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GUARDING THE ENVIRONMENT

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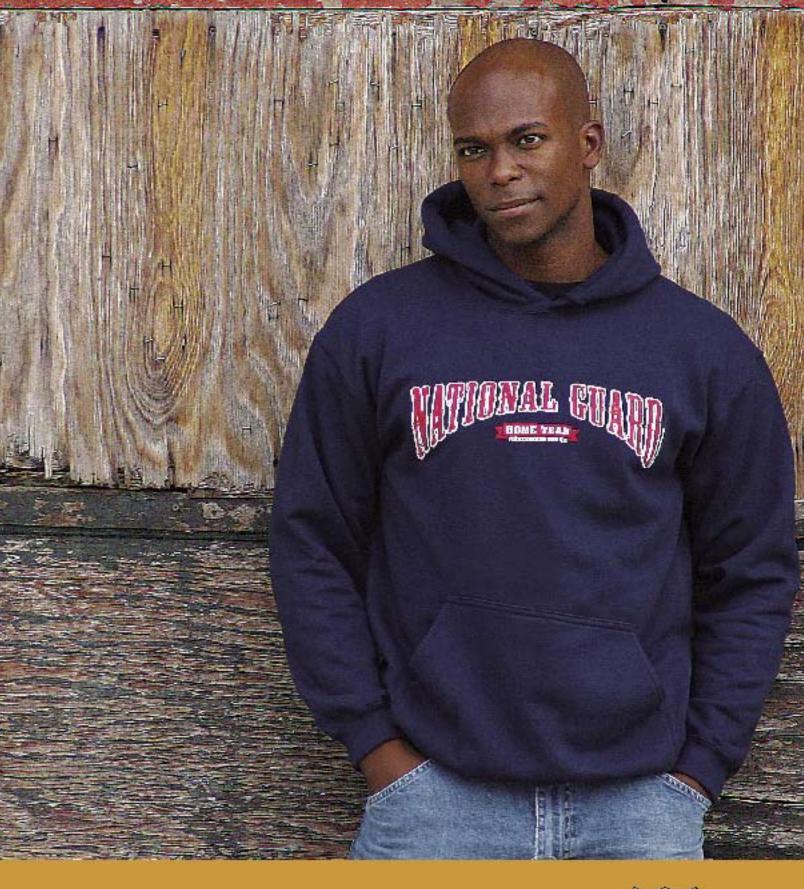
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Fellow Soldiers,

t is a privilege to serve with you today. As I look ahead, I realize it is an honor to help lead our great organization at this time in history. All of you know the missions before us are tough ones, but likewise know we will prevail. In the end, the dedication of Guard members like you and the support of your families back home, ensures both the safety of all Americans and freedom to millions throughout the world.

To the Soldier standing watch, whether at home or away, know that these comments are not hollow patriotic ramblings of a career Soldier from Missouri. Throughout my career, and to this very day, Guard members repeatedly "show me" they are singularly qualified not only to defend America, but to represent her to the world. You are America's Hometown Army and a shining example of America at her best.

Our organization continues to adapt, transform and overcome challenges wherever and whenver they arise. Your leadership therefore must continue to find ways to support you and maintain our readiness and strength. In the past year we saw many increases in our benefits and incentives programs. These programs met with great success, but there is more to come. We are reversing trends and seeing our strength and readiness goals marching forward. We will continue our efforts to improve recruiting and look for ways to recognize each of you for helping all of us to achieve these goals. I remind all of you to wear your uniform with pride and share the Army National Guard story whenever you can. It is the story of America and we are a force that shapes the future.

As we continue planning for the coming year, we will shape our decisions upon what is best for the Soldier and what is right for the mission. We will remember always that a Soldier serves not only with heart and courage, but with the enduring support of family and employer. The uniqueness of being a Citizen-Soldier is your service both for and with the strength of your community, and we will stand by you both on the battlefield and in your hometown.

You honor all Americans by your selfless service. You honor our Army by your unsurpassed duty performance. As you have so admirably distinguished yourselves, you should expect nothing less from your leaders. I am honored to take up our cause and humbled by the privilege. I have no doubt that together we will prevail. God bless you and keep you safe.

Sincerely,

Clyde A. Vaughn Lieutenant General Director, ARNG



LTG Clyde Vaughn Director, ARNG

Lieutenant General Clyde Vaughn assumed duties as Director, Army National Guard, National Guard Bureau on June 15, 2005. As Director, he guides the formulation, development and implementation of all programs and policies affecting the Army National Guard.

General Vaughn received his commission through Officer
Candidate School in 1974. He spent 15 years in traditional Army
National Guard assignments, primarily with the Missouri Army
National Guard Combat Engineers. Subsequently, he spent several
tours of duty in Latin America before assignments as the Chief
of Operations for the Army National Guard, Deputy Director of
Current Operations for the Army, Deputy Director of the Army
National Guard, and most recently Assistant to the Chairman of the
Joint Chiefs of Staff for National Guard Matters.

"Guard members
repeatedly 'show me'
they are singularly
qualified not only to
defend America, but to
represent her to
the world."

LETTER FROM THE GX TEAM



ON THE COVER

SPC Leon Gray gives a hurricane survivor a hug as she waits with her family for an evacuation flight. They were being evacuated from the Convention Center in New Orleans on Saturday, September 3rd, after Hurricane Katrina swept through the area. Gray is a Chaplain Assistant with the Maryland Army National Guard.

Photo by CW3 O'Neil Williams

Katrina's recent devastation has highlighted the Army National Guard's critical role in Homeland Defense. Though it came too late to provide a full accounting in this issue, we are preparing a comprehensive study of the event for our next issue. In anticipation of that, our Departments Editor, Chris West, has spent the last several days with the fine men and women of the Guard who are at the forefront of the relief effort. Though this space is usually reserved for a letter from the entire team, we feel Chris's words are particularly timely.

"Katrina Cleanup"

As we are putting this issue of *GX* to bed, only two weeks have passed since Katrina made landfall on the Gulf Coast. "Made landfall." What a ridiculously inadequate term to describe the devastation that engulfed the coast that day. An area the size of Great Britain was almost wiped off the map by wind, rain, floods and storm surge. The cost in destroyed property is only exceeded by the incalculable costs of the lives that have been displaced and destroyed by this catastrophe.

The Gulf Coast received a terrible blow that day. It's infrastructure was wiped out. There was no power, no fuel, no food or clean water. Communications were nonexistent, and as a result, rescue efforts were almost impossible to coordinate. It was in this chaos that the Soldiers of the Army National Guard showed what they were made of. Units from all over the country willingly came to help, to make a difference in the lives of their countrymen, neighbors and families.

I just spent several days with Guard units working on recovery and rescue efforts from New Orleans to Biloxi, and I am here to tell you that you should be very proud of your fellow Soldiers, your husbands, wives, sons and daughters. They are serving the country under extremely trying conditions, and they are doing it without complaint. You can see the lines of fatigue on their faces as they roll out of their cots before the sun rises. You can clearly see the determination as they dress and Soldier-up to face another grueling day. But more importantly, you can see the pride on their faces as they fall back to sleep long after the sun has set. They know what they are doing is making an impact. They sleep well, knowing their hard work has made a difference.

They know this because they can see the impressive pace of recovery. They know this because the residents of the Gulf Coast tell them constantly. Every time a convoy stops at a traffic light, windows are rolled down and words of thanks and praise are showered on the Soldiers.

We at *GX* want to add our thanks to theirs. To all the Soldiers who are serving on the coast, to all their families who wait anxiously at home, to everyone who has given of themselves to make a difference in the face of this terrible disaster: Thank you for your service, sacrifice, generosity and endurance. You are truly what makes this nation great. God bless you all.

Chris West Departments Editor



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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I was reading my son's copy of GX magazine and read many of the letters from proud parents about their sons' service to their country. I thought the attached pictures might warrant a spot in your magazine.

My son and his unit B Company, 1-115th of the MD National Guard, 29th Infantry Division, deployed in May to Iraq. The fathers of three of the soldiers had this sign made. They placed it beside the memorial highway sign on U.S. Rt. 29 in Maryland. By placing this sign, it was their way of showing their enormous pride, thanks to their sons and the entire unit for their dedication and service to their country. It also let the community know this unit is deployed and remind them daily they are still serving. We have found that unless you have a Soldier yourself, a lot of people don't even realize when these Soldiers are deployed and they tend to forget.

The proud mother of a MD National Guard Infantry Soldier,

Ruth K. Williams

SERVICEMEMBERS CIVIL RELIEF ACT (SCRA)

I would like to make brief comments regarding a few topics mentioned in your article on the Servicemembers Civil Relief Act

Regarding capping interest rates at 6%: this provision, found in Section 527 of the SCRA (50 U.S.C. App. § 527), does cap interest rates at 6% upon notification to your creditor when you enter military service. However, the law then goes on to state something very significant.

"In plain English," while the servicemember is given the benefit of the doubt, the creditor can request that the court deny the servicemember's request for a cap of 6% interest rate if the servicemember's entrance into military service does not "materially affect" their ability to pay their loans. For many Guard members, entrance into active duty is actually an increase in pay, especially to a deployed environment where one might

COVERING THE WHOLE STORY

I just checked out GX Online. After surviving Katrina, and watching the news coverage after my power was restored, I was growing tired of seeing reports by the media that was ignorant of the people and culture of the area. Additionally, particularly galling was the lack of basic knowledge of how the Guard operates. I was glad to see your extensive coverage of the hurricane relief effort—both military and humanitarian—from the Guard stand point. Thanks again for the great service your magazine provides.

P.S. With the tourism industry heavily impacted by Katrina, look for folks from the Gulf Coast to start vacationing in TN. I know I will be.

Julie A. Meynard

Thanks for the support Julie. You'll find the most news about the Guard at:

www.gxonline.com

receive Family Separation Allowance, "combat pay," and tax-free income.

The 6% interest rate cap is not a given. A Soldier enjoying an increase in pay when entering active duty should not assume his or her creditor will not challenge their request.

Regarding a delay of court hearings: this provision is found in Section 522 of the SCRA (50 U.S.C. App. § 522) and a few things to remember: 1) it must be a civil action—the SCRA does not "continue" (delay) criminal proceedings; 2) the soldier must be the defendant. A soldier acting as a plaintiff (the party suing) in a lawsuit then getting activated should not assume that the court will delay the matter because of his or her military service (though one can certainly ask); and, 3) hereto, this request is not automatic—it is simply a request to the court; it can be denied. However, if denied, the court

THE AMBUSH OF RAVEN 42

We have now received more emails concerning the content of last issue's comic. The Ambush of Raven 42, than any previous story, photo, or feature. Despite our best efforts, the story, as we portrayed it, was neither complete, nor completely accurate. We based our script on the most reliable sources we had available and we apologize to anyone whose role in the

incident was omitted or inaccurately portrayed.

The good news is that we are now working directly with Soldiers involved in the incident to compile a first-hand account which we look forward to sharing with GX readers.

On a related note, if you or a soldier you know has been involved in an incident that you think would make an exciting comic strip, please contact us, ideally with a final After Action Report (make sure not to include any sensitive or classified information). Your story might end up illustrated and in the pages of GX.



Help displaced Guard members and their families by making a donation to the GX Guard Family Relief Fund.

must appoint an attorney to represent the interests of the soldier.

The article reminds the reader to check with their respective lender for assistance. I would, rather, encourage soldiers to seek assistance from their respective Office of the Staff Judge Advocate, where dedicated attorneys are there to assist servicemembers with legal matters. Remember—creditors or opposing parties in a lawsuit have no obligation to provide you legal advice regarding matters that may be to your benefit. A Legal Assistance attorney in the Office of the Staff Judge Advocate office will gladly advise you fully of your legal rights (and responsibilities) and you can be sure that he or she has your best interests in mind.

MAJ Marc D. Defreyn Deputy Staff Judge Advocate 81st Brigade Combat Team, WAARNG

CEX NEWS AND EVENTS IN THE GUARD EXPERIENCE

TENNESSEE GUARDSMEN FIRST TO BE AWARDED COMBAT ACTION BADGE



By TSG Gary Hicks **National Guard Bureau Public Affairs**

Tennessee National Guardsman was among the first to receive the Army's newest combat medal during a ceremony held at the Pentagon on June 29th.

Sergeant Major of the Army Kenneth Preston pinned Tennessee Army National Guard SGT Timothy Gustafson with the Combat Action

Badge, making him the first Guard Soldier to receive the award

"It's an honor to accept this award on behalf of my fellow National **Guard Soldiers**

"It's an honor to accept this award on behalf of my fellow Guard Soldiers who are still fighting."

- SGT Gustafson, CAB Recipient

who are in harm's way and still fighting," said SGT Gustafson, who lost his right leg beneath the knee on Jan. 24 after a roadside bomb detonated. "It's somewhat of a burden that I'm not there with them right now."

SGT Gustafson was serving in Iraq with his unit, the 1st Battalion, 278th Field Artillery, when his convoy came under attack.

The badge presented to SGT Gustafson and four others during the ceremony was designed to recognize all Soldiers who are in combat, not just combat arms personnel.

"The badge may be awarded to any Soldier, branch and military occupational

> specialty immaterial, performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized.

who is personally present and actively engaging or being engaged by the enemy, and performing satisfactorily in accordance with the prescribed rules of engagement," as stated in Army regulations.



COMBAT ACTION BADGE

"Warfare is still a human endeavor. Our intent is to recognize Soldiers who demonstrate and live the Warrior Ethos."

> - GEN Peter J. Schoomaker, Chief of Staff of the Army on the Combat Action Badge

The Combat Action Badge was established on June 3, 2005. In keeping with the spirit of the Warrior Ethos, the Combat Action Badge provides special recognition to Soldiers who personally engage the enemy, or are engaged by the enemy during combat operations.

The badge is two inches in width and consists of an oak wreath supporting a bayonet and a grenade. The bayonet and grenade are associated with active combat. The oak wreath symbolizes strength and loyalty. Stars are added at the top to indicate subsequent awards.

The Combat Action Badge (CAB) may be awarded by any commander delegated authority by the Secretary of the Army during wartime or the CG, U.S. Army Human Resources Command. Specific branch and MOS assignments are not a factor in the awarding of the CAB; nor is being assigned to a Combat Arms unit or a unit organized to conduct close or offensive combat operations, or performing offensive combat operations.

GX INTEL CMT PROFILES 48TH

CMT SERIES PROFILES GAARNG'S 48TH

Courtesy of CMT

n the new series, *American Soldier*, premiering November 2005, CMT takes viewers into the lives of eight Guard members from Georgia who are preparing, deploying, and finally fighting through the triumph and torment of war-torn Iraq. Every day, brave young men and women are called to serve in a war unlike any other in our country's history. Many of our Soldiers are members of the Guard, whose deployment to Iraq finds them leaving behind their families and their livelihoods in defense of our freedoms.

Making the ultimate sacrifice of God and Country, *American Soldier* is a real-life "Band Of Brothers," a courageous and patriotic look at a tightly-knit group of American heroes as they take to the ground in Operation Iraqi Freedom. The Soldiers hail from the streets of Dublin, Georgia, a small town where family and duty are still first. They belong to the GAARNG's 48th Infantry Brigade, the largest deployment of Georgia Guard Soldiers since World War II.

Called to active duty in December 2004, the Soldiers in *American Soldier* departed for Iraq in May and might not be returning home until July 2006. From the moment they walk off the transport plane into the stifling heat



of the desert, CMT cameras are there as unfamiliar sights and sounds confront the Soldiers. For two months, CMT chronicles the Soldiers' journey in Iraq as they dream of home, write letters and send videos to their loved ones, eager for any word.

American Soldier provides an intimate look at those who are asked to make the ultimate sacrifice.

ABOVE: Soldiers of the 48th: SPC Marcus Graham, SPC Matt Clements, SGT Larry O'Neal, SPC Jamey Chalker, SGT Earnest Thomas, SPC Christopher Nemo Nemier, SPC Billy Bridges, SGT Steve Willis Photo by Jesse Grant/CMT

CHIEF'S FREEDOM CHALLENGE

Courtesy of National Guard Bureau

TG H Steven Blum issued a challenge to all recruiters: Enlist 11 soldiers from 1 Feb to 15 Jun 05 and come to my house for a BBQ on the 4th of July and watch the fireworks from my backyard.

An impressive 324 Army National Guard recruiters met the challenge, resulting in over 3,600 new accessions during the challenge period.

Of the 324 winners, 209 attended the trip to Washington, D.C. with 350 family members attending. With the Air National Guard winners (63) and family members, the total attendance was 702.

Winners stayed at the Renaissance Hotel in downtown Washington D.C. Events for the weekend included an awards breakfast

with LTG H Steven Blum, LTG Clyde Vaughn, Director Army National Guard, MG Ronald Young and CSM Leonard. The BBQ was held on historic Fort McNair at Quarters One, home of LTG Blum. The fireworks were

spectacular, orchestrated to the music of the National Symphony Orchestra.

Each winner was recognized, as well as their family and spouse, for the significant contributions they've made in the success of Army and Air National Guard recruiting.

RIGHT: LTG Blum with some of the winners of the Chief's Freedom Challenge. Photo courtesy of the NGB



GX INTEL NCO OF THE YEAR

GUARDSMAN WINS ACTIVE-DUTY MACOM NCO OF THE YEAR

By DJ Montoya, SMDC/ARSTRAT PAO and SGT Sara Storey, 100th GMD PAO

National Guard Soldier from Fort Greely, AK, beat out active duty competition to be named 2005 NCO of the Year for Space and Missile Defense Command/Strategic Command during a ceremony at Peterson Air Force Base, CO on June 24.

SGT David M. Knotts Jr. is a military police officer assigned to the 49th Missile Defense Battalion (Ground-based Midcourse Defense), whose headquarters, the 100th Missile Defense Brigade, is located in Colorado Springs. These units provide the first part of the nation's emerging missile defense program, protecting against accidental and intentional launches of intercontinental ballistic missiles.

During the week-long NCO of the Year challenge, SGT Knotts competed against three other NCOs. The competition consisted of numerous Soldier tasks including M16 qualification and an Army physical fitness test. Soldiers also appeared before a board of seven senior NCOs and were tested on bearing, appearance and general military knowledge.

SGT Knotts received the Army Commendation Medal for his victory, along with numerous gifts from community organizations and businesses.

"I would say I'm in a state of shock," SGT Knotts said after the announcement was made. "I think it's a humbling experience because you are recognized for your achievements. When I go back to my unit, there's going to be a higher expectation as far as my performance. If anything, this will bring more responsibility."

The 2004 NCO of the Year attended the competition to advise and support participants, according to board member CSM Dan Marques, 100th MDBde.

The winners pose with officials from SMDC/ARSTRAT. LEFT TO RIGHT: SGT David M. Knotts Jr., AKARNG; COL Jeffrey C. Horne, SMDC/ARSTRAT deputy commander for operations; CSM David Lady, SMDC/ARSTRAT CSM; and SPC Matthew Funk, Okinawa, Japan.

"Last year's winner, SSG Curtis Kimbrell (now sergeant first class), was here to mentor and work with all the competitors," CSM Marques said. "This helped the competitors maximize their possibility of successful completion of this board and the Department of Army board as well."

These competitors are the best the Army has to offer, according to CSM Daryall Sumpter, 1st Space Brigade, who was one of the seven board members.

"These Soldiers demonstrated their greatest abilities in leadership tasks that we gave each and every one of them to perform," CSM

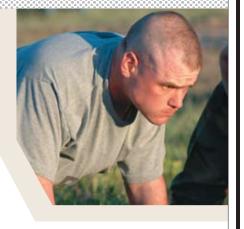
"I would say I'm in a state of shock ... it's a humbling experience."

- SGT Knotts, NCO of the Year

Sumpter said. "These are the top Soldiers in their units who are willing to take the next stride to excellence within the command. These are also young men and women who have bright careers in today's Army."

SMDC/ARSTRAT CSM David Lady explained the purpose of the NCO of the Year competition during his speech at the awards ceremony.

"This was not an easy competition. But that's the quality of Soldiers here today. That's



the quality of this program," CSM Lady said. "This is about training, it's about developing and it's about becoming a successor to us. We sergeants major need to be succeeded one of these days. Who better than you?"

SGT Knotts will represent SMDC/ARSTRAT as he competes in the Department of Army NCO of the Year Competition this September.

"I feel confident I'll be able to do a good job there," SGT Knotts said. "There's no doubt in my mind that I'll be able to be competitive. I'm looking forward to actually being around other Soldiers and NCOs from other major commands.

"I think it's going to be about us being able to go out there and perform our Soldier skills as they should be performed. It's a model for how we should do things at our unit level as far as finding out and assessing just how well a Soldier or NCO can perform."

The victory was twofold for SGT Knotts – he faced another board during the week and was one of six candidates selected and inducted into the local chapter of the SGT Audie Murphy Club.

SGT Knotts plans to attend Special Forces Assessment Selection in the near future.



AT TIMES LIKE THIS IT'S GOOD TO KNOW THERE'S A STRONG NATIONAL GUARD IN YOUR COMMUNITY.



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Learn more about the National Guard. Visit us at www.1-800-GO-GUARD.com • 1-800-GO-GUARD



The Tailoral Green Confine to find out that the

hoto by MSG Bob Haskell, NGB

GUARD NCO HONORED AS ARMY TIMES' SOLDIER OF THE YEAR

By MSG Bob Haskell Courtesy of Army News Service

young sergeant who wanted to enlist in the NEARNG when she was 16 and who is now halfway through a year-long tour of duty with her Guard medical unit in Iraq is the *Army Times* Soldier of the Year.

"It's hard to describe the phenomenal feelings to even be nominated. To be chosen is such a tremendous honor," said SGT Jessica Reed, 22, from Lawrence, NE, on the evening of July 13 in Washington, D.C.

That's when SGT Reed and four other service members were praised and congratulated by members of Congress, generals and admirals. LTG H Steven Blum, Chief of the National Guard Bureau, and MG Roger Lempke, Nebraska's adjutant general, attended the reception at the Reserve Officers Association, supporting Reed.

A communications specialist in Nebraska's 313th Medical Company, SGT Reed is the first Army Guard Soldier to be named as the Soldier of the Year by the *Army Times*, one of the weekly, service-focused newspapers published by the Military Times Media Group.



The Enlisted Association of the National Guard of Tennessee Auxiliary Emergency Relief Fund is raising funds by selling National Guard car magnets.

Magnets are \$4 each.

Proceeds benefit emergency grants or non-interest loans to any member of the Army or Air National Guard and their families.

Call 615-781-2000 for details.



"These young men and women that we honor tonight epitomize everything that's great about America, everything that's beautiful and wonderful," said Sen. John McCain from Arizona, a Vietnam War hero who has attended all five of the award presentations.

"Someday, future generations will look back upon this generation of men and women and say that not only were they the very best, but they changed the world," added McCain.

"These are the 'everyday heroes' of the military services," said Robert Hodierne, the Military Times senior managing editor.

SGT Reed was not the only member of the Reserve components to be honored. Marine Corps Reserve SGT Daniel Cotnoir is the *Marine Times* Marine of the Year. Honorable mentions included SFC Richard Lawrence, PAARNG, for Soldier or the Year, and MSG David Blakely, PRANG, for Airman of the Year.

Congressman Tom Osborne from Nebraska introduced SGT Reed who is stationed this year in Tikrit. Seventy-five members of the Nebraska Guard medical unit, operating 24 ambulances, are serving in seven locations in Iraq, Osborne explained.

ABOVE: NEARNG SGT Jessica Reed is honored as the *Army Times* Soldier of the Year by Brian MacKeil, the *Army Times* news editor.

SGT Reed was credited with learning "how to install, operate and maintain the new satellite Movement Tracking System used by ambulances and became known as an expert, training other medical companies' troops on a regular basis, enhancing communications critical to saving life and limb."

She was inspired to join the Guard when she was 16, after meeting a recruiter at Lawrence High School. The recruiter said she was too young, so Reed waited until she was 17 and persuaded her mother to sign the enlistment papers.

SGT Reed was studying psychology at the University of Nebraska when her company was mobilized for Operation Iraqi Freedom. She was one semester shy of earning her degree.

"It's definitely interesting to see it firsthand rather than hearing about it on the news. You always hear the bad stuff, but you don't realize all of the good stuff that's going on over there ... I want to change the world. I'd still join today," said SGT Reed.

GX INTEL

SALUTE OUR HEROES VETERANS JOB FAIR & CAREER EXPO

HEROES

PRESENTED BY THE NEW YORK TIMES JOB MARKET NOV. 3RD

Courtesy of the NY Times

he New York Times Job Market and Hire Disability Solutions, LLC has announced plans for the first "Salute Our Heroes" Veterans Job Fair & Career Expo, to be held November 3 at the Jacob K. Javits Convention Center in New York.

Sponsored by The New York Times, in partnership with veterans organizations and government agencies, the Veterans Job Fair & Career Expo will provide recruiters with a large and diverse pool of candidates. As part of the event, The Times is creating a special advertising section to appear both in the newspaper and on www.nytimes.com, on October 30. The section will be part of an extensive multimedia campaign that will include spots on dozens of radio stations, direct e-mail to more than 200,000 candidates and newsstand signage throughout the tri-state area.

"This Veterans Job Fair is an excellent opportunity for recruiters to reach out to veterans," said Jyll Holzman, senior vice president of advertising, The New York Times. "We are proud to sponsor this event designed to benefit former servicemen and women by connecting them with companies and organizations looking to diversify their workplaces."

"Veterans have the training and experience to work in every industry," said Guy D. "Doc" Holliday, vice president, advertising sales, of The New York Times and former major in the United States Army. "Now more than ever, employers should recognize the value of hiring talented veteran professionals."

Robert Notine, partner, Hire Disability Solutions, said, "'Leave no hero behind.' We have all heard the quotation. Now is our opportunity to give back to the men and women who have served this country; it's time to hire a hero."

Many recruitment and signature sponsorship packages are available. Recruitment and sponsorship packages at the fair will include ads in Sunday's Job Market section, booth space, a listing and a link on the "Salute Our Heroes" website and access to the database of attendees and registrants.

For more information about the fair, or to become a sponsor or exhibitor, please visit www.nytimes.com/saluteourheroes.

About Job Market

Job Market, the print and online recruitment services offering of The New York Times, provides employers and job seekers comprehensive resources to streamline the recruitment process. Job Market appears in The New York Times every Sunday and is updated throughout the week at www.nytimes. com, where job seekers can find job listings, career-related Times articles, exhaustive company research, a resume database and valuable career resources.

Through the newspaper's national audience, which includes 4.5 million weekday readers and 5.2 million Sunday readers as well as the 1.4 million readers who visit www.nytimes. com every day, The New York Times Job Market reaches a marketplace of high-quality professionals actively seeking new job opportunities or considering career moves.

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"It's time to hire a hero."

- Robert Notine, partner, Hire Disability Solutions

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CX INTEL VETERANS' DAY

HONOR AMERICA'S VETERANS NOVEMBER 11TH

By Jenny Madison

how your appreciation for United States veterans by participating in your local Veterans' Day activities. We are featuring a few events that are sure to inspire pride and remembrance for the sacrifices made by our country's veterans. Whether a moment of silence, or applause and laughter at a parade, we can all show support!

142nd Point of Light and Still Shining

In 1986, a group of Vietnam veterans from Boston began meeting weekly to discuss and resolve issues around their combat experience. A trip, two years later, found this group of brave Soldiers fighting a very unexpected battle here at home. Peace Foxx, Mark Helberg, and Ken Smith learned a very shocking truth upon visiting The Vietnam War Memorial in Washington, D.C. Veterans were

living in the park adjacent to the memorial. After the group's experience in D.C., and learning that one-third of the nation's male homeless are veterans, these gentlemen set out on a journey of compassion. Over the next two years, a not-for-profit organization for homeless veterans was established, leading to the opening of the New England Shelter for Homeless Veterans in 1990. NESHV offers a wide range of services through five programs and support services. Through grants and national attention, NESHV has provided emergency shelter, transitional housing, single-room occupancy apartments, training and employment, health care and case management to more than 12,000 male and female veterans. On Veterans' Dav. November 11, 2005, the 3rd annual event honoring America's veterans will take place at the Boston Seaport Hotel. This "Leave No One Behind Event" will provide funds to NESHV to help veterans in achieving independent

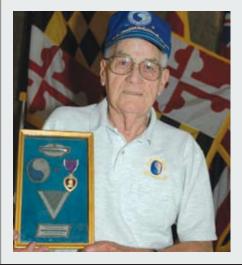
living. Please go to **www.NESHV.org** to find out how you can help the shelter recognized by President George Bush's administration as the 142nd Point of Light.

50-Year Serenade of Honor for Veterans' Day

The Utah National Guard's 23rd Army Band will give its Annual Veterans' Day Concert on November 11, 2005. For 50 years, the concert has been a high point for the band and the citizens of Utah. This outpouring of talent in honor of our veterans symbolizes true pride and patriotism. This event takes place at Utah's Huntsmen Center. Show your support by enjoying the Utah National Guard's 23rd Army Band, as they honor our country's veterans. For more info, go to:

www.geocities.com/Pentagon/Quarters/2993

GUARD UNITS SPEARHEADED WWII ACTIONS



By MSG Bob Haskell National Guard Bureau

e was in northern Germany, wondering if his Guard outfit would ship out for Japan, when Francis Thomas learned that the bomb had been dropped on Hiroshima. The atomic blast at Nagasaki three days later hammered home the hope.

"Before that, we really didn't know what would happen. Our big worry was that we would be sent to the Pacific theater," said Thomas on Aug. 6—60 years after the first bomb hastened the end of the big war—WWII.

Even though the war in Europe had ended three months earlier, it was the news of the atomic bombs, followed in short order by Japan's surrender, which made Thomas believe he would finally be going home.

Thomas was 20 then, a staff sergeant in the 29th Infantry Division. He was not one of the division's original Guard Soldiers. He

LEFT: Francis Thomas with his Purple Heart and a division patch with a bullet hole at the top—the bullet that punctured the patch and wounded him. Photo by MSG Bob Haskell, NGB

The Guard took the point for the Army.

enlisted in the Army in 1942 and trained in antiaircraft artillery. He was reassigned to the infantry in 1944 and joined B Company, 1st Battalion, 175th Infantry Regiment in England. That's where the 29th was preparing for its fateful day on Omaha Beach in Normandy, France, on June 6, 1944. That's where Thomas first encountered the combat that would define his world for nearly a year.

Those who belonged to Guard Divisions, separate Guard regiments, and Guard aviation observation squadrons had much to be proud of. The Guard took the point for the Army.

Had it not been for the Guard, this country would not have had the Army it needed to go to war after the Japanese attacked Pearl Harbor and after the U.S. declared war against Germany and Italy four days later.



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, self-confidence, 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.



If you've served in the U.S. Military or are currently in the Army National Guard at the rank of Sergeant/E-5 or equivalent and are interested in a career as an Army National Guard Recruiting and Retention NCO, contact your local Recruiting and Retention Supervisor, log on to www.virtualarmory.com, or contact your local Recruiting and Retention NCO.





OVER 500 116TH BCT SOLDIERS REENLIST

By CPT Monte Hibbert 116th BCT PAO

he 116th Brigade Combat Team held a huge reenlistment ceremony in September to swear in a record number of combat zone volunteers.

At a time when it seems volunteering for military service would be on the decline, 116th Brigade Combat Team Soldiers deployed to north-central Iraq are reenlisting in record numbers, and the unit recognized that accomplishment during a ceremony in September.

"We have hit a milestone in the deployed history of the 116th BCT," said SFC Jim Blake, the non-commissioned officer in charge of retention for the Brigade.

"This is a great opportunity for our Brigade to claim a new record in theater," said SFC Blake. "To my knowledge, no other unit has ever achieved this goal."

The 116th BCT has been deployed to Iraq since December 2004, and has been the lead in aiding Iraqis in Kirkuk Province in the areas of security, governance, economics and communications since February of this year. The 116th BCT is comprised of headquarters and staff sections, two armor battalions, a mechanized infantry battalion,

"To my knowledge, no other unit has ever achieved this goal."

- SFC Jim Blake, NCO in charge of retention for the 116th BCT

a support battalion, a field artillery battalion, an engineer battalion, and various intelligence, signal, and specialized units. The 116th BCT is one of several Army National Guard units deployed in support of Operation Iraqi Freedom III.

ABOVE: SFC Jim Blake, the 116th Brigade Combat Team Retention NCO(L), counsels SSG Breshears(R)1/148th FA on benefits and incentives available to his Soldiers. When asked why the 116th is doing so well with its retention program, SFC Blake said one of the reasons is; "If the NCO's have the correct information to pass on to their Soldiers, we can reduce rumors and increase extension packets."

2005 BOY SCOUT JAMBOREE

Courtesy of Army News Service / VAARNG PAO

ver 42,000 Boy Scouts and adult leaders and over 270,000 visitors from across the nation navigated their way to Fort A.P. Hill, VA, for the 2005 National Scout Jamboree July 25 through Aug. 3.

About 2,000 Soldiers from the active Army, Army Reserve and National Guard, and an additional 200 members of the Air Force, Navy, Marines and Coast Guard were on hand to support the event.

"If you follow your conscience and the ideals of a Scout, there is no limit to what you can achieve," President Bush said at the Jamboree's arena show July 31, amid chants

of "U.S.A., U.S.A." that rolled across the arena field.

In order to accommodate the large number of guests, Soldiers engaged in various tasks from road building to installing water, sewer, electrical and telephone systems.

Soldiers from the Virginia Guard played a key role in security as logistical support. Military police from Virginia's 229th MP Company assisted with security at entrance gates, staffing traffic control points and conducting roving patrols, according to CPT Tanya Seymore, commander of the 229th. In addition, the 1710th Transportation Company provided transportation support.



Fort A.P. Hill has been the site of the Jamboree since 1981. Among the many military units supporting this year's event are the 61st Medical Group, 1710th Transportation Company of the Virginia National Guard, and 159th Aviation of the ARNG.

ABOVE: President Bush at the 2005 Boy Scout Jamboree July 31.
Photo by SGT Joe Morris

GUARD AND LABOR READY LAUNCH PARTNERSHIP

LABOR READY.

Dependable Temporary Labor

"This is a wonderful partnership... I am pleased to see Labor Ready offering additional job assistance to these men and women so honorably serving our country."

- Congressman David Reichert (WA)

Courtesy of Labor Ready

abor Ready and the Army National Guard have teamed up to offer flexible work opportunities for Guard members.

Labor Ready is an international provider of temporary employees for manual labor, light industrial and skilled construction jobs, operating under the brand names of Labor Ready, Workforce, Spartan Staffing, and CLP Resources.

Soldiers and their families who may be transitioning between jobs, relocating to a new community, or looking to supplement their income prior to deployment or upon return from active duty can find jobs to meet their needs and schedules at one of Labor Ready's more than 700 branches.

Recruiters will post information about work available through Labor Ready at Guard armories across the country, as well as refer Soldiers and their families to local Labor Ready branches. Guard recruiters will visit Labor Ready offices to speak to temporary employees about opportunities with the Guard.

ARNG Recruiters and representatives visited Labor Ready branches in the U.S. and Puerto Rico recently to kick off the partnership. All Labor Ready branches received custom cobranded signage celebrating the partnership and promoting the ARNG. The partnership has been commended by top Guard and Labor Ready leaders, as well as distinguished members of Congress.

Congressman David Reichert, of Washington state, where Labor Ready is headquartered, and a leader on Guard employment issues

recently stated, "This is a wonderful partnership that will help Guard members in the state of Washington and across the country... I am pleased to see Labor Ready offering additional job assistance to these men and women so honorably serving our country."

According to Labor Ready President and CEO Joe Sambataro, the partnership will also benefit businesses who hire temporary employees. "Our more than 300,000 small and mid-sized business customers across the country have a tremendous need for quality workers. National Guard members and their families are a valuable and welcome resource...," said Sambataro.

COL Richard Guzzetta, Chief of ARNG Recruiting and Retention added, "The Army National Guard is very enthused to work with Labor Ready. Both Labor Ready and the ARNG are in the business of employing people and have the common focus of providing Americans with good jobs. We believe this



ABOVE: (I-r) Labor Ready executives Yolanda Hubbard, VP of National Sales and Marketing and John Horsager, District Manager; ARNG Director LTG Clyde A. Vaughn; Labor Ready executives Wayne Larkin Regional VP and Chris Burger, Regional VP Photo courtesy of Labor Ready

will have a positive impact on our efforts and we are very anxious to see just how great the impact will be."

To find out more, call 1-800-24-LABOR. You will be asked to fill out an application. Let the Labor Ready staff know you are a Guard member, and notify them of any skills you have that can be applied to the job.



PFC IRFAN KHAN
WISCONSIN ARMY NATIONAL GUARD



AGE: 20 SERVICE 4 years, WIARNG

"I am the first member of my family to enlist into the U.S. Military. My parents came here from Pakistan... As a Muslim and as an American, I had to join. It was my duty to do so."

"It's the only part-time job with full-time pride."

Why did you join the Guard?

I joined the Guard just after September 11th, a few days after my 17th birthday. As a Muslim and as an American, I had to join. It was my duty to do so.

If you could tell someone who is considering joining the Guard one thing, what would it be?

It's the only part-time job with full-time pride. Not only that, but you really do get to be part of something greater than yourself. I see it all the time firsthand.

HOMETOWN: WAUKESHA, WI FAMILY MILITARY HISTORY: I am the first member of my family to enlist into the U.S. Military.

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GX INTEL SPIRIT OF AMERICA TOUR



By Keith Kawasaki

fter six years of service, 1LT Robert Rosenthal left the NY National Guard's 101st Signal Battalion in 1966 and set his sights on Hollywood. He made a name for himself as a prominent entertainment lawyer and retired in 2000 at the age of 63. But like many Americans, after 9/11, a new chapter would be written in his life. Once again, Rosenthal would enter into the military landscape.

"I wanted to do something for America," says Rosenthal.

In 2002, The Robert and Nina Rosenthal Foundation (Rosenthal's charity organization, named for him and his wife) initiated the Spirit of America Tour—a nonprofit entertainment organization that boosts morale by delivering headlining artists free of charge to perform for military personnel and their families across the nation.

"Mom, Dad, the kids, everyone's invited," says Rosenthal, who funds the Tour out of his own pocket. The only requirement is a military I.D. Furthermore, the Spirit of America Tour artists volunteer their time and talent. They do not receive any fee for their performances and their extensive "meet and greet" times.

How does Rosenthal manage to grab top performers like Clint Black, Charlie Daniels, and Jo Dee Messina, and then convince them to participate on a 100% volunteer basis? Rosenthal recruited the help of Cathy Gurley, a member of the Academy of Country Music and former member of its Board of Directors. Gurley established herself in Nashville, TN, handling public relations for country music heavyweights Garth Brooks, Tanya Tucker, Tammy Wynette and more. Gurley, who also serves on the Board of Directors for the Rosenthal Foundation, is the National Liaison for the Spirit of America Tour, putting Rosenthal's foot in the door with the bulk of the Tour's roster.

OF SOLDIERS AND FAMILIES WITH MAJOR STAR POWER

"I commend your admirable service to our community..."

MG Terry L. Tucker, Commanding Officer,
 U.S. Army Armor Center at Fort Knox, KY

The two-person team of Rosenthal and Gurley look at which artists have gaps in their tour schedules—an extra day here or there between shows—and asks if they'd like to drop in on a military base. Once the request is out, they rely solely on the artists' willingness to participate without being paid. Fortunately, there's that deep bed of patriotism that lies in the hearts of many of America's entertainers. Many country music stars stand apart from

other artists as proactively supportive of America's military. This is exemplified by Charlie Daniels' countless trips to the Mideast, and major radio hits like Darryl Worley's "Have You Forgotten," Toby Keith's "American Soldier," and John Michael Montgomery's "Letters from Home" which inspired teenager Shauna Fleming's nationally acclaimed support effort, "A Million Thanks." Her effort has garnered well over one million thank-you letters for Soldiers.

The Spirit of America Tour is by no means a purely "country" affair, though. Rosenthal has contacts of his own and is helping change the perception of Hollywood in popular media regarding the war effort. A-list entertainers like comedians Dennis Miller and Carrot Top, the stars of TV's "The Bold and the Beautiful" and "The Young and the Restless," and Latin/Christian music star Jaci Velasquez have all appeared on the Tour.

Since 2002, the Spirit of America Tour has delivered almost 60 shows, and Rosenthal assures this venture will only grow, living up to its bold namesake. Rosenthal recently instated a policy where the Spirit of America Tour will accept corporate donations, solely to help cover production costs. Currently, the Tour supplies military bases the show and a professional sound and light system, while the bases supply a covered stage. His goal is for the Tour to provide the stage for each

GX INTEL



show, thus lifting the financial burden off of the military installations.

Secretary of Defense Donald Rumsfeld wrote a personal letter to Rosenthal in 2004, declaring the Spirit of America Tour to be "a resounding success and a great morale-building effort." The real marker of success for Rosenthal and Gurley, though, comes from the servicemembers:

"I commend your admirable service to our community, and appreciate your unwavering support for our troops. Thanks again for your

"You are a sterling pillar of America's greatness ... you geniunely care and that's what makes being an American so special."

- COL Joel G. Himsi, Garrison Commander, Fort Leonard Wood, MO

support and keeping our spirits high!"—MG Terry L. Tucker, Commanding Officer, U.S. Army Armor Center at Fort Knox, Kentucky.

"You are a sterling pillar of America's greatness, and the contribution you're making for



PREVIOUS PAGE: Country music star Clint Black performs at Lackland AFB, TX in 2004 as part of the Spirit of America Tour.

Photo courtesy of the Spirit of America Tour ABOVE LEFT: Country music star Pam Tillis sings to Airman 1st Class Brandon McDonald during a free concert at Holloman Air Base, NM, July 18.

U.S. Air Force photo by Airman 1st Class Russell Scalf
ABOVE: (I-r) Clint Black and Robert Rosenthal
as Rosenthal presents Black with a commemorative Spirit of America Tour coin,
thanking Black for his participation. Photo
courtesy of the Spirit of America Tour

our sons and daughters in uniform is what our great Nation is all about – you genuinely care, and that's what makes being an American so special."—COL Joel G. Himsi, Garrison Commander, Fort Leonard Wood, Missouri

"It keeps me alive," says the 68-year-old Rosenthal, referring to the effect the Tour is having by offering servicemembers a chance to kick back and relax from the stresses that weigh so heavily in their lives—stresses like a pending deployment or a spouse overseas whom they have not seen in over a year. This is what the Spirit of America Tour is all about—a break, a boost, and a great big "thank you" for Soldiers' sacrifices.

For more information or to find out about donations to aid production costs: **www.spiritofamericatour.org**

MOARNG RETURNS HOME

LTC RETURNS HOME FROM YEAR IN AFGHANISTAN

By SPC Rick Phelps, KSARNG Courtesy of the Brownwood Bulletin www.brownwoodbulletin.com



ABOVE: LTC B.J. Rankin, home after a 12-montl deployment to Afghanistan.

Photo by SPC Rick Phelps

ieutenant Colonel Billy Jack (B.J.)
Rankin, former superintendent for
Bangs ISD and Texas Army National
Guardsman returned to Brown County at 1:30
a.m. on August 5, after a 12-month deployment to Afghanistan.

LTC Rankin explained the timeline that led to his deployment. "They hit me up in March of '04. They said they needed some guys to go to Afghanistan with the area support group in October or November," LTC Rankin said. "My kids were grown by that time, so I talked to my wife, and we decided we could do this." LTC Rankin said at that time, he had 34 years in service and was two years from his mandatory retirement date.

During the Soldier readiness process in May 2004, LTC Rankin said he was asked to leave earlier, with Soldiers from the Regional Training Institute. "I had 10 days to get things ready," LTC Rankin said.

June 20, 2004, LTC Rankin was at Camp Atterbury in Indiana, just outside Indianapolis, for one month of pre-deployment training. Mobilizing with the 76th Infantry Brigade from Indiana, LTC Rankin acted as the training assistance group's chief of staff.

LTC Rankin's group's mission was to "mentor the trainers" at the Kabul Military Training Center. "We trained the trainers," LTC Rankin said. "When we arrived, their standing

army was at 7,000. Higher headquarters said when we left, they had 28,000."

When asked about Afghanistan, LTC Rankin said, "Driving through the villages was the most dangerous part of our job—things happened on that route."

Ice. That is the item LTC Rankin said he missed the most that he could easily access if he were home. "I definitely missed ice in the drinks. There was ice, but it was used to keep things cool in the mess hall."

LTC Rankin said after more than 30 years of his service, this was his first deployment. "I figured this was a good way to end my career."

"When we arrived, their standing army was at 7,000... when we left, they had 28,000."

- LTC Billy Jack Rankin, TXARNG

SUCCESSFUL MOARNG UNIT RETURNS ALL SOLDIERS HOME

By MSG Chad Craft, MOARNG, Area 5 R&R NCOIC

OARNG's 1140th Engineer
Combat Battalion Corps (Wheel)
recently returned from their
deployment to Iraq in support of OIF II.
The 1140th served on the front lines of the
War on Terror, and brought all 476 of their
Soldiers home. In September, they deployed to

"Our training program is oustanding, and our success on the battlefield can be attributed to it."

- MAJ Robert Jones, BN Executive Officer

Louisiana providing support to the Hurricane Katrina relief efforts.

The 1140th Engineers conducted thousands of missions across Iraq. Here are some highlights:

- ★ Destroyed over 23,000,000 pounds of unexploded ordnance throughout Iraq
- ★ Conducted ID sweeping of 162km of roadway, and located/destroyed 300+ IEDs
- ★ Supported the engineer effort during the kinetic operations in Fallujah
- ★ Trained over 800 Iraqi Security Forces
- * Renovated two Iraqi Police Stations
- ★ Patrolled and convoyed 1,000,000+ miles

- * Seized 300+
 large caliber weapons and
 75,000+ rounds of ammunition
- Constructed, repaired, and maintained the theater's main supply route as part of a joint effort with Iraqi infrastructure ministries
- ★ Constructed and repaired numerous roadways in various villages as part of a joint effort with Iraqi infrastructure ministries
- Provided command and control of the theater bridging assets
- \star Conducted multiple humanitarian missions
- Soldiers earned 13 Bronze Stars, fivePurple Hearts, and three ARCOMS with Valor device



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SFC SAVES LTC

SFC SAVES LTC, RECEIVES BRONZE STAR

Courtesy of TSG Gregory Ripps, TXNG PAO

TC Michael "Steve" Marshall escaped a dangerous situation by clutching the side of a speeding vehicle as it tore out of a volatile area in Afghanistan where negotiations with a warlord suddenly turned violent.

THE SILLY THOUGHT THAT HE WAS RUINING HIS BOOTS ENTERED HIS MIND AS HE WAS BEING DRAGGED...

LTC Marshall was in Afghanistan from December 2003 until after Thanksgiving 2004, but never shared his story until recently.

Assigned to the Central Corps Advisory Group as the senior medical advisor, he woke up on Aug. 15, 2004, thinking it was going to be a typical day in Afghanistan. Little did he know that within 24 hours, he would find himself acting as the tactical and diplomatic advisor to the Afghan chief of staff.

Because of a shortage of tactical and diplomatic advisors, and the need for Corps Chief of Staff BG Afzal Aman to deploy, discussions ensued as to who would fill that role. LTC Marshall was chosen.

On Aug. 16, the General, the freshly minted advisor and SFC Chad Bartlett, LTC Marshall's non-commissioned officer, flew into Shindand Air Field in western Afghanistan. They picked up the interpreter and 95 Afghan Soldiers, and boarded a Dutch C-130 aircraft. LTC Marshall was nervous, but did not let it show.

What he did not yet know was that only one day before their arrival, heavy fighting had taken place, and two base commanders had been brutally killed by a local warlord named Amanulla Khan.

On Aug. 17, BG Aman made contact with Khan by phone and told him to retreat. Khan replied that he would comply only if they also retreated, and a decision was made to meet at the front lines to negotiate.

LTC Marshall decided to bring five ground movement vehicles, each manned with three Special Forces Soldiers, one mounted .50caliber machine gun and one mounted Squad Automatic Rifle.

The two sides met in the town of Adraskan and were crowded into the town's small meeting hall. But as soon as BG Aman started making his case for withdrawal, it became evident that fighting had broken out outside. Small arms fire crackled all around, and everybody exited the building at once. LTC Marshall directed the Afghan General and his interpreter to move around to the back of the building for cover. The Special Forces troops in their vehicles appeared at the wall surrounding the compound, and SFC Bartlett joined his Colonel.

In the moments that ensued, LTC Marshall lost sight of BG Aman and had to decide whether to join the Special Forces troops who were rapidly exiting the courtyard, or to find the General. A tank round made up his mind, and he ordered SFC Bartlett to cover him. The NCO bravely brought to ground a group of advancing fighters and everybody scrambled for the vehicles, including the Afghan General, who had jumped the wall.

They raced across open ground as a rocketpropelled grenade flew overhead. LTC Marshall helped his interpreter into the back of one of the vehicles, but realized he couldn't mount the vehicle himself, and instead grabbed the antenna. The antennas are usually bolted down with four carbon bolts. However, this one was mounted magnetically and broke off.

SFC Bartlett managed to jump onto the vehicle, but LTC Marshall had only gotten his hands on the tailgate. The decision he had to make was to let go and take his chances or to hold on and let his feet drag. He chose to hang on.

The silly thought that he was ruining his boots entered his mind as he was being dragged. Suddenly there was the noise of the .50-caliber pumping out rounds. Then an explosion erupted on the side of the vehicle.

Quickly assessing the situation, SFC Bartlett hauled LTC Marshall over and up by the back of his helmet and the bottom of his vest. LTC Marshall later said, "Sergeant Bartlett saved my life, because I would not





TOP: SFC Chad Bartlett takes his place among Afghan security forces. ABOVE: LTC Michael "Steve" Marshall gives the thumbs-up. Photos courtesy of TXNG PAO

have been able to hold on much longer, and the vehicles behind us would have surely run over me."

As they raced south, an A-10 Warthog aircraft dove down and covered their retreat. They didn't engage fire for fear of collateral damage but got their message across by popping flares. Only after the ground vehicles had traveled several kilometers and had extracted the passengers from danger did LTC Marshall notice a sharp pain is his lower right leg. Later he learned to his surprise that he had broken his fibula. LTC Marshall acknowledged that without SFC Bartlett, he would probably be dead.

SFC Bartlett received the Bronze Star for "valor for an act of courage under fire and gallantry in action." By his actions he ensured the safety of the Afghan negotiating party in Adraskan, which included two general officers, and saved the life of an American officer while under fire. LTC Marshall received the Purple Heart and the Army Commendation Medal for Valor.

MAARNG SPC USES TRAINING TO SAVE LIVES



By SGT June Norton Massachusetts National Guard PAO

raveling on Route 195 in Dartmouth, MA, SPC Richard Cabeceiras of the MAARNG, came upon a disabled motor vehicle that had been involved in a minor accident. While the vehicle's driver and passenger were inspecting the damage, an oncoming vehicle, unable to see the disabled auto in the dark, hit the vehicle from behind. Upon impact, the driver and passenger were pinned between the disabled car and the guard rail. By the time SPC Cabaceiras arrived at the scene, many more vehicles were involved. SPC Cabaceiras made his way through the vehicular pile-up toward the two injured men. "I walked up to the victims and said, 'I know this is going to sound crazy, but I know what to do and I can help you," said SPC Cabeceiras. "There was another guy there who knows me and he told the victims 'it's okay, he's in the military."

Recognizing the two men had serious injuries to their legs and that one was going into shock, SPC Cabeceiras began using skills that had been taught to him at his Guard unit, HHB of the 101st Field Artillery, during Common Task Training. In this situation, SPC Cabeceiras knew he could draw upon the training that he had gained from a Combat Lifesaver Instructor in his unit. "One guy was lying on the ground and he was really pale. I saw that his leg was severely injured... I touched his face, his skin was cold and clammy and I knew he was about to go into shock," SPC Cabeceiras recalls. "I used his good knee as a prop for his injured leg, which not only elevated his injured leg to help prevent shock, but also helped to prevent the man from putting the injured leg back onto the ground possibly injuring it any more than it already was." The other man, while also badly injured, was alert

"I know this is going to sound crazy, but I know what to do and I can help you."

- SPC Richard Cabeceiras, to one of the victims of a multi-car accident

and focused. "He was a real trooper," said SPC Cabeceiras. "He told me he was fine, that he had broken his legs before, don't worry about him."

Because of his training, he could have splinted the injured man's leg, but SPC

ABOVE: SPC Richard Cabeceiras
Photo by SGT June Norton, Massachusetts National Guard PAO

Cabaceiras didn't want to hurt the man further. "Although I knew that I was capable of administering a splint, I chose to wait for the EMT's to arrive," SPC Cabaceiras said. Once they arrived on the scene, SPC Cabaceiras gave them the details of what he knew of the accident and what measures he had taken to prevent further injury or shock to either victim.

"You know, we train and train and train some more and really never get to use what we learn, so to realize that all of the training I received actually worked and helped me to save lives, made me feel really good," said SPC Cabeceiras.





By Keith Kawasaki

ack in '74, Charlie Daniels told us "The South's Gonna Do It Again,"* referring to southern music blasting through mainstream radio.

Well, the South is back. This time, blasting through the cacophony of pop music and movie stars that, by and large, either protest the war effort or ignore the issue all together.** Many country music artists, including Daniels, have stepped to the forefront, boldly declaring support for our American Soldiers, recognizing the sacrifice and heroism of the military

"I CAME UP AT A
TIME OF CLOSE TO
100% PATRIOTISM.
NOBODY IN THIS
COUNTRY WAS TAKING
UP FOR HITLER OR
HIROHITO."

—Charlie Daniels



and military families. These efforts are evidenced not only in song (Toby Keith's hit "American Soldier" and Montgomery Gentry's "Something to be Proud of," among others), but also in proactive and sometimes life-threatening measures. Artists like Daniels and Chely Wright are getting out of the studio and hittin' the sandbox—touring through Iraq, Afghanistan, Kuwait, Korea, and eastern Europe. Miranda Lambert, Wynonna Judd and many others are traveling stateside and spending many hours at military hospitals. Daniels and Lambert are veterans of the Spirit of America Tour (acclaimed by Secretary of Defense Donald Rumsfeld as a "resounding success and a great morale building effort;" see page 20), where no fee is paid to the artists. Daniels and Wright are both on the Board of Directors for Stars for Stripes, a nonprofit organization entertaining our troops worldwide. These artists are just a few in a growing force, volunteering their time and talent to boost morale and show their

In this feature, *GX* spotlights these artists who have stepped out of their comfort zone and, in some cases, into the combat zone to salute our military and say "thank you" for protecting the foundations of freedom.

Charlie Daniels is like a C-130. Just like the mighty Hercules aircraft, Daniels is acclaimed for his versatility, strong performance, and ability to effectively enter a combat zone and deliver.

Getting his start in the company of giants, the 1960s found Daniels penning the Elvis Presley song, "It Hurts Me," and doing session work for Bob Dylan. In '70, he cut his first album, leading to a career of hits carried by songs like "Devil Went Down to Georgia," "Long-Haired Country Boy," and "Still in Saigon." Also notable are Daniels' fiery musical collaborations with Dickey Betts and the Allman Brothers Band, Lynyrd Skynyrd, and the Marshall Tucker Band, among others. It is no stretch to refer to Charlie Daniels as a living legend.

Earlier this year, Daniels traveled 16,000 miles throughout Iraq, Afghanistan, and Kuwait with the assistance of the Tennessee Army National Guard, playing sometimes three shows a day in over 100 degree heat. On one flight to an airfield, the Chinook that Daniels was traveling in came under fire. At a show earlier that same day, an IED lit off just fifteen miles up the 100 note thing to keep in mind is Charlie Daniels is 68 years old. However, despite the danger, the miles, the heat, and his age, Charlie Daniels is going to do it again next year.



ABOVE: Wynonna Judd (center) with (I-r)
Chairman of the Joint Chiefs of Staff GEN Richard
Myers, Mrs. Myers, Mrs. Pace, and GEN Pete Pace,
Vice Chairman of the Joint Chiefs of Staff at
the USO-Metro Merit Awards earlier this year.

"I'm a child of the second world war; I remember the day Pearl Harbor was bombed. I came up at a time of close to 100% patriotism. When everyone was behind the war effort. I come from a time that appreciated the military, "says Daniels. "The war was very real to us. We had the news reels of the Nazis murdering the Jewish people. We had daily reminders of the evils we were fighting. Nobody in this country was taking up for Hitler or Hirohito. People like Ted Kennedy and Dick Durbin, they are doing nothing but encouraging the Osama bin Ladens of this world. We have got to respect, support, and finance our military. If we want to live in a free America and put our children to bed at night knowing that some

terrorist isn't going to come throw a bomb through the door, we have got to support our military because that's the only thing that stands between us and what has been going on in Israel and Iraq now. Either we fight them here or there. We've got to look out for our military; that's all there is to it."

Further putting himself on the front line of support, Charlie Daniels is setting up a fantastic initiative entitled Operation Heartstrings, wherein Daniels is bringing high-quality musical instruments and entertainment supplies to MWR centers in Mid East theaters. *GX* will bring you all the details as this develops.

Be sure to check out Charlie Daniels' website, not only to pick up quality southern music, but also to check out Daniels' Soapbox. The Soapbox is Daniels' online journal where he voices his opinions and experiences (check out the entries on his time with the TNARNG) regarding war, politics, and society in general, closing every



"MAJ DUCKWORTH IS NOT JUST A WOMAN SURVIVING. SHE IS THRIVING."

—Wynonna Judd, on meeting ILARNG MAJ Tammy Duckworth



entry with "Pray for our troops ... God Bless America." www.charliedaniels.com

Wynonna Judd is a classic name in country music. She's one of those icons like Garth Brooks, Martina McBride, and Clint Black. She's that level of superstar. She rose to fame in 1984 by teaming with her mother, Naomi, to form The Judds, one of the most famous music duos of all time. Grammys, Country Music Association Awards, Billboard Music Awards—Judd has won 'em all. Her voice can shake you, rock you, or soothe you—a very, very versatile instrument that's made her albums platinum multiple times over.

Judd's heart is just as big as her fame. Among her expanding list of charitable work, Judd has made considerable time for our military—so much that she received the USO-Metro Merit Award earlier this year. She is a personal friend of GEN Richard Cody and Secretary of Defense Donald Rumsfeld has referred to her as a "proud patriot and loyal friend to the United States Military."

The Judds have participated in USO tours, traveling to locations like Guantanamo Bay and spending time at Veterans hospitals. However, the major patriotic turning point in Judd's life, like many Americans, was 9/11.

"Immediately after 9/11," says Judd,
"I knew that I had to get involved and be
supportive in any way that I could."

Earlier this summer, Judd hosted her first Annual Wynonna Ride, a Tennessee motorcycle parade/salute to American Soldiers and Veterans. In addition to playing shows at the Pentagon since 2001, Judd has spent countless hours at the bedsides of wounded Soldiers at Walter Reed Army Medical Center in Washington, D.C.

"One of my best memories and a highlight of my life, "says Judd, "was looking into the eyes of Luke, a young man who had lost several limbs. I was saying 'thank you' to him, only to have him look back at me with a smile and tears in his eyes and say, 'It was worth it.' That's where I find the strength."

At the recent USO award ceremony, Judd had the honor of meeting MAJ Tammy Duckworth, a remarkable Illinois Army

LEFT: The Charlie Daniels Band performs at FOB Caldwell in Iraq, earlier this year. Photo courtesy of Tennesse National Guard Public Affairs



"I WILL ABSOLUTELY
PERFORM AT ANY
ARMED FORCES
FUNCTION I CAN!
THANK YOU FOR
YOUR SERVICE TO OUR
GREAT U~S~OF~A!"

---Miranda Lambert, in a letter to a servicemember

National Guard Soldier who lost both her legs during a mission while she was deployed last year. MAJ Duckworth was recognized at the ceremony.

"I am seldom a woman without words," says Judd of MAJ Duckworth, "for one of the very few times in my life, I was pretty speechless. During my acceptance speech, I looked over at her, addressed her and her big smile, and said, 'You are my hero and you make me want to be a better citizen.' MAJ Duckworth is not a woman just surviving—she is thriving."

Judd's patriotism and respect for American Soldiers is something she actively instills in her children, just the way her mother did when she was a child. "Our conversations are constantly about what is right and wrong and what America stands for. They understand what the flag represents and what the stripes and stars mean—they get it," says Judd.

In a statement to *GX* readers, particularly the Guard family, Judd says: "I am aware of your struggles and your broken hearts. I believe that we are still close to our loved ones even though they are not physically

present. Their spirit lives on in you. I am reminded daily of the dedication and sacrifice each of you make, and I am indebted to you and proud to stand by you as an American. I have been changed by my experiences with you and your families and it has made me want to be a better person. Thank you!"

Visit Wynonna online at www.wynonna.com. Be sure to check out the new "Her Story: Scenes From A Lifetime" DVD and Live Audio CD, in which she tells the tales of her life and sings her amazing hits.

Miranda Lambert, a relatively new artist, is skyrocketing to success. Her music videos receive ample air time on country TV networks CMT and GAC. In 2003, she took third place in the Nashville Star country music talent competition. Her first album, Kerosene, was released earlier this year and debuted at #1 on the Billboad country chart. The singles "Me and Charley Talkin" and "Bring Me Down" are hits. With this newfound fame, Lambert, only 22 years old, could easily let herself get carried away with stardom, start dating movie stars and only worry about red carpet fashion. However, Lambert is spending her time supporting our men and women in uniform, even to the extent of canceling a regular date on her tour to play a military show on the other side of the country. "Anytime we can play a show for the service, we do," says Lambert.

In May, she teamed up with The Spirit of America Tour to play a show for Laughlin AFB; and this past summer, Lambert joined forces with Montgomery Gentry, Chely Wright, Julie Roberts, and Terri Clark to perform on the Miller Lite Army Tour. Lambert appeared on the tour for three separate dates, proving her dedication is not

LEFT: Miranda Lambert sings the National Anthem at Sheppard AFB in Wichita Falls, TX for The Spirit of America Tour.

just for good PR. In fact, at Lambert's August 14th show at Redstone Arsenal Army Base in Huntsville, AL, the artist spent extensive time before the show, during the show (she opened for Montgomery Gentry), and after the show with military fans. And if the scheduling works out, Lambert would love to do another stint with the all-volunteer Spirit of America Tour.

When asked why she's such a proactive supporter, Lambert seems almost surprised at the question, as if it is a no-brainer. "I think everyone should be," declares Lambert.

She explained that her father, a police officer, instilled in her as a child a very patriotic spirit and respect for men and women in service. Her grandfather served in WWII, and more than a few of her family are involved in the fire department. A proud Texan, Lambert stands firm in her support of anyone in service, whether it be in her town, state, or country. It's just a part of her being.

Check Miranda Lambert's website for tour dates. Most likely she's comin' to a military base near you! www.mirandalambert.com

MIRANDA LAMBERT

receives fanmail from Soldiers and takes each letter to heart, responding with equal warmth and admiration.

Ben from South Carolina asks: Miranda, I'm in the Air Force and fly all over. We carry the USO tours and I was wondering if you'd ever do a USO tour?

Miranda Lambert: I will absolutely perform at any Armed Forces function I can! I was able to play several military shows this past summer and they were the highlights of my career ... Thank you for your service to our great U-S-of-A!

Paul from Northern Iraq asks: You captured my heart when you came to Ft. Benning back in 2003. I've been keeping you in my prayers. Lord knows I miss Texas, and you, my friend have a great way of bringing me back to the Great State.

Miranda Lambert: Paul, you are the one in need of all our prayers. I have e-mailed you my mom's personal e-mail address. I can assure you a TEXAS care package will be on the way ... Thank you for your service to our great country.

Courtesy of www.mirandalambert.com

Not many alumni of *People* magazine's 50 Most Beautiful are willing to hang around in hospitals with severely wounded Soldiers. Not many people in general will spend hours upon hours clutching the hands of Soldiers, crying and praying with their families... and then hop a plane to Iraq. All the glamour and the fame that surrounds **Chely Wright**, one of country music's most successful, chart-topping singer-songwriters since the early 90s, seems irrelevant and unimportant to her. All that appears to matter is the love

"IT HAS CHANGED MY LIFE. IT HAS CHANGED HOW I MAKE MUSIC. IT'S CHANGED EVERY THING ABOUT ME."

—Chely Wright, on her experiences with Soldiers and Soldiers' families

and care of our Soldiers and our Soldiers' families. After all, Chely Wright is part of the military family. Her grandfather Harold Samuel Henry was a sergeant in the Big Red One, the famed 1st Infantry Division that has been on the front lines since WWI. Her older brother, Chris, a Marine gunnery sergeant, served proudly in Iraq. "I know what it is like to be a sister that watches the bottom of the news, the ticker tape, to see if a Marine helicopter went down," says Wright.

Chely Wright wears her heart on her sleeve and admits she's not the strongest person in the world. She's ruled by her emotions. She can't hold it in. But it is this emotional openness that Soldiers and families are connecting with. When Wright is at Walter Reed at a Soldier's bedside, there isn't a cameraman snapping away; there are no smiles for paparazzi. It's not a quick and generic, "Thank you for your service! God bless the U.S.!" and she's gone. There is genuine gratitude, deep appreciation and care that emanates. There are personal relationships forged. Experiences shared. The staff at Walter Reed say she's the best at this. To her, it's just being human.

"When I was ten ... my grandfather said 'So you're gonna be a country star, huh?' And I said 'Yeah.' And he said, 'Well, get your keyboard and get your little butt up to the VA hospital and play for those guys.' And you know, the older I have gotten, the more

RIGHT: Chely Wright brings school supplies to the children of Al Bu Hassan as part of Operation Iraqi Children, last September.

that gift has unfolded to me of what my grandfather taught me," says Wright.

Wright's recent, autobiographical song "Bumper of My SUV," has had an enormous impact not only on radio, but in the hearts of military families and personally on Wright. "It has been the biggest gift of my life, bar none, not even just career-wise, but in just changing me," says Wright.

The song has brought her close to the parents of Soldiers who have lost their children in battle. She spends considerable time corresponding and visiting with these parents and families who have contacted her because their children loved the song so much. She is a witness time and time again to the horrors of war; but at the same time, Wright is a witness to the pride and strength of the American military family. And this is nothing that she takes lightly: "I can't even explain to you... it has changed my life. It has changed how I make music. It's changed everything about me."

Wright has traveled the world, performing for our troops, and has scheduled a tour through Southeast Asia this fall with Stars for Stripes, a nonprofit support organization Wright has been involved with for years. Yet another thing that sets Wright apart from the crowd is her concern and dedication to the Iraqi people, inspired by her brother Chris.

Wright is affiliated with Operation Iraqi Children and teamed up with 13th COSCOM staff, Task Force Tacoma Soldiers, the Iraqi National Guard, and Iraqi village leaders to hand-deliver donated school supplies and toys to Iraqi students. Operation Iraqi Children has donated school supplies to over 5,000 Iraqi students.

"I'm not a post 9/11 patriot," says Wright.
"I've been going abroad my entire career and I know the military and I know what my brother emailed to me ... one day before he

went into to Iraq... His p.s. was 'I'm scared, too, sis, pray for me but more importantly pray for the people of Iraq.' That's what I know. We do some butt kickin' when we have to, but much of what we do as a military force is putting food in mouths not boots in butts. Protecting, serving, rebuilding infrastructure... I've seen more of them reach in their pocket on their pants and take out their only protein bar for the day and hand it to a kid. I've seen more Sailors, Soldiers, Airmen and Marines cry when they see a mother of five Iraqi kids in a hut who needs help. I see that and I know it's real... Our guys and gals want to do good."

Traveling the world in some of the harshest environments, hours at veterans hospitals, consoling moms and dads who have lost their children in the War on Terror—all this would wear most of us down after just a month or two. Thirty-five-year-old Wright has been actively supporting our Military for 25 years. So, when *GX* asked her if she will continue at this pace and level of support, Wright replied: "Are you kidding me? You bet!"

Check out Chely Wright online. www.chely.com

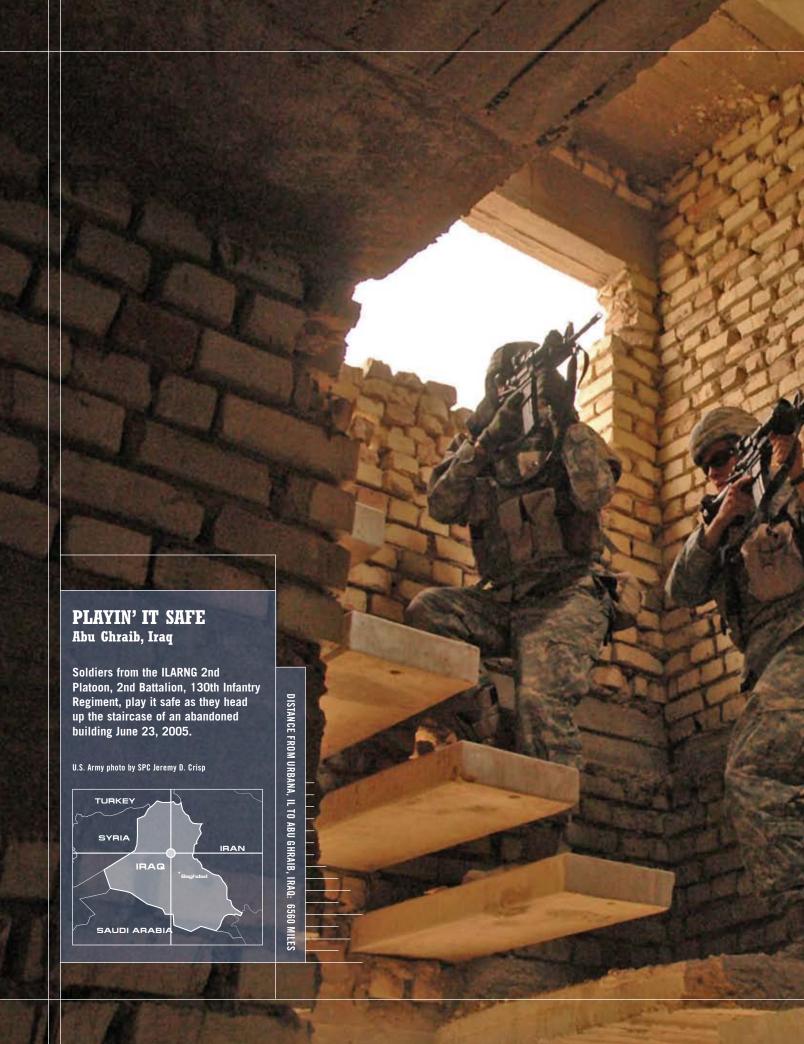
*"The South's Gonna Do It Again" was a Top 30 hit song for Charlie Daniels off his 1974 album Fire on the Mountain.

**Popular pop/punk band Green Day publicly insulted the President and the war effort on the band's most recent and chart-topping album American Idiot with lyrics like "I'm not a part of a redneck agenda/ Now everybody do the propaganda" and "Zeig Heil to the President Gasman/ Bombs away is your punishment/ Pulverize the Eiffel towers/ who criticize your government." Actress Jane Fonda is traveling cross-country in a vegetable oil-fueled bus to protest the war. She made news during the Vietnam War-era for protesting from North Vietnam. In 2002, Academy Award-winning actor Sean Penn took out a \$56,000 ad in The Washington Post urging the President "to stop a cycle where "bombing is answered by bombing, mutilation by mutilation, killing by killing."





Photo courtesy of Judy Selae Internationa





LIGHTNING STRIKES Fort Indiantown Gap, PA

Members of PAARNG's 56th Brigade sprint towards their objective during Operation Paxton Lightning, a training exercise focused on providing tightly integrated support during an assault on a simulated terrorist stronghold.

Photo by Chris West





















HEN ENGLISH SETTLERS FIRST arrived in North America, they knew they would face many hardships, including potentially hostile indigenous people and aggressive forces from other colonial powers. To ensure the survival of their settlements, they brought with them the Militia system. Every able-bodied male between the ages of 16 and 60 had to be prepared to defend himself, his family and the settlement as a whole. These original Hometown Armies were the seed which would grow into today's Army National Guard. From the Guard's inception, its goal has been the protection of our citizens from threats both foreign

and domestic. In its ever evolving roll as America's Hometown Army, the Guard today is still the spearhead of Homeland Security, protecting our nation from natural disasters, foreign aggressors, and those within our borders who would do us harm.

Media focus since 9/11 has been primarily on the outstanding work Guard Soldiers are doing overseas. However, the pace and importance of work being undertaken by Soldiers here at home has not diminished in the slightest. In most cases, operations tempo has increased significantly in units serving domestically.

Beyond the extra work generated in training, supporting and transporting tens of

thousands of troops as they deploy overseas, Guard units are being called upon to expand their domestic mission. They are standing watch at posts that deploying troops have left vacant. They are restructuring their organizations to react more quickly to domestic emergencies. They are constantly training and rehearsing Civil Support Teams to ensure that, should the worst happen, we will be prepared. All of this continues without lowering the standards or expectations for their "normal" missions.

GX asked Guard Soldiers to share some of their experiences working on the home front. What follows is just a small part of the Guard's work as America's Hometown Army.

>>

HE GUARD JOINED THE WAR ON drugs almost 30 years ago, when they were called upon to assist Hawaii's law enforcement agencies by providing air surveillance to search for marijuana cultivation sites. The counter-narcotic organization which has evolved from those early flights, particularly over the last 16 years, is both extremely sophisticated and highly successful. Today,

Counterdrug Division points out, "Every day, illegal aliens and drugs are coming across the border. Those same routes they take could be used to transport other transnational threats like weapons of mass destruction into our country. That is why the support we offer to LEAs [Local Enforcement

Agencies] along the border is critical to the safety and security of our nation."

investigations. Seasoned Army Guard pilots flew night surveillance missions in Reconnaissance and Air Interdiction Detachment OH-58 helicopters, while Air Guard crews flew twin-engine C-26 airplanes. Both types of aircraft are equipped to detect people and vehicles on the ground. The 19 helicopters and eight c-26s used were believed to constitute one of the largest operations for those specialized aircraft in

National Guard history. However, **SPC**

Hector Castro, 102 Maintenance Company, NYARNG, points out that Guard Soldiers also find success in

more low-tech roles: "We were helping the Inspectors search trucks, cars, buses, etc. On my first day searching a truck, I had to low crawl from the back of an 18-wheeler to the front. I ended up finding bags of marijuana worth approximately \$3.2 million. I was told it was the biggest drug cache any National Guard member had captured in NY... My second biggest capture was worth \$1.6 million... I couldn't tell you how much my team and I helped seize, but it was well over \$10 million. When it was time to go home, no one from the team wanted to leave. Everyone volunteered to stay longer. I miss working there and would not hesitate to go back if they offered it again."



COUNTERDRUG OPERATIONS

National Guard counterdrug programs operating in all 54 states and territories have established close ties with over 5,000 law enforcement agencies.

Approximately 2,500 Soldiers and Airmen are involved in the Guard's counterdrug programs, each having received specialized training in addition to their traditional military training. The programs seek to attack the issue of illegal drug abuse from all angles, including youth awareness and prevention programs, narcotics intelligence analysis, law enforcement narcotics training, border security, interdiction and eradication.

Since the attacks of 9/11, border security has become particularly important. As Air Force COL Earl Bell, chief, NGB-J3

The National Guard frequently teams with both U.S. Customs and U.S. Border Patrol (USBP), acting as a force multiplier in operations to prevent the influx of both illegal drugs and illegal aliens. In these situations, Guard Soldiers, having no arrest powers, assume support roles and employ their military skills to operate technical equipment, thereby freeing law enforcement officers to make apprehensions in the field.

Operation Winter Freeze, which concluded on Feb 15, saw 250 members of the Army and Air Guard working with Customs and USBP to patrol 295 miles of the U.S.-Canadian border in New York, Vermont, and New Hampshire. Flying more than 1,500 hours with no accidents, the operation contributed information to 50 criminal

BY THE NUMBERS

In 2004, National Guard support efforts led to 61,029 arrests and assisted Law Enforcement Agencies in seizing the following:

Cocaine Crack Cocaine

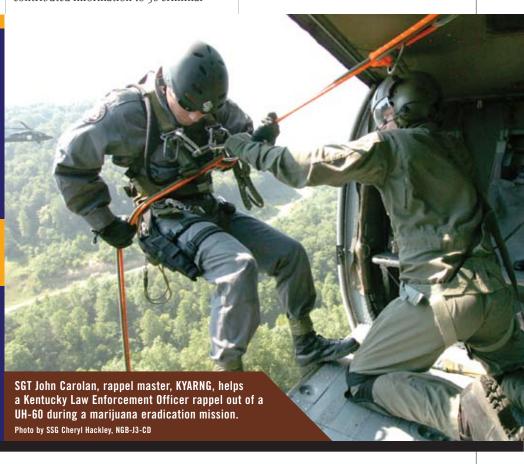
102,382 pounds 7,162 pounds

1,878,108

Number of marijuana plants eradicated

Marijuana (processed) 842,509 pounds Methamphetamines 10,759 pounds 1,389 pounds Heroin **Ecstasy** 411,520 pills Other/Designer Drugs 14,870,793 pills Weapons 8,359 **Vehicles** 15.102 \$216,000,270 Currency

Source: NGB-J3-CD Fiscal Year 2004 Annual Review





THE REASONS FOR A STRONG NATIONAL GUARD ARE HARD TO PREDICT.

You don't know when, or even if, a natural disaster will strike your community. But you can be sure of the National Guard. In cities, towns and in rural communities, the Guard is trained, equipped and ready to serve whenever nature delivers a devastating punch.

A strong, successful Guard is built on dedication and courage. Have you got it? If you think so, visit us online or call us. Be one of the people your community can rely on at the worst of times.

Become a Citizen-Soldier.

Learn more about the Guard. Visit www.1-800-GO-GUARD.com



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ABOVE: Larry Scott, left, instructs a group of Soldiers led by SSG Jamie Stubbs, WAARNG, to move down the fire line they were digging as they learn to fight forest fires.

were washed away, while others were hardly touched. Trees were uprooted and scattered like match sticks. We distributed water, ice and food (MRE's) to families that had lost everything. We patrolled the beaches and areas to keep unauthorized people out and to help local law enforcement with anything they needed, from directing traffic to helping control checkpoints to prevent people from going to assess the damage while crews worked to clean up the sand. The things that I can remember most are the smiles and appreciation shown to us."

SGT Sean Panza, OHARNG shared his unit's experience in the aftermath of the flooding caused by Hurricane Ivan: "Several days after the hurricane punched through, the Ohio National Guard was activated. Members of the 191st Eng. Company (Dump Truck), my unit, were called to supply the five 20-ton M917 Dump Trucks... Members from the 216th Eng. Heavy, 186th Eng. Construction, and the 200th Red Horse Air National Guard were also called out. Upon arrival, we reported to a job site to repair a water main that was destroyed from a



NATURAL DISASTER RECOVERY

OR YEARS, THE PUBLIC MOST closely associated the Guard with its natural disaster relief efforts. Whether it was tornadoes in West Texas, blizzards in Pennsylvania, or forest fires in Montana, Guard Soldiers were there saving lives and protecting homes.

iLT Jason Carter, ALARNG, wrote about his experience in the aftermath of Hurricane Ivan: "On September 15th, my unit, 1-167th

IN (M) and a Patriot Missile BN from Athens, Alabama were deployed for disaster relief in anticipation of Hurricane Ivan. On September 16, 2004, it hit Gulf Shores and Orange Beach, Alabama hard. This was a true National Guard mission that I enjoyed. The destruction was indescribable. There was four feet of sand everywhere we went. Boats were up to one mile inland and were tossed around like toys. Buildings and homes

landslide, cutting off fresh water to about 100 people. The dump trucks were to be used to supply back fill once repairs had been completed. Our unit spent two days on that mission and was then sent to clean-up details. A lot of homes had been destroyed and a lot of possessions were destroyed. Residents were able to bring items to a central site, and we would haul it to a trash dump. We were able to see more of the

IN THE WAKE OF HURRICANES

FROM LEFT TO RIGHT: A hurricane-damaged home in Escambia County, FL; SGT Wessels, FLARNG assigned to the Fort Pierce-based Charlie Battery, 2/265th Air Defense Artillery loads bags of ice into the trunk of a car at a point of distribution site in Baker, FL; Two young Floridians load up on free ice at a comfort station manned by FLARNG Soldiers in Escambia County; A Soldier helps a woman remove tree debris from the roadside after Hurricane Ivan hit Pensacola, FL.



destruction the hurricane had done—cars in creek beds and trees, houses taken off foundations, people's belongings destroyed, children's toys, furniture, pictures, and things that could not be replaced. My vehicle was then sent with a hydraulic excavator to dredge a creek bed. Another dump truck went to an island town and removed people's houses. They would crush the house as small as they could and load it for the dump. The people that owned the house watched with tears in their eyes as they finished the destruction. We spent three more days doing the same things."

SGT Raymond Johnson, B Co 1/124 IN, FLARNG, found post-hurricane humanitarian operations to be a rewarding experience: "Last year, Florida was hit pretty hard by a succession of hurricanes. My unit deployed to provide humanitarian assistance for three out of four that made landfall. My company had only recently returned from a year and a half in the Middle East; a year of which was spent conducting combat operations in Ramadi, Iraq. One of our other missions during the hurricanes was passing out food and ice. It was during this time that I realized what being in the National Guard was all about. Hundreds, if not thousands, of people lined up to get a few bags of ice or some MRE's. It was a difficult sight. At the same time, I felt a sense of pride and satisfaction. For the first time in my 10 years of service on active duty and in the National Guard, I was doing something to directly help American citizens. Some got out of hand, but most were grateful that we were there. As I passed out ice, directed traffic, or patrolled destroyed neighborhoods, people

would show there gratitude by giving us water, food, or just a smile and word of thanks. They were happy to have us there and proud of the work we were doing. It felt right. In fact, my service during the hurricanes was the most satisfying job I have done. Having the dual responsibility of performing warfighting as well as humanitarian missions can be taxing, but the rewards of being able to aid Americans in trying times makes it all worth it."

We worked side-by-side with the locals and also EMS and police. This operation was going around the clock and was designated Operation Winter Fury 2."

In Texas, the Guard has already been called out this year to fight wildfires. In the week leading up to July 4, 77 different fires covered a combined area of 150,000 square miles. On July 1, 46 TXARNG Soldiers, the crews and support personnel for two UH-60 Blackhawks and two CH-47 Chinooks

"Having the dual responsibility of performing warfighting as well as humanitarian missions can be taxing, but the rewards of being able to aid Americans in trying times makes it all worth it."—SGT Raymond Johnson, B Co 1/124 IN. FLARNG

SSG Eric J. Vonderheide described the back-to-back activations his unit saw around the New Year: "During Dec 22-Dec 27 2004, The BN of the 1-152nd INF out of Southern Indiana, was activated for Operation Winter Fury 1. During this time, our mission was to help stranded motorists that were stuck in the snow and take them to the closest hotel or service station. We were running 24-hour operations in conjunction with the state police, local EMS, and local police. We helped dig vehicles out of snowdrifts, help get local EMS to emergencies when they could not get to some of the locations. On January 5-14, 2005, the 1-152nd INF BN was called up again to help with flooding. The HHC element was to bag 30,000 sandbags at the state highway garage. We ran 12-hour shifts with two different crews. Within two and a half days, we bagged 32,000 sandbags. We continued bagging until we were called to Hazelton, IN to place sandbags along the bank and edge of the river that was threatening to give way and flood the town.

received state active duty orders. By July 5, one fire, near Three Points, had consumed 300 acres and was threatening the famous McDonald Observatory. The Blackhawks, equipped with 660-gallon Bambi Buckets repeatedly doused the flames. "We would have lost the Three Points fire without the two UH-60s," said Mark Stanford, fire operations chief for the Texas Forest Service. "The assistance of the Guard Soldiers was credited with saving lives, homes and important structures."

The Guard is also frequently called upon to help hikers, backpackers, or other outdoor enthusiasts who have become lost or injured. On July 13, 2005, The Oregon Army National Guard rescued two injured climbers from Mt. Rainier. The climbers spent the night on the mountain, one suffering from a broken leg and the other a broken ankle. The rescue took place on Emmons Glacier at about 13,500 feet elevation. The National Guard flew a UH-60 Blackhawk to the climbers to make the rescue.





Compiled by Keith Kawasaki, courtesy of Army News Service and DOD Press Releases.

urricane Katrina first struck southern Florida as a much weaker storm on Aug. 25-26 before picking up strength in the Gulf of Mexico and impacting the Gulf Coast three days later. Almost instantly, the headlines blared that the destruction in the Gulf Coast was "our tsunami." However, a considerable difference between Indonesia and America is that we have a ready and able National Guard that shot into action immediately and worked with local authorities to decrease the impact of the damage.

Approximately 1,000 Florida Guard troops were on duty during the initial Katrina strike. When Katrina hit the Gulf Coast, more than 3,600 Guard members were on duty in Louisiana and another 1,700 in

Mississippi.

Within 24 hours of Katrina's landfall on the Gulf Coast, on-duty numbers grew to more than 7,500 Guard members. Troops from Alabama, Louisiana, Mississippi, and Florida, are supporting civil authorities, distributing generators, providing medical care, setting up shelters, and transporting residents.

Within 48 hours, the Louisiana Guard was coordinating with Florida, Georgia and Texas to secure several helicopters to support their operations. The Mississippi Guard coordinated with the Guard in Oklahoma, Pennsylvania and Arkansas to add more choppers to the relief effort.

The Alabama National Guard contributed an engineer battalion and military police battalion to Mississippi. In addition, the Alabama National Guard had another 800-plus troops on duty to support Mississippi's Emergency Management Agency. The Arkansas National Guard mobilized 350 members to assist with hurricane relief efforts in Mississippi. The Arkansas troops include an engineer battalion, a transportation company and a military police company as well as two UH-60s to support search-and-rescue operations. Deployed units brought with them numerous ground vehicles and supplies (bedding, cots, etc.) for relief efforts, as well.

"We are able to do what the nation needs us to do, and whenever we are needed, we are there."

- LTG H Steven Blum

The National Guard's solid response to Hurricane Katrina demonstrates that the Guard is still fully capable of responding to stateside emergencies while supporting the War on Terror overseas, according to LTG H Steven Blum, Chief of the National Guard Bureau

LTG Blum described the thousands of Army and Air National Guard troops called to active duty in the Gulf Coast, and other states, to support the relief effort as a testament to the Guard's ability to carry out its federal and state missions simultaneously.

"As the Guard supports one of the largest hurricanes on record to hit the United States, units are fighting wildfires in the Northwest and guarding critical infrastructure nationwide against terrorists," LTG Blum noted. "And at the same time, an estimated 75,000 National Guard members are deployed to some 40 countries around the world, including Iraq, where they make up almost one-half the U.S. force.

"All of this is happening at the same time, yet we are not putting the overseas mission at risk, nor are we putting the homeland defense mission at risk. We are able to do what the nation needs us to do. and whenever we are needed, we are there,

> with the right skills and the right equipment and the right personnel."

Under a plan he instituted when taking the reins of the National Guard Bureau, LTG Blum initiated a policy to ensure every state at least 50 percent of its Guard assets available to support state missions. As of early September, Louisiana has had 65 percent of its troops available

for state missions; Mississippi, 60 percent; Alabama, 77 percent; and Florida, 74 percent, Guard officials said.

LTG Blum, as well as President Bush, has acknowledged that the relief effort will be a lengthy and intense process. However, both are completely confident in the Guard's ability to fully support this process. "The National Guard is braced to continue that support for the long term, until the affected regions get back on their feet," declared LTG Blum. **5**X

LEFT: A convoy of OHARNG troops from the 437th Military Police Battalion rolls out toward Mississippi to help in the Hurricane Katrina relief effort. Photo courtesy of OHARNG PAO.

TOP RIGHT: Guardsmen from the 890th Engineering Battalion, Alpha Company, MSARNG clear debris from Biloxi's ravaged beaches. Photo by MSG James M. Bowman, USAF.

MIDDLE RIGHT: Soldiers and civilians alike come together to unload MRE's in Mobile, AL, to be sent to hurricane victims around the region.
USAF photo by TSGT Jerry Morrison.

BOTTOM LEFT: Army Guard and Air Guard troops help load boxes of water onto helicopters for victims of Hurricane Katrina in New Orleans. USN photo by Photographer's Mate 1st Class Robert McRill.

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to help displaced Guard members and their families by making a donation to the *GX* Guard Family Relief Fund.



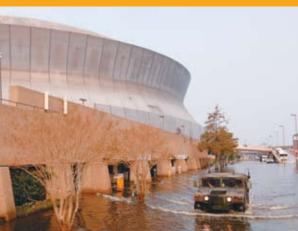
For all the latest on the Hurricane Katrina relief efforts, including news, video, and photos:

VISIT WWW.qxonline.com



BELOW: An ARNG Humvee navigates through the flooded streets around the New Orleans Superdome en route to help with the evacuation efforts.

Photo by Photographer's Mate 1st Class Brien Aho, USN.



LTHOUGH THEY RARELY RECEIVE media coverage beyond local outlets, tens of thousands of Guard Soldiers have served quietly and honorably protecting our nation in a wide range of activations under Operation Noble Eagle.

For some soldiers, like SSG Christopher Perkins, NYARNG and his unit, the 145th Maintenance Company, the call to duty came less than 24 hours after the attacks of 9/11: "A few hours [after the attack] the call to report to the armory came. The next day we were at Ground Zero, performing security missions, aiding with the clean up, and maintaining order so that the rescue workers could do their jobs. It was as stressful and difficult as it was rewarding. I've never been more proud to be a member of the National Guard than I am of the time we spent down there supporting my city and my nation in her time of need," wrote SSG Perkins.

Since the beginning of Operation Noble Eagle, units have been activated at both the state and federal level to protect a wide variety of military

installations, weapons and chemical storage and production locations, as well as high-use public facilities.

As troops were shifted leading up to Operation Enduring Freedom and Operation Iraqi Freedom, many Guard units were called in to either increase security at military bases or to replace units that had been deployed elsewhere. SSG Adrian Herzberger, TXARNG, wrote to tell of his unit's year-long deployment to protect the White Sands Missile Range, an assignment he enjoyed enough to volunteer for the next deployment to Fort Hood, TX.

SPC Ted Hunkele with B CO 112th Engineer Battalion, and his unit spent a year helping to secure Wright Patterson AFB in Ohio.

A number of high-risk storage locations also received new security through the protection of Guard Soldiers. **SPC Lawrence Coward** and A CO 3/144INF in Greenville, TX deployed for a year to protect the Umatilla Chemical Depot in Hermiston,

OR; while SSG Steven Baker, KYARNG, and his infantry unit

HOMELAND SECURITY

"Every state and territory, all 54, have an immediate quick reaction force [QRF] and a rapid response force which can deliver a battalion-size, trained and ready organization in less than 24 hours." —LTG H Steven Blum, ARNG



ABOVE: 10th Civil Support Team (CST) survey team members inspect a device believed to be emitting a biological agent into the area as part of WAARNG's WASABE IV exercise.

replaced the roist Airborne as security for a munitions stockpile in their home state.

For a time after 9/11, Guard members became a common site in airports and large train terminals. With the recent attacks in London, the Guard is once again being tapped to ensure that our transit systems are secure with activations like Operation Nutmeg Sentry which will see Guard Soldiers and Airmen from across Connecticut providing a visible and reassuring presence in train, bus and ferry terminals statewide.

A great many soldiers have also been called to assist in the training, processing and deployment of forces to all parts of the world.

CPT John-Mark Lidell, GAARNG, wrote to tell about the work he's part of: "Our duties at the JFHQ Medical Command starting in October 2004 were to perform the medical clearance activities to prepare the GAARNG 48th INF BDE for its Iraq

rotation. We continue such activities through the present in support of the Progressive Replacement Plan that will sustain additional deployments of GAARNG units as replacement troops in Iraq until the GAARNG 48th INF BDE returns home. Additionally, our duties have us presently performing Fit For Duty/Return To Duty evaluations on non-deployed and deployed troops processing through our mobilization site at Ft. Stewart, Georgia.

"All of the above activities are taking place along with the routine requirements of performing physical exams and ongoing medical support missions. And these actions take place with limited personnel, as a majority of the enlisted medics and medical officers of our unit have been, or are soon to be, deployed to Iraq to fill medical support vacancies in the GAARNG 48th INF BDE now in Iraq."

MSG Greg Dooley, ILARNG, wrote to tell about a different sort of pre-deployment preparation: "The I-I3I/I-I78th Infantry, which recently returned from FT Polk, Louisiana, had the mission to perform the duties as the opposing force (OPFOR) and train up the units preparing to deploy to Iraq. Some elements of these units deployed to FT Polk have also volunteered to join up with other units already in Iraq."

LTG Blum described, in broad terms, some of the other efforts the Guard is undertaking for Homeland Defense:

"In addition, we have all over the nation developed chemical-biological response teams, force packages of Army and Air National Guard units that have special equipment and special training so they can do mass decontamination, treatment of mass casualties, technical extraction of victims from rubble and buildings. In addition, each and every state and territory—all 54—have an immediate quick reaction force [QRF] and a rapid response force which can deliver a battalion-size, trained and ready organization in less than 24 hours. Most can deliver a company-size organization in less than four hours anywhere in their state or territory... In very short order, every state and territory will have a civil support team [CST]. Now, what can that civil support team do? It can identify chemical, biological, radiological and high conventional explosive devices. It can detect them. It can advise what to do about it to the civilian local firstresponders—the police, the fire department and emergency services people—and it can offer an immediate communications bridge so that the local first-responders can plug in to the Department of Defense communications system immediately."

One example of the almost constant training these teams undergo was the

Washington State Annual Bioterrorism Exercise (WASABE) IV 2005, carried out by the Washington National Guard's 10th Civil Support Team and their civilian counterparts. For three days, the 10th CST worked with emergency first-responders executing a coordinated response to a simulated biological terrorist attack in Camas, Washington.

According to LTC Benjamen Zerface, 10th CST commander, the overall goal of the exercise was to introduce the 10th CST members, their equipment and their capabilities to local first-responders. "So much of what we do on these exercises is about building relationships," Zerface emphasized.

In augmenting local emergency teams, the 10th CST is able to bring experience, equipment and capabilities that are not always available on a local level.

"Our purpose as part of the National Guard homeland defense is to serve as an asset to the local incident commander, from whom we take our direction," explained rSG Bill Spaulding, roth CST non-commissioned officer in charge. "We are able to bring a mobile laboratory and communication package that allows us to analyze and transmit our test results to larger labs and agencies quickly, thereby providing a faster response to the emergency," Spaulding added.

"The exercise worked out very well for us because the local first-responders not only heard but now they have seen what we (the 10th CST) can do as well," Zerface concluded.

The training for both QRFs and CSTs is rigorous and intense. Guard members are stretching well beyond their normal operating missions to prepare for their possible homeland defense mission. One example of this diverse skill set adaptation is the 57BDE I-I2I FA C bat out of Sussex, WI, an MLRS primary battery unit. As SPC John Anderson, WIARNG, pointed out: "Even though we have been tasked with the reaction force mission, our commander does not slack on our primary mission of MLRS. If ever given the call, C bat I-I2I FA will be ready."

STANDING READY

OMELAND DEFENSE IS THE FOUNDATION OF THE Army National Guard. In the 368 years since the Guard was founded, this mission has evolved dramatically. The very notion of what is required to keep our homeland safe has expanded beyond the imagination of those original proud militia members. Defending our citizens against the sort of conventional, direct threat posed by the Pequot Indians seems like one of the least likely homeland uses of the Guard today. In remarkable contrast to the very straightforward missions of the past, today's Guard stands ready to protect America against a wide variety of natural and man-made threats. Guard Soldiers fight the War on Drugs by securing our borders, patrolling our skies and educating our children. Guard Soldiers fight natural disasters, moving tons of earth to hold back floods, enduring freezing temperatures to bring warmth to those trapped in blizzards, and offering comfort and safety to those who have lost everything to hurricanes. Guard Soldiers fight the Global War on Terror here at home, standing watch, preparing to respond to any threat that may arise. Homeland defense is the foundation of the Guard and the Guard is the foundation of America.



TOP: Decontamination team members from the Air National Guard transport a casualty to the decontamination tent before treatment. ABOVE: CPT Adams (left) and CPT Reuhle, 729th FSB, B CO, attend to a child during a mass casualty exercise conducted at FT Frettard, MD. BELOW: SPC Marvin Jones (center), 143rd MP, and SPC John Mcaulay, 134th MP, CTARNG, greet passengers arriving at Union Station as part of a statewide effort to augment existing security forces after the London bombings heightened U.S. security.



SUM OF THE PART

TEAMBUILDING WITH THE MISSOURI GUARD

By SPC Katherine L. Collins Unit Public Affairs Representative

"Beating defeat is but half the goal," said MSG James Walters. MSG Walters, a member of the cadre of the Missouri Army National Guard Recruit Sustainment Program was speaking of the fierce but fun competition experienced by Missouri's RSP Soldiers at Fort Leonard Wood on June 24-25.

Citizen-Soldiers from the eight RSP platoons across Missouri gathered at the Army base for two days of competition against one another. "The goal of the program, and particularly the weekend's competition," said MSG Walters, "is to push the Soldiers

beyond the physical and mental limit of what they ever thought they could accomplish, as well as build comradeship and teamwork and to simply have great fun."

"The weekend competition is just one event in the overall structure of the program, created to

reduce training pipeline losses," said SFC Shane Spellman, RSP Manager of the 27th Recruiting and Retention Battalion. SFC Spellman explained that typically, 30 percent of Missouri's split-option Citizen-Soldiers drop out of the Guard in the period between

challenge, but
we got through it
all as a team."
— PVT John Morten

"It's been a real

attending initial entry training (IET) and advanced individual training (AIT). The goal of the weekend competition is to lower the loss rate to no more than 12 percent by equipping the Soldiers with the physical and mental skills and basic Soldier knowledge needed to succeed in the National Guard, before they depart for IET and AIT.

Many of the Soldiers participating in the weekend competition were attending their very first training period as a MOARNG Soldier. In addition, some attendees have not yet joined the MOARNG, but plan to in the near future.

Entering into Saturday's events at dawn's first light, the eight platoons engaged in standard physical fitness training, followed

by hygiene maintenance and lunch. Throughout the afternoon, Soldiers encouraged and congratulated one another on the Confidence Course and collaborated thinking skills on the Leadership Development Course. At the end of the day, the exhausted but happy

faces bore witness to the program's success.

Many Soldiers expressed their enthusiasm for the day's experience, noting in particular the enjoyment of overcoming challenges as a team. "This was encountered most during the Leadership Course," said PVT Ben Johnson, of Jefferson City. He explained it by saying, "Solving the puzzles as a team was great fun because it was not just physically challenging but it really made you think."

PVT John Morten, of Waynseville, agreed. "It's been a real challenge, but we got through

it all as a team." The Soldiers agreed that the day's events and the overall program are preparing them for success in IET and AIT. PVT Karen Crowson, of Montgomery City, said she has been learning great teamwork and how to push herself.

Sunday's events included other courses and activities designed to strengthen individual physical and mental



ABOVE, BELOW, LEFT: Participants use teamwork to overcome challenges on the Confidence Course during the MOARNG RSP Competition. Missouri's Recruit Sustainment Program helps prepare soldiers for IET and AIT. Photos by SPC Katherine L. Collins

skills as well as teamwork and individual and collective morale. Each Soldier walked away physically and mentally exhausted, but expressing confidence in succeeding in IET and AIT and becoming and remaining a team member of the MOARNG.









Courtesy of KSARNG PAO

ne hundred and fifty years of Kansas National Guard history will make a whirlwind tour across the state July 17-August 12, visiting more than 50 communi-

ties. The tour is part of a year-long celebration commemorating the sesquicentennial of the Kansas National Guard (see sidebar).

The "Kansas Guard Whistle Stop Caravan" is a mobile showcase of memorabilia and historic equipment from the Kansas National Guard's 150 years of service. The mobile museum displays photos, documents, uniforms, vintage headgear, Light Anti-Tank Weapon, Tactical Operations Weapon and other pieces of KSARNG history selected from the Kansas National Guard Museum in Topeka.

"The history of the Kansas National Guard touches every corner of the state," said MG Tod Bunting, Kansas Adjutant General. "Since 1855, the Kansas National Guard has provided homeland security, responded to natural disasters and brought real value to the communities where they are located. This tour is just one way we can showcase the contributions of the generations of remarkable men and women who, as Citizen-Soldiers and Citizen-Airmen, have proudly served their state and nation for 150 years."

"The men and women who serve in the Kansas National Guard today continue that long and proud heritage at home and abroad," Bunting continued, "serving in Iraq, Kosovo and other nations, spreading the ideals of iustice and freedom."

The caravan will stop at the Kansas Army National Guard armory and Kansas Air National Guard base in each of the communities on the tour schedule. The public is cordially invited to visit the caravan and get a glimpse into the long and proud history of the KSARNG. They will also have the opportunity to sign a 150th Birthday Card.

City and county officials are being invited to visit the mobile museum at the armory, where they will receive a print of an event from KSARNG history and present a small artifact from the community for inclusion in a 150th anniversary time capsule.

Events commemorating the sesquicentennial of the KSARNG are scheduled throughout the year, including a "Celebration Weekend" Aug. 27-28, highlighted by a military ball on Aug. 27, and a birthday celebration on Aug. 30 at the Kansas Statehouse.

to be made.

Others, however, saw political opportunity. The Kansas-Nebraska Act had decreed that the voters of Kansas would decide whether there would be slavery in Kansas. The opposing political factions were divided into the pro-slavery and free-state camps. Each side periodically resorted to violence, so much so that a succession of territorial governors quit in exasperation over their inability to control it.

In addition to armed gangs, both sides used militia forces which were called up when the need arose. From these humble beginnings came the Kansas National Guard.



BELOW: LTC Jacobs, KSARNG, presents Topeka mayor Bill Bunten with a framed print (shown above), depicting the Battle of Prairie Dog Creek. The battle, fought in 1867, marks the Kansas Guard's first official call to arms.



For more information visit:

www.accesskansas.org/ ksadjutantgeneral



HELPFUL NEW GUIDE FOR RECRUITERS

SIMPLE TIPS FOR A CRITICAL MISSION =

By MSG Larry Wade, SMTC Senior Instructor

would be lying if I said that I started reading *Military Recruiting*, by CPT August T. Murray, without any preconceived notions. Skeptical as I was (young, recruiting officers professing great ideas have not been hard to find in my 21-year career), three days later I found myself telling a recruiting class to go out and buy this book. Go figure...

Nationally, the business of Guard recruiting is changing. Less than a year ago, an NCOIC might have 6–8 soldiers to coach, mentor, and support. The last ARNG NCOIC course graduated in July, and some graduates were responsible for areas including up to 20 Recruiters. Now, more than ever, Recruiters' success depends upon their abilities to manage work and make the right decisions.

Conceptually, Murray's business practices can help get the Guard's recruiting mission accomplished. He puts forth some fundamental tips and concepts he implemented in New Hampshire which can be used to create a framework for all new Recruiters. These concepts are bound to give anyone insight into his/her own activities.

Any book that professes business practices for military Recruiters would be incomplete without addressing standards of conduct. Society has high expectations of recruiting personnel, and CPT Murray addresses this issue in his discussion of values, ethics, integrity and conduct. He lays the foundation for being a consummate professional with a discussion of logical impacts to mission success and credibility. Instead of preaching the cliché of the golden rule, CPT Murray explores what he calls a "Cycle of Trust." His point is simple: Recruiting ethically affects the bottom line. And with all eyes on Recruiters, recruiting the right way is more than just a good business practice, it's realworld survival.

The book is a collection of simple tips for creating succesful practices in areas such as personal uniform inventory, time management, interview skills, presentation skills, telephone skills, and even office organization. No other book has done a better job of capturing so

Military
Recruiting
Recruiting Skills, Get Results,
Adapt To The Mission & Sustain Success

WANT YOU
TO RECRUIT!

by Captain August T. Murray
www.militaryrecruting.ss

many good ideas, tips, and activities in one place. Just the section on leveraging the use of a business card makes the book worth its cover price.

A highlight of the book is Murray's explanation of how he puts all the concepts into practice, as an integrated system, through marketing, canvassing and networking. He

"No other book has done a better job of capturing so many good ideas, tips, and activities in one place."

- MSG Larry Wade

outlines how to make a typical day successful, from waiting for the phone to ring, to getting an avalanche of referrals. It is a good description of the type of marketing that must be done at the Recruiting level. Using just a few of these ideas could put Recruiters' programs into high gear.

In short, I appreciate the way CPT Murray paints a down-to-earth picture of just how diverse the activities are that a recruiter must perform, from prospecting to enlistment. However, do not buy this book expecting groundbreaking ideas. It is specifically aimed at young Recruiters that are just getting started and anyone else who needs to get back to the fundamentals. Keeping business practices, tips and concepts on a basic level, *Military Recruiting* is a handbook full of ideas that are easy to understand and ready to be implemented.

As a side note, I was pleased to see that CPT Murray took the time to recognize COL Don Dupuis and some other fine NCOs from the New Hampshire Guard's recruiting force that have impacted him. On my training adventures, I have had the pleasure to meet and learn from most of them. Now, everyone can benefit from these veterans' experience through CPT Murray's book.

As I write this, there are 244 new ARNG Recruitment and Retention NCOs preparing to hit the streets and take on one of our most important missions: recruiting. Sadly, many just won't make it. Even though they leave after mastering each MOS task, success or failure will be directly linked to their ability to manage their business practices. This book is for them and everyone else who cares enough about the Guard to take on the challenge.

For about a decade now, I have been training individuals in the Guard's Recruiting and Retention Force, and I always read everything remotely related to successful recruiting. Anything that can help increase effectiveness as a recruiter is always worth checking out, and this book is no exception. If you're just starting out, having trouble making mission, or just want to be part of the team, this is a good book to add to your library.

For more information visit:

www.militaryrecruiting.us

GUARDING THE ENVIRONMENT

By Rick F Breitenfeld

"The conservation of natural resources is the fundamental problem. Unless we solve that problem, it will avail us little to solve all others."

President Theodore Roosevelt
 New York National Guard 1882

ost of us already know that the Army National Guard protects and defends the nation here at home and abroad. But you may not realize they also serve as environmental, cultural and preservation warriors too. Each year, the National Guard Bureau (NGB) recognizes these efforts throughout the United States with the Environmental Security Awards Program. The winners for 2004 were honored at the NGB's National Environmental Workshop on June 24th.

BELOW: CWO Rolan Hall with wildlife scientist, Art Howard Photo by SGT Les Newport



CULTURAL PRESERVATION

LTC Michael Tarpley of the Louisiana Army National Guard won the award for Cultural Resources Preservation for his outstanding efforts to protect and preserve cultural resources. Tarpley's projects have included establishing a military history museum, improving Native American consultation, restoring historic buildings, and conducting archaeological surveys. His efforts made him a nationwide expert on Native American and Native Hawaiian consultation. His programs have proven transferable to state, federal, and military agencies nationwide. Tarpley's programs have enhanced the training lands for the LAARNG and served the military mission of readiness. Tarpley also won in this award category at the Department of the Army level, and went on to win the FYo4 Department of Defense Environmental Award for Cultural Resources as the best in the military for 2004. NGB also awarded Tarpley the Eagle Award for being the overall winner of the NGB awards program.

POLLUTION PREVENTION

The North Dakota Army National Guard won in the Pollution Prevention Team category. Over the past two years, the North Dakota Army National Guard has found innovative new ways to cut pollution and improve Soldier readiness. By replacing standard fiberboard containers and wooden pallets commonly used in mobilizations with more durable storage and transport materials, the North Dakota Army Guard will save hundreds of thousands of dollars, lessen environmental impacts, and help troops get the supplies they need. This simple innovation will stop thousands of

tons of cardboard and wood pallets from going to landfills and ensure mobilized troops have the resources and supplies they need, when they need them.)

In the Pollution Prevention Non-Industrial Category, the winner was the Vermont Army National Guard. Over the past two years, the Vermont Army National Guard has implemented new technology throughout the state to cut pollution. A new recycling facility, including additional materials in recycling, and restructuring to maximize its environmental management system have enabled the Vermont Guard to become a leader in pollution prevention. The program has achieved significant cost savings from used oil burning processes, and antifreeze and diesel recycling programs. Savings come from reusing these materials, instead of buying virgin materials, and from reduced disposal costs.



The California Army National Guard was named the winner in the Environmental Restoration category. Over the past several years, the California Army National Guard has worked hard to remove and recycle materials related to World War II-era structures at Camp Luis Obispo and Camp Roberts. During that era, many California military installation structures contained large amounts of materials now deemed hazardous. The California Army Guard has taken aggressive steps to demolish these structures and clean up their residue at two installations, 42,000-acre Camp Roberts and 5,000-acre Camp San Luis Obispo.





IT'S ALL ABOUT COMMITMENT

Restoring and conserving the environment is an ongoing job that takes a great deal of hard work and commitment.

Everyone, from individuals to communities to government agencies, has to play a part in the process in order for genuine progress to be made, and the Army National Guard is no exception. The Guard is committed to environmental stewardship throughout the nation, with units taking part in preservation and restoration initiatives within their respective communities. The foundation for this commitment is as follows:

Compliance with state and federal environmental laws, regulations and presidential executive orders.

Pollution prevention.

Conservation of wetlands, floodplains, endangered species habitats, and historic and cultural sites.

Restoration of areas contaminated by past practices, to include cleanup of polluted sites. We work closely with federal and state regulatory agencies to define appropriate cleanup measures and schedules.

RESOURCES CONSTRVATION

For Natural Resources Conservation, the winner is the Minnesota Army National Guard. Minnesota's Camp Ripley, one of the largest training sites in the nation, enjoys abundant plant and animal life unique to the area. Wildlife species include the bald eagle, red-shouldered hawk, timber wolf, black bear, white-tailed deer and Blanding's turtle. Over 70 percent of conservation is done by Minnesota Guard/Camp Ripley personnel. The Minnesota Army National Guard also successfully created an Army Compatible Use Buffer (ACUB), a voluntary program that limits development on lands surrounding the camp. This cuts costs and gives the staff a sense of ownership. This ensures that the environment is not threatened, and military training can continue without negative impacts to the surrounding community. The Minnesota ACUB, called the "Prairie to Pines Partnership," is the second ACUB in the United States using recently enacted legislation (10 USC Section 2684a) that limits encroachments and other restraints on military training, testing, and operations.



EPA HONORS PENNSYLVANIA GUARD

Bv Rick Breitenfeldt

The Environmental Protection Agency for the first time named a Defense Department agency as a recipient of its Clean Air Excellence Award. The Pennsylvania Army National Guard was honored in an April 7 ceremony in Washington, D.C., along with eleven other local and state governments, industries and citizen groups.

"Across the nation, these award winners are using innovative approaches to make our nation's air cleaner," said Jeff Holmstead, assistant administrator for air. "The winners of the Clean Air Excellence Awards are examples of how one person — or one organization — can make a positive difference."

The Clean Air Excellence Awards program was established in 2000, and honors outstanding efforts to make progress in achieving cleaner air. Chosen from more than 150 entries, the

Combined Support & Maintenance Shop (CSMS) East of the Pennsylvania Army National Guard has become the model for pollution prevention by improving the coating applied to seal the paint on military vehicles and equipment.

According to Susan Latovich, environmental specialist for the Pennsylvania Guard, replacing the standard solvent-borne coating with a new, less toxic water-dispersible coating, will reduce volatile organic compound (VOC) emissions in Pennsylvania by 2.6 tons in the first

year alone." Many VOCs are human-made chemicals used in the manufacture of paints. They contribute to poor air quality and the depletion of the ozone layer," she added.

"Air quality is radically improved without one more cent being required for new or additional equipment," said Monsoor Rashid, Clean Air Act Environmental Compliance Manager at the Army Guard Readiness Center in Arlington, VA. "In fact, money is being saved." According to Rashid, the reductions in hazardous waste disposal costs, and longer lasting paint mixture which requires fewer touchups and repaint requests, are just two of the many ways the Guard is making improvements.

Acting EPA Administrator Stephen Johnson thanked the award recipients for their outstanding work and dedication. "Your innovative projects and creative programs demonstrate our national resolve for cleaner air and a healthier America," Johnson said. "These unique contributions are an important part of the

of air quality improvement across our nation."

If used throughout the nation, Rashid said the Guard could reduce 60 percent of emissions nationwide each year. "This will no doubt make a positive contribution to the long-term sustainability of the installation and the entire Army National Guard."



LEFT: CWO Lynn Deavan of the PAARNG receives the 2005 Clean Air Excellence Award from Jeffery Holmstead of the EPA. Photo by Rick Breitenfeldt

WINGING IT

By SGT Les Newport, INARNG

An early July sun was setting over Indiana's Brush Creek Reservoir dam as several members of the Camp Atterbury Joint Maneuver Training Center environmental office clambered out of their SUV and began assembling 20-foot aluminum poles on an access trail.

Two men and a young boy were sitting with cast fishing lines on an outcropping of rocks, watching the group's progress with half-interest. But their interest was piqued when they learned what the environmentalists were up to—netting bats.

"Watcha' gonna do with the bats after you catch 'em?" asked the boy. Wildlife scientist Art Howard explained that they would document the different kinds of bats they found as part of an environmental inventory study ordered for the new Muscatatuck Urban Training Center. The group of fisherman watched as the scientists stretched large finely-knit netting to snare the bats as they arrived at the reservoir to feed.

Camp Atterbury has become a hub of bat activity due to the favorable conditions for the Indiana Brown Bat, a federally endangered species. "The amount of forested area is considerably larger today," said Walt Anderson, director of the camp's environmental office. "You can see the difference when you look at current aerial photographs and ones from 1942."

ALL CREATURES GREAT AND SMALL

By LTC Tim Marsano

THE REPORT OF

Staff members from the Idaho National Guard Joint Environmental Management Office have discovered a species of freshwater shrimp new to science on the Idaho National Guard's training area on U.S. Bureau of Land Management land in Ada and Elmore Counties.

IDARNG staff members Dana Quinney and Jay Weaver collected a large freshwater fairy shrimp in Tadpole Lake, a normally dry lake bed that fills up in years of abundant water. A freshwater shrimp expert in Northern California, Christopher Rogers, found that the Idaho specimens are a species new to science.

The new species occurs only in desert playa lakes, only in years where there is water in them for several weeks during spring months. Since playa lakes in this training area have not been used for military training for over fifteen years, IDARNG uses of the land should not pose threats to the species or its habitat.

The discovery of the new species is part of the IDARNG ongoing Natural Resources Program. This may be the first time that a species new to science has been discovered and documented by the military.

CONSERVATION IS ON TAP

The Massachusetts Military Reservation is on the western upper portion of Cape Cod. Camp Edwards is a major training area in the Northeast, and comprises approximately 15,000 acres of the 20,000 acres of the Massachusetts Military Reservation. Army National Guard Soldiers have trained at Camp Edwards since 1911.

The northern training area of Camp Edwards, also known as the Upper Cape Water Supply Reserve, plays an integral role in training Soldiers for missions both at home and overseas. In addition to providing valuable training land for National Guard Soldiers, the Reserve is made up of unique habitats, and is home to numerous species of plants and animals, some of which are state endangered species. The Reserve sits on top of an underground aquifer that supplies drinking water to upper Cape Cod.

The base is home to the National Guard's Environmental and Readiness Center, which is dedicated to conducting all training at the Massachusetts Military Reservation in a manner that will protect the environment and the community now and in the future.

The MAARNG also conducts extensive surveys to inventory the flora and fauna of Camp Edwards. Camp Edwards is home to 36 state-listed and 7 watch-listed species including plants, animals, insects and reptiles. Populations of state-listed rare species that have been documented on Camp Edwards are monitored and reported each year.

The Cultural Resources Program maintains an inventory of all cultural resources at Camp Edwards, and ensures that all actions that might impact those resources occur in compliance with federal and state legislation. The Program balances the needs of preservation with those of training Soldiers. Cultural resources include archeological sites, historic buildings, historic structures such as bridges, and objects like tanks, planes or ships. Other cultural resources include artifact and document collections, historic landscapes and Native American sacred sites, and properties of traditional, religious and cultural significance.

BELOW: Students plant a tree to celebrate Earth Day. Guard units across the country are involved in community-based conservation efforts like this one.





VICTORY MAF

PUT YOURSELF IN THE PICTURE



OREGON

The crew of a Blackhawk helicopter from the ORARNG Aviation Support Facility in Salem rescued a woman who had fallen from a waterfall near McKenzie Bridge. The patient was transported to the Bend Trauma Center for treatment.



Children of local MOARNG members participated in "Soldier for a Day," an event sponsored by the Jefferson Barracks' Family Readiness

Group (FRG).

VIRGINIA

The Army has announced a new spouse employment website containing more than 26,000 job vacancies. Visit the site at: www.militaryspousejobsearch.org

VIRGINIA

VAARNG Soldiers of the 3rd BN, 116th Infantry, 229th Engineer Battalion, and HHC, 29th Infantry Division were welcomed home at their armories across the state by family, friends and community after serving in Afghanistan in support of Operation Enduring Freedom.

SOUTH CAROLINA

Anderson County was selected as the only county in South Carolina to sign the Five Star Statement of Support for Employer Support for the Guard and Reserves.

MAINE

506 members of MEARNG's 133rd Engineer Battalion were welcomed home after a one-year deployment in Iraq.

NEW YORK

Gov. George E. Pataki has signed legislation into law establishing Patriot Plan III, which provides expanded benefits to NY's military personnel and their families.

WASHINGTON, DC

The Executive Officer for the 116 BCT made a very special trip to Walter Reed Army Medical Center to present the unit's first Combat Action Badge awards to four of the Brigade's Soldiers and Airmen.

WASHINGTON, DC

Defense Secretary Donald H. Rumsfeld expressed personal words of appreciation to supporters of U.S. servicemembers and the Defense Department's "America Supports You" program.

ALABAMA

a parent's absence.

TEXAS

After being deployed to Iraq since June 2004, members of ALARNG's 2101st Transportation Co. returned home to a rousing welcome in Choctaw County.

Operation Purple Camp, now in its

4-H Center at Lake Brownwood.

second year, gathered in Texas at the

The goal of Operation Purple summer camps is to give children of deployed service members tools to deal with the stresses that result from

HAWAII

HIARNG dispatched two helicopters to aid the Hawaii County Fire Department (HCFD) in fighting a large brush fire in the Waikoloa area and another smaller one located near the Kohala Ranch. A UH-60 Blackhawk from 1-168th Aviation (Hilo) and a CH-47 Chinook from C-Company, 193rd Aviation located at Wheeler Army Airfield provided water bucket drops to contain the fires that scorched more than 300 acres.





SEND YOUR NEWS TO:



GAARNG members of Task Force Baghdad successfully thwarted a suicide car-bombing attempt. After spotting terrorists and their vehicleborne improvised explosive device approaching their convoy, the patrol opened fire and engaged the terrorists before they could detonate the explosives.

IRAQ

Members of TNARNG's 194th Engineer Brigade joined forces with the Italian Civil Military Cooperation Center Group South to bring school supplies to Iraqi children.

IRAQ

Task Force Liberty Soldiers from Oregon and Idaho are working with the Iraqi police to rid Kirkuk of terrorists by performing "knock and greet" missions.

AFGHANISTAN

50 soldiers of HIARNG's 298th Engineer Detachment are upgrading the Kandahar Airfield infrastructure. Carpenters, electricians, plumbers, masons, heavy equipment operators and mechanics are working on improving existing facilities, preparing the surfaces, expanding the motor pool and flight line, and providing personnel for the base force protection mission.

IRAQ

More than 400 LAARNG soldiers of the 256th Brigade Combat Team, 3rd Infantry Division reenlisted in a combat zone as they raised their right hands and swore to "support and defend the Constitution of the United States of America."

IRAQ

Soldiers from the 116th Brigade Combat Team's Task Force 1-163 Infantry delivered much-needed medical care to more than 100 villagers in Husseinia.

One hundred and forty-three U.S. servicemembers from 42 different countries held up their right hands and became U.S. citizens in the Al-Faw Palace rotunda.

AFGHANISTAN

INARNG's CSM James Gordon and SGM James Martin earned Army Commendation Medals for their ingenuity in training 40 cooks, mechanics, truck drivers and other Soldiers as basic infantrymen when the 76th Infantry Brigade was in critical need of troops. LTG Blum personally awarded the medals during his visit to Camp Phoenix.

ROMANIA

Members of the ALARNG's 877th Engineer Battalion are working to renovate four rural schools in Babadag, Visina and Jurilovca, Romania as part of ROMEX 05.

116th BCT's Task Force 1-163 Infantry received their revered cavalry spurs at a special ceremony August 10 at Forward Operating Base McHenry, Iraq.

The 1438th Engineer Company (MRBC), MOARNG recently completed the removal of a panel bridge spanning a canal on a major alternate supply route in southern Iraq.

Iragi Police and Soldiers from the 116th Brigade Combat Team (BCT) apprehend a suspected bomb maker in Kirkuk, Iraq.

The 891st Engineer Combat Battalion's S-3 section travel southern Iraq performing a variety of missions. The technical engineering specialists supervise or participate in construction site development including technical investigation, surveying, drafting, development of construction plans and perform quality control inspections.



NetPets.org is an internet-based foster care pet program that ensures that the pets of deploying military personnel are taken care of while their owners are serving away from home.

Army National Guard members can often deploy rapidly, leaving their pets to be taken care of by family or friends. For the Guard members who need an alternative source of petcare there is NetPets.org.

Steve Albin, who passionately spends about 100 hours a week volunteering for this nonprofit organization, has placed thousands of pets into foster care. He dedicates his life to this program, even answering the phone 24 hours a day. "The lives of these pets are depending on me," says the South Carolina resident.

Albin headed up this website foster program after the 9/11 attacks. He says this is his part in helping America. He has no

personal military connection, no hidden agenda. He says he just wants to do something important for the military members who are serving

if it's worth doing, it's worth doing all the way."

—Steve Albin, Director of NetPets

"I love doing this and

and protecting this country.

A week after the 9/II attacks on America, four individuals contacted Albin with the same request: help prevent a repeat of what happened with the Gulf War. Albin said that during Desert Shield/Desert Storm, troops were deployed rapidly without a plan for their pets. As a result, many pets were permanently adopted, put in shelters, or abandoned. Albin said that a minimum of 25,000 pets were euthanized during this war. He decided to make sure there was no repeat of that.

He knew what he had to do. He just didn't know how to do it. With help from some pet-loving colleagues, he went live with their website, www.Netpets.org. on September 19, 2001, and arranged the first fostering three days later.

He makes arrangements for various animals globally including horses, dogs, cats, lizards, snakes, birds, ferrets, fish, rabbits, and one pot-bellied pig. "If [somone in] the military has it, we have fostered it," said Albin. "This has been totally wild and one heck-of-an interesting adventure, and I've even learned another language," said Albin, referring to the military's use of acronyms.

Albin says that NetPets.org works to ensure that pets are compatible with pets in candidate foster homes. Albin tries to place pets as close to their home as possible so that they can visit the same veterinarian, etc., without upsetting the pet's entire world.

Candidates must meet specific requirements for fostering an animal, provide two personal

references, and their veterinarian's name and contact information.

Albin says the program is successful because it fulfills an important need in the military, and he will do whatever it takes to make it work. "I love doing this, and if it's worth doing, it's worth doing all the way," Albin said. He depends on corporate sponsors to help with the program's costs—he has little time for fundraising. He has found homes for tens of thousands of animals globally since 9/11 and says that NetPet.org

has directly saved the lives of thousands of animals.

Army National Guard members, as well as all eligible military members, may register for this program on www.NetPets.org. There is no cost for eligible Guard members to use this placement service. Individuals who are interested in fostering a pet for a military member may also register online.

Deployed military members are responsible for the pet's food, toys, medications, veterinary bills, and grooming. This prevents the foster homes from being burdened financially.

Many foster families and deployed Soldiers communicate during deployments via the Internet and have developed friendships that have continued, between pets and owners, after the Soldiers return home.

Anyone interested in fostering a pet or making a charitable donation should visit

www.netpets.org

— or call — 1-843-249-5262

Guard Supports Families through Deployment Hardships

By Donna Miles American Forces Press Service

Families of deployed National Guard and Reserve members face challenges beyond those of active-duty families, and a strong family support network stands behind them to help through those difficult days.

"The challenges are considerable," NGB Chief LTG Steven Blum said during a joint interview with The Pentagon Channel and the American Forces Press Service. Guard and Reserve call-ups extend considerably beyond the Army's standard one-year deployment cycles, Blum pointed out. "One year of boots on the ground is not one year for a National Guard Soldier," he said. "It's about 18 to 22 months of total mobilization time."

That translates to time on active-duty time, away from families in an intensive training mode. "You're basically putting your life on hold for at least a year and a half,"

Family Assistance Centers By Kathy R. Williams

The Department of Defense established Family Assistance Centers within each state, territory, and the District of Columbia. This ensures that family members of mobilized Soldiers have help when they need it. The FAC consultants provide information about benefits and entitlements for the Soldiers and their families. This can include legal, financial, insurance, and household challenges. If the Soldiers deploy, the centers will provide information about mobilization and can update spouses and families concerning changes in benefits that occur due to changes in military status.



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334-271-7283	800-543-0887	800-299-9603	800-634-1790	800-364-7492
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DE	MD	NC	VT	
302-326-7268	877-399-6221	800-621-4136	888-607-8773	
FL	MA	ND	VI	
800-226-0360	888-301-3103	800-242-4940	340-712-7787	
GA	MI	ОН	VA	
678-569-6457	517-702-5116	800-589-9914	800-542-4028	
GU	MN	OK		
671-366-4221	888-234-1274	405-228-5841		
HI	MN	OR		
808-732-1823	601-313-6502	877-881-5181		

Blum said. That's no small sacrifice for the affected troops or the families they leave behind.

And, unlike active-component families, those in the Guard and Reserve generally don't have the built-in support system that comes from living in, or around, a big military base with lots of other families in the same situation. Guard and Reserve families "are spread all over the landscape," Blum said. "They live in the communities. So when they are called up, that spouse or that family may be the only people in the whole neighborhood, or in that whole apartment complex" to have their loved one deployed. That's considerably different from big bases or posts where "when the wing (or unit) goes, everybody who lives in that enclave feels exactly the same problem."

To help support these families, the National Guard Bureau Family Program offers a wide range of services and support, ranging from family readiness groups at the unit level to a website that details the full range of services available to families, including points of contact.

More than 400 family assistance centers nationwide serve as the program's centerpiece. These centers, generally set up in Army National Guard armories, serve

as "a critical link" for families during the loved ones' deployments, said Air Force COL Anthony Baker Sr., the Guard's Chief of Family Programs. They serve not only Guard and Reserve families, but also families of all active-component members deployed or recently returned from a deployment.

Blum described them as "a single-stop shopping source" for families needing information or assistance, not only during

We want servicemembers to know their families are in good hands."

— COL Baker, Chief of Family Programs

the deployment, but also before and after.

"Families typically turn to the centers for information about the deployment or to find out where to go for anything—from counseling support to financial assistance to healthcare access." Baker said. Some come with questions about their family members' civilian employers, others to ask how to get military identification cards.

To help broaden the centers' reach, the Guard is partnering with state and local

governments, the American Red Cross, the United Services Organization and veterans service organizations. The Veterans of Foreign Wars, American Veterans and American Legion are already partners, and the Disabled American Veterans will sign

"These organizations are real force multipliers," Baker said. "They bring important skills and expertise to the table so we're better able to help meet families' needs." And regardless of their needs, he said the Guard owes it to its members to look out for their families while they're deployed. "If we don't do that, we have failed them. We want to employ every resource possible for families so that when servicemembers are deployed, they know their families are in good hands."

Knowing that their families have a dependable support system at home enables Guard members—as well as all other servicemembers—to concentrate on their mission rather than worrying about their families needs. It also has a direct impact on whether they remain in the service. "We have a saying, 'If we sustain the family, then we retain the servicemember," Baker concluded.

Photo courtesy of Picturequest

JOURNAL HELPS KIDS COPE

by Kathy R. Williams

Deployment Journal for Kids, by Rachel Robertson, is a journal in which children can write their thoughts and feelings during a loved ones' deployment. The journal guides kids to a companion, informational website, www.deploymentkids. com, to find their loved ones' deployment location on a map. Once there, kids can find facts about the area their loved ones are stationed, including cultural information, distance estimates between

the child and adult, time zones, etc.

The journal highlights primary deployment locations: Afghanistan, Germany, Hawaii, Iraq, Japan, South Korea, and Kuwait. However, there are blank pages with prompts for exploring locations not covered

in the journal. After finding out about the country the loved ones are in, there are questions for the children to ask them, and a place to write the responses. The questions are simple ones, for example, "What do you miss the most?"

The chapter "Saying Goodbye" encourages children to write down their memories and feelings from the day the loved ones left. "Planning" gives

children an opportunity to write down names and phone numbers of friends they can talk to during the deployment. There is also a goal-setting area in this chapter of things they want to accomplish during the deployment time. A calendar fills additional pages with titles like "I wish" and "Room to draw."

The "Homecoming" section should be fun for children to plan and write, as it contains sections such as "The first thing I hope we do together." There is also a dictionary of military terms to help children understand what all those big military words mean.

Deployment Journal for Kids wraps up with some helpful hints to children for relieving stress during a deployment, including writing in their journal or talking to someone and telling them how they feel.

Overall, the journal allows and prompts children to remember their thoughts and feelings during a loved ones' deployment. This provides a creative, expressive outlet for exploring thoughts and emotions during such a stressful time in the child's life.

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Easing the Burden

By Steven Donald Smith American Forces Press Service

Rebecca Campbell started the Children of Fallen Soldiers Relief Fund in 2003 to raise college tuition for the children of service-members killed in the war on terrorism. The fund has since expanded to encompass other financial needs, and now aims to provide a wide range of assistance to the children and spouses of troops who have been killed or injured.

"These funds may be awarded to applicants from U.S. military families who are in need of assistance with housing, utilities, medical expenses, groceries, clothing, school supplies, and other expenses deemed necessary in order to provide them with some support and alleviate their need." Campbell said. She said she feels a real need for this type of allocation because of the financial void often experienced by a death in a military family. "Often, when a loss occurs in these families, what was a twoperson income becomes one. The financial hardships placed on these families are very difficult to deal with," she said.

CFSRF raises money

through direct donations and fundraisers. Through the generosity of the public, the organization has raised over \$85,000, with all proceeds going directly to qualified families. The nonprofit organization has also received the help of country singer Brad Cotter, the 2004 winner of USA Network's

For more information, visit: www.cfsrf.org

show "Nashville Star." The fund has been chosen as the beneficiary of a portion of the proceeds from Cotter's new single, "An American Dream."

CFSRF is made up exclusively of volunteers, and in an effort to keep expenses to a minimum, Campbell does most of the work. She handles the website design, IRS filings, printing, advertising, and mailings from her home. None of the organization's board members have been affected personally by the loss of a servicemember, but Campbell's son, David, served in Iraq for a year with the 82nd Airborne. "I cannot begin to explain the fearful and sleepless nights during his year of deployment," she said.

"The Children of Fallen Soldiers Relief Fund is simply a group of individuals who have a tremendous amount of respect for our servicemen and women," she said. "We are an enthusiastic group of family, friends, and business people who choose to never forget the sacrifices made by others on our behalf."

Campbell concedes that there is no way to erase the pain of losing a loved one, but she still aims to lessen the blow. "There is no substitute for a parent, but we strive to ease their pain and suffering and honor the memories of our fallen Soldiers," she said. "I realize only too fully that each and every day that I have to live as a free person is only because of them and their sacrifices as well as their families'."

Husband and Wife Stay Close in Iraq

"We can share all

of our experiences

first-hand."

— 1LT Rebecca DeForest

By SPC Jerome Bishop 1st COSCOM Public Affairs

For two UH-60 Blackhawk pilots on Logistics Support Area Anaconda, deployment to Iraq has made them feel downright happy.

"It feels completely wonderful to be deployed together," said 1LT Rebecca DeForest, a UH-60 Blackhawk pilot from B Company, 1st Battalion, 126th Aviation Regiment, who deployed Jan. 9 with the South Carolina Army National Guard. "We can share all of our experiences first-hand and we can relate to our jobs, struggles, and accomplishments."

The couple almost missed the opportunity to stay together overseas, but reacting quickly to their situation allowed the DeForests to deploy at almost the same time.

"Last year I was in the 82nd Aviation Brigade," said 1LT Patrick DeForest, a UH-60 Blackhawk pilot from D Company, 1st Battalion, 159th Aviation Regiment who deployed to LSA Anaconda on Dec. 18, 2004. "Her unit got alerted for deployment in May 2004 and then activated in September. In September, I asked my supervisor if there

was a possibility that I could switch over to the 1-159th. First they said 'We'll look into it'. Then, there was a one-for-one switch, but the 82nd didn't want to, because the other Soldier didn't

have the experience they needed."

"He swapped out with a female lieutenant in the 159th because her husband was in the 82nd," Rebecca DeForest said. "It ended up that another married couple got assigned with the 82nd, and that way two married couples could be assigned in their spouse's command."

Either way, Patrick DeForest would be spending time in the Middle East; the only difference between being deployed with the 82nd in Afghanistan or the 159th in Iraq is the length of separation from his wife. "The way it was scheduled, I was supposed to go to Operation Enduring Freedom in May," he said. "Had I stayed at my previous assignment, we would be facing a 20-month separation."

Although the couple has been fortunate in that they can be with each other every day even while deployed, neither of them forgets that other Soldiers aren't so fortunate. "It's difficult to relate to their experience since we haven't been separated," Patrick said. "I always try to put myself in their shoes."



ABOVE: Married pilots, Patrick and Rebecca DeForest, together in Iraq.

"I communicate with both my Soldiers and their spouses to understand what they're both going through," Rebecca DeForest said.

The DeForests are aware that their situation could take a turn for the worse if it isn't handled correctly. Being in separate units often helps in keeping their personal and professional lives separate.

"Our jobs are pretty separate, which I think is a good thing," Rebecca said. "I'd say my spare time is divided between Patrick and my Soldiers." This allows enough time apart to

keep their jobs and personal lives seperate.

Since the DeForests don't have any children yet, they have one less worry than other dual-military families. "We're lucky we don't have kids at this point in our marriage," Rebecca DeForest said. "I know dual-military spouses who have had to leave their kids with other family members."

The couple is in agreement that their situation is more than good at the moment, but their plans differ for when their tours in Iraq come to an end. Patrick wants to stay and help his unit and the new, incoming soldiers, whereas Rebecca is ready to get back to her civilian job as a financial analyst.

Having the support of a spouse is a big help for married Soldiers serving in the military. Although the DeForests don't need a 1,000-minute phone card and an open seat at the calling center, they still have friends and family waiting at home for their safe and healthy return.





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HARD CORE OR OUT THE DOOR!

By Chris West

Be careful where you are standing when you visit the American Cadet Alliance. At unpredictable intervals, the Troop Handlers (Cadets themselves who fill the role of a Drill Sergeant) will call for a "motivation check" and if you happen to be standing in front of the Cadets, you are going to be knocked over by the unbelievable response. A bone-rattling roar of "Hooah" and "Urrah" answers the call and the sheer intensity of these squared-away young men and women, ages 12–17, tells you all you need to know about them and their remarkable program.

Loyalty, Honor and Courage are the hallmarks of this group, and through these values the ACA is helping develop the leaders of tomorrow. The ACA is a service-based, community Cadet organization that exists to challenge talented and gifted young men and women who have an interest in the military.

First and foremost, they are a service outfit. If a Cadet wishes to do well, they have to spend a good deal of time helping others. Whether it's mowing lawns for a local church or presenting anti-drug presentations at local schools, these Cadets are dedicated to applying the lessons they learn to their daily lives

"If, when the National Anthem plays they feel a little tingle... that's how we know we've done a good job."

— Joe Land, ACA Chief of Staff

Secondly, this is a career exploration program. Cadets serve in their units much the same way the National Guard members serve in theirs (without deployments, of course), one weekend a month and two weeks a year. These units are as close to being in the military as an under-17 high school or middle school student can get. It is tough with a capital "T." This is no feel-good club.

Either you can hack the challenge, or you can ring the Commander's bell three times—a tradition taken from the Navy—and go home. To participate, the Cadets must be drug- and gang-free and maintain good grades. If you meet an ACA Cadet, you can rest assured this is a person of quality. As Cadet Amy Madigan says, "This is a hard program that pushes you to your limits." In fact, to even be referred to as a Cadet (rather than recruit) requires completion of 16 days of Basic Training.

The instructors, most with extensive

military experience, are adamant that this is not a recruiting program. According to SGM Ray Schnabel, "We didn't come here to build Soldiers. We came here to take young men and women and instill a moral and ethical system that will carry them through their lives." If a Cadet goes through the system and decides not to pursue a military career, that is looked on as a success as well. Not only has that young person determined that the military is not the right path for them, but they walk away as better citizens—having learned respect for our County, our Flag and the Soldiers who protect

The instructors are incredibly passionate about their work and the success they've had. They are all here because they want to be. They receive no pay whatsoever. They must pay, out of their own pockets, for the privilege of working with the Cadets. Don't dare call them "volunteers" though; they are non-paid professionals. What's the difference, you ask? Simple: attitude. The mentality of "what are they going to do, fire me?" won't cut it here. The instructors consider the chance to impact the lives of these outstanding Cadets an honor and a privilege, and they refuse to let anyone but dedicated individuals take part. "Hard Core or Out the Door!" is their motto... and they are serious.

Military experience is not a requirement either. Approximately 25% of all the ACA instructors have no military experience, but that's not a problem. By the time they go through ACA Officer Candidate School



consisting of two nine-day training programs and 11 monthly drills, you can't tell the difference.

The ACA started out in 1909 as a Naval and Marine cadet program, but recently the Army Cadet units have been the fastest growing segment. This has brought them the attention of the Army National Guard. Recently, the Guard assigned two full-time Soldiers to one-year ADSW tours to support the ACA growth across the country.

In addition, Guard Counterdrug units provide instruction on conducting Drug Demand Reduction presentations. The

Cadets take what they have learned and go into local schools to educate younger students about the dangers of drug addiction on behalf of the National Guard. This program has been so wildly successful that last year, they were awarded the DOD Fulcrum Shield Award for Counter Drug Education Excellence in a

Pentagon ceremony.

This grassroots organization is growing rapidly and is in need of your assistance to take it to the next level. If you are interested in working with some of the best and brightest young men and women in America today, visit the ACA's website at http://www.militarycadets.org/ and see if you have what it takes. Whether these young men and women choose to serve in the military or not, you can make a difference in their lives. As Commander Joe Land, the ACA's Chief of Staff says: "If tomorrow at 1400 (graduation), when the National Anthem plays, they feel a little tingle... that's how we know we've done a good job."



AT TIMES LIKE THIS IT'S GOOD TO KNOW THERE'S A STRONG NATIONAL GUARD IN YOUR COMMUNITY.

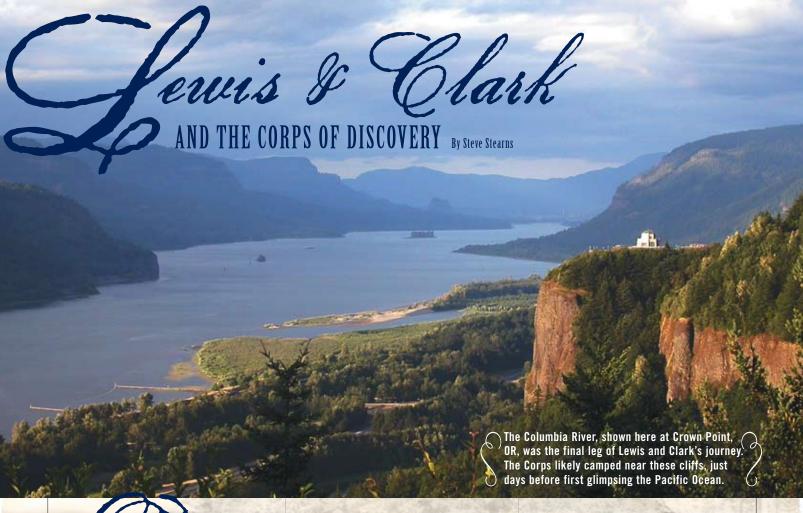


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wo hundred years ago, a band of explorers charted the way to the Pacific Ocean and opened a new chapter in United States history. Lewis and Clark and the Corps of Discovery succeeded in an expedition to map a trail to the Pacific Ocean for our fledgling nation. The "core" of the Corps of Discovery was the group of militia and Army soldiers who rowed, hauled, hunted and otherwise labored to

enable the expedition's success.

William Clark and Meriwether Lewis both began their military careers in the militia, the predecessor to today's National Guard. Clark served in the Virginia, Northwest Territory and Kentucky militias, and Lewis served in Virginia. Due to recordkeeping of that time, it is not known how many other members of the Corps served in the militia, though it was a national requirement that all white males between the ages of 18 and 45 enroll. It is certain that the first men recruited for the expedition, known as the "nine young men from Kentucky," were all members of the enrolled militia. Many of the other Corps of Discovery members were serving in the Army when recruited for the journey.

The year was 1804, and Army Capt. Meriwether Lewis and Lt. William Clark began a three-year voyage of discovery with the Corps of Discovery, departing from Camp DuBois in what is now Illinois. Their mission was to chart a path to the Pacific and explore the newly acquired Louisiana Purchase. President Thomas Jefferson also

Without the tenacity, training and courage [of] the recruited civilians and soldiers, Lewis and Clark may very well have failed in their expedition.

ordered Lewis and Clark to establish diplomatic relations with American Indians along the trek, keep detailed maps, write accounts of all they did and encountered, and collect scientific specimens.

Fifty men and one dog initially set out up the Missouri River, and 36 were volunteer Soldiers. They traveled through what was to become 11 states, much of their trail following the Missouri and Columbia Rivers. Their path covered more than 8,000 miles through unfamiliar and rugged terrain.

Without the tenacity, training and courage demonstrated by the recruited

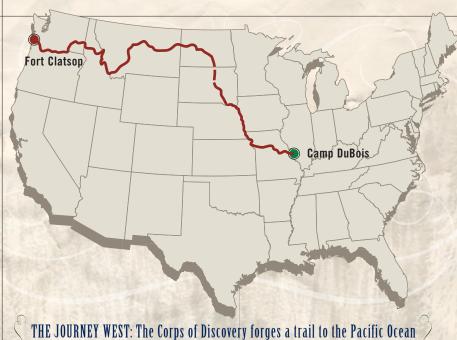
civilians and soldiers, Lewis and Clark may very well have failed in their expedition. Hard physical labor characterized every day, joined by a never-ending variety of physical ills – sunstroke, dysentery, fatigue, injuries, snakebites, swarms of mosquitoes and miles of unforgiving prickly pear cacti, just to name a few. The Corps faced and conquered

navigational hazards, beginning by rowing and poling up the mighty Missouri River and ending their westward journey on the "agitated gut swelling, boiling and whirling" Columbia River, as described by the men.

After they traversed the Louisiana Purchase and approached the unknown

western section of the continent, they saw "dry and parched sandy desert in which no food at this season for either man or horse, and in which we must suffer if not perish for the want of water" (Lewis, August 20, 1805). After the deadly dry lands lay the Rocky Mountains, and no one knew what dangers awaited them on the snowcapped peaks, or beyond.

Dangers along the trail had to be evaluated and overcome as they were encountered. The American Indian tribes the Corps met helped them accomplish their mission – and oftentimes to even survive.



Several interactions with tribes were troubled, however, with one ending in the Corps killing two members of the Blackfoot tribe near present-day Yellowstone Park. Along with uncertainty about how they would be received by American Indians, the men faced grizzly bears, buffalo bulls and wolves.

Starvation and dehydration were often real dangers, as was succumbing to the changing elements. The Corps hunted, foraged and traded for food when their stores were depleted. They learned to make their own clothing as their military attire began to disintegrate, even fashioning buffalo-hide moccasins for their Indian horses, which developed sore feet during the journey home. The Corps survived bone-chilling winters, down to negative 45 degrees in

BELOW & RIGHT: The Guard is involved in reenactments of the Lewis & Clark expedition, taking place all along the historic trail.

Photos by James Woodcock

North Dakota. In the face of dangers and uncertainties, the Corps of Discovery persevered and succeeded. During the journey only one person, Sergeant Charles Floyd, lost his life from what seems to have been appendicitis.

The Corps' mantra, which appeared throughout the journals, characterizes their spirit of perseverance: "we proceeded on." The Corps of Discovery forged a trail with duty and courage that characterizes today's Guard. Members of the National Guard can rest assured that they are part of a rich American tradition.

For more information visit: www.lewisandclark200.gov



RIGHT: MAJ Alisha Hamel, ORARNG, teaches a Lewis and Clark Discovery Box class to elementary school students.

KEEPING HISTORY ALIVE

oday, as the nation commemorates the 200th anniversary of Lewis and Clark and the Corps of Discovery, the National Guard is an integral part of events along the trail. By supporting communities in states on the trail, the Guard has reintroduced the role and heritage of the militia and National Guard to the public.

The Guard is inseparable from the Commemoration, just as the militia was inseparable from the Corps of Discovery voyage 200 years ago. To date, the Guard has supported events in Illinois, Missouri, Nebraska, Iowa, South Dakota, North Dakota and Montana. In the coming months, events in Washington and Oregon will be heavily supported. From delicately hauling a keelboat around obstacles on the Missouri River, to building an earthen lodge in North Dakota, to taking "Discovery Boxes" to schools nationwide, the National Guard is continuing the country's militia tradition of volunteer Soldiers helping their communities and country.

"Discovery Box" educational programs led by Guard members have been highly sought after by schools across the nation. Students of all ages have been able to see and feel replicas that would have been used on the expedition. Through this outreach, Guard men and women have educated children on the journey of Lewis and Clark and emphasized the Seven Army Values, all embodied by the explorers: loyalty, duty, respect, selfless service, honor, integrity and personal courage.

"The Discovery Box program brings history alive for the kids," said 1st Lt. Marie Orlando with the Missouri Army National Guard. "Just knowing that you can tie what happened to these real historical people to what's happening today is an important lesson."



n 1855, the U.S. Army took a significant technological step forward by replacing the main infantry weapon of the time, the smoothbore musket, with a vastly superior firearm, the rifled musket. The smoothbore design that had dominated battlefields since the 1600's was suddenly made obsolete by a simple but revolutionary advancement in ammunition: the Minié ball.

In 1840, Captain Claude-Etienne Minié of France produced a new invention that changed everything. His creation was a simple piece of lead, the .58 caliber bullet called the Minié ball. This new ammunition had two key advantages. First, since it was smaller than the rifle's bore, it could be loaded much more quickly than previous rifle ammunition. Second, when it was fired, the bullet

expanded, engaged the barrel's rifled grooves and began to spin. This gave the rifleman the benefits of the quick-loading smoothbore and the improved range and accuracy of the spiraling round. For the first time, rifled firearms were practical battlefield tools.

During the American Civil War (1861-1865), many different makes of rifles were issued, but one weapon in particular was deployed more extensively than any other, the Model 1861 Rifle Musket. Though scarce during the early part of the war, the Model 1861 and its later upgrade, the Model 1863, came to be the U.S. Army's most widely used weapon in the War Between the States, with an estimated one million guns being produced.

It was in such demand that Springfield Armory, which had devoloped the weapon, was forced to allow other manufacturers to produce it. Colt produced many of these rifles and over the years made several improvements, including new barrel bands, a new hammer, and a redesigned bolster (percussion chamber). Several of these changes were ultimately incorporated into the improved Model 1863.

With flip-up leaf sites set for 300 and 500 yards, these weapons had better than triple the effective range of their smoothbore predecessors. The percussion cap firing mechanism employed on these rifles proved to be much more reliable in wet weather than its forerunner, the Model 1855.



BELOW: An original Model 1863, with bayonet, found by Frank De Bartolo in his family's attic when he was sixteen years old. Photo by Chris West

HISTORY OF THE AMERICAN RIFLE

The development of the Model 1861 marked a turning point in infantry weaponry. Replacing the old smoothbore muskets of the Revolution and the War of 1812, these new guns were among the first rifled weapons to be carried on the battlefield by the U.S. Army. The timeline at right details a few of the major highlights in the development of the modern rifle.

1865

TRAPDOOR RIFLES

The first breech loading weapons to be fielded, they allowed soldiers to easily reload while remaining prone or behind cover.

MUZZLE LOADING RIFLES

1855

These guns are the first rifled weapons to be mass produced for the U.S. Army. An estimated one million model 1861 and 1863 rifles were issued during the civil war.

1865



SMOKELESS POWDER AND BOLT ACTION RIFLES

Krag Jorgenson's smokeless powder allowed riflemen to deliver fire without revealing their positions, while the new bolt action improved loading times.

CIVIL WAR

1876
CUSTER'S LAST STAND

1898 Spanish American war Thanks to the kind folks at The Regimental Quartermaster (www.regtqm.com), we had an opportunity to take a look at a modern replica of this famous rifle. The reproduction black powder muzzle loader was produced by an Italian company that specializes in weapons for reenactors. Regimental Quartermaster takes things a step further by putting the gun through a process called "Defarbing." This involves removing all historical anachronisms

from the weapon (e.g., the Italian manufacturer's logo) and making a few additions to ensure it is as accurate as possible. The work is so good that when some of our staff members looked at the replica, they thought it was an exceptionally well preserved original.

Frank De Bartolo graciously gave us a look at his original Model 1863 that he found in his family's attic when he was sixteen years old. A side-by-side comparison of the two

weapons confirms the attention to detail that has been lavished on the reproduction by the folks at Regimental Quartermaster. If you are looking for a black powder firing version of the most famous rifle of the Civil War, look no further. Whether you are hanging it proudly over the mantle or shouldering it for your reenactment of Shiloh, you will be hard pressed to find a more handsome and historically accurate piece.

GΧ



ABOVE: A replica Model 1861 from The Regimental Quartermaster. Photo by Raye Dene Berry

THE MINIÉ BALL & RIFLING





This simple lead bullet revolutionized rifled firearms. It is smaller than the bore for faster loading, and when fired, it expands and engages the barrel's rifled grooves. SMOOTHBORE: Unstable bullets made these guns effective only at a short range.



BULLET PATH



spins, giving it greater

RIFLES: By cutting grooves in the barrel, a rifle round spins, giving it greater stability and dramatically improved accuracy

LEFT: The M1 Garand is still prized by marksmen as the best rifle ever made.



WWI AND MAUSER TYPE BOLT ACTION

The U.S. Army's Model 1903 employed the easier to use Mauser Type Bolt Action. The design was so similar that Mauserwerke was able to win a settlement against the U.S. Government.



WWII AND THE GREATEST RIFLE OF ALL TIME

The M1 Garand, used heavily in WWII and Korea, is the first semi-automatic rifle issued by the U.S. Army. It is considered by many to be the greatest Infrantry rifle ever created.



THE MODERN ASSAULT RIFLE

The current Infantry weapon of choice for the U.S. Army is the M16 and its M4 variant. Its accuracy and reliability are the standard by which all other infantry weapons are measured.

1975

1914

1918

1937

1945

1950

1953 1957

PRESENT

WW1

WWII

KOREAN WAR

VIETNAM WAR



FS MARKETPLAC

INTERNATIONAL SPEEDWAY

reg Biffle and the No. 16 National Guard Ford Taurus were

sporting a new paint job at the GFS Marketplace 400, August 21, 2005, in Michigan to promote the newest installment to Guard gaming, PRISM: Guard Shield. The game will be released summer 2006 for PC, and a version of the game for Xbox and PS2 soon after.

Go to www.1-800-GO-GUARD.com, watch the preview and download some awesome screenshots from the game.

PRISM is a unique blend of stealth operations and fast-action game play, focused on the unconventional application of new weapons and surveillance technologies in the war against terrorism.



DOWNLOAD THE LATEST PRISM TRAILER! Www.1-800-GO-GUARD.com

GUARD SPORTS

There has been some intense driving by Greg Biffle and the No. 16 National Guard Ford Taurus this season, you can't afford to miss any of the last ten races.

by Kenneth White

elcome to the "Chase for the Championship," NASCAR's equivalent to March Madness. NASCAR created the new system at the beginning of 2004 to make the whole racing season more exciting and more balanced between big-name winners and consistent performers. The change also allowed more drivers the chance to win. Unlike previous years, when the champion was obvious long before the finish of the season, fans are now focused on their favorite drivers all the way to the last race.

This is NASCAR racing at its best. There has been some intense driving from Greg Biffle and the No. 16 National Guard Ford Taurus, you can't afford to miss any of the last ten races. Drivers will have nothing to lose as they drive to win the top spot.

HERE'S HOW "THE CHASE" WORKS

- 1 >> At the end of the 26th race, with ten races left, the top ten drivers and any others within 400 points of the leader earn a spot in the "Chase for the Championship." The drivers not in "the Chase" will continue to race and earn points, but they can't win the championship.
- 2 ** The ten drivers in the Chase have their points adjusted, with the leader beginning at 5,050 points. Each position after will be decreased by 5 points.
- 3 ** The winner of each subsequent race receives 180 points and the runner-up scores 170. From there, the points decline in five-point increments for places two through six, four-point increments for positions seven through 11 and three-point increments for finishers in 12th place or lower. The 43rd, or last-place driver, gets 34 points. Drivers also receive five points for leading a lap and an additional five points for leading the most laps.
- After the last race, the person with the most points wins the NASCAR Nextel Cup!

THE CHASE FOR THE CHAMPIONSHIP

Sylvania 300 New Hampshire International Speedway 09/18/05 - TNT 12:30 PM EST

> MBNA NASCAR RacePoints 400 Dover International Speedway 09/25/05 - TNT 12:30 PM EST

UAW-Ford 500 Talladega Superspeedway 10/02/05 - NBC 1:30 PM EST

Banquet 400 presented by ConAgra Foods Kansas Speedway 10/09/05 - NBC 1:30 PM EST

> UAW-GM Quality 500 Lowe's Motor Speedway 10/15/05 - NBC 7:00 PM EST

Subway 500 Martinsville Speedway 10/23/05 - NBC 12:30 PM EST

Bass Pro Shops MBNA 500 Atlanta Motor Speedway 10/30/05 - NBC 12:00 PM EST

Dickies 500 Texas Motor Speedway 11/06/05 - NBC 3:00 PM EST

Checker Auto Parts 500 Phoenix International Raceway 11/13/05 - NBC 3:00 PM EST

Ford 400 Homestead-Miami Speedway 11/20/05 - NBC 4:00 PM EST

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fter two weeks, 14 states, and 49 communities, the 23rd annual Great

Race concluded on July 9 in Tacoma, WA. Greg Cunningham and Sam Geoppinger, from Ponca City, OK won the race, driving a 1928 Ford Speedster. The pair led the cumulative standings since the third day of competition but had to struggle to do it, blowing an engine on day seven. "We knew that from that point on, it was only going to get harder," said Greg Cunningham. Five-time Great Race Champions Dick Burdick and Wayne Bell finished second, 22 seconds behind the winners.

Not only was the National Guard the primary sponsor of the event, but they also entered a car into the race, piloted by CPT Greg Galligan of Alexandria, VA. CPT Galligan and his navigator, CPT Jon Eisberg, entered the field as rookies, but emerged as seasoned veterans, taking third place overall in the rookie class and walking away with a remarkable experience. Their #116 car, a 1941 Buick Special four-door sedan, was customized to represent a US military staff car circa World War II, with appropriate paint and decals. "This Buick is from the World War II era. It was in rather sad shape when I acquired it, and was sort of an 'unknown soldier' of the period, with little available history. We have undertaken a comprehensive restoration and are pleased to be able to lend it to the National Guard for the rally." said Buck Kamphausen of RM Auctions, to whom the car belongs.



As car #116 raced through America's heartland, it was closely followed by the Guard's Mobile Events Team. The Mobile Events Team worked in unison with CPT Galligan and CPT Eisberg to bring the Guard's message and mission to towns all across the nation, stopping along the way to hand out National Guard literature and answer questions about potential service in the Guard. "We are happy to talk to people about serving their country and themselves through the National Guard. The Guard is one of the best ways for young people to gain work experience and education," says CPT Galligan. "No other organization can offer better training, experience and leadership opportunities. We provide skills that will last a lifetime. It is this message of inspiration and service that we bring to the towns and cities of America."



BELOW: The ARNG Great Race Crew poses with their 1941 Buick Special. The team took home the trophy for third place in the rookie division. Photo by Gavin Smith









By SGT KEN

In the last GX issue, Stephanie and I began our CORE TRAINING TIME program focusing on military-style exercises that are designed to strengthen the mid-section of your body. This type of training will not only help you with the exercises in the APFT, it will help you with overall limb support and posture.

For more information, visit: startfitness.com



SGT Ken Weichert, six-time Soldier of 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.

GROUND THUMPER

Start the exercise by lying on your belly with your palms on the ground and your hands against the sides of your chest. Face your head straight in front of you and tuck your elbows into the sides of your body.

The movements begin by pushing your chest away from the ground by straightening your arms nearly to a locked position. Use your arms as much as you can for the actions of this exercise. Continue by bending your elbows and returning to the start position. Perform three sets of 30–40 repetitions of this exercise with 90 seconds between sets.







Photos by Jonathan C.Miller

FOUR-COUNT REVERSE CRUNCH

Start the exercise by lying on your back with your palms on the ground and your hands against the sides of your buttocks. You can look toward your legs or keep your head down against the ground. First, bring your legs straight in the air together and lower them approximately 10–20 inches from the ground with your feet flexed.

The next set of movements begin by bending your knees and raising them over your hips. Your feet will remain parallel with your knees and flexed at your ankles. Continue the exercise by straightening your legs so that your feet will line up over your knees and hips. Warning: Never lock your knees. Return to the start position by bending at the knees, temporarily stopping at the second position, and ending at the first position. Perform three sets of 20–30 repetitions of this four-count exercise with 90 seconds between sets.







GOT A QUESTION? ASK SGT KENT

askthetrainer@startfitness.com

Dear SGT Ken™

I am an older female, I am short and carrying some extra weight. I have been jogging about 3 miles 3 times a week but when I get on an elliptical machine, I am only on there for several minutes before it tells me to slow down my heart rate (under the cardio setting). What is the best way to lower my heart rate?

Linda Jones, CMS, 183FW, SVF

Dear Linda,

Hello. First of all, advisory statements that scroll across the screens of many athletic machines are of great value if the machines are set specifically for the person using it. As far as lowering your heartrate, you can practice deeper breathing during your workouts by inhaling through your nose and exhaling slowly through your mouth. Let me know how that works for you, and keep up the good work! HOOAH!

Dear SGT Ken™

I read your last article in GX magazine regarding improving your time on the PT test. I have a few questions for you. The technique of running around a track while running fast on the straight-aways and slowly on the turns (or vice versa) is very reminiscent of the FARTLEK training a coach had us do in high school. You recommend a 20 to 30 min warm up. After the first 20-30 min warm up, then how long does one run the intervals? Should it be 10 min, 15, or 20? Or should it be based upon distance? My second set of questions involves how often to run. My current schedule is something like this M, W, F (weight training), T, TH, SU (cardio). In the summer, this usually means jumping on the Elliptical once a week, and swimming a little over a kilometer the other two days. Saturday is my off day. So, when should I run? Thanks for your help. I really enjoy swimming in the summer time and it is way more fun for me than running.

CPT Vic Artiga (SGT Ken's Commander while in Iraq)

Dear Captain Artiga,

Glad to hear that you are enjoying the magazines! As far as the length of each interval is concerned. I left it blank in that GX issue intentionally. You see, like the Presidential Physical Fitness program (http://www.fitness.gov/), our first goal is to get people to simply take our fitness strategies and workout 30 minutes per day for five days per week. It's a short and simple way to make fitness a part of your life. Stephanie and I were able to determine from several email responses that this running plan is working for everyone that is trying it. Now, let's go one step further with this plan. I use this running plan three to four miles in distance each time. This makes the two-mile run as part of the APFT easier to achieve for distance. The interval training strategy prepares me for the speed necessary to achieve optimum results. I run two to three times per week with a different type of fitness training between my running or cardio days. Sir, I think that twice a week is great for your body composition and age range. Swimming? Good idea. Simply remember, swimming will not help you with the APFT. One must always train with the events that will be on the test. HOOAH!

Dear SGT Ken™

I have 11 days to get ready for my annual APFT; can you recommend a course of action? I know I should have been training up to this point, but my job works me between 60 to 80 hours a week as a private investigator, most of which is spent in a car conducting surveillance for hours on end. I realize it's my fault that I got into a rut, but what will give me the best chance? Especially, since they bumped up the APFT by two months. I'm 30 years old.

SPC Ian Cunningham

Dear SPC Cunningham,

Ten years ago I was working as a restaurant manager while serving in the National Guard. I deleted fitness training from my schedule in order to keep up with the work load. As a result, I developed serious health problems



that eventually required physician assistance. After recovering from that situation, I vowed to never get in that rut again. No matter how busy you get with your work load, you have got to figure out where 20-30 minutes of your day can be dedicated to fitness training. Just 20-30 minutes a day and you will find that the APFT will not be that difficult in the future. Eleven days, however, is only enough time to perform what I call, "Maintenance Workouts." Maintenance workouts keep you from growing weaker but do little more to make you stronger and faster. With the remaining time that you have I suggest that you train 20-30 minutes every day for ten days and rest the day before the test. Do not train to muscle failure as there is not enough time for you to recover. Good luck! HOOAH!

Got a fitness question? Email SGT Ken:™

askthetrainer@startfitness.com

AT EASE ROCK CLIMBING

EASE INTO AUTUMN AND UP THE MOUNTAINS WITH

GEAR THAT ROCKS!

By Jenny Madison



here's no better way to test the limits than to arm yourself with the right accessories. Protection and comfort go hand in hand when hanging or trekking on the edge. Check out our recommendations for your next adventure.



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Some restrictions apply.



Photos by Ray Dene Berry

THE ARMED FORCES VACATION CLUB

By Jenny Madison

We think it is time for our service men and women to take a well-deserved, inexpensive vacation! Can we get a Hooah?! Here is a wonderful opportunity to get away from the daily grind without breaking the bank.

Step by step instructions are on the left hand side.

The Armed Forces Vacation Club offers affordable vacation packages to people in all branches of the service who are 21 and older. The AFVC offers fantastic rates on condominium vacation rentals—only \$264 per unit per week!



These vacation packages are generally off-season or short-notice travel. So, if you're a little spontaneous and you don't enjoy hectic crowds on your vacation, you'll want to check this out.

Besides the great condo rental price, most resorts offer amenities you won't find with a hotel room such as on-site fitness rooms, restaurants, gift shops and organized activities. Some resorts even offer golf or skiing.



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www.brookstone.com

Inside the 56th Stryker Brigade of the PAARNG ACTICAL RANSFORMATION

Story and Photography by the Brothers West

A PAARNG soldier in the brush waits for a signal at the start of training exercises near Indiantown, PA.

By now, you probably know all about the Army's transformation initiative. We are in the early stages of a metamorphosis of our Cold War Army into one more suited to the Global War on Terror. Brigades are becoming more responsive, agile, rapidly deployable and increasingly lethal to the enemy. They are working more and more closely with integrated air, artillery and other support units to control all aspects of the battlefield.

The 56th Brigade of the PAARNG is one of

the units at the tip transformation. In the 56th, supported

of the spear for this **OPERATION**: early August 2005, PAXTON LIGHTNING

by a TACP (Tactical Air Control Party) from the Pennsylvania Air Guard, set out to show Congressional aides, several gentlemen with stars on their shoulders and GX Magazine just how well they are progressing toward their transformation goal.

After intensive planning, rehearsals, dry runs and live-fire exercises during the previous weeks, the 56th was ready. They had never carried out a joint training exercise of this

scale, and they were determined to make sure they got it right.

Once all units were in place, it was time for the Infantry to do their thing. The convoy gunners locked and loaded their weapons, digging in for possible roadside attacks. This was not going to be an unopposed dry run—the training was designed to be as realistic as possible. Over the course of the day, the Soldiers had to deal with manning and defending checkpoints, IED explosions,

> VBIEDs (car bombs), mortar attacks, public demonstrations and ambushes

using roadside bombs and RPG's. All in all, the 56th had a rough day ahead of them.

As the convoy pulled up to the staging area, the troops dismounted and moved out quickly and quietly. The only sound to be heard was the occasional rustle of clothing. There was no horsing around or joking, just stone-cold professionalism. The 56th was taking this exercise very seriously.

Before long, the Soldiers had reached their interim goal, a small dirt road just inside the tree line, and had taken position as the snipers crept forward to get a better look at what lay before them. The final objective, the top of a hill overlooking a simulated enemy position, was 400 meters away across open ground. The only cover was grass that barely came to the tops of the Soldiers' boots. The approach did not look like fun.

Fortunately, the Infantry was backed up by some very big guns and a pair of guardian angels known as A-10 Warthogs—tough tankbusting jets designed for close-air support of ground units. Before long, the fireworks began. The big 155mm Howitzers started throwing high explosive shells into the target area. At first, it didn't look like much, just big clouds of dirt being kicked up on a distant hillside. Then the scale snapped into focus, and it became apparent that those dirt clouds were being thrown hundreds of feet into the air. The A-10's followed, delivering ordnance on target and zipping over the horizon before they could be spotted.

Once the barrage was finished, it was time to move up. The Soldiers began their run, maintaining discipline and silence throughout. When they reached the top of the hill and took up firing positions, they locked and loaded their weapons. In war, this would have already been done, but during training exercises safety is of paramount importance.

This was going to be a Soldier's dream—each man had been issued ninety rounds of live ammunition to fire onto the target in an uninterrupted, continuous volley. The boys of the 56th were about to rock and roll. The quiet that had been so carefully maintained up until now was suddenly shattered as 134 M4 rifles and six M240B machine guns began to pour a storm of lead onto the enemy position. As focused on the objective, we could see the puffs of dust as the bullets impacted.

They were everywhere. The volume of fire generated by these 140 men was truly astonishing. Following this exercise, the 56th was to simulate breaking contact under overwhelming enemy fire. One at a time, squads began popping smoke and sprinting back down the hill to the cover of the woods. Each unit provided cover until their fellow Soldiers reached safety. They weren't alone either. TANK! XING They still had a few friends hanging around to cover their backs.

> Waiting until all of the units had cleared the area for safety reasons, the artillery and A-10's commenced a barrage that simulated providing



covering fire for the retreating Soldiers. As the dust from the artillery impacts began to settle, the A-10's did several close strafing runs showing off the power and accuracy of their gatling guns. The crack of the supersonic rounds impacting was heard well before the

That's a fancy way of saying everyone from the General down to the individual infantryman has a pretty good idea where everyone is, friend and foe alike.

We've had the surveillance tools needed to gather this information for quite some

* BATTLEFIELD AWARENESS

problem is that most of this information is perishable—

time. The

sound of the gun firing, and was quickly followed by a flash as the Warthog screamed by at low altitude, popping flares to defend against simulated anti-air fire.

And with that, it was all over but the debrief. The key to the transformation of the 56th is not the new Stryker vehicles they will receive later this year. These are only the tools of the trade. The key is improved informational and battlefield awareness at all levels of operation.

if the information doesn't get to the right people fast enough, it becomes useless.

The current transformation is designed to address this issue in detail. The solution is at once elegant, high-tech and mind-boggling in its implications. In a few years, our Soldiers will have most of the information gathering tools they need right at hand. In fact, every battlefield asset, whether it is a helicopter, plane, ground



vehicle, unmanned robotic vehicle or an individual Soldier, will act as a sensor that can be tracked for information.

Individual Soldiers on the battlefield will be networked together with heads-up displays that feed them information on allied locations, enemy locations, detailed terrain maps, compass data, current orders and much more. This system will tie brigades into tightly woven joint operations units. Air, Artillery, Cavalry, Infantry and Support Units will all share information. We aren't there yet, but it's coming fast, and the Soldiers of the 56th are leading the way. During Operation Paxton Lighting, the 56th demonstrated an ability to smoothly coordinate a multi-faceted operation that integrated joint forces tactics, techniques and close air and artillery support through the use of digital technology that provides real-time information from company through battalion level.

Improved informational and battlefield awareness allows the 56th to move, react and destroy the enemy in a much more precise manner. By knowing the disposition of both friendly and enemy forces, the right assets can be put in the right place at the right time to achieve the mission. This knowledge acts as a force multiplier, allowing the 56th to accomplish more with less.

This training is preparing the 56th for the arrival of their new Strykers later this year, making them

STRYKER

the only Stykers in the National Guard. The Stryker Light Armored Vehicle, with its speed and multiple configurations, is designed to be used in locations such as cities where heavier vehicles are unsuitable. The Stryker



is an eight-wheeled vehicle that can carry 11 soldiers with weapons at speeds of more than 60 miles an hour. With tires instead of tracks, it is faster and quieter than previous armored personnel carriers.

The survivability of Soldiers inside the vehicle is significantly better than the M113 Armored Personnel Carrier. Its armor packages are capable of defeating up to .50-caliber

bullets, 152mm airburst shells and 14.5mm armor-piercing rounds. The armored undercarriage protects

the Soldiers inside from mines. In addition, the "bird cage" that is often seen around deployed Strykers, known as slat armor, intercepts incoming RPG rounds and detonates them before they impact the vehicle.

Besides its basic infantry carrier model, the Stryker can be configured as a mortar carrier, reconnaissance vehicle, anti-tank guided missile vehicle, fire-support vehicle, engineer support vehicle, command-and-control vehicle, medical-evacuation vehicle and the NBC reconnaissance vehicle. That sounds like an impressive list, but really it's just the start. This platform can also be adapted for almost any mission, and will readily accept any future technology that becomes available.

Modularity and adaptability are the hallmarks of the Stryker, but its true strength is in its communication, command and control capabilities. By drawing on the brigade's reconnaissance assets and communications gear, the Stryker assists troops in outflanking an enemy rather than meeting them head on.



WEAR YOUR PRIDE ON YOUR SLEEVE

(OR AT LEAST ON YOUR WRIST)



The American Hero Band allows you to express the pride and appreciation that you feel toward fellow Americans in the National Guard. By wearing the band, you show support for these brave men and women, both past and present, and help encourage future heroes to enlist.





"Two hundred and fifty dollars! For that kind of money, those things better do the marching for me!" quipped a jaded Captain as he checked out our Danner Acadia Boots. We struggled not to roll our eyes into the backs of our heads. After all, this is a refrain we've heard before. The general feeling seems to be that the boots issued by the Army are more than good enough...and in fact they are...they do the job they were designed for quite well. But that's not the point.

We regularly see Soldiers spending money to upgrade nearly every piece of equipment they have been issued. Thirty dollars for a t-shirt, fifty dollars for a roll up pouch, eighty dollars for a high speed hydration system and one hundred dollars for a pair of tactical sunglasses...and that's just the start. We know Soldiers who regularly drop half of their pay on firearms or military collectibles but refuse to spend an extra cent on their feet.

These same guys are eleven-bravo, the infantry...you would think boots would be the first thing they would upgrade. After all, if your feet are wet, cold, blistered and

sore, your ability to march and fight will be adversely affected.

We're not saying that you shouldn't upgrade your gear, just that you might want to think about investing a little of that money into your boots. If you agree with our thinking on this, we'd like to direct your attention to the Cadillac of combat boots, the Danner Acadia.

Built with water-resistant leather, 1000 denier Cordura nylon and a Gore-Tex liner, this lightweight warm weather boot will stand up to just about any punishment you can dish out. The Vibram® outer sole provides excellent cushioning from the rigors of military duty, while providing an excellent grip on almost any surface—whether it's loose sand or a slick concrete hanger floor. Stitchdown construction means that the boot's upper body is stitched to the outsole with heavy thread for an extremely secure attachment. In addition, this construction allows the boots to be easily re-soled, adding years of life.

While we couldn't put the boots through actual combat, we stress tested them every way we knew how. This summer our Acadia's

have marched with us through the New Mexico desert on counter-drug missions, carried us through multiple live fire exercises, charged up hills and chased after the 20th Special Forces as they blew the heck out of anything in their path. Throughout it all, they have kept our feet dry and comfortable, providing exceptional support as we ran, walked and crawled after the Soldiers we write about.

These boots are extremely well made, very breathable and worth every penny. Best of all, the break-in period is minimal. After one full day of wear, they seemed to settle onto the shape of our feet, and from then on, they fit perfectly. If you are interested in upgrading your boots to a better, more stable platform that will last for years, you can't do better than the Danner Acadia.

Like our mamma always said: "There's two things in this world you never skimp on: toilet paper and shoes." So pass us the Charmin double-ply, triple-quilted, tactical toilet paper and our Danners—we're heading back out on the road.



MOVIE REVIEWS:

Photo by Miramax Films / Pierre Vinet

THE GREAT RAID



Starring: Benjamin Bratt, James Franco, Connie Nielsen, Joseph Fiennes, Mark Consuelos

Release Date: **8.12.2005** Miramax Films

We watched the movie, read the book, interviewed the author and made a decision... We like it!

VALUES CONTENT ENTERTAINMENT: 3 ACTING: 4 STORY: 5 VISUAL STYLE: 5

Let's say you've seen the movie, but how does it compare to the book, **Ghost Soldiers**? "The challenge was to keep as much of the truly amazing real story intact, while also structuring it as an entertaining cinematic screenplay," says director John Dahl.

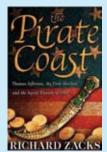
DRAMATIC

So, just how accurate is the movie?

The camp looked authentic, the main characters were convincing, the women, priests and Filipinos involved in the underground movement were realistic, the soldiers and the Filipino resistance were compelling, and the raid details were pretty on-target...giving the accuracy rating of 92%.

STRIPES	4 %
STARSHIP TROOPERS	2 %
INDEPENDENCE DAY	20 %
PEARL HARBOR	35 %
SAVING PRIVATE RYAN	95 %
BLACK HAWK DOWN	99 %

BOOK REVIEWS:



The Pirate Coast: Thomas Jefferson, The First Marines, and the Secret Mission of 1805

Richard Zacks

This engaging true-life adventure tells the story of America's first war on terror. In the early 1800's, Muslim pirates operating out of Tripoli were kidnapping and enslaving American citizens in an effort to extort protection money. Thomas Jefferson dispatched William Eaton and most of the fledgling US Navy to conduct what would today be called a Special Forces operation. Eaton, along with a handful of Marines, set out to raise an indigenous army and replace the Pasha of Tripoli with a

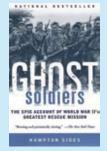
new ruler more favorable to US interests. What followed is a truly spectacular adventure that, to this day, is remembered in the Marine Hymn.

The Long Road Home: One Step at a Time

A Doonesbury Book by G. B. Trudeau

We picked up this slim collection of Doonesbury comics with more than a little trepidation. Trudeau has chosen to deal with the difficult subject of the recovery process from severe war-time injuries. Frankly, we were expecting a diatribe against the war, but we were pleasantly surprised. Mr. Trudeau has shown a remarkable sensitivity towards our wounded Soldiers and their families. At times sad, touching, funny and heart-rending, this collection tells the story of B.D., a Soldier in Iraq who looses a leg, and the healing process he and his family go through. Touching on everything from the injury, the hospital experience, coming home and the clueless visitors who simply don't know what to say, this book brings home a part of the war that we rarely see.





Ghost Soldiers: The Epic Account of World War II's Greatest Rescue Mission

Hampton Sides

You've seen the movie adaptation, now it's time to ditch the Hollywood love story and meet the real heroes of this story. Dedicated Army Rangers, allied Filipino guerillas, resourceful POW's, murderous Nipponese soldiers and one of the coolest spies of all time, make up the cast of this amazing tale. Led by COL Mucci and CPT Prince, the Rangers of the 6th Battalion slipped deep into enemy held territory to pull off a highly improbable rescue of 513 allied POWs. Based on

extensive documentation and personal accounts of the survivors, this patriotic story of self-sacrifice, bravery and the strength of the human spirit will leave you in awe.

On Combat

LTC Dave Grossman and Loren W. Christensen

On Combat is a must-read for every Soldier, law enforcement officer or anyone else who might have to fight against a deadly threat. This scholarly work draws on several studies and many real-life experiences to describe in easy-to-read detail how the human body reacts, both mentally and physically, to the extreme stress of combat. By studying and understanding these reactions and training for them, the author asserts, we can inoculate ourselves against their harmful effects.





gxonline.com/reviews/thegreatraid

A LONG NIGHT IN BOI LOI WOODS by don





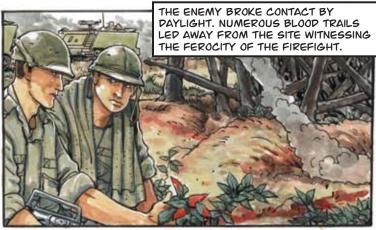


HE PIRECTED ARTILLERY AT THE ENCIRCLING ENEMY, PANGEROUSLY CLOSE TO THEM-SELVES. HEAVILY OUTNUMBERED THROUGHOUT THE NIGHT, THEY EMPLOYED EVERY WEAPON AVAILABLE INCLUPING THOSE ON THE PISABLED APC.





WOUNPED PURING THE FIGHT, LT.
SCHULTZ IGNORED HIS INJURIES. WITH ONLY A FEW MEMBERS OF SCOUT PLATOON I AND THE REST TRACK MECHANICS, A PROFESSIONAL, CALMING INFLUENCE WAS ESSENTIAL TO KEEP THE INEXPERIENCED TEAM ALIVE.





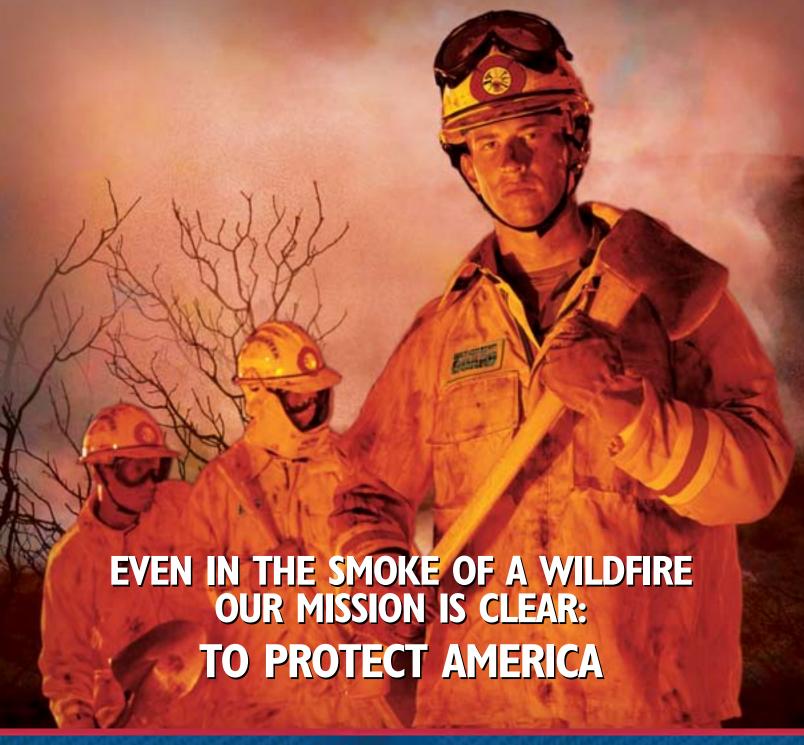
If you or a soldier you know has been involved in an incident you think would make an exciting comic strip, please contact us—ideally with a final releaseable After Action Report. Your story might end up being illustrated and in the pages of GX.



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pursue a career as a firefighter, police officer or mechanic, you can get the education and training you need to perform at the highest level. To learn more, contact us today, by phone or on the web.

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