

Oregon Sentinel

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Holiday 2003

The National Guard celebrates 367 years of citizen soldiering



Painting of "The First Muster" by Don Troiani, designed by Bradbury Thompson, depicts the National Guard's origins in Boston Massachusetts in 1636. Graphic courtesy of <http://delahunty.com/infantry/first.htm>.

By Tech. Sgt. Nick Choy,
State Public Affairs Office

Typical birthday celebrations include a gathering of family and friends, gift-giving, and a traditional cake and candles. But, if you're the National Guard, and you're celebrating your 367th birthday, the festivities take on a much larger significance.

On December 13th, ceremonies and events across the country marked the occasion; ranging from parades and flyovers in various states, to a two-mile fun run and walk in Washington D.C. organized by the chief of the National Guard Bureau, Lt. Gen. H. Steven Blum as a way to say thank you to National Guard troops.

In Oregon, ceremonies marking the occasion came on the heels of a special marketing campaign launched by Army National Guard recruiters.

"We are taking this opportunity to remind the citizens of Oregon that their National Guard stands ready to defend and protect our communities, state, and nation," said Sgt. 1st Class Guy Britnell, state Marketing NCOIC.

The National Guard can trace its origins to the Massachusetts Bay Colony Militia, formed in 1636, when about 1,500 members of the militia were first mustered as the North, South, and East Regiments. The colonists adopted the English militia system, obligating all

males between the ages of 16 and 60 to take up arms in defense of the community. The early militia drilled once a week, and provided guard details each evening to sound the alarm in case of attack by the Pequot Indians, who frequently ransacked the Massachusetts Bay Colony.

While many of this early militia regiments were made up of loosely organized citizen soldiers, a highly effective army was organized by the mid 1700s by Gen. George Washington, and the militia's duties expanded to include defensive and offensive maneuvers, employing successful guerilla warfare tactics against King George's Army during the Revolutionary War.

The National Guard is the only component of the military specifically mentioned in the U.S. Constitution. The Guard is made up of nearly 466,000 men and women in the Air and Army National Guard, which constitutes 34-percent of the full-time Army, and 25-percent of the full-time Air Force. The oldest U.S.

military force, the National Guard continues its historic mission of providing for the first-line defense of the nation.

"Our service 367 years ago was predicated on our ability to mobilize and deploy on short notice," said Gen. Raymond C. Byrne, Jr., Acting Adjutant General of the State of Oregon.

"This capability was our strength then as it is today," continued Byrne.

The Oregon National Guard was founded in 1843 when settlers recommended the formation of a territorial government and a military force. This first band of mounted riflemen became the nucleus of Oregon's first militia, and marked the genesis of what is now the Oregon National Guard. Today, the Oregon National Guard not only supports the United States of America, but also helps fellow Oregonians in times of natural disasters or civil strife. More than 8,000 men and women comprise the Oregon National Guard, in both air and land components.

Mares completes jump school at 56

By Kay F. Fristad,
State Public Affairs Office

While most people approaching age 60 look forward to retirement and senior discounts, Spec. 1st Class Luther Mares was looking forward to graduation from U.S. Army Jump School.

At age 56, Mares is the oldest person to complete the U.S. Army Basic Parachutist Course (Airborne), otherwise known as "Jump School". And if that wasn't enough, he graduated with honors.

"I wanted to go to Airborne (U.S. Army Basic Parachutist Course) a long, long time ago, but didn't have

the opportunity," said Mares. "I brought this to the attention of the NCOIC, who found a slot [for me]. The catch was that I had to qualify on the Army Physical Fitness Test (APFT) at the 17-21 level scoring at least 60 points to earn a passing score".

Mares, an instructor at the Regional Training Institute (RTI) in Monmouth, Ore., was called to active duty on March 1st 2003 in support of Operation Enduring Freedom. He was transferred to Ft. Benning, Ga., "Home of the Infantry", to train soldiers from the Individual Ready Reserve who have been called back to active duty. Mares is also an instructor for Phase I and II of the Advanced Non-Commissioned Officer Course (ANOC).

Mares was an active duty soldier from 1967 to 1970, serving one year in Vietnam. His dream was always to go to Airborne.

At Ft. Benning, the Non-Commissioned Officer Academy provides the opportunity for soldiers to receive additional training as long as it does not interfere with the training cycle of the class they teach.

"Ground Week" begins an intensive program of instruction to build individual airborne skills, which



Sgt. 1st Class Luther Mares.

See **Mares**, page 7

The legacy of freedom



Photo by Tech. Sgt. Nick Choy, State Public Affairs Office
Lt. Col. Sandra Murray, playing the part of Harriet Tubman, visited with students at the middle school named in Tubman's honor, in North Portland November 19th. Murray was accompanied by Brig. Gen. Raymond C. Byrne, acting adjutant general of Oregon, Lt. Col. Leah Sundquist, Col. Earnest Smith, and Staff Sgt. Irene Guerra.

Command Focus

During the holidays, families gather to share in the celebrations of the season. Our Oregon National Guard family is unique — among us, we share a special bond, a common understanding of the inherent sacrifices and hardships of being an Army family. So we are additionally blessed to be able to celebrate our special heritage — the legacy of hope that our Citizen-Soldiers and Citizen-Airmen represent to our State and the Nation.

On a bitter-cold Christmas night in 1776, General George Washington and his Continental Army crossed the Delaware River to execute a bold plan against the British forces. Driving sleet and snow made the freezing temperatures all the more unbearable. Despite those harsh conditions, the Soldiers did not complain — some of them had no shoes; some wrapped rags around their feet to help keep them warm; still others remained barefoot. As one of General Washington's staff

officers recorded, the Soldiers were "ready to suffer any hardship and die rather than give up their liberty." In the most difficult conditions, against the greatest odds, the Soldiers performed magnificently, and their victory in the Battle of Trenton the day after Christmas renewed the hopes of freedom in the American Revolution. And undiminished still today is that same spirit of determination, perseverance, selfless service and courage that moved the Soldiers of the Continental Army on Christmas night in 1776. We share in the enduring legacy of those who first fought and died to win our freedom — we stand on the shoulders of the brave men and women who have preceded us.

We know that we do not serve alone. With each of our service members on point in six countries and on four continents around the globe is the spirit of a tremendous family — a family whose courage, sacrifice, and

steadfastness are inspiring to us all. And all of our efforts, all of our successes, all of our magnificent moments as an Army will continue to be delivered by our people — Soldiers, Airmen, civilians, veterans, retirees, and all of their families. We are grateful for their commitment, their loyalty, and their devotion. Our service 367 years ago was predicated on our ability to mobilize and deploy on short notice. That capability was our strength then as it is today.

We could not be more proud of all of you and of the magnificent work you do each and every day to preserve the gifts of hope and of freedom that we cherish. May you have a safe, fulfilling, and joyful Holiday Season and a prosperous New Year. God bless each of you and your families, God bless Oregon, and God bless this great Nation.



Happy Holidays,
Gen. Raymond C. Byrne, Jr.,
Acting Adjutant General,
Oregon National Guard

As the Holiday season approaches, our soldiers continue to be on duty around the country and around the world preserving our nation's security. The hard work and sacrifice of our men and women in uniform help ensure all Americans continue to live in peace, freedom and safety. This mission is one of the most important we have ever undertaken. We can not afford to lose even one soldier due to accidents and injuries. Winter and the Holiday season pose special challenges in our mission of ensuring the safety of our National Guard family.

Privately owned vehicle (POV) accidents remain a concern. Winter driving hazards, coupled with increased accident exposure during peak Holiday travel periods require additional vigilance and caution by all guard members. Ensure your vehicle is ready for the seasonal change by undertaking a winterizing regimen. Performing the basic automotive maintenance schedule, i.e., checking fluid levels, spark plugs, battery, brakes, and tires, can all help to prevent breakdowns.

Make sure to check the weather forecast prior to departing on a trip, and when precipitation is present clear all window and vehicle lights of snow, sleet and frost. This could mean the difference between arriving safely, or not arriving at all.

One of the simplest things you can do to increase your chance of surviving an accident is to wear your seat belt. This past year, of the 19 National Guard fatalities, 16 were from POV accidents, and the lack of seat belt usage may have contributed to the fatality. All drivers and passengers are required to wear their seat belts in military vehicles and POVs. Also remember to seat children in approved vehicle safety seats in the back seat of the vehicle, and ensure these child seats are properly secured in your POV.

The winter holidays are a time for celebration, and that means more cooking, home decorating, entertaining, and an increased risk of fire due to equipment. Fires are one of the leading causes of accidents during the holidays. Remember to keep an eye on the kitchen

when cooking. Never leave cooking food unattended. Use caution with holiday decorations and choose flame-resistant and flame-retardant materials. When purchasing a live tree, check for freshness — the needles should not pull from the branches or break when bent. When setting up the tree, live or artificial, locate it away from the fireplace, radiators, doorways and the main traffic area. Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory, such as Underwriter's Laboratory. When using candles, fireplaces, and space heaters, use precautions to prevent mishaps by practicing safe usage methods, and be aware of safety precautions outlined in the products' users manual.

During this festive time, a general reminder about responsible drinking and defensive driving is timely. As always, drinking and driving do not mix. When attending holiday parties and gatherings remember to designate a non-drinking driver. When hosting holiday gatherings, be responsible to your guests by promoting sensible drinking and offering non-alcoholic beverages for non-drinkers and designated drivers.

Soldier training and family recreation during cold weather can result in any number of weather related cold injuries. Leader and supervisors are responsible for planning and conducting training in order to prevent cold related injuries. Likewise, this safety attitude should follow each of us home and be a part of our winter activities, i.e., skiing, snowmobiling, sledding, ice fishing. Hypothermia, one of the leading weather related injuries, is not just a northern state concern. The combination of wind, moisture and temperature can take a toll on anyone, anywhere when they are not properly clothed and prepared for conditions.

As we begin to rotate our mobilized forces during the next several months, thousands of brave soldiers will return to their loved ones after lengthy deployments. Welcome them home with open arms. Be aware that many of our soldiers have experienced traumatic situations associated with war. I ask that you provide them emotional support

as the deal with transitioning to civilian life.

As the director of the Army National Guard, I honor your courage, your service and your sacrifice for this great nation. I would like to wish each and every one of you and your family members a safe and enjoyable holiday season. As a nation and as members of the National Guard family, may we all continue to be blessed throughout the holiday season and into the New Year.

Sincerely,

Lt. Gen. Roger C. Schultz,
Director, Department of the Army



From the Editor

Thank you for all your excellent contributions to the special Holiday issue of the *Oregon Sentinel*. There wasn't a whole lot of lead-time between this issue and the last one, so I appreciate all your hard work to get this one to press on time.

The holidays are a special time for members of the National Guard, whether serving at home or abroad, or merely waiting for the call to duty. It is a time of the year when we can take time out of our busy schedules and reflect on all that we can be grateful for, and when we can pray for the safety of our immediate families and those of our fellow service members deployed around the world.

The staff of the *Oregon Sentinel* is doing its best to get your stories to as broad an audience as possible, and have started to receive many more submissions for publication. I have said this before, but it begs repeating here. This is NOT our publication... it is, and continues to be, *yours*. Your letters, articles and photos make the *Oregon Sentinel* great, and help us tell your stories told to the world. We appreciate everything that you've submitted to us this year, and encourage your continued input and feedback in the new year.

There are many successes highlighted in our special holiday issue. From celebrating the 367th birthday of the National Guard, and the life of a model-patriot from the Civil War era, Harriet Tubman, to our members who participated in the "Duck Walk" from Portland to Eugene in order to call attention to the needs of our troops deployed overseas. Our center layout highlights some of the monumental achievements of the Oregon National Guard during the past year, and our profile on Sgt. 1st Class Luther Mares of Oregon's 1-162 Infantry is a testament to the indomitable spirit of our citizen-soldiers.

Once again, I thank all of you for your contributions — not only to the pages of the *Oregon Sentinel* — but those that you make on a daily basis, to your communities, your country, and to the world.

Maj. Arnold V. Strong,
State Public Affairs Officer,
Editor-in-Chief, *Oregon Sentinel*

Letters From The Front



Delta Co. sends greetings from Ft. Hood, Texas

Greetings to the families back home.

I was asked by the family program to write some quick notes to let all of you (y'all) know how it is going down here in Ft. Hood, Texas. Many of you heard we had a rough start with living conditions. We have gotten most of that taken care of and have settled in by applying a little elbow grease. Most of our issues were growing pains with mail, e-mail and phones, which was to be expected. The weather has been cold, then warm, then raining — much like the Willamette Valley.

As far as the soldiers in Delta Company, we are exceeding standards as usual. Within the next two days we will be completely validated on all of our weapon systems and individual training. After Thanksgiving we start the collective lanes training in the field. We were fortunate enough to allow one of our guys to return home to greet his new baby girl. Congratulations to the entire Powell family!

As you all know, the soldiers in Delta Company set the standard within the Brigade, and many observers inside and out have mentioned we are among the best. I wish you all could see how well respected your soldiers are, and what a great job each and everyone of them is doing. As a commander I could not be more proud.

We greatly appreciate the donations of cameras, phone cards, and personal items we have received. Hopefully, soon we can get some of the pictures developed and send a copy to the Family Program to be distributed at your gatherings.

I will continue to write and update you on our progress as we move through this deployment. I am also hoping to share individual soldier's stories and some of the great things they are doing in future e-mails.

Once again thank you for your support.

Capt. Scott Hildebrandt
Company D/2-162 Infantry

The 'real' story on Iraq

When we were told that we could write letters for this publication, so many ideas came through my mind, but I wasn't sure what I really wanted to write about. Then when I stepped off the plane for my R&R leave a few days ago and talked to some reporters, my ideas became very clear. I need to talk about some of the questions they asked me, and some of the "facts" the press is giving to the American public.

First, for those of you who are on your way to Iraq, use CLP (Cleaner, Lubricant, Protectant) to clean your weapons. I know we've been told not to use CLP, but we are using it in Iraq and it works. You do have to clean your weapon more often, and it does get dirty quicker, but CLP works, EVERYTIME. I told this to two sets

of reporters who asked about this at the airport in Portland. None of my comments made the evening news that night because it was not the story they were looking for. Unfortunately they were looking for the negative side of things.

Second, before you leave Oregon, get the new body armor. It makes a huge difference. I talked to a young soldier who was hit in the chest, but here he was standing there talking to me about it. If he had not been wearing the new body armor, he would have been killed. Getting the body armor will take a bit of work, and your unit may have to get it from other units, but since we have it in the state, it needs to be given to soldiers deploying to Iraq. This has been a hot topic with all of the reporters I have spoken to, and they're all under the impression that Oregon National Guard soldiers have been issued the new body armor, before deploying or once in-country. This is simply not true. No soldier in the 82 ROC have the new armor and we are not on the issue list.

Now about Iraq. Things here are not fun, but it isn't as bad as the news makes it out to be. We are doing a TON of good for the people. There is only a small, very violent group who wants us out, but for the most part the masses want us here and want us to finish the job we were assigned to do. This is an important part of our story, and unfortunately this information isn't making it to the American public. Our soldiers are making great things happen here.

Finally, I would like to thank the Baltimore Veteran's of Foreign Wars and United Airlines. After flying all night I finally reached Baltimore around 5 a.m. After I went through customs, I was greeted by 50-plus people, all clapping. Most of them were retired veterans wearing their VFW uniforms. They shook my hand and said "thank you". Also in the crowd were civilians, who were not waiting for someone in particular from the flight, but were there to greet our flight and our soldiers as well. I felt great as they all clapped and cheered. I went out into the crowd and started shaking all of their hands and telling them thank you.

After I finished and said thank you again to the entire group, I was called over by a couple of United Airlines employees waiting with a lists of flights. They asked for my ticket and when I tried to tell them my final destination and when my flight was scheduled, they just smiled at me and informed me that I would be on the next flight bound for the west coast. When I arrived at the ticket counter I was greeted by the manager and moved right to the ticket window. They found me a set of flights that now had me arriving prior to my previous time of departure (hint, go for price on your tickets do not worry about times, the airlines will make it work). They also worked on getting me back on the latest flight possible.

It was a great experience, and I will be writing thank you letters to both of them.

The people in the airport were very nice. People kept waving, saying thank you and wanted to ask questions. They all wanted to know if it was a bad over there. I told them of all the good things we are doing in Iraq, and they all left happier knowing a bit more than what they were seeing on the news. On the plane, they took all the soldiers who wanted to go to first class. I stayed in economy, in a row by myself, but was still treated like I was in first class. When the captain of the plane announced us, the plane started clapping and cheering. During the flight I had people walking down the aisles wanting to talk and say thank you.

Experiences like these make the pain and separation from our families easier to deal with. We are seeing the protesters from all over the world on the news, just like the people in the U.S. are seeing all the death and bad parts of Iraq. I did not expect this type of support. I did not think so many people would want to go out of their way to say hello and thank you.

My flight ended in Portland. I was so excited to see my wife and my 18-month old babies. After a brief moment of uncertainty, the babies came running over to me and all was forgotten in one word; "daddy". Now that I think about it, all those people who were cheering my arrival should have been applauding my wife, for she has done so much while I was away. All the wives and families have done a lot while we are gone.

One more thing happened prior to my leaving the airport, something I will never forget. I was standing, holding both of my babies waiting for my wife to finish an interview with the news when a man came up to me and introduced himself as a former Marine who served in Vietnam in the mid-60s. He just wanted to stay thank you for what I was doing. We talked for a few minutes and I was the one that said thank you to him, the soldiers, airman and marines who served before me and fought to make this country free. I told him I only wished he received as much good will from the American people as I am now. I said since I was sure he did not, that he please take pride in all that you see here and now, and to know that this is for ALL of us, not just the soldiers currently serving overseas. He dropped his bags, and gave me (and the babies in my arms) a huge hug that went on for such a long time.

I would like to wish everyone a Merry Christmas and a Happy New Year. It will be a very happy new year for the soldiers of the 82 ROC whenever the "big Army" gives a hard line date to the Guard and Reserve soldiers (like they have done for the Active Duty soldiers) for when we are coming home.

Maj. Scott Farish,
82 ROC, Public Affairs Officer,
LSA Anaconda, Iraq

Tell us what you think!

Your feedback is very important to us. It lets us know how we're doing, what stories you'd like to see, and what issues you want us to cover in the future. Address your comments, feedback and ideas to:

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The Oregon Sentinel

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Stories and photos from the field are gratefully accepted. We need your input to insure better coverage.

Guard members and their families are encouraged to submit any articles meant to inform, educate or entertain readers of the *Oregon Sentinel*, including stories about interesting Guard personalities and unique unit training. Letters to the editor are also welcome. All letters must include the author's name, address and daytime phone number. Names may be withheld in print upon request, but all letters must be signed. Letters may also be edited prior to use. Submission deadlines are the first work day of each month. Please see your unit Public Affairs Representative, or contact the State Public Affairs Office or any of the *Sentinel* staff members listed below.

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1. A squadron of F-15 Eagles from the 173rd Fighter Wing in Klamath Falls, Ore. readies for takeoff during the 2003 Sentry Eagle Air Show. 2. Members of Oregon Army National Guard's 2-162 Infantry participate in a slide down "Cardboard Hill" at the 33rd annual Camp Rosenbaum at Camp Rilea. Approximately 160 "at-risk" youth attended this year's camp. 4. On September 11, 2003, "Patriot Park" is held at the airport outside Pennsylvania. 5. An Oregon Army National Guard CH-47 "Chinook" lifts a 2,000-gallon "Bamby-Bucket" at the aviation facility in Pendleton, Ore. during a firefighting training exercise. 6. A soldier is rescued from extraction from a UH-60 Blackhawk helicopter while on maneuvers in Afghanistan in Jan. 2003. 8. Former 1042nd Medical Co. (Air Ambulance) commander Lt. Col. Matt Brady (l) and 82nd Airborne Division member Capt. Tim Ebner (pictured here) reach a major career milestone in early 2003, completing 60,000 accident-free flying hours in the F-15 Eagle. Capt. Tim Ebner (pictured here) reached the milestone while participating in a joint-force training exercise. 9. Lt. Col. Dan Hokanson (right) reports to the Oregon National Guard AT in Yakima, Wash. 10. An Oregon Army National Guard officer from the 162nd Infantry stands next to Patriot Park. 11. An Oregon Army National Guard officer from the 162nd Infantry stands next to Patriot Park during their wedding following the mobilization ceremony of the 2-162 Infantry in Eugene, Ore. 13. Members of the 82nd Rear Operations Center (ROC) pose for a photo at LSA Anaconda in Iraq. 14. Lt. Col. Dan Hokanson (right) reports to the Oregon National Guard AT in Yakima, Wash. 15. A reporter interviews MAST Project Officer Lt. Col. Dan Hokanson at the Army Aviation Support Facility in Salem, Ore. shortly before an Oregon Army National Guard Firehawk departs for fire-fighting duties in Oregon. 17. An Oregon National Guard color guard detail made up of members of the Air and Army National Guard participate in the Albany Veteran's Day Parade on Nov. 11, 2003. 18. Portland firefighters participate in an AT in Yakima, Wash. 20. Army troops serving in Operation Iraqi Freedom pause to remember those who perished in the Sept. 11 attacks. 21. Soldiers from A-Company, 1-162 Infantry stop for a moment during their deployment.

ard's year in pictures



2 assemble at a mobilization ceremony at the Lane County Fairgrounds in Eugene, Ore. on Oct. 29, 2003 in preparation for deployment to the Middle East. 3. Governor Ted Kulongoski enjoys a day in Gresham, Ore. was filled with American flags, one representing each person who perished in the attacks on the World Trade Center in New York City, the Pentagon, and the airline crash on Sept. 11. 4. Master Sgt. Vern Loftus gives one of the Camp Rosenbaum attendees a "lift" during one of the many clubhouse activities. 5. A flight medic from the 1042nd Air Ambulance performs a medical procedure on a patient lying on a stretcher. 6. A flight medic from the 1042nd Air Ambulance performs a medical procedure on a patient lying on a stretcher. 7. A flight medic from the 1042nd Air Ambulance performs a medical procedure on a patient lying on a stretcher. 8. Brigadier General Mike Piott (r) help unload a civilian-bound shipment of rice in Bamean in Northeast Afghanistan. 9. Oregon Air National Guard's 142nd FW celebrated a safety award. 10. Oregon's own SR-71 "Blackbird" waits for its wings outside the Evergreen Aviation Museum in McMinnville, Ore. 11. Members of the Air National Guard's 142nd FW helped load and transport a race car at the GI Joe's 200 Indy race at the Portland International Raceway on June 22, 2003. 12. 1st Sgt. Randall Mefford and bride Candace are captured in a special moment during a wedding. 13. Members of Oregon Air National Guard's 116th Air Control Squadron were mobilized during Operation Noble Eagle II, set up radar surveillance equipment in Jackson, Wyo. 14. A KGW helicopter is on duty in Southern Ca. 15. Oregon Army National Guard soldiers position bricks in one of the walkways in Heritage Park, located adjacent to Joint Forces Headquarters Building in Salem, Ore. 16. Oregon Air Base hosted President George W. Bush when he visited the Northwest on Aug. 21, 2003. 17. Members of Charlie Co. Gun-1 receive the Direct Fire Trophy during the 2-218th Field Artillery's annual photo near Bagdad, Iraq.

News You Need

Free online defensive driving course available for all ORARNG soldiers

The online web-based Defensive Driving Course (DDC), accredited by the National Safety Council (NSC), is provided to all ARNG soldiers free of charge by NGB. It will eventually replace the current 'Train-the-trainer' DDC and the accident avoidance training (AAT) portion of the overall driver-training program.

Current DDC/AAT is valid until the four-year retraining cycle. ORARNG goal is for all FTS personnel and 25% of Traditional soldiers to complete this training in FY-04. Access the website from any computer with Internet access, a fast connection is preferable, but not necessary.

This program may be worked intermittently. It should take a total of 3-4 hours to complete. Use your SSN, your unit's Unit Identification Code (UIC), and the access code: OR2002. Information must be correct, and the website below typed in exactly.

The program will provide you with a certificate of completion to print. Take it to your unit's driver licensing POC for annotation on your military license. An official NSC certificate may be obtained from the Safety Office; POC is CW3 Swartwout, 503-584-3221 for DDC Program issues.

Family members may take the DDC at a special reduced rate of \$29.95, which can be paid by credit card on the website. Family members' sign in through our initial website, then click the "family & friends" button.

For more information, visit www.safetyserve.com/arnng, and use the access code "OR2002" to get started.

Two new programs aim to boost the morale of deployed soldiers

There are two programs available to provide morale boosts to our troops in Iraq. The first is Operation Freedom's Library, the brainchild of Maj. Richard Miller. "There are only so many things soldiers can do here, and they eventually will have seen every movie that has been sent and played spades more than enough times," Miller wrote. Individuals who want to donate reading materials to Operation Freedom's Library can e-mail Miller at richard.alan.miller1@us.army.mil.

Deborah Crane, the spouse of a retired soldier and mother of an airman, is the founder of Treats for Troops, (TFT) Inc. The company's mission is to put at least one package in the hands of every American service member. Individuals can adopt a service member without knowing anyone in the service. TFT acts as the liaison between soldiers who'd like to be sponsored and Americans who wish to show their support to members of the U.S. Armed Forces. The sponsor and the service member are not able to contact each other directly. For more information, visit TFT at www.treatsfortroops.com.

Army One Source answers questions, concerns about deployments

Army News Service — The Army recently established a new information and referral service line called Army One Source (AOS). It is available 24-hours a day, and provides information about deployment-related issues for soldiers, deployed civilians and their immediate families.

The service was activated on August 15, 2003, and is available not only to Army installations worldwide, but to all members of the Army's reserve components.

The line is staffed by consultants who hold master's degrees in social work or psychology and who can talk about a variety of subjects such as parenting, TRICARE, childcare, relocation, finances, legal, elder care, education and everyday household issues. Stateside active-duty and demobilized National Guard and Reserve Soldiers, deployed civilians and their families can also arrange for up to six face-to-face private counseling sessions with licensed clinical social workers who know the military environment. The service is also available to the immediate family of single Soldiers.

From within the continental United States, callers can dial 1-800-464-8107. From outside the United States callers should dial the appropriate access code to reach a U.S. number and then dial 1-800-464-81077. Hearing-impaired callers should use 1-800-364-9188 for TTY access, and Spanish speakers can use 1-888-732-9020. The AOS also provides bilingual and multicultural staff capable of communicating in Spanish, Korean and German.

The Army Well-Being Liaison Office's Army Information Line, 1-800-833-6622, is still available to answer questions callers may have that are not exactly deployment-related.

The Army Information Line is open from 8 a.m. to 4:30 p.m. (EST) Monday through Friday. Callers who reach the line after hours can leave a voicemail which will be returned the following day. The staff is available to answer callers' questions and provide assistance in any way they can. The service is not only for Soldiers and their families, but available to all members of the Army's seven constituent groups; soldiers (active, Guard and reserve) civilians, retirees, veterans and families, as well as the members of their extended family.

Website provides important tips to avoid holiday depression

Most of us think of the holidays as a time for joyous celebration and making happy memories with friends and loved ones. For a number of reasons, however, it is also a particularly stressful time that results for many in heightened, and occasionally severe, feelings of depression and anxiety. Here are some of the problems, along with potential remedies for them:

The holidays just aren't as great as I thought they would be. Many of us place very high expectations on ourselves and our family members based on images of what the holidays are "supposed to be like". These images come from other people, TV, the movies, and glossy magazines. Trying to meet these expectations makes us anxious and when we sense that we've "fallen short" of those expectations, it's depressing. Give yourself a break! Stop trying to be a Martha Stewart clone. Think about what's really important and meaningful for you and your family at this time of year, focus your energies there, and don't get sidetracked into thinking happiness lies in having all the trappings concocted by merchants.

There isn't enough time to enjoy the holidays. If you examine what you actually do during this period, you'll probably find that much of your time is spent trying to meet those holiday expectations described above. Try not to over commit yourself, whether that means limiting shopping trips to the mall, holiday parties, cooking elaborate dinners, or decorating the house. Reserve some days when you have nothing scheduled and don't give in to feelings of guilt when you have to say "no" to some activities in order to rest or just "hang out" with loved ones.

I get into serious debt over the holidays. Again, this problem goes back to your trying to meet unrealistic expectations, this time with respect to your budget. Set a ceiling for gift values and party-making, then stick to it. Remind yourself that you want others to think highly of you because you remembered them this holiday season, not because you spent a lot of money on them.

I feel lethargic and bloated during the holidays. This is a time of year when we seem to be surrounded on all fronts by holiday treats, goodies, and "cheer." When we overindulge ourselves, we get a temporary high but then come crashing down soon afterward. Try to go easy on the alcohol, sugar, and caffeine. Enjoy yourself, but balance those treats with foods and nutrients that are good for you, i.e. fruits, vegetables, and grains (but watch those fatty, creamy, or sugary sauces, syrups, and dressings). Get out and exercise for 30 minutes a day, even if it's just walking around the neighborhood. This is especially important after those heavy holiday meals.

The holidays seem lonely for me. Expectations are probably highest for spending the holidays with people who love and care for us. Thus, when we're alone or separated from loved ones, holiday depression can be at its worst. If you can't be with family and friends, certainly make as much contact as you can by telephone, and then get out of the house and do something with, or for others. This doesn't mean wandering through crowds at the mall, which can be even more depressing. Rather it might be participating at a religious service, joining in a community sing-along, or serving meals at a homeless shelter. When others ask you what you're doing for the holidays, don't be afraid to be honest if you have no plans, and don't be shy about accepting invitations from people you don't know well. This is hard to do for the more introverted among us, but making the effort to attend just one social event will make all the difference in the world.

It always seems my family gets into fights around the holidays. The holidays are NOT supposed to be like a Norman Rockwell illustration. The reality is that family problems do not magically disappear during the holidays. Understand that there may be little you can do to control other family members and relatives, but try to make your best effort to avoid and defuse those "hot button" issues that trigger arguments and hostile feelings. Spend time during the year dealing with problems instead of letting them fester to the point of boiling over at a time when everyone's emotional sensitivity is running high. And accept the fact that some family members can only tolerate a limited amount of time with one another.

It's always such a letdown when the holidays are over. The "post-holiday blues" are a pretty universal complaint when January 2nd rolls around and all that anticipation and excitement have dissipated. Know that you're in very good company and once you get back into your work or school routine these feelings will normally pass quickly. If you're one of those people who tend not to do anything special *except* during the holidays, consider planning trips, evenings out, and other events to look forward to at other times of the year. Think about doing your best in the year ahead rather than making unrealistic resolutions that you won't be able to meet come next December 31st.

If we try to keep our expectations in check and focus on relaxing and enjoying the company of others, we'll go far toward making the holidays a time of pleasure rather than dread. In any case, if your depressed mood does not diminish after a couple of weeks, don't ignore it. Chronic depression is a serious illness that affects millions of Americans. Talk to a trusted friend, family member, minister, counselor, or your health care provider and get the help you need.

This article is a reprint of the web-based article "Combating Holiday Depression", located on the Army Physical Fitness Research Institute website. The original publication can be found at <http://www.carlisle.army.mil/apfri/december.htm>.

Grantham University to offer free MBAs

Washington D.C. – In November, John Whitney, Executive Director of Federal Children’s Scholarship Fund (FCSF), a non-profit organization announced a new program that allows active duty officers and non-commissioned officers in the U.S. military to obtain MBA degrees from a fully accredited university free of charge. These degrees are being offered by Grantham University, a leading distance education institution of higher learning.

“This new program is exactly what officers in the military have been looking for. It allows them to get their MBA, free of charge, and they can study from anywhere in the world and work at their own pace.”

According to Whitney, the program allows for such flexibility in how and when study and work are performed, and helps students to move their careers forward while still allowing them to fulfill their military duties and obligations.

The only requirement for active duty officers and NCOs is an undergraduate college degree. Grantham’s academic programs are structured for ease of entry, and include refresher courses to assist students gain the foundations necessary for academic success.

Students enrolling in the MBA program will use Grantham University’s method of Advanced Distributed Learning (ADL) which incorporates online or e-learning and distance education. This is ideal for personnel who are deployed or who may work shifts that prohibit them from attending traditional classes.

The Grantham MBA program is considered fast-tracked and requires 36 credit hours of course work partitioned into three semesters. Up to nine credit-hours may be transferred or earned through professional avenues.

For more information call 1-800-955-2527 or visit Grantham University on the web at <http://www.grantham.edu/mba.1103.htm>.

Congress eases commissary restrictions for guard, reserve

The Department of Defense announced today that with the president’s signing of the National Defense Authorization Act for Fiscal Year 2004, effective immediately, the following members and their dependents will be permitted unlimited access to commissary stores.

- Members of the Ready Reserve (which includes members of the Selected Reserve, Individual Ready Reserve and Inactive National Guard) and members of the Retired Reserve who possess a Uniformed Services Identification Card.

- Former members eligible for retired pay at age 60 but who have not yet attained the age of 60 and who possess a Department of Defense Civilian Identification Card.

- Dependents of the members described above who have a Uniformed Services Identification Card or who have a distinct identification card used as an authorization card for benefits and privileges administered by the Uniformed Services.

“Instructions have gone out to all continental U.S. stores informing them

that reservists now have unlimited shopping and telling store managers how to welcome members of the National Guard and Reserve to the full use of the commissary benefit,” said Patrick Nixon, deputy director of the Defense Commissary Agency. “Commissary shoppers will begin to see banners saying ‘Welcome Guard and Reserve to Full Time Savings,’ along with other events recognizing these new full-time shoppers.”

Previously, Guard and Reserve members were authorized only 24 commissary shopping days per calendar year until the president signed the National Defense Authorization Act. The Act contains provisions which eliminate any shopping restrictions, which means that Guard and Reserve members will no longer have to present a Commissary Privilege Card when they shop.

“I want to thank Congress and the Department of Defense for their efforts in bringing the commissary shopping privilege to the total force,” said Patrick Nixon, deputy director of the Defense Commissary Agency. “The Congress included unlimited commissary benefits in the National Defense Authorization Act thus making full-time shopping possible for the men and women who serve their nation in the National Guard and Reserve.”

Nixon noted that special thanks should go to Charles Abell, principal deputy under-secretary of defense for personnel and readiness. Abell acted decisively and immediately in providing interim authority for the Reserve component to have full-time commissary shopping just in time to take advantage of holiday savings.

For more information about the Defense Commissary Agency, see their web site at <http://www.commissaries.com/>

ESGR changes mission

More than 1.2 million Americans serve in the Guard and Reserve, representing nearly one-half of our total military force. Because of the increasing number of overseas deployments of Guard members and Reservists, the Employer Support of the Guard and Reserve (ESGR) has changed their mission to meet the needs of military members.

The new mission, dubbed, “Closing the Loop” will help civilian companies and other organizations cope with the issues associated with extended deployments of their military-member workforce. Executive Director Col. Bob Elliot, (Ret.), says the new mission will streamline operations and place more emphasis on employer issues.

“America’s employers are linked to our national security by sharing their most precious asset, their employees,” Elliot said.

A study by the Defense Department in 2000 found that more than 60-percent Reservists made up the white collar workforce. Furthermore, a study conducted by Business Week magazine revealed that the number of persons in management positions called to active military duty during the past two years outpaces the same demographic during the first Persian Gulf War by an estimated 20-percent.

One way the ESGR educates employers about the Guard and Reserve is a program called Bosslift. Such

missions have traveled to training centers in San Diego, Ca., Colorado Springs, Co., and the Pacific Command in Honolulu, Hi.

“It gives employers a chance to observe firsthand the type and quality of military training and leadership of National Guard and Reserve members,” says Elliot.

Oregon ESGR Committee Chairman Col. James Cleary (USMC Ret.) points out the Bosslift’s effectiveness.

“We’ve received valuable input, with constructive insights on the challenges and benefits of having employees serving in the Guard and Reserve,” Cleary said.

Elliot added that employers should know that Guard and Reserve soldiers benefit from a drug-free work environment, gain proven leadership skills, and receive special training that is often helpful in their civilian jobs.

For more information on the ESGR, contact Col. Bill Elliot at (503) 584-2837, or via email at: bob.elliott2@or.ngb.army.mil

Scholarships available to ORNG members

The Oregon National Guard Association (ORNGA) will be presenting three \$1000 scholarships at the ORNGA Conference on April 24, 2004.

The scholarships will be awarded to persons who demonstrate qualities of leadership, civic action and academic achievement.

They are available to all members of the Oregon National Guard, ORNGA members, or their spouses or children. Prior year’s recipients are not eligible, (i.e. winners for school year 2003-2004 must wait a full year before applying for another scholarship). The deadline for applications is March 1, 2004.

Scholarship applications are available on the Web. Visit www.mil.state.or.us/ornga/HTML/Scholarship/, or call the ORNGA office at 503-584-3030, or Lt. Col. M. K. Woodward at 503-584-3931 for more information.

Mares: An inspiration to other military members

Continued from Page 1

prepare the student to make the jump and land safely. Training on the 34-foot tower and the lateral drift apparatus (LDA) qualifies the student to go forward to Tower Training week, where the students must individually qualify on the 34 foot tower, the LDA and pass all PT requirements.

In addition to 42 pushups and 53 sit ups, the 17-21 APFT also requires a two mile run completed in 15.54 minutes. Requirements for a soldier at age 56 would be 20 pushups, 28 sit ups and the two mile run in 19.48 minutes.

The skills learned during Ground Week are refined during Tower Training week and team effort or “mass exit” concept is added to the training. During evaluations in the third week of training, soldiers are required to complete a number of jumps, during both the daytime and nighttime, with and without full combat gear.

“I challenged myself to earn my wings... it wasn’t easy. I hope I can inspire other soldiers not to give up,” said Mares.

He was presented his wings by a soldier who was one of the original paratroopers who completed similar training as part of Delta Company’s 1-507th Paratrooper Infantry Regiment in preparation for World War II.

Retiree Service Office

Open Tuesdays, 10am to 2pm

(503) 584-3804
1-800-452-7500, ext. 3804

E-mail:
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US Mail:
Retiree Service Office
PO Box 14350
Salem, OR 97309



On November 1, 2003, Capt. Martin R. Plotner, 142nd Security Forces Commander, presented awards to Oregon Army National Guard soldiers for their service during Operation Armored Falcon. Also present was Col. Mark A. Kyle, 939th Air Refueling Wing Commander. Six soldiers from the 1st “Devil” Platoon, JFHQ(OR) MP6, were among the very first to be demobilized from duty, and will spend approximately eight days out-processing, before returning to Oregon. From left to right: Staff Sgt. Darrell Kuntz, Spec. Harland McWatters, Spec. Jason Young and Private 1st Class Mark Webb.



From left to right: Sgt. Sean Wilson, Master Sgt. Mike James, and Sgt. Brian Turner make their annual "Duck Walk" from Portland to Eugene along Interstate-5 during Oregon's "Civil-War" college football week. Proceeds from this year's fund-raising march went to Oregon National Guard soldiers on leave from Iraq who were unable to afford travel from the East Coast to get home. The event also helped to reinforce awareness of the Oregon National Guard since World War II.

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Holiday 2003

Oregon's 1-162 earns coveted Combat Infantry Badge

Story and photo by Maj. William Prendergast,
Public Affairs Officer, 1-162nd Infantry

Oregon's 1-162 Infantry soldiers, currently serving in Operation Iraqi Freedom, have distinguished themselves not only by successfully mobilizing as a battalion for the first time since World War II, but also by recently earning the coveted Combat Infantryman Badge (CIB). The CIB was established by the War Department in October 1943. Lieutenant General Lesley J. McNair, who at the time was the Army Ground Forces commanding general, was instrumental in its creation. He originally recommended that it be called the "fighter badge." The CIB was designed to enhance morale and the prestige of the "Queen of Battle." Then Secretary of War Henry Stinson said, "It is high time we recognize in a personal way the skill and heroism of the American infantry." There are three requirements for award of the CIB. The soldier must be an infantryman satisfactorily performing infantry duties, must be assigned to an infantry unit during

such time as the unit is engaged in active ground combat, and must actively participate in such ground combat. Campaign or battle credit alone is not sufficient for award of the CIB. The soldiers of the 1-162 provided base security at key U.S. installations, and helped secure the Kuwaiti port through which flowed 90-percent of the logistical needs and supplies for U.S. forces in Iraq. In October, 2003, security forces of the 1-162 successfully detected and defeated a suicide bomb, which was detonated outside the concrete barriers far from its intended target. After guerillas stepped up their attacks on supply lines, commanders realized something had to be done. Part of the solution was to create a U.S. installation near a critical crossroads of two main supply routes called Camp Kaslu. The 1-162 infantry built their own camp, set up a defensible perimeter, and secured the area. They built important relationships with the local population by holding occasional medical clinics, and even lending a helping hand with the melon or corn harvests. Complementing these community interactions, 1-162 soldiers performed regular patrols. Faced with the new security presence, enemy attacks on the main supply route quickly subsided. Overall the new ties that had been established with the surrounding community worked to everyone's advantage. While Iraqi locals sometimes tried to be "helpful" by bringing unexploded ordinance to U.S. soldiers (raising a few heartbeats), they were also very instrumental in helping to expose weapons caches; in one case exposing an arms cache of 1,500 anti-personnel landmines. Like soldiers in any conflict, Oregon's 1-162 Infantry will come home with some "war stories." As they return to Oregon in Spring, 2004, they will take home with them a sense of pride and accomplishment, but more importantly, they will have with them the Combat Infantry Badge, which was well-deserved, and well-earned.



Members of Oregon's 1-162 Infantry assemble after receiving their Combat Infantry Badge awards. The unit has been deployed in Iraq since April 2003.

Corrections

In the article "Pritt assumes command of 41st Brigade" that appeared in the Winter 2003 issue of the *Oregon Sentinel*:
The 141 SB; HHC(-) 41; and Troop E, 82nd CAV as part of the Brigade was not mentioned in the last paragraph of the article.

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