

ESC TODAY

Happy New Year!

KUWAIT





<< On the Front Cover

Service members deployed to Camp Arifjan in support of Operation Enduring Freedom welcomed 2014 with various social and recreational activities ranging from watching comedy acts and touring Kuwait City to performing in talent shows and playing rugby. Some Soldiers from the 143d ESC also hosted barbecues, played board games and cheered on their favorite college football teams.

Photo illustration courtesy of Camp Arifjan MWR

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ESC TODAY



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The Command Post

Greetings from Kuwait and welcome to 2014! I trust all of you had a wonderful holiday and were able to spend quality time with family and friends. On behalf of the entire command team here in Kuwait, 2014 is shaping up to be an exciting and challenging year here and at home. The

143d ESC continues to lead as an operational

command capable of providing 21st century war fighter solutions on today's modern battlefield. We continue to deploy and welcome home units in support of Operation Enduring Freedom among other operations and exercises across the globe. Readiness of our Soldiers and families will continue to be the cornerstone for our success.

Closer to home, we'll find ourselves training, supporting various exercises, working with our local communities, and deploying to support crisis-based events such as hurricane and flood relief. You should expect to see some new and unique opportunities to train overseas as a result of our regional alignment

"Work with me to ensure that our Soldiers are physically, mentally, morally, spiritually and financially resilient."

and the Army's move to strengthen ties across

the globe. Wherever 143d ESC units find themselves, your professionalism and competence continue to distinguish us as the organization to call to get the job done right. One reason we've reached this level of competence is by focusing on the basics. Continue to plan your work and then work your plan. Plan training accurately



Col. Christopher P. Govekar
Commander
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and thoroughly, ensuring all sustainment and support mechanisms are in place to maximize the limited training time we have with our Soldiers. Empower junior leaders to make tough decisions, thus enhancing an operational mindset. Ultimately, we must provide realistic and challenging training to make our Soldiers better and to motivate them to continuously improve.

New Year's resolutions sometime start out with great intent but die out quickly. I'm confident you have it in yourself to maintain our level of professionalism and continuously improve yourself in areas you find need work. If you've made a commitment to yourself or others, stick to it this year! I ask that each of you continue to work with me to ensure that our Soldiers and families are physically, mentally, morally, spiritually and financially ready and resilient. Together we'll maintain the 143d ESC's standards of excellence and reputation while we remain the best ESC in the Army Reserve.

Sustaining Victory!

Army Strong! 



Photo by of Sgt. John Carkeet | 143d ESC

Sergeant First Class Ivan E. Alicea, a master resilience trainer for the 143d ESC, gives a presentation on assertive communication to his comrades during a comprehensive Soldier and family fitness course held Dec. 19 at Camp Arifjan, Kuwait. In addition to communication tactics, the Soldiers also learned meditation techniques and methods to keep problems in their proper perspective.

DID YOU KNOW?

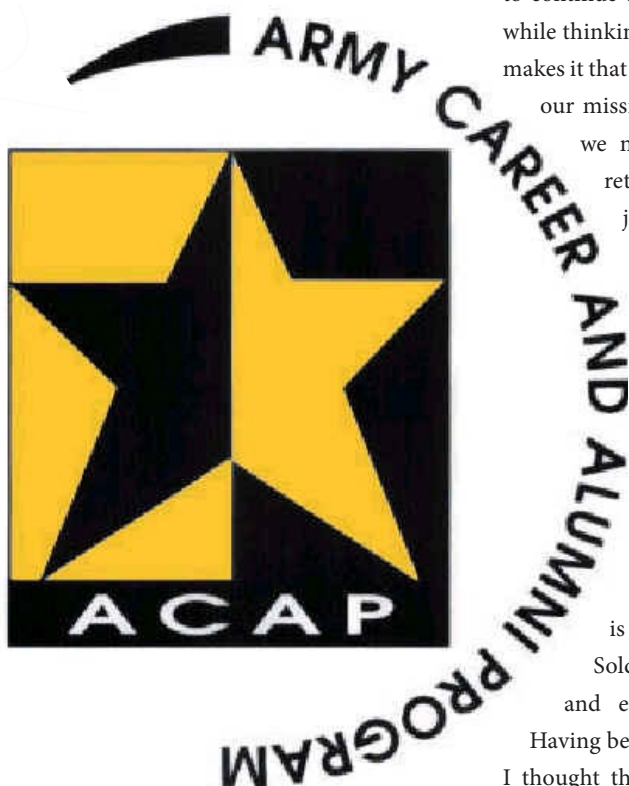
NEW UNIT SEEKS SOLDIERS

The 332nd Transportation Battalion out of Cape Coral, Fla., seeks Soldiers of all ranks to bring the unit to its full strength of 127 enlisted service members, three warrant officers and six officers. The enlisted openings for the 332nd include 91B (wheeled vehicle mechanic), 92A (automated logistics specialist) and 92G (food service specialist) from grades E-1 through E-7. The 332nd also needs six operations officers (five lieutenants and one captain) and three warrant officers qualified as supply systems technicians. Interested candidates should contact Capt. Robert Wancha at Robert.C.Wancha.mil@mail.mil.

THE BOTTOM LINE

NEW YEAR, SAME CHALLENGES (AND A FEW NEW CHALLENGES)

As we approach the new year we have met all the challenges of a deployment head on.



Now that we are halfway done, I would be remiss if I did not tell all of you how proud I am of our entire team here in Kuwait, Afghanistan and back home. The professionalism and expertise that you all display everyday is indicative of the quality Soldiers that we

have in our organization. I challenge you to continue to do the excellent work that the 143d is known for.

Although we are entering a new year we will still face many of the same challenges, and it is important that we finish strong. Being away from home is difficult enough, but to have to continue to perform at a such a high level while thinking of home and family sometimes makes it that more difficult. While we continue

our mission I want remind everyone that we now have to start planning our return while we continue to do our jobs. This in itself can be a difficult task. One of our challenges will be completing the Army Career and Alumni Process (ACAP).

For those Soldiers who are not familiar with the process or have not started it, understand that, while it might seem a daunting task, it is a necessary requirement that we all must get through. ACAP is a program designed to assist Soldiers with effective transition and employment assistance services.

Having been through this program in 1994, I thought that I would be wasting my time as it was not as effective in its early years as it is now. After starting the different modules I realized that there was a lot of information that would useful to me even though I am gainfully employed.

Finally, now is the time to start thinking about closeout evaluations and awards. Take



Command Sgt. Maj. Ferdinand Collazo, Jr.
Command Sergeant Major
143d Sustainment Command
(Expeditionary)

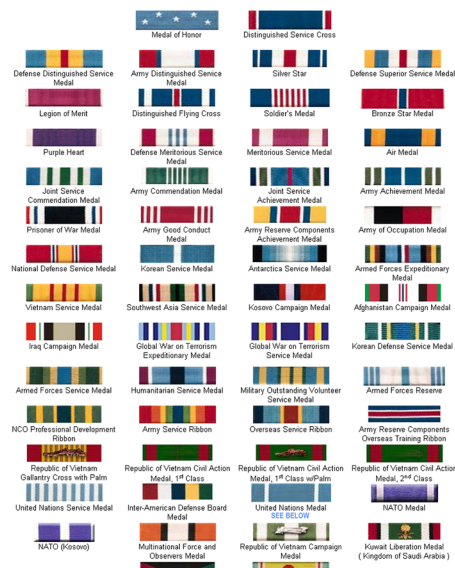
the time to start drafting evaluations and award recommendations for your Soldiers. As we draw closer to leaving that will be one less thing that you will have to worry about. This will be to your advantage as you would only have to tweak what you have already done as opposed to writing it up at the last minute and turning in a poor quality product. If your Soldiers have done the job and it was good, take the time to recognize them with a quality award recommendation or evaluation.

Again thank you all for the amazing job that you are doing.

Sustaining Victory!

Army Strong!

U.S. ARMY RIBBONS - ORDER OF PRECEDENCE





The signs are all around.
It's up to YOU to recognize and act on them.

**Training, Discipline
and Standards**

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formation. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental fatalities, knowledge is the weapon of choice.

KNOW WHAT'S RIGHT
**know the
signs**
DO WHAT'S RIGHT



U.S. ARMY

ARMY STRONG.



U.S. ARMY COMBAT READINESS/SAFETY CENTER

<https://safety.army.mil>

What is lighting your way?

Dear Soldiers and families of the 143d ESC,

In my faith tradition, Jan. 6 is the Feast of the Epiphany. It is a celebration of the star that the three wise men followed to Bethlehem. It is a special image that is familiar to all of us, regardless of our particular faith tradition. We can only imagine what the star looked like over the small town of Bethlehem as it shown brilliantly in the night sky. We are told that wise men used the light of that special star to navigate their way to the Messiah, the promised one. As Soldiers we know all too well how different a piece of terrain can look at night versus the day. Even a little bit of light can make all the difference in the way a particular battle unfolds. In fact, "light" and "visibility" are quite often a game changer for Soldiers, particularly Soldiers like us who are in the business of logistics (e.g. moving troops, equipment and supplies). As we celebrate a new year, I would like each of you to ponder the following question:

"What light do I choose to follow along the many paths that I walk each and every day?"

Last year, I took my children to visit the lighthouse in St. Augustine, Fla. I asked them to imagine how important that small beam of light from the shoreline must have been to the mariners out at sea. We talked about the fact that noticing the light, and making navigational choices based on that light, were often life-or-death decisions for the sailors. Imagine for a moment how the mariners must have felt when they expected to see a light from the shoreline and saw none, particularly

when the seas were rough and a terrible storm was brewing. In the absence of light from the shore, the sailors' hearts must have been filled with a great many negative emotions such as uncertainty, confusion, trepidation, distress, fear and hopelessness.

In previous editions of "ESC Today," I've often written about the seven Army Values: Leadership, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage. As Soldiers we've heard these seven values from the time we first had the privilege of wearing the uniform. But hearing the Army Values is quite different than living them. If we are living the Army Values, it means that we are allowing the "unique light" that each one produces to



Photo by of Sgt. John Carkeet | 143d ESC

guide our words and our deeds. In essence we are deciding to embrace these seven, time-honored ideals so that each one permeates our thoughts and our actions. By doing so, we allow the Army Values to influence important decisions that we make with regard to our family, friends, and professional obligations. The "guiding light" of the Army Values should



Chaplain (Lt. Col.) Brian Ray
Command Chaplain
143d Sustainment Command
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be as important to us as the warmth we seek on cold winter nights. One of my favorite quotes is, "At night a candle is brighter than the sun."

When you are troubled and face difficult decisions, the seven Army Values, coupled with your personal faith, will serve as the bright candles you need to successfully guide yourself through dark and uncertain circumstances.

Soldiers and families of the 143d ESC, as we begin a new year I encourage you to reflect upon the Army Values each time you notice the splendor of the stars in the night sky or the flames of a crackling fire in the hearth while sharing special moments with family and friends. Regardless of the type of light you see, each time you notice a beautiful illumination make a promise to yourself to follow the lights that will lead you well as you travel down life's varied paths. This year let others see you following the bright lights of honor, virtue and charity.

I wish all of you a Happy New Year.

Sustaining Victory! 🇺🇸

DID YOU KNOW?

MILITARY CRISIS LINE

If you're a service member in a crisis or know a service member who needs help, confidential support is only a phone call, click or text away. The Military Crisis Line, online chat and text messaging service are free to all service members and veterans. It is staffed by caring, qualified responders from the U.S. Department of Veterans Affairs, many of whom have served in the military themselves. Get back on track today by calling 1-800-273-8255, texting 838255 or visiting www.veterancrisisline.net.

The Legal Corner

Building better **SOLDIERS** through **COUNSELING**

The United States Army invests countless hours and resources molding young men and women into disciplined, well-trained and professional Soldiers. One of the best tools in the Army's vast toolbox of training is the Army counseling program. This program is designed to encourage leaders to provide mentorship, guidance and counseling to developing Soldiers.

Counseling can be informal, where a leader verbally communicates to a junior Soldier issues of note, recognition for a job well done, or corrections that need to be made by the Soldier. Counseling can also be formal. With either method, counseling is a very useful tool for both the person receiving the counseling and the person giving the counseling.

The leader providing counseling has to give thoughtful consideration on discussion points and a plan of action. The Soldier receiving the counseling is informed of matters of importance and is given the opportunity to provide input and assist in developing a plan of action on the way forward. This involvement in the process means the Soldier is just not "taking orders," but is an integral cog in the wheel of his or her professional success. They become better Soldiers in the process. Formal counseling also gives written proof of the counselor's engagement with the Soldier and a leader's efforts to develop a subordinate.

Army Field Manual 6-22 ("Army leadership -

Competent, Confident, and Agile, 12 October 2006") informs us that the Army system incorporates three types of counseling to benefit Soldiers: event counseling, performance counseling and professional growth counseling.

Event counseling covers a specific event or situation, good or bad. It may follow events such as a Soldier first arriving at a duty station, an exceptional or meritorious act performed in the line of duty, a specific improper act on the part of the Soldier, or a personal problem. This type of counseling addresses a specific occurrence in the Soldier's career that needs to be recognized and handled. If the counseling is for a positive experience, the Soldier should be made aware that his/her efforts are acknowledged and appreciated. Should the counseling be for a negative occurrence, the matter should be handled directly and immediately, whether formally or not.

Performance counseling is required under officer and noncommissioned officer evaluation reporting systems. This type of counseling reviews a subordinate's duty performance over a period of time, generally quarterly. The leader and the subordinate jointly establish performance objectives and clear standards for the next counseling period. The counseling focuses on the subordinate's strengths, weaknesses and potential.

Professional growth counseling is a process wherein the leader and Soldier discuss the Soldier's future, including short and long term goals to better able the Soldier to identify and achieve individual and professional milestones. Part of the process is to identify the professional and personal strengths and weaknesses the Soldier may possess. Once identified a plan of action can be developed to allow the Soldier to take advantage of his/her strengths and



Capt. Tony M. Slaton
Trial Counsel
143d Sustainment Command
(Expeditionary)

mitigate weaknesses in the execution of his or her responsibilities and professional development. All aspects of the Soldier's career are looked at including continued military and civilian education and future assignments in order to develop a career plan for the Soldier.

Formal counseling should use Developmental Counseling Form (DA 4856), and should state the purpose of the counseling; the issue that prompted the counseling, a plan of action for the way forward, leader responsibilities in implementing the plan of action, and a follow on assessment on how the plan actually worked. It's generally used for corrective counseling. It lets the Soldier know that they are falling below the standards and need to make an effort to improve their performance. The Soldier doing the counseling then needs to afford the counseled Soldier an opportunity to correct the deficiency. This form works to create a documented history of the Soldier's work performance but it also protects the Soldier from being targeted for separation for substandard performance when not having been given adequate opportunity for improvement.

As noted by the title of this article, the purpose of counseling is to build better Soldiers. As noted in AR 635-200, Army leaders must be aware of their obligation to provide "purpose, direction, and motivation to Soldiers." Regular and comprehensive counseling goes a long way in fulfilling leaders' obligations and Soldiers' ability to succeed, thereby building better Soldiers. ☐



Photo by Rick Scavetta | IMCOM

SOLDIERS ON DECK

The Army Reserves Multifunctional Mariners

■ PHOTOS AND STORY
BY STAFF SGT. IAN SHAY
Public Affairs Specialist NCO, 143d ESC



KUWAIT NAVAL BASE - The 3 a.m. wake up call blasts through the speakers of the Churubusco, a Landing Craft Utility (LCU) vessel currently nesting in Kuwait Naval Base's serene backdrop. Most of the crew is already dressed and ready and moving to their perspective duty stations.

The crew is anxiously anticipating their new mission, as it marks only the third overnight departure from port since arriving in July and a chance to cast off is one they fully appreciate.

"We always like to sail; it's what we do; it's what we love to do," said Staff Sgt. Kevin W. Foley, boatswain, 824th Transportation Company, Detachment 3, Morehead City, N.C. "The more we can get out, the more we enjoy it."

As the deckhands or "deckies" begin to untie the Churubusco from the LSV 5 (Logistics Support Vessel) docked beside it, the vessel master Chief Warrant Officer 2 Michael J. Byrne, 824th Transportation Co., Det 3, makes cast-off preparations on the bridge.

"This week we're carrying out the movement of targets for the aviators," said Byrne. "We're going to a sea range [where] we will place two targets in each run track. Helicopters will fly overhead, orientate themselves with us and then make their runs at those targets."

It's now 0330 and its pitch black on the bridge. With only the multicolored lights of the instrumentation and green glow of the radar to guide Byrne. Bright white lights are prohibited during the early morning hours, in order to keep the mariners eyes from having to re-adjust.

In 10 minutes the Soldiers muster into the galley for a mission and safety briefing. The mission is simple: sail out and drop off air to ground targets northeast of Jazirah Faylakah, Kuwait. The crew is also made aware of the two passengers accompanying them on this mission, a seasoned pilot coordinating the target shooting exercise with the pilots in the sky and a public affairs journalist with the 143d Sustainment Command (Expeditionary) set to document the event. The ground rules are set, and

Soldiers from the 824th Transportation Company, Detachment 3, out of Morehead City, N.C., test their accuracy with the Mossberg 500 pump-action shotgun Nov. 25 off the coast of Kuwait. The Army mariners also trained on the Beretta M9 pistol and .50 caliber machine gun. The mariners place large plastic barrels in the water to simulate floating targets.



by 4 a.m. the Churubusco is underway.

The mission itself is a new undertaking for the aviation unit taking part in the training exercise.

"We're trying to develop tactics techniques procedures (TTPs) for overwater [targeting, combat]," said Chief Warrant Officer 2 Joshua Grogan, AH-64 Delta Apache helicopter pilot, 4th Battalion 4-227th Attack Reconnaissance Battalion, Fort Hood, Texas. "Having come off the wars in Iraq and Afghanistan, actually doing engagements overwater is a new realm for us. My purpose here is to act as a liaison for the aviation when they get on station, someone on the boat who is familiar with their terms and what they are trying to accomplish."

Hovering around 4,000 Soldiers, the Army watercraft family is small, and it's an opportunity few get the chance to experience.

"It's a unique field," said Foley. "It's the Army's best kept secret. It takes a unique person. People that can work together in tight quarters and it can pretty out in ocean or it can be bad, and you have to be able to adapt to different situations."

The crew of the LCU 13 comprises 16 Army Mariners or "boaties" as they sometimes call themselves; 10 hail from Morehead City, N.C., six from Tampa, Fla., and a theater provided medic.

"There are two sides of the house, deck personnel "deckies" or engine personnel," said Byrne. "Normally on a vessel deckies and engineers continually pick on each other."

The deck hands and engineers have plenty of opportunities to show one another up during fire or man overboard drills, medical or weapons training.

"There's always competitiveness between the deckies and the engineers," said Foley. "A lot of good quality training that happens with that

competitive edge."

Deckies handle everything above board. Things like latching down cargo, making sure compartments are secure, and sea and anchor detail. Deckies give the bridge crew full appraisal of the surrounding landscape. They're positioned to see farther and lower than those steering the vessel on the bridge.

The engineers or "moles" as the deck hands jokingly call them manage everything below deck from transferring fuel, monitoring engine temperatures or swapping power between generators.

"My job is critical, if anything goes wrong down here, [it] can stop the entire mission," said Spc. Miguel Rodriguez, watercraft engineer, 824th Transportation Co., Det 3, Tampa, Fla. "Something small like forgetting to tighten a clamp on a hose can lead to a leak on an engine or generator."

When out to sea or underway the deck hands and engineers both pull 24/7 watch. Watch allows the deckhands to monitor the surrounding area, while the engineers monitor the engines and generators below.

"The second you do not pay attention to a boat, it will fail," said Byrne. "Everyday is Monday; everyday you come into work and tomorrow is Groundhog's Day."

Even with long days and three-hour underway watches daily, the Soldiers still find the time to relax in their bunks, fish out on deck or play cards in the galley. The galley functions as the ship's main hangout, with the most light-hearted interaction taking place during meals prepared by either of ship's two cooks.

"The role they [the cooks] play is very important," said Rodriguez. "It's good that, after a long day of work, they have these huge meals set up for us, [so] that we can just sit back and splurge."

"I like the interaction with people," Spc. Tyneika Gail Jones, food service specialist, 824th Trans. Co., Det 3, Morehead City, N.C. "I like being able to express the way I feel with cooking, making different meals and seeing what people like."

The cooks receive a helping hand from the medic currently attached to the vessel.

"I got to work everywhere, but as far as cooking is concerned that's where they need the most help," said Spc. Eleanor Shaw or "Doc" as referred to by the crew, combat medic, 371st Sustainment Brigade. "They cook three meals a day when underway, and after awhile it just gets tedious. I stepped in and help them out as much as I can."

Shaw is part of a medical rotation with the 371st SB, where each medic will spend two months attached to the Churubusco, and she is well aware of the importance a medic plays onboard.

"You see a lot more of hands-on trauma," said Shaw. "In the engine room they can experience burns, electrical shock, traumatic brain injuries. On the deck [Soldiers] experience more head trauma, spinal injuries. Someone cut their hand pretty bad and I had to give liquid stitches, which took about a week and a half to heal."

Whether deck hand, engineer, cook or medic, one thing is for sure, life on the Churubusco functions like a well oiled machine.

"Most of these folks I've been around for 10 years, some for as long as 15 years. It becomes a tight knit family," said Byrne. "I consider everyone on this vessel my brother or my sister." ❧



Specialist Kevin L. Terre, 824th Transportation Company, Detachment 3, Tampa, Fla., sprays a high pressure hose off the starboard side of the United States Army Vessel Churubusco during a fire drill conducted Nov. 24 off the coast of Kuwait. The Army mariners stay busy while out at sea by conducting fire fighting drills, simulated emergency care and weapons training classes, in theater.



[www.http://flickr.com/photos/143desc/](http://flickr.com/photos/143desc/)

4,061 photos and counting



861ST QM CO. RIGS FOR SOUTHWEST ASIA

■ PHOTO AND STORY

BY STAFF SGT. KIMBERLY HILL

371st Sustainment Brigade

SOUTHWEST ASIA - The young specialist removes his red hat and smiles as he remembers his first mission while deployed.

He shakes his head and runs his fingers through his short hair as he remembers how exhausted yet proud he and his fellow Soldiers felt at the end of that long day.

"Our first big mission [lasted] 14 hours, [and] everyone stayed on it and worked together; we stayed until two in the morning just to make sure we got it sent out," said Spc. Daniel Faulk, a parachute rigger with 861st Quartermaster Company, Detachment 1.

Parachute riggers with the 861st QM Co., Det. 1, are currently deployed to an undisclosed location in Southwest Asia in support of Operation Enduring Freedom, where they are serving as the only riggers operating in theater.

The Army Reserve Soldiers are based out of Nashville, Tenn., and have been deployed to Southwest Asia since May where their missions focus on aerial resupply, said Master Sgt. Troy W. Shoemaker, the detachment noncommissioned officer in charge of the 861st QM Co., Det. 1, and a Nashville, Tenn. native.

"Our job is to rig up loads to send to Afghanistan or wherever we need to send them. We rig up the loads, send them to the flight line, and

they go to the frontlines," said Faulk, a Shelbyville, Tenn. native.

While the unit is capable of rigging all classes of supply, the main needs in theater have been food and fuel, said Shoemaker.

"Over here you're making sure the troops on the frontlines get what they need to survive and keep on with the mission," said Faulk.

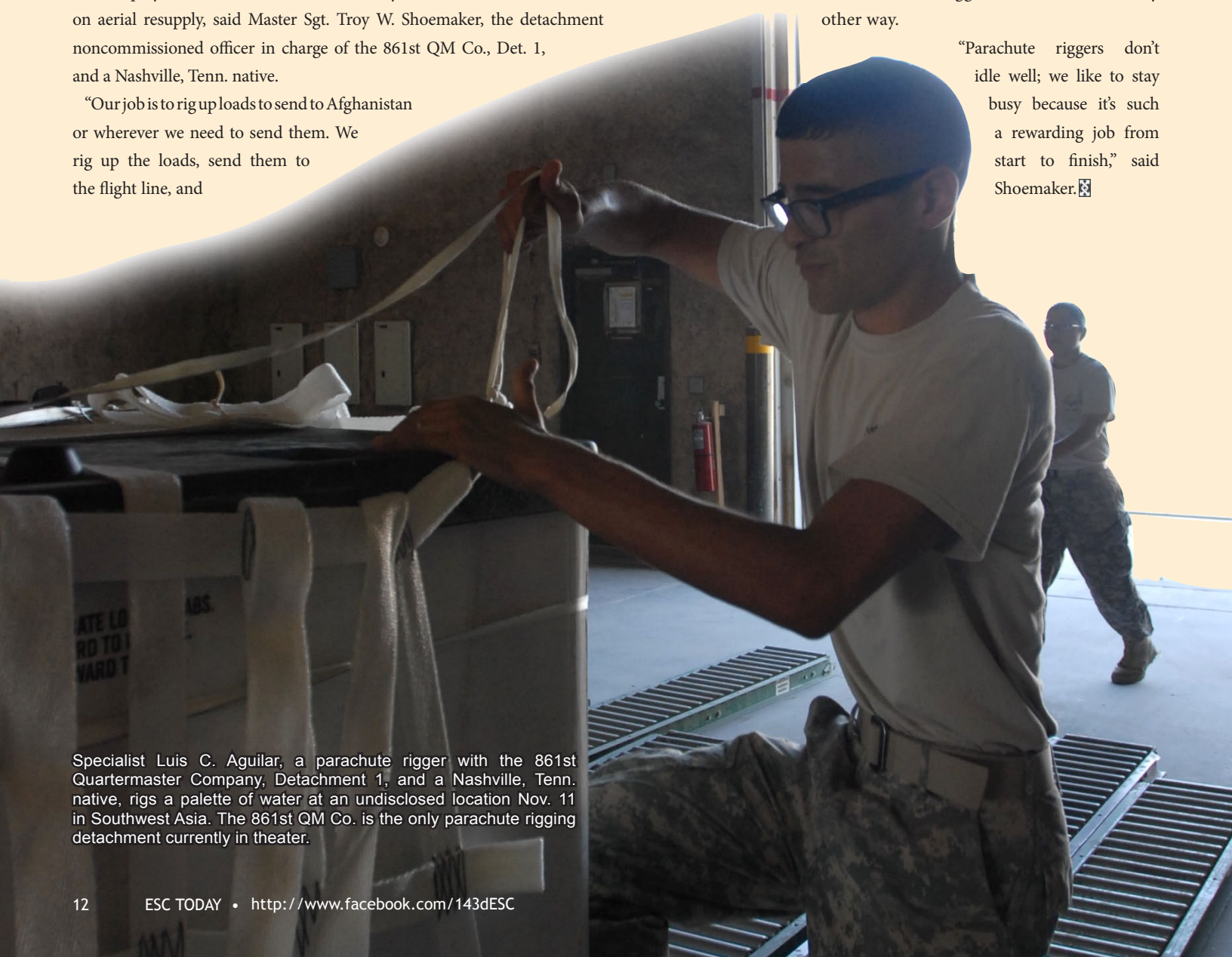
"Parachute rigging is a job that requires attention to detail and precision," said Sgt. 1st Class Jennifer Shoemaker, the lanes supervisor with the 861st QM Co., Det. 1 and a Nashville, Tenn. native.

While parachute rigging can be a challenging job, especially for a small Army detachment that serves all of theater, Shoemaker believes her job not only helps troops on the frontlines but also helps save time, money and lives.

"You're saving lives," Shoemaker added. "Sometimes it's safer to drop things from the air than by convoy because of improvised explosive devices, and it's also quick."

Despite the demands of being the only parachute riggers operating in theater, most riggers wouldn't have it any other way.

"Parachute riggers don't idle well; we like to stay busy because it's such a rewarding job from start to finish," said Shoemaker. ☐



Specialist Luis C. Aguilar, a parachute rigger with the 861st Quartermaster Company, Detachment 1, and a Nashville, Tenn. native, rigs a pallet of water at an undisclosed location Nov. 11 in Southwest Asia. The 861st QM Co. is the only parachute rigging detachment currently in theater.

8 TEAMS

2 COUNTRIES

1 COURSE



■ PHOTOS AND STORY
BY SGT. JOHN L. CARKEET IV
143d ESC Public Affairs

A Soldier from the 143d Sustainment Command (Expeditionary) leaps into a shallow pool Dec. 18 at Camp Samoud, Kuwait. The pool was one of more than a dozen challenges two teams from the 143d ESC and six teams from the Kuwait National Guard faced during Camp Samoud's first obstacle course race that featured American and Kuwaiti forces.

CAMP SAMOUD, Kuwait – Soldiers from the 143d Sustainment Command (Expeditionary) raced against the clock as they ran, jumped, climbed and waded their way through an obstacle course at the Kuwait National Guard's headquarters in Camp Samoud, Kuwait.

The Dec. 18 competition featured two six-man teams from the 143d ESC and six teams from the Kuwait National Guard. Soldiers from both nationalities donned helmets and slung M4 carbines around their backs. The war fighting equipment added an extra layer of complexity as the men navigated through the quarter-mile path lined with logs, walls, ropes, ladders, monkey bars and a shallow pool.

"The obstacles weren't challenging as individual events, but when you put them all together they took a lot more out of you," said Capt. Thomas Feiter, a 143d ESC Soldier serving as a special victim counsel and legal assistance attorney for Area Support Group-Kuwait.

The 143d ESC led the way when one of its teams volunteered to attack the course first. The half-dozen soldiers set the pace for their Kuwaiti counterparts with a time of 3 minutes, 16 seconds. The second team brought the inaugural event to a close when its fifth man crossed the finish line at 4 minutes, 20 seconds.

The lead the 143d ESC established at the competition's outset was short lived when a team of the Kuwait National Guard's elite anti-

terrorism unit took first place with a record setting 2 minutes, 17 seconds.

"Our teams did a walk through [of the course] about a week ago, but we didn't run it until race day," said Feiter. "It was a mistake we won't make again."

Regardless how quickly he completed the course, every American Soldier received a gift bag courtesy of the Kuwait National Guard. The keychains, magnets, notepads and scarves included in each bag all sported the Kuwait National Guard's insignia.

The race sprouted from the collaborative partnership between the 143d ESC's civil affairs section and the Kuwait National Guard's special event coordinators.



“My Kuwaiti partners and I always think outside the box when finding ways for our forces to interact with each other,” said Sgt. 1st Class Cesar A. Rivera, the 143d ESC’s G-9 noncommissioned officer-in-charge. “Pitting American and Kuwaiti troops against one another in a sports arena is not a new idea, but the obstacle course offered a new way to do it.”

“This was the first competition like American and Guard soldiers,” Officer Khalad through his another great step in partnership in a joint



time we hosted a this between Kuwait National said Warrant Hamad Alhajris translator. “This is strengthening our training environment.”

As chief of military training and sporting events for the Kuwait National Guard, Alhajris saw first hand on what transpired to turn this novel idea into a successful mission.

“A lot of planning and organizational went into this event,” said Alhajris. “We inspected the course and equipment to ensure the safety of the participants . . . even the referees went through an intense training course to keep the competition

Both parties plan contests between the U.S. military sports, physical and shooting “This obstacle opportunities for meet with our an embassy or said Rivera. “The Kuwait National Guard already invited us to return to Camp Samoud and compete in a two-day physical fitness test sometime in February.”



to host a variety of the Kuwaitis and to include team fitness challenges competitions. course opened more 143d Soldiers to allies outside of conference room,”



Captain C. Russell Green, battle captain for the 143d Sustainment Command (Expeditionary), wades through a pool Dec. 18 in Camp Samoud, Kuwait. The Kuwait National Guard invited Green and 11 other 143d ESC Soldiers to participate in an obstacle course competition that featured troops from both countries. Green’s team finished the race in 4 minutes, 20 seconds.

847th HRC manages postal operations in Qatar



PHOTO AND STORY
BY STAFF SGT. KIMBERLY HILL
371st Sustainment Brigade

Specialist Christopher Gorski, a human resources specialist with the 847th Human Resources Company and a Waseca, Minn. native supervises Staff Sgt. Scott Dunn, an administrative sergeant with the 3rd Battalion 116th Field Artillery, as he picks up his unit's mail behind the Post Office Nov. 14 at Camp As Saliyah, Kuwait.

CAMP AS SALIYAH, Qatar — Soldiers with the 847th Human Resources Company, 371st Sustainment Brigade have been overseeing and managing postal operations at Camp As Saliyah, Qatar for the past eight months while deployed in support of Operation Enduring Freedom.

"You get to learn a lot about the postal world and you get to see a lot of happy faces," said Spc. Christopher Gorski, a human resources specialist with the 847th Human Resources Company and a Waseca, Minn., native.

"Soldiers working at the post office are charged with overseeing the pickup of unit mail, aiding contractors who work at the post

office, handling official mail and providing customer service to service members deployed to Camp As Saliyah, said Sgt. Matthew J. Bach," the noncommissioned officer in charge of postal operations and a Brooklyn Park, Minn., native.

Bach and his Soldiers work closely with civilian contracted postal workers who not only sort and process the majority of the mail but also provide customer service to service members at Camp As Saliyah.

"I'm fortunate to have [these] contractors, said Bach. "All of them are veterans and all of them are very knowledgeable and experienced."

The 847th HRC has soldiers working postal operations throughout theater, including Camp

Arifjan, Kuwait and three soldiers currently working at Camp As Saliyah's Post Office.

In addition to overseeing and working with contractors, the Camp As Saliyah's Post Office acts as a distribution point for arriving mail.

"The truck arrives with the day's mail; we unload and distribute it at 1400 (2 p.m.) when a unit representative will come pick it up," said Gorski.

"Gorski also conducts unit mail room inspections, 32 in total, ensuring mail rooms are up to military and postal standards and mail is being handled correctly," he said.

"We also give unit mail personnel training classes which train

personnel in mail room operations," said Gorski.

Deployed military postal workers also face the challenge of complying with not only U.S. postal and military mail standards, but must also comply with another country's regulations.

"One of the challenges is keeping up to date with changing procedures and Qatari customs," said Bach.

Although postal operations can be challenging and even stressful, especially during the holiday season, soldiers of the 847th HRC enjoy their work and feel they are providing a valuable service.

"The better we take care of them the easier it is for them to do their mission," said Bach. ☐

A FAMILIAR FACE IN AN UNFAMILIAR PLACE

■ STORY AND PHOTOS BY SPC AARON ELLERMAN
Public Affairs Specialist, 143d ESC



Specialist Colin D. Howard, a military police specialist with the 211th Military Police Company, embraces his father, Lt. Col. Christopher D. Howard, lead plans and training exercise officer for the 143d Sustainment Command (Expeditionary), during a brief meeting at Bagram Airfield, Afghanistan, Nov. 27.

BAGRAM AIRFIELD, Afghanistan — It's early morning and the sun is already hanging high over the surrounding snow capped mountains. The lulling thud of helicopter rotors beating the crisp cool air echoes across the runway and into the rotary wing terminal here Nov. 27.

Amidst the inbound and outbound passenger traffic, two Soldiers shake hands and embrace one another. Their surprisingly similar faces are lit with joy. Separated merely by age, their Army Combat Uniforms' name tapes read, "HOWARD," across their chests.

Lieutenant Colonel Christopher D. Howard, the lead plans and training exercise officer for the 143d Sustainment Command (Expeditionary), and Spc. Colin D. Howard, a military police specialist with the 211th Military Police Company, are father and son and had an opportunity to meet here for a few hours when their paths crossed during their tours of duty in support of Operation Enduring Freedom.

"Getting the chance to visit with my dad while he was passing through the area really meant a lot to me," said Colin Howard.

Colin has been in the Army for nearly four years and is on his first tour in Afghanistan. His father had the privilege of swearing him in upon his initial enlistment in the North Carolina National Guard.

"My father had a big influence on me joining the military," said Colin Howard. "I was glad he had the opportunity to swear me in."

"Colin was very interested in joining the military and was involved in Reserve Officers Training Corps in high school, so I had always saw him joining and was glad when he decided to follow in my footsteps," said Christopher Howard.

Christopher Howard also joined the Army right out of high school. He then went on to get his commission and has served in the reserves, guard, and active components.

Both father and son enjoy their military experiences and plan on continuing their careers in the Army.

"I enjoy how quickly Soldiers from all walks of life can come together to accomplish a mission, especially in the Army Reserve and Army National Guard where Soldiers are also bankers, mechanics, professors and many other professions who come together to serve their country and do what's asked of them," said Christopher Howard.

"I like the Army," said Colin Howard. "You gain a lot of real world experience and meet a lot of different people from all over the world . . . I feel it is my duty to serve my country, and I take pride in wearing the uniform." ❧



Reserve Soldiers play key role in Manas operations



STORY AND PHOTO BY STAFF SGT. IAN SHAY
Public Affairs NCOIC, 143d ESC

MANAS TRANSIT CENTER, Kyrgyzstan - In the last 12 years Manas Air Base has served as a primary gateway for deploying and re-deploying transient Soldiers, sailors, airmen, Marines, contractors, as well as coalition forces entering theater operations in Afghanistan. The transient population only spends a few days here en route to their final destinations, but many moving parts are required to get them on their way.

One of the most critical functions under the Army's control in Manas is customs' operations, where soldiers from the 391st Military Police Battalion, an Army Reserve unit from Columbus, Ohio, currently perform.

"When service members return from theater, they touch ground here," said 1st Lt. Lucas Pace, commander, custom's program manager, 391st MP Battalion, Detachment 5. Their bags come through our yard and our facility."

Even with operations in Afghanistan coming to a close, service members are still passing through Manas at a high rate.

"Any given day we could process five people or up to 2,000. Total so far we've processed over 78,000 service members, as well as

100,000 service members bags since end of June," said Pace.

These Soldiers work 24/7 to fulfill an integral part of transient operations, ensuring all service members, contractors and foreign military allies pass through safely and securely.

"It varies from day-to-day; I could be doing anything from searching bags, briefing soldiers, running scanners as well as tagging bins to go out on the flight line," said Spc. Joshua Denny, customs agent, 391st MP Battalion, Det 5.

During the customs process soldiers of the 391st have the large undertaking of ensuring the safety and security of everyone passing through.

"When checked bags come through we're looking for flammable aerosols and lithium batteries that can start fires underneath the plane in the cargo hold," said Denny.

Soldiers coming home from theater can often times pick things up that require proper disposal.

"The main thing we look for is any brass, especially if it is not expended. Other things we're looking [for] are war trophies, illegal drugs or money," said Pace.

391st soldiers remain inspired by Manas and its unique history. Originally named after Pete

Ganci, New York City's former fire chief, who died saving lives during the attacks of 9/11. It is his memory and the 9/11 attacks that remain a dedicated reminder to those serving here.

"We have a piece of the world trade center from one of the beams of one the towers that went down during the 9/11 attack, said Staff Sgt. Daniel Tillman, shift supervisor, 391st MP Battalion, Det 5.

"It's a reminder of why we're here, to support the soldiers who are fighting the war on terror,"

Typically processing between 400 and 500 transients daily, the soldiers working here find true inspiration in their work.

"[The] most rewarding aspect is seeing the Soldiers come in," said Tillman. "Soldiers are always in a good mood, because they're getting ready to go home . . . a lot of them have had a long deployment downrange in harsh conditions."

The Army's workload here falls under the control of Lt. Col. Robert J. Neeley, Army Central liaison officer command cell officer-in-charge, 143d Sustainment Command (Expeditionary), 1st Theater Sustainment Command, and Sgt. Maj. Thomas M. Schultz, ARCENT liaison officer command cell noncommissioned officer-in-charge, 143d ESC, 1st TSC.

"We're basically getting our hands on everybody that is coming in and out of Afghanistan . . . we try and make it as smooth and painless as possible," said Neeley.

With transient operations soon transitioning over to Romania, the 391st offers offered some words of advice.

"It's a great job; you should feel honored to do this job," said Pace. "It's our brothers and sisters that our coming through us to go home . . . treat them with respect, treat them with dignity, understand what they went through and make sure to focus on the mission and get them home to their families." ❧



AROUND THE ESC



Photo by Staff Sgt. Ian Shay | 143d ESC

Specialist Jonathan M. Bell, a human resources specialist for the 143d ESC, gives candid feedback to a contestant during "Camp Arifjan's Got Talent" show held Dec. 24 at Camp Arifjan, Kuwait. Bell was part of a panel of judges who reviewed and scored more than a dozen contestants that sang, danced and played musical instruments.



Photo by 1st Lt. Nicole Rossman | 143d ESC

Specialist Sonny Phan (right) attempts to push Capt. Thomas Feiter (left) off Spc. Colin Bucko (center) during a rugby practice held Dec. 30 at Camp Arifjan, Kuwait. The 143d ESC Soldiers are part of the Eagles, the Army Reserve's first rugby practice squad in Area Support Group-Kuwait. The team plans to scrimmage against Kuwait's official team, the Scorpions, later in January.



Photo by Sgt. Louis Ramos | 143d ESC

Soldiers from the 143d ESC join their fellow Turkey Trek Minimudder contestants for a group photo Dec. 29 at Camp Arifjan, Kuwait. The three-mile trek featured 10 obstacles that included rope climbs, slides, balance beams and, of course, a short path that forced contestants to low crawl through mud.

AROUND THE ESC



Photo by Staff Sgt. Kimberly Hill | 143d ESC

Spc. Valerie L. Reed, a parachute rigger with the 861st Quartermaster Company Detachment 1 and a Clarksville, Tenn. native, ties down a load Nov. 11 at an undisclosed location in Southwest Asia. The 861st QM Co. is the only parachute rigging detachment currently in theater.



Photo by Staff Sgt. Ian Shay | 143d ESC

Soldiers from the 824th Transportation Company, Detachment 3, out of Morehead City, N.C. conduct simulated emergency care and life saving procedures while anchored out at sea Nov. 25.



Photo by Spc. Colin Bucko | 143d ESC

Soldiers from the 143d ESC visited the Grand Mosque Dec. 22 in Kuwait City, Kuwait, to immerse themselves in the country's culture. Here, Spc. Brianna Falzone, a paralegal specialist with the 143d ESC, stands in the main hall that can accommodate up to 10,000 men. Falzone wears a burka in accordance with the mosque's universal policy and Muslim tradition.



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

First Lieutenant Jake Stieler (right), the assistant chief of staff for the 143d ESC's G-8 section and a native of Ames, Iowa, climbs over a ladder Dec. 18 at Camp Samoud, Kuwait. The ladder was one of more than a dozen challenges that awaited two 143d ESC teams and six Kuwaiti teams during the Kuwait National Guard's first obstacle course race that featured American and Kuwaiti service members.



AROUND THE ESC

UNIT PHOTOS WANTED

The "ESC Today" wants to show off photos of Soldiers from your unit performing operational duties and basic soldiering skills. Include a caption with names, ranks, place, date and a short description of what is happening in each photo, then send your images to: john.j.adams7.mil@mail.mil



Photo by 1st Lt. Nicole Rossman | 143d ESC

Major General Peter S. Lennon, commanding general of the 377th Theater Sustainment Command, visits with Soldiers from the 595th Transportation Brigade Dec. 13 at Camp Arifjan, Kuwait. Lennon met with dozens of 595th Soldiers that day to discuss the importance of their role in support of Operation Enduring Freedom.



Photo by Staff Sgt. Ian Shay | 143d ESC

Standing in front of a Caiman armored gun truck, Master Sgt. Ward Gros, chaplain assistant for the 143d ESC, prepares to give a holiday video shout-out Dec. 3 at Camp Arifjan, Kuwait. More than 60 Soldiers from the 143d ESC and the 1st TSC recorded similar shout-outs, several of which were picked up by local television news stations throughout the United States.



Photo by Staff Sgt. Ian Shay | 143d ESC

Members of Bipolar, a musical group consisting of Soldiers from the 1st Theater Sustainment Command, perform "You're a Mean One, Mr. Grinch" during a talent show held Dec. 24 at Camp Arifjan, Kuwait. Bipolar earned third place for their festive singing and dancing routine.

AROUND THE ESC



Photo by 1st Lt. Nicole Rossman | 143d ESC

Colonel Christopher P. Govekar (center), commander, 143d ESC, gives a tour of Logistics Support Vessel 6 anchored at Kuwait Naval Base, Kuwait, to the Honorable Katherine Hammack (left), assistant secretary of the Army for installations, energy and environment. The Dec. 7 tour included a visit to the vessel's bridge and engine room.



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

Chaplain (Lt. Col.) Tim Bohr, command chaplain for the 1st Theater Sustainment Command (Expeditionary), joins his fellow chaplains in a Christmas Eve candlelight service at Camp Arifjan, Kuwait. The nondenominational Christian service included readings from scripture and traditional Christmas carols.



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

Chaplain (Lt.Col.) Brian Ray, the 143d ESC's command chaplain, plays "Silent Night, Holy Night" on a violin during a "Lunch with the Chaplain" gathering held Dec. 19 at a dining facility in Camp Arifjan, Kuwait. Ray and his fellow chaplains host this monthly event to bring God to Soldiers and Soldiers to God through readings, sermons, food and music.



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

Soldiers from the 1106th and 1107th Theater Aviation Sustainment Maintenance Groups stand at attention for the commencement of the transfer of authority ceremony held between the two units Dec. 9 at Patton Army Airfield in Camp Arifjan, Kuwait. The 1107th TASMG replaced the 1106th TASMG after the latter's deployment in support of Operation Enduring Freedom. The 1106th and 1107th are two of only four Army units capable of sustaining aviation assets as approved by the appropriate DA category.

143D ESC

SAFETY MESSAGE

COLD WEATHER INJURIES



Cold weather injuries have always been a threat to our forces operating in the cold environment; use layered clothing to prevent cold weather injuries.

S

Slow down! Give yourself enough time when traveling. SPEEDING KILLS!

A

Always check your surroundings prior to entering or exiting a vehicle.

F

First Aid Kits save lives; keep one in your vehicle and home.

E

Emergency Kit: Flashlight, jumping cables, blanket, emergency triangle and water are essential for most scenarios.

T

Take the time to identify and mitigate hazards

Y

You! can always make a difference.... report any Hazards or Unsafe violations to your first line leader or safety officer/NCO

Major revisions to AR 385-10, *The Army Safety Program*: Prior to the Nov. 27 release, commanders were allowed to put Soldiers in remedial driver's training only if they committed an offense in a government vehicle. The revision to AR 385-10 gives a commander the authority to refer high-risk Soldiers to remedial driver's training based on their risky driving behaviors or an accumulation of traffic points. Get acquainted with the new AR 385-10 at www.adp.army.mil/pdffiles/r385_10.pdf.

"Safety First, Last and Always"

Inspect AO Daily (Visually)



- General Industry Regulation 1910.147, The Control of Hazardous Energy—better known as Lockout/Tagout (LOTO)—was the seventh most violated standard in 2013 with 3,254 violations, more than twice as many as in 2012.

Master Sgt. Daniel Lopez
143d ESC safety manager (forward)
daniel.lopez22.mil@mail.mil

MORE THAN MEETS THE EYE

■ BY MAJ. JOHN ADAMS
Chief, Public Affairs, 143d ESC

Soldiers in today's Army have many talents and attributes that set them apart from most of society, but every now and then someone comes along with an exceptional story that cannot be ignored. Enter Doctor (Ed. D) and Master Sgt. Derrick E. Nelson, G-3 (Operations), Orders Manager/Chemical Biological Radiological and Nuclear (CBRN) NCO with the 143d Sustainment Command (Expeditionary). Originally from Plainfield, N.J., MSG Nelson spent most of his adult life serving in the Army Reserve as a Drill Sergeant and CBRN Soldier.

The path leading to his doctorate degree, beginning in Plainfield, N.J., would have challenges, set-backs and rewards beyond his wildest dreams.

"The town was sort of an anomaly," said Nelson. "[It is] extremely urban and extremely suburban at the same time. At first it was but realized later in life that it would help me deal with many types of people."

Nelson began his collegian life at Delaware State University in 1993, pursuing an undergraduate degree in Mass Communications.

"After my freshman year in college, my parents told me they couldn't afford to send me back to school," said Nelson. "The Army looked like a great opportunity to get that money."

Nelson joined the Army Reserve in 1994 and initially served as a 54B Nuclear, Biological and Chemical (NBC) military occupation specialty (what is currently 74D, CBRN).

He excelled in school and the Reserves throughout his time at Delaware State University. Upon graduating in 1997, he found a

job in public relations working for BSMG Worldwide, an international marketing firm, located in the bustling borough of Manhattan.

"I worked on public relations programs for Schick Razor, Ingersoll-Rand and a few more large companies," said Nelson. "I was able to use my creative side a lot during this time and even collaborated with the U.S. Olympic swim team on a project. I was very busy, and the job was very rewarding. It was great to see your ideas for a product come to life and make the client happy."

Never settling with status quo, Nelson focused on a lifelong passion: teaching.

"I've always thought about teaching

and always thought about how to make it work [as a career]," said Nelson.

Nelson took a teaching job in his hometown of Plainfield in 2001 at the Washington Community School, where he taught fourth graders.

Throughout his time in Plainfield, Nelson climbed the ranks as a CBRN non-commissioned officer and earned his master's degree in 2003. Little did he know that a new chapter in his life was about to unfold.

"Late in 2003, I found a drill sergeant unit in my area that appealed to me and decided to try it out," said Nelson. "It turned out to be the best decision I made in the Army."

Nelson joined the 3-385th Engineer

Regiment, 98th Infantry Division (IT) and graduated the Non-Commissioned Officer Academy / Drill Sergeant Academy in 2004. His new duty would find him serving as a Reserve Drill Sergeant supporting Initial Entry Training (IET) at Ft. Leonard Wood, Mo.

"What you do or don't do [as a Drill Sergeant] has a direct effect on a young Soldier. That is a great responsibility, and I took it very seriously," said Nelson. "Being able to shape the next generation of Soldiers is an awesome responsibility and being able to work with many types of people helped me tremendously in that role."

Nelson learned about himself and what it meant to lead others in the Army.

"It help me establish a personal standard that was much higher than units I've seen or have been a part of in the past," said Nelson. "It helped me become a better teacher later in life. We use different methods, but understanding that people learn in different ways and incorporating new methods when training my Soldiers was something I brought to the mission."

Nelson's civilian career blossomed when he became an assistant principal at in the Orange School District in Orange, N.J. in 2007. During his tenure in Orange he worked at two different schools Main Street and Park Avenue.

"I was excited about the new position," said Nelson. "Comparing it to the military, it was like transitioning from enlisted to the officer corps. I had to look inward to see that my decisions that once



Wearing a traditional "Smokey the Bear" hat, Staff Sgt. Derrick E. Nelson inspects new Army recruits on their first day of Basic Combat Training at Ft. Leonard Wood, Mo. From 2004 to 2010 Nelson volunteered to serve as a Reserve drill sergeant to help shape the Army's next generation of Soldiers.



Derrick E. Nelson, vice principal of Roosevelt Intermediate School in Westfield, N.J., dresses for the occasion during Halloween 2010. Nelson poses for a photo next to Christine Desousa, one of the school's nurses, along with her son dressed as Toy Story's Buzz Lightyear. When Nelson redeploys he will return to his current civilian position as assistant principal of Westfield High School.

affected just one class, now would affect the whole school."

Nelson felt at home in his new position and began to institute new programs while settling in for a career in education. One program Nelson instituted at the school was "MOM" or Men on a Mission. He noticed many mothers involved in their kids' school life, so he designed activities, programs and events focused on getting the fathers involved too.

"To see males other than their teachers and principals taking an interest in their education and in the community showed students that it's not just the mothers' responsibility to be a part of the school community," said Nelson.

That same year Nelson was mobilized in support of Operation

Enduring Freedom and assisted in the initial establishment of the Regional Training Center-East in Fort Dix, N.J. For two years Nelson established programs, ranges and other vital functions necessary to train Soldiers and units preparing for deployment.

"It was a great experience to be able to say you were part of a team that stood up an organization for the first time," said Nelson. "To hear individuals tell us that the training we provided helped them prepare for combat operations was really gratifying."

Nelson began his pursuit of a doctorate degree in 2010. In addition he began working as a newly assigned assistant principal within the Westfield School District in Westfield, N.J.

"I was starting a brand new experience. I was going from an urban school district, where I spent my whole educational career, and moving to a suburban district, and that presented a few challenges," said Nelson. "It was great to see education from a totally different lens."

While in Westfield he worked with fellow administrators from his hometown to bring students from Plainfield and his current students together to work on a project centered on the book "Of Mice and Men" by John Steinbeck. Students explored the ideals of the American Dream with each other as the blogged and read the book. The program was featured in the New York Times. This led to Penguin Publishers interviewing Nelson, his students, and teachers so their experience and viewpoints of the program were added to the e-book version of "Of Mice and Men Amplified."

Nelson achieved his goal and received his Doctorate of Education, Ed. D in 2013, a week before his current mobilization in support of OEF. The school district, the kids and his family were behind him all the way. Nelsons current assignment while deployed in support of OEF requires a large amount of analysis and coordination between the unit's sections. He uses skills acquired over the years of schooling and teaching

to produce high quality operation orders that direct and order sustainment functions throughout the Middle East.

"Nelson has an innate ability to synthesize data and clarify requirements in writing and tasking subordinate units to accomplish the sustainment mission in Central Command's area of responsibility," said Lt. Col. Christopher D. Howard, lead planner for the 143d ESC's G-3/5/7 sections (operations/plans). Then something amazing happened: the birth of his first child, Morgan Kimberly Nelson, born Oct. 4 while her father was serving in Qatar.

"It was hard," said Nelson. "We accept these kinds of things as Soldiers and hope when my daughter is old enough [that] she'll understand why I couldn't have been there."

Nelson was able to Skype with family during Morgan's birth and appreciates he could bear witness to her entry into the world.

"We have a sense of responsibility to the world around us and we must help in any way that we can, even if that means you have to sacrifice at times" said Nelson.

After Nelson re-deploys, he is looking forward to getting back to work as vice principal at Westfield High School and spend time with his family,- friends and newborn daughter. ☺



Morgan Kimberly Nelson kicks back and relaxes in her new home at Plainfield, N.J. Morgan was born Oct. 4 while her father, Master Sgt. Derrick E. Nelson, was deployed to Qatar in support of Operation Enduring Freedom. Nelson watched his daughter's birth live via Skype.



■ BY MAJ. SANDY GOSCINIAK
Sexual Assault Response Coordinator, 143d ESC

The following information are good reminders to keep you safe throughout the new year.

According to the Rape, Abuse & Incest National Network (RAINN), someone is sexually assaulted in the United States every two minutes. By being prepared, alert and assertive, you can reduce your risk of being sexually assaulted.

BE ASSERTIVE

- Being assertive means that you state what you want.
- Remember: “No” means “No.” If you do not want to be intimate with another person, tell him or her clearly. Use a confident voice and body posture.
- Match your body language to your words - don’t laugh and smile while saying, “No.”
- Do not just “go along” for the wrong reasons.
- Watch out for warning signs or “red flags” from your partner in intimate situations.

BE PREPARED

- Travel with a buddy.
- Stay in groups as there is safety in numbers.
- Plan your outings and avoid getting into a bad situation.
- Stay sober. Studies indicate that about half of all U.S. sexual assaults involve the use of alcohol by the offender, the victim or both.
- Never leave a drink unattended. Educate yourself about date rape drugs.
- Walk only in lighted areas after dark.

- Keep the doors to homes, barracks, and cars locked.
- Know where the phone is located.

BE ALERT

- Trust your instincts; if a place or person feels unsafe, it probably is.
- Watch for signs of trouble such as strangers in private areas or persons loitering in places where they shouldn’t be.
- If you sense trouble, get to a safe place as soon as possible.
- If you feel you are in danger, attract help any way you can.
- Don’t dress in view of a window.
- According to the Acting Secretary of the Army’s Task Force Report on Sexual Assault Policies, from 1999 to 2004, 67 percent of the sexual assaults involving Army personnel occurred on post. Report any unauthorized or suspicious males or females in the barracks.

REDUCING RISK IN A DEPLOYED ENVIRONMENT

- Be especially prepared and alert in deployed environments. Deployed environments can present special risks for Army personnel:
- Sleeping areas (tents, bunkers, and other buildings) may be less secure in a deployed environment. Report any unauthorized males or females in sleeping areas
- Many non-Army personnel are present in deployed unit and working areas
- Be alert and aware of your surroundings. Deployed environments may have different lighting conditions and facilities than those in garrison.
- Different cultures may treat females differently than they are treated in the U.S. Be assertive and clearly state if you feel uncomfortable with how someone is treating you. ☒