

# SUSTAINER



## 311th ESC Newsletter

Keeping you informed



### Aim Center Mass

The qualification range was the business of the day for Soldiers assigned to the 311th Expeditionary Sustainment Command. The Soldiers have to make sure they can effectively fire their assigned weapons for the upcoming deployment to Afghanistan.

#### In this issue

Page 2 - Command Page

Page 3 - Inspector General Notes

Page 4,5 - 311th Mobilization Story

Page 6 - Safety Page

Page 7 - Chief's Corner and Fort Lee Exercise

Page 8 - Chaplain's Corner

Page 9 - Promotion Pictures

Page 10 - Question on the Street

# Command Page

## Col. Andrew Wichers, Interim Commander, 311th Expeditionary Sustainment Command

This Command has now passed the one-month mark since our deployment ceremony in Los Angeles. We've had our challenges, but the 311th has overcome them and we are meeting all our goals. I appreciate the hard work everyone has put in thus far and I am proud of our Soldiers.

We passed our first hurdle here at Fort Hood by completing Soldier Readiness Processing right after we arrived. Our first operational test as a headquarters staff was the Command Post Exercise - Sustainment at Fort Lee, Va. We spent two weeks there, learning how to work together and share information as a staff. It wasn't always pretty, but difficult training makes us a better team. I was proud of everyone - thank you for giving it all you had. You took the hits, learned from them and got better. That's what training is for.

Since then, we've completed weapons qualification, combatives and other training we need before deployment. We've got more ahead of us but we're on our way.

By now, you've probably heard about our Thanksgiving pass. We're excited and grateful that we will spend a few days with our Families before we deploy. But while we are looking forward to this opportunity, we can't afford to lose our focus. Keep your head in the game. We'll get a "halftime" break, but we need to train hard before and after that break.

I'm proud to serve with each of you. Thanks for what you are doing for our country.

**Sustain the Force! Secure the Victory!**



## Command Sgt. Maj. Ted Copeland, 311th Expeditionary Sustainment Command



It has been 43 days since mobilization began and the 311th Soldiers have been engaged with "Soldier Readiness Processing" - in processing into the active duty system. We have gone through the medical, legal and financial processes, been issued our deployment equipment and uniforms, and the majority of unit members traveled to Ft Lee, Virginia for 17 days and participated in an extensive exercise.

Now that we are back at Ft Hood, we are moving through individual Soldier training on required subjects for deployment. The Soldiers are adapting well to active duty and I want their families to know that the command is extremely proud of every and every one of them. The unit is coming together as a team with Soldiers looking out for one another. As we undertake this mobilization and deployment, it is the intent of the command group to post pictures and stories of

all our Soldiers on the unit's face book site so family members can see the great things their Soldiers are doing.

I am deeply honored to be the 311th Sustainment Command's command sergeant major and I am here for the Soldiers and their families. If there is anything I can do, please feel free to contact me.



### The Sustainer Staff

Lt. Col. James Billings  
Maj. John Reynolds  
Master Sgt. Dave Thompson  
Sgt. 1st Class Walter Talens  
Sgt. Phillip Valentine  
Spc. Ivanova Jimenez

The Sustainer welcomes  
story ideas, photographs  
and any information of  
interest.  
e-mail submissions to  
[sce311escpao@usar.army.mil](mailto:sce311escpao@usar.army.mil)

All submissions are subject to  
editing by the 311th





## Inspector General Notes

Resilience is a crucial part of our ability to handle personal and professional events in our lives. The Army uses the Comprehensive Soldier Fitness Program, which centers on five pillars: social, family, physical, emotional and spiritual. As we develop our unit resiliency program, there are a few tips to help our relationships remain strong with loved ones back home. In order for improved relationships during the next year, we must all put forth our best effort.

- Set expectations with amount and time of communications. Develop “best times” to call or connect.
- Ensure time is blocked during each contact for positive discussion. Don’t spend the whole time discussing business and issues.
- If issues occur between contact, ensure solutions are initiated prior to the next contact. This saves discussion time. An option may include an email or text that explains the situation ahead of a phone call to avoid a surprise.
- Ensure the frequency and methods of contact are agreeable to all parties. Discuss posts, texts, calls, email, mail options.

Some communication ideas -

- [www.storybeforebed.com](http://www.storybeforebed.com) - you can video record a story for your child to hear and see
- facebook posts with pictures (avoid OPSEC concerns, and avoid negative comments)
- personally written letters - allows you to concentrate on feelings and avoid business/problem solving tendencies
- an ongoing journal - take turns writing and sending to each other. It is slower, but offers a permanent record
- obtaining the same book your children or significant other is currently reading. You can read over the phone and discuss with them to have a shared experience
- have your children’s teacher send you updates on your children, give them notes from you in class, and schedule periodic skype sessions with you in their class
- buy your family members flowers and small gifts to have delivered to their class, work or home
- have notes read to your church and family by your pastor at church or Sunday school
- set up an ongoing blog or story line on facebook to post notes
- make a plan for your homecoming, and continually include all pertinent members in the discussion

## A Halloween Run for Fun and Fitness



## 311th ESC mobilizes for Afghanistan

The United States has been at war over a decade and service members and their loved ones, separated by vast distances, have made many sacrifices to preserve security of their beloved country. The 311th Expeditionary Sustainment Command is being called to deploy and provide that security.

The Soldiers assigned to the 311th ESC, based out of Los Angeles, were mobilized 23 Sep 2012, to support Operation Enduring Freedom in Afghanistan. As a logistics command, the 311th will provide support to the warfighter and ensure they can complete their assigned missions.

They have traveled to Fort Hood, Texas, and Fort Lee, Va., in order to undergo their mobilization process. Here they will complete training and gain the knowledge necessary to fight and survive in such an austere environment.

Although the 311th will still remain stateside for the first few months of their deployment, the separation from loved ones and anticipation of the upcoming mission is always on their minds. Capt. Cheryl Perkins, a plans and operations officer from Detroit assigned to the communications section, had these very thoughts in her mind as she thought about the future mission.

"I will be away from my Family, the level of danger, and the actual fight. All of these different thoughts and my own role in all of those. I have a duty to Family and I have to support the mission."

Perkins also commented on how well the headquarters company organized and coordinated the mobilization process, making it easier to transition into the role.

Staff Sgt. Marques Streety, also a Detroit native and paralegal noncommissioned officer assigned to the staff judge advocate section, actively sought out the deployment. He was recently promoted and eager to serve and improve his skill sets.

"I was happy and excited when I received my orders," said Streety. "I wanted to get more paralegal experience. I re-classed two years ago and as a leader, I should know my job and gain knowledge as I go up in the ranks."

For some, the notification was a surprise. Spc. Rosa Moncada, a human resource specialist assigned to the personnel section was one of those.

"I didn't know what to expect, the whole process," said Rosa, a Los Angeles native. "I had mixed emotions, both excited and scared."

Luckily, for most Soldiers, there are people in their lives to help them get through this journey. Family, friends, leaders, loved ones and their warrior companions.

**Story continued on Page 5**







### 311th mobilizes continued

“My battle buddies and I are all going through the same things, like being away from home,” said Spc. Alex Alvarez, the commanding general’s driver from San Fernando, Calif. “I know they won’t let me get down.”

Fellow Soldiers and Family have been the most influential piece of stability according to Streety.

“My Family is there to help me. They’ve been supportive since day one. Also, the legal team is a cohesive unit and we get along well.”

Although for some Soldiers, people are not the only motivational force in their lives. For them, personal items make the days more tolerable.

“I brought a picture of myself and my significant other,” said Alvarez. “Anytime I look at it, it makes me happy.”

“I brought my stenography machine. I am studying to be a court reporter,” added Perkins. “When this deployment is over, I hope to finish my degree and be state and federally certified.”

Even though the destination of these deploying Soldiers is dangerous and they will be separated from the people, places and things they love, there are positive things for them to look forward to.

“I want to get involved in our unit ministry team, for worship and music. I played the guitar and I would like to start again,” said Moncada. She also stated that getting promoted would be good as well.

Streety wants to gain leadership experience and be a mentor for his troops. He also wants to save money because he plans on attending law school when he returns.

For Spc. Alvarez, it’s to listen and learn from those around her and gain additional knowledge about the Army. She plans to become a military police officer in the future.

The deployment will bring new challenges for Perkins, who will be assuming a position she has never held down range and she looks forward to doing it well. She also has her Soldiers in mind.

“I will be sensitive to their needs and of their problems,” said Perkins. “We, as leaders, have to let Soldiers know, if something is threatening their livelihood, they need to let us know.”

The Soldiers assigned to the 311th ESC stand ready for the task ahead of them. They all have their ideas on what is to come, whether first time deployers or those who have served on several tours, but there is one common message that has been echoed by the Soldiers. They all hope for everyone to come back safely.



Story by Sgt. Phillip Valentine, 311th ESC PAO



## Safety - Everybody's Business

When you see your fellow Soldiers violating standards, whether intentionally or unintentionally, and don't speak up, you miss the opportunity to maintain standards and prevent a needless accident; at worst, the situation ends in the tragic loss of life.

This is where a discussion of culture becomes relevant. Our Army culture is defined by the Warrior Ethos and our seven Army Values, with many other subcultures at play (for example, Aviation doesn't have the same culture as Infantry, and so on). Safety, I believe, is at its core an unspoken "eighth" Army value that affects every branch, every MOS and every person. We should be building a safety culture that motivates everyone on the team to do the right thing all the time, for both themselves and their fellow Soldiers.

But that doesn't mean we don't have room or the obligation to grow. There are still "pockets" where safety is seen more as an externally applied mandate that comes from the top and trickles its way down to the lowest level. Studies from both the private and public sectors have shown, however, that safety culture fully matures only when change comes from the top and bottom simultaneously. In effect, we have to make every Soldier a safety leader with ownership of not only their personal safety, but the Army Safety Program, and give them a voice in the safety process. That means leaders will have to listen, and those charged with safety functions within their units must realize safety isn't proprietary — it's everyone's business.

We've also got to move away from a compliance-based mindset. Those "check the block" requirements outlined in regulations and directives provide only a framework for safety programs. Filling in the gaps between those directives with thoughtful, proactive mitigation strategies tailored to the unit's unique circumstances provides the best foundation for Soldiers to stay safe 24/7, whatever their duty status or activity.

Finally, I believe we need to rethink the way we look at "accidents." The term itself suggests we're not in control of anything going on around us. Combined with the generally accepted notions that accidents just happen and a certain amount of risk is to be expected, we've set up our Soldiers for failure. The plain truth is we are in control, accidents aren't inevitable and while risk may be ever-present, there's certainly a lot we can do to mitigate, reduce and even eliminate it. As leaders, fate can play no part in establishing a proper safety culture, and we must not approach our safety programs believing it does.

You all do a remarkable job every day for our Soldiers, their Families and our Civilian workforce. I thank you for that and hope you have a wonderful fall season. Remember that many of your Soldiers will be taking advantage of the cooler weather for long motorcycle rides or celebrating with friends at tailgates and football parties. Looking out for one another and treating safety as an absolutely imperative part of your job will do a lot to ensure everyone makes it home alive.

**TIMOTHY J. EDENS**

Brigadier General, USA

Commanding

### 311th Getting Down and Dirty



I hope everyone is having a great Army day at “The Great Place” (North Fort Hood, Texas), I know it’s not home, but, it’s only temporary and it will come to an end quicker than you may imagine as long as you do not count days.

This may have happened to you as a warrant officer at some point in your warrant officer career; some younger enlisted Soldiers are unaware that it’s okay for them to respond with a “yes, sir” or “ma’am” when interacting with us in conversation, often times we get a “Yes, Chief, I got it.” We have to remind them that we are officers, albeit warrant officers.

Over the years throughout my own warrant officer career, I have had Soldiers say “yes, sir” and then say “I mean yes, Chief” as if though they were wrong in using “sir” in their first response. I recently educated a young Soldier on customs and courtesies as it relates to warrant officers and regular commissioned officers.

There is also some confusion as to how a warrant officer can be addressed. We can be referred to as Mr., Mrs. Ms., Warrant Officer One (WO1), and Chief Warrant Officer (CWO 2,3,4,5), of course everyone’s favorite is Chief which is universally accepted throughout the Army and perfectly fine with me.

Navy personnel will refer to us Army Warrant Officers simply as Warrants because their enlisted E7s and above are referred to as Chief, Senior Chief, and Master Chief.

Also, Army aviators do not like to be called chief because that title is reserved for their crew chief of the aircraft whom is an enlisted Soldier.

I hope the information which I have provided has been helpful and informative to all. I have not forgotten about the Texas-style BBQ I promised you all at Fort Lee earlier this month. It is going to be a challenge pooling the logistics together here because of the transportation challenges. However, I am confident that we can make it happen. We’ll have to be creative with the planning. I am looking for white space on our training calendar where we can have some time off to BBQ. Good BBQ takes time.

**CW5 Raymond J. Johnson, Senior Command Warrant**

## **311th put to the test during Command Post Exercise**

**FORT LEE, Va.** – Members of the 311th Sustainment Command (Expeditionary) traveled to Fort Lee last month to participate in a premobilization exercise.

The Command Post Exercise-Sustainment, or CPX-S, tested the skills of the 311th’s staff as it prepares to assume command of Joint Sustainment Command-Afghanistan early next year. About 200 Soldiers from the 311th ESC left Fort Hood on Sept. 30 and returned on Oct. 17.

The exercise was conducted by the 75th Mission Command Training Division in conjunction with the Combined Arms Support Command and Army Logistics University at Fort Lee. Soldiers and staff officers from the 3rd ESC, currently deployed to Afghanistan, were also on hand to provide guidance and fresh-from-the-theater experience. Brig. Gen. Don S. Cornett Jr., who previously commanded the 310th ESC, served as senior mentor. Brig. Gen. Scottie D. Carpenter, commanding general of the 11th Military Police Brigade, also provided real-world experience, having previously served as chief of staff of the 103rd ESC.



**Continued on Page 7**



## Chaplain's Corner

Thanksgiving is quickly approaching and during this time our thoughts often turn to those things which we are most thankful and grateful for. Personally, I hope each of you know how sincerely thankful I am for each and every one of you in our unit. It is a tremendous blessing for me to serve as your chaplain.

As I have been reflecting on the many things I am grateful for, a few thoughts have been very pronounced in my heart which I would like to share. These thoughts of gratitude turn to my family, my faith and my Polynesian heritage. Growing up in Hawaii, I vividly remember going to my grandmother's home every Sunday after church. There was always a gigantic Polynesian feast and enormous gathering of my family; aunts, uncles, cousins and anyone with family ties was welcomed. These times growing up I remember so clearly because of the closeness I felt to my family. I was so happy to have many cousins and family close by. I knew then that life was good on a small island with a big family.

Those early years have always reinforced how important family is to me; it set the standard for me at a young age. I am so grateful for that standard. Now that I am a father, I strive to be a good example to my kids and a good husband to my wife. I hope to show my gratitude and thankfulness for them through my actions. I encourage each of you to write a note to yourself on those things which you are thankful for. Reminders of our blessings are always great to have around. I am certainly thankful for my many blessings especially the time I get to serve with each of you during this deployment. My hope and prayer is that each of you may have a very meaningful Thanksgiving season.

Blessings,  
CH Allison  
311th ESC  
Command Chaplain  
ASAP-"Always Say A Prayer"

## Command Post Exercise, continued

"This was a great opportunity for us to come together as a staff and start learning to work together," said Col. Andrew Wichers, deputy commanding officer for the 311th ESC. "With so many people new to either this command or their position, this exercise provided us the time we needed to synchronize and operate as a staff. We need to insure these types of exercises are available for sustainment units in the future as well"

The exercise took place in a Drash tent complex adjacent to Army Logistics University. It simulated actual operations in Afghanistan, with a variety of scenarios to test the 311th's staff. Soldiers dealt with insurgent attacks, accidents, weather difficulties, road closures, even a dysentery outbreak and a flood that resulted in a humanitarian assistance effort to aid refugees.

"Let there be no doubt in your mind, you've got a tough mission," Maj. Gen. Larry D. Wyche, CASCOM commander, told 311th ESC Soldiers during the after-action review. "But you are the right team for the mission."

-Story by Lt. Col. James Billings, 311th ESC Public Affairs Officer





# Promotions



From front to rear-Pfc. Kyle Maloney, CW2 Hayes Wright and Capt. Andre Marshall make their way to be promoted in front of a formation of 311th ESC Soldiers at Fort Hood, Texas.



Chaplain assistant Sgt. Dean Lindstrom congratulates recently promoted Staff Sgt. Marques Streety assigned to the office of the staff judge advocate after a promotion ceremony 2 Oct, at Fort Hood, Texas.



Sgt. 1st Class Murnike Stevenson of Victorville, Calif. and assigned to the 311th ESC command group, stands tall and with a smile after being promoted 3 Oct, at Fort Hood, Texas.







Col. James Bramble, 311th Chief of Staff, takes the lead in a rousing rendition of "Papa was a rolling stone" during talent night at the North Fort Hood Chapel, 25 Oct.

## Question on the Street:

What do you wish to accomplish during your deployment?



Pfc. Kyle Maloney, Intel Analyst, 311th ESC, Upland, Calif. Capt. Daniel Price, Chaplain, 311th ESC, Phoenix Spc. Joseph Lee, Broadcasting Engineer, 311th ESC, Santa Monica, Calif. Sgt. 1st Class Murnike Stevenson, command group, 311th ESC, Victorville, Calif.

It's definitely to set myself up for a successful future, and personally, I would like to master the art of lucid dreaming, which is to control my dreams.

To take my GRE for graduate school so I can obtain my PHD in history.

I want to grow to be a better American and adjust to the Army life. I would also like to get rid of my belly and to further my education.

My goal is to have the opportunity to put my training into a real-world environment. I also want to pursue a degree in nursing.

**Remember to check out the 311th ESC Facebook page!**

<http://www.facebook.com/pages/311th-Sustainment-Command-Expeditionary/172253366149619>

