VOLUME THREE ISSUE ONE JAN/FEB 2006

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# THESE SOLDIERS DON'T CALL THEMSELVES HEROES, THEY CALL THEMSELVES THE NATIONAL GUARD.

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# Letter from Leadership

#### Fellow Soldiers,

This past September, I had the privilege to fly down to Fort Polk, LA and welcome home our Soldiers of the 256th Brigade Combat Team as they redeployed from a successful year of combat in Iraq, only to be greeted by the devastation of Hurricane Katrina.

Some had lost loved ones, homes, jobs—everything Soldiers dream of returning too during a long and difficult deployment. I knew that the Army, Fort Polk, the surrounding communities of Louisiana and Mississippi, and the American people were rallying around our troops. But I was still concerned about the well-being of those who had been most affected.

When the doors to the plane opened, the Soldiers of the 256th —still covered in the dust of Baghdad—began to whoop and holler, and assured the gathered crowd, "Just get us to New Orleans. We'll get this taken care of," and "We need to rebuild our city, sir, just get us into the fight!"

There are significant moments that epitomize the warrior ethos. That day at the Alexandria airport is certainly one I will long remember. I was extremely proud of those Soldiers—their professionalism, spirit and dedication to duty. I was proud of their family members who waited with equal determination, resolution and pride. And I was proud of our Army that stayed true to its creed of never leaving a fallen comrade, by immediately creating Task Force Care and other programs to support those in need.

I was also struck by the unique contribution of the Army National Guard to our Army of One and the defense of this great Nation. These Soldiers had spent, on average, 18 months on active Title 10 status —12 of those in combat—had returned home to one of the greatest natural disasters on American soil, in their very backyards, and many had immediately volunteered to remain mobilized to perform their Title 32 duties of disaster relief and recovery.

These Soldiers demonstrate yet again the dedication, relevance and strong Call to Duty that defines the ARNG. Our Reserve Component forces continue to play a critical role in the Global War on Terrorism. And as the GWOT is a "long war" which will be fought at different levels of intensity over many years, they will continue to be relied upon now and in the future.

Every level of leadership, from the Army, to Congress to the White House has recognized that our Guard and Reserve Soldiers have been giving their all in defense of this Nation. We must do our best to provide you all of the tools for success.

During the last four years, great momentum has been achieved in the transformation of the ARNG as it has expanded its traditional role as a strategic reserve to an operational force serving abroad and at home. Today's ARNG is the best equipped, best trained, most combat ready and capable force this Army has ever known.

Our Soldiers are confident; retention is high, most notably in our brigade combat teams that have successfully accomplished 18-month mobilizations; and with increases in bonuses and the number of recruiters, recruitment is improving.

With the focus of war has also come increased resources to transform the ARNG into the modular force design; procure and reset our equipment; balance appropriate skills across the components; and move to a six-year rotation cycle to help stabilize our troops and offer greater predictability to our families and employers.



# There are significant moments that epitomize the warrior ethos. That day at the Alexandria airport is certainly one I will long remember. I was extremely proud of those Soldiers.

We are committed to continuing this momentum and will never be satisfied with "good enough" when it comes to our Reserve forces. The operational environment of the 21st Century demands that we be an Army of One—the preeminent land power in the world.

While the ARNG will continue to maintain its proud history and unique distinction of holding a dual federal and state mission, it is with great pride that on my frequent visits to the theater of operations, I see one Army team.

Side by side, active, Guard and Reserve Soldiers proudly fight to preserve freedom and democracy, and represent the best of America.

This is a proud moment in the history of our Army thanks to you, the Soldiers of the Army National Guard and to your families and employers who support you.

I am truly grateful for your service. I look forward to what lies ahead in the coming year and I am proud to serve with you.

Cichaul Alody

Vice Chief of Staff of the U.S. Army General Richard A. Cody

## GX TEAM LETTER >>



## ON THE COVER

The Guard Recruiting Assistant Program (G-RAP) is kicking-off around the country. Check out the details of this amazing new program on page 40.

PHOTO BY CW3 O'NEIL WILLIAMS

# **Happy New Year!**

Welcome to year three of *GX: The Guard Experience* magazine. We are excited once again to have the opportunity to tell the story of the Army National Guard's heroic Soldiers and the families, employers and volunteers who support them. The feedback we have received has been wonderful. We have heard from husbands and wives who feel a little closer to their deployed Soldier after reading an issue. We have received letters from Soldiers thanking us for sharing the big picture and telling them about all the amazing things their fellow Guard members are doing around the world. For the most part, even those who write in to correct or disagree with us have expressed their overall enjoyment of GX. We cannot tell you how proud we are to have found a way, however small, to give back to those who risk their lives to ensure our freedoms. We are truly grateful to you all.

If you are familiar with GX, then as you read through this issue you are likely to notice our new look. Our design staff has put a lot of work into rethinking how the magazine is laid out. We hope you'll find the new layout cleaner and easier to read. By simplifying the design, we will also be able to include more articles and cover more of the Guard's ongoing good works. We would love to hear your thoughts on the new look and feel of GX. We produce this magazine for you so tell us what you think. You can send your comments to feedback@GXonline.com

Finally, we want to mention the new Guard Recruiting Assistant Program (G-RAP). As source materials came to us for the G-RAP feature, we became more and more intrigued with the program's possibilities. Strength maintenance has been a critical issue since the beginning of the Global War on Terror and G-RAP seemed to be a straight forward and potentially very powerful tool for ensuring that Guard Recruiters can make mission. At press time, the program has rolled out in twentytwo states to an overwhelmingly positive response. People are lining up for the G-RAP training and Recruiting Assistants are already putting feet in boots. We believe this will revolutionize the way the Guard maintains its strength.

The GX Team



MISSION: To celebrate and support the Soldiers and families of the National Guard. To provide today's Army National Guard member with information for becoming a better Soldier and better citizen. To encourage and assist Guard Soldiers in maximizing the benefits of their military career as well as their personal and family goals.

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GX magazine is **not** an official publication of the Army National Guard.

# Because of the magazine, I was able to get the help I needed to get my life back on track after [Katrina]. -PV2 Monique Ashker, MSARNG

## WOMEN IN THE GUARD

#### **DISASTER RELIEF**

I am currently a PFC in the Vermont Army National Guard, Det 1 131ENG. I have been reading GX magazine since joining the Guard a little over a year ago. I am writing this today because there are so many articles in the last issue (Nov./Dec. 2005) that really were amazing. The one that really caught my eye was "Women in the Guard." I want to thank you for publishing that story and want to say a few things on the issue. I do understand that men are usually stronger than women, but women can do some things better than men. For example, when shooting, a woman has a better aim. When running heavy equipment, women have a softer touch, so we don't force things and can work the vehicles better. I believe that women have come a long way in the past seventy or so years and believe we are now a big part of the military. When I first joined the Navy, I was stationed on the USS LaSalle, which is now decommisioned, for four years. All I heard was that my job was for men, that women couldn't handle it and that we were worthless. I worked so hard to prove these men that were saying this wrong, and I did. I feel that women have to work a lot harder in the military than men do, simply because we feel the need to prove ourselves and show the men that we can do the job just as well as they can. See, when I think of Soldiers, I don't think of color, race, sex or religion. I see a member of my team. I see a brave person trying to fight for their country and what they believe in. I see a fellow Soldier doing the same thing I am there to do. I believe that women should be given the same respect as men. Men and women serving our country are very brave and amazing people. I am so happy to have fellow Americans that care as much as I do and are willing to put their lives on the line for their family, friends and country. When people thank me for doing what I do, I simply say "I want to do this." I feel it's a part of my duty and I owe it to those who have gone before me, and those who will serve after me. Thank you for supporting us, once again, and thank you for publishing this article. I believe you will get a lot of letters such as this one

#### Sincerely,

PFC Jacqulynn Harris DET 1 131 ENG, VTARNG

I would like to start off by saying THANK YOU VERY MUCH to you and everyone at GX magazine. I am a Private in the Army National Guard and receive your magazine. I lived in Bay St. Louis, MS when hurricane Katrina hit and I lost everything, of course. After receiving the issue following Katrina, I read about the Citizen Soldier Family Support Foundation (CSFSF). I called your magazine to inquire about it and, with a very prompt response, was given the information I needed to apply for aid. I have a lot to be thankful for, and it starts with *GX* magazine. Because of the magazine, I was able to get the help I needed to get my life back on track after the storm and, in the process, meet a wonderful friend, Mrs. Molly Johnson, founder of the Citizen Soldier Family Support Foundation. I have spread the word about what *GX* and CSFSF did for me and my son. Thank you for all that you do! God bless! Hooah!

#### Sincerely,

PV2 Monique Ashker, MSARNG

#### **MY SON, MY SOLDIER, MY HERO**

As I sit thinking back on memories of yesterday, I am brought vividly back to the memory of a small red haired boy at the tender age of six, who felt pride for what our Soldiers stood for. Even without understanding the true magnitude of the task that lay before them as America Soldiers, he knew that they were something to be proud of.

In the summer of 1990, our family spent our vacation in Branson, Missouri. On one of our outings, we took our six year old son, Justin, to Silver Dollar City. While there, we came upon a banner requesting signatures and well wishes of support for the troops of Desert Storm. I watched with pride as Justin carefully signed his name and added his address. We returned home to Mississippi, not thinking much about the banner but watching the developing stories of Desert Storm on a daily basis. Justin simply returned to being a six year old. Sometime later, Justin began receiving letters from three Soldiers aboard the USS Saratoga. It seemed the banner had made its way to the Saratoga, and these Soldiers, finding Justin's name and address, had taken the time to acknowledge my little boy.

Justin wrote to "his Soldiers" throughout the year, until they returned to the States. During this time, they sent him hats from the ship, which he wore proudly, and he began collecting posters of Naval aircraft and carriers. He prayed daily for his penpals daily and even wrote the President, asking him to bring the Soldiers home safely. Upon arrival back in the states, one of "his Soldiers" drove to our home and met the little boy that wrote diligently to him during his tour. During this time, two local television stations broadcast interviews with Justin. Just recently, I came across the copies of these interviews. They brought tears to my eyes.

Why, you may ask? You see, ironically, my little boy will be leaving December 5, 2005 for Fort Dix, New Jersey as part of the ARARNG, 1/142nd FA, to be deployed to Iraq. Now a man of twenty-one, SPC Billy J. Willis will now join the ranks of his penpals from years ago in defending the freedoms of all.

Justin joined the ARARNG at the age of seventeen, having been influenced by his grandfather, CDR Harold D. Willis, USCG (retired). Justin dreamed as a child of joining the Coast Guard but later decided that part-time was his preference. It was an adjustment, but over time, he came to respect and appreciate his place in the National Guard. In September, he spent two and a half weeks in New Orleans after the devastating hurricane Katrina. He returned home, moved with compassion for those who suffered from conditions beyond their control. He has always been compassionate for those who are less fortunate or in need, but this experience has given him direct insight into the plight of others, preparing him for what lies ahead.

I have tried so many times to express my pride to him, but have yet to find the words of appreciation for what he is about to encounter over the next several months. My heart and prayers will be with him and his comrades during their time in Iraq. This should remind us, as we watch our little boys grow into men, they each have greatness deep inside of them, just waiting for the opportunity to come to the surface. Who would have ever guessed that little boy so many years ago would continue the traditions of his penpals today?

May God bless and keep my son, my Soldier, and mv hero.

Melissa S. Willis

Send your rants and raves to editor@gxonline.com



# **OP HEARTSTRINGS AND TN GUARD** PARTNER TO SUPPORT DEPLOYED SOLDIERS

Compiled from a Charlie Daniels PRpress release and an exclusive GX interview with Charlie Daniels hy Keith Kawasaki

NASHVILLE, TN—A proud supporter of our American Soldiers, southern rock legend Charlie Daniels, is launching Operation Heartstrings. The program is a plea to corporate America to help dedicated men and women serving in the Armed Forces overseas combat loneliness and isolation by providing instruments, albums, DVDs, CD and DVD players.

Operation Heartstrings is designed to put musical instruments and other sources of portable entertainment into the hands of the men and women who serve our country in some of the most desolate parts of the world.

Charlie Daniels is partnering with MG Gus Hargett of the Tennessee National Guard, BG Russell Frutiger at USAREUR (US Army Europe), and the G-1 division MWR (Morale, Welfare, and Recreation). These partners are providing transportation from Nashville to all branches of the Armed Forces serving in Afghanistan and Iraq.

"Well, we first became involved with [the Tennessee Guard] doing shows actually," Daniels told *GX* in a recent interview.

"We went to five countries in SW Asia and I got

to noticing a lot of the kids in the Service play instruments. But, there's not a lot of instruments around for them to play. And of course,



donations with a gift of 100 Gibson Guitars and 100 OHS t-shirts, while Gravely/Ariens have contributed the financial resources to get this program underway. Additional donations include Gorilla and Pignose Amps and Guitars, Black Diamond Strings, Peavey Amps, Forks Drum Closet, Gretsch Electric

# The credit goes to the big-hearted American companies who were so anxious to help us

out.-Charlie Daniels

you can't go down to the corner store and buy an instrument like we can here. So I asked, 'If I can talk some of the people who we do business with into giving us some instruments to send over here, would you see that they would be distributed?' and [MG Hargett] said, 'Well sure; we'll get it done.'... And response has just been overwhelming. I mean, it's just been great. It's an outpouring of support from the American companies.

Henry Juszkiewicz, Chairman and CEO of Gibson Guitar is leading the way in

**GIVING SPIRIT Charlie Daniels and Gibson** Chairman and CEO, Henry Juszkiewicz, join members of the TN National Guard in launching **Operation Heartstrings.** 

Guitars, keyboards from Soundcheck/ Nashville, Rapco International Cords, Shure Microphones, Vic Firth Drumsticks, Ernie Ball Guitar Picks, laptop computers

from Bridgestone/Firestone, CD's from Sony Nashville, DVDs and CDs from Anderson Merchandisers, and keyboards from SIR Nashville.

"We hope to make it an ongoing thing... The credit goes to the big-hearted American companies who were so anxious to help us out," said Daniels.

Tax deductible donations can be made through Stars for Stripes.



www.starsforstripes.com www.charliedaniels.com

# ARARNG SOLDIER ROCKS COUNTRY MUSIC SCENE

#### By Keith Kawasaki

NASHVILLE, TN—There have been many patriotic songs penned by country artists and songwriters, attempting to rally spirits behind our Soldiers. However, songs actually written by Soldiers themselves are a mere handful in the popular music scene, let alone an Army National Guard Soldier who is a recent Veteran of Operation Iraqi Freedom. SPC Luke Stricklin, 22, of the I/153 Infantry, ARARNG is blazing a new path with his hit song "American by God's Amazing Grace." SPC Stricklin sat down for a recent *GX* interview to describe his Guard experience and his rise in the country music scene.

#### *GX* - I love your album, I think it's great. I'm a Hank, Jr. fan and I definitely caught an influence.

LS - I'm hard-core Hank, Jr.

# *GX* - You spent twelve months in Iraq. What was your MOS?

LS - Infantry, and so just patrols and raids and interacting with the local populace everyday.

# GX - How much support did you receive from your family?

LS - Oh, I've got a big family and, you know, the support from them was overwhelming—not only from them, but Family Support Groups are one of the things that are good about the Guard. Guard units are scattered out throughout the States, and when a unit leaves for Iraq from a small town, the whole community comes together.

# GX - Do you want to name any names and give them recognition?

LS - Oh, man, I could sit here and name off just the whole bunch. Alpha company, 1/153 Family Readiness Group is the guys and gals that supported us. I tell ya, our Family Support Group is awesome.

# GX - Do you have a military history within your own family?

LS - I do. Let's see . . . I've got two great uncles. Both of them are captains. They both served in WWII, and they retired out and were regular Army. My grandpa was in WWII. I've got a first cousin that retired out of the Guard as a major. My uncle just retired as fire chief in my hometown, and he retired out of the Guard. He got in at seventeen, and retired out when he was sixty-so he was in the Guard a long time.

# *GX* - Was that an influence on your decision to join the Guard?

LS - Yeah. I was dead set on it, getting in the military in some way, ever since I was a little bitty guy.

#### GX - So projecting ahead, if you and your wife have a child, are you going to encourage him or her to join the military? Or, since you were deployed, would you discourage?

LS - No, I wouldn't discourage it. I'd just make sure they thought it through and I'd support them 110%. I mean, I think there are a lot of people that come right out of high school that could use a little time serving their country. So, no, I wouldn't be opposed to it at all.

# *GX* - Can you tell us about the creation of the song "American by God's Amazing Grace"?

LS - My dad, he was a hardcore country music fan, and he ingrained that in me. And I started writing my own songs when I was 14 or 15, so it's an everyday thing for me. It's my hobby, my passion.

So throughout my time in Iraq, that's what I spent my free time doing. And this particular song, "American by God's Amazing Grace," I wrote it pretty much to answer questions. And they're questions that every Soldier who's served over there or in any other conflict is asked, and that's "what's it like" and "how do you feel about it" and "what's going on?" And your family is so worried as it is, you know? Last thing you want to do is tell them the truth, you know, and like "Yeah, that was me you saw on CNN the other day at the scene of a car bombing" or something like that.

So I just thought, well, I'll write a song and kind of sum up my time in Iraq and answer those questions for them. I recorded it there on a laptop. With the help of technology today, I was able to email it home to my family and friends and my parents.

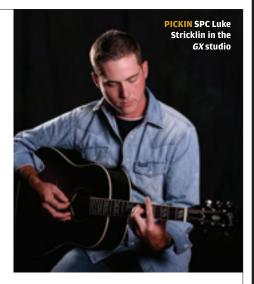
And my mom actually took it over to a local radio station in Arkansas and asked them if they'll play it. You know, I called home a few weeks later, [my parents] said "Hey, we've got your song playing on the radio." And from there, they passed it on to another radio station.

So by the time I got home from Iraq, it had really made its rounds. And that first station my parents took it to set up a concert for me to do at a local venue.

The guy who owned the club actually works for the independent label that I'm on now, Pacific-Time. And I played a couple of songs for him that day, and he said, "I know a guy that's got an independent label. I think he could help you out." I emailed him the song, and he called me back thirty minutes later, and I was in Nashville the next week cutting the album. And after that, it's just been one thing after another, you know, TV shows and the Grand Ole Opry a couple months after that.

#### GX - How about "Things I'm Missing"?

LS - "Things I'm Missing" I wrote about the last week I was there in Iraq. It just pretty much talks about [how] there are so many little things you take for granted in everyday life, you know? And it talks about honest things that may bug you at home. "Man, it's raining outside." And then you go spend twelve months in a place where it only rains three times out of twelve months and you're just, "Man, I just wish I could stand



in the rain," you know? And I'm a big Hogs fan because I'm from Arkansas, and [the song] says the Hogs lost to LSU. Of course, the Hogs always lose to LSU, but you know, whether they lost or not, I still wish I could have seen the game.

# *GX* - You've played DC with Montgomery Gentry and Chely Wright. How'd that go?

LS - Man, that was awesome. I'm a hardcore Montgomery Gentry fan, because you know, they kind of have a modern day Hank Jr. style, so that was a highlight to be able to play with them. And right after the show, we went over and did a private acoustic show in the USO tent for some of the folks that work for the USO and donate their time. There were several guys and gals there from Walter Reed who had been wounded in Iraq. It's good to meet with those guys who've been wounded and see how they're doing. And surprising, you know? Like the one guy I brought backstage, he lost both legs and has two prosthetics, but he's got a spirit in him that cannot be put out . . . You can learn a lot from somebody like that.

# *GX*- How do you feel about playing support shows at different bases? Do you feel a calling to do that?

LS - Oh, absolutely! And I'm trying my best right now to get together with the USO to go to Iraq-that's my ultimate place to go.

## GX - Really? You're trying to get back?

LS - Oh, yeah, man; I'd love to! You know, being gone for twelve months with the Guard, I think if I just volunteered to go back right now with another deployment without being ordered to, I think it wouldn't be right of me to do that to my family and my wife. You know, if I was ordered, my unit was actually deployed –that's different. But I think the USO would be a way for me to get back, get around the guys, you know? I'd love it. You can kind of have an addiction to it. It's bit tersweet memories, you know? I mean, I'm sure other people view it differently being over there. My time in Iraq was bittersweet. In a way, I want to go back. In a way, I don't. Hopefully, we can get something going and get over there.

Check out SPC Luke Stricklin online:
WWW.lukestricklin.com

# **SCARNG HOSTS 1ST ANNUAL** SOUTHEASTERN DRILL CHAMPIONSHIP

I am proud to be able

sponsor an event that

ties the students. com-

members together for

munity and service

a collective cause.

-Tim Elder, title sponsor

## By SSG Brent D. Cobb, SCARNG

GREENVILLE, SC—The South Carolina Army National Guard hosted the first annual Re/Max Advantage Team Southeastern Drill Championship, on October 22nd. The event hosts roughly 40 of the finest Junior Reserve Office Training Corps (JROTC) Units in the southeast. Teams were invited from a fivestate area to attend.

The event directly impacted our Soldiers serving in Operation Iraqi Freedom. Part of the proceeds from the event was used to purchase phone cards to show as many of our brave young men and women how much we appreciate them. We realized that sending large care packages, or anything with a lot of

mass, would slow down the mail system, and we did not want to impede upon any service member receiving a package from home. The phone cards were a perfect fit. Tim Elder, title sponsor of the event stated, "I am proud to be able sponsor an event

that ties the students, community and service members together for a collective cause."

The Governor of South Carolina proclaimed the Southeastern Drill Championship as the Official JROTC Day for the state of South Carolina. Gov. Mark Sanford said, "The event is to encourage all South Carolinians to recognize the many positive benefits that JROTC programs provide our students." The idea of this event is to showcase the skills these young people possess and give them a better sense of belonging.

Master of Ceremonies SSG Brent D. Cobb said, "The event is geared to inform the general public about the JROTC programs and to showcase their skills. It is our goal to help establish a drill competition that will allow every JROTC unit the opportunity to be involved in a high caliber drill event. We brought in several colleges and vendors that support the ROTC program to give the cadets an additional avenue for furthering their education."

Along with the competition, we developed a program with the Boy Scouts of America

named "Shadow a Soldier," which paired a Boy Scout with a National Guard Soldier throughout the event. The project was headed by Life Scout Isaac Elder of Troop 715, South Bounder District, Blue Ridge Council. After taking on this great responsibility, it became his Eagle Project. Isaac successfully managed the transportation and job duties of over 100 Boy Scouts from the Blue Ridge Council area. The Adjutant General of South Carolina, MG (ret.) Stanhope S. Spears, presented Life Scout Isaac Elder with a letter of commendation on a job well done. MG Spears said, "As a former Boy Scout and Distinguished Eagle Scout, it was a great pleasure [for me] to commend Isaac on his performance. Without young people like this, events of this nature would

not be possible."

Bravo Company, 1st Battalion, 118th Infantry Mechanized from Fountain Inn, South Carolina provided the majority of support for the event. They secured four Bradley Fighting Vehicles, a 2.5-ton truck, several HUMVEE's,

camo netting and a full weapons display.

Guard families and friends were also able to view a professional drill team at the competition. The New Guard Tandem Exhibition Drill Team, from Virginia, conducted a dynamic routine during the mid-day break. The team holds seven Guinness Book records and has won numerous awards and honors with its bayoneted rifle routine.

Throughout the day, there was an enormous numerous of activities and exhibits to participate in, including the Close Combat Tactical Trainer (CCTT). "The CCTT is the training system we use to ensure our Soldiers are properly trained on movements and engagements of hostile forces," said SSG Jason Gregory, 118th Infantry. This system allowed the general public to get a feel for commanding, driving and operating the Bradley Fighting Vehicle. Recruiting and Retention Command of SC had a 40-foot rock wall for climbing, along with other interactive displays. The Marine Corps, Air Force and Navy also had static displays on site. SGT Richard S. Murphy said, "It was our intent to allow the JROTC Cadets the opportunity to interact with all the service branches and see that the National Guard is by far the best of the best. We wanted the cadets to be able to move around the area without being harassed and allowed to freely ask questions about any branch of service." SGT Murphy is the co-founder of the event and was directly responsible for the logistical lavout and site plan.

SSG Cobb stated, "It was a great honor to be able to facilitate an event of this nature and to be able to host the Southeastern Drill Championship on behalf of the SCARNG. It gives the community the opportunity to experience the many talents of our youth and actively be involved in supporting the JROTC programs."

TEL: 864-862-0064 EMAIL: cobber.cobb@us.army.mil richard.s.murphy@us.army.mil





# IT'S THAT TIME OF YEAR AGAIN!

Experts from Jackson Hewitt Tax Service<sup>®</sup> offer some helpful tax tips for all Military Personnel to consider before filing their income tax returns.

- As a member of the United States Armed Forces, you have special tax considerations. You get even more special tax benefits if you are serving in an area designated or treated as a combat zone or serving in a qualified hazardous duty area.
- Military differential pay, the voluntary payments by your employer to represent the difference between your regular salary, prior to being called to active duty and the amount being paid by the military is not considered wages.
- Reservists who stay overnight more than 100 miles away from home while on a drill or meeting, may take an above the line deduction to income for their travel expenses.

- As a member of the armed forces you may be able to deduct unreimbursed employee business expenses for professional dues, subscriptions to professional journals, educational expenses, and uniform expenses (only if military regulations prohibit you from wearing it off duty).
- Payments you receive for a disability caused by personal injuries or sickness resulting from the performance of your duties are tax exempt, and are not treated as disability income or annuities.
- ✓ If you attended the U.S. Military, Naval, Air Force, Coast Guard or Merchant Marine Academies and withdraw funds equal to the cost of advanced education from your Coverdell ESA or a Qualified Tuition Program, you may not be subject to the 10% tax.
- ✓ You may elect to include combat pay in the earned income computation for the Earned Income Credit. Including combat pay in this computation will not make combat pay taxable.

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# **BROTHERS IN SERVICE:** WYARNG FAMILY HOMECOMING

By Micah Sturr Laramie Boomerang

LOVELL, WY—Lovell's Roger and Janice Hiser have thirteen children. Three of them, William, Stacey and Steven, returned to Wyoming with the Wyoming Army National Guard's 133rd Engineer Company on Sunday morning.

The youngest (but not the littlest) brother, Brian, served as an MP in Iraq and said he didn't want his three older brothers coming to war. (Sister Natalie is a full time Guard member and was deployed to Louisiana in the wake of hurricane Katrina.)

"I didn't want them over there when I found out they were coming," Brian said.

The brothers all returned whole, and Brian said it is comforting to have brothers who can empathize with his wartime experiences.

"It's something that we can talk about. We can relate to each other," Brian said.

Brian traveled from Baghdad and visited William, Stacey and Steven and said he was glad his brothers weren't subjected to the daily attacks he faced. William, Stacey and Steven did have to deal with roadside bombs and mortar fire as they laid roadbeds that would be paved by Iraqi contractors.

"We're just glad they can't aim," Steven said.

Roger said he doesn't worry about his children because he doesn't have control of the situation. The former Marine said he simply tried to teach responsibility, and he never encouraged or discouraged his children from joining the military.

"They know their responsibility and didn't whine or try to get out of it," Roger Hiser said. "It's country folk. People don't put on airs and are down to earth in Wyoming. They like the solid lifestyle. People in Wyoming get involved. This all translates into service for country and other individuals. You're never too busy to help other people."

HAPPY CAMPERS Steven Hiser greets his young nephew, Casen, as he and his brothers arrive home.





Courtesy of Child's Play Communications

NEW YORK, NY—On Nov. 22nd, the stars of the Discovery Channel's hit show "American Chopper," together with K'NEX, donated 1,000 K'NEX OCC™ motorcycle sets to the USO's Outreach Centers for military families and the Walter Reed Hospital for injured Soldiers.

Members of the Armed Forces were on hand for the presentation at FAO Schwartz in New York City. In addition, a life-size OCC<sup>™</sup> (Orange County Choppers) chopper made mostly from K'NEX parts was unveiled at the

# K'NEX, OCC DONATE TOYS

**BIKES FOR TIKES** The guys of Orange County Choppers and Miss USO hang out with some of the lucky kids and their new K'nex toys.

event and will be auctioned off at a later date, with proceeds going to the USO.

Paul Teutul, Sr., Paul Teutul, Jr. and Mike Teutul of Orange County Choppers and American Chopper presented the donation along with Diane Adams, vice president of sales and marketing and Michael Pisors, brand manager at K'NEX. Accepting the donation was Phyllis Criscuoli, vice chairman of the board of directors of USO, New York.

Now is the time of year to give thanks to those who have served our country, and the OCC stars and K'NEX are happy to make this contribution to service members and their children.

Founded in 1992, K'NEX Industries was established to make and sell what has

become one of the world's leading integrated construction systems for children. Winner of over 150 international awards and recognitions, K'NEX seeks to build young minds with its exciting product line and critically acclaimed K'NEX Education program.

Orange County Choppers,<sup>™</sup> based in Rock Tavern, NY, officially began in 1999 when Paul Teutul, Sr. recruited his son Paul Jr. to become the chief fabricator and designer. Over the past five years, Orange County Choppers has garnered worldwide praise and recognition for their custom motorcycles, which are considered by many to be "sculptures you can ride." The phenomenally successful Orange County Choppers TV show has been renewed through 2008. **GY** 

www.knex.com www.orangecountychoppers.com

# WYARNG SOLDIER NAMED RRNCO OF THE YEAR

Courtesy of National Guard Bureau

WASHINGTON, DC—The National Guard Bureau is pleased to announce the FY05 ARNG Recruiting and Retention NCO of the Year—SFC Rodger Harder from Wyoming, representing RRAC VI.

SFC Harder is a two-time Chief's 54 winner and two-time winner of the RRAC VI RRNCO of the Year Award. He is actively involved in his high schools, his units and throughout the community in which he recruits and retains quality Soldiers in the ARNG. He epitomizes the skills, knowledge and abilities of a successful RRNCO and is well deserving of this award.

SFC Harder will represent the ARNG at the Secretary of the Army Recruiting and Retention NCO of the Year Awards Ceremony hosted at the Pentagon, as well as several other events throughout the year.

Below are all of the RRAC RRNCOs of the Year who competed in this year's competition. Each are to be congratulated for their outstanding accomplishments!

- ★ RRAC ISFC Cheryl Nolan, NH
- ★ RRAC IISFC Donald Fleming, WV (Third Place)
- ★ RRAC IIISFC Bobby Jones, KY
- ★ RRAC IVSFC Jason Wesaw, MI (Second Place)
- ★ RRAC VSFC Gerald Johnson, MO
- RRAC VISFC Rodger Harder, WY (First Place)
- ★ RRAC VIISSG Ricky Webb, AZ

## **CURRENT RECRUITING**

The Guard is meeting or exceeding it's recruitment goals as 2005 winds down:

**110%** of the Guard's recruiting goals were met for October and November

**95%** of the Guard's end-strength goal has been met

Below is a list of the ro key areas that attributed to the success of those RRNCOs who competed for the ARNG RRNCO of the Year. These are the characteristics we need to weave through the fabric of our entire RRF.

**1. ATTITUDE** It's all about attitude. You not only sell the ARNG, you sell yourself. Most people will join the ARNG because of you and how you carry yourself. The features, benefits, etc. come second only to you.

**2. WORK ETHIC** Work hard, do what you need to do to be successful, do what's right. The number one Army Value they attribute to their success was integrity!

**3. TEAMWORK** Work with other RRNCOs on your team, help them be successful. It's not all about you, it's about the team, it's about all of us being successful.

**4. COMMUNITY INVOLVEMENT** OWN your community. In my community, I am the ARNG. Everyone in my community knows what the National Guard is and who to talk to. I make sure of that.

**5. UNIT INVOLVEMENT** Your unit is your family. You are a key part of the unit leadership. Be involved in every aspect of what the unit is doing.

**6. FAMILY SUPPORT** Take time to spend with your spouse, kids, parents, significant others, etc. No matter how busy you get, keep your priorities straight. Your family is key to your success.

**7. PASSION FOR THE GUARD** You've got to love what you do and what you stand for. The Guard is the only organization that does what we do (State and Federal). You should walk and talk the Guard everywhere you go.

**8. ABILITY TO DEVELOP RELATIONSHIPS** Spend time with people, don't just use them. Get to know your COIs, VIPs and other service recruiters. Know everything about your applicants/soldiers. Don't just enlist them and leave them, be there for them if they need you. You are their warranty.

**9. DISCIPLINE** Some days you just don't feel like playing, but you do it anyway. PT everyday, your body and mind need it. Make the calls you need to make. Visit your high schools at least once a week. Do the things you know you need to do regardless of how you feel—that's discipline.

**10. LEADERSHIP** Be a leader in your community, in your unit, with your applicants and in all you do. You represent yourself, your unit, your community, your State, the entire Nation. Be a leader in all you do. Set the example, set the standard!

Comments provided by the FY05 nominees for the ARNG RRNCO of the Year Award

IN GOOD COMPANY RRAC VI SFC Rodger Harder displays his RRNCO of the Year trophy in the company of family and NGB leadership.



#### GX INTEL >>

# HARLEY-DAVIDSON: A PROUD TRADITION OF SUPPORT

Harley-Davidson allows

to their country, while

are being taken care of.

Soldiers to fulfill their duty

knowing that their families

#### By Andrew Nixon

In 1903 William S. Harley and Arthur Davidson produced their first operational motorcycle, essentially a bicycle with an engine. From this humble beginning, the dreams of these two young men would quickly lead to the realization of the Harley-Davidson Motor Company (H-D) and eventually to fame and fortune. The company never lost sight of itself, though, and made sure to give back to those who made its success possible, namely, its employees. This has never been more evident than in Harley-Davidson's partnership with the United States Armed Forces.

At the outset of World War I, H-D began its affiliation with the military, producing nearly 20,000 motorcycles for the Army. Just over twenty years later, WWII placed H-D back into this partnership, as the company suspended virtually all civilian production in favor of building almost 90,000 bikes for

the military. Since forging these ties over fifty years ago, H-D has continued to work closely with the Armed Forces, particularly in support of its

employees who have military obligations.

This support network became an official reality in 1972, when the Department of Defense created a new office, the Employer Support of the Guard and Reserve (ESGR), with the purpose of promoting cooperation and understanding between Guard and Reserve members and their civilian employers. The new office established standards, which eventually became the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA), for employers to follow in the event that members of their staff were called to duty. ESGR also acts as a consultant for companies who want to make sure their HR policies comply with USERRA law.

Throughout the decades, Harley-Davidson has strived to make sure its corporate policies go above and beyond the USERRA requirements. Upon mobilization, the employee receives frequent care packages, pay differential, continued health and life insurance, for family as well, and 401(k) benefits. Most importantly, though, the company holds deployed employees' staff positions until they return from duty.

One example of the company's caring was in 2003, when an Air Force Civil Engineering Reservist was activated to serve in Iraq. Harley-Davidson's HR staff routinely contacted the spouse of the Reservist to check on her status and make sure she was okay. The personnel office also kept her updated on pay and benefits issues, actively communicating throughout her husband's deployment.

Also in 2003, the company's CFO signed an ESGR Statement of Support, which effectively declares to the public the unflinching support the company holds for its Guard and Reserve employees. The extensive publicity and media coverage of the event generated interest from other employers who followed

Harley-Davidson's example. Within six months, four more Fortune 500 and Fortune 1000 companies signed Statements of Support. In addition,

almost 100 other local employers and elected officials followed suit. Less than a week following the Statement of Support signing, H-D proudly raised a Blue Star Service Banner at its national headquarters in Milwaukee. The Blue Star Flag tradition dates to 1917, when family members flew or displayed flags as relatives served in the war. Today the tradition is carried on by companies to show support for their activated Guard and Reserve employees.

For all of its countless efforts, Harley-Davidson was presented with the Secretary of Defense Employer Support Freedom Award in 2004, an award created to publicly recognize American employers who provide exceptional support to their employees who voluntarily serve the nation in the National Guard and Reserve. It is the highest award an employer can receive from ESGR, representing a publicly-acknowledged milestone for Harley-Davidson.

It is estimated that about fourteen percent of H-D employees are Guard or Reserve members, so the company's support is showing no signs of slowing down. In fact, the company continues to develop innovative programs to support Guard and Reserve members. The company has started a new military tradition by awarding the first Genuine Hero Award for dedication and military service to the United States. The award is presented to a man or woman who has made a positive impact in the community through extraordinary display of patriotism, citizenship, wartime heroism or community service. The company also sponsors numerous military-related charity events and donates thousands of dollars to veterans' organizations, but perhaps most importantly, when Reserve and Guard members return from duty, they are greeted with celebrations from their friends and coworkers. One reservist recalled how he was honored in a quarterly meeting attended by 500 people.

Now more than half a century old, Harley-Davidson's close relationship with the military continues to evolve. Begun simply as a business deal to build motorcycles for the Army, it has now become a full-fledged partnership of support that provides the brave men and women of the National Guard and Reserves financial security and peace of mind during deployment. It allows these Soldiers to fulfill their duty to their country, while knowing that their families will be taken care of during their absence, and they, themselves, will be welcomed back with open arms when they return.



www.esgr.org www.harley-davidson.com



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# **GUARD ENGINEERS** HARNESS THE BUFFALO



By SPC Seymour, 140th RTI PAO

The silhouettes of moving vehicles are seen against a desert morning sky. Convoys of military vehicles have passed this way before, but a patient and deadly enemy hides in the open, waiting. He is not prejudiced. Any prey will do. He needs just one, faintly unaware or slightly out of line with the others... then the morning's silence is alive with distress, chaos and death.

Coalition troops deal with about 260 improvised explosive devices (IED) a week." They experience more incidents involving IEDs than the number of enemy soldiers engaged in small arms fire and indirect fire put together. The MOARNG'S IIOTH These things are

The MOARNG'S 110th Combat Engineer Battalion has been joined in the fight by the NDARNG'S 164th Engineer Battalion. These

Soldiers attended the Route Reconnaissance Clearance Course (RRCC) together at the Countermine Training Facility, Fort Leonard Wood, MO, to train with Mine Protective Clearance Vehicles (MPCV), and together they are heading to Iraq to seek out these killers before fellow Soldiers find them by accident. Enter the Buffalo, the Meerkat, the Husky and the RG-31, the Army's cutting edge new defense against enemy explosive booby traps.

\*According to June 2005 statistics, provided by Counter Improvised Explosive Device Task Force, Maneuver Support Center, Fort Leonard Wood.

saving lives . . .

-SSG Robert Koppenhofer

everyday.

SLEEPING BEAUTY The Buffalo's unwieldy exterior masks it's "Cadillac comforts" and superior safety

"Route clearance was done with Humvees, and IED's were spotted visually," said SFC Keith Newman, NCO in charge of the RRCC. "Soldiers would have to get out of the vehicle to clear the area, and Soldiers out in the open, without blast resistant vehicles, were vulnerable."

SSG Lekendrick Stallworth, an RRCC training instructor, was trained on MPCV vehicles while in Iraq and is now training Soldiers on the equipment at Fort Leonard Wood. "We're not even able to [issue] licenses yet it's so new," said Stallworth. "We're the

only training site with the MPCVs."

"New or not, word has spread quickly, and these mine-protected vehicles are already well known

to these National Guard troops," said SSG Joseph Magruder, 110th, Company C. "The area where we're going has a large number of

IEDs and VBIEDs (Vehicle Borne Improvised Explosive Device)," he said. "I'd rather be doing this than a lot of other things. It's already battle tested, and no one has died in one of these."

"This family of vehicles is the tip of the spear in blast protection technology, and the heavily-armored V-shaped underbelly is designed to divert the direct impact of the blast rather than absorbing it," said SSG Robert Koppenhofer, RRCC training instructor.

That means active Army, Reserve and National Guard engineers will be taking measured risks so that foot Soldiers and military convoys won't have to. "Route clearance was the most dangerous mission for combat engineers," said SGT Guy Stevens, 164th, Company A. "It's improved a lot. It's gotten much safer."

Each vehicle is ballistic and armor protected against landmines, hostile enemy fire and roadside bombs, and each is commissioned to wipe out the threat. "These vehicles work as a package," said Newman. "The Meerkats and the Huskys detect and mark anything that looks suspicious, and the Buffalo investigates what it is, while the RG-31 pulls security for the group."

The Buffalo is perhaps the most recognizable in the armada. The six-wheeled vehicle stands higher than nine feet, has a length of nearly twenty seven feet and weighs about twenty four tons.

The Buffalo also employs a thirty-foot remote-controlled arm, with what the Guard members jokingly call a "spork" (spoon/fork) affixed to the end, to manage suspicious items. This helps distance the Buffalo's human cargo from a potentially deadly blast. Also, attached to the robotic arm is a day/night function camera that allows the team to investigate up-close what the "spork" is handling thirty feet away.

"Aside from the obvious safety features, Guard Soldiers are very pleased with the Buffalo's 'Cadillac' comforts," said Magruder. All the vehicles in the MPCV series are equipped with luxuries such as comfortable seats, a spacious cab, air conditioning, individual rifle racks and three large ballisticviewing windows on each side.

Whether you value the Buffalo for its beauty or its beast, all agree it's worth its weight in gold. "These things are saving lives ... everyday," said Koppenhofer.

GIANT SPORK The Buffalo's giant swinging arm, dubbed the "spork" by troops who use it, helps keep explosives at a safe distance.



# **ARNG TO MAKE MOVIE**



ACTION Director Klaus Obermeyer shooting on location for the upcoming National Guard film.

WASHINGTON, DC—The Army National Guard is making a movie!

The film will be shown in 9,000 movie theaters across the country beginning in the summer of 2006.

The Guard is unique because it exemplifies the Citizen-Soldier, with emphasis on Americans serving Americans.

We need your stories of heroism in the face of natural disaster, the bravery involved in daring rescue missions, and above all, stories of neighbors helping neighbors.

Send us examples of people you know that through their actions and character, exhibit the spirit of the Army National Guard.

1/184TH SOLDIERS BRING WHEELS TO IRAQI MAN

#### By SPC Dan Balda Courtesy of Army News Service

BAGHDAD, IRAQ – U.S. troops frequently bring humanitarian aid to residents of small villages around Baghdad. The projects often take the form of food, soccer equipment and medical aid. But Soldiers of 1st Battalion, 184th Infantry Regiment recently delivered something a bit out of the ordinary to one small farming village: an "arm-cycle" for an Iraqi man who lost his legs as a teenager.

The 1/184th Soldiers have frequently visited the village—little more than a small collection of thatched homes in the middle of a farming area—and informally named it "Estradaville" in honor of one of their fellow Soldiers who died while on leave in California.

Mohammed, the head of the clan, struck CSM Coronado as different, not because he has lived without legs since losing them in a car accident when he was 13, but because of how hard he worked without them.

"This guy has specially rigged a tractor so he can still plow his fields, and he is going out every day looking to do some kind of work," CSM Coronado said. "I've got Soldiers who complain about working too hard here. I tell them to come out here and see how productive Mohammed is."

Mohammed had not been able to be as productive as before since his wheelchair broke and he was forced to rely on his nephew or his own hands to get from his house to his tractor.

CSM Coronado decided to do something about it. He went to his motor pool in search

of a mechanic willing to build something adapted for Mohammed's needs. He found a group of people who were not only willing and able, but who didn't mind putting in extra hours each day on top

of the normal work day at Forward Operating Base Falcon.

One Soldier was especially qualified to help CSM Coronado with his vision. SGT Edward Dominguez, a mechanic assigned to HHC, is a mechanical designer back home in Irvine, CA. He assured CSM Coronado that he and his Soldiers could do the job. "We had no parts, no materials," SGT Dominguez

said. "We found a lot of scrap lying around the motor pool."

Once they had the beginnings of the arm-cycle, SGT Dominguez modeled the concept on his computer in three days. The Post Exchange store donated broken bicycles and one of CSM Coronado's Soldiers picked through the junkyard.

The arm-cycle was completed in three months,



Contact Chris Cantwell with your stories, questions, suggestions, and ideas.

# chris@americanrogue.com

Please copy Lisa Ruschioni: lisa@americanrogue.com

including many nights where SGT Dominguez stayed up until midnight or later.

Soldiers don't collect overtime pay, but SGT Dominguez said he was repaid more than he could have hoped when he accompanied the Soldiers who presented Mohammed with his new mode of transportation.

"This is the best feeling I've had in a long time," SGT Dominguez said. "It's like a little

kid on Christmas. It's hard to live in this country as it is ... He does what he can for his family, his clan. I'm just glad that we could help this guy and to see that we are really doing something here," SGT

Dominguez said. "This makes all the hard hours worthwhile."

Editor's note: SPC Dan Balda serves with 4th Brigade Combat Team PAO.

GRATITUDE Mohammed thanks SGT Edward Dominguez, chief designer of the armcycle, saying, "You are now my brother."



WWW.GXONLINE.COM > 019

# This makes all the hard hours worthwhile. -SGT Edward Dominguez

# ARARNG AIDS LOUISIANA HURRICANE CLEAN-UP

By SPC Tegan Kucera, 111th Press Camp, NEARNG

BELLE CHASSE, LA—Now just shells of the houses they once were, many homes have to be totally gutted after hurricanes ravaged a large part of New Orleans.

In an effort to make it easier for the citizens of the St. Bernard Parish, members of one Arkansas Guard unit are going from house to house removing heavy appliances that were rendered useless because of damage caused by Hurricanes Katrina and Rita.

Three hundred Soldiers from different Arkansas ARNG units are making the lives of citizens better by removing debris from the houses. They are also helping by providing security and handing out food, water, and ice at various points

of distribution. The Soldiers, in turn, feel as though their efforts are worth the work.

"I'm just glad to be down here to help out the residents and to

show our care and concern in helping them get back on their feet," said SGT Marcus Hutto, a Combat Engineer in the 875th Engineering Battalion's Alpha Company.

SGT Hutto is part of a five-man team that enters the houses and removes furniture. He said the hurricanes have made some of the removal interesting. In one instance, they had to remove a car from a bedroom.

SGT Hutto said the first house they entered to clean was pretty dramatic. He said his team didn't know what to expect, and the amount of debris to be removed amazed them. He added, however, that the "looks of appreciation on the residents' faces" makes their efforts worthwhile."The best part is probably the reaction when we finish because they (the residents) are just relieved that they don't have to do it," SGT Hutto said.

SPC Benjamin Meyer, a combat Engineer with Alpha Company, agreed with SGT Hutto's assessment. "They are so happy to have someone come to help them," he said. SPC Meyer said that the smell of rotting food

and stagnant water is tough to deal with at times. He said on one occasion he was warmed when a small .child thanked him.

"The little kid said to me, 'Thank you Mr.

Army man.' It really touched me when that happened," SPC Meyer said. He also said that moments like that make the malodorous smells easier to tolerate.

SGT Hutto and his crew will be in Louisiana for only three weeks. This is after two weeks in Mississippi where they cleared





DEMOLITION SGT Marcus Hutto tears out part of a damaged doorway to make it easier to remove items from the house.

off roads and cut tree branches in Hancock County. He said that he will not mind if he is needed longer because he feels good about helping people.

"If they need our help, I'm willing to stay and help because I have a very strong heart to help other people," SGT Hutto said. He said others have helped him in times of need, and he wants to do the same for others.

SGT Hutto thinks this is a mission that shows what the National Guard is about. He said humanitarian missions are the back bone of the National Guard and show that Guard members are not just "weekend warriors."

Arkansas Guard members that comprise Taskforce Gunslinger are also at the WalMart parking lot where citizens can request assistance. There are three other areas where citizens can go to get food, water and ice. These missions will be continuing for as long as they are needed.

According to information provided by the Task Force Gunslinger, there have been 1,110 requests for National Guard cleanup assistance. So far, 767 homes have received assistance. At the end of November, civilian companies were contracted to take over the job.

"The Soldiers like it here because they see in the people's eyes that we are helping them," said ISG Charles Cagle who is with headquarters from the 2nd BN.

"I felt like I needed to pay my respects and help them get them back into the safe environment that they were living in before the hurricanes hit," SGT Hutto said.

MOVING OUT SPC Benjamin Meyer helps carry out damaged furniture in St. Bernard.

# I'm just glad to be down here to help out the residents and show our care and concern.

-SGT Marcus Hutto, ARANRG

# **28TH ID SHINES AT BRIGHT STAR**

By MAJ Joseph Foran, 28th ID PAO

EGYPT—If you've spent any amount of time in the U.S. Army, you've heard of this exercise. It's Army Central Command's (ARCENT) largest exercise held in the Egyptian desert every other year—thousands of Soldiers, Sailors, Airmen and Marines from many countries, working together, learning from each other and conducting challenging training in the harsh conditions of the Egyptian desert.

The exercise was cancelled in 2003, but in 2005 it returned, bigger than ever. A record number of countries participated, and for the first time, an Army National Guard Division HQ was put in charge of the Field Training Exercise (FTX). This honor fell to "The Keystone Division," Pennsylvania's own 28th Infantry Division (Mechanized), the oldest Division in the US Army, an honor that the Soldiers of the 28th attacked with vigor.

The accomplishments

of the 28th at Bright Star

cannot be understated.

-MG Wesley Craig, CG 28th ID

"Iam tremendously

proud of the accomplishments of our Soldiers during Bright Star" said MG Wesley Craig, Commanding General, 28th ID

SGT PAUL LOWRY; SPC JOANNE PAE

MECH. "This exercise required months of planning and coordination. Their hard work, and the hard work of our Advance Party, set the stage for our success at Bright Star."

Bright Star grew out of the Camp David peace negotiations between Egypt and Israel. First conducted as a joint ground training exercise between the U.S. and Egypt, it has grown into a coalition Combined/Joint exercise with 13 nations invited to participate using air, sea and land forces. Bright Star consisted of an amphibious landing, a coalition airborne drop, Affiliation Training, an



Affiliation Training consisted of classes and demonstrations of tactics and methods used to plan and conduct military operations, as well as several live-fire ranges. The 28th sent personnel as part of the Divisions' Advance Party to participate in Affiliation Training, and they found it very rewarding. "The Military Decision Making Process (MDMP) class went very well," said MAJ Mark O'Hanlon, Chief of Plans for the 28th ID. "Walking in, I didn't know what to expect. What I found was a high level of enthusiasm and professionalism from all of our partners in the exercise."

MAJ O'Hanlon explained that his course on the MDMP discussed the process that U.S. military units use to plan for operations of all types, from training to humanitarian aid

missions to combat operations. He described the audience of Greek, Jordanian and Egyptian Soldiers as "very interested, very good students

who asked a lot of excellent questions".

One of the benefits of the FTX for the 28th was the nature of the forces it would command in its Task Force: Marines from the 13th Marine Expeditionary Unit (MEU), mechanized infantry from Jordan, a tank company from Egypt, and a Dutch airmobile infantry battalion. In addition, the Division HQs could call on units of the Egyptian Air Force, an Army Aviation TF, and the US Marine Air Wing assigned to the 13th MEU.

Prior work in Bosnia and Kosovo had taught the Soldiers of the 28th ID how to work with

coalition counterparts. Multiple BCTP Warfighter Exercises, joint training exercises with the PA Air National Guard, and multiple deployments to Operation Iraqi Freedom gave experience in planning and controlling these aviation assets.

HEAVY METAL 28th Infantry Division's 1/104th Cavalry complete a Heavy Equipment Transport (HET) movement



MIXED MESSAGE (L-R) GEN Khyrat, BG Beck, MG Craig, LTG Whitcomb and MG Mokhtar listen as the Actions on Objective phase of the operation is briefed

"We use MDMP every time that we need to plan something. Going through the process for such a large combined and joint exercise forced us to be more deliberate and think more about what we were doing to be sure that we were communicating clearly to our coalition partners," said Chief of Staff COL Kevin Peter. "This helped us do a better job."

On September 25, the FTX got underway as allied warplanes roared overhead while U.S. Marines and Egyptian, Jordanian and Dutch Soldiers attacked the defending forces. The plan called for the Mechanized troops to attack the front and flank of the enemy positions, while the airmobile units attacked his rear. While the defending forces, consisting of Egyptian Armor and Mech Infantry, as well as a troop from 104th Calvary, put up a good fight, they were overwhelmed by the speed and lethality with which the Keystone Task Force attacked and seized its objective.

At the close of the FTX and the 28th ID's role, the exercise continued on with a Command Post Exercise while the Division began preparation for the march home. The Division's leadership looked with pride on the accomplishments of Bright Star.

"The 28th's participation in Bright Star is a validation of the One Army concept," stated MG Craig, "We took a Division headquarters, pulled Soldiers out of civilian jobs, moved them across seven time zones, and dropped them into a Joint/Combined fight using a coalition of four different countries. We did all this safely, taking care of each other along the way. The accomplishments of the 28th Infantry Division at Bright Star cannot be understated and are just another example of why some of the finest Soldiers in the United States Army wear the Keystone on their shoulder."



## GX INTEL



America can only be

the land of the free

home of the brave.

so long as it is the

-BG Jimmy G. Welch, TNARNG

# VICTORY IN 2005

#### By Keith Kawasaki

The Army National Guard has more than proven its place among the branches of our Military. It is impossible for any to contest the importance of the National Guard's role in American defense and the American community.

In the year 2005, the Army National Guard has played a vital role in the establishment of two democratic nations (Afghanistan and Iraq) on their way to stable

foundations, and has safeguarded and cared for millions of men, women, and children living in those nations. The Guard has been central to relief efforts in Indonesia, and security and support missions in Eastern Europe, while simultaneously saving and helping rebuild the lives of the hundreds of thousands of victims of Hurricanes Katrina and Rita.

In conjunction with these grand accomplishments, there has been a continuing

rise of support from the American people. Millions of Americans are rallying for their Soldiers. The Department of Defense's online Military support hub, America Supports You, celebrated its one-year anniversary in November. The growth of this site over the past 12 months has been nothing short of hulk-like proportions. America Supports You has received over 157,000 messages of support from the American public, and has a growing list of 18 corporate partners and over 170 grassroots organizations. CMT (Country Music Television), a major cable television network, launched American Soldier, a beautiful tribute to the fine men and women serving in the 48th BCT, deployed to Iraq. CMT follows these Soldiers and their families, capturing the heartache, devotion, and intense honor of great Americans serving our

country. Teenager Shauna Fleming's "A Million Thanks" thank-you letter campaign reached its 1.4 millionth letter. Soldier's Angels, a nonprofit support group, reported in their December news-

letter they've sent over 100,000 care packages to Soldiers overseas and flights have been provided to more than 100 families to be with their wounded hero upon return to the states from Germany. These examples are just the tip of the iceberg.

For complete updates, visit
www.americasupportsyou.mil

# 2005 HIGHLIGHTS

- Thanks to the support and security of the Army National Guard, along with Coalition partners, Iraq held safe elections for its Transitional Assembly on Jan. 30. On Aug. 22, the Assembly announced a draft of the Iraqi Constitution. On Oct. 15, the Iraqi people approved their Constitution. And on Dec. 15, millions of Iraqis went to the polls yet again and democratically elected their government officials.
- The Army National Guard and Coalition Forces are patrolling around the clock to rid the Iraqi landscape of the thousands of munitions and explosives buried by the enemy. From May through November, a total of 1,458 weapons caches were found in Iraq. In just the week between Nov. 26 to Dec. 2, Multi-National Force-Iraq reported 164 IEDs were cleared and 446 anti-Iraqi forces were detained.
- The Afghan National Army now numbers approximately 30,000 and is a nationally recognized institution with a nationwide presence. Prior to Sept. 11, 2001, Afghanistan had no national security institutions and no military traditions.
- Safe elections for the new Afghan government's legislative body, the National Assembly, were held in September 2005.
- Over 48,000 Guard Soldiers from all our states and territories deployed in support of American citizens affected by Hurricanes Katrina and Rita. Over 50 million pounds of ice, over seven million gallons of water, and over 10 million meals were distributed to the populace.

AFTERMATH An ILARNG Soldier hands a care package to a Gulf Coast hurricane survivor.



# VICTORY IN 2006

## By Keith Kawasaki

In 2004, National Guard Bureau Chief LTG H Steven Blum told GX the future of the National Guard looked bright, and opportunities for new training were enormous (Issue 1.4).

The year 2005 answered that prediction, and we are confident 2006 will do the same. The Guard, despite its 369 years, still continues to evolve and shape to the times and developments of warfare – making it a modern and viable force at home and abroad. The Guard steps up and delivers. Expect continued improvement of benefits – the track record is good. In 2005, Servicemembers' Group Life Insurance coverage increased from \$250,000 to \$400,000, re-up bonus windows were extended, and the NGB pledged active support for employment programs such as Hire a Hero.

In addition, the Guard continues to develop its training programs, as evidenced by innovative Counter Improvised Explosive Training in Missouri, Critical Combat Arms Training in New Mexico, and Fierce Combatives Training in Pennsylvania, among many other programs.

According to the National Guard Bureau's website, the National Guard has three priorities driving its mission:

# 1. TheNational Guard's number one priority is the security and defense of our homeland, at home and abroad.

- TheNational Guard's second priority is to support the Global War on Terrorism here and abroad.
- **3.** Americainsists on a relevant, reliable and ready National Guard that is transformed for the 21st Century.

These three priorities will dictate the National Guard's role in the President's three-pronged strategy for victory in Iraq, announced in late November.

## THE POLITICAL TRACK:

To help the Iraqi people forge a broadly supported national compact for democratic government, thereby isolating enemy elements from the broader public.

## THE SECURITY TRACK:

To develop the Iraqis' capacity to secure their country while carrying out a campaign to defeat the terrorists and neutralize the insurgency.

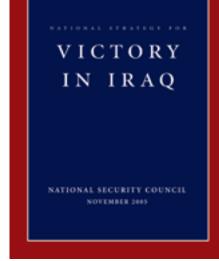
## THE ECONOMIC TRACK:

To assist the Iraqi government in establishing the foundations for a sound economy with the capacity to deliver essential services.

Thanks to several new incentive programs, including the new G-RAP (Guard Recruiting Assistance Program, see page 40) Guard strength numbers are on the rise. According to a National Guard Bureau press release dated Dec. 12, the Guard exceeded their November goals at 110 percent. American men and women are answering the call of their country.

Find out what you can do to help recruit a force that is ready and able, check out: www.guardrecruitingassistant.com.

And what does 2006 mean for GX? We will continue to deliver the good news – i.e., stories about all those schools being built in Southwest Asia, stories of youth programs and opportunities, support organizations rallying the American public in proactive patriotism, homecoming stories, HOOAH-type gear and



training stories, and a few surprises. A great example of the latter is our ongoing special feature following the 1/34th Brigade Combat Team throughout their entire deployment and eventual homecoming (see page 78).

Get involved! Send us your stories throughout the coming year. We at *GX* strive to answer Defense Secretary Donald Rumsfeld's repeated call for a media that relays an accurate picture of the War on Terror and the victories of our Military. We hold dear these words spoken by the Defense Secretary:

"We are all Americans. We are all in this together, and what we do today will not only impact us, but it will surely impact our children and our grandchildren and the kind of world they'll live in."



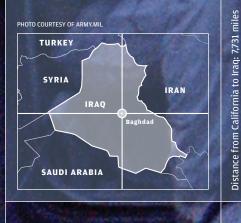
We need your help to shed light on the heroic efforts of American Soldiers. Send your submissions and photos to

# editor@gxonline.com

We are all Americans. We are all in this together, and what we do today will not only impact us, but it will surely impact our children and our grandchildren and the kind of world they'll live in. -President George W. Bush

# NIGHT SHIFT Baghdad, Iraq

CAARNG Soldiers from Company D, 1st Battalion, 184th Infantry (Air Assault) rally with Iraqi commandos to conduct Operation Clean Sweep November 8, 2005, near Baghdad. 02

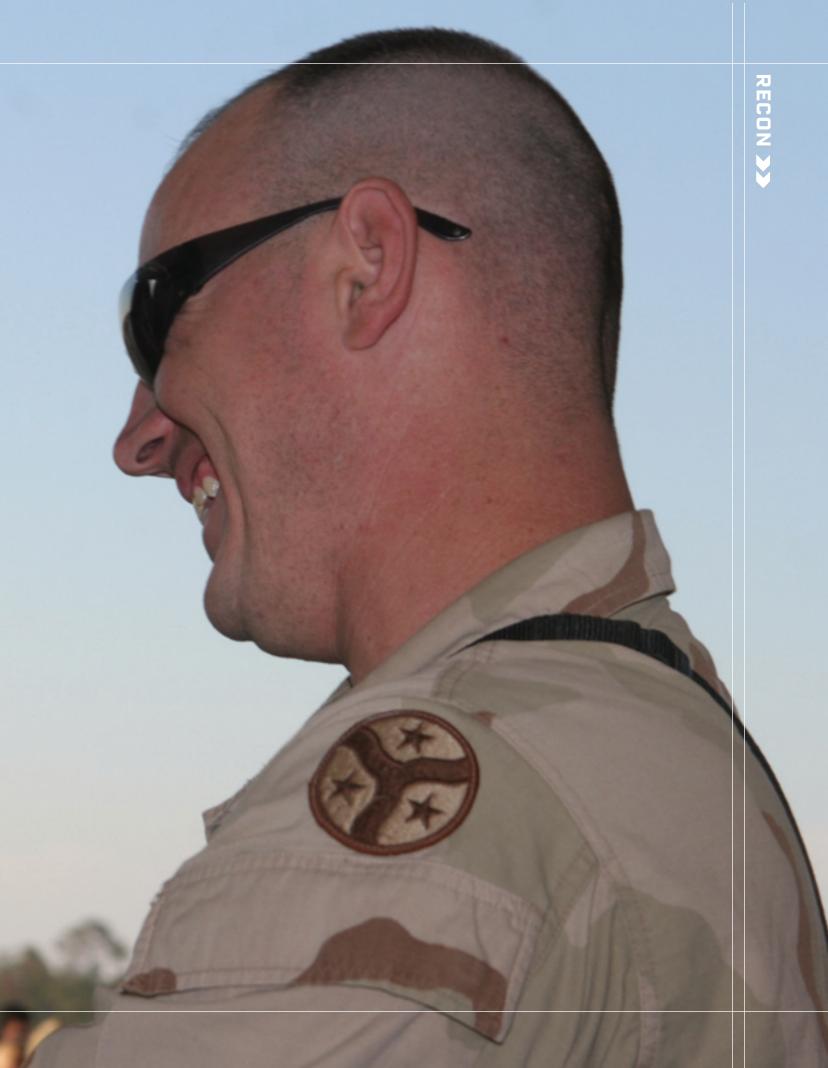




# HOME SWEET HOME Gulf Port, MS

SGT Sean Hampton reunites with his daughter, Cassie after being deployed with the TN 278th stationed at FOB Cobra in northeast Iraq. He returned October 27, 2005, one year to the day from when he was deployed.







# PUBLIC VOICE Baghdad, Iraq

Iraqi citizens conduct a parade Dec. 15 in the Shula area of western Baghdad celebrating the vote and publicizing their candidates. RECO



# FUTURE FIRE Yuma Proving Grounds, AZ

Built by BAE Systems in just six months, the NLOS-C demonstrator features a fully automated 155-mm cannon that can fire more than six rounds per minute and reach targets within 18.6 miles (30 km) at the push of a button.







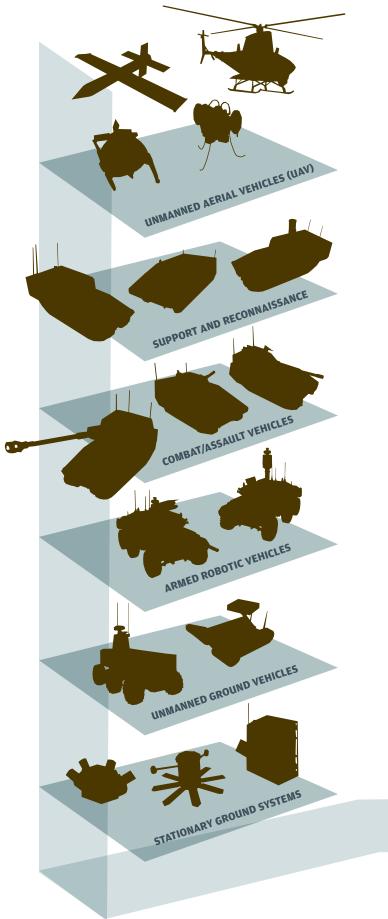
ONE TOUGH DONKEY The Armed Robotic Vehicle-Assault-Light (ARV-A-L) MULE will support dismounted troops in both locating and destroying enemy platforms and positions.

# looking to the future

A BIRD'S-EYE VIEW OF UPCOMING 18 + 1 + 1 SYSTEMS by Jason West Photos courtesy BAE Systems

> The names alone are hard to understand: Future Combat System (FCS); System of Systems Common Operating Environment (SOSCOE); Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance (C4ISR). How is it that the official documentation has managed to make the coolest, potentially most effective weapons program in the history of war sound this dull? If you have ever tried to read through the published releases on any of the Future Combat System, you've probably found yourself nodding off in the face of endless acronyms and Uber-high-level concept discussions. Assuming you manage to make it to the descriptions of the individual systems, the dry as toast text completely hides just how amazing, and, yes, cool, this technology really is.

> GX decided to take a swing at translating some of the jargon and never-ending acronyms into a simplified view of the "18 + 1 + 1 Systems" so that you don't need a Ph.D. in engineering to understand what's going on. Undoubtedly we will lose some of the finer nuances of the source material in our broad overview (we're gonna get hate mail), but if we can give you a clearer understanding of the tech that's headed your way, it's worth the trade.



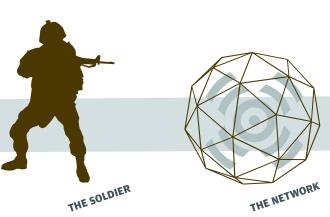
"WHAT IS THE FCS?" OR "WHEN IS 18 + 1 + 1 NOT 20?" For most of the last century, our military was building, training and equipping for one type of war-a classic, stand-up, toe-to-toe slugfest-bigger guns, smarter bombs and more of them. And then suddenly, in the last decades of the twentieth century, we looked around and realized we had won the war we were preparing for through economic strength and the threat of force more than its application. After the Soviets bankrupted themselves trying to stay in the arms race with us and the Chinese became one of our largest trade partners, the face of war itself began to change. The enemies we face today are unlikely to field an army against us on open terrain because they know they cannot withstand the overwhelming firepower we can bring to bear on any target we can locate. So, our new enemy is using an old strategy: guerilla warfare. They move quickly, in smaller numbers and constantly adapt to counter our strengths. The Future Combat System (FCS) program is designed to adapt our Cold War military to the needs of modern, constantly changing warfare.

One of the phrases you may have seen in relation to the FCS is the "18 + 1 + 1" systems. In the simplest terms, this refers to the weapons systems, manned and unmanned vehicles (18 of them); the system that ties them all together (+ 1); and the most important element, the Soldier (+ 1).

FCS is, at all levels, revolutionary in nature. Not only are the systems it's developing straight out of a science-fiction movie, but the way they are being created is a complete break from the old, sometimes decades-long development cycles of the Cold War era. In the past, changes in a program could lead to extensive delays and cost overruns. This program, by contrast, is expected to evolve. In fact, modifications and upgrades that result from early fielding of systems are essential to the long-term success of the program as a whole.

Beginning in 2008, FCS will begin the first of four "spin-outs" fieldings of its developed systems for evaluation by a special Brigade Combat Team. Assuming a successful evaluation of the new technologies, production and fielding will begin in 2010. New spin-outs will follow every two years until 2014 when all eighteen systems and their core connective network are expected to be in service at varying levels.

Achieving this remarkable rate of development will be possible due to the unique structuring of the program itself. No one company is developing the FCS. Boeing and Science Applications International Corporation will be acting as the Lead Systems Integrator (LSI) or a sort of General Contractor to execute subcontracts and oversee the work of hundreds of other companies. In order to ensure that everyone plays well together, the FCS development plan includes "Shared Destiny" provisos which officially are "financial instruments to motivate management to work toward a common goal." We're guessing this means if one hangs, they all hang.



**THE FCS NETWORK** The Network is, in a very real sense, where the entire FCS begins. The Network, a planned-from-the-start, central unifying system, sets the FCS apart in the history of military technology. It is the brains and the nervous system that turns eighteen pieces of hardware and hundreds of sub-systems into a single integrated war-fighting machine.

There's no way to discuss how the Network functions without getting into a mindnumbing array of technical details. Probably the easiest way to picture it is as the operating system on a computer. An operating system allows you to load programs from different companies and makes it so those programs can exchange information. In the FCS, the different systems are the different programs the operating system keeps working together. Although the hundreds of teams working on the FCS will never all be in a meeting together, by developing their different components to work within the Network, the systems will be able to exchange data and work together. This built-in connectivity will allow the various control systems to create a more comprehensive, accurate and real-time-updated view of the operations environment than has ever been dreamed of.

One particularly impressive component of the Network is the Battle Command Software. If you didn't know better, you'd swear this thing was thinking. This software analyzes the data coming in from all networked systems about enemy forces, their movements, their capabilities, the terrain and the locations of all friendly forces. It will then begin to infer the enemy's intentions and perform threat assessments. In other words, it figures out what the bad guys are likely to do and determines how successful those plans might be. And if that's not science fiction enough for you, it has a separate set of systems monitoring how successful its predictions are and adjusts its data intake to improve its predictions. It might not quite be learning, but it's as close as a machine can get with today's technology.



interception units.

Financial assistance for Guard members and family. www.csfamilysupport.org • 877-316-4511



I lived in Bay St. Louis, MS when hurricane Katrina hit and I lost everything, of course. After receiving the issue following Katrina, I read about the Citizen Soldier Family Support Foundation (CSFSF). I called your magazine to inquire about it and, with a very prompt response, was given the information I needed I have a lot to be thankful for, and it starts with GX magazine. Because of the magazine, I to apply for aid. was able to get the help I needed to get my life back on track after the storm and, in the process, meet a wonderful friend, Mrs. Molly Johnson, founder of the Citizen Soldier Family I have spread the word about what GX and Support Foundation. CSFSF did for me and my son. Thank you for all that you do! God bless! Hooah! PV2 Monique Ashker, MSARNG

I would like to start off by saying thank you very much to you and everyone at GX magazine. Dear GX, I am a Private in the Army National Guard and

GX: The Guard Experience 1625 Broadwaw

PV2 Monique Ashker Carriere, MS

receive your magazine.

Enough of the complicated details, let's take a look at the hardware.

#### UNATTENDED GROUND SENSORS (UGS)

Information is just another combat resource like fuel or ammunition, and Soldiers need more of it. That's where Unattended Ground Sensors (UGS) come in. Coming in a variety of shapes and sizes, these lost-cost, robust and expendable packages will detect, locate and classify enemies. Depending on the need, they will have a range of sensor capabilities including

infrared, seismic, sound and magnetic detection. Ideally, they will be able to be deployed either by hand, air drop, or even as an artillery projectile. A second type of UGS will allow for remote detection of chemical, biological, radiological or nuclear threats.

## **INTELLIGENT MUNITIONS SYSTEM (IMS)**

Don't call them landmines-you might make them mad. IMS is a group of components including lethal and non-lethal munitions with command and control features, communications devices, sensors and seekers. Able to be delivered by a variety of means, once on the ground, the system locates and organizes all of its components and then connects itself to the Network, reporting its status and providing data on its surroundings. The system can be disarmed and rearmed at will, permitting the passage of friendly units and allowing the system to be recovered. The system can also self-destruct on command or at a preset time, thereby presenting no residual hazard.

(LAM) and Precision Attack Missiles (PAM). LAM's have a 75 km range and are capable of circling a target area for up to thirty minutes. While "loitering," the missile can employ its laser radar and recognition software to scan for targets and even direct other missiles before striking. The PAM is capable of directfire or boost-glide trajectory and supports laser designated or autonomous targeting. Both missiles receive target data before to the Network and fly autonomously (with the Soldier able to update routes). Class II systems will be vehicle mounted and will distinguish themselves from Class I with the ability to designate targets day or night in adverse weather conditions. Class III systems will possess all the abilities of lighter units, adding increased flight time; mine detection; communications relay; meteorological survey; and chemical, biological, radiological, nuclear, and energy detection. Finally, Class IV systems will add teaming with manned aviation, wideband communications relay across 150–175 km, and stand off chemical, biological, radiological, nuclear, and energy detection.

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# The MCS offers a faster, lighter option for powerful direct fire support than the M1 Abrams. Weighing a full fifty tons less, the MCS can be inserted precisely by air-drop.

## NON-LINE-OF-SIGHT LAUNCH SYSTEM (NLOS-LS)

The original concept for this system was called, rather accurately, "Rockets in a Box." This rather plain looking box can be airdropped or rolled off the back of a Humvee. Once deployed, the system uses GPS components to locate and orient itself; at which point, it is prepared for action. The Box, officially called Container Launch Unit (C/LU), consists of sixteen smaller containers. The first of these contains a battery-powered fire-control system capable of remote and unmanned operation. The remaining fifteen tubes contain Loitering Attack Missiles launch but can be redirected once in flight. They are also both being designed to defeat heavy-armor targets.

#### **CLASS I-IV UNMANNED AERIAL VEHICLES (UAV)**

The four classes of FCS UAV's will serve a range of intelligence gathering missions, varying in size and capability as needed. Class I UAV's will be carried by individual dismounted Soldiers, with two air vehicles, a control unit and various parts weighing only forty pounds. Ideal for gathering intelligence in difficult terrain, the UAV's will take off and land vertically, relay target information

#### **NON-LINE-OF-SIGHT CANNON (NLOS-C)**

Recent conflicts have shown that cannon artillery is still essential as an all-weather, day or night, support weapon for infantry. Replacing the now-terminated Crusader program, the NLOS-C is lighter, faster and more lethal than any of its predecessors. The prototype unit, sporting a 155 mm cannon and a 560 horsepower hybrid-electric engine, is capable of 55 mph on roads and 35 mph over rough terrain and weighs in at only twenty-four tons fully loaded (compared to the Crusader's forty tons). Running on battery power alone, the prototype is capable

LIGHTWEIGHT HEAVY The cannon of the MCS can incline up to 60 degrees to provide support in an urban environment. of going 2.5 miles at 20 mph giving the unit a stealth capability previously unseen in this type of vehicle. Robotic ammunition handling and auto-loading systems allow a two-person crew to execute missions that currently require five Soldiers. These same systems allow a remarkable sustained rate of fire of six rounds per minute at a range of over eighteen miles, and the ability to deliver a four round simultaneous impact mission. The final system is expected to weigh less than twenty tons and fit easily into the cargo bay of a C-130 aircraft.

#### **MOUNTED COMBAT SYSTEM (MCS)**

The MCS offers a faster, lighter option for powerful direct fire support than the MI Abrams. Weighing a full fifty tons less than the seventy-ton Abrams, the MCS will be able to insert precisely by air-drop. Its 120 mm main gun and auto-loading system will allow a two-person crew to offer lethality similar to the Abrams. The system will provide direct fire support for dismounted infantry, destroying bunkers and breaching walls during tactical assaults. The main gun will be able to incline to sixty degrees to engage elevated targets in an urban environment. In its anti-tank role, the MCS will rely on speed and maneuverability along with an effective firing range of 8 km to maintain survivability against heavy-armor opponents. Active defense systems are also under development to ensure survivability against tank fired or heavier munitions.

#### **INFANTRY CARRIER VEHICLE (ICV)**

The ICV will rapidly maneuver during blackout, day and night operations, bad weather, and limited-visibility conditions to deliver infantry to drop points from which they can conduct close assaults. The vehicle will then provide supporting fire for the dismounted troops.

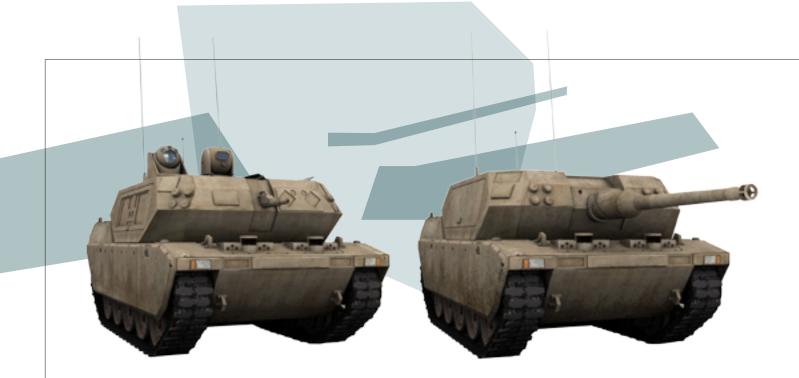
The ICV will have four different variations: Company Commander, Platoon Leader, Rifle Squad and Weapons Squad. All four variants will appear identical from the outside to prevent targeting of particular types. The Rifle Squad and Weapons Squad variants will transport nine-person squads.

#### NON-LINE-OF-SIGHT MORTAR (NLOS-M)

Operating in close support, the NLOS-M is armed with a 120 mm mortar which provides a wide range of lethal and special purpose fires. In addition to suppressive, obscuring and illuminating rounds, the NLOS-M will deliver Precision Guided Mortar Munitions. When this thirty-eight pound, one meter long round is fired and reaches its maximum HEAD OF THE CLASS This Class I UAV will be used to gather intelligence over rough terrain and can fly autonomously.







# The unmanned ARV will be available in two varients: RSTA with advanced sensors for target aquisition, and an Assault version with a medium caliber gun system.

height, it deploys four wings to allow it to glide and steer toward a target. The round can be guided to a laser designated target or is capable of an impressive "Fire-and-Forget" mode. When not under direct human control, the round can use an infrared capability to recognize certain target types and ensure a direct hit. The round's shape charge is capable of defeating both hard and soft targets and will minimize collateral damage. The NLOS-M's fire control system will also operate in conjunction with other Networked systems potentially allowing it to compute and fire autonomously.

#### RECONNAISSANCE AND SURVEILLANCE VEHICLE (RSV)

Packing an astounding array of sensors, the RSV can locate, recognize and automatically identify targets at long range—day or night, in all types of weather. It can intercept and determine the direction of enemy radio signals, detect chemical threats remotely, and deploy unattended ground sensors. To further enhance its capabilities, the RSV will carry a Small Unmanned Ground Vehicle (SUGV) and two unmanned aerial vehicles.

#### COMMAND AND CONTROL VEHICLE (C2V)

The C2V acts as the hub of battlefield command and control, providing the unit commander with access to all data available through the Networked systems, human observation and other informational systems. The C2V's crew is able to receive, analyze, and transmit tactical information through voice, video and data relay. The C<sub>2</sub>V is able to further enhance situational awareness by controlling unmanned systems.

#### MEDICAL VEHICLE-TREATMENT (MV-T) AND MEDICAL VEHICLE-EVACUATION (MV-E)

The sooner a critically wounded Soldier receives treatment, the more likely he is to survive. The two medical vehicle variants seek to ensure that Soldiers receive treatment more quickly than ever before. The MV-E allows trauma specialists to maneuver with combat forces, putting them closer to the casualty's point of injury and allowing for rapid evacuation. The MV-T brings advanced trauma management and life-support into a forward position, also dramatically shortening the amount of time between injury and treatment. Both units will be capable of conducting medical procedures using state of the art networked facilities.

#### FCS RECOVER AND MAINTENANCE VEHICLE (FRMV)

Oddly, AAA will generally not honor your membership when it comes to hauling your stalled Mounted Combat System out of the sand. Instead, you'll be waiting on an FRMV. Each Brigade Combat Team (BCT) will have a few two- to three-member Combat Repair Teams to perform maintenance, Battle Damage Assessment Repair and some limited recovery operations. The FRMV can transport its own crew of three with room for three more, so if you're lucky they might even give you a ride back to base.

#### **ARMED ROBOTIC VEHICLE (ARV)**

Weighing in at between five and six tons, the ARV will be available in two variants: the Assault version and the Reconnaissance, Surveillance and Target Acquisition (RSTA). The Assault version will likely be capable of firing anti-tank missiles and carrying a medium caliber gun system while the RSTA will carry lighter armament but sport an advanced sensor package allowing it to act as a communications relay and perform battle damage assessment. Both systems will be capable of at least semi-autonomous navigation but will require direct human authorization to fire their weapons.

#### **SMALL UNMANNED GROUND VEHICLE (SUGV)**

Coming in at only thirty pounds, this remote-controlled vehicle will likely enter its area of operation on the back of a Soldier. It is designed primarily to carry out surveillance and reconnaissance in very high-risk areas such as unstable structures and chemical or toxic risk areas. However, given its easily changeable payload, it will likely also come equipped for missions with possible enemy contact. Some of the components in design are door breach, smoke generation, and the delivery of a concussion grenade. To ensure it can reach it objective successfully, the SUGV will be able to climb stairs and navigate over rubble-type hazards.

#### MULTIFUNCTIONAL UTILITY/LOGISTICS AND EQUIPMENT VEHICLE (MULE)

Bet you never thought your squad would have a pack mule-especially one that weighed two and a half tons and wouldn't spook under fire. Able to carry 1,900–2,400 pounds and follow an infantry unit over broken terrain, the transport MULE is one of three variants. All three versions are built on a common articulated suspension chassis and are capable of semi-autonomous navigation or direct Soldier control. The second variation, a countermine MULE, will be able to detect. mark and neutralize anti-tank mines. If a pack MULE seems odd to you, the final variant is really bizarre: an assault MULE. The Armed Robotic Vehicle-Assault-Light (ARV-A-L) MULE will support dismounted troops in both locating and destroying enemy platforms and positions.

#### THE WHOLE IS GREATER THAN ITS PARTS

While impressive, the individual components of the FCS do not begin to convey the overwhelming effectiveness of the system when it functions as a whole. The total battle field awareness this system creates is unprecedented in the history of war-fighting. Imagine a sensor not much larger than a coffee can being able to count enemy soldiers by listening to their footsteps or determine the number and size of their vehicles from how they shake the ground. Imagine infantry squads carrying flying and crawling robots that allow them to see enemies without exposing themselves to fire. Imagine UAV's circling high above, maintaining a constant, unblinking watch, seeing through darkness, smoke and fog. Now, envision that everything these and a hundred other eyes sense is integrated and translated, in real time, into a threedimensional model of the battlefield which is handed back, as needed, to every Soldier, vehicle and guided weapon involved. Commanders are given predictions of likely hostile actions, fire support can see their targets from miles away, and infantry Soldiers know what waits around the next corner. At every level of every engagement, the Future Combat System will integrate and inform our Soldiers providing them with the most information, the greatest survivability and the most overwhelming lethality ever conceived.

For more images and video of these systems in action, go to www.gxonline.com.



# GUARD RECRUITING ASSISTANCE PROGRAM

As a member of the Army National Guard you have answered your nation's Call to Duty. As a Recruiting Assistant you can be rewarded for helping to achieve STRENGTH FROM WITHIN. The current recruiting environment is the most challenging we have faced in the history of the all-volunteer force. The Army National Guard is only as strong as it should be when we remain a fully-manned, flexible and vibrant force. Get started earning valuable additional income today as a Recruiting Assistant and help BUILD YOUR TEAM.

#### "We launched the Guard Recruiting Assistant Program to establish a position of strength." - LTG Clyde Vaughn

#### WHAT IS THE GUARD RECRUITING ASSISTANCE PROGRAM AND HOW DOES THE PROGRAM WORK?

The Guard Recruiting Assistance Program (G-RAP) is a contracted program designed for individuals who voluntarily apply online at www.GuardRecruitingAssistant.com to become eligible to serve as a part-time Recruiting Assistant (RA). The RA applicant will be verified and hired by a contractor, not the ARNG.

#### **GOALS AND PURPOSE:**

The Guard launches the Guard Recruiting Assistant Program (G-RAP) to establish a position of strength from which the Guard can achieve its accessions mission of 70,000 enlistments, and meet the Guard end-strength goal of 350,000. Each RA will cultivate quality potential Soldiers from within their individual spheres of influence. Once a potential Soldier is identified and pre-qualified, the RA will facilitate a meeting engagement with their local Recruiting and Retention NCO (RRNCO). The triad of RRNCO, RA, and potential Soldier will then work closely to process the potential Soldier and move them towards accession.

Upon enlistment, the RA will receive an initial payment of \$1,000, with a second \$1,000 payment upon successful shipment to Basic Training.

Note: exact payment timelines vary depending upon prior service/non-prior status and availability of training seats.

# WHAT ARE THE RESPONSIBILITIES OF THE RECRUITING ASSISTANT (RA)?

The responsibilities of a RA are to identify individuals within their sphere of influence, to develop potential Soldiers, promote the benefits of service in the Guard, input potential Soldiers' profile data into the G-RAP web site to begin the application process, arrange a meeting between the potential Soldier and the RRNCO, accompany the RRNCO and potential Soldier at a parental consent meeting for potential Soldiers under 17 years of age, and work with the RRNCO to prepare the potential Soldier for the MEPS and ASVAB appointment.

#### **<<** STRENGTH MAINTENANCE

#### ADDITIONAL DUTIES AND RESPONSIBILITIES MAY INCLUDE:

- **Maintain contact** with the new recruit and provide encouragement to reinforce the recruit's decision to join the Guard
- Involve the new recruit in PT to properly prepare for BCT
- Ask the new recruit if they have friends, family or acquaintances who might be interested in joining the Guard
- **Provide support** and information to the new recruit and/or their family about the benefits and opportunities in the Guard
- **Contact the new recruit's Recruit Sustainment Program Coordinator** and confirm that the he or she is fully engaged and being properly cared for in the RSP
- **Take the new recruit to the first RSP drill** if it does not conflict with any other required drill performance as the RA duties cannot be done while in a drill status
- Prepare the new recruit for success at BCT
- Mentor them on life as a Soldier in the Guard
- **Maintain contact** with the new recruit while they are at BCT and AIT in order to provide encouragement, advice and support

HOW DO I SIGN UP?

Individuals interested in becoming a Recruiting Assistant should apply online at www.GuardRecruitingAssistant.com or call 888-291-6004. Start earning up to \$2,000 today for each enlistment that ships to Basic Training.

#### WHO CAN AND CAN'T BE A RA?

#### CAN A ARNG M-DAY SOLDIER WHO IS MOBILIZED AND IS NOW ON ACTIVE DUTY BE A PART OF THIS? OR IF THEY WERE ALREADY A RA, CAN THEY CONTINUE TO EARN MONEY FROM THE CONTRACTOR?

No, ARNG members who are mobilized are then ordered to active duty and would not be eligible to be a RA during this period of service. Being a RA is done on Citizen Time, never on Soldier Time. When they complete the mobilization and come off of active duty, they could apply to the contractor to be hired into the program; and if they were a RA prior to the mobilization, they could resume that role if the contractor decides to continue that employment.

#### CAN I BE AN AGR SOLDIER AND DO THIS?

No, G-RAP is not currently available to AGR Soldiers. Future similar programs such as Every Soldier a Recruiter (ESAR) are being considered for AGR participation.

#### CAN EDUCATORS, COACHES, GUIDANCE COUNSELORS, COLLEGE PROFESSORS, OR OTHER COIS PARTICIPATE IN G-RAP?

No, COIs cannot be a part of G-RAP in any way due to conflict of interest. Part of the online application requires the applicant to certify they are not in any of the above mentioned positions. Part of the evaluation of the applicant will be to determine the validity of this disclaimer.

#### ARE AGR, ADSW, MIL TECH OR IMMEDIATE FAMILY MEMBERS OF THE FULL TIME RECRUITING RETENTION FORCE (FTRRF) ELIGIBLE TO PARTICIPATE IN G-RAP?

No, AGR, ADSW, MIL TECH and immediate family members of the Full Time Recruiting Retention Force (FTRRF) are not currently authorized to participate in G-RAP. Part of the online application requires the applicant to certify they are not in any of the above mentioned positions. Part of the evaluation of the applicant will be to determine the validity of this disclaimer.



#### WHAT ARE SOME DETAILS ABOUT BEING A RA?

IF I AM MEMBER OF THE GUARD, AND I AM AT A UNIT RECRUITING EVENT, WHILE ON DRILL STATUS, DO I GET CREDIT IF I IDENTIFY A POTENTIAL SOLDIER?

No, you cannot receive dual compensation. Government sponsored Unit Recruiting Events are independent from your role as a RA.

#### CAN I PERFORM THE DUTIES OF THE RA DURING DRILL WEEKEND?

No, any Soldier on Drill status, AT Status or ADSW CANNOT perform the duties of a RA. Your RA responsibilities must be met during your personal Citizen Time, NEVER on Soldier Time.

#### CAN I DO RA WORK WHILE AT DRILL OR ANNUAL TRAINING?

No, your actions in a G-RAP capacity are independent from your role as a member of the Guard.

#### CAN I WEAR MY UNIFORM WHILE I AM DOING RA WORK?

No, your civilian contractor provides you with appropriate Guard wear (casual). You are never allowed to represent yourself as a Soldier working in a paid military status, nor should you portray yourself as a Recruiting and Retention NCO.

#### I'M IN THE GUARD. CAN BEING A RECRUITING ASSISTANT AFFECT MY CAREER IN THE GUARD?

Recruiting Assistant certification is granted by Docupak. RAs act in the capacity of an independent contractor of Docupak. This work is separate from an individual's role in the Guard. Success or failure as a RA has no impact on one's career in the Guard. RAs are not allowed to work as a Recruiting Assistant while in a duty status as a member of the Guard.

## WHEN CAN I START WORKING AS A RECRUITING ASSISTANT?

Recruiting Assistants must be certified and agree to the terms and conditions relating to ethical, moral, and legal behavior. In order to become a Recruiting Assistant, individuals must successfully pass the online training course at www. guardrecruitingassistant.com and agree to the terms and conditions relating to ethical, moral and legal behavior. Once this process is complete, the information will be reviewed and notification will be made within 24 hours. After an individual has received certification, an online account will be activated, the New Hire Kit will be shipped, and an introductory meeting with the local RRNCO will be arranged.

#### WHAT ARE THE RULES REGARDING FRATERNIZATION WITH POTENTIAL SOLDIERS?

As a subcontractor to Docupak you are expected to uphold the highest standards while working to attract potential Soldiers to the ARNG. As a RA you do not represent the government, but you are expected to act in accordance with the ARNG values at all times. Any inappropriate conduct will be grounds for immediate dismissal as a subcontractor from Docupak.

#### WHAT DO I DO WITH THE NEW RECRUIT WHILE THEY ARE AT BASIC TRAINING AND AIT?

You should support your new Soldier from afar by writing letters, e-mails and postcards. Additionally, you should engage the new Soldier's family back home when appropriate.

#### IS THERE A LIMIT ON HOW MANY PEOPLE I CAN BRING INTO THE PROGRAM?

No. You are unlimited on the number of potential Soldiers you enlist into the Guard, as well as receipt of the associated payments. However, you cannot have more than 10 potential Soldiers registered at www.GuardRecruitingAssistant. com at any given time.

# GUARD RECRUITING ASSISTANCE PROGRAM

#### WHAT DO I GET PAID?



You receive \$50.00 for completion of your G-RAP on-line training program, and payment of \$1,000 upon the verified enlistment of a new Non-Prior Service (NPS) or Prior Service (PS) Soldier. A subsequent \$1,000 payment is made upon shipping to Basic Training for NPS Soldiers and 120 days after enlistment for PS Soldiers.

#### HOW DO I GET PAID?

You can elect to be paid via direct deposit (Electronic Funds Transfer) to your personal bank account, or you can receive a contractor-issued Directo debit card which will be credited upon each enlistment. (Note: RAs must be at least 18 years old to be issued a debit card.) To learn more about the Directo debit card, go to www.directo.net.

#### WHO PAYS THE TAXES FOR THIS PAY?

You will receive an IRS 1099 Form at the end of the year, and you are responsible for filing/reporting your income and any associated taxes. If you have questions, go to www. irs.gov or consult an accountant.

#### WHAT IF MY RRNCO TELLS ME HE WILL SPLIT THE MONEY IF I SAY I BROUGHT THE PERSON INTO THE G-RAP PROGRAM? WHAT DO I DO AND WHO DO I CONTACT? WHAT IS THE IMPACT IF I DO THIS?

This is theft and cause for immediate termination and civilian criminal prosecution for you as a civilian. The RRNCO will face possible separation from service and prosecution under state militia laws. You should report any such activity to Docupak at 1.888.291.6004 immediately if approached by anyone.

#### WHO DO I CALL IF I OBSERVE ABUSE OF THIS PROGRAM?

Notify Docupak immediately with your concerns. The toll free number is 1.888.291.6004. Your identity will be protected, and you will be able to report concerns anonymously.

# STRENGTH READINESS IS NOUR HANDS

Today's recruiting environment requires that uniquely qualified Non-Commissioned Officers, who are capable of winning the confidence of college-bound students and their parents, step up to the plate and represent the Army National Guard as Recruiting and Retention NCO's.



If you have a positive self-image, integrity, selfconfidence, and a competitive spirit, then you may have what it takes to be part of a team of highly skilled, polished military sales professionals.

Helping young Americans pursue their personal and professional goals and seeing the pride on their parents' faces is a gratifying and rewarding experience.





## www.VirtualArmory.com

#### STRENGTH MAINTENANCE >>





# WHAT KIND OF SUPPORT WILL I RECEIVE AS A RECRUITING ASSISTANT?

You'll have access to promotional materials that are second to none. Handsome, up-to-date informational pieces, including brochures, guides and DVDs will reinforce your message to candidates. And high-quality Guard branded items, including an assortment of attractive shirts and bumper stickers, will make it easier for you to wear the Guard colors and spread the word!

#### WWW.GUARDRECRUITINGASSISTANT.COM

You'll find the latest breaking news and information about the Guard Recruiting Assistance Program at GuardRecruitingAssistant.com. Learn all about the program, then apply online in real time! Log in and train online at your convenience using the finest web-based materials available.



#### SEVERAL STATES HAVE ROLLED OUT THE PROGRAM SO FAR TO TREMENDOUS RESPONSE. HERE ARE UPDATES FROM WEST VIRGINIA, MISSOURI AND NORTH DAKOTA:

## WV YIELDS NATION'S 1ST ENLISTMENT UNDER GUARD RECRUITING ASSISTANCE PROGRAM

By LTC Mike Cadle, WVARNG PAO

CHARLESTON, WV—A prior service Army National Guard member became the nation's first enlistment under the National Guard's new recruit program when she was sworn into the West Virginia Army National Guard at a ceremony here December 5, 2005.

SSG Loretta Osuna Cotto, an 18-year Army veteran, rejoined the Guard under the Guard Recruiting Assistance Program, which pays current Guard members to bring eligible candidates, like SSG Osuna Cotto, into the Army National Guard.

She was given the oath of enlistment by Adjutant General Allen Tackett as her husband and son, both members of the West Virginia National Guard, looked on.

"I'm just ready to get back into the swing of things," said SSG Osuna Cotto. "I want to finish my career and do something for my country."



TRAILBLAZER West Virginia Adjutant General Allen Tackett administers the oath of enlistment to SSG Loretta Osuna Cotto at a ceremony in Charleston on Dec. 5. SSG Osuna Cotto was the nation's first enlistment under the new Guard Recruiting Assistance Program.

# Our Soldiers are excited about the prospect of helping their friends become part of such an outstanding organization. -MAJ Kristine Wood, commander of West Virginia's Recruiting and Retention Command

SSG Osuna Cotto's enlistment is a positive first step for the Army National Guard's newest recruiting initiative, according to GEN Tackett. GEN Tackett and LTG Clyde Vaughn, Director Army National Guard, launched the program in West Virginia on Nov. 28.

Guard leaders hope G-RAP will motivate current service members to identify qualified candidates for the Army National Guard and help the service meet its Congressionallymandated end strength goals.

SSG Osuna Cotto's husband and sponsor in G-RAP, CWO<sub>2</sub> Felix Osuna Cotto, signed up to be a Recruiting Assistant a week earlier. He said the program is so new that he didn't tell his wife about the money until hours before the ceremony.

The 22-year Army veteran said he had encouraged his wife to rejoin the Guard for

the past several years, reminding her that she would be retirement eligible in two years. "After we talked about it for awhile, she wanted to wait until our children were grown," he said.

The turning point for his wife, according to CWO2 Osuna Cotto, was the Guard's Family Day last year. "After that she came to me and said she was thinking about getting back in," he said. "It totally surprised me."

"Money wasn't the primary factor in my wife reenlisting," the chief said. "We had been discussing this for a long time." He said the money would be used to help pay college expenses for their son's freshman year at West Virginia University.

MAJ Kristine Wood, commander of the state's Recruiting and Retention Command, was not surprised by how fast word spread regarding the new recruit program. "We [West Virginia] already have 56 Soldiers signed up as Recruiting Assistants," she said. "Our Soldiers are excited about the prospect of helping their friends become part of such an outstanding organization. "This program will really motivate and reward them for the work they've been doing all along to build their units."

State Adjutant General Allen Tackett believes the program will be successful in West Virginia. "Recruiting in the West Virginia National Guard has always been a team effort," GEN Tackett said. "We couldn't have been stayed among the top states in the nation in recruiting and retention for the past eight years if our Soldiers didn't believe in what we do," he said. "I believe this is just the first of many more enlistments to come under this program."

### NORTH DAKOTA GUARD ENLISTS 1ST RECRUIT UNDER G-RAP



LEADING THE WAY (I-r) North Dakota's first G-RAP recruit Matt Noble; NDARNG Recruiter SSG Jonathan Sigl; G-RAP Recruiting Assistant SGT Sarah Beiber, HHB 1-188th ADA Courtesy of NDARNG PAO

12/16/05, GRAND FORKS, ND—North Dakota's National Guard enlisted its first recruit on Dec. 15th, under the Guard's new Guard Recruiting Assistance Program (G-RAP).

The program pays \$1,000 to each Soldier who recruits a Guard enlistment. When the new recruit reports to Basic Training, the recruiting Soldier, also referred to as a Recruiting Assistant, earns an additional \$1,000. The National Guard began G-RAP in late November in five test states—North Dakota, West Virginia, Kentucky, Missouri, and Iowa.

At the Dec. 15th recruitment ceremony, University of North Dakota (UND) student Matt Noble, of Sioux Falls, SD, took the oath of enlistment. Noble was recruited by fellow UND student SGT Sarah Beiber, HHB 1-188th ADA, of Jamestown, ND. SGT Beiber was awarded a check in the amount of \$1,000 for her efforts as a Recruiting Assistant.

"G-RAP is going to change the way the Army National Guard recruits. With this program, we will be able to enlist more quality Soldiers," said SSG Jonathan Sigl, North Dakota Army National Guard Recruiting, who facilitated the recruitment of Noble for SGT Beiber. "The Army National Guard is a community-oriented organization that relies upon strength from within our ranks. Every Soldier has a story to tell, and we want our Soldiers to tell theirs and convince others to be a part of our team."

#### We have an exciting recruiting program that we want to roll out nationally. We want to fine tune it as much as we can.

-LTG Clyde Vaughn, regarding the launch of G-RAP in five states before a nationwide launch.

#### NORTH DAKOTA RECRUITING FACTS:

- The NDARNG recruited 430 Soldiers from October 2004 to September 2005 (fiscal year 2005). Our goal was 560.
- Fiscal year 2006 NDARNG goal: 590 Soldiers
- The National Guard brought in 50,219 people in fiscal year 2005, 80 percent of its goal of 63,002. The active Army recruited 73,373 people, 92 percent of its goal of 80,000.
- The Army National Guard ended fiscal year 2005 with an end strength of 333,177, short of the congressionally directed end-strength of 350,000.
- Personnel declines attributed to mobilizations and deployments have not thwarted the Army National Guard in successfully meeting all mission requirements and continuing to support the Global War on Terrorism (GWOT).
- Since 9/11, the Army National Guard has deployed over 69 percent of its personnel in support of GWOT, homeland defense and state missions.

#### **<<** STRENGTH MAINTENANCE

## MISSOURI ARMY NATIONAL GUARD ENLISTS FIRST G-RAP RECRUIT

#### By SPC Katherine L. Collins MOARNG PAO

12/15/05, MO—As a result of the wide-spread enthusiasm lived out by Missouri's Citizen-Soldiers for the Guard Recruiting Assistance Program (G-RAP), the Missouri Army National Guard (MOARNG) enlisted its first Citizen-Soldier recruited through the program in less than one week after MOARNG soldiers could qualify as Recruiting Assistants (RAs).

On Dec. 10, PVT Scott D. Hanna raised his right hand and swore his service to defend and assist his neighbor and his nation in times of war and peace through the MOARNG.

SFC Dorance R. Kurschinske, one of Missouri's first qualified RAs and a life-long friend of PVT Hanna, inspired PVT Hanna to join the team of Missouri's Citizen-Soldiers.

SFC Kurschinske, a food service sergeant with the 1175th Military Police Company in St. Clair, MO, qualified as a RA in the program's first week of existence in Missouri. He then stepped out with his 25 years of experience in the MOARNG to encourage Hanna to join as well.

"I just talked to [PVT Hanna] about my experience in the Guard. I told him about all the benefits of paid job training and free college tuition, as well as all the free courses you can take on-line. I said that the Guard would be a great way to help him grow as a person and make a life for himself," SFC Kurschinske said. "I told him there's always the possibility of deploying, but that there are benefits to deployment too like travel and camaraderie, and the call to deploy is just part of the job and what makes one so proud to do the job of the Guard." then completed the remaining paperwork for PVT Hanna. After SFC Schumaker verified that PVT Hanna completely qualified to be a Citizen-Soldier, PVT Hanna repeated his enlistment oath at the St. Louis Military Entrance Processing Station.

SFC Schumaker said the process of working with a RA was a smooth one. "At times issues will arise that may cause the enlistment process to slow down, such as if a recruit is overweight, but the RA and the recruiter will work it out," he said. "We were able to process and enlist PVT Hanna very quickly. He does not have his [general educational development certificate], but even that did not slow the process."

SFC Schumaker explained that PVT Hanna qualified high enough on the Armed Forces Vocational Aptitude Battery test to join the ARNG without a general educational development (GED) certificate. A recruit must simply achieve his GED before he departs for his initial entry training. The ARNG will pay for a recruit to take the GED training and test at any of the many locations offering it, he said.

PVT Hanna, who will serve as a military policeman with the 1175th MP Co., said he is excited about having joined the MOARNG. "I always thought what JR [SFC Kurschinske] did in the Guard was really cool and something to be proud of. I wanted to do it too."

SFC Kurschinske said he has already identified other people in his community whom he plans to encourage to join the MOARNG. Hanna said he will also qualify as a RA and begin talking more seriously to his friends



NEW RECRUIT PVT Scott D. Hanna swears his oath to the MOARNG, enlisting as Missouri's first Citizen-Soldier recruited through the G-RAP.

# I felt so proud when I swore my oath to the Guard because of what the Guard stands for and who we fight for. -PVT Scott D. Hanna

SFCKurschinskesaidtheprocessofhelping PVT Hanna join the MOARNG was simple. Upon PVT Hanna's agreement to join, SFC Kurschinske entered basic information about PVT Hanna into a program on-line to be sure PVT Hanna qualified to join the MOARNG. Upon verification of PVT Hanna's prequalification, SFC Kurschinske contacted SFC William Schumaker, the recruiter assigned to the 1175th MP Co., the unit which PVT Hanna also desired to join. SFC Schumaker about becoming a Missouri Citizen-Soldier.

"Sometimes it's hard to recruit people my age because they don't want to make commitments and deal with authority," said PVT Hanna. "I can influence them because I'm not far from where they are, but I see all the benefits of the Guard. I am anxious to do the cool training and use the college benefits, but then there's the honor of being a Guardsman too. I felt so proud when I swore my oath to the Guard because of what the Guard stands for and who we fight for, such as freedom for the Iraqi people. There's no question that the Guard is a great thing to be a part of. That's just what I'll tell them."

Since PVT Hanna enlisted on Dec. 10, teams of ARNG Recruiting Assistants and recruiters have continued to enlist a number of Citizen-Soldiers around Missouri through G-RAP.

# Being a Guard Soldier, as well as being an athlete is about pride, patriotism and honor. -SPC Steve Holcomb, UTARNG

# 2005 FIBT the and an entry of the second second

Among the fine men and women who serve our country in combat and rescue operations, there are also those Soldiers who serve without artillery traveling across the globe and inspiring hope in the hearts and minds of the world. These Soldiers serve as professional athletes. Unlike some of the stars of professional sports, these fine athletes strive to uphold the strong morality instilled in our American Military. They are noble role models for the global youth—dedicated and accomplished teamplayers, yet ready and able to safeguard our Freedom at a moment's notice.

"Absolutely no problem. I'd go. That's a responsibility all Soldier Athletes accept when they enlist in the military," says SGT Lawton Redman, VTARNG, biathlete and member of the Army World Class Athlete Program (AWCAP).

SGT Redman joins SPC Andrea Nahrgang (UTARNG, AWCAP, biathlon), SPC Mike Kohn (VAARNG, AWCAP, bobsled), SPC Sarah Kamilewicz (VTARNG, AWCAP, biathlete), SPC Steve Holcomb (UTARNG, AWCAP, bobsled), SGT Tuffield "Tuffy" Latour (ARNG, AWCAP, U.S. Head Coach, men's bobsled), and SPC Jill Bakken (ORARNG, ARNG Outstanding Athlete Program, bobsled) and among others headed to Torino, Italy in February to compete in the ultimate winter sport competition, the 2006 Winter Olympics.



SPC Bakken took some time to speak with us recently about her Guard experience, her bobsledding career, and what the future holds for this phenomenal Guard athlete.

In 1994, SPC Bakken began her career as the youngest sledder in the history of bobsledding competition at the age of 17. She won the gold medal in the 2002 Olympics while enrolled in the Army World Class Athlete Program, and she's headed to Torino in February for the next Winter Olympics, hoping to reclaim that prize.

After a two-year break following her gold medal win, SPC Bakken, 28, returned to the sport in 2004 and started the 2005 season by winning four consecutive gold medals on the America's Cup circuit. She took the bronze medal in the Europa Cup in Germany with teammate Amanda Moreley. SPC Bakken raced through the World Cup circuit with a fifth place finish in Lake Placid, NY and placed sixth in the World Championships in Canada.

#### *GX:* What brought you to the Oregon Army National Guard?

JB: I had started bobsledding already and there were some athletes on the men's team that were in the Army World Class Athlete Program, which is not the program I am in now. It's a program within the regular Army that allows athletes to train and compete and still get the school benefits, insurance and stuff like that. Pretty much, bobsledding does not make any money. You get to a point where you have to train full-time, but you also have to work. It's a program that helps support that. And so. I found out labout the availability of these military programs] through other athletes that were in it, so I just made the decision to go through Basic Training and join [the Guard's program].

#### GX: Have you ever been deployed?

JB: I have never been deployed. You know, I signed up knowing that I could be. Right now, I'm just doing what I need to do and if that time comes, then that's what I'll do. It's something that I agreed to. Of course, I want to continue to train and compete for the country, but if they need me elsewhere, then that's where I'll go.

#### *GX:* How long have you been in the Guard?

JB: This is my sixth year. I do plan on reenlisting-I don't know for how long.

#### *GX*: How supportive has the Guard been with your bobsledding career? JB: Well, ever since I started working

JB: Well, ever since I started working with just the National Guard, they've been really supportive with my training time. I'm allowed to travel and train PRIZED GOLD SPC Jill Bakken, UTARNG, was half the team that captured Olympic gold in bobsledding; the first time for the U.S. since 1956.

and do whatever I need to do to get myself to the Games, and that itself is huge support. And I get paid as a fulltime Soldier. I do a couple of different things. There's the challenge group. It's a group of kids trying to graduate high school, and [we are going] to high schools and talking to kids. It's not necessarily just saying, "join the Guard," it's more, "This is what I do. This is how I got involved. I'm an athlete within the Guard." A lot of people don't know there are opportunities to do this. We're pretty much ambassadors for the Guard because of what we do, and it's just a positive thing for them to see us. So it goes both ways. I enjoy it. I love meeting the kids, everyone's got a great story and the kids are always fun and interesting. You just hope that you inspire one kid to do better at what they're doing, or to [further] their education. Even if it's just one, it makes a difference.

#### *GX:* What sort of advice do you have for a young person?

JB: The big thing is to find what you love to do. It can obviously be anything, as long as you love what you're doing. You can really focus on being the best you can, as long as you just surround yourself with people that will encourage you do to that. It keeps it positive and it doesn't mean you won't go through hard times or anything like that. Try to find support. When someone says, "No, you can't; it's not going to happen," it's discouraging, but I never believed those people. I had that in me, but I still needed all those people around me to help keep me positive.

#### GX: How supportive has your family been?

JB: My family's really supportive. Ever since I was young, they've always pretty much let me experience as much as I could – just kind of whatever my dream was, whatever my goal was, even if it changed all the time. They are right there behind me supporting me, so I'm pretty lucky.

#### GX: Where do you train?

JB: I train in Calgary quite a bit. I train in Lake Placid. We pretty much travel five months out of the year all over.

#### *GX*: How do you keep up your stamina? Is it just pure love of the sport?

JB: Yeah, you know, that's the root of it. So, if you can remind yourself of that, it definitely helps to keep you on track.There's a lot of things that will try and scare you other ways – you know, negative things that you really need to overcome, and just remember why you're there. I just try and keep a balance and keep it fun.

#### GX: What kind of training do you do?

JB: During summer months, spring and summer, we train like track athletes. It's mostly just running and lifting weights. Then there's some sport-specific lifting or running. It's geared toward bobsledding, but it is essentially just lifting and sprinting. And then also they have an ice push track in Calgary, Canada. It's the only one in North America, so a lot of athletes come up here once in a while. Some of us stay up here all summer, and some will come in and out for a week or so at a time. It's just an indoor ice facility that you practice your start in, so you can actually run on the ice in the summer. It simulates the start of a real track, but its not a full-length track. That is a huge sportspecific training thing for us. And then once the season starts, we continue the same lifting and running and just add in actual sledding, so days get pretty long.

#### GX: When did you start sledding?

JB: I think I was 16. and it was at the point where I was deciding what to do. I had ski raced when I was younger and thought about maybe going back to that. I was also thinking about whether or not I wanted to pursue soccer in college. It was at about that age when I kind of needed to focus on one sport. And for some reason, there was a luge tryout in Washington. I thought that'd be pretty fun, you know, to just try. They said I was too old to start luging, but they said, "You should call the bobsled federation. I don't think they have women's team, but they might be starting one." And I was like, "Oh, that'd be fun," because I knew bobsledding just from watching the Winter Olympics. It was definitely something I watched evervtime I watched the Winter Games. So my parents just called the bobsled federation and asked if there was a women's team, and they said, "No, but we're going to have this camp to see if women are interested in it." I went to that first camp and just fell in love with it. This is my 12th season.

#### GX: Have you had any big crashes?

JB: No, I have crashed, but none of them have been-knock on wood-too serious. Just minor injuries, bruises, and you know, headaches. You're going 80-some mph and you crash on your head and you don't stop, you know? So, you just keep going and a lot of the brakemen will get an ice burn because their shoulders are on the ice.

#### GX: You've already won the Gold in 2002, what's left? What is your longterm goal?

JB: That was my goal pretty much my whole life-to go to the games and win a Gold medal. I got what I had been dreaming about my whole life. Being at the Games, the experience is so amazing. I want to do it again. When something is a challenge, I usually want to try and do it. The next Games is in Vancouver, which is pretty much home.

#### GX: Do you have anything you'd like to say to our Soldiers overseas?

JB: I'm very proud to be able to compete not only as a U.S. athlete, but also as a Soldier. It's an honor for me to do that. And I definitely think about them over there when I'm competing and when I think of why I'm competing. So just let them know that we're thinking of them.

# **FAQ: Bobsledding**

#### WHAT IS THE ORIGIN OF BOBSLEDDING?

A form of bobsleds, existed in the United States as early as 1839. They were not used for sport, however, but to carry wood. These sleds were ill-suited for sport, but they could be steered at the rear as well as at the front. Legend has it that in the 1890s, high atop Cresta Run in St. Moritz, Switzerland, a couple of daredevils put some runners on the bottom of a wooden sled because they felt they needed to go even faster down the famous 1214-meter course with more than a 500-foot drop. Those brave (or insane) folks launched the international phenomenon we refer to as bobsledding today-without a doubt one of the most HOOAH events of the Winter Olympics since the Games began in the 1920s.

HOW FAST DOES A BOBSLED GO? Bobsleds can reach speeds of 80-90 mph, reaching 4 G-

#### WHAT DO THE ATHLETES DO IN THE

**BOBSLED?** There are two types of athletes in bobsled: drivers and pushers. Drivers steer the sled and are the leaders of their team. They need quick reactions, great hand-eye coordination and the ability to push the sled fast at the start. Pushers are those athletes who push the sled fast at the start. The athlete in the back of the sled is called the brakeman. He or she engages a brake (a metal claw which digs into the ice) after the sled crosses the finish line. Push athletes are generally recruited from sports like football and track. At the start, the athletes run on ice using special shoes made only by Adidas & trade; with 500 tiny spikes under the ball of the foot.

Information courtesy of the US Bobsled and Skeleton Federation, Federation Internationale de Bobsleigh et de Tobaganning, and Hickoksports.com



# ARNG Biatheletes Poised To Qualify

In the coming month leading up to the opening of the 2006 Winter Olympic Games on February 10, hundreds of athletes will still be fighting to secure a position on the U.S. Olympic Team. Several Guard athletes are trying to land a spot on the U.S. Biathlon Team, including SGT Sarah Kamilewicz, WCAP, VTARNG; 1LT Sara Granroth, VTARNG; CPT Rob Rosser, WYARNG; SGT Jacob Beste, WCAP, MNARNG; SGT Erin Graham, VTARNG; CPT Duncan Douglas, VTARNG; SPC and Nigel Kinney, MNARNG.

We wish the athletes luck and will be updating the final results in a forthcoming issue, after the Olympics have ended.





# VICTORY MAP

Sharing the good news from Guard units around the world. Send your news to editor@gxonline.com.



#### **UNITED STATES**

#### ARKANSAS

The National Guard presented top honors to Alpha Battery, 2nd BN, of the 142nd Fires Brigade for recruiting and retention excellence during a November ceremony in Washington, D.C. The unit was named one of the best in the nation for its recruitment of new members, and for raising its re-enlistment rate—a key to lowering the number of members leaving the Guard. Only 13 units in the nation were nominated for the prestigious Command Team Award.

#### CALIFORNIA

Yellow Ribbon America, a partner in the Defense Department's "America Supports You" program, joined the National Guard Association of California and the California state legislature to pay tribute to U.S. servicemembers Dec. 15 in Newport Beach, CA. Troops from both the active and reserve components were on hand as part of "Operation Christmas for Our Troops II," a program aimed at gathering toys for the children of deployed California troops as well as DVDs and CDs for troops serving overseas.

#### DELAWARE

Fifty members of the 150th Aviation Regiment of the DEARNG returned home mid-November after spending the past year in Iraq. The 150th supported troops there by flying battlefield circulation missions.

DEARNG aviators, in 4 helicoptersincluding, three UH-60 Black Hawks, and one CH-47 Chinook-airlifted 12 pallets of bottled water from Homestead Air Reserve Base to the football field at Key West High School as part of the ongoing Hurricane Wilma recovery operations.

#### FLORIDA

National Guard aviators helped expedite Hurricane Wilma recovery in late October as they delivered pallets of water to hurricane victims in Key West.

Four Army National Guard helicopters -including three UH-60 Black Hawks and one CH-47 Chinook–airlifted 12 pallets of bottled water from Homestead Air Reserve Base to the football field at Key West High School during a morning mission as part of the ongoing hurricane recovery operations.

The Florida Youth ChalleNGe Academy held its semi-annual graduation ceremony mid-December. Youth ChalleNGe is a community-based program that leads, trains, and mentors at-risk youth so they may become productive citizens in America's future. The program graduated 141 cadets.

#### GUAM

In late October, 21 Soldiers from the 909th Quartermaster Detachment prepared to deploy to Iraq in support of OIF. The detachment is located at Fort Juan Muna in Dededo, Guam, home to four Reverse Osmosis Water Purification Units. Each unit is capable of producing 3,000 gallons of either potable or nonpotable water every hour.

Soldiers of Bravo Company, 1/294th Infantry, GUARNG, worked with the Ethiopian army to instruct them in border security and anti-terrorism tactics. The training is designed to teach the Ethiopians how to train others, and most of the classes in the cycle are taught by Ethiopians with the U.S. Soldiers available for guidance and additional information. Bravo Co. has overseen three cycles of Ethiopian students, and the November cycle was the largest they have had so far with fifty-six students.

#### HAWAII

The 1st BN, 487th FA of the HIARNG conducted its transfer of authority ceremony on Nov. 27 at Kuwait Naval Base, marking the official transfer of mission from the 1st-487th to the 1st BN, 120th FA of the WIARNG. The 1st-487th is the first battalion within the 29th BCT to complete its mission in theater since being mobilized in August 2004. The battalion returned to Hawaii in December.

#### INDIANA

On November 5th, Soldiers of the 980th Quartermaster Co. returned to Camp Atterbury after serving approximately one year in Iraq.

Eleven INARNG Soldiers of the 38th ID's 138th Signal Company returned to the States on November 7th, after a deployment in Iraq. The Soldiers provided communications support for the 278th ACR, a TNARNG unit.

#### KANSAS

In response to severe weather, the KSARNG activated three Soldiers of Detachment 1, 170th Maintenance Company to assist in the set up and operation of the shelter at the Goodland armory where 207 people were sheltered from the weather. Detachment 2, 170th Maintenance Company activated five Soldiers to assist the Red Cross in setting up the shelter in Colby and other cities in the area that housed 325 citizens for two days while waiting for the weather to clear up.

#### VICTORY MAP

Forty-six Soldiers from Battery E (Target Acquisition), 161st FA, KSARNG, returned to its armory in Great Bend on Dec. 3, following a year-long deployment to Iraq in support of OIF. Battery E was mobilized for this radar mission on Sept. 20, 2004. The completion of this mission marks the 4th major deployment for Battery E. Portions of the unit were previously mobilized in 1996 for a peacekeeping mission in Bosnia, and again in 2000 for a similar mission in Kosovo. A portion of the unit deployed in 2004 for OIF. The unit is equipped with special radar equipment to detect incoming artillery, missile or gunfire and determine the firing point of the rounds in order to direct friendly artillery, aviation or ground troops to capture or destroy enemy equipment.

The 137th Transportation Co. (Palletized Load System), KSARNG, returned home late November after a year-long deployment to Iraq for OIF. The 137th Transportation Co. (PLS), has been hauling cargo in convoys in Iraq this past year. They haul pre-palletized loads of ammunition, food, materials and other bulk items.

The 778th Transportation Co. (Heavy Equipment Transport), KSARNG, returned home on Thanksgiving Day from a yearlong deployment to Iraq for OIF, where they have been hauling cargo in convoys. The 778th Transportation Co. (HET), has a mission to transport heavy tracked armor such as tanks and howitzers.

#### KENTUCKY

KYARNG met 2005 recruiting goals. Guard officials say that as of September 30th, the KYARNG had 6,457 total members, exceeding their goal by more than thirty troops. There were 1,152 new recruits.

#### MICHIGAN

Following a 12-month tour in Iraq, fiftynine Soldiers from the 1225th Corps Support BN, MIARNG, returned home mid-November. The Soldiers were called to active duty October 2004 and then arrived in Iraq late December. They commanded quartermaster, transportation and maintenance units that provided supplies and services to locations throughout northern Iraq. The unit also created a fuel storage and distribution facility and oversaw security operations within the complex.

#### NORTH CAROLINA

217th Personnel Services BN returned home at RDU International Airport in October. The unit deployed to Iraq in support of OIF in December 2004. While deployed the 217th was in charge of managing and supervising mail flow throughout the theater, providing mail to over 200,000 civilians and coalition forces engaged in combat operations throughout Iraq.

#### NORTH DAKOTA

About 65 members of F Battery, the 1-188th Air Defense Artillery, NDARNG, returned home on Veterans Day after nearly a year in Iraq.

#### NEW JERSEY

9 members of the 50th Main Support BN, Rear Detachment rescued 2 citizens from the Manasquan River Reservoir. While kayaking on the river, MAJ John N. Tumino, 2LT James Verrengia, SSG Joseph F. Quiles, SGT Herminio Sanchez, and SPCS Tyehimba Ames, Trever Crovitz, Nick Dumortier, Keiry Martiniz and PVT Chukwuemaka Chiazor saw trouble. Michael and William Griffith were out fishing for the day when their boat overturned off a dock on the river. William was trapped under the overturned boat. The nine Soldiers were able to pull both of the Griffiths to safety from the water.

#### NEW YORK

In late October, the New York National Guard's counter-drug program, which focuses on schoolchildren, was recognized by the Department of Defense as the best Drug Demand Reduction Program in the National Guard. The program, "Brainstorm," provides important anti-drug information to 9,000 third and fourth-graders.

#### SOUTH DAKOTA

Two blizzards hit eastern SD in late November and early December and caused power outages to many communities. Members from the SDARNG's 1742nd Transportation Company of Sioux Falls and Flandreau were put on state active duty in support of Operation Blizzard to assist the power utility crews and fellow SD citizens.

#### TEXAS

A day after Thanksgiving, more than 1,500 Soldiers from the 36th Inf. Div. bound for a 14-month deployment to Kosovo and Bosnia were honored in a ceremony Nov. 25 at Baylor University's Ferrell Center. It was the first time 36th Inf. Div. Soldiers were deploying to Europe since WW II.

#### UTAH

Members of the 85th CST, UTARNG, assisted Habitat for Humanity with the construction of a new home in early November. The 85th CST, whose primary mission is to provide hazardous material assessment and mitigation support to Utah citizens and emergency first responders, recently returned from New Orleans where they assisted the 62nd CST, LAARNG, and local civil authorities with hazardous material assessments.

Members of the 1st BN, 148th FA, UTARNG, returned home in November. The 1-148th was mobilized in June 2004 in support of OIF. They were involved in security patrols and other missions as assigned in northern Iraq.

#### VIRGINIA

Gov. Mark R. Warner honored 40 members of the VA Guard with the Governor's National Service Medal in November. The new state award was created to recognize the service of the men and women of the VAARNG and VANG called to active federal service since the attacks of September 11, 2001. The Governor also presented medals to the families of three Soldiers who lost their lives while deployed in Iraq and Afghanistan.

#### WASHINGTON, D.C.

TRICARE Reserve Family Demonstration Benefit, due to end Oct. 31, 2005, has been extended through Oct. 31, 2007. The DoD extended the benefit for an additional 2 years to ensure continuity of care for family members of approximately 170,000 Guard and Reserve members called to active duty for more than 30 days in support of ONE/OEF and OIF.

#### WISCONSIN

The 32nd Military Police Company, WIARNG, received the Valorous Unit Award mid-December for extraordinary heroism in action when they were deployed in and around Baghdad, Iraq. The unit sent about 180 Soldiers to Iraq in May 2003 and returned to Wisconsin in July 2004. During its 14-month tour of duty, the unit lost one Soldier, SPC Michelle Witmer, the first female Soldier killed in action in the history of the National Guard. Thirty-five Purple Heart Medals were awarded to Soldiers wounded in action.

#### WYOMING

SFC Rodger Harder, WYARNG, received the ARNG Recruiting and Retention NCO of the Year award. The award recognizes the top ARNG recruiting and retention NCO in the nation whose superior soldiering and strength maintenance skills, knowledge, and abilities represent the best of the best. SFC Harder also received the WY Chief's 54 Award for the 2nd year in a row. This award recognizes the recruiting and retention NCO whose superior strength maintenance skills, knowledge and abilities, and soldiering have resulted in their selection as the top Recruiting and Retention NCO for the state. SFC Harder will represent the ARNG at various events to include the Secretary of the Army Awards Ceremony hosted in Washington, D.C.



#### **AFGHANISTAN**

#### TXARNG

Coalition (including the 46th Medical Detachment, Texas National Guard) and Afghan doctors conducted a Village Medical Outreach mission Oct. 20-25 in embattled Zabul Province, offering some much needed aid to three different villages and the surrounding areas.



#### **BULGARIA**

#### TNARNG

More than 80 soldiers and 10 Humvees from the TNARNG 168th MP BN deployed to Bulgaria to participate in Operation Vigilant Sentry 2005. Conducting joint training with Bulgarian forces, it was the largest small unit exercise in the State Partnership Program's history.





#### IRAQ

About 17,500 Kufah residents and the local farmers now have clean water for the first time with the installation of two new compact water purification units. In Basrah, 1,120 students will have better classrooms and a brighter future with the completed renovation of a school.

#### **184TH INF REGT**

Iraqi Security Forces and Task Force Baghdad Soldiers (1st Battalion, 184th Infantry Regiment) conducted cordonand-search operations in eastern Baghdad, detaining terror suspects and seizing contraband Nov. 9-10.

Soldiers from 1/184 conducted a combat operation onto two river islands along the Tigris River Nov. 7. At the end of the day, the Soldiers found a weapons cache which included 100 rounds of 12.7 mm ammunition, one 57 mm rocket launcher, a six-tube mortar launcher and one 60 mm mortar round.

Early in the evening of Nov. 27, Soldiers from 1/184 responded to a coordinated attack involving a roadside bomb and small-arms fire in eastern Rashid. The blast from the improvised explosive device caused minimal damage to the patrol. The Soldiers immediately conducted a counterattack and found an initiation wire leading to a nearby house. The Soldiers detained two terror suspects found in the house.

In early December, Soldiers from 1/184 conducted three cordon and searches and captured a total of nine individuals. 1/184th INF, A Company, detained six individuals in eastern Rasheed Dec. 3 around 11:35 p.m. One of the detainees was a known member of an Al-Qaeda bomb-making cell and another individual is suspected of running safe houses used to smuggle terrorists into Baghdad. Three hours later, another element from 1/184 detained a targeted individual in Abu Dischir and another two at daybreak in Dora. U.S. and Iraqi forces wrapped up Operation Steel Curtain in late November near the Iraq-Syria border. The 17-day offensive was conducted in the cities of Husaybah, Karabilah and Ubaydi, and was geared toward preventing al Qaeda in Iraq from operating in the Euphrates River Valley and throughout the country's Anbar province. A total of 139 terrorists were killed and 256 were processed for detention during the operation. Officials said "the porous Iraq-Syria border was identified as a main route for men, material and money to be transited into Iraq." The western Euphrates River Valley region was known to be a major artery for al Qaeda in Iraq terrorists.

About 10,000 residents in Al Jeser, Khazi and Hamail, now have fresh water with the completion of approximately 9.3 miles of water distribution line.

Construction has begun on a building, health and education project that will benefit about 2,000 women in the Taji

Trained to mobilize quickly and effectively in hostile conditions, the 1/184 Infantry Regiment is currently the top ranked air assault battalion of the thirty-two air assault battalions in the reserve component.

area of Baghdad. The Assyria Women's Center should be completed in May.

A ceremony was held Nov. 30 in western Iraq symbolizing the securing of the borders through cooperation of the Ministry of Defense, the Ministry of the Interior and Multinational Force-Iraq. Developing capable border forces will significantly disrupt entry for terrorists and foreign fighters and integrate with provincial counterinsurgency efforts. This began with Iraqi forces reestablishing initial control of Iraq's borders with limited Coalition support and continues until Iraqi forces control all ports of entry and provide their own security support.

GEN George Casey, Multi-National Force-Iraq commanding general, along with Saadoun al-Dulaimi, Iraq MOD, BG Ahmed Ali Muhsin Al-Khafaggi, deputy MOI supporting forces, and Marine COL Stephen W. Davis watched as the Iraqi flag was raised by Iraqi Soldiers in Husaybah, which was cleared of insurgents as part on an effort to stop the flow of terrorists across Iraq's borders, Operation Steel Curtain.

Millions of Iraqis exercised their democratic right to vote Dec. 15 in record numbers by electing a 275-member assembly. Reports from Iraq's national parliamentary elections indicate voter turnout was higher than the numbers seen for the Oct. 15 constitutional referendum. About 225,000 Iraqi security forces kept the city safe–85,000 more than were in place for the Oct. 15 referendum. Coalition Forces provided support from outside the polling stations.

The Civil Affairs Soldiers from the 48th BCT, GAARNG, recently delivered school desks, built byTNARNG's 194th Engineer Brigade, to three schools in the An Nasiriyah area.

#### GAARNG

On December 14th, the 11th Armored Calvary Regiment, 122nd Rear Operations

Center, GAARNG received unit coins and Certificates of Achievement from the Task Force Freedom Commander and the Combat Spurs Certificate from the Task Force Freedom Chief of Staff/11th Armor Regimental Commander COL Bayer for their actions and contributions to Task Force Freedom. Some of the Soldiers that served on the Task Force Freedom Personnel Security Detachment received their Combat Action and Medic Badges, and one Soldier received his Purple Heart in November.

#### TXARNG

Soldiers with the Texas National Guard and Marines from 2nd Force Service Support Group (Forward), discovered significant weapons caches near a primary school, slated as a polling site, here after being alerted by local Iraqi citizens who had been harassed and intimidated earlier by insurgents to include an RPG attack against the school.



#### PAKISTAN

In mid-November, the Defense Department nearly doubled its funding for earthquake relief operations in Pakistan-to \$110 million-following the country's devastating Oct. 8 earthquake that left an estimated 73,000 people dead. An estimated 1,200 U.S. military personnel and 23 helicopters are currently supporting relief operations in Pakistan.



#### ISRAEL

In late November, LTG H Steven Blum, chief of the National Guard Bureau, led a 25-member delegation that included two state adjutants general to Israel to forge a new relationship with that country's Home Front Command to help keep both countries safe. "We see the American people, and particularly the National Guard, as our family," said MG Gershon who leads the branch of the Israeli Defense Force that has been committed to homeland defense. The Home Front Command is Israel's equivalent to the National Guard. Both are comprised of reserve troops.



#### SERBIA-KOSOVO

Families of U.S. troops and the Mountain View Elementary School in Harrisburg, PA have donated clothing and school supplies to an elementary school in a small mountainside village. Eight Soldiers from the 628th Military Intelligence BN, 28th ID from Harrisburg, PA, visited the school, handed out supplies, and met with the children of the village. **CXX** 

# TRICARE Basics FOR NATIONAL GUARD FAMILIES

Kathleen Moakler, Deputy Director of Government Relations, National Military Family Association

Making choices about healthcare for yourself alone, or for you and your family, can be difficult at best. Making choices about TRICARE when you are activated or deployed as a member of the National Guard has the added confusion of new regulations, new definitions and new acronyms. There are no cookie cutter answers, as each family is unique. What is your best plan for continuity of healthcare? Will your employer continue to provide insurance coverage if you pay the premium? Can you use your civilian spouse's healthcare plan for your family? Is the doctor you use now a TRICARE provider, or will he/she accept TRICARE?

It is always best to familiarize yourself with key TRICARE definitions and concepts to help make an informed decision. All of this information is taken from the TRICARE website, www.tricare.osd.mil, which is highly recommended for in-depth information about your TRICARE benefits. Every family should also have a copy of the TRICARE Handbook specific to your region. To access a handbook online, visit the TRICARE website homepage and type in your zip code to determine your region. Click on the region (North, South, or West) in which you live, and you'll be linked to the homepage for your region. Each homepage contains quick links to the handbook, provider information, enrollment forms and other important information.

Another resource is your Beneficiary Counseling and Assistance Coordinator (BCAC), who is available to answer questions and help solve healthcare-related problems. To locate your BCAC visit http://www. tricare.osd.mil/bcacdcao/. If you do not have access to the internet, you can call the TRICARE Information Center, at I-888-363-2273, to find out your region, obtain a handbook, locate your BCAC, or receive other information that you may need.

TRICARE is the DoD's worldwide healthcare program for active duty and retired uniform service members and their families. Members of the National Guard and their families are covered under TRICARE while the service member is on active duty for more than 30 consecutive days.

In order to be eligible for TRICARE, family members are required to be enrolled in **The Defense Enrollment Eligibilty** 



Every family should have a copy of the TRICARE Handbook specific to your region. Visit the TRICARE website and type in your zip code to determine your region.

**Reporting System (DEERS);** a computerized database of military sponsors and families who are entitled, under the law, to TRICARE benefits. Only the service member can add or remove a family member from DEERS, but family members can verify or update their DEERS information by contacting their local personnel office, or by contacting the **Defense Manpower Data Center Support Office (DSO) at 1-800-538-9552.** It is important to update address or phone changes or changes to the family such as a newborn or adopted child.

#### THE FAMILY OF AN ACTIVATED SERVICE MEMBER HAS SEVERAL OPTIONS

**TRICARE PRIME** This is a managed care option similar to a civilian health maintenance organization (HMO). This option is usually available for those families living near a military installation with a Military Treatment Facility (MTF), but families in other areas should check with their TRICARE contractor for other Prime locations. Families must enroll to be eligible for this option. There are no enrollment fees, deductibles or co-pays for the families of activated Guard members. Care is coordinated through a primary care manager with treatment at the MTF or providers within the TRICARE civilian network.

**TRICARE PRIME REMOTE FOR ACTIVE DUTY FAMILY MEMBERS (TPRADFM)** A managed care option available in certain geographical areas where there is no TRICARE Prime network. Families must enroll to be eligible for this option. There are no enrollment fees, deductibles or co-pays for the families of activated Soldiers. To see if TPRADFM is provided in your geographical area, contact the **TRICARE Information Center at 1-888-363-2273** or visit the **TRICARE Prime Remote Web site at www.tricare.osd.mil/remote.** 

**TRICARE STANDARD** This is a fee-for-service option. You can see the TRICARE authorized provider of your choice, but the care usually costs you more. There are deductibles and co-pays.

**TRICARE PHARMACY PROGRAM** The basic options for filling precriptions:

- ★ At Military Treatment Facility (MTF) pharmacies at no cost
- Through the TRICARE Mail Order Pharmacy (TMOP) with a \$3 co-pay for a 90-day supply of generic, or \$9 for brand name.
- ★ At a TRICARE retail network pharmacy (TRRx) with a \$3 co-pay for a 30-day supply of generic, or \$9 for brand name.

More information is available at **www.tricare.osd.mil/pharmacy or call 1-877-363-6337**.

#### CERTAIN PROGRAMS ARE SPECIFIC TO THE GUARD AND RESERVE

**EARLY TRICARE BENEFIT** Some members of the National Guard, who are issued delayed-effective-date active duty orders for more than 30 days in support of a contingency operation, are eligible for "early" TRICARE medical and dental benefits beginning on the later of either: (a) the date their orders were issued, or (b) 90 days before they report to active duty. For more information visit http://www.tricare.osd.mil/Factsheets/.

#### THE TRANSITIONAL ASSISTANCE MANAGE-

**MENT PROGRAM (TAMP)** The program offers transitional coverage of 180 days to National Guard members and their families, separated from active duty after being called up or ordered in support of a contingency operation for an active-duty period of more than 30 days. Even if the family had been enrolled in TRICARE Prime or TRICARE Prime Remote for Active Duty Family Members, this transitional coverage for National Guard families is only offered as TRICARE Standard.

#### TRICARE RESERVE SELECT (TRS) Since April

26, 2005, certain members of the National Guard and Reserve have been able to purchase premium-based healthcare coverage under TRS if they meet certain conditions. First, they must have been called or ordered to active duty under Title 10 in support of a contingency operation for more than 30 consecutive days on or after September 11, 2001. Second, they must have served continuously on active duty for 90 days or more under such call or order. Third, they must enter into a Service Agreement to continue service in the Selected Reserve. Service members may be eligible for one year of TRS coverage for 90 days of continuous active duty service in support of a contingency operation. More information can be found on the TRS fact sheet www.tricare.osd.mil/ Factsheets/.

The National Military Family Association (NMFA), "The Voice for Military Families," is dedicated to providing information to, and representing the interests of, family members of the uniformed services on which our national security depends. Its website, www.nmfa.org, provides extensive information for military families and those who service them. For more information about NMFA, please contact NMFA at 703-931-6632 or at families@nmfa.org.

> www.nmfa.org www.tricare.osd.mil

# Lewis and Clark Youth Rendezvous 2006 Essay Contest

Courtesy of NDARNG PAO

North Dakota will be hosting a unique opportunity for the youth of America. Students who will be high school juniors or seniors during the 2006-07 school year are eligible to participate in the National Guard's Youth Rendezvous essay contest. Ten students from each state and territory will be involved in this experience, and each will earn an all-expenses-paid Lewis and Clark-themed trip to North Dakota Aug. 13-18, 2006.

Mikey Hoeven, First Lady of North Dakota, is the honorary chairperson for this event. "As the First Lady of North Dakota, I am excited about this great educational opportunity for the youth of this country. History will come alive when over 500



history," said Steven L. Stearns, Lewis and Clark Commemoration project officer.

Students will be immersed in the experience by walking in the footsteps of the Lewis and Clark expedition. Through multiple activities and events, selected students will follow the Lewis and Clark trail, experience American Indian culture of yesterday and discover military history firsthand.

#### This is going to be living history like you've never

**Seen it.** –MAJ Davina French, NDARNG

youth come together next August in our great state," said Hoeven. "I have seen the agenda for this 4-day event and I encourage all youth in North Dakota to take advantage of this opportunity and submit your essay."

Students need to write a Lewis and Clark focused essay in order to be a state finalist. Through multiple activities and events, selected students will follow the Lewis and Clark trail, experience American Indian culture of yesterday and discover military history firsthand.

"It is an honor to host the Lewis and Clark Youth Rendezvous in North Dakota," said MG Michael J. Haugen, the Adjutant General of North Dakota. "It is a great opportunity to showcase the rich heritage and culture that is unique to our state. The youth will get an experience of a lifetime through this historical adventure."

Throughout its involvement in the Lewis and Clark Bicentennial Commemoration, the National Guard has emphasized the educational applications of this extraordinary American adventure. To culminate its involvement in the Bicentennial, the Guard is sponsoring this Lewis and Clark Youth Rendezvous. By way of an essay contest, our nation's high school juniors and seniors will be afforded the opportunity to compete for one of the 540 spots in this immersion into "This is going to be living history like you've never seen it," said MAJ Davina French, North Dakota's team leader for the event. "It will be a great way to experience a trip across North Dakota almost exactly the way Lewis and Clark saw it."

The hands-on activities and events will take place throughout western North Dakota. The adventure will showcase daily activities of the original Lewis and Clark expedition that will create a unique educational opportunity. To submit an essay or learn more about events, activities and contest rules, visit www.lcyouthrendezvous.com.

#### **ESSAY GUIDELINES**

The Lewis and Clark essay needs to address the following question:

#### "In your opinion, what military value most describes the Lewis and Clark Corps of Discovery journey and why?"

The essay must be a minimum of 1,000 words, but not more than 1,500 words; and can be submitted online or by mail. All entries must be received by midnight **February 28, 2006.** 

www.lcyouthrendezvous.com

# **A Guide to ARNG Educational Benefits**

By Johanna Altland, Grantham University

#### **4 EASY STEPS TO GETTING YOUR BENEFITS**

Applying for your GI benefits can be tricky, but don't be put off by the application process. If you follow the four easy steps below, you will find that the process is simple and effortless.

Find and apply to a college or university that is approved for Veteran's Administration (VA) training or education. Most regionally and nationally accredited colleges and universities are approved by the VA.

Complete VA Form 22-1990, Application for Education Benefits. This form can be accessed through the Veterans Online Application Website (VONAPP): **vabenefits.vba.va.gov/vonapp/** 

- ★ If you are Active Duty, you will need to have your Education Service Officer or Command representative complete and sign Section II of the VA Form 22-1990. In addition, you should speak to a counselor in your Voluntary Education Services Office to determine if you are eligible to participate in the GI-Bill Buy-up program before you start using your GI Bill.
- ★ If you are a Veteran, you will need to include a copy of your DD 214 Discharge Paperwork for your college admissions office.
- ★ If you are a member of the Selective Reserve, you may need to include a copy of DD Form 2384-1, Notice of Basic Eligibility which was given to you by your unit when you became eligible for the MGIB-SR.

In most cases the school will send your application along with its paperwork to the appropriate VA regional office with jurisdiction over the State or area where you will train. This will expedite the process. However if you have not found a school yet, you can still apply for your VA Eligibility Determination by mailing your completed VA Form 22-1990 to your VA Regional Office. Visit **www.va.gov** to find the address for your VA Regional Office. Within 4-8 weeks, you should receive a declaration of eligibility, Certificate of Eligibility and a letter explaining your VA benefits. Keep in mind that it is not unusual to get a letter from the VA requesting more information. You will have to answer the VA's requests to be determined eligible and complete the process.

Once you have begun to receive your benefit payments (Direct Deposit), you will have to complete the VA's Web Automated Verification of Eligibility (WAVE) each month to continue to receive your monthly benefits payments. The WAVE is a simple process that requires you to either log-on to **www.gibill.va.gov/wave** or call their toll-free number at **1-888-GIBILL-1**. It only takes a couple of minutes, but you will not get your monthly payment until you do.

It's well worth the effort, so don't wait until it is too late—get started today and reap the benefits!

As a member of the Army National Guard, you can receive the funding necessary to earn your college degree while you serve your country:

- ★ You can receive over \$60,000 for college or technical school education
- You can receive up to \$3,000 a year to help repay existing student loans

#### Student Loan Repayment Program (SLRP)

The Student Loan Repayment Program (SLRP) will pay up to \$20,000 in student loans to those who have an existing student loan obligation at the time of enlistment in the Guard. In addition, current ARNG members who extend their enlistment contract for a minimum period of six years are also eligible for this program if they meet certain requirements.

- Members can use the SLRP, in addition to TA and GI Bill Kicker; i.e. get student loans for living expenses, travel expenses, etc. and then have the ARNG pay off these loans through the SLRP. Thus, use all three programs. SLRP is one of the least used benefits, yet one of the easiest to qualify for and receive.
- The Montgomery G.I. Bill provides a monthly stipend over a thirty six month period.
- ★ State benefits range from a specific amount per semester to 100% tuition assistance at state universities and colleges.

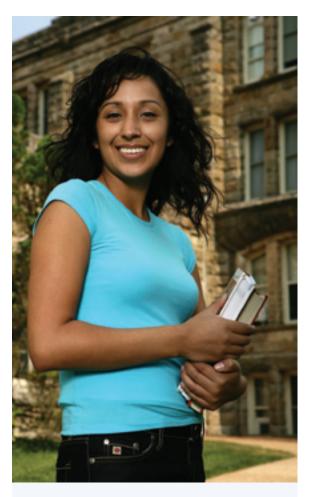
If you joined the Guard while you were still in high school, you may be able to complete most of your Military obligation by the time you graduate from college.

Many of your educational benefits kicked in as soon as you enlisted, including:

- ★ Free SAT and GRE testing, CLEP exams and Federal Tuition Assistance.
- ★ If you have completed Basic Training and Advanced Individual Training, you are eligible for the Montgomery G.I. Bill and the Army National Guard College Fund, which is the Guard's supplement to the Montgomery G.I. Bill.



For a free How to Pay for College Guide, visit: www.1800goguard.com/ educationguide



#### **EDUCATIONAL RESOURCES**

**DANTES** The DANTES Distance Learning Program provides a wide range of nontraditional education programs for Service members. **www.dantes.doded.mil** 

**srnEXPRESS** Scholarship Resource Network Express contains a database of over 8,000 programs with over 150,000 awards for undergrad and postgraduate students. **www.srnexpress.com** 

**SCHOLARSHIPS.COM** This is a free resource for college scholarships and financial aid information. **www.scholarships.com** 

**COLLEGEBOARD.COM** This online tool helps you locate scholarships, internships, grants, and loans that match your education level, talents, and background. www.collegeboard.com

**CTAM** Centralized Tuition Assistance Management is a new web-based system that will allow Soldiers to gain access to the Army Continuing Education System (ACES) from anywhere in the world. **Coming April, 2006** 

#### TEN GREAT REASONS TO EARN YOUR COLLEGE DEGREE

#### **1. YOU'VE PAID FOR IT**

Using your GI Bill and tuition assistance may help offset the cost of your college education.

#### 2. DEGREE HOLDERS EARN MORE

Statistics show a degree holder makes more money than those with a high school diploma.

#### **3. ADVANCE YOUR CAREER**

Earning a degree can help you earn promotion points or qualify for Officer Candidate School.

#### 4. FAST-TRACK

Prior military training and prior coursework may be used to obtain credit in lieu of course and credit hour requirements.

#### **5. IT'S CONVENIENT**

Distance education offers you the ability to earn your degree with no classroom attendance required. Complete your coursework from ships, planes, bases, posts, anywhere Internet access is available.

#### 6. IT'S SELF-PACED

You can earn your associate, bachelor's or master's degree at your own pace, when and where it's convenient for you.

#### 7. LIFE AFTER THE MILITARY

Earn the degree that could open the door to more employment opportunities when you leave the military.

#### 8. ENHANCE YOUR LIFE

A college degree may provide benefits that will last a lifetime, including: more career options, better promotion opportunities, higher pay and lower unemployment.

#### 9. IT'S ALREADY TOMORROW

Time passes fast. If you are on active duty, but don't use your TA benefits, you lose them. Veterans have 10 years from the date of separation, so get started today!

#### **10. WHY NOT?**

You have the funding, you have the time, and as a military member you certainly have the discipline, so why would you NOT use the military benefits you've earned?

# Theodore Roosevelt & the 1st Volunteer Cavalry Regiment PART ONE: **66 THE ROUGH RIDERS**?? By Chris West

Ask most people what they know about the Spanish-American War, and they can usually muster "Remember the Maine," yellow journalism and the Rough Riders. Ask about the Rough Riders, and you might get Teddy Roosevelt and the charge up San Juan Hill. If you want more than that, you'll probably have to hit the history books. Unfortunately, what you usually find is only half the story, and the dull half at that. *GX* did a little digging and found out some of the things they left out of the textbooks.

A quick search on Google tells us that Theodore Roosevelt got his command of the Rough Riders while he was serving as Assistant Secretary

of the Navy. When the war broke out, he immediately quit his position and helped form the Rough Riders. These are true statements as far as they go, but they entirely miss the interesting part of the story.

As Assistant Secretary of the Navy, Roosevelt campaigned tirelessly for war against Spain. He spoke at great length on the subject to anyone he could corner, including the New York National Guard Adjutant General, The Secretary of War and most especially President McKinley. Roosevelt was so relentless in his lobbying that eventually the President refused to meet with him. Roosevelt went so far with his campaign for war that one fine afternoon he took over the Naval Department.



Theodore Roosevelt's "Rough Riders"

arrival at Tampa, FL, 1898.

published eight pages of detailed drawings and data "conclusively" showing how the sabotage was accomplished. The story, though entirely fabricated, was so detailed that the Captain of the Maine publicly wondered if the paper had received information directly from the saboteurs

Against this background, Henry Long, the Secretary of the Navy, decided to take the afternoon off and left Roosevelt in charge. Within three hours Roosevelt had sent Admiral Dewey and the Pacific fleet to Hong Kong with



Roosevelt did not just enlist the expected cowboys, hunters, ranchers and other "frontier" types. He insisted on enlisting fifty men from Ivy League schools in order to give the regiment its "peculiar character."

On February 25, 1898, ten days after the U.S.S. Maine exploded in Havana Harbor, the nation was in turmoil. William Hearst's papers along with the rest of the "yellow journalists" clamored for war with headlines like "Death Camps," "Spanish Cannibalism," "Inhuman Torture," "Amazon Warriors Fight For Rebels" and the ever reliable "Cuba Libre!" The investigation into the causes of the sinking of the Maine had not yet come to any conclusions, but that didn't slow the papers down. Hearst orders to intercept the Spanish Navy and begin offensive operations in the Philippines if war should break out. Additionally, he also ordered massive stocks of coal, ammunition and weaponry be acquired. The rest of the U.S. Navy was instructed to "keep full of coal"—essentially to prepare for war. He then sent a demand to Congress for legislation authorizing the unlimited recruitment of seamen. In a single afternoon he had put the U.S. Navy on a war footing. Having done that, he contacted the NY National Guard's Adjutant General and advised him to prepare his troops for war, and in the same breath, asked him for a command. The Secretary of the Navy later commented, "the very devil seemed to possess him yesterday afternoon," but he allowed all of the orders to stand.

When war was finally declared, McKinley called for three volunteer regiments to be created consisting exclusively of frontiersman. Roosevelt was popularly known as

#### GUARD LEGACY

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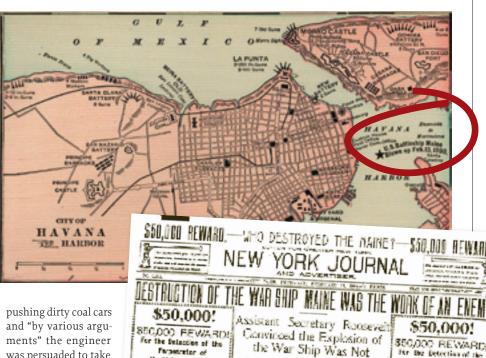
the Males Calroge!

the Nation's greatest frontiersman, and the same day the war orders were issued he was offered the command. Despite his months of campaigning for just that, Roosevelt turned down the offer, asking that his more experienced friend Leonard Wood be named the commander of the Rough Riders. Roosevelt was made an LTC and second in charge.

COL Wood departed for the Texas training grounds while Roosevelt set about recruiting the regiment and securing supplies. Roosevelt did not just enlist the expected cowboys, hunters, ranchers and other "frontier" types. He insisted on enlisting fifty men from Ivy League schools in order to give the regiment its "peculiar character." These men were all athletes and able to hold their own with their Western counterparts. As Roosevelt put it "the cowboys and Knickerbockers ride side by side."

After a month of training, the order came down for the Rough Riders, as they were now called by the press, to travel to Tampa for embarkation on transport ships to an undisclosed location. They jubilantly loaded the regiment, its horses and supplies onto seven trains and began the long trip to Tampa.

The regiment reached within six miles of Tampa before the problems began. Due to the high volumes of rail traffic the trains were unable to complete the journey, and the Rough Riders were forced to commandeer local wagons and complete the trip to their camp on horseback.



ments" the engineer was persuaded to take them to the embarkation point.

On arriving at the docks, LTC Roosevelt and COL Wood learned that in the confusion, their assigned ship, the Yucatan, had

#### Roosevelt went so far with his campaign for war that one fine afternoon he took AVAL OFFICERS THENK THE MAINE WAS DESTROYED BY A SPANISH MENE the pair with strate band, for such the same is second in the second party of the state of the second seco ne ar a flariben Torpo In Torpeds Beitredin Hare Seen de Weiten Joed Aglins He Andrea Mar de Weiten Die Inding Statis of Bairy State Into the Al-Article Plan of Bairs of Statis and Sardwork Resolution to Weite Seen the Mar and Statis and Excluding test Tale Mart-Our Estime Dealers & Societying Venezion-States Statis Diversite Maratin Separat Upon the Condition of the March.

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The next day Roosevelt went into town and found the embarkation point a tangled mess. Ships sat idly in the harbor while a handful of harried guartermasters tried to sort through a supply and logistics nightmare. To make matters worse, train after train had to share a single track leading to and from the port. This phase of the invasion of Cuba had not been well planned.

**over the Naval Department.** 

Ultimately word came down that due to insufficient berths on the ships, the 1st Volunteer Cavalry would have to leave all but a few of their horses behind as well as approximately half of their men. Suddenly, the Rough Riders were an under-strength infantry regiment.

Undeterred, the 560 remaining men showed up well before dawn on the day of their departure to board their assigned train. By the time the sun was over the horizon, there was still no sign of their transport. Having had quite enough, the Rough Riders seized a train

also been assigned to two other regiments.TheColonels immediately split

up. Wood grabbed a launch, rode out to the Yucatan and hijacked it in midstream. At the same time, Roosevelt ran back to the train and, leaving a "strong guard" on the baggage, double timed the rest of his regiment down to the boat where they boarded her "just in time . . . to hold her against the Second Regulars and the Seventy-First." It isn't clear exactly what transpired in "holding her," but it is recorded that the Seventy-First retreated under a barrage of coal thrown by the Rough Riders.

As the baggage was being loaded, Roosevelt spotted two photographers nearby. He introduced himself and found they were assigned to go to Cuba and photograph the war. Demonstrating his mastery of press relations, Roosevelt personally escorted the

photographers up the gang plank of the Yucatan by himself.

an Accident.

298 American Salicis to Their Death. Navel Officers Untarimous That the Ship Was Destroyed

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The Yucatan was so stuffed with men that every foot of the deck was covered by bodies. After two full days of loading, an armada carrying approximately 16,000 soldiers, the largest armed force to ever leave American shores, sailed away from the docks and promptly came to a stop. Three unidentified warships had been spotted in the Gulf, and for the next six days the troops would have to sit aboard their sweltering over-crowded ships. Finally on June 14, the all clear was sounded, and as twilight fell, the Fleet steamed for Cuba.

SOURCES: "THE RISE OF THEODORE ROOSEVELT" BY EDMUND MORRIS, "THE ROUGH RIDERS" BY THEODORE ROOSEVELT

Next month: Part 2: The Battle of San Juan Hill

# **M1918 Browning Automatic Rifle**

By Chris West

The Browning Automatic Rifle (BAR) was designed by the legendary John Moses Browning at the end of World War I as a replacement for the French Chauchat light machine gun. The Chauchat had been issued in great numbers to French troops as a lightweight, close support weapon. The concept behind this weapon was called "marching fire." The idea was to give individual squads their own portable automatic weapon that could provide suppressing fire as troops advanced from trench to trench.

The Chauchat was an important weapon because it was one of the first truly automatic rifles to be widely used on the battlefield. Unfortunately, the manufacturing techniques of the time and the overall poor design of the weapon led its detractors to refer to it as "the worst machine gun ever issued to any army at any time in history." As a result of the weapon's poor performance, the American Expeditionary Force contracted Browning to design a replacement weapon, the BAR.

The BAR was built using the same "marching fire" concept as the Chauchat. It was intended to be fired from the shoulder or hip as the Solider advanced, providing suppressing fire on the entrenched enemy as the troops moved over open ground. Soldiers were trained to walk forward shooting with each step of the right foot. In fact, web gear was issued with the first BARs that had a special steel pocket on the right hip for holding the stock while firing from the hip.

The first BAR into the field was the M1918. Even though it was adopted in 1917, it was named the M1918 in order to avoid confusion with another of John Browning's designs that was commissioned that year, the M1917 water cooled machine gun. The M1918 is a gasoperated, air-cooled, magazine-fed weapon. Built for the U.S. military, it was chambered for the standard service round of that period, the .30-06 Springfield, and it weighed in at a whopping sixteen pounds empty. The rifle was capable of semi or full automatic fire, though it was somewhat limited in full automatic mode by its rather anemic twenty round magazine and fixed barrel. (During prolonged firing, barrels on automatic weapons need to be changed periodically due to heat buildup.) Firing on full auto, the M1918 had a cyclic rate of approximately 480 rpm, allowing a shooter to empty the magazine in about 2.5 seconds.

Although the M1918 was deployed late in the war, a few were issued in time to see service at the front. The first time the BAR saw combat was in the hands of the inventor's son 2LT Val A. Browning of the U.S. 79th Division when he fired on German positions on September 13, 1918. The 79th continued to use the M1918 during the Meuse-Argonne offensive and the capture of Montfaucon. By November 1918 when the Armistice was signed, the BAR was kept in INNOVATOR John Browning, legendary gunsmith and creator of the BAR



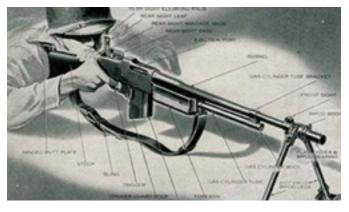
the FBI and the criminals they hunted. John Dillinger, Pretty Boy Floyd and Bonnie and Clyde were all known to employ the M1918 during their infamous crimes. Clyde Barrow, of Bonnie and Clyde fame, made extensive use of the BAR throughout his criminal career. He preferred using shortened BARs because of their outstanding accuracy and the ability of the .30-06 round to penetrate the engine block of a pursuing

# Despite the limitations of a twenty round magazine and fixed barrel, the BAR gained a reputation as an outstanding firearm.

service because of its rugged reliability and outstanding accuracy. At the end of the war around 85,000 BARs had been produced.

Although the BAR is best known for its service in World War II, it became legendary between the wars as well. During the "gangster era" of the thirties, the BAR gained notoriety approaching that of the more familiar Thompson submachine gun. The rifle was used extensively by vehicle. These weapons were stolen during heists of National Guard armories, the most notable of which was the Beaumont Texas Armory Heist. The BAR was also used by the deputies who brought the lives of Bonnie and Clyde to a violent end.

The role of the BAR changed with World War II. Instead of the "marching fire" of WWI, a new tactical concept had been developed



GETTING TECHNICAL An illustration that appeared in early military training manuals, outlining the BAR's basic parts.

known as "Fire and Maneuver." Previously an entire squad would advance and fire as it went. Now, the squad was broken into two elements: the assault element and the base of fire element. When enemy contact was made, the base of the fire element provided suppressing fire to keep the enemy pinned down, while the assault element maneuvered to flank them. This tactic is sometimes referred to as the four "F's." Find the enemy, fix the enemy in position with suppressing fire, flank the enemy, and then finish the enemy off.

The BAR was re-tasked to support these tactics. Instead of filling the role of assault rifle, it would now be used almost exclusively as a light machine gun, providing a base of fire for maneuvering troops. To this end, in 1940 the BAR M1918A2 was issued. This model did away with the semi-automatic option in favor of full auto fire. The rate of fire was adjustable between slow (300–450 rpm) and fast (500–650 rpm). A bipod was also attached to the barrel in order to improve accuracy.

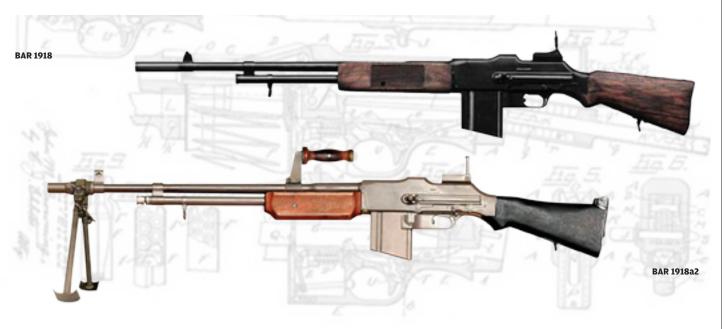
The weapon excelled in this new role. Despite the limitations of a twenty round magazine and fixed barrel, the BAR gained a reputation as an outstanding firearm. Its excellent design allowed it to operate well in the sandy environments of the North African campaign as well as the jungles of the Pacific Islands. Its outstanding accuracy and stopping power made it a favorite among the troops that it protected and raised its status to that of a legend among the men assigned these guns. By the end of WWII, more than 200,000 BAR M1918A2's had been manufactured.

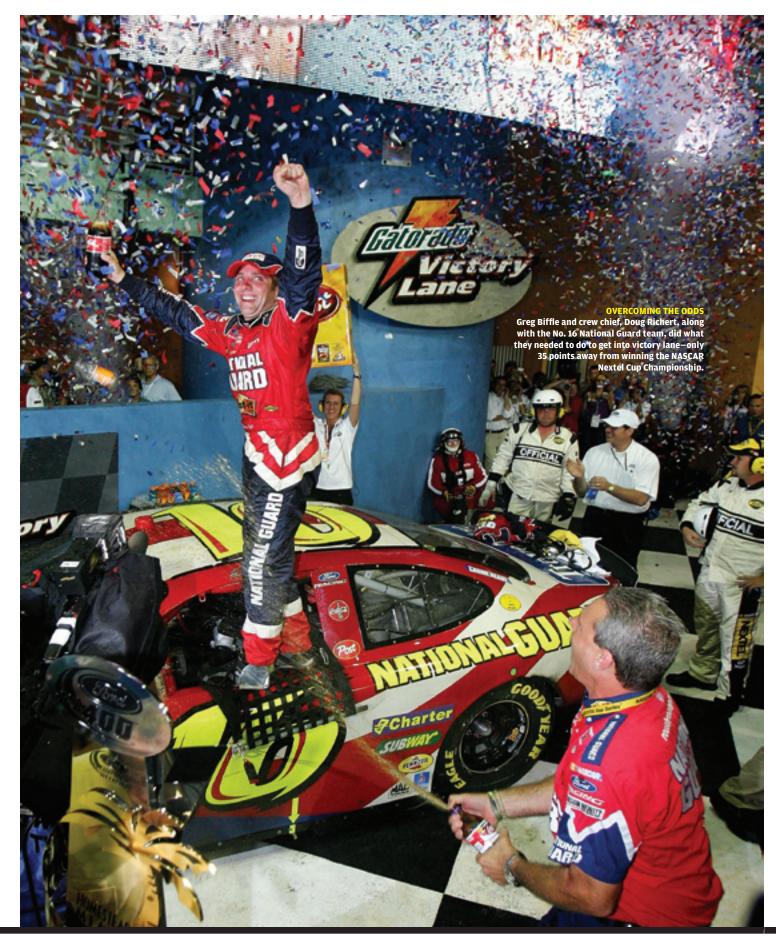
The success of the BAR did not end with WWII. It continued soldiering through the Korean War and even saw action in the early years of the Vietnam War when it was provided to South Vietnamese troops.

These days finding a BAR is quite a feat. The Army long ago replaced it with Squad Automatic Weapons such as the M249 SAW. Only a handful of the weapons are in the hands of private collectors, and most of those were sent to England under the Lend Lease program and then imported back into the states in the 60's. Since the BAR is a fully automatic weapon, you can't just hop down to the local gun shop and pick one up. Ownership is tightly restricted by the BATF, and as a result, even replicas have been hard to come by. However, in the past few years Ohio Ordinance Works, a manufacturer with an excellent reputation, has been producing a semi-automatic version of the M1918A2 known as the M1918A3 SLR. The price tag is prohibitive for all but the most serious collectors, but for those die-hards out there, you can own your own piece of history by going to **www.ohioordnanceworks.com/slr/slr.htm.** 

WORKHORSE The Browning gained its fame and popularity during WWII, helping units like the 158th RCT, AZARNG defeat enemies from Asia to Africa







064 > GX > VOL 3 ISSUE 1

HOMESTEAD, FL—With a dramatic last-lap battle to the finish line at the Homestead-Miami Speedway, Greg Biffle and the No. 16 National Guard Ford Taurus team completed a career-best NASCAR Nextel Cup season on November 20.

Capping off a successful year that earned the team six victories and a second place spot in the Cup standings, Biffle won the Ford 400 race by beating Roush Racing teammate Mark Martin by less than .025 seconds to take the checkered flag.

After a celebratory burnout—and a champagne and confetti-coated visit to Victory Lane—the race season was over and in the history books as the No. 16 team's best yet.

"It was a great year!" the 35-year-old Biffle said a few days earlier during an interview in the infield garage area at the Homestead-Miami Speedway on November 18. "Really at the beginning of the season, we felt like we were going to win some races . . . We felt like we were going to come in and win four or five races this year. We had a lot of confidence. We didn't want to be overconfident, but as it turns out we were able to do just that, and make the Chase." of car . . . I'm going to run all the races there, all the divisions, just to get some more laps."

Biffle finished 29th at Martinsville during the Advance Auto Parts 500 in April and 20th during the Subway 500 there in October.

However the "spoiler" race in the 2005 championship Chase for the Cup was a track where the National Guard team had little control over their finish: Talladega. Biffle's Ford received heavy front and rear end damage when he got caught in a multi-car accident during the October 2 race at the Alabama super speedway, and the team finished in 27th place.

Biffle admitted the crash probably cost him the Nextel Cup Championship.

"It's such a gamble," Biffle said of racing at Talladega. "You're just going along, and all of the sudden you're in a 30 car wreck—a 15 car wreck—without having a chance to avoid it. That's really tough to take a team out of the Chase just like that. If we wouldn't have gotten in that wreck, we'd be leading the points today."

Next year will be Biffle's third year driving the National Guard Ford in the NASCAR Nextel Cup series. The former Busch and Craftsman

#### The Best is Yet to Come by SSG Thomas Kielbasa, FLARNG PAO A WIN AT HOMESTEAD-MIAMI SPEEDWAY CAPS OFF A CAREER-BEST SEASON FOR THE NO. 16 NATIONAL GUARD FORD TAURUS TEAM

Biffle's year started strong with early wins at California, Texas, Darlington, Dover and Michigan, but faded with disappointing finishes at tracks including Talladega and Martinsville. The team entered the ten-race "Chase for the Cup" second in points behind driver Tony Stewart, and posted four top-ten finishes before arriving at Homestead 102 points out of the lead and fourth in the points standings.

The win at Homestead launched Biffle to second place in the standings a scant 35 points behind champion Stewart.

Biffle explained that the team's success in 2005 was due to lessons learned after finishing 17th in points last year and focusing on their strong runs at the end of the year.

"We kind of figured our cars out; we figured our aero programs out," Biffle, who won the Homestead race last year, explained. "Our whole organization got better as a group, and I think that's what made this (season)."

According to Biffle, the five wins early in the year were high points of the season that helped galvanize the team through the remaining races and secured them a spot in the Chase for the Cup.

"When we were pulling into victory lane for the fifth time in fifteen races, the guys just felt unstoppable," Biffle said. "It was just a great feeling to have."

Crew Chief Doug Richert agreed that the team started off strong, but some poor runs later in the year slowed down the team's momentum.

"We had high expectations, because we had a really strong finish in 2004," Richert said. "And our year started out really well. Our package that we created in the end of 2004 pretty much carried right into 2005. We started off right where we left off, and about midway through the year we kind of lost 'her' a little bit; we lost our edge."

Richert knows how to win a series championship: in 1980 he became crew chief for the late Dale Earnhardt and that same year helped the legendary driver secure his first Winston Cup championship.

As for the 2006 season, both Richert and Biffle said the No. 16 National Guard team will concentrate more on the tracks where their runs weren't so successful, and continue to win on their stronger tracks.

"Next year we're definitely going to test more at Martinsville," Biffle explained. "I'm going to run the Busch race at Martinsville—we'll get some extra track time. We'll probably test there with a different style Truck series champion said the partnership with the National Guard has been a good fit for his team.

"Our team is excited to feel that we're kind of a part of the National Guard," Biffle said. "It makes our team feel proud to be associated with the military, and just like any other American, we think about our troops every day."

Besides visiting military posts and wounded Soldiers at the Walter Reed Army Medical Center, Biffle said one of the high points of having the National Guard as a primary sponsor was meeting National Guard members each week at the different race tracks.

"That is probably the most exciting (thing) for me is just to see all those guys and get a chance to talk with them," he explained. "And they get to come see what we do."

The National Guard partnership with the No. 16 team will continue during the 2006 NASCAR Nextel Cup year, beginning with the seasonopening race of the Daytona 500 on February 19.

There, Biffle and his team will have one goal in mind to carry them throughout the year: "Win the championship."



#### GUARD SPORTS

# 2006 NASCAR NEXTEL CUP Schedule

For the latest Guard racing news, go online: www.guardcar.com

RACE	DATE	LOCATION	
Daytona 500	Sunday, February 19, 2006	Daytona International Speedway Daytona Beach, FL	
Auto Club 500	Sunday, February 26, 2006	California Speedway Fontana, CA	
UAW-DaimlerChrysler 400	Sunday, March 12, 2006	Las Vegas Motor Speedway Las Vegas, NV	
Golden Corral 500	Sunday, March 19, 2006	Atlanta Motor Speedway Atlanta, GA	
Food City 500	Sunday, March 26, 2006	Bristol Motor Speedway Bristol, TN	
Advance Auto Parts 500	Sunday, April 02, 2006	Martinsville Speedway Martinsville, VA	
Samsung-Radio Shack 500	Sunday, April 09, 2006	Texas Motor Speedway Justin, TX	
Subway Fresh 400	Saturday, April 22, 2006	Phoenix International Raceway Phoenix, AZ	
Aaron's 499	Sunday, April 30, 2006	Talladega Superspeedway Talladega, AL	
Chevy 400	Saturday, May 06, 2006	Richmond International Raceway Richmond, VA	
Carolina Dodge Dealer's 500	Saturday, May 13, 2006	Darlington Raceway Darlington, SC	
Nextel All Star Race	Saturday, May 20, 2006	Lowes Motor Speedway Charlotte, NC	
Coca Cola 600	Sunday, May 28, 2006	Lowes Motor Speedway Charlotte, NC	
MBNA 400	Sunday, June 04, 2006	Dover Raceway Dover, DE	
Pocono 500	Sunday, June 11, 2006	Pocono Raceway Long Pond, PA	
Michigan 400	Sunday, June 18, 2006	Michigan International Speedway Brooklyn, MI	
Dodge Savemart 350-Infineon	Sunday, June 25, 2006	Infineon Raceway Sonoma, CA	
Pepsi 400	Saturday, July 01, 2006	Daytona International Speedway Daytona Beach, FL	
Chicagoland 400	Sunday, July 09, 2006	Chicagoland Speedway Joliet, IL	
New England 300	Sunday, July 16, 2006	New Hampshire International Speedway Louden, NH	
Pennsylvania 500	Sunday, July 23, 2006	Pocono Raceway Long Pond, PA	
Brickyard 400	Sunday, August 06, 2006	Indianapolis Motor Speedway Indianapolis, IN	
GFS Marketplace 400	Sunday, August 20, 2006	Michigan International Speedway Brooklyn, MI	
Sharpie 500	Saturday, August 26, 2006	Bristol Motor Speedway Bristol, TN	
California 500	Sunday, September 03, 2006	California Speedway Fontana, CA	
Chevy Rock and Roll 400	Saturday, September 09, 2006	Richmond International Raceway Richmond, VA	
Sylvania 300	Sunday, September 17, 2006	New Hampshire International Speedway Louden, NH	
Banquet 400	Sunday, October 01, 2006	Kansas Speedway Kansas City, MO	
UAW-Ford 500	Sunday, October 08, 2006	Talladega Superspeedway Talladega, AL	
Bank of America 500	Saturday, October 14, 2006	Lowes Motor Speedway Charlotte, NC	
Bass Pro Shops MBNA 500	Sunday, October 29, 2006	Atlanta Motor Speedway Atlanta, GA	
Dickies 500	Sunday, November 05, 2006	Texas Motor Speedway Justin, TX	
Checker Auto Parts 500	Sunday, November 12, 2006	Phoenix International Raceway Phoenix, AZ	
Ford 400	Sunday, November 19, 2006	Homestead-Miami Speedway Miami, FL	



#### A NEW CAR FOR THE NATIONAL GUARD

The Ford 400 marked the last race for the Ford Taurus, driven by Greg Biffle and the National Guard team. In its eight-year run, the Taurus has posted 108 victories in NASCAR's premier division and brought home three championships.

The Taurus' NASCAR successor is a race version of the 2006 Ford Fusion, which debuted this fall. The last time Ford simultaneously launched production and NASCAR versions of a new model was in 1968, with the sleek fastback Ford Torino. Legendary NASCAR driver David Pearson drove the Torino to back-to-back NASCAR championships in 1968 and 1969.

Ford Racing teams are currently constructing their new Fusions racers. The new NASCAR entries will be tested beginning Jan. 9, 2006, in preparation for their racing debut at the 2006 Daytona 500 in February.

# GREAT LOOKING CAR. TOO BAD THE COMPETITION SEES SO LITTLE OF IT.

The men and women of the Army National Guard congratulate Greg Biffle on a tremendous 2005 racing season.





#### GUARD SPORTS

When races are won by fractions of a second, a fit pit crew is the key to victory lane. Members of Greg Biffle's No. 16 National Guard Ford pit crew are skilled mechanics as well as well-trained athletes. Wayne DeLoriea, head coach for Roush Racing, is responsible for their fitness and athleticism. We had a chance to catch up with Wayne and discuss what it takes to build a winning team.

## *GX*: The idea of pit crew training is fairly new. How did you get started as a coach?

WD: In 1996 I became a partner in a gym [in Hickory, NC]. A few months later, Bill Elliot's pit crew came to our gym and asked for free memberships. At that time, there wasn't money in the budgets for this kind of training. I worked out an advertising deal with them, and they came and worked out during lunch. The end of the season came, and Elliot's pit crew won the National Pit Crew Championship. That was 1997. Bill asked me to sell my half of the gym and come train his crew full-time.

# GX: What changes have you noticed in training since you started ten years ago?

WD: When we first started, we didn't know any better. We trained them like body builders: we just lifted weights. But then we won the championship. Other teams started looking at that position and saying, "We need a trainer!" It opened the door for a lot of trainers to come in, and, at that time, you were either a bodybuilder or a football player. So they started having college football players come in and coach the team in weight lifting.

Over the years, it has refined itself to agility training, core strength and plyometrics. It's refined itself in a nice way. We understand much more than we did before. Interestingly, now most of the trainers were once pit crew guys. We understand the sport now from the inside out, not just guessing what the needs are.

What I find with the present family of trainers and coaches is that we are like big brothers to the younger kids coming in. We used to treat people like hunks of meat—we bought into that bodybuilder ideology. Now we're not only teaching them how to do this well, but we're also teaching them safety. They're like younger brothers. I got hurt, and I know a better way to do it—a way that makes sense—and a way to stay safe in traffic. It has refined itself to its own sport—and an art. I'm real proud of it, if you can't tell.

# Going Over the Wall

## *GX*: It is an amazing sport. When you started, the average pit time was 18-23 seconds and now it's 13-14 seconds.

WD: That's right, and the No. 17 team [Matt Kenseth, one of Biffle's Roush Racing teammates,] just did the first 11 second stop in Atlanta—11.75 seconds—that's four tires and a can of fuel—11.75. *GX*: Wow!

**GX:** How does the crew train in the off-season versus the on-season? WD: Now, in the off-season, we revert back to the old weight lifting to get that base of strength. We are still doing the plyometrics and the core training, but we are throwing in the bulk of muscle training—the bench press, pull-ups, lat rows. What we're doing is giving the fine muscles a chance to rest. We want to keep the guys in the gym, and we want to build the "belly" of the muscle . . . the explosion part of the muscle.

During the season, we're relying on the strength built in the off-season. At that point, we're working on core strength issues and muscle tie-in—how the muscles are working together. We were forming the dough in the off-season, and now we're going to knead that dough and work it out.

# *GX*: Does the track affect your training? Different tracks have different pit lengths—the short pits of Bristol versus the long, limousine pits of Daytona.

WD: Absolutely, it does. I have a list of all the pit sizes. The week before we go to Bristol, we put tape on the pit stall outside where we practice so I can show the guys how big the pit stall is. We can pull the car into that square, and they play within that sandbox. The most important part of that isn't the square itself, but the "go" line. You can't go over the wall before the nose of the car breaks the plane of the pit stall before yours.

# *GX*: When you bring the car in, do you bring it in at different angles to plan for unusual track conditions?

WD: Yeah, you try to simulate what you're gonna see, but it's also a way, in my mind, to try to throw them off. Every stop has a "gremlin." I try to invite the gremlin in under controlled circumstances, so when they get to the track—if the gremlin pops its head up—they're accustomed to it. For instance, the tire carrier puts the front tire on and drops a lug nut. The tire changer hits four lug nuts and looks down to the ground to get the fifth lug nut. At that point, the jackman will drop the car because he knows he's clear. He'll run around to the other side and jack up the car. If the changer is still on the other side, the jackman will move into position to pull the tire. It buys back that little bit of time that was lost in putting the lug nut on. Hopefully, you get so good, you can identify the gremlin before it does anything.

# *GX*: How much influence does the crew chief have on crew training for each team?

WD: Normally, a ton. The crew chief is the boss, and I do what the crew chief wants me to do. The beauty of being here at Roush—and probably the reason I enjoy it so much—is that they give me the reins. Their

consideration is "I just want twelve second stops," or "I just don't want to get beat off pit row. Whatever you need to do to make that happen, I'm with you." I love that! As long as you're doing your job, nobody's getting in your way. If I can't get the job done, maybe I need the chief to get involved. The crew chief is the first say—and the last say.

**GX: Thanks for your time, Wayne.** WD: No, thank you.

ANTICIPATION The No. 16 National Guard Ford pit crew gets ready to spring into action as Greg Biffle heads in for a pitstop.

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JUL.

# "FITNESS ANYWHERE" FOR A FRESH START TO THE NEW YEAR **START Fresh**By SGT Ken Weichert





SGT Ken Weichert, **Stephanie and** six-time Soldier of **SGT Ken Weichert** the Year and veteran

of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, Strategic Director of START Fitness and a certified personal trainer, the Weicherts are conquering the fitness industry.

Did you know that according to the official U.S. Government Web Portal, that "eating right" and "getting fit" rank in the top five popular New Year Resolutions? How will you START FRESH for the New Year? We want to encourage you to not only make fitness resolutions for the New Year, but also to keep and accomplish them with a well thought out approach. We understand good intentions, and we like to see good intentions become great results.

Many of you have asked for exercises that can be performed with little or no equipment. We realize many of you have busy lives. Some of you travel, some have multiple jobs, and some are deployed. We have worked to answer your call with a portable fitness kit. It is kind of like having a personal trainer with you wherever you go.

START Fitness has teamed up with SPRI Products in order to create an exercise guide that is exactly what you have asked for—a FITNESS FIELD KIT. The Fitness Field Kit is a comprehensive exercise guide where the only equipment used is resistance tubing. Our "fitness anywhere" concept is sure to inspire you and help you reach all your fitness goals! In this issue of GX we will START the year FRESH with some of the exercises from our Fitness Field Kit.

www.startfitness.com

#### **CHEST FLY**

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**Start:** Stand in a staggered, narrow or wide stance, place tubing under arch of front foot, or both feet, and slightly bend your knees. Grasp handles and position arms in a 90-degree angle at the sides of your body with palms facing up.

**Finish:** Raise arms up and together. Squeeze pectorals by bringing forearms together at mid-chest height. Keep elbows bent throughout entire exercise with wrists firm. Palms and hands end facing head at eye level. Upper and lower arms form 90degree angles. Return to start and repeat.

Basic - 3 sets of 8 repetitions eachIntermediate - 3 sets of 15 repetitions eachAdvanced - 3 sets of 30 repetitions eachRest no more than 90 seconds between each.





Warning Statement: Do NOT lean backwards during any of these exercises.

**We want you to know** that we have been reading every email and letter sent to us. Keep them coming to askthetrainer@startfitness.com! In addition to your questions, we also encourage you to send us your weight loss stories. Please let us know if you have incorporated our tips into your life and how it has helped impact your life (i.e. you run faster, lost weight etc.).

**For additional information** on the Fitness Field Kit or to purchase a set of tubing, simply go to our website, or you can email us directly at askthetrainer@startfitness.com. Many of our tubing exercises are also featured in our *Operation Fit to Fight* DVD series.

#### SIDE RAISE FOR SHOULDERS

**Start:** Stand in a staggered, narrow or wide stance, place tubing under arch of front foot, or both feet, and slightly bend your knees. Grasp handles and position hands at side of body with thumbs pointing forward.

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**Finish:** Lift arms up and away from sides of body no farther than shoulder height, keep wrists firm and elbows slightly bent. Return to start and repeat.

**Basic** – 3 sets of 8 repetitions each **Intermediate** – 3 sets of 15 repetitions each **Advanced** – 3 sets of 30 repetitions each Rest no more than 90 seconds between each set.

#### START FITNESS >>>



#### By SGT Ken Weichert

This issue marks the second part of a three-part series, *Operation Living Fit.* This month we will continue to discuss how to maximize the APFT (Army Physical Fitness Test). On page #67 of *GX* 2.6 we provided you one of our weekly arms and chest exercise routines. We have received great reviews from this program!

This **rou**tine does not replace the Push-up routine from *GX* 2.6. I added this abdominal routine to the recently published Push-up routine and monitored my muscle recovery periods. If you did not receive *GX* 2.6, you may download our past START FITNESS sections at www.gxonline.com.

Remember to always consult your physician before attempting any new physical fitness routine or diet. The Aerobic and the OFF days are necessary for muscle recovery periods. Be certain to eat 20-60 minutes after each exercise period for proper muscle recovery. I have noticed an increase of 10-20 repetitions in my overall score while taking the APFT after performing four weeks of this routine.

# Improve your APFT

Let me provide you with some abdominal exercises that may be less harmful to your lower back & hips but will still prepare you for the APFT. Here is how it works:

MUNDAI
SET #1
Warm-up 10 MIN
Mostly Aerobic
1/2 Sit-ups 120 SEC
Rest 45 SEC
1/2 Sit-ups 90 SEC
Rest 45 SEC
1/2 Sit-ups 60 SEC
Rest 45 SEC
1/2 Sit-ups 30 SEC

MONDAV

#### SET #2 Box and Reach 50 REPS Rest 35 SEC Box and Reach 40 REPS Rest 35 SEC Box and Reach 30 REPS Rest 35 SEC Box and Reach 20 REPS

SET #3 1/2 Sit-ups 120 SEC-Hold 30th REP (if you can) for 10 SEC Rest 45 SEC 1/2 Sit-ups 90 SEC-Hold 30th REP (if you can) for 10 SEC Rest 45 seconds 1/2 Sit-ups 60 SEC-Hold 20th REP (if you can) for 10 SEC Rest 45 SEC 1/2 Sit-ups 30 SEC

TUESDAY	Aerobics Day–No Abdominal Exercises		
WEDNESDAY	Repeat Monday Lesson Plan		
THURSDAY	Aerobics Day - No Abdominal Exercises		
FRIDAY SET #1 APFT-style Sit-up Diagnostic "GO TO MUSCLE FAILURE!" (The best performance of full Sit-ups for 2 MIN) Rest 2 MIN 1/2 Sit-ups 2 MIN	SET #2 APFT-style Sit-up Diagnostic "GO TO MUSCLE FAILURE!" (The best performance of full Sit-ups for 1 MIN) Rest 2 MIN I/2 Sit-ups 1 MIN	SET #3 APFT-style Sit-up Diagnostic "GO TO MUSCLE FAILURE!" (The best performance of full Sit-ups for 30 SEC) Rest 2 MIN 1/2 Sit-ups 30 SEC	
SATURDAY	No Abdominal Exercises		

No Abdominal Exercises

#### THE SIT-UP

I have always been known for speaking my mind, especially when it comes to a Soldier's health. Now that I have said that, I want you to know that I do not use the full Sit-up in any of my fitness lesson plans for my Soldiers or my Civilians. Why? In many cases, the full Sit-up is a bit harmful to the lower back and hips. However, it is a great exercise to gauge the extent of overall abdominal strength, which is precisely why it is still used in the APFT.

#### THE 1/2 SIT-UP

Also called the Abdominal Crunch.

Although the full Sit-up is the best exercise to help you improve your Sit-ups while taking the APFT, the 1/2 Sit-ups will help you a great deal without the unwarranted strain on the lower back and hips.

**START:** Lay down on your back with both your legs together bent 90-degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head.

**FINISH:** Raise your upper body until your shoulder blades come off of the ground and return to the start position.

**WARNING:** Do not pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky during the entire exercise.



**THE BOX AND REACH** A two-movement exercise

Lay down on your back with your arms and legs pointing upward with your feet flexed. Elevate your shoulders slightly. Start the exercise by reaching over the outside of your left thigh with both arms. Next, return to the start position and reach over the outside of your right thigh with both arms. Reaching on both sides completes one repetition of this exercise.

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SUNDAY



LIVE PROUD. LIVE FREE.



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EXCLUSIVE GEAR FOR THE HERO IN ALL OF US

AT EASE

# **SUPER BOW Excited about the Super Bowl?**

The football season may be ending, but that doesn't mean you can't still enjoy yourself with a killer Super Bowl party. Here are some suggestions for the biggest, bestest, awesomest party ever. Stop thinking small, think big . . . think **EXTRA LARGE!** 

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#### **LET'S MAKE IT MORE INTERESTING!**

Try a friendly bet with friends. Use a 10-by-10 grid with the numbers zero through nine printed in random order across the top and then again down the side. Players claim as many of the 100 boxes as they want. At the end of a quarter, the score is recorded. The last digit in each team's score will correspond to one of the numbers around the

2nd QTR SCORE: 32 17

TS AN MP AW SJ MS JW MB CW BR

KK JJ RG BR KT KW JR MP RG BH

7 JW DB AN JR EB KJ RG MS IH AB

1 KJ IH KW JW KT RG CW AW BH MP

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grid, one team on top and another down the side. Whoever owns the box where the column and O JM TS SJ BR KJ AW KK DB RB IH row meets wins 20 points 8 BR AB BH DB RG JJ TS IH EB AN for that quarter. At the 3 AN KT KW BH EB KK AN AW TS EB end of the fourth quarter, 👍 the winner gets 40 points. 6 The winner has the most 9 EB KT IH CW AB MP RB BH KW JM points and the most brag-2 DB TS JM BR JJ AN HB EB KK JJ ging rights. Of course, 5 MS JW RG RB CW BR IH JM KT AW you could make it more interesting and bet with matchstic free

chsticks, candy, or a	
dinner—it's up to you to be creative.	

Remember, if there are rules, you can bet on it.

#### WANT YOUR PARTY TO BE THE ENVY OF THE NEIGHBORHOOD?

Don't just settle for the bigscreen TV; go for the projector. Use the projector to project the game onto a blank white wall (you can also hang a white sheet on the wall) to get a



super big picture. Enjoy your extra large screen surface for the best view of the field. If buying a projector is out of your price range, rent one.

How to find one? ProjectorCentral.com provides projector reviews, industry commentary, and a database of every projector on the market and where to buy or rent them. Tools are provided to help you find projectors that are ideally suited for your individual needs.

#### www.projectorcentral.com

#### THE MOST IMPORTANT PART OF THE PARTY: FOOD!

During WWII, American GI's stationed in Asia discovered and fell in love with kamados, clay cookers used by Asians for thousands of years. These Soldiers shipped their discovery back to the ol' U-S-of-A and introduced our country to a new realm of outdoor grilling. The ease-of-use, unequaled juiciness and improved taste of foods cooked on kamados first made believers of American users sixty years ago as they continue to do today. The basic design has endured for two reasons: its simplicity and the wonderful way it cooks—functioning as a grill, a smoker or an oven. The Big Green Egg Company has modified the cooker to meet modern needs and combined the age-old traditional egg look with new world materials, resulting in a weatherimpervious outdoor cooker with unmatched versatility. EggCessories include grill extenders, fire grates, ceramic pizza baking stones, and flavored wood cooking planks.

The Big Green Egg is available at dealers across the U.S. and in thirty countries around the world. Check the website for location of BGE dealers and a list of its EggCessories.

Products range in size from Mini to Extra-Large cookers, priced from \$199.00-\$989.90

#### www.biggreenegg.com

#### WHAT ABOUT FLAVOR?

The Dizzy Pig Barbecue Company has developed a variety of rubs to complement the various meats and veggies that may grace your Big Green Egg. Take a look at their growing line-up. We're confident you'll find a taste to take your next cook-out to dizzying new heights! Dizzy Pig rubs are not just for BBQ. Shake it on as a condiment, or use as a "complete" seasoning in the kitchen for sauces, stir fries and more.

Our favorites: Tsunami Spin and Red Eye Express, \$7.00

### www.dizzypigbbq.com

#### BREADED GRILLED "ALMOST FRIED" CHICKEN WINGS

By Chris Cappell, President Dizzy Pig BBQ

#### **Breading Ingredients:**

1/2 cup flour1/2 cup corn meal2 tbsp Dizzy Pig rub of choice2 tsp saltEgg Wash Ingredients:

1 egg 2 cups milk

- Begin by clipping off wing tips (reserve for making chicken broth) and trim any hanging pieces of skin at other end.
- Mix egg and milk in one bowl. Mix flour, corn meal, Dizzy Pig Rub and salt in a separate bowl, mixing well. After covering the wing in the eggwash and shaking off excess, roll wing in the flour mixture covering fully and evenly. Shake off excess until thin, even coating. Refrigerate breaded wings for an hour or more to set coating.
  Spray (or wipe) cooking grid with oil, and place wings on oiled grate of a 250 degree established fire, approximately 12-15 inches above the coals. Close cooker and wait
- 30 minutes before flipping (assuming fire is low). You can rotate the grate 180 degrees after the first 15 minutes to compensate for any hot spots. • Once coating has started to set up on side one, the wings are ready to flip. **CAREFUL!!!** (TIP: If you simply pick up the wings to flip, you could lose some of the coating.)
- Gently slide the wings back and forth parallel to the grate bars without lifting, enough to break loose any areas that may stick. Once free from grill, gently flip to the other side.
- Grill for half an hour (optional: rotating grid halfway) and carefully flip again. Wings should be starting to brown. After first hour, flip wings every 20 minutes moving pieces around to finish evenly. Makes 12-15 wings.
- OPTIONAL: When close to done, sauce the wings with a thin coating. Cooking for 20-30 more minutes caramelizes sauce into a crunchy breaded coating.

WWW.GXONLINE.COM > 073



## **Winter Getaways**

THE WARMTH OF SPRING MAY STILL BE A LITTLE WHILE AWAY, BUT WE STILL HAVE TIME TO SAVOR THE SNOW AND FIND WAYS TO RELAX, PLAY AND GET AWAY FROM IT ALL. THE ARMY'S MWR WEBSITE HELPED US FIND SOME SPOTS FOR GREAT WINTER GETAWAYS FOR EITHER A WEEKEND FAMILY VACATION OR OPPORTUNITIES FOR SOME SERIOUS COUPLE TIME. HERE ARE A FEW GOOD PICKS:

#### www.armymwr.com/portal/travel/

#### **ROCKY MOUNTAIN BLUE**

Keystone, Colorado, is the site chosen for your new Rocky Mountain BLUE military initiative. Rocky Mountain BLUE makes skiing in the winter and golfing in the summer affordable for all members of the military family. The Air Force has entered into a strategic alliance with Keystone Resort, in Colorado's beautiful Rocky Mountains, to rescue the military community from the high cost of vacationing and conferencing. You don't just get a room: you get a whole resort. With an almost endless list of exciting things to do, you'll never get bored; and you don't have to ski to have fun. Rocky Mountain BLUE puts a world-class resort within reach of a military paycheck! "Deep Powder: Deep Discounts" is all about champagne skiing on a military budget and is for all qualified users.

### www.rockymountainblue.com





#### **CAESARS POCONO RESORTS**

Getaway, relax and indulge this winter at Caesars Pocono Resorts—the Pocono Mountains premiere all-inclusive resorts offering a Military Discount of up to 50% on weekdays and 10% on weekends!\*

Couples can escape to Cove Haven, Paradise Stream or Pocono Palace this winter, and families can stay and play at Caesars Pocono Resorts' family resort, Brookdale-on-the-Lake. All packages include luxurious couples or oversized family suite, all you can eat breakfast and dinner (including breakfast-in-bed!), indoor/ outdoor activities and live, nightly entertainment. Brookdale-on-the-Lake accommodates families of all sizes with oversized chalets, villas and suites. This winter at Brookdale-on-the-Lake enjoy month long events like December Wonderland and It's a Snow Day! in January and March. Kids are Free this winter, and families can now enjoy their new daily activities program Brookdale Adventures. \**Excludes peak time frames and Roman Tower suites*.

#### www.CPResorts.com

800-233-4141

#### WHAT MAKES YOU DIFFERENT FROM THE AVERAGE TRAVELER LOOKING FOR ADVENTURE: THE ARMY COMMUNITY AND THE MWR'S OUTDOOR RECREATION PROGRAMS?

Outdoor Recreation programs provide Soldiers and their families with worldwide opportunities to participate in and enjoy the great outdoors by offering activities and adventure–from sailing on the Chesapeake Bay to skiing in the Alps. In addition, Outdoor Recreation staff assists commanders in maintaining unit readiness by providing outdoor adventure training upon request.

#### www.armymwr.com/portal/recreation/

#### WHAT ABOUT WINTER SPORTS NEAR ME?

Recreation.gov provides information for Federal government managed and affiliated sites that offer specific activities. They may not list attractions and venues (like hotels, restaurants or tourist attractions managed by private companies), but they offer a huge number of activities commonly available on Federally managed lands.

Click on the Recreation Maps tab to find a recreation site that offers Winter Sports and other acitivities within one hundred miles of you.

#### www.recreation.gov

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### www.1-800-GO-GUARD.com



#### AT EASE

# Let your Geek Flag Fly **BROTHERS WEST**

by Chris and Jason West

After a long absence, and in the face of tens of letters of support from our readers (thanks to all three of you), we have managed to once again let our geek flag fly with video game reviews. Given the minimal space we've been able to squeeze out of the Publisher and the HUGE number of games that have been released since last we were here, we've decided to just bring you some of our favorites and spare you our frothing, nasty rants.

#### CALL OF DUTY 2 (PC AND XBOX 360)

Despite the quality of the original Call of Duty, the recent glut of WWII themed games made us less than excited about once again shouldering our beloved Garand and returning to the well-worn paths of the European theater. We were therefore surprised and excited to find that Activision and Infinity Ward managed to reinvigorate the First-Person Shooter (FPS) with a number of dramatic improvements.

First and foremost, let's talk about the AI. Jerry was working our flanks like a jockey at the Kentucky Derby. At the point where we

engaged an enemy force, they would attempt to fix us with suppressing fire while sending soldiers around to catch us from the side. If you stayed in one place too long, you would find yourself cut to pieces in a cross fire or flushed into the open with potato-masher grenades.

Next, there's your squadies. For the first time that we can recall, we didn't feel as if they were wayward children who had been left in our care. They managed to rack up an impressive number of kills and even saved our behinds more than

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once. Unlike most FPS, if you wandered far from your buddies, you were as likely as not to wind up staring at the reload screen. One of the more novel and helpful aspects of squad tactics was the verbal cues you reactions, squad movement, team chatter and overall historical detail. As part of his job, the Colonel interviewed Bud Lommel, a veteran of D-Day and the Ranger assault on the cliffs of Pont du Hoc.

### The developers did their absolute damndest to honor the service of those veterans. Everything was a tribute to them. -COL Hank Keirsey

got from your fellows. Instead of the generic "Look out," your computer allies would actually spot enemies for you, being as specific as "German sniper, second floor, 11 o'clock." Not only did this chatter prove a valuable aid in game play, but it created a far more immersive experience.

The most dramatic advance, and one that may well change the way FPS are played, was the health system. In other games you have to

This attention to detail was not just part of the game design. The developers wanted to make this as accurate as possible in order to pay tribute to the Soldiers of World War II. COL Keirsey put it this way, "The developers did their absolute damndest to honor the service of those veterans. Everything they did was a tribute to them."

search for the traditional first aid kit every time you skin your knee, a sometimes laborious and annoying task that can interrupt the flow of a game. Here, for a change, you could duck behind cover for a bit and actually heal. At first we weren't sure we liked this particular innovation. Once we got used to it; however, it became a key element to maintaining the fast-paced nature and complete immersion of the game. We were so impressed; we hope to see other game makers incorporate this improvement in future titles.

While these advances are a significant part of what makes this an

excellent game, the thing that really brings it home is the attention to historical detail. We were privileged to have the opportunity to speak with COL Hank Keirsey, the military advisor for COD2, and he told us a little bit about the work that went into recreating some of the most harrowing battles of World War II.

COL Keirsey, a decorated combat veteran and World War II historian, assisted the development team at Infinity Ward to make the game as realistic as possible. He provided input on enemy





#### FABLE: THE LOST CHAPTERS (PC)



A legend of game design, Peter Molyneux, has released the Xbox mega hit "Fable" for the PC. This release has been optimized to run on Windows and features new weapons, new missions and a ton of new content. This game follows your character from childhood throughout your career as a hero. Where this game differs from every other fantasy RPG out there is that your actions affect the world around you. If you play the role of Dudley Do-Right, your character will grow more handsome and ultimately develop a halo ... which drives the ladies crazy. If instead you choose to go the Snidely Whiplash route, you'll sprout horns, and villagers will cower and beg for mercy. This makes for a game that never plays the same way twice. We highly recommend this third person action adventure game for any fans of fantasy RPG's.



#### CIVILIZATION IV (PC)

Sid Meir is a god... okay, a demi-god... the re-release of "Pirates" disproved that whole "all knowing and benevolent" thing. Thankfully, the godfather of game design is back! Civilization IV, the latest and greatest version of the original turn-based strategy game, brings you all the fun of leading your Civilization from the Stone Age all the way up to interstellar travel. This version brings some outstanding improvements in overall game play which streamlined our conquest of the world. (The Aztecs folded like cheap lawn furniture in a high wind.) If you like strategy games, you don't want to miss this one.



#### ON THE ROAD >>

# Running with the Bulls



In mid-2006, over four thousand Soldiers of the 1st Brigade Combat Team (BCT) of the 34th Infantry Division will deploy to southwest Asia in support of Operation Iraqi Freedom. COL Elicerio, the Brigade Commander, has graciously agreed to allow *GX* magazine to tell the story of the 1/34th's mobilization.

*GX* will visit with the Soldiers as they go through post mobilization training preparing for the specific environments and threats they will be facing overseas. We will follow them as they ship out and acclimatize to a new environment, a new culture and a new way of life. You will read about their victories and the difficulties they face as they set about bringing freedom and security to the people of Iraq. We will be there when they return home at last, and throughout it all, we will bring you the stories of their families.

We are not trying to glorify the 1/34th above any other unit. This series of stories is about every National Guard Soldier who has every mobilized for war. It's about anyone who has waited anxiously at home for his or her Solider to return safely. The story of the 1/34th is your story as well.



The Brigade is based in Minnesota but draws units from no less than six states including Iowa, Nebraska and Kansas. Currently, the Soldiers are undergoing post mobilization training in Camp Shelby, MS.

This training is specific to the tasks they will be required to accomplish once they are in theatre. They consist of everything from individual marksmanship to platoon tactics to brigade level operations. All of these activities are conducted in an environment that tries to match what they will face overseas as much as possible. This immersion training cuts down on culture shock and better prepares the Soldiers for their mission.

Body armor and helmets are worn

outside buildings. Travel is always conducted in convoy. Weapons are carried at all times and cleared before entering buildings, ensuring good habits are in place for the day live ammunition is issued. Civilians on the Battlefield (COB), locals hired to imitate Iraqi citizens, are present during training drills requiring Soldiers to work on their diplomatic skills. Vehicles are maintained with only the gear available

ON THE FLY PCS Nate Garland and SPC Neal Roberts practice evacuating SPC James Solots who is pretending to be injured. POP SMOKE The headquarters company emerges from concealing smoke as they practice their platoon and squad tactics.

in country. Meetings are conducted in tents surrounded by razor wire. Mississippi doesn't look much like Iraq, but in every other way, the Soldiers are already living the way they will overseas.

The idea here is to come as prepared as possible for a full spectrum of likely missions. They have been told they will be providing convoy security, but as COL Elicerio pointed out, "You have to watch out that you don't train for the wrong mission." In a war time environment you never know what you might face, so the 1/34th is preparing for everything from day-to-day sustenance and support operations to a full-scale mounted assault.

Once they have finished their work at Camp Shelby, they will move on to the next phase of their immersion training at the Joint Readiness Training Center (JRTC) at Fort Polk. This is one of the last steps before they leave for war, and the level of training reflects that fact. This will be a force-on-force environment where the Soldiers could come under simulated attack at any moment. They will have to deal with civilians on the battlefield, smuggled weapons, IEDs and just about anything else they might have to face in Iraq. They will use translators to negotiate with Arabic speaking civilian leaders.

During their time at the JRTC, everyone involved, including civilians and reporters, will wear the Multiple Integrated Laser Engagement System or MILES. This system uses lasers and blank cartridges to simulate weapon performance in the field. Individual Soldiers carry small laser receivers which



detect when the Solider has been hit by a firearm's laser. Each laser transmitter is set to mimic the effective range and capabilities of the weapon on which it is used. For instance, shooting a vehicle with a M-16 will do very little, but shooting the driver will register a hit. Data can be gathered from these systems, giving Soldiers a valuable tool for evaluating their performance during training.

After their training is complete, the 1/34th will move into Southwest Asia. They will spend several weeks in a non-hostile portion of the theatre in order to acclimatize to their new environment. During this time they will unpack and test all of their weapons and gear, conduct communication checks and get set for the next big step: conducting "relief in place" of the units currently in Iraq.

Once the Brigade flows into Iraq, it will begin what is called "Left seat, right seat rides." At first the 1/34th Soldiers will be riding in the passenger seats as they are shown the ropes of their new duties. After a time, they will move to the driver's seat and begin conducting the operations under the watchful eye of the veterans they are relieving. Once fully up to speed, they will take over all operations and begin their watch.



are in the way. From what we've seen, you don't want to be in the way. You don't even want to be slowing things down.

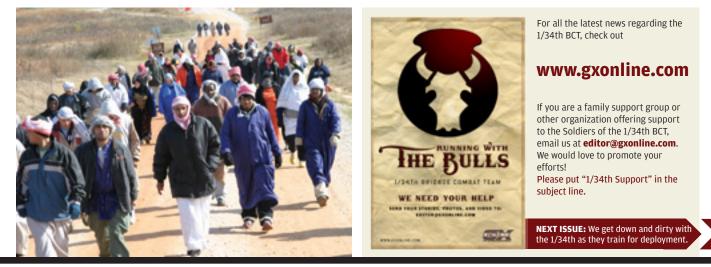
The Colonel speaks very precisely and requires all of his men (and the reporters he speaks with) to do so as well. This is not Colonel is going to get it done. He has to. As he put it, "We have to make sure the Soldiers have the skills needed to survive in combat."

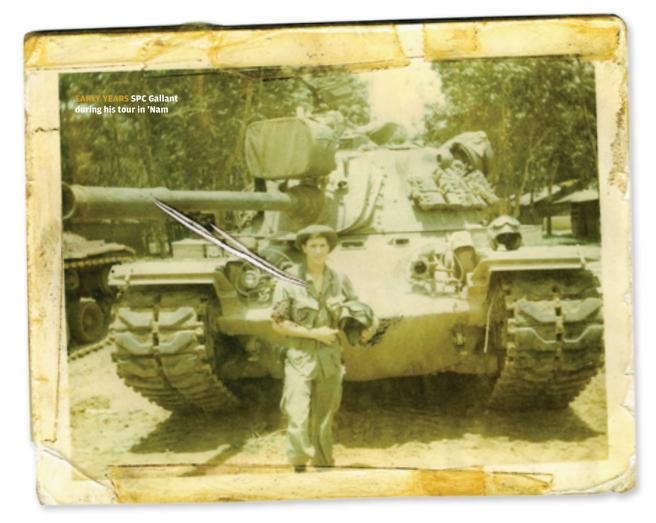
COL Elicerio was full of praise for the families of the 1/34th as well. During our interview he told us, "The families carry the

# The families free us up to do this job. We are always thinking about them and looking for ways to support them. - COL DAVID ELICEPIO, MNARNG

The man responsible for making all of this happen is COL David Elicerio. After spending only a few minutes with him, you walk away with the distinct impression that this is a man who will brook no nonsense. He has a mission to accomplish, and from all appearances, you are either helping or you

CIVILIANS ON BATTLEFIELD (COB): Local civilians are hired to simulate civilians on the battlefield requiring Soldiers to develop their diplomatic skills. an arbitrary decision either; it is necessary discipline. The task faced by the 1/34th is enormous, and wasting time on miscommunications is simply unacceptable. Preparing four thousand plus Soldiers and all of their equipment for war is a staggering feat of logistics. You should see the Colonel's punch list. It is called the "horse blanket" because when you stretch it out on a wall, it's easily the size of one. It's a lot of work that has to be done in a remarkably short amount of time, but the real burden for us. My wife has to pick up all of my jobs. She takes the kids to soccer, choir and church. She mows the lawn, pays the bills and takes care of everything. I have it easy. My meals are cooked, I have laundry service, a roof over my head . . . I just have to do my job. The families free us up to do this job. We are always thinking about them and looking for ways to support them at home."





# **A Lifetime of Service**

By Keith Kawasaki

Leon Gallant was drafted in 1966 and served as a Specialist 5th Class with the regular Army through 1968. He was deployed 1967–1968 to Vietnam with Flame Platoon HHC Co. 1/50th, though he was transferred through four divisions and one airborne, giving him one full year in combat. Though he suffered the loss of numerous friends and acquaintances, Gallant received three Purple Hearts in that year, half way around the globe from his hometown of Belfast, ME.

"We were just trying to survive and take care of each other," said Gallant in a 2002 interview, of his time in 'Nam.

Yet despite the horror witnessed on the battlefield, Gallant says his worst experience in service was when he returned home to San Francisco and had to change out of uniform to avoid the intense antiwar protests erupting around the area. Like many Vietnam Veterans, Gallant has vowed to personally ensure our current Military force the support they deserve.

In an effort to pay tribute to these fine Veterans and recognize the inspiring efforts of Gallant, we at *GX* are proud to name Leon Gallant our premiere *GX* Hero, an ongoing recognition of citizens and Soldiers who go above and beyond in dedication to our community, our country and our freedom. What are the exact criteria for a *GX* Hero? The best explanation is through example.

After 'Nam, Gallant wore his service proudly on his sleeve, working within the local VFW and being elected Post Commander in 1973. Six years after service, 1SG Ben Moore of the Maine Army National Guard convinced Gallant to return to the military and enlist in the Guard.

"I enjoyed it. I really did. Back when I left, everybody would always call the Guard 'Weekend Warriors' and stuff like that . . . but it'd really changed. That's why I had the respect for them," said Gallant in a recent *GX* interview.

Gallant stayed in for 20 years. "I'd still be in there, except for the fact that the requirements wanted young people," added Gallant, 59.

During the Cold War, he traveled from Germany to Panama and Guatemala with what is now the 133rd Engineer Battalion (then the 262, deactivated in 1990, renamed A Company, 133rd) conducting training exercises.

During the first Gulf War, Gallant took action on the home front. "We almost got called up. We were like four hours from being called to Desert Storm. So, my job was to get the families' affairs in order. We didn't have that family program back then," said Gallant. "You really need that family support. The wives didn't know who to call for a plumber. There were no electricians. They didn't know what to do. Back then, there were a lot of young girls. That's what I did. I got all the guys, made sure they had coverage, phone calls, updated wills, everything."

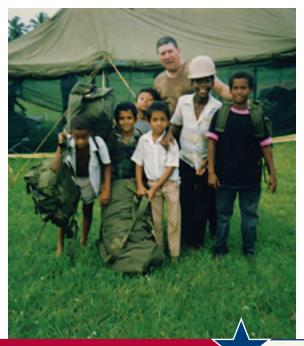
In 1993, Gallant retired from the Guard and began a full-time civilian career as Postmaster in Lincolnville, ME. However, for tracking all areas of military and civilian operations engineer missions, tracking clearance operations, keeping the minefield database, and contracting infrastructure improvement projects. The battalion provided humanitarian relief to Iraqi citizens in the form of computers, schools supplies, ways, fixed the plumbing and did any other household chores for 133rd families. He continued his efforts tirelessly until the last man came home, July 8, 2005. That last Soldier was Harold Gray. Gray is currently in a Maine hospital, recovering from severe wounds received in theater. Gallant visits Gray and

### "As I was going on leave to San Angelo, TX, for a weekend, the first sergeant came up and asked if I wanted to go Vietnam. I said, 'Yes.' I really thought he was joking."-ssg (ret.) Leon Gallant

when the 133rd was activated in December of 2002 for the War on Terror, Gallant again stood up for his country.

"When our guys got called, I asked GEN Tinkham if I could go in place of one of these young guys," said Gallant. However, the general suggested Gallant take up for the families back home instead, due to Gallant's having surpassing the age cut-off. Gallant established himself as the ultimate Home Front Hero. "They needed someone they could trust here," he says.

The 133rd Engineer Battalion, which was activated on December 7, 2003 and served in Iraq from March 2004–05, was responsible



#### food and clothing throughout the Irbil and Dahuk Provinces. In addition, members of the 133rd helped implement mass casualty response plans for Camp Marez in Mosul, which resulted in at least six lives saved at the facility from three mortar attacks. The unit has been recommended for the Meritorious Unit Commendation award by the Commanding General. Three soldiers of the 133rd were killed and 35 were wounded while serving in Iraq.

Gallant, along with other Vietnam veterans and wives of Maine Army National Guard members, banded together to form the A Company Family Support Program for

members of Company A, 133rd Engineer Battalion of Belfast. The committee reached out across the state to raise funds to develop programs for children of the 133rd. A Company Family Support facilitated day trips, concerts, a lobster bake for Guard family members, and hosted a special family dinner on Mother's Day.

All the while, Gallant's committee sent care packages to the men and women in the 133rd on a regular basis. Serving as caretaker, Gallant mowed lawns, plowed drive-

FOR THE KIDS Gallant pictured with local children he befriended in Panama, 1988. is determined to see his last man truly home. "He's my one concern," says Gallant.

To recap, SSG (ret.) Leon Gallant of Belfast, ME is a three-time Purple Heart recipient, a Vietnam Combat Veteran, a former 20-year Guard Soldier, the backbone of family support in Maine for the past 30-some years and, without a doubt, the right American to establish the precedent for what makes a GX Hero.

GALLANTRY Leon Gallant still helps troops as much as he can from here at home.



### NOMINATE A *GX* HERO

We receive many incredible stories of folks doing fantastic work at home and abroad, but every now and then we receive a story of service that really knocks our socks off. If you know somebody who goes above and beyond in their dedication to your community, our country, or our freedom, please nominate this person to become a featured *GX* Hero.

A *GX* Hero can be a Soldier or a civilian. A *GX* Hero can be any age. The criteria is based on inspiration.

\* Do the efforts of your nominee stir a grand tide of patriotism in others?

- ★ Have their efforts changed people's lives for the better?
- ★ Does their story need to be told?

Our goal is to create the *GX* Hall of Heroes–a collection of proud and proactive Americans, serving to inspire us all.

Email: Editor@gxonline.com. Please put "GX Hero" in the subject line.



KOREA, JUNE 14, 1952, HILL 499, NEAR MINARI-GOL. ZO YEAR OLD MEDIC, SGT DAVID B. BLEAK ZZ3RD INF. REG., 4TH INF. DIV., VOLUNTEERED FOR A RECON MISSION UP THE HILL, KNOWING FULL WELL HE WOULD BE FACING WITHERING FIRE. AS SEVERAL OF HIS FELLOW SOLPIERS FELL, HE DRAGGED THEM TO COVER AND TREATING THEIR WOUNDS.



CONFRONTED BY THREE CHINESE SOLPIERS, SGT BLEAK SNAPPED THE NECK OF THE FIRST, CRUSHED THE WINDPIPE OF THE SECOND, AND KILLED THE THIRD WITH HIS TRENCH KNIFE.



ON THE MOVE AGAIN ...



COVERING A FELLOW TROOPER FROM A GRENADE EXPLOSION, HE CONTINUED HIS WORK, SLOGGING UP THE HILL.

CARRYING THE MOST SERIOUSLY WOUNDED DOWN THE HILL WITH TWO OTHERS TRAILING THEIR PATH WAS BLOCKED BY TWO ENEMY CHINESE WITH FIXED BAYONET.



HE SIMPLY STEPPED FORWARD AND CRACKED THEIR HEADS TOGETHER.

THREE OF HIS COMRADS AND

WOUNDING SGT BLEAK IN THE LEG.

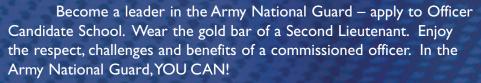


...AND CONTINUED DOWN THE HILL LEADING THE WOUNDED TO SAFETY. FOR HIS COURAGE UNDER FIRE, SGT DAVID E. BLEAK WAS AWARDED THE CONGRESSIONAL MEDAL OF HONOR OCT. 27, 1953.



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