness Training Exercise, provides Soldiers with the experience of a vehicle accident using a mock Humvee suspended on a machine that rolls it upside down.



Army Spc. Monique S. Hill of Fort Stewart, Ga., a human resources specialist with the 461st Human Resources Company, takes notes during a morning briefing held for the Regional Readiness Training Exercise at Fort Stewart Aug. 10.

Wilson, a native of Elmhurst, Ill. Being a leader is changing my perspective on a lot of things." August 10, at Fort Stewart, the 812th Transportation Battalion and the 991st Transportation Company held a "truck rodeo." The event involved a written test, a maintenance test and a timed driving course. Drivers negotiated specific challenges with different military vehicles and were penalized if they hit obstacles.

Spc. Ashley L. McCartney, a Lexington, N.C. native serving as a supply specialist with the 991st Transportation Company, said participating in the rodeo was "nerve-wracking but fun." At one point, she had to parallel park a Light Medium Tactical Vehicle using only her rear view mirrors.

"I parallel parked better than I thought," she said. "In fact, I had never worked as a military driver until joining the unit last December."

R2TE had opportunities for every specialty. Mechanics with several units were able to spend the days at the Georgia Army National Guard Maneuver Area Training Equipment Site (MATES) on Fort Stewart while working on both their equipment and active duty vehicles. Staff Sgt. Carroll R. Jones of St. Stephen, S.C., and the NCOIC for the 590th Transportation Detachment, said his troops appreciated having access to the full range of shop technology available at the MATES facility.

"At home, we don't get to take the engines out, Jones said. "They're very excited to be here. "They're getting their hands on new equipment, and they're working on stuff that is a higher level of maintenance."

The exercise culminated with a two-day event consisting of convoy lanes and simulated enemy attacks.

Pvt. Tia S. Baker of a driver for the 228th Transportation Company hailing from Gainesville, Ga., has not yet deployed. She said having to react to improvised explosive devices and having to pull security for her convoy was a good experience.

"Even though it wasn't real, I took it seriously," Baker said. "It was eye-opening."

The 143d Sustainment Command (Expeditionary), which assigned the 642nd Regional Support Group (RSG) to run the exercise, was pleased with the results.

Wilson said the plan is for R2TE to continue year to year. He pointed out that while the 642nd RSG set up and arranged the exercise, most of the day-to-day training was conducted by the units taking part in the exercise. For instance, each unit ran its own firing ranges and conducted its own classes.

"Feedback from every quarter was positive," Wilson said. "I think it proved the point that the Army Reserve can go back to training their own Soldiers."✎

'A COMMITMENT TO LOYALTY'

COMMAND SGT. MAJ. DON B. JORDAN RETIRES



Army Col. Christopher Bagley, the deputy commander of the 143d ESC, shakes hands with Command Sgt. Maj. Don B. Jordan during Jordan's retirement ceremony held Oct. 11 at Cape Fear Community College in Wilmington, N.C. Jordan's wife, Connie (right) and his father (page 13), also attended the ceremony that honored Jordan's 32 years of service.

■ STORY BY 1ST LT. NICOLE A. ROSSMAN
Public Affairs OIC, 204th Public Affairs Detachment

WILMINGTON, N.C. – Soldiers, family members, and friends gathered in the Union Station Auditorium at Cape Fear Community College campus in Wilmington, N.C., to congratulate Command Sgt. Maj. Don B. Jordan, former Command Sergeant Major of the 143d Sustainment Command (Expeditionary), on his retirement from the Army Reserve Oct. 11.





Photo by Spc. Sara-Ann Baldwin | 210th MPAD

Jordan was presented the Legion of Merit for his 32 years of exceptionally meritorious service while serving in various positions of great responsibility.

After receiving the Legion of Merit, Jordan thanked everyone in attendance and shared how much his career has meant to him.

“A commitment and loyalty to the profession of arms throughout my career inspired me to always improve and look for the hard and challenging assignments which provided me the opportunity to be selected for a Command Sergeant Major position,” said Jordan.

Soldiers who had served with Jordan throughout his career flew in from across the country, from as far as Seattle, Washington and Boston, Massachusetts, to share this occasion with him.

Jordan’s career began in October, 1982, when he reported to Ft. Benning, Ga., to train with Delta Company, 1st Battalion, 7th Basic Training Brigade.

“The first day of infantry basic combat training at Ft. Benning, Ga. was my most memorable experience,” said Jordan.

After completing basic training, infantry school, and airborne school, Jordan was assigned to the 82nd Airborne Division at Ft. Bragg, N.C. He continued serving in troop leading positions as a Drill Sergeant, Observer Controller/Trainer, First Sergeant and Command Sergeant Major at the battalion, brigade and division level. During this time Jordan deployed and trained in numerous overseas areas to include Spain, France, Belgium, Holland, Turkey, Germany, Italy, Panama and Puerto Rico.

Jordan said the most rewarding experience serving in the Army was the opportunity to serve with young Soldiers, Sailors, Marines and Airmen.

In 1989 Jordan left active duty and was assigned to the 108th Training Division, U.S. Army Reserve. Jordan continued to serve America’s Army in numerous assignments to include a deployment in 2004 to Djibouti, Africa as the Operations Noncommissioned Officer for Combined Joint Task Force Horn of Africa, Country Coordination Element with the U.S. Embassy located in the Republic of Yemen. He later served in a variety of senior enlisted leadership roles in Afghanistan in support of Operation Enduring Freedom.

Upon redeployment from Afghanistan in 2009, Jordan was assigned to the Individual Ready Reserve until September 2010 when he was selected as the Brigade Command Sergeant Major for the 207th Regional Support Group followed by an assignment as the Command Sergeant Major for the 78th Training Division.

In May 2013, Jordan was chosen as the Command Sergeant Major of the 143d ESC where he helped to prepare the unit to support sustainment operations across Central Command’s area of operations while serving in Kuwait.

“Training is everything and everything is training. Coupled with discipline and initiative, this has been the foundation of my leadership philosophy from day one and it continues to be to this day, regardless of the duty position I may be occupying. Despite the challenges I may have endured, I never lost my focus or my desire to lead by example and set the example,” said Jordan.

At the ceremony’s conclusion, dozens of Soldiers and family members rushed forward to shake the hand of Jordan and thank him for his service.

“I have always had the greatest support from my wife, family, friends and employer. They have enabled me to be successful,” said Jordan.

Jordan plans to continue his civilian career as a Juvenile Probation Officer in the North Carolina Department of Public Safety, Division of Adult Correction and Juvenile Justice in Wilmington.

Jordan leaves his fellow service members with, “work on being a student of the profession and approach challenges with a glass that is ‘half- full’ attitude, he said. We call this approach Resiliency now.”



Photo by Nicole Rossman | 143d ESC

Command Sgt. Maj. Don B. Jordan runs alongside his Soldiers during a 4th of July “Fun Run” held July 4, 2013 in Ft. Hood, Texas. Jordan was the Command Sergeant Major for the 143d ESC when the unit deployed to Kuwait in 2013.



AROUND THE ESC



Photo by Sgt. John L. Carkeet IV | 143d ESC

Army Capt. Ian Meyers, company commander for the 196th Transportation Company out of Orlando, Fla. poses next to his Harley as he prepares to take a safety ride Nov. 6 at the David R. Wilson Armed Forces Reserve Center in Orlando, Fla. Meyers and several other Soldiers and civilians from the 143d ESC participated in a quarterly motorcycle safety refresher course.



Photo by Sgt. Aaron E. Ellerman | 204th PAD

143d ESC family members cast their lures into Turkey Lake Sept. 14 in Orlando, Fla. Fishing was just one of several recreational activities offered by the 143d ESC Family Support Group as part of the unit's uncasing ceremony held at the David R. Wilson Armed Forces Reserve Center earlier that day.



Photo by Staff Sgt. Rael Tirado | 204th PAD

Andres Tirado from the 143d ESC family tests his radio voice at the Connecticut School of Broadcasting (CSB) August 2014 in Orlando, Fla. The 143d ESC's Child, Youth and School Services program coordinated with the CSB staff in conducting a tour of the school's studios for Army Reserve children throughout Central Florida.



Photo by Sgt. John L. Carkeet IV | 143d ESC

Army Chief Warrant Officer 2 Rick J. Vicenty, a petroleum systems technician for the 143d ESC, watches a young girl play a friendly game of cornhole Nov. 22 in Orlando, Fla. Vicenty joined scores of Soldiers and Army Reserve Officers' Training Corps cadets to manage interactive and static "Army Strong" displays constructed near the Florida Citrus Bowl. The troops' efforts to promote the Army's culture, programs and opportunities coincided with the Florida Classic, the nation's largest football rivalry between historically black colleges and universities.

AROUND THE ESC



Photo by Staff Sgt. Rael Tirado | 143d ESC

Army Capt. Christopher Gilbert, commander of the 451st Quartermaster Company (QMCO.), and 1st Sgt. Sharlene Downer, first sergeant of the 451st QM Co., cut the ceremonial cake during the unit's activation ceremony held Sept. 7 in Cape Coral, Fla. The company had been deactivated for 42 years.



Photo by Staff Sgt. Rael Tirado | 204th PAD

Army Maj. Sandy Gosciniak (first row, center), the former historian for the 143d ESC, and Ginger Ortiz (first row, right), a representative from the Walmart Distribution Center at Ft. Pierce, Fla., show off their awards during a ceremony conducted by the Florida Committee for the Support of the Guard and Reserve (ESGR) Aug. 8 in Orlando, Fla. The ESGR honored employers for their support of employees who also serve as Citizen Soldiers.



Photo by Nicole Rossman | 143d ESC

Five staff members from the offices of Sen. Bill Nelson (D-Fla.), Sen. Marco Rubio (R-Fla.), Rep. Kathy Castro (D-Fla.) and Rep. Alan Grayson (D-Fla.) recently visited the 143d ESC Headquarters where they received a tour of the reserve center followed by a mission brief to highlight the operations overseas and how Army Reserve Soldiers in Florida influence operations across the Southeast U.S.



Photo by 1st Lt. Ernard Menard | 824th TC (Heavy Boat)

Soldiers from the 824th Transportation Company (Heavy Boat) gave a tour to visitors attending the annual North Carolina Seafood Festival held Oct. 3-5 in Morehead City, N.C. More than 3,500 people explored the United States Army Vessel Matamoros (Landing Craft Utility 2026) as its 16 crew members from the 824th TC presented and explained the vessel's history, compartments and capabilities.



AROUND THE ESC



Photo by Staff Sgt. Raul Tirado | 204th PAD

Army Sgt. Alex Nieves, a financial management technician assigned to the 143d ESC, stands with his wife, children and their new bike during a Family Day event held Sept. 14 at the Bill Frederick Turkey Lake park in Orlando, Fla. The 143d ESC's Family Support Group provided donated bikes to children whose mothers or fathers deployed with the 143d ESC in 2013.



Photo by Nicole Rossman | 143d ESC

Army Brig. Gen. Francisco A. Espallat, commanding general of the 143d ESC, presents the unit's official coin WWII veterans during a Veterans Day Luncheon held Nov. 11 at the First United Methodist Church of Oviedo, Fla. The luncheon recognized hundreds of veterans as well as Gold Star family members who lost a loved one while serving during the Global War on Terrorism with a complimentary meal and pillows embroidered with the American flag.



Photo by Staff Sgt. Raul Tirado | 204th PAD

Army First Sgt. Eugene Shiner (fourth from left) assigned to Headquarters and Headquarters Company, 143d Sustainment Command (Expeditionary) lines up with his fellow Disney cast members during an event held in August that celebrates the creation of a new Diversity Resource Group called SALUTE for Disneyland Resort and Walt Disney World Resort. The group will provide resources to further connect veterans with the company, support the needs of the veterans and the military community at large.

AROUND THE ESC



Courtesy Photo | 143d ESC

A child holds a balloon during the Orlando Fall Festival held Oct. 18 at the David R. Wilson Armed Forces Reserve Center in Orlando, Fla. Hosted by the Child Youth School Services, the event included traditional Fall activities such as bobbing for apples, haystack search, puzzle pieces and a pumpkin piñata. The event empowered kids, parents and guardians to engage in the activities promoting positive communication and opportunities to bond.



Photo by Nicole Rossman | 143d ESC

During a Veterans Day wreath ceremony held Nov. 10 at Valencia College in Orlando, Fla., Army Brig. Gen. Francisco A. Espallat, commanding general of the 143d ESC (second from left), and Command Sgt. Maj. Orlando Santiago, command sergeant major of the 143d ESC, pay their respects to the 307 service members who made the ultimate sacrifice during Operations Iraqi and Enduring Freedom.



Photo by Capt. Jacqueline Wren | 207th RSG

Brig. Gen. Francisco A. Espallat, commanding general of the 143d ESC (right) hands the colors of the 207th Regional Sustainment Group to Col. Timothy Bobrosk (left) during a change of command ceremony held November 16 at Fort Jackson, S.C.



Photo by 1st Lt. Emand Menard | 824th TC (Heavy Boat)

Navy Reserve Officers' Training Corps cadets hold Meals Ready to Eat on board the United States Army Vessel (USAV) Matamoros (Landing Craft Utility 2026) during the North Carolina Seafood Festival held Oct. 3-5 in Morehead City, N.C. The cadets were among more than 3,500 visitors who toured the USAV Matamoros, a full ocean service vessel capable of carrying 350 tons of cargo at a range of approximately 10,000 miles.



Julio A. Pagan
Equal Opportunity Specialist
143d Sustainment Command
(Expeditionary)

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

~ Dr. Martin Luther King, Jr.

Good Day! I am Julio Pagan, the new Equal Opportunity Specialist for the 143d Sustainment Command (Expeditionary). I am extremely excited for this opportunity and look forward to promoting our Equal Opportunity Program throughout the Command.

I am a strong advocate of maintaining a strong and positive organizational climate and taking care of Soldiers and their families. I am also aware of the devastating impact that discriminatory acts have on service members and their families and how it undermines the strength of our Army.

Discriminatory acts are problems due to the devastating effects they have on the individual, the command and the Army. Such types of behaviors are contradictory to the Army Values and our Warrior Ethos, as well as betrays the trust and bond that Soldiers have within an organization. They also undermine our overall mission readiness and effectiveness.

To combat discriminatory issues, it is vital that leaders at all levels within the 143d ESC, whether uniform or civilian, take appropriate measures to eliminate these behaviors through effective training and prevention. This will allow the command to establish a "Culture of Professional Excellence!"

I also encourage you to please take a moment to observe Dr. Martin Luther King, Jr. Day Jan. 19. Dr. King was a fundamental force behind the civil rights movement in the United States. The holiday celebrates his life and encourages people everywhere to reflect on the principles of racial equality and nonviolent social change.

Until then, continue to exercise fairness, justice, and equity in your work place.✂

Julio A. Pagan
143d ESC, Equal Opportunity Specialist
Phone: 407.240.5939 x1247
Email: julio.a.pagan2.civ@mail.mil

STAY SAFE THIS HOLIDAY SEASON



■ STORY BY MARK DALY
143d ESC Safety Officer

It's that time of year again. We gather with family and friends to share holiday cheer while we decorate our houses, climb onto roofs, overload electrical circuits, and deep fry our feasts.

At the risk of making my job obsolete, I share these safety measures so that you may better enjoy the holiday season:

Parties and Alcohol Consumption: Did you know that renting a limousine for a weekend is cheaper than a DUI offense? The average retainer fee for a lawyer is \$5,000 and, if convicted, you will lose your security clearance and possibly your job. For those of us who prefer not to rent a limousine, there are scores of taxi cab companies standing by waiting for your phone call from the bar. If a cab fare is out of your budget, then find a friend willing and able to be your designated driver. If you have no friends, then stay at home and do not operate a vehicle—or any complex piece of machinery, for that matter—while under the influence of alcohol.

Weapons and Firearms: Unless you're a bodybuilder with biceps as big as boulders, do not show off your "guns" or any other weapon at a holiday party. An accidental discharge will most certainly trigger an incident that would bar you from any guest list.

Fire Safety: Fire extinguishers are a tool of the wise man. Ensure yours is operational (i.e., the arrow on the indicator gauge points to the green zone) and easily is accessible.

Ladder Safety: When using a ladder, make sure it is stable with four points of contact.

Electrical Safety: When you plug in your Christmas lights, do you think long and hard about how many watts and amps are running through them? The numbers and terminology associated with electricity can prove confusing. Fortunately, the following graph and instructions should make things "shockingly" clear.

1. Look for AMP rating on your circuit and write that value in the last line.
2. Look for the rated AC input on each appliance to be plugged into the outlet, and write those values in the last column.
3. If no AMPS are shown, look for the WATTS and write that number in the WATTS column. Divide WATTS by 220 and write the result in AMPS column.

Total ALL the AMPS. Your total CANNOT exceed

the AMPS of your circuit (typically 15-20 AMPS per outlet).

The holidays can be stressful. Don't further complicate matters through carelessness or negligence. I would rather see you rush to the mall to buy a last minute gift instead of seeing you rushed to the hospital to undergo an emergency procedure. ☹

Electrical	Watts	/220*	AMPS
Light strings	1000	/220	4.5
Manger scene	1,100	/220	5
Tacky inflatable	500	/220	2.5
		TOTAL	12
		Circuit AMPS	15

Illustration by Sgt. 1st Class Timothy Lawn ■ 143d ESC



BRINGING IT HOME

After nearly a year of conducting sustainment operations in the Middle East and Central Asia in support of Operation Enduring Freedom, the 143d ESC uncases its colors on American soil.

STORY BY SGT. AARON ELLERMAN
204th Public Affairs Detachment





Photo by Sgt. Aaron E. Ellerman | 204th PAD

ORLANDO, Fla. — The 143d Sustainment Command (Expeditionary) conducted an uncasing ceremony at the 1st Lt. David R. Wilson Armed Forces Reserve Center here, Sept. 14.

Service members, families and honored guests were in attendance to witness Brig. Gen. Francisco A. Espallat, commanding general of the 143d ESC, and Sgt. Maj. Paul Leckinger, acting command sergeant major of the 143d ESC, uncasing the unit colors signifying the unit's return home.

"The Soldiers of the 143d have served our nation with honor and distinction," said Espallat. "As we uncasing our organization's colors, which officially signifies our return home, I can think of no better way to share this moment than with our families, friends, and the entire Orlando community."

The 143d ESC mobilized in June 2013 in support of Operation Enduring Freedom. Nearly 300 Soldiers from the 143d ESC Headquarters, and Headquarters Company deployed to several countries throughout Southwest Asia.

"This headquarters has deployed seven out of the last 13 years that we've been at war, making it one of the most deployed commands in the Army," said Espallat.

Soldiers in the 143d had a physical presence in Afghanistan, Kuwait, Qatar, Jordan, Kyrgyzstan and Romania during this deployment and had a direct impact on operations throughout the 20 countries within Central Command's area of responsibility. Having these Soldiers spread across the region allowed the 143d to efficiently oversee operations throughout its area of responsibility.

"As a deployed ESC, our mission was to be the single sustainment headquarters which provided mission command coordination as well as provided the beans, bullets, human capital, and quality of life support for all Army units and some coalition and allied partner units in the CENTCOM AOR," said Espallat.

During its nine-month deployment the unit accomplished many feats and overcame numerous challenges.

"One of the many missions that our command coordinated and helped execute was the ongoing retrograde and redeployment mission out of



Photo by Staff Sgt. Raul Tirado | 204th PAD



Photo by Sgt. Aaron E. Ellerman | 204th PAD



Photo by Sgt. Aaron E. Ellerman | 204th PAD

During an uncasing ceremony held Sept. 14 at the David R. Wilson Armed Forces Reserve Center in Orlando, Fla., Brig. Gen. Francisco A. Espallat (second from left), commanding general of the 143d ESC, and Command Sgt. Maj. Orlando Santiago (third from left), command sergeant major of the 143d ESC, receive a helping hand from their wives to cut the ceremonial cake.

Afghanistan,” said Espallat.

“People were challenged during the deployment in ways that they are not challenged here at home, finding themselves suddenly in charge of something real and having no one to rely on but one another, which really helped build maturity,” said Col. Christopher Govekar, former commander of the 143d ESC.

“The deployment was invigorating. There was always something new to do everyday,” said Sgt. Lisette Vera, human resources specialist for the 143d. “To accomplish all the goals I set for myself I found I had to be very meticulous with my time and prioritize all my tasks.”

Along with the Soldiers deployed overseas, the 143d also mobilized approximately 50 Soldiers to the units’ headquarters in Orlando to maintain mission command for the nearly 10,000 Soldiers in the 143d’s subordinate commands located throughout the Southeastern U.S.

“It is important to recognize the contribution that the Soldiers in the rear made are just as valuable as the forward element and it took a combined effort to accomplish our mission,” said Govekar.

Returning home after a successful deployment, the organization looks to ensure the proper reintegration of its

troops and continue its mission supporting units and readying soldiers to continue the fight.

“As Army reservists, we do not return home to an installation, post, camp, or station. Instead we return to hundreds of local communities around the country and go back to our families and civilian jobs remaining trained and ready for when our Army and our nation need us,” said Espallat.

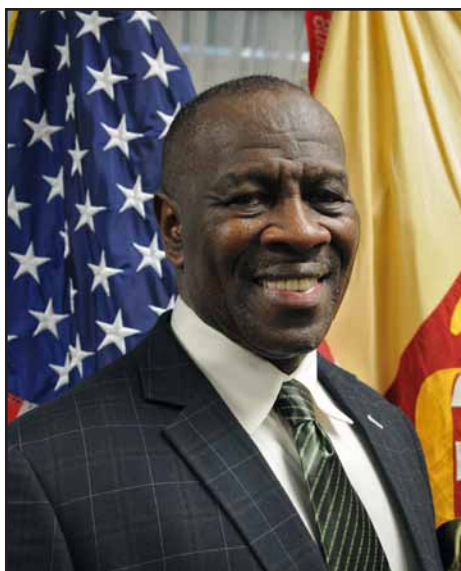
Following the uncasing of the colors, a change of responsibility was conducted with Command Sgt. Maj. Orlando Santiago accepting the position of senior enlisted leader of the 143d ESC from outgoing acting command sergeant major, Sgt. Maj. Paul Leckinger.

“In my search for a new Command Sgt. Maj. for the 143d I looked for someone who could set high standards, live the Army values, and help me lead this command from the front,” said Espallat. “I selected Command Sgt. Maj. Santiago to be the next senior enlisted leader of the 143d because he possesses all of these qualities.”

After the ceremony, the 143d ESC HHC Family Support Group hosted a family day cookout for the Soldiers and their family members at Bill Frederick Park at Turkey Lake. The cookout featured a children’s face painting station and a donation of bikes to children of Soldiers who recently returned from the deployment. 🚲



Photo by Staff Sgt. Raul Tirado | 204th PAD



Gerald W. Felder
Suicide Prevention Program Manager
143d Sustainment Command
(Expeditionary)

Hello 143rd ESC! My name is Gerald W. Felder, your new Suicide Prevention Program Manager (SPPM). I started my military career with the Army and am thrilled to be a part of such a dynamic team again.

As your SPPM, I am here for you 24/7. If you or someone you know seeks more specific information about our program, please contact me at (407) 240-5939 ext. 1117 or send an email to gerald.w.felder.civ@mail.mil.

It is with deepest regret to report that we continue to lose approximately 25 Soldiers to suicide every month. Although I am familiar with these outcomes, it does not negate the sadness we feel. Many Soldiers and family members face issues that may look insurmountable. I am here to tell you that we can help them through those times.

When I was in the Army, I wanted to kill myself. I was about to jump out the window when my battle buddies pulled me down and took me to see the duty chaplain. In addition to providing much needed counseling, he connected me with other battle buddies for encouragement and support. Thanks to their care and concern, I am still here today having

“Let’s save a Soldier!”

proudly served 32 years in all four branches of military service.

I tell you this story to remind us—myself included—that we have the chance to save a life through a positive impact on our command, our nation and our world. Each of us has an obligation to look for their friends and loved ones, and that monitoring and mentorship extends to our battle buddies.

One life lost is too much! We must be proactive to seize the initiative. That’s why I plan to get out of the office often so that I may meet our Soldiers and present the abundant resources activated by the Army to prevent suicide.

I have started working with our chaplains to conduct Applied Suicide Intervention Skills Training (ASIST) sessions throughout the command. Developed in 1983 by the experts at LivingWorks Education, ASIST has been updated regularly to reflect improvements in knowledge and practice of suicide prevention. During the two-day interactive session,

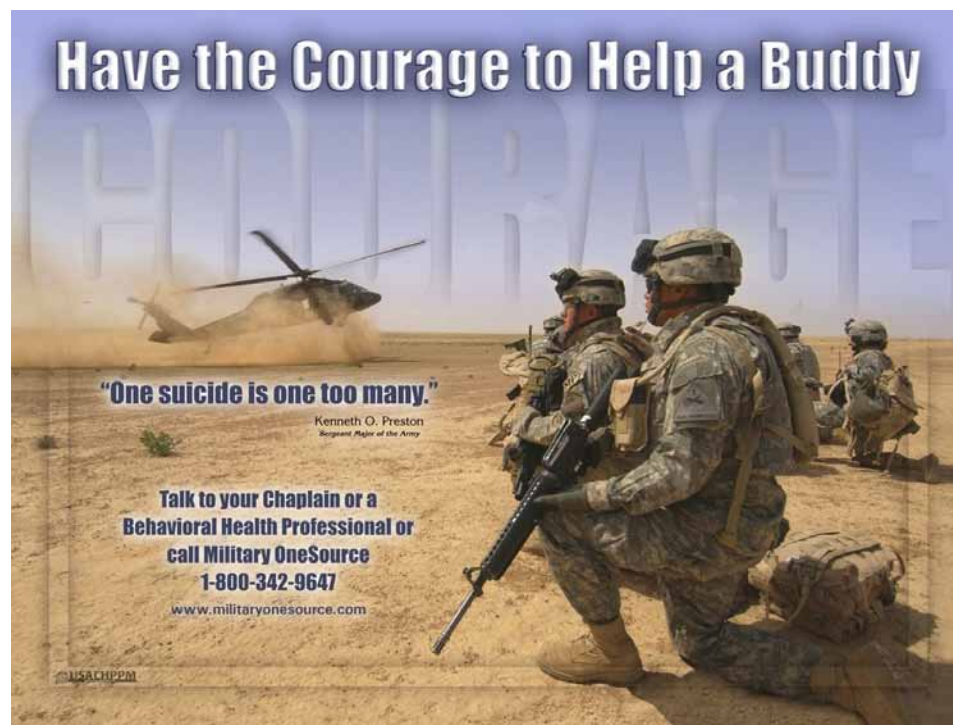
participants learn to intervene and help prevent the immediate risk of suicide. More than 1 million people have participated in these workshops, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk. I look forward to seeing Soldiers from the 143d ESC participate in this life-saving program.

The saying, “keep our heads on a swivel,” remains a popular phrase within the military, reminding service members to look out for one another. As America shifts the holiday season into high gear, we should apply this brief but brilliant piece of advice to stay vigilant in every facet of our lives. Suicide can happen anytime, but the stress associated with the holidays may push even the most resilient Soldiers to the breaking point.

Let’s make a difference.

Let’s save a Soldier.

“Sustaining Victory! Twice the Citizen! Army Strong! 🇺🇸



DID YOU KNOW?

Applied Suicide Intervention Skills Training (ASIST) is for everyone 16 or older—regardless of prior experience—who wants to effectively provide suicide first aid. Led by certified trainers, the two-day workshop introduces a scientifically proven intervention model woven with formal presentations, group discussions, role-play scenarios and audio/visual learning aids. Visit <https://www.livingworks.net/programs/asist/> to learn more about the program, and speak with your local Suicide Prevention Program Manager on how to offer ASIST workshops at your unit.

Looking for the GRINCH who stole Christmas

■ STORY BY LT. COL. CHRISTOPHER E. WEST
143d ESC

Each year the holiday season approaches, it seems like my wallet gets lighter and lighter while the gifts I purchase for my friends and loved ones continually get more expensive. There is not a store I visit that does not have a sale on a “must have” item which I enthusiastically purchase—only to later learn that I could have purchased it for considerably less by just waiting until the after Christmas Day sale. Why? I ask, do I allow myself to incessantly fall victim to enticing advertisements and clever merchandising which compels me to acquire the latest revolutionary gadget that promises in a mere 30 second TV commercial to make life better? I also know that most of the time the gifts I buy will never be used and will probably end up in the recipient’s closet to be recycled as a present to give to some other unsuspecting soul the following year.

‘Tis the season to be jolly. No! ‘Tis the season to put out an all points bulletin for the Grinch who swindle me out of my hard earned funds in the spirit of giving, while, at the same time, making a profit. He is smiling and I am not. He grows richer while I try to figure out how I am going to pay off the purchases I recently made on my credit card. Clark Howard, where are you when I need you? Once again, the Grinch has gained a tactical advantage on my finances and refuses to let me return the gifts I paid for which were either too big, the wrong color, or the wrong style.

Furthermore, how can I remain Army Strong if all my funds are going to paying off Christmas bills? It is time to exercise my warrior spirit and

prepare a campaign plan to deny, disrupt, defeat, and destroy the Grinch and his eager henchmen: taxes, unexpected surcharges, credit card interest, as well as those mean and unforgiving agency collectors who always seem to find out how to contact me even when I have an unlisted number.

Mr. Grinch, wherever you are, the holidays should always be about sharing quality time and special moments with family and friends. The gift giving portion is merely symbolic and should never replace the real meaning of the season. It should never cause a person financial hardship but, rather, it should result in inner contentment and a genuine spirit of goodwill toward all, regardless of race, creed, educational background, socioeconomic status, religious faith, gender, political affiliation, sexual preference, or physical handicap. Most importantly, it should be about celebrating life—the greatest gift of all. Therefore, I, and countless others, with a similar belief, cannot and will not let you ever take that away. Be forewarned of my declaration of war against you and your nefarious army. By the way, I am still waiting to receive my Evil Knievel toy motorcycle you confiscated from Santa’s sleigh in 1975 after dastardly spraying mace in the eyes of Rudolph, Vixen and Dancer. ❧





Gil Rivera
Alcohol and Drug Control Officer
143d Sustainment Command
(Expeditionary)

SINISTER SYNTHETICS

The Secretary of the Army banned the use and possession of all synthetic cannabinoids in February 2011. In 2013 the Department of Defense expanded its drug testing to include the more commonly abused synthetic cannabinoids.

Department of Defense and Army policies prohibit the use of illegal drugs and state that those who do not refer themselves for treatment and subsequently test positive for the use of illegal or unauthorized substances may be administratively separated or considered in violation of the Uniformed Code of Military Justice.

According to the first report on synthetic substances from the federal government's Drug Abuse Warning Network, K2, Spice and other synthetic drugs that mimic a marijuana high sent 11,406 people — mostly teenagers and young adults — to the emergency room in 2010. In 2012 that figure had doubled.

The report is the first to analyze the impact of the popular herbal incense. The report found that children ages 12 to 17 accounted for one-third of emergency room visits. Young adults ages 18 to 24 accounted for another 35 percent. The synthetics are produced under unregulated circumstances and can be very dangerous to an

individual depending on how it is produced.

"This report confirms that synthetic drugs cause substantial damage to public health and safety," said Office of National Drug Control Policy director Gil Kerlikowske.

Spice and K2, marketed as legal, fake pot and labeled as herbal incense, emerged in 2009 as popular drugs among teenagers and college students, who could purchase the substances online and in convenience stores. Problems quickly emerged. Doctors reported teenagers arriving in the emergency room with high fevers and strange behavior.

The Federal Government and at least 26 states have outlawed the substances and the Drug Enforcement Administration instituted an emergency ban. In July 2012, Congress banned sales of K2, Spice and other synthetic drugs under the Food and Drug Administration Safety and Innovation Act. ☒

"... K2, Spice and other synthetic drugs that mimic a marijuana high sent 11,046 to the emergency room in 2010. In 2012 that figure had doubled."



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