

GX[®]

JUNE 2007
VOLUME FOUR ISSUE FIVE

THE GUARD EXPERIENCE



**BLOOD, BATTLE AND
EXTREME COURAGE**

THE GUARD IN WWII

pg. 32

**6 INVESTMENT FEARS
AND HOW TO OVERCOME THEM**



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LETTER FROM LEADERSHIP

BG Oliver Mason

Fellow Citizen-Soldiers,

Three hundred and seventy years ago, the farmers, small business owners and tradesmen of the East Regiment gathered here in Massachusetts for training and inspection. Commonly called the First Muster, I like to think of it as our first drill weekend. Since then, the National Guard has been front and center during our nation's moments of need. Our Citizen-Soldiers have served in every major armed conflict in America's history.

The Minutemen fought at Lexington and Concord when the "shot heard round the world" was fired. Militia was the backbone of the U.S. military during the War of 1812, the Mexican-American War and the Civil War. Approximately 40 percent of the American divisions in France during WWI were National Guard. National Guard Soldiers fought in both the European and Pacific theaters during WWII.

Some 110,000 Army National Guard members were activated during the Korean War and 2,700 Guard Soldiers deployed to Vietnam. More than 60,000 National Guard Soldiers were activated during the first Gulf War.

The Guard is again answering the nation's call, supporting an operations tempo we haven't seen since WWII. Since Sept. 11, 2001, more than 250,000 Guard Citizen-Soldiers have been mobilized for the Global War on Terror. Many more responded to domestic emergencies, including more than 50,000 Soldiers who supported Hurricane Katrina relief.

These operations are transforming the Guard. New unit structures are being implemented that match our operational environment. Battle-tested officers and non-commissioned officers are training our Soldiers.

We have already transformed from the Cold War-era strategic reserve to an operational force, demonstrating daily the success of the Total Army Concept—one Army, active Guard and Reserve, fighting together. The "weekend warrior" is gone, replaced by professional Soldiers ready for missions at home and abroad.

The Guard has been at an all-out sprint since Sept. 11, 2001, performing as an operational force while still funded and equipped as a strategic reserve. Historians will look back one day and wonder how we did it.

We know that our incredible transformation has come at a cost. We have only been able to accomplish what we have because of the sacrifices made by our Soldiers, civilian employees, communities and, most of all, our families.

Throughout this long war, you have supported each other and supported the Guard mission while enduring long separations from wives, husbands, mothers, fathers, sons and daughters. This nation owes you its thanks; I want to personally thank each of you for your service and patriotism. Serving with you during this time of need has been an inspiration and an honor.

Your service and sacrifices have not gone unnoticed. While we fight for our country, the leadership at National Guard Bureau, our state and federal elected officials and the National Guard Association are fighting for us. Through their efforts, the Guard will emerge better equipped, better funded and with full-time manning more appropriate to the role we now play. They have my support and gratitude.

We must "focus forward." Even as we continue to sprint this marathon in Iraq and Afghanistan, we must be mindful that it will not be our last run. Learn from this long war. Make sure our military and civilian leadership have the information they need to continue our transformation so we will be ready when America calls again.

The world will change and we must change with it if we are to continue to uphold the Minuteman tradition. I have no doubt you will be up to the challenge. You, today's Guard warriors and tomorrow's Guard leaders, are better trained and better led than any that have come before. You will be ready.

BG Oliver Mason
Adjutant General of the Massachusetts National Guard



We have only been able to accomplish what we have because of the sacrifices made by our Soldiers, civilian employees, communities and, most of all, our families.



We want to hear from you!
Send your questions or comments to:
feedback@GXonline.com

HOW TO GET IN GX

How can the Alabama National Guard get stories published in GX? I hardly ever see any and we, as well as other states, have paid a dear price in the mobilizations the past five years.

COL Tommy Sprague
Alabama Army National Guard

COL,
Thanks for writing in! We welcome stories from every Soldier, family member and military supporter across the world (submissions can be emailed to editor@gxonline.com). We work continuously with each states' public affairs team, as well as unit public affairs representatives, to further our coverage. We give every effort to cover as many states, territories and even individual Soldiers and family members as possible. This year has seen GX editors on the road more than ever and expect it to continue. You never know where we'll pop up next.

Thanks!
Keith

THE BULLS

Thanks for doing a special on our deployment, "Running with the Bulls!" It's great to feel apart of something bigger and see it in the magazine. Chris West traveled with us as we flew over here and got the feel of what it was like for us. As we get to our final months here, we all look forward to going home and being with our families again. It'll be nice to have the magazine to look back and reflect on the things we did. Thanks!

1LT Daniel J. Britt
1-125 STRIKE

Sir,
Much of the credit for our coverage throughout the deployment of the Bulls goes to the Bulls'

Public Affairs Officers. They are a top-notch group—particularly CPT Mark Lappegaard, SFC Clinton Wood, CPT Paul Rickert and SFC Doug Schultz. Their proactive approach to our publication has forged a winning relationship, allowing us to better showcase the might and the heart of the Red Bulls. We're countin' the days 'til you guys come home.

Thanks!
Keith

HEATHER'S FAN MAIL

SSG Heather Allen,
Just wanted to report that I got my first copy of the magazine in today's mail. Let me tell you, it is top notch! I subscribe and/or read a lot of military magazines, but GX is the best I've seen, especially that covers the National Guard. I'm proud to have had my work associated with it (via the Web site) and look forward to continuing to contribute!

CW2 Marc Yablonka
Burbank, CA

SSG Heather Allen,
Just wanted to say, WOW—congratulations on this job. I just picked up a copy of GX in the PAO and was blown away. THIS IS AWESOME! This thing is full of exactly what we and the rest of this country needs to see—the NG out there doing it all.

This rocks, and you should be proud!

2LT Terry Hall
Tennessee National Guard

BAD VOODOO

Glad to see that you are following the men of Bad Voodoo Platoon. I hear great things about this unit. Keep it up!

Robert Loverro
Oakland, CA

Sir,
You bet! You can expect to read about Bad Voodoo (California's 2nd Platoon, B co., 1-160th Infantry) real soon in the pages of GX. They are a high-speed, powerful group of Soldiers.

I've rarely seen so much experience in just one platoon. And the leadership of this platoon—2LT Ricardo Ferrell and SSG Toby Nunn—is just outstanding! Expect great things and expect to see it here in GX.

Other great spots where you can keep up with Bad Voodoo are BadVoodooPlatoon.com, TobyNunn.com and Milblogging.com.

Thanks!
Keith

THE CHILD'S PERSPECTIVE

This was written by my 10-year-old son for a school project. It's about his dad, SGT Richard L. Rodrick Jr. This is his story:

The Wait By Dalton Rodrick

Before my dad left, my dad helped me ride my bike as good as my brother or even better. It was the best moment. Then he left for Afghanistan with other people in the Army to help against the war. I was depressed. We wrote him and called him and typed him. By the time, he came home it was a year and two months.

In September, he got to come home from the war. I was glad we were going to get my dad, but when we got there, we went to a hotel instead of getting my dad. But after we left the hotel, we went to the base. We had to talk a person in a box and give him stuff. Then we went around the full base and then the buses came. I thought my dad was coming off of them, but he didn't. We went inside and waited for him. Then he came in the back. I couldn't hug him yet because he had to get ready to march in a group. I waved at him while he was marching, but he couldn't wave back because he was marching . . . Then after that, they gave awards to people. After the awards, he went to a school to learn about what has been happening around here. Then, he got medals. And finally, I got to hug him for a long time after so long.

After a few months of my dad being back home, things are almost back to normal. They are still not the same as before he left, but they are almost the same. [N]ow that he's back, it's the best moment ever!

Roxanna Rodrick
St. Joseph, MO

Heart and HOOAH

This issue's got a bit of everything. Equal parts heart and HOOAH. It's hard not to with a feature like WWII—perhaps the most monumental display of heart and HOOAH in our nation's history.

Every year, we pay tribute to Guard Soldiers past, showcasing the bold service that's blazed through every major conflict our country has faced. This year, this issue, we're taking a focused look at WWII. The all-out courage and sacrifice of our military—particularly our National Guard—during the War provides the backbone for our modern concept of heroism, service and bravery. According to the U.S. Army Center of Military History, as of 2003, there were 464 Medals of Honor awarded in WWII. This statistic is only topped by the Civil War, which amazingly ranked in at 1,522 medals—yeah, you can bet we'll cover that in a future issue! But, for now, we're looking at WWII. For one thing, many Soldiers of today still grew up with the war stories and photos of their grandfathers—who seemingly all served, and seemingly all looked like gallant Hollywood icons.

Jason Hall, former director of the National Guard Education Center and now curator of the U.S.'s most decorated battleship, the New Jersey, pens our detailed look at the Guard involvement from 1941-1945. To complement the feature, we tossed in three of the Medal of Honor stories. But, I encourage you to search the Web and read up on the hundreds of other citations. Each one could be a major motion picture.

Additionally, Jason Hall provides a compelling spotlight on the Guard's critical role at Omaha Beach in the Guard Legacy section (p. 66).

There's nothing but heart in the Intel story, "Against the Odds" (p. 30). This is part two of a story from back in '05 and one of those stories that, for me personally, has always stood out as one of the best we've had the honor to publish. It's the touching story of SGT Michael Lindsey, a Texas recruiter who went above and beyond to help a young girl with a severe heart condition.

And that's just a sneak preview of what we've got in here. Dig in to find more great stories on Illinois snipers, WWII weaponry and our tribute to Soldiers' Angels founder Patti Patton-Bader.

Be sure to catch our next issue, too! The feature is being written by YOU, the readers. We've been collecting statements, via GXonline.com and the email newsletter, telling us why you are a patriot, and we're running as many as we can for the feature in our monster 4th of July issue! So, grab a copy and see if your statement made the cut—then, grab another for your mom because you know she'd love to see your name in print.

Thanks!



Keith
Managing Editor



ON THE COVER

Many people said the Guard would return to full strength the day that pigs flew. Well, pigs are flying because we are at full strength and growing.

ILLUSTRATION BY JOHN PATRICK



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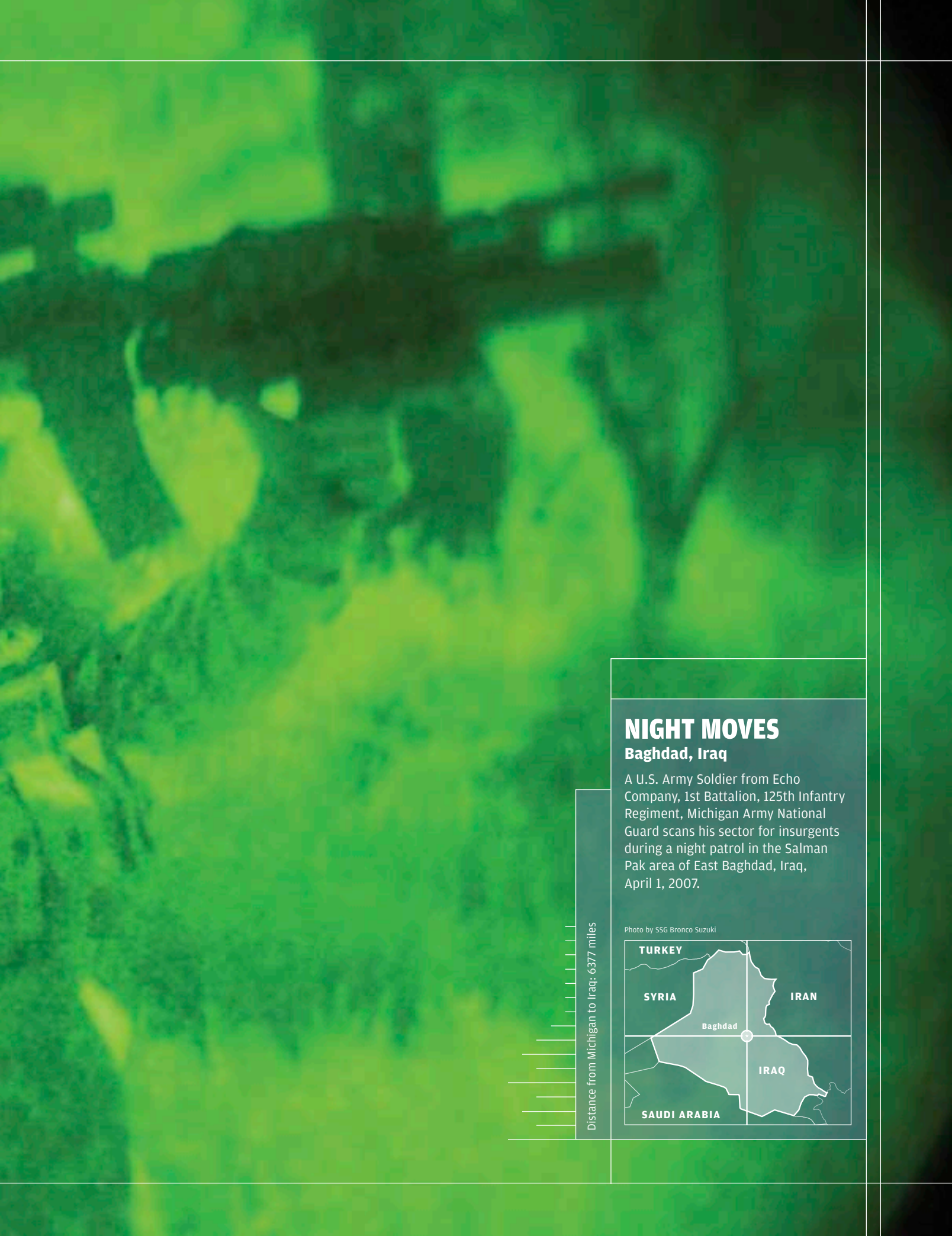
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NIGHT MOVES

Baghdad, Iraq

A U.S. Army Soldier from Echo Company, 1st Battalion, 125th Infantry Regiment, Michigan Army National Guard scans his sector for insurgents during a night patrol in the Salman Pak area of East Baghdad, Iraq, April 1, 2007.

Photo by SSG Bronco Suzuki



Distance from Michigan to Iraq: 6377 miles



FREE BIRD

Sandy, UT

A Soldier from the 19th Special Forces, Utah Army National Guard is lifted on board an HH-60 Pave Hawk helicopter over the Utah Test and Training Range in Sandy, Utah, May 3, 2007, during a combat search and rescue (CSAR) integration exercise.

Photo by MSG Kevin J. Gruenwald, USAF





EMERGENCY EXIT

La Calera, Nicaragua

U.S. Army Soldiers from the 153rd Engineering Battalion, North Dakota National Guard, transport a patient to a UH-60 Blackhawk helicopter from the 189th Aviation Battalion at an emergency landing zone during a medical evacuation exercise at the school construction site.

Photo by SSG Jason T. Bailey







RECON >>>

SPIRIT IN THE SKY

Samarra, Iraq

U.S. Army UH-60 Black Hawk helicopters prepare to pick up and transport Soldiers for an air assault mission near Samarra, Iraq, March 3, 2007.

Photo by Tech. TSgt Molly Dzitko



MAPPED OUT Satellite image of the April 2007 Nor'easter.



GUARD RETALIATES AGAINST NOR'EASTER

NEW JERSEY

By LTC James Garcia
NJ NG PAO

Compiled by SSG Heather G. Allen

Nor'easters can occur in the eastern United States between October and April, when there's a large amount of moisture and cold air. They're known for heavy amounts of rain and snow, producing hurricane-force winds, and causing severe beach erosion and flooding.

Nor'easters are named for the winds that blow in from the northeast and drive

the storm up the east coast along the Gulf Stream, a band of warm water that lies off the Atlantic coast.

The Nor'easter of 2007 affected the northeastern United States from April 14 to April 16. The combined effects of high winds, heavy rainfall and high tides led to flooding, storm damage, power outages, evacuations, and disrupted traffic and commerce. The Guard was there.

New Jersey National Guard members were activated on April 15 and ordered to report to armories throughout the state in response to the severe storm flooding.

The New Jersey Guard has 2½-ton and 5-ton transports suitable for missions through flooded terrain. The Joint Operations Center (JOC) tasked missions ranging from evacuations to transporting police and emergency personnel through floodwaters and bad weather.

New Jersey's adjutant general, MG Glenn K. Rieth, said, "The New Jersey Army and Air National Guard and its Citizen-Soldiers and Airmen are fully prepared to respond at the direction of the governor to fulfill any mission requests during this state of emergency."

NEW YORK

By LTC Paul Fanning
NY NG PAO

A record-breaking Nor'easter was the backdrop for the mobilization of New York National Guard personnel.

Governor Eliot Spitzer alerted more than 3,000 New York National Guard members on April 13 as a major storm threatening heavy snowfall, rain and winds moved up the East Coast. By April 15, hundreds of Guard members had been pre-positioned at armories throughout New York. Nearly a dozen different counties faced the potential of serious damage due to floods, power outages and extreme weather.

"Here in New York, the National Guard approach to state emergency response is a forward-leaning, proactive one," said MG Joseph J. Taluto, the adjutant general.

Units were readied for deployment to provide emergency transportation and evacuation support, logistical support and assistance to law enforcement as directed by the State Emergency Management Office.

Hudson Valley counties declared emergency conditions due to localized floods that forced residents from their homes. There were road closures and fallen tree limbs, and debris knocked out power lines. In the town of Mamaroneck, members of Company B, 101st Signal Battalion transported firefighters to a fire scene through flooded streets aboard 2½-ton trucks.

Fire department trucks and police department cruisers proved inadequate for the deep water that closed many streets, according to 1LT Peter Villahoz, Company B, 101st Signal Battalion. They needed the National Guard's assistance.

"We were forging through six feet of water and they were getting stuck," said 1LT Villahoz.

"We started pulling civilians out of specific locations around town. We had houses that were burning and houses that were partially collapsing. We assisted the police department, the police scuba team, search and rescue teams, and the fire department using our deuce-and-a-halfes so they could get through," he explained.

As the day progressed, Guard members began operating traffic control points to seal off roads that had been flooded, thus preventing residents from driving into trouble.

MG Taluto remarked that although the predictions of extensive severe damage from coastal surge and devastating flooding didn't materialize, the Guard's robust response and early preparation were necessary and appropriate.

"Each time we exercise our response plan hones our ability to respond quickly and

efficiently when New Yorkers need our help and the governor calls on us to provide it," said the general.

NEW HAMPSHIRE

By MAJ Gregory D. Heilshorn
NH NG PAO

The rescue of 18 children in Nottingham, whose school was surrounded by rising floodwaters, highlighted the New Hampshire National Guard's efforts throughout the state to assist first responders on April 16.

From placing sandbags to providing traffic control, more than 200 Citizen-Soldiers and Airmen deployed to more than 16 communities to help local law enforcement and bring an added level of reassurance to residents.



HELPING HAND Airmen from the New Hampshire National Guard's 157th Air Refueling Wing assist Jordan Bell and her mother, Bev, into a 5-ton during a school evacuation at Nottingham Elementary School.

Using a 5-ton truck, a dozen Airmen from the 157th Air Refueling Wing forded high water at the Nottingham elementary school and transported the children to their waiting—and extremely grateful—parents.

Parents had few qualms about their child's safety.

"I was very confident that there weren't going to be any problems, because the National Guard was bringing the children out," said Noreen Duffy-Granbery, whose son Enan was one of the students evacuated. "It was a great thing for the kids to see that

the people helping them were somebody's mom or dad and they just happen to have a uniform on."

Governor John Lynch activated 200 Guard members early in the day, and later authorized the call-up of an additional 200 when conditions worsened.

It was the third time since October 2005 that the New Hampshire Guard has been activated for storm-related emergencies in the state.

The state activation punctuated a busy week for the New Hampshire Guard. Its Medical Command deployed to the Hoopa Valley Indian Reservation in Northern California for its two-week annual training to support a local clinic. A crew from the New Hampshire Guard's 744th Transportation Company hauled a home built by students from the Somersworth Technical School to a family in Louisiana who lost theirs in Hurricane Katrina. The Joint Force Headquarters hosted a group of Salvadoran police, who visited as part of the New Hampshire Guard's State Partnership Program with the Central American Republic of El Salvador.

MASSACHUSETTS

By MAJ Winfield Danielson
MA NG PAO

At the direction of Governor Deval Patrick, the Massachusetts National Guard mobilized 160 Soldiers from the 164th Transportation Battalion, 1058th Transportation Company, 1166th Transportation Company and the 3rd Battalion 126th Aviation.

Guard units dispatched 33 all-wheel-drive 5-ton trucks and one bus, performing evacuation and preparedness missions in Gloucester, Newbury, Newburyport, Revere, Salisbury, Westfield and Winthrop.

The Joint Operation Center at the Guard's Joint Force Headquarters provided command, control and coordination for Soldiers and Airmen deployed on support missions requested by the Massachusetts Emergency Management Agency.

Roughly 440 Soldiers and Airmen from the 51st Troop Command and the 1st Civil Support Team were also on duty, assisting state and local police in protecting public safety at the Boston Marathon. Some 300 of those are being retained on state active duty in case they are needed for public safety support.

"Our Soldiers and Airmen are doing a great job," said BG Oliver J. Mason Jr., the adjutant general of the Massachusetts National Guard. "We'll be ready for any additional missions." **GX**

AFGHAN GOVERNMENT, COALITION PARTNERS AID FLOOD VICTIMS IN LAGHMAN

HOPE Villagers from Qhargaha District, Laghman Province, watch an Afghanistan International Air (AIT) helicopter prepare to rescue them from floodwaters, April 1.



Courtesy of DVIDS, www.dvidshub.net



JALALBAD AIRFIELD—AFGHANISTAN
The Laghman provincial government, Afghan National Security Forces (ANSF) and coalition partners provided vital humanitarian assistance to flood victims in northeastern Afghanistan, March 31–April 1.

The relief efforts came in the wake of severe flooding to the south of the provincial capital of Mehtar Lam. The flooding, which filled some areas with waist-high water, stranded about 200 Afghan civilians and left many without food, dry clothing or shelter.

Governor Gulab Mangal of Laghman and ANSF spearheaded efforts to house villagers displaced by the flooding. Afghanistan

International Transportation helicopters rescued about 150 stranded citizens.

Meanwhile, Connecticut National Guard members from Task Force Iron Gray and members of the Mehtar Lam Provincial Reconstruction Team assisted Mangal and ANSF in the relief efforts.

The Islamic Republic of Afghanistan government and coalition forces delivered food, including prepared meals, rice, beans and water. They distributed jackets, gloves, sweaters, socks tarps and blankets to the Qhargaha District Center for distribution through the Red Crescent.

Rain and melting snow in eastern Afghanistan has caused rivers and creeks to rise above normal levels, prompting the flooding.

The allied effort brought life-saving relief to dozens of Afghan families imperiled by

the flooding. Coalition leaders praised the decisive efforts of Afghan government leaders during the crisis.

“Governor Mangal did an excellent job of coordinating all of the rescue and relief operations,” said LTC Steven Gilbert, commander of Task Force Iron Gray. “He demonstrated how effective the Islamic Republic of Afghanistan is with taking care of its people.”

“As coalition forces are here to help the people of Afghanistan, we did everything in our power to render assistance when Governor Mangal called,” LTC Gilbert added. “I am very pleased with evacuating the flood victims and arranging for the helicopters to assist in the rescue of so many citizens of Laghman. My Soldiers felt very good about the opportunity to deliver food, blankets and clothing in such a time of need.” **GX**

HISPANIC CULTURAL TRAINING IN THE CALIFORNIA NATIONAL GUARD

By Steve Homan
CACI California

CALIFORNIA—Nearly 50 Recruiting and Retention NCOs (RRNCOs) from the California Army National Guard Accession Task Force (ATF) recently participated in a new Hispanic cultural training program. The training was specifically designed to help recruiters effectively communicate with Hispanic prospects and more efficiently market the Guard in the Hispanic community. In California, Hispanics make up more than 35 percent of the population, yet just 26 percent of California's Guard members are Hispanic. That's a number the California Guard wants to improve.

In California, Hispanics make up more than 35 percent of the population, yet just 26 percent of California's Guard members are Hispanic.

The goal is to have a unit's composition match that of the local community. Statistics show that Hispanics make up a large and rapidly growing segment of our population. According to the U.S. Census Bureau, the number of Hispanics in California increased by 57.9 percent during the last census period, from 22.4 million in 1990 to 35.3 million in 2000. That's compared with an increase of just 13.2 percent for the total U.S. population. The Pew Hispanic Research Center estimates the current Hispanic population at 44.7 million.

In February, the RRNCOs from Teams Bakersfield, Fresno, Los Angeles and Ventura attended the training. SSG Donald Denoyer was one of those Soldiers. At first he didn't see much value in the training for himself because, although Caucasian, he was raised in a Hispanic community by a Hispanic family. "Going into the training, I thought it was going to be a waste of a day," he said. "I was extremely surprised."

The California ATF is always looking for new tools to help it enlist more Hispanic Soldiers. So when COL Charlotte Miller, then Commander of the ATF, heard about the Hispanic cultural training, she jumped at the chance.

An important aspect of the training dealt with the dynamics of the Hispanic family. Including the family is a key to recruiting

Hispanic Soldiers, as SSG Denoyer knows: "I've had whole families come to meetings. I had a father bring all three of his sons to meet me, even his 15-year-old. And I get invited to have dinner with the families."

So what did SSG Denoyer think after completing the training? "You get into a routine, doing what has worked in the past.

The training has helped me focus on the Hispanic market. I'm more aware of the holidays and events that are part of this community. It has brought out my diversity," SSG Denoyer said.

While it's too early to gauge the overall or long-term success of the Hispanic cultural training, it's already paying dividends, if SSG Denoyer is any indication. He has already enlisted three Hispanic Soldiers in the last two months. "That's more than I would have recruited without the training," he said.

The training was provided by CACI, contractors on the State Media Services Program, and The Cartel Group, specializing in Hispanic marketing. **GX**



IMPROVING ENLISTMENTS Dora Zepeda (right) speaks with a group of RRNCOs (below) about ways to effectively recruit the ever-growing Hispanic population in California.



KY GUARD MAKES A DIFFERENCE AT AL RASUL SCHOOL

By SPC L.B. Edgar, 7th MPAD
Courtesy of DVIDS



MAKASIB, IRAQ—A warm welcome met the Soldiers upon their arrival. Smiles have replaced contemptuous stares. The Soldiers were greeted not as outsiders of the community, but as heroes of the now-joyous school.

April 17 was a special day for students of Al Rasul Primary Elementary School in this town located west of Baghdad. This was the first day they enjoyed the fully refurbished learning facility made possible by the Soldiers of 1st Battalion, 149th Infantry Brigade Combat Team of the Kentucky Army National Guard, assigned to 130th Field Artillery Brigade, 1st Cavalry Division.

However, the day was just as special for the Soldiers, said LTC John Luttrell, the battalion commander.

“You could see the smiles on their faces. For my Soldiers, this really means a lot to them. They truly get to see the fruits of their labors,” said the native of Harlan, KY.

Just as Rome was not built in a day, the fruits of the Soldiers’ labor were the culmination of seven months working in the Makasib community. The work was as much about patrols as it was relationship-building, LTC Luttrell said.

“Every day we go out, we try to make some kind of difference,” he said. “What makes me proudest is going out and talking to the communities, and listening to the people say how much they appreciate you.”

“The Soldiers of the battalion are Army National Guard members from Kentucky who bring a plethora of professional experience, which aids in civil military operations and humanitarian assistance missions, as well as simple social interaction with the populace,” said MAJ Chris Cline, the battalion civil military affairs operations officer.

“One of the things that Kentucky boys are good at is talking. That one-on-one relationship with the local Iraqis [is] critical because you gain trust [with one another],” said the native of Hodgenville, KY.

“The school project included the addition of classrooms, the remodeling of existing structures, a complete coat of fresh paint and the erection of living quarters for the groundskeeper,” LTC Luttrell said.

“In addition, the school’s 600 students were happy to receive school supplies from the Soldiers, including pencils, notepads and

erasers, to mark the project’s completion and assist their studies,” he said.

“It’s very rewarding to see the progress that’s being made,” LTC Luttrell explained. “If we can get the people to trust us, to respect us and to see that we have a true concern for them—we’re just not out there to get information on targets, we have a concern about their well-being and their future—that brings stability to the entire area.”

The school is just a small piece in the bigger puzzle. Ensuring stability for Makasib is the objective for the Soldiers because their mission is force protection of Camp Slayer, which neighbors the town. Securing Makasib creates a blocking position to deter insurgent activity near the Baghdad International Airport, MAJ Cline said.

Formerly one of Saddam Hussein’s favorite towns prior to the fall of Baghdad, the strategic Makasib was neutral, dirty and dreary until Soldiers slowly started to make a difference in the community, MAJ Cline said.

Working with the Makasib Neighborhood Advisory Council (NAC), the first step was to clear the streets of sewage and garbage, which brought vendors back to the market street to resume commerce. Next, the locally appointed NAC decided to improve education, which led to the school project. Now, the NAC is turning its attention to bringing

continuous power to the people. By next month, every home in Makasib will have 20 amps of power, he said.

“Infrastructure is not the only improvement to Makasib. Security is much improved since locals started manning their own checkpoints since there are no local Iraqi Security Forces in the area,” LTC Luttrell said.

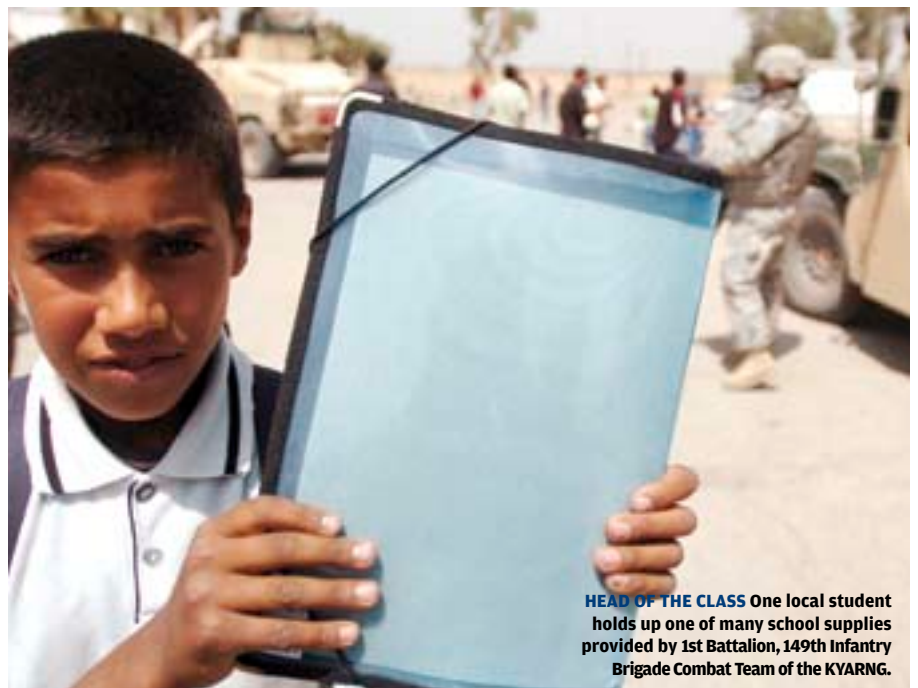
“Since Soldiers engaged the populace, employment is up, the economy is vibrant and the streets are cleaner,” MAJ Cline said. “People are starting to take pride in their city and they’re very pleased with themselves,” he said.

Now Soldiers do not have to seek out intelligence, so much as process it. “If [the citizens] have information, they will come forward and give that to you because they appreciate the good things that are happening to their town,” LTC Luttrell said. “They will help you police up their own area.”

“The importance of local cooperation is increasingly important since the start of Operation Fardh Al Qanoon, commonly referred to as the Baghdad Security Plan (BSP). As coalition forces crack down on violence in Baghdad’s capital, insurgents are increasingly regrouping in less populated areas,” LTC Luttrell said.

“As the insurgents are pushed out of certain areas, we don’t want them to move into Makasib. Makasib doesn’t want them,” he said.

LTC Luttrell is hopeful his Soldiers’ success in Makasib will spread to Baghdad. He said Makasib is just one building block in the reconstruction of Iraq and his Soldiers are just trying to leave it better than they found it. **GX**



HEAD OF THE CLASS One local student holds up one of many school supplies provided by 1st Battalion, 149th Infantry Brigade Combat Team of the KYARNG.

CONNECTICUT SOLDIERS REFLECT ON AFGHANISTAN

By SGT Matthew Clifton, 22nd MPAD
Courtesy of DVIDS



FOB GARDEZ, AFGHANISTAN—Whether serving on active duty, Army Reserve or Army National Guard, deployments have become all but inevitable for Soldiers in the U.S. Army.

Some troops have seen more years in Iraq or Afghanistan than they have seen at their home station, while some Soldiers are going through their first deployment in support of the Global War on Terror. Whether a Soldier is on their first or fourth deployment, war does not discriminate between them.

The Soldiers of 1st Battalion, 102nd Infantry Regiment, Connecticut Army National Guard, are weeks away from completing their first tour of duty in Afghanistan.

Alpha Company arrived at FOB Gardez April 18, 2006, and was immediately put to work, said SGT John Julian, team leader, 1st Platoon, A Company.

Although this deployment is SGT Julian's first for the National Guard, he's no stranger to serving overseas for the military. Having spent eight years in the

Marine Corps working with aircraft, SGT Julian has seen duty in Japan, Australia, Alaska and Egypt.

Fort Worth, TX, however, is one station he remembers above all. This is where SGT Julian was during the Sept. 11 attacks on the World Trade Center.

"I was pulling an ejection seat out of an F-16 fighter jet when the whole base went on lock down," he said. "I was so [angry] something like that could happen on our own soil and immediately my thoughts went to my grandfather, who enlisted in the infantry after the attack on Pearl Harbor."

Immediately after the base was locked down, SGT Julian remembers loading the same jet with live ordnance.

SGT Julian tried to change jobs and join the infantry, but the Marine Corps wouldn't allow it because of their financial investment training him to work with aircraft.

"When my service in the Corps was over, I went to the Army to see if they would let me join an infantry unit," SGT Julian explained.

"I was able to join the [Connecticut Guard] and then we came to Afghanistan."

SGT Julian has no regrets about his choice and plans on re-enlisting in the Marines when he gets back to the United States.

"I'm happy with what I did here," he continued. "I served my country for a year and I enjoy life in the military."

No doubt there were some good times for SGT Julian and his comrades, but those good times were not without some very hard ones.

A Company was attached to a provincial reconstruction team (PRT) upon arriving at FOB Gardez. A PRT's mission is to facilitate the development of their assigned provinces through projects like the building of roads, schools and medical clinics.

However, the mission of A Company is to provide security for these troops when they go out to conduct reconstruction missions, and the enemy couldn't care less why a Soldier is outside the wire.

"[The enemy] doesn't care if you're in the National Guard or if you're not on a combat mission," said SSG Richard Rafferty, team leader, 1st Platoon, A Company. "We get attacked just like anyone else does."

This was most apparent on Nov. 2, 2006, when SSG Rafferty, SGT Julian and their brothers in 1st Platoon were out on a seemingly normal mission.

"We were out by the Pakistan border when we got tasked to take on an additional side mission," SSG

Rafferty said. "We were ambushed with rocket propelled grenades and small arms fire on both sides of the convoy."

One of the platoon's two crew serve weapons was disabled, along with the Humvee it was attached to. The weapon's gunner was severely injured along with the driver, SSG Rafferty said.

"We returned fire until [the enemy] broke contact, then we immediately gave aid to the wounded," he continued. "Luckily, no one was fatally injured, and only one of our guys couldn't come back to duty."

Thinking back on the multiple attacks A Company has endured while deployed, SSG Rafferty and SGT Julian still keep a positive attitude.

When you get to see things like schools and orphanages being built, it really feels rewarding. Knowing that the locals are driving out the insurgents and coming to us for help is the main reason we're here.—SGT John Julian



BARGAIN HUNTER SSG Richard Rafferty, team leader, 1st Squad, Company A, 1st Battalion, 102nd Infantry Regiment, CTARNG, jokingly haggles with a local Afghan boy over the price of a pack of biscuits in Gardez, Afghanistan.

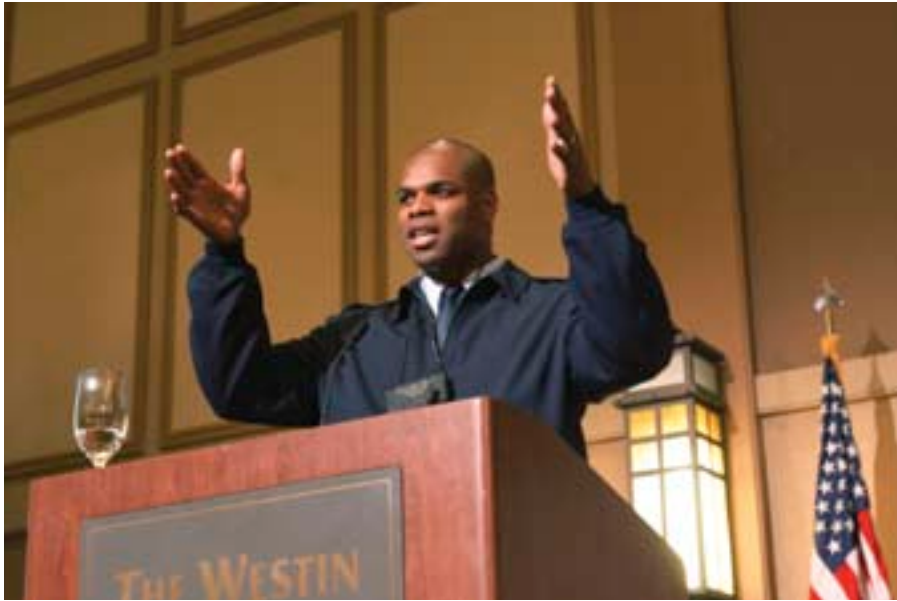
"When you get to see things like schools and orphanages being built, it really feels rewarding," SGT Julian said. "Knowing that the locals are driving out the insurgents and coming to us for help is the main reason we're here."

SSG Rafferty recalls the lack of any paved roads in their area when A Company first deployed. Now there are roads spanning much of the province he helped protect and improve.

1st Platoon's last mission was to provide security for a groundbreaking ceremony in the city of Salam Khail.

Now the only thing standing between them and a completed deployment, where every Soldier made it home, is a convoy to Bagram Airfield to catch a plane out of the country, headed straight for the United States, their families and normal life. **GX**

FINDING GREATNESS BEYOND AWARENESS



INSPIRATIONAL CPT Bryce Fisher, PAO, WA Air National Guard, better known as the Seattle Seahawks defensive end, addresses the attendees of the ARNG Diversity Awareness Conference.

By SFC Pamliia Ames
Community Relations Manager, JFHQ-CO

WESTMINSTER, CO—In a world where we're all trying to work together, it's not a matter of being tolerant or colorblind. It's a question of learning to understand and celebrate the differences that allow us to unite, and that propel us to greater heights than we could achieve individually.

This was the message conveyed when National Guard leaders from 54 states and territories arrived in Westminster, CO, for the inaugural Army National Guard (ARNG) Diversity Awareness Conference, themed "Beyond Awareness."

The ARNG's Office of Diversity Initiatives and the director of the ARNG National EEO Diversity Committee decisions to hold a conference is the direct result of our organization's efforts to embrace diversity.

"During the Year of Diversity (2002), the National Guard did a great job of bringing diversity awareness to the force. As our organization continues to grow, our country continues to diversify," said LTC Alfranda Durr, Chief ARNG Diversity Initiatives Officer. "We looked at our strategic plan to sustain a force that's always ready and always there to meet the missions required for our community, states and nation."

"You will hear from keynote speakers . . . experienced in managing diversity and building successful teams and organizations," said BG Joseph C. Carter, assistant adjutant general of the MANG. "This week will provide you with essential tools to start you on your journey, and further prepare most of you who are already on your way, to effectively diversifying your ranks."

BG Carter was promoted in July 2006, becoming the first African-American federally recognized General Officer in the Massachusetts National Guard.

The intent of the conference was to train the trainer. All key leaders from ARNG units were encouraged to attend. Several states not only sent Army Guard leaders, but also Air Guard leaders and enlisted personnel from both branches.

The conference was packed with information. Breakout session topics included strategic integration—cases for diversity,

generational challenges, differences and their impact on the force, and creating a culture of diversity competence.

BG Patrick O'Hara, assistant adjutant general for Space, COARNG, explained that a conference of this significance should have leadership and decision-makers attending. "When you walk out of here, you should have a good tool bag," said BG O'Hara.

The conference boasted a rich group of keynote speakers. Coach Herman Boone, whose story of diversity was portrayed in the Disney film "Remember the Titans," led the charge.

"Remember the Titans' is not about football," said Coach Boone. "This movie is about some incredible young men in Alexandria, VA, in 1971, who showed the world . . . how to except the soul of an individual rather than the color of their skin, religion or national origin."

BG (ret.) Julia J. Cleckley, the first African-American female to rise to the rank of brigadier general in the ARNG, was instrumental in the development of the program. She spoke of how far the program has come since she initiated its development.

"When I first went to the bureau as a major in 1987, there were no minority military officers there and very few minority NCOs," said BG Cleckley. "I began to work with leadership to develop a mentorship program.

"When LTG Davis, then the director of the Air National Guard, decided in 2002 to have the Year of Diversity, that's when my superior MG Schultz, then director of the ARNG, suggested that we collaborate on more than just a Year of Diversity, but diversity throughout the Guard," continued BG Cleckley, known as the "mother of diversity."

Seattle Seahawk defensive end Bryce Fisher, known in the Washington Air Guard community as CPT Fisher, Ames Public Affairs, was a

speaker for the conference. "The military is uniquely positioned to catch all Americans . . . [and] uniquely positioned to be a platform for all of our dreams," said CPT Fisher as he discussed diversity with the attendees.

The military is uniquely positioned to catch all Americans . . . [and] uniquely positioned to be a platform for all of our dreams.—CPT Bryce Fisher

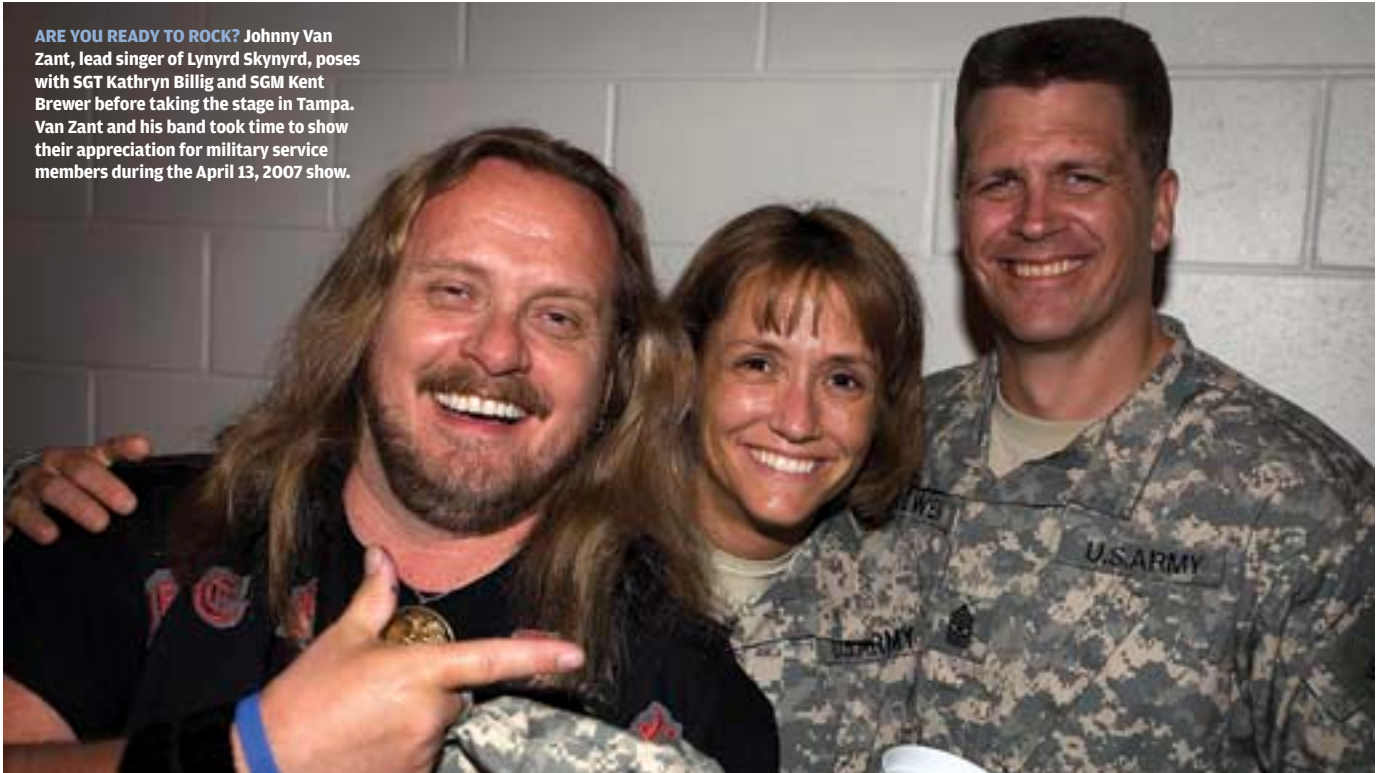
"I thought it was . . . an outstanding battery of speakers," said BG George Clark Jr., director of the Joint Staff, CO NG. "They exceeded my expectations. This was the best-organized conference I have been to." **GX**

For more on this conference go to:

www.gko.army.mil
(Under G1)

LYNYRD SKYNYRD SHOWS THEIR APPRECIATION

ARE YOU READY TO ROCK? Johnny Van Zant, lead singer of Lynyrd Skynyrd, poses with SGT Kathryn Billig and SGM Kent Brewer before taking the stage in Tampa. Van Zant and his band took time to show their appreciation for military service members during the April 13, 2007 show.



Story and Photos by SPC Patrick A. Ziegler, U.S. Central Command

TAMPA, FL—"Appreciate" is a word with more than one meaning, but all definitions seem to point in the same direction.

From *Merriam-Webster*: "to grasp the nature, worth, quality, or significance of;" "to value or admire highly;" "to judge with heightened perception or understanding: be fully aware of;" "to recognize with gratitude."

On Friday, April 13, legendary southern-rock band Lynyrd Skynyrd showed their appreciation to some very special people during their *Rowdy Frynds* Tour appearance at St. Pete Times Forum in Tampa, FL. Before the show, the band invited several military folks backstage for pictures and autographs. The two honored guests were Mrs. Birgit Smith and her son David—wife and son of Tampa Medal of Honor recipient SFC Paul R. Smith. A dozen Army Veterans of OIF and OEF and their spouses also attended the session.

SFC Smith made the ultimate sacrifice near Baghdad International Airport on April 4, 2003, and posthumously received the nation's highest military decoration, presented by President George W. Bush in April 2005.

Perhaps too young to be familiar with Lynyrd Skynyrd, David Smith said, "Who?" when asked if he was a fan, but after the autograph and photo session added, "This is pretty cool."

Birgit Smith, a Soldier in her own right, was brimming with pride and smiling from ear to ear throughout the event. The only time she broke her smile is when she feigned aversion to David's desire to join ROTC. "Oh my gosh," she said as she pretended to pull at her hair. But she could not keep her pride and smile at bay more than a second or two.

Making their way through the arena, the service members accepted handshakes, words of thanks, hugs and kisses from the crowds.

The concert's first act was the band .38 Special, fronted by Donnie Van Zant, brother of Lynyrd Skynyrd's front man Johnny Van Zant. They were followed by country/southern-rock hero Hank Williams Jr.

Lynyrd Skynyrd, a recent Rock 'n' Roll Hall of Fame inductee, was the headliner and grand finale of the evening. They raised the roof with classics like "Call Me The Breeze," "Gimme Three Steps," "Sweet Home Alabama" and the band's signature song, "Free Bird."

Near the end of their set, Johnny Van Zant tied Old Glory to his mike stand and told the crowd, "There are some military folks here

tonight. I got to spend some time with them backstage before the show." He then asked his audience to give a big round of applause for those service members, and a thundering ovation followed. Building on the crowd's enthusiasm, Van Zant added, "All I can tell you is that if you wear this country's uniform, Lynyrd Skynyrd is on your side." The crowd erupted again and the band broke into their patriotic classic, "Red, White and Blue."

"My Daddy worked hard, and so have I / Paid our taxes and gave our lives to serve this great country / . . . Yeah we love our families, we love our kids / You know it is love that makes us all so rich," sang Van Zant.

Typically people serving in the U.S. military are a pretty humble bunch. They get up every day, put on the uniform and do their job. They get called away from home and spend months or years far from their families. Some give more than that. It's their appreciation for our great country that drives them on and makes their sacrifices easier to swallow.

So what does appreciation mean? Going out of our way to shake a Soldier's hand and thank them for what they do. Giving them a pat on the back, a hug or a kiss on the cheek. Sometimes, it means making them feel like a rock star, if only for a few moments. **GX**

CONCERT TO RAISE MONEY FOR TENNESSEE WARRIOR

Story and photo by SSG Heather G. Allen

NASHVILLE, TN—On Tuesday, July 15, there will be a multi-band benefit concert for SGT Kevin Downs at Greer Stadium in Nashville, TN, starting at 8:00 p.m. In the past couple of years, SGT Downs has become a national hero, and this is his community's way of giving back.

On August 14, 2005, near Tuz, Iraq, life changed forever for SGT Downs, of the Tennessee Army National Guard. While conducting a mission as the Quick Reaction Force for his forward operating base, SGT Downs and his three crewmembers were hit by a pressure plate improvised explosive device. The blast threw him from the turret of the Humvee and fatally injured the Soldiers in his vehicle—SSG Asbury Hawn, SGT Gary Lee Reese and SGT Shannon Taylor.

SGT Downs' injuries were extensive, including the loss of both legs below the knee, burns over 64% of his body and loss of the use of his left arm. The past 22 months have been tough for him and his family, with countless surgeries, and many emotional ups and downs. Yet along the way, he manages not only to smile, but to make everyone around him smile, too.


SGT Downs has become somewhat of a cheerleader at Brooke Army Medical Center of San Antonio, TX, the only home he's known for the past two years. If he hears about a recently injured Soldier who's feeling down, he pays them a visit and says, "Hey! Look at me, I have been where you are, and it gets better." Wherever he goes in the hospital, everyone knows who he is and they're all happy to see him.

When we asked Tennessee Army National Guard spokesman MSG (ret.) Nate Crawford why this event was important to the Soldiers, he replied, "When we recognize a Soldier who has sacrificed so much for the freedom we enjoy, it shows them we will never forget. The support lets their family know it was not in vain. It's important that we show this Soldier and his family that we appreciate them."

The Home for a Hero concert will raise money for a home where SGT Downs can care for himself and move about safely when



TRUE GRIT The Home for a Hero concert will benefit SGT Downs so that he can live independently when released from the hospital.



A MULTI-BAND CONCERT EVENT
TUESDAY, JULY 17, 2007
GREER STADIUM, NASHVILLE, TN

*benefiting Sgt. Kevin Downs and to honor the TN National Guard and all United States Armed Forces.

he's released from the hospital. Some of the artists performing will be Lonestar, Joe Diffie, David Lee Murphy and Collin Raye. Storme Warren from Great American Country has signed on as the concert host. The Tennessee Army National Guard will be on-hand with fun activities for kids and adults alike. **GX**



If you'd like to make a donation toward creating an independent and positive future for SGT Downs, please visit:

www.homeforahero.com/kevin.html

OPERATION RUBY SLIPPERS: KANSAS SOLDIERS AID IRAQI COMMUNITY

Story and photo by SPC Jeffrey Ledesma
1st Cavalry Division Public Affairs
Courtesy of DVIDS, www.dvidshub.net



BAGHDAD, IRAQ—Although the Emerald City gates and a yellow brick road are nowhere to be found, these “Sunflower State” Soldiers are definitely not in Kansas anymore.

With family and friends back home wanting to help the cause, and the Iraqi people needing so much help, one Topeka Army National Guard unit stepped up and killed two birds with one stone with Operation Ruby Slippers.

“Operation Ruby Slippers is a result of being [out] in the battle space and recognizing the [need for] humanitarian aid . . . for the Iraqi people that isn’t being provided right now,” said LTC Kirk Pederson, a civil affairs officer with Headquarters and Headquarters Battery, 130th Field Artillery Brigade.

LTC Pederson said taking his brigade commander to the Civil Military Operations Center, where Iraqis get medical treatment and supplies, is what tipped the scales toward starting up the operation.

“It was that experience, and that interaction with the Iraqi people and the children, that made us say, ‘We need to do something,’” said the colonel.

The operation asked the surrounding communities of Topeka to donate everything from over-the-counter medicines to tape, bandages and wraps—the essentials for a basic first aid kit—to clothing and school supplies.

LTC Pederson added that they’ll be delivering these donations directly to the Iraqi people who need it most.

“Whether it’s soccer balls, pencils, school supplies or doing a medical operation . . . with supplies given from our family and friends and neighbors from back home, it’s all welcomed with open arms and sincerity by the local leaders that we get it to,” LTC Pederson said. “The local leaders can make sure the right people in their neighborhood get what they need.”

Contributions have been as big as providing the warehouse holding area for all

donations, and small as supplying a pair of sneakers for an Iraqi child.

The collaboration of everyone back home and in Baghdad resulted in two tons worth of donations.

LTC Pederson said he knows that people, companies and corporations back home want to help. Whether it’s during a hurricane disaster or tsunami, Americans are known for their generosity and compassion.

“During our (radio) drive, the first donation we got was [from] an anonymous donor. He walked up to the disc jockey and rolled out five \$100 bills and said, ‘This is for the Soldiers. I didn’t know what to get, but take this money and go buy what they need for the Iraqi people,’” LTC Pederson said.

Despite this generosity, though, one challenge still stands in their way. “We are having difficulty with the requirements of the Denton Amendment, getting an Iraqi

custodian to accept the donations and acquire the customs approval in Iraq,” LTC Pederson said.

Although many people have pulled together to get Operation Ruby Slippers rolling, it will cost an estimated \$20,000 to privately ship the rest of the donated items from Kansas to Iraq.

LTC Pederson said he knew that getting donations would be the easy part—because they’re National Guard, because they’re military and because they’re family. “Now,” he said, “it’s about getting it from Point A to Point B.” **GX**

Whether it’s soccer balls, pencils, school supplies or doing a medical operation ... with supplies given from our family and friends and neighbors from back home, it’s all welcomed with open arms and sincerity by the local leaders that we get it to.—LTC Kirk Pederson



HELPING HAND (left to right) Soldiers with Headquarters and Headquarters Battery, 130th Field Artillery Brigade take a photo during a basic medical supply drop-off.

INDIANA ARMY NATIONAL GUARD LOOKS TO THE FUTURE



By 1LT Anthony Legge
81st TC Officer Strength Manager

INDIANA—In Indiana, the Army National Guard's success in enlisted recruiting is being leveraged to meet the challenge of filling officer vacancies. On March 3, 2007, it hosted its first annual Future Officer Leader Conference. The purpose of the conference was to coach, teach and mentor future officers.

Over 300 future officers from eight Indiana universities that host Reserve Officer Training Corps (ROTC) programs were in attendance at the event. Also participating were high school juniors and seniors who had previously been selected and awarded the Indiana Army National Guard ROTC scholarship. There was also a strong contingent of officer candidates who plan on attending either federal, National Guard Bureau or state Officer Candidate School (OCS) in the coming year.

The mood of the conference was set with an airing of a clip from the popular HBO series "Band of Brothers." State leadership wanted to show the attendees an example of "what right leadership looks like." The clip was a terrific source of motivation to those who will be serving as platoon leaders later this year. MG R. Martin Umbarger, the adjutant general of

the IN NG, showed his support by thanking those in attendance and conveying the importance of serving in the U.S. military as an officer. BG David Harris, the 76th Brigade Combat Team commander, also spoke about the amount of success that can be achieved with hard work and dedication.

The topics addressed at the conference were selected for their relevance to both ROTC cadets and officer candidates, and included expectations about officer programs, educational incentives and scholarship information. COL Coates, the ROTC 9th Brigade Western Region commander, provided critical insight into how the National Guard's role in commissioning officers nested with the national officer appointment strategy of the active Army. The second part of the conference featured breakout sessions, with the leadership from both ROTC and OCS meeting with interested attendees on an individual basis. This was a tremendous opportunity for the Soldiers to get some one-on-one mentoring and counseling with their current and future professors of military science and OCS program representatives.

The conference was well received by both the officer candidates and ROTC cadets. For

those in attendance, it was an opportunity to see just how much their commitment to military service is appreciated. For the major command commanders, it was an opportunity for them to let their young Soldiers know that the leadership is fully committed to ensuring their success. At the end of the day, the conference had met its objective of providing mentoring for Soldiers, and guiding them through the major decisions of pursuing a commission and remaining committed to leading within the Indiana Guard. The day's events provided the Guard with a dynamic means to keep those Soldiers currently involved in getting a commission highly motivated, while simultaneously reaching out to those who have yet to fully commit to an officer commissioning program.

COL Doug Still, the assistant chief of staff—National Guard, Cadet Command, perhaps summed up the conference best: "Indiana is definitely heading in the right direction with the Future Officer Leader Conference." The partnership that has been forged with developing future leaders has received much support. In the end, these types of events will make a difference in increasing officer accessions and readiness within the Indiana National Guard. **GX**

WYOMING'S COWBOYS TRAIN IRAQI DETECTIVES

Story and Photo by SPC Mike Alberts
3rd Brigade Public Affairs

The Iraqi detective had been cultivating a relationship with his informant for some time. The informant knew where weapons were buried—weapons to be used against Iraqi security and coalition forces. When the informant finally agreed to reveal the location of the cache, the Iraqi detective's investment of time was about to pay off.

LT Delear Omer Ahmed, a detective with Kirkuk's Major Crimes Unit (MCU), relayed the tip to his coalition force counterparts. Together, the informant led them to the find—a rocket-propelled grenade booster, several rocket-propelled grenades and mortar rounds. A few days later, another of LT Delear's informants provided intelligence leading to a similar discovery hidden in a field.

That's exactly how law enforcement is supposed to work, and is working, due in large part to the MCU's partnership with Soldiers of the Wyoming Army National Guard.

Commonly known as the "Powder River Cowboys," a nickname derived from the Powder River that runs across a large portion of their state, Police Transition Team (PTT) Soldiers of the 2nd Battalion, 300th Field Artillery Regiment, currently attached to the 25th Infantry Division's 3rd Infantry Brigade Combat Team, have been training police detectives with Kirkuk's MCU in northern Iraq since December 2006. Coincidentally, several Soldiers on this PTT team are in law enforcement back in their home state. As such, this Wyoming-based unit is perfectly situated to help stand up Kirkuk's MCU.

The MCU is a special investigative unit that operates in the Kirkuk Province and exclusively investigates major crimes such as terrorism, kidnapping, extortion, and forgery of government documents and currency, among other things. The MCU currently employs 12 detectives, along with a complement of senior law enforcement leadership.

According to SSG Terry Cheairs, PTT chief and squad leader, 2-300th FA, it was a mission and unit that required a lot of attention. Just two months before SSG Cheairs' team arrived, a catastrophic car bomb demolished the MCU offices in downtown Kirkuk.

"When we showed up, MCU detectives were in a bombed-out building with an arms room for securing weapons and one office. The hallway where investigators were forced to work was open to the city—a sniper's dream. Literally, all they had was two couches, a chair, a coffee table and a single phone stand. It was a bleak situation," said SSG Cheairs. "It was so bad that they were managing case files from paper bags out of the trunks of their personal vehicles," he continued.

SSG Cheairs is a father of two who, when not deployed, serves his community as a detention corporal with the Campbell County Sheriff's Department. He empathized with these Iraqi cops, so he and his team immediately identified new working space, coordinated the purchase of new furniture and equipment, and got down to training.

While the MCU still needs more vehicles and an on-site detention facility, their case management, evidence collection, crime scene responsiveness and security have markedly improved since their partnership with Soldiers of the Wyoming Guard.

"These guys are seasoned investigators that deal with horrendous crimes," said SSG Cheairs. "From a stateside viewpoint, we, as law enforcement, all train for mass casualty scenarios. But these detectives actually work it every day; they deal [with the] unimaginable on a daily basis with limited resources, and they do it very well."

SSG Cheairs' colleagues agreed.

"The MCU is quite advanced compared to Iraqi police at other stations," said SPC Joseph Mangus, 2-300th FA. SPC Mangus, like SSG Cheairs, is in law enforcement and serves his community as a deputy sheriff. He worked as a jailer and now works patrol, and is serving his second tour in Iraq.

"[The MCU] has investigators that are actually willing to go out there and get their shoes dirty to solve cases," said SPC Mangus. "They have really come a long way and LT Delear's work with his [confidential informant] is just one of many examples of that," he said.

"I was really surprised at the number of talented detectives," said SPC J. Thor Fiedler, 2-300th FA. SPC Fiedler, who's serving his first combat tour, is also a deputy sheriff with the sheriff's department back in his hometown. SPC Fiedler is a detention officer.

"They have some really smart detectives, and they want to do the work," said SPC Fiedler. "They get called at all hours and it has really been a relief to us because they are unique in their level of enthusiasm that they have for their job. That's refreshing in this environment." **GX**



EXAMINATION LT Ahmed discusses an open investigation with WYARNG Police Transition Team outside MCU offices in downtown Kirkuk, Iraq.

AGAINST THE ODDS:

LOVE, LAUGHTER AND A NEW LIFE FIND KENDRA BAILEY

Story and photo by Chief Master SGT Gonda Moncada
Courtesy of TX NG PAO

TEXAS—Welcome to Part II of the inspiring story of Kendra Bailey and the Army National Guard recruiter who went beyond the call of duty to help improve her life. You'll find Part I in the April 2005 issue of *GX* 2.3, p. 19, and at GXonline.com/pastissues.

In April 2005, Kendra Bailey's doctor gave her 20 minutes, 20 days, maybe 20 months to live. Yet today, because God answered her mother's daily prayers, Kendra is not merely living, but living a dream. Since we ran that story, she married her best friend and love of her life.

PART I—RECAP

It began with a simple recruiting call by SSG Michael W. Lindsey to high school senior Kendra Bailey, whom he'd never met. He was hoping to enlist her into the Texas Army National Guard. When he realized that a rare heart condition disqualified her from military service, SSG Lindsey entered Kendra into the computer as "ineligible for military duty," and that was the end of that.

Or so it seemed.

Soon afterward, by coincidence, SSG Lindsey wandered into the store where Kendra's mom, Sally Saldana, worked. SSG Lindsey learned more about Kendra's rare condition from Saldana. It's called spongiform, and makes portions of Kendra's heart resemble a sponge rather than normal muscle tissue.

According to Saldana, "Kendra's cardiologist's [instruction] was: 'No exertion, no exercise and no sports.'" Because Kendra lived so far from the nearest hospital, the doctor also recommended getting an automatic electro-defibrillator and keeping it handy until Kendra could undergo surgery.

Kendra's insurance refused to pay for the defibrillator, and that's where SSG Lindsey and his wife, Rhonda, stepped in. Rhonda had connections with several companies that

manufacture portable defibrillators and SSG Lindsey contacted each one, asking them to donate a unit.

Stacy Steven, an employee at Phillips and mother of two, was deeply moved. "Don't worry, Mr. Lindsey," she told him, "you'll have your defibrillator." True to her word, the company donated the \$5,000 unit—at no charge—and delivered it to the armory in Stephenville. After this, Kendra never left the house without the unit.

This is where our story of SSG Lindsey and Kendra would have ended, except when we caught up with them again recently, we discovered a new intriguing plot twist in their story.

PART II—EXCITING CHANGES FOR KENDRA AND SSG LINDSEY

On Sept. 1, 2005, Kendra married Michael Wayne Lynch, her best friend since high school.

"Happiness is being married to your best friend," Kendra beams, revealing that the pair is working on getting pregnant. The impending pregnancy worries Saldana, though, as giving birth could be dangerous for her daughter. "With Kendra having a baby, I [could] lose mine," Saldana said. "I told Michael he might have to raise the baby by himself. But I know he would be a good dad, and he has his mother and me to help."

Kendra's doctor is very much opposed to her having a baby. But, he knows Kendra's own instincts about her health are pretty much on target. For example, she put off a surgery she needed until she sensed she was ready for it. "All of a sudden, I knew it was time," she said. "I don't know [how], but I knew." That surgery, which occurred in September of 2005, was a success.

Neither Kendra nor her husband talk very much about her precarious medical condition. "I know it's there," says Michael, "but we don't dwell on it." In the meantime, he takes her fishing, is always there for her doctor appointments and, Kendra



HAPPY DEVELOPMENTS (left to right): Michael Lynch, Kendra, SSG Michael Lindsey and Sally Saldana among the famous Texas Bluebonnets.

reveals, "Gives the best foot massages in the world."

Although unable to work, Kendra attends college online and looks forward to becoming a mom. And thankfully, in the best news of all, she hasn't been in an emergency room in almost a year.

Meanwhile, Saldana found a job in a store closer to Kendra and Michael's new home and is very much part of their lives. "I suffer from empty nest syndrome now that Kendra [moved out]," she said.

And SSG Lindsey? He transferred to the headquarters company of the 2nd Battalion, 149th Aviation and returned to the job he loves most in civilian life—paramedic. He's also on active duty, doing special work in anticipation of deployment to Iraq early next year. "I'm on orders right now because I want to prepare my men to be as ready as possible," he explains.

And so the tide has turned in this three-way love story. Now it's Michael and Kendra's turn to support the man who was so instrumental in changing Kendra's life for the better. And they will. Kendra and Michael Lynch have vowed to stay connected with SSG Lindsey via email, packages and letters. **GX**



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— IN —

WWII

By Jason Hall, Director National Guard Education Foundation (2003-2007)

Though today's global conflicts demand so much of the National Guard, and so much of our attention, we must not forget the Guard's long legacy of defending freedom around the world, beginning long before our involvement in the Middle East.

Many Americans believe the Guard is taking its largest role ever in overseas deployments. On the contrary, during WWII, the National Guard was the first to prepare for the war, the first to deploy and the first to see combat. In the end, all National Guard divisions would serve: nine in the Pacific and nine in Europe.

We lose over 1,000 WWII Veterans each day in this country. As these members of the "Greatest Generation" pass into history, so do their stories of courage and heroism. But we can keep their memories and heroism alive by remembering the incomparable contributions they made to Freedom during this complicated and bloody war. >>>



Soldiers of the Guard's 165th Infantry Regiment, 27th Division, assault "Yellow Beach Two" on the island of Makin on November 20, 1943.

As war clouds gathered in Europe and the Pacific, the United States attempted to remain neutral. It was clear to President Roosevelt, however, that we would eventually become involved.

At the time, the U.S. Army numbered only 190,000 Regular Soldiers. This ranked it 17th in the world, just behind Romania's army. So after the fall of France to German forces in June of 1940, Congress declared a national emergency and authorized the president to mobilize the National Guard. By mid-1941, the entire National Guard was on active duty—the greatest peacetime mobilization of the National Guard in history. The 18 divisions, 82 regiments and 29 observation squadrons doubled our Army's size. Though they thought they'd serve for one year, almost all would serve for five years or more.

The mobilization exposed many flaws in Guard readiness. Training camps had inadequate housing, mess facilities and equipment. The lack of weaponry was so bad that during combat training, stovepipes were used to simulate cannons and mortars, pine logs were substituted for machine guns, and riflemen carried sticks and brooms.

1941-42 From Pearl Harbor to Bataan

"Yesterday, December 7, 1941—a date which will live in infamy—the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan."

—President Franklin D. Roosevelt, Dec. 8, 1941

As President Roosevelt spoke these words to Congress, the National Guard was already in combat. During the attack on Pearl Harbor, the 298th and 299th Infantry Regiments of the Hawaii National Guard, along with California's 251st Coast Artillery, fired the National Guard's first shots of WWII.

The next day, Corporal David M. Akui of the 298th made history when he captured Ensign Kazuo Sakamaki, commander of a Japanese submarine intended for use in the Pearl Harbor attacks. Thus, the first Japanese prisoner of war taken by the U.S. was captured by a National Guard member.

Within hours of the Pearl Harbor assault, waves of Japanese aircraft attacked Clark Airfield north of Manila, capital of the Philippines. The 1,800 men of the 200th Coast Artillery, New Mexico National Guard, returned fire and shot down five enemy aircraft. When the Japanese invaded the Philippines, the 200th and other National Guard units fought valiantly as they were pushed down the Bataan peninsula. One young Guard Soldier from New Mexico, Vicente Ojinaga, was so determined not to surrender, his comrades had to "dog pile" him to the ground to prevent him from attacking Japanese tanks with nothing more than his empty rifle and bayonet.

On April 9, 1942, after the fall of Corregidor (a Philippine Island), and suffering from illness and a shortage of food and ammunition, all remaining American and Filipino forces on the Bataan Peninsula surrendered. In the "Bataan Death March," they were led to prisoner

of war camps, where those who survived remained for three years.

1942 Pacific Theater: The "Americal" and "Buckeye" Divisions

Although America's Battle of Midway victory in May of 1942 began to shift the advantage to the U.S. in the Pacific, the Japanese still occupied and controlled key locations. In New Guinea and the Northern Solomon Islands, Japanese forces threatened invasion of Australia and Hawaii.

On May 27, three National Guard regiments—Illinois's 132nd, North Dakota's 164th and Massachusetts' 182nd—were rushed to New Caledonia and joined to form the 19th National Guard division, nicknamed "Americal" as an abbreviation of America and New Caledonia. The division's 164th Infantry Regiment deployed to Guadalcanal in October to support the Marine forces there. The men of the 164th became the first U.S. Army Soldiers to go on the offensive in WWII. For its service on Guadalcanal, the "Americal" Division was the only WWII Army division to be awarded the Navy Presidential Unit Citation.

Ohio's 37th "Buckeye" Division arrived on Guadalcanal in time to see action in April of 1943.

1942 Australia: The "Red Arrow" and "Sunset" Divisions

Originally meant for deployment to Europe, the 32nd "Red Arrow" Division, from Wisconsin and Michigan, was instead sent to Australia. Its nickname comes from its shoulder patch, a red arrow through a



(right) Soldiers of the 32nd Division land on New Guinea. (inset) At the time there were few laws protecting a Guard member's civilian job during mobilization. Signs like this acknowledged those businesses that supported Guard employees.

bar representing the division “piercing the Hindenburg Line like an arrow” during WWI.

In May 1942, the 32nd fought alongside the Australians in New Guinea. In one of the most difficult campaigns of the entire war, it overtook heavily fortified Japanese positions at Buna, New Guinea’s southeastern coast, causing the first Japanese army defeat in modern history.

Following the division’s victory at Buna, the 32nd was relieved by the 41st “Sunset” Division, a National Guard division from Oregon, Washington, Idaho, Montana and Wyoming. While fighting in New Guinea, the 41st would earn another the nickname: the “Jungleers.”

1942 European Theater: Germany First

As American naval and ground forces continued to battle the Japanese, priority shifted to the European Campaign. The Allies considered Hitler and Nazi Germany a greater threat than the Japanese, and thus adopted the strategy of “Germany First”: the liberation of France and the rest of Europe.

Not yet prepared for a full cross-channel invasion of France, the Allies’ first combat would occur in the Mediterranean.

1942 North Africa: The Red Bulls and Operation Torch

The first American combat division to deploy overseas in WWII was the 34th “Red Bull” Division, hailing from Minnesota, North Dakota, South Dakota and Iowa. In January of 1942, they sailed to Ireland to train, and later participated in Operation Torch, the invasion of North Africa.

Along with other U.S. divisions, the 34th made an assault landing on the Algerian coast on November 8, 1942, fought across the deserts



and mountains of Tunisia, and helped force the surrender of the famed German “Afrika Corps” in May of 1943.

1943 Italy: The “Thunderbird” Division

After the German forces were defeated in North Africa, the focus turned northward to Europe. The next obstacle was Italy.

Commanders considered the capture of Sicily the key to the successful conquest of Italy. During the invasion of Sicily, the 45th “Thunderbird” Division, of Oklahoma, Arizona, Colorado and New Mexico, first saw combat on June 8, 1943. Over 22 days of continual fighting, the 45th covered more ground than did any other Army division during that period.

1943 Italy: The 34th and 36th Provide Reinforcements

The third National Guard division to see combat in the Mediterranean was the 36th Division from Texas, which landed at Salerno on September 9, 1943.

Extremely stiff enemy resistance hampered the troops, nearly faltering the landing. The 45th Division quickly reinforced the Salerno beachhead, and the combined Allied forces captured Naples and began their slow arduous advance up the Italian “boot.”

The 34th, 36th and 45th divisions fought in every major campaign in Italy, including the assault of the German Winter Line, the crossing of the Rapido River, “Bloody Anzio” and the eventual capitulation of Rome on June 5, 1944.

During the campaign against the Winter Line, Soldiers in the 34th Division from units outside of Minnesota were attached to the Minnesota units. They fought so closely together that one Veteran remarked, “At the end of the campaign even those not from Minnesota spoke with a Minnesotan accent.”

1943 Eastern Europe: Operation Tidal Wave

In addition to ground forces, National Guard flying squadrons also saw combat in the Mediterranean and European theaters.

The Squadrons consisted of reconnaissance, fighter and bomber units. One of the most amazing—and costly—air missions of the



war was Operation Tidal Wave, the code name for the raid on the oil refineries at Ploesti, Romania. These refineries supplied two-thirds of Germany's petroleum production at the time.

Leading the low-level attack was the 93rd Bombardment Group, commanded by Ohio National Guard's LTC Addison E. Baker. Though LTC Baker's B-24, nicknamed "Hell's Wench," was on fire and losing altitude, he refused to break up the lead formation by landing, and led

his group to the target. After dropping their bombs with devastating effect, then leaving the formation, LTC Baker's valiant attempts to gain enough altitude for the crew to escape by parachute failed, and his aircraft crashed.

For their gallant leadership and extraordinary flying skill, both LTC Baker and his pilot, MAJ John L. Jerstad, received the Medal of Honor posthumously.



Members of the 29th Division advance through the hedgerow country of Normandy in June, 1944.

1943-44 Pacific Theater: 10 National Guard Divisions in Combat

While Allied forces prepared for the invasion of France, American strategy in the Pacific was to isolate Japanese forces geographically in preparation for the assault on the home islands.

Commanders had developed a new strategy, using two offensives against the Japanese. One, led by GEN Douglas MacArthur, would be in the Southwest Pacific, to recapture the Philippines. The other, led by Admiral Chester W. Nimitz, would be in the Central Pacific, with the goals of destroying the Japanese Navy and capturing islands for possible use as jump-off points for the forces.

Ten National Guard divisions participated in this plan—nine under the command of GEN MacArthur, and one under Admiral Nimitz, New York's 27th "Empire" Division. In November of 1943, as the Marines attacked Tarawa, the 27th Division attacked and captured Makin Island after three days of fighting. Three months later, the 27th captured Eniwetok in the Marshall Islands. In June of 1944, the Soldiers of the 27th fought alongside Marines during the invasion of Saipan.

The nine National Guard divisions under GEN MacArthur's command played a crucial role in the Southwest Pacific campaigns that struggled through the mountainous jungles of New Guinea and ultimately liberated the Philippines. The Americal, 37th, 40th and 43rd divisions fought bravely in the Solomon Islands during the latter half of 1943. Beginning in early 1944, GEN MacArthur conducted a brilliant offensive along the northern coast of New Guinea.

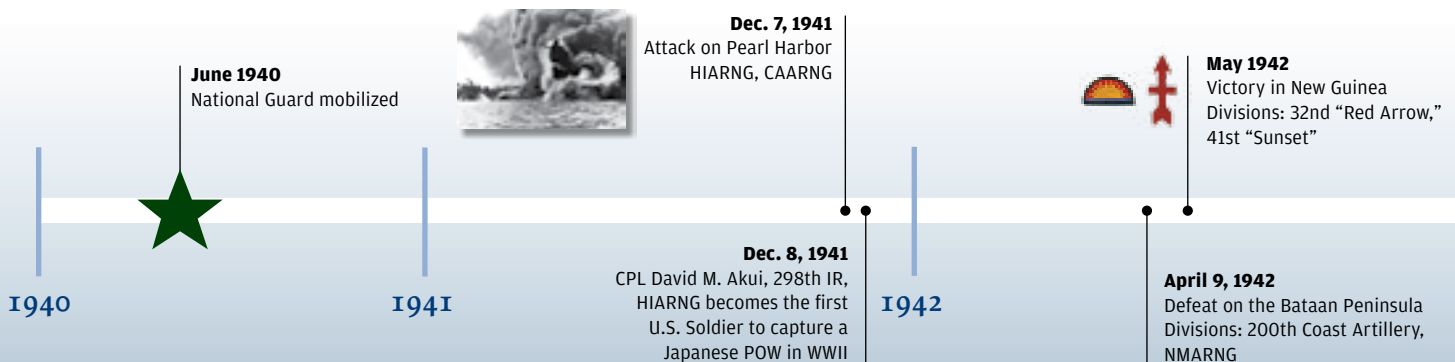
Europe: The Ranger Battalions

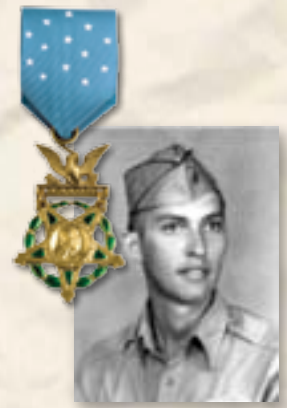
On the other side of the globe, the Allies were preparing for the cross-channel invasion of Europe.

A new type of unit was emerging in the Army: the Ranger Battalion, named after a unit used by National Guard commander MAJ Robert Rogers during the French and Indian War.

The concept behind the Ranger battalions was to learn and utilize the specialized training of the British Commandos. One such unit, the 29th Ranger Battalion, was created as a provisional unit within the Guard's 29th Division. Detachments accompanied their instructors on three hit-and-run raids in Norway and in the English Channel, and in Allied pre-invasion exercises in England.

When the battalions disbanded and the men rejoined their original units, the knowledge and training they shared with the other members of their units gave them an advantage in the upcoming amphibious attack on occupied France.





TSGT Van T. Barfoot
May 23, 1944

Native American TSGT Van T. Barfoot's incredible heroism, valor and aggressive resolve in the face of pointblank fire remain an inspiration to American Soldiers.

As his platoon fought enemy forces near Carano, Italy, TSGT Barfoot, of the 45th ID, moved in on the left enemy flank. In the first machine gun nest he found, he killed two Nazis and wounded three. Then he found a second, killed two more Nazis, captured three and many surrendered. He was up to 17 prisoners.

Later that day, the enemy came back attempting a counterattack in three armored Mark VI tanks. TSGT Barfoot, armed with a bazooka, took an exposed position right in front of the tanks, and his first shot disabled the front one. The other two headed toward the flank.

As the crew of the leading tank dismounted, TSGT Barfoot took out three of them. Heading further along enemy ground, he found abandoned Nazi artillery and destroyed it.

After all this, TSGT Barfoot helped two of his seriously injured Soldiers 1,700 yards to safety.

Long Road To Freedom

Guard units started their long, arduous journey toward victory in Europe on the shores of Algeria on November 8, 1942. From the deserts of North Africa to the beaches of Normandy, Guard and regular Army troops invaded and moved swiftly to Europe's interior. After many months of hard-won victories, American forces breached the German border in the spring of 1945 and relinquished Hitler's stronghold on the continent once and for all. All told, 125,630 Guard Soldiers lost their lives in the European theater on the quest for freedom.

1944 France: D-Day and the 29th Division

On June 6, 1944, which would come to be known as D-Day, Allied Naval, Army and Air Forces invaded France.

The National Guard's 29th Division, along with the Regular Army's 1st Division, landed on Omaha Beach. With units from Virginia, Maryland and the District of Columbia, the 29th is known as the "Blue and Gray," reflecting the fact that these states were on opposing sides during the Civil War.

That day, the 29th Division and 14 other non-divisional Guard units helped secure a foothold that would lead to the eventual downfall of Nazi Germany.

For an in-depth look at the Guard's role in the Normandy Campaign, please see page 66 of this issue.

1944 France: Post D-Day and the 29th, 30th and 35th Divisions

Ten days after D-Day, the 30th "Old Hickory" Division landed in Normandy. This division, from North Carolina, South Carolina and Tennessee, proved pivotal in the Battle of Mortain. During this fight, the 30th blunted a German counterattack intended to stop the

American breakout from the Normandy hedgerow country. In the fall of 1944, the 30th Division would be one of the first American divisions to breach the famous Siegfried Line.

After American forces moved off the Normandy beaches, in July of 1944, the 29th Division captured a key strategic road junction at St. Lo, France, with the help of the 30th Division and the newly arrived 35th "Santa Fe" Division, from Kansas, Missouri and Nebraska. Following the link-up with the other Allied landing forces, the combined force turned toward Paris.

COURTESY OF HOME OF HEROES / RAY DENE BERRY

Nov. 8, 1942
 Operation Torch
 North Africa
 Divisions:
 34th "Red Bull"



June 8, 1943
 Capture of Sicily
 Divisions: 45th "Thunderbird"



September 1943

Invasion of Italy
 Naples and Salerno
 Divisions: 45th "Thunderbird,"
 34th "Red Bull," 36th



1943

August 1, 1943
 Operation Tidal Wave
 Romania
 Divisions: National Guard
 Flying Squadrons



(right) A WWII-era jacket bearing the insignia of the 31st Sunset Division.





PFC Silvestre S. Herrera
March 15, 1945

Moments after losing both his feet in a landmine explosion, PFC Herrera kept on fighting for Freedom.

PFC Herrera of the 36th Division and his unit were heading into enemy territory near Merrwiller, France, when they were stopped by intense enemy fire. The rest of his platoon took cover, but PFC Herrera moved forward and shot three Nazis. Eight others surrendered.

The platoon kept going, but was halted by fire again. Running for cover, PFC Herrera stepped on a landmine. It blew him into the air, and he came down on another one. He instantly lost both legs below the knee.

During all this, PFC Herrera somehow held onto his M-1 rifle. He bandaged one leg, dragged himself to cover and, began firing. He hit at least one Nazi and forced others to take cover.

While he provided cover, PFC Herrera's platoon moved in and killed the Nazis.



(above) Men of Company B, 165th Infantry, 27th Division, burn out the entrance of an enemy cave on Okinawa in June of 1945.

(right) A platoon leader from the 26th Infantry Division fires his M-1 Garand rifle from a burning building which was hit by a mortar shell in Saarlautern, Germany, February 16, 1945.



COURTESY OF NATIONAL GUARD EDUCATION FOUNDATION / COURTESY OF HOME FOR HEROES

June 6, 1944
 D-Day
 Normandy, France
 Divisions: 29th plus 14 non-divisional Guard units

Aug. 25, 1944
 Liberation of Paris
 Divisions: 28th "Keystone"

September 1944–February 1945
 Battle of Huertgen Forest
 Belgium/Germany
 Divisions: 28th "Keystone"

August 6–10, 1944
 Battle at Mortain
 Northern France
 Divisions: 30th "Old Hickory"

Aug. 15, 1944
 Operation Dragoon
 Southern France
 Divisions: 36th, 45th

October 27, 1944
 1st BN, 141st INF REG, TXARNG "The Lost Battalion" is rescued in South Pacific
 Divisions: 442nd Regimental Combat Team, 100th INF BN, HIARNG

1944 France: Operation Dragoon and the 36th, 45th and 28th Divisions

On August 15, just over two months after the Normandy landings, the Allies landed in Southern France. Known as Operation Dragoon, this action was meant to increase pressure on the Nazi forces in France. Both the 36th and 45th divisions went ashore in the French Riviera. Instead of wealthy tourists on holiday, the men of the 36th and 45th occupied the Riviera's beaches and led the offensive up the Rhône River.

The 28th "Keystone" Division from Pennsylvania joined American forces pushing toward Paris. Although the 28th helped liberate Paris, New Jersey's Troop B, 102nd Cavalry, a non-divisional Guard unit, is believed to be the first American unit to reach the French capital.

1944 Europe: Germany and the 28th Division on the Frontline

Following the liberation of Paris on August 25, the 28th Division moved through France toward the German border. A high casualty rate during the Battle of Huertgen Forest caused Veterans of the 28th to begin calling its red keystone shoulder patch the "bloody bucket."

After a time of rest and re-supply, the 28th was moved to the front-line of the American advance. In December of 1944, they would bear

the brunt of the initial German attack in the Ardennes—the Battle of the Bulge. The 28th fought stubbornly, knocking the German forces off their timetable. This delaying tactic gave the Regular Army's 101st Airborne Division desperately needed time to reach Bastogne and dig in.

In fact, the only reason the "Battered Bastards of Bastogne" were able to reach Bastogne at all was that the National Guard's 28th Division slowed the German onslaught, and it was National Guard members who fought through the German "Bulge" to relieve the 101st.

1944-45 Pacific Theater: The 26th "Yankee" Division

At the spear point of GEN George S. Patton's attack to relieve the defenders of Bastogne was the 26th "Yankee" Division, from Massachusetts. The 26th first entered combat in Lorraine in late summer of 1944, and after relieving Bastogne, drove across Germany in the spring of 1945, captured Linz, Austria, and ended the war in Czechoslovakia.

1944 Europe: The 44th "Four by Four" Division

Although the 44th "Four by Four" Division, from New Jersey and New York, didn't arrive in Europe until October of 1944, it fought in the difficult campaign in the Vosges Mountains. The 44th would ultimately breach the Siegfried Line and capture Mannheim, Germany.

1945 Germany Surrenders

The three original National Guard divisions in combat in the Mediterranean continued on to the end of the war. The 34th Division fought in Italy until German forces surrendered there on May 2, 1945. The 36th and 45th divisions helped overrun Germany in early 1945. The 45th Division also helped liberate the Dachau concentration camp. (For an in-depth look at the 45th Division's liberation of Dachau, please see page 60 of the April 2007 issue of GX; also available at GXonline.com/pastissues.)

At 2:41 a.m. on May 7, 1945, the Chief of Staff of the German Armed Forces High Command, General Alfred Jodl, signed the unconditional surrender for all German forces to the Allies, ending the long nightmare in Europe.

Nine National Guard divisions served in Europe, with casualties totalling 125,630.

1944 Pacific Theater: The Capture of Manila

Back in the Pacific, by September of 1944, GEN MacArthur's forces were marching toward Singapore and the southern end of the Philippines. The 32nd and "Americal" divisions landed on Leyte in November of 1944, and the 31st and 41st divisions landed shortly thereafter. The 31st "Dixie" Division, of Florida, Alabama, Louisiana and Mississippi arrived. Following the Leyte invasion, the 31st and 41st divisions landed on Mindanao in early 1945, with the 40th "Sunshine" Division, from California, Utah and Nevada joining them soon after.



1945

February 1945
Capture of Manila
The Philippines
Divisions: 32nd "Red Arrow," 33rd, 37th "Buckeye," 38th "Cyclone," 40th, 43rd

December 1944
Battle of the Bulge
The Ardennes, Europe
Divisions: 28th "Keystone"

June 1945
Conquest of Okinawa, Japan
Divisions: 27th "Empire"

May 7, 1945
Germany Surrenders

August 1945
Bombing of Hiroshima and Nagasaki, Japanese Surrender

(right) A helmet worn by a member of the 39th ID.







COURTESY OF NATIONAL GUARD EDUCATION FOUNDATION / COURTESY OF DEFENSELINK.MIL

Four National Guard divisions in the advance guard of GEN MacArthur's main thrust against Luzon—the 32nd, 37th, 40th and 43rd—slashed through the lowlands of Luzon and captured Manila.

The capture of Manila involved the most difficult urban fighting of the entire war. At the same time, Corregidor was recaptured by the 38th "Cyclone" Division from Indiana, Kentucky and West Virginia. The Japanese forces withdrew northward. The Guard's 33rd, 37th and 38th divisions thrust northward into the mountains of Luzon and defeated the Japanese, securing the Philippines once and for all.

For their efforts in liberating the Philippines, Gen MacArthur christened the 38th Division "Avengers of Bataan."

Pacific Theater: National Guard Flying Squadrons

National Guard flying squadrons served in the Pacific Theater as well as in the European Theater. Two squadrons—the 106th from Alabama and the 110th from Missouri—flew in the Southwest Pacific Theater.

The National Guard played a limited role in the China–Burma–India theater, with one Guard infantry unit in combat, and five squadrons flying reconnaissance, light transport and evacuation missions over Burma's mountainous region known by American pilots as "the Hump."

1945 Pacific Theater: The Conquest of Okinawa

The conquest of Okinawa was the largest amphibious invasion of the Pacific Campaign, and the last major campaign of the Pacific Theater. The Battle of Okinawa proved to be the bloodiest battle in the Pacific.

The invasion began on April 1, 1945, when two Marine and two Army divisions landed. One of the Army divisions was the National Guard's 27th Division, which had seen action in the Marshall Islands and at Saipan. The 27th fought tenaciously for more than two months, until winning the battle in late June. After its success in Okinawa, the 27th Division was preparing for the invasion of the mainland Japan when it heard of the use of atomic bombs against Japan.

1945 Japan: The Bombing of Hiroshima and Nagasaki

On August 6, 1945, the atomic bomb Little Boy was dropped on Hiroshima by the B-29 Enola Gay. Three days later, on August 9, 1945, the nuclear bomb Fat Man was dropped on Nagasaki by the B-29 Bock's car. Six days after, on August 15, 1945, Japan agreed to terms of unconditional surrender. The surrender documents were signed aboard the USS Missouri on September 2, 1945.

The war was now over. The 10 National Guard divisions involved in the Pacific Theater suffered 48,521 casualties, bringing total National Guard casualties of WWII to 174,151. These sacrifices are commemorated in the National WWII Memorial.

2007 Washington, D.C: The National WWII Memorial

While I was writing this article at home in Washington, DC, I decided to take a long break and walk down to the National WWII Memorial. After reading about what National Guard Soldiers had gone through during the war, it struck me, as I passed families enjoying a peaceful, sunny day on the National Mall, that we have Guard members from

(top, left to right) SSG Hervert S. Liman, 134th Infantry, 35th Division, tries to locate a German sniper in Lutrebois, Belgium. PVT Ernest H. Callison, 147th infantry regiment, of Ohio's 37th Division, takes time out t while fighting in the Pacific to read a letter from home.

(left) Soldiers of Company I, 133rd Infantry, 34th Division, returning to camp after working on secondary defensive positions around Bologna, Italy in February of 1945.



PV1 Kaoru Moto July 7, 1944

Severely injured, PV1 Kaoru Moto of the 100th Infantry Battalion (Separate) advanced among snipers and deadly machine gun nests, demanding enemy surrender at every turn.

PV1 Moto was first scout near Castellina, Italy. Spotting the enemy in a machine gun nest, he moved just 10 steps from it, and took out the gunner. When the second gunner shot back, PV1 Moto crawled around back of the nest and surprised him. The second gunner immediately surrendered.

PV1 Moto grabbed his prisoner and holed up near a house to keep the Nazis from using it as an OP. After spotting another gunner team move into position, PV1 Moto sprayed lead, and the enemy ran. But at the same time, PV1 Moto was hit bad by sniper fire from another house.

While dodging more fire, PV1 Moto moved for the med station. When he ran into another gunner nest, he full-on opened fire, wounding two of the three enemies in there. PV1 Moto moved in, demanding surrender, and when no one replied, he opened fire again. The Nazi gunners quickly surrendered.

WWII until now to thank for the peace and security we enjoy.

If you haven't visited the National WWII Memorial yet, I highly recommend it. The memorial consists of 56 pillars, each measuring 17 feet tall. The pillars are arranged in a semicircle around a central plaza, with two 43-foot arches on opposite sides. Each pillar is inscribed with the names of the then-48 U.S. states, the District of Columbia, the Alaska Territory and Territory of Hawaii, the Commonwealth of the Philippines, Puerto Rico, Guam, American Samoa and the U.S. Virgin Islands. One arch is inscribed with the word "Atlantic," the other with "Pacific," honoring both theaters of the war.

The west side of the memorial is known as the Freedom Wall, and offers a view of the Reflecting Pool and Lincoln Memorial beyond. On the wall, each of 4,048 gold stars represents approximately 100 American deaths incurred in the war. Gazing at these stars, it hit me: National Guard casualties comprise almost half of all American casualties of WWII. So when you hear that the National Guard is being deployed more now than ever before, you know better. You know the Guard fully deployed for WWII, fought in every major battle and gave heavily of its Soldiers for Freedom. **EX**

The National Guard took to the field 18 infantry divisions, 300,000 men.

Those State troops doubled the strength of the Army at once, and their presence in the field gave the country a sense that it had passed the lowest ebb of its weakness . . . Nine of those divisions crossed the Atlantic to Europe and Africa and nine went to the far reaches of the Pacific. The Soldiers of the Guard fought in every action in which the Army participated from Bataan to Okinawa. They made a brilliant record on every fighting front. They proved once more the value of the trained Citizen-Soldier.—Robert P. Patterson, secretary of war 1945–47, on the National Guard's role in WWII



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Pigs Fly!

How You Fought Back to Full Strength

By CPT Tim W. Irvin

“There weren't many folks who believed we could turn it around. As a matter of fact, many folks thought the Guard would return to full strength when pigs fly. Well, pigs must be flying because we're at full strength and continuing to grow,” said LTG Clyde Vaughn, director of the Army National Guard (ARNG), to *GX* at the National Guard Readiness Center April 18.

The general held a commemorative ceremony at the center to mark the Guard's full-strength accomplishment with music, song, a huge cake and his heartfelt thanks for the Soldiers' accomplishments.

Officially, ARNG is actually over 100 percent, exceeding the goal of 350,000 by accomplishing 350,421 as of March 30. This is the first time the Guard has made or exceeded 350,000 Soldiers since September 2003.

“This is a day of celebration for us, a piece of history, really,” added LTG Vaughn, “and you did it only halfway through this fiscal year.”

“We have struggled with keeping our numbers up for years. In 2005, we finished the year at 80 percent of our annual goal. Therefore, in January of 2006, Guard leaders and supporters fought attempts to lower the Guard's end strength, which would have reduced yearly funding.”

“If we had to look at the number one problem we had, strength was it,” said LTG Vaughn.

By the end of this past March, all that changed.

Few believed the Guard could do it. In June of 2005, the ARNG was down 20,000 Soldiers to 330,000. The biggest deficit in the Guard's 370-year history. The Guard will usually lose 60,000 Soldiers each year to retirements and normal attrition. Since June 2005, this represents a turnaround of more than 140,000 Soldiers.

“Look at what we've had to do since fiscal year '03. At a time when we're caught up in a war fight with declining strength, we managed to turn around recruiting, meet the mission of our nation and answer the call of the states with big events like Katrina, border patrol, forest

There weren't many folks who believed we could turn it around. As a matter of fact, many folks thought the Guard would return to full strength when pigs fly. Well, pigs must be flying because we're at full strength and continuing to grow.

—LTG Clyde Vaughn, director of the Army National Guard

Total Guard Strength: FY04 to Present



ILLUSTRATION BY JOHN PATRICK

fires and flooding. You can't find a more willing, dedicated and capable force anywhere in the world than these men and women of the Army National Guard. I can't begin to explain how proud I am to be a part of this organization," LTG Vaughn said to Soldiers gathered at the ceremony.

When *GX* asked the general what resources he credited for the success of the recruiting effort, he said it was a combination of many programs. Guard leadership had to take a close look at what needed to be done to bring strength up, LTG Vaughn explained, and they did it with a variety of programs, better bonuses, a larger recruiting force, and new marketing and advertising campaigns. "I'd say this may be the biggest turnaround you'll ever see in your lifetime."

G-RAP

One of the key programs to the Guard's success is the Guard Recruiting Assistance Program (G-RAP, GuardRecruitingAssistant.com). The program pays qualified Soldiers up to \$2,000 for every person they bring into the Guard. G-RAP, which takes a peer-to-peer recruiting approach, was launched in five states in December of 2005, and it eventually rolled out nationwide. So far, over 32,000 of the Guard's new Soldiers were recruited through G-RAP. "With over 120,000 recruiting assistants in G-RAP, the program is very powerful. And the numbers show just how powerful G-RAP is. In fiscal year 2006, 15,554 Soldiers joined the Guard because of G-RAP. This is 23 percent of all those who joined the Guard that year. And G-RAP is on track to bring in an average of 3,000 new Soldiers each month," explained LTG Vaughn.

"If the key to recruiting success is more recruiters, then we've now got more of them than any other branch spread out across every community in America," declared LTG Vaughn, "Guard Soldiers make the finest in the field when it comes to peer-to-peer recruiting."

RSP

If G-RAP is the hand of recruiting, then the Recruit Sustainment Program (RSP) is the glove. The mission of RSP is to prepare non-prior service enlistees, referred to as "Warriors," for the physical and mental rigors of initial active duty for training (IADT). In RSP, the cadre instills the seven Army Values in each Warrior. The goal is to reduce training pipeline losses and verify Warriors are administratively, mentally and physically prepared to meet shipping requirements. But, is it working?

[N]inety-eight percent of our RSP Soldiers graduate from training—that's the highest percentage of all branches.—LTG Vaughn

"Well, 98 percent of our RSP Soldiers graduate from training—that's the highest percentage of all branches," said LTG Vaughn.

"We have the lowest training attrition rate we have ever had—currently 1.98 percent, which is the lowest of all branches. We reduced our initial losses to 4 percent. We shipped 10,000 more Soldiers to basic training this year than last year. So, yeah, it's working pretty well."

ESAR

Every Soldier a Recruiter (ESAR, 1-800-Go-Guard.com/ESAR) is a referral bonus program used by all Army components (Active, Reserve and National Guard). ESAR gives Soldiers and retired members of the Army the opportunity to assist with recruiting efforts, and a chance to earn \$2,000 for every enlisting referral.

ESAR was established to instill in all Soldiers and leaders that



LTG Clyde Vaughn became Director, Army National Guard, National Guard Bureau on June 15, 2005. He guides the formulation, development and implementation of all programs and policies affecting the ARNG.

Prior to his current post, LTG Vaughn spent 15 years in traditional assignments, and held numerous positions with the Army and ARNG.

Every Soldier is a Recruiter. ESAR is open to individuals in the ARNG, including Active Guard Reserve (AGR) Soldiers on Active Duty, military technicians and Active Duty for Special Work (ADSW) personnel. ESAR is also open to Soldiers of the Reserve, Active Army and retired members of the U.S. Army.

Eligible participants who make a qualifying referral may receive a bonus of up to \$2,000. Referrals must be non-prior service, and may not be a member of the referring participant's immediate family. Referrals

must enlist in the National Guard only. Currently, there is no limit on the number of referrals that a participant may provide.

LEADERSHIP

All these programs are ineffective without that good local and state leadership. The personal involvement of the adjutant general, governor and unit leaders in recruiting has been and will continue to be the foundation for success in maintaining Guard end-strength.

"Leadership is what ties it all together," said LTG Vaughn, when asked how important local leaders are to the recruiting mission.

A YOUNGER, TOUGHER GUARD

"Currently, we have over 150,000 combat Vets and that number grows every day. The rest are new Soldiers and these new Soldiers are eager to serve their country, eager to get their combat experience. Some say,

‘Well, it’s because of big bonuses, etc.’ **But, you can’t pay someone enough to serve in a bad organization,**” LTG Vaughn explained. “This is the first time in history that we have more young Soldiers with less than 10 years service.”

Congress-mandated strength for the Guard is set for 358,000 by 2013.

“We are on track to possibly hit that mark this year and continue growing to 360,000 in fiscal year ‘08,” stated LTG Vaughn.

The big advantage we have is we are in the communities.

“Guard Soldiers are the best advertisement for the military in the United States of America because we’re out there everywhere. We’re in many, many communities. In some places, we’re the only Soldiers in uniform,” the general added.

An area of concern is retaining our mid-career Soldiers, those in grades E-6, E-7, O-3 and O-4, he noted. That’s why G-RAP and ESAR are so important. These programs reward our Soldiers through bonuses and giving them the ability to attract new recruits who are folks they know and are willing to go to war with.

ARMY FIRST

The war fight is a strain on the Guard as well. We’re sending almost a battalion a month of fully trained Guard Soldiers to the Active Army because our Soldiers want to serve in Iraq and Afghanistan.

“When we looked at this, we said, ‘Holy cow, maybe it’s time we do something different. How can we help each other?’” said LTG Vaughn. “We want to use our recruiting machine to recruit Soldiers that will go on active duty first for 30 months. They’ll go on active duty because they know where they’re going. They’re going to the war fight. And when they come back, they come into the Guard.”

GOOD OL’ FASHIONED PATRIOTISM

In addition to great programs, this fantastic turnaround is also due to the hometown pride in our communities and the fact that the Guard cares about people.

“When the first wave of our Soldiers went to war, it was tough on our communities and our families. War is seldom popular, but while our men and women are away, you better not be saying something bad about them, not in their hometowns. A citizen’s pride in his hometown Soldier is something really strong in America. And when these Soldiers return and other young men and women see them back out in the community they say, ‘I want to wear that uniform, too. I want to serve my neighbors.’”

SMART OUTREACH, SMART MARKETING

“Look at our outreach programs like GED Plus (1-800-Go-Guard.com/education),” added the general. “This is a great program and these are great Soldiers. Their proclivity to stay in the Guard is really strong.”

“We’ve got some great branding and marketing campaigns, too. Look at what we do in NASCAR and FLW. Two great programs with strong family values that line up well with the Guard. How about the Guard advertisements in the movie theaters? Those are great short videos that feature Guard members from each state where the movies play” (1-800-Go-Guard.com/movies).

THE FUTURE

Strength has been a concern with the Guard for some time now and not just the enlisted ranks. Officer strength has struggled as well. When faced with the challenges of recruiting officers, LTG Vaughn has a plan.

“There’s two pieces to officer strength,” said LTG Vaughn. “One is maintaining our current officers.”

Company grade officers, lieutenant through captain, have certain

school requirements that they must meet in order to be promoted and maintain education. And as unit leaders, company grade officers are deployed regularly.

“We could pay them to go to school. I mean, that’s what they’re taking time away from their employer to do,” explained LTG Vaughn. This will help our current officer corps stay ready and willing to lead our Soldiers when called.

“The second piece is commissioning” said LTG Vaughn. “We’re going to have another commissioning source and we’re going to do it through the states’ programs. We’re going to do something like a son or daughter ROTC. It may not happen for the next three or four months but we’re going to do it.”

“Can we go to 360,000? Absolutely,” he said. “What I’m saying is, don’t let up.”

“As our recruiting machine continues to recruit, key leaders at all levels are working to reorganize Guard structure and transform it into an operational force that’s able to deploy, recover and deploy again.”

According to LTG Vaughn, eventually we will have 28 brigade combat teams (BCT) and up to 16 maneuver enhancement brigades (MEB), but equipment is a huge concern as leaders build these BCTs and MEBs, LTG Vaughn mentioned.

“You know the story [with equipment]. It’s not something we got into yesterday. Equipment has always been an issue for a long time. It’s the legacy of when the Guard was used as a Strategic Reserve,” said LTG Vaughn. “But, now we’ve got the Soldiers. What we’ve got to do is increase our capacity.”

“Now, we find that we have to take our equipment into training and sometimes leave it for use by other forces training. We take it into battle and have to leave it for other forces coming in behind us,” he added. “So we get back home and don’t have all the equipment we need, but we’re going to make our way back.”

It’s up to Regular Army and the Office of the Secretary of Defense to provide equipment, and it’s a lot easier to fund equipment when your force is at full strength.

If we receive the \$36 billion promised to us by the Regular Army and the Defense Department by 2013, we will have about 77 percent of the equipment we need for the new and current units, LTG Vaughn noted. And while it will take time for the Guard to replenish its equipment, its success in growing the force is a powerful statement.

“The most powerful thing we’ve got going is showing we have the strength,” LTG Vaughn concluded. “Don’t worry, the Guard will be there. We always have been, we always will be.” **GX**



ILLUSTRATION BY JOHN PATRICK



PRACTICE MAKES PERFECT Second lieutenants engage in live-fire exercise during BOLCII at Ft. Benning, GA.

BOLC II: Schooling Officers for Battle

By 2LT Lisa Menck
Indiana Army National Guard

I commissioned as a medical service corps officer in October of 2005. Upon commissioning, I was informed I had to complete the Officer Basic Course (OBC) of my branch in order to be qualified. I scheduled the course and went about my civilian life waiting for the date to come. Suddenly, I received an email explaining that my course had been canceled. Upon doing some research, I found that my course no longer existed due to the Guard changing their training methods. It turned out, that for many reasons the Guard did not feel their officers were adequately trained in their core duty as basic combat leaders.

What I didn't understand was why a medical service corps officer needed additional training in basic combat skills.

As a newly commissioned officer, I knew I was very dependent on the training I would receive, the jump from enlisted to commissioned had been a bit uncomfortable. I banked on the thought that after successfully completing training, I would be able to confidently lead a medical platoon. I trusted that the Guard would give me the knowledge I needed to be successful.

What the Guard had realized is that this branch-specific training wouldn't be enough for me to lead troops into combat. Officers all over were in need of remembering their core duty: leading Soldiers in combat skills. It is the Guard's duty to train them.

After some more research, I found the Guard's answer was called Basic Officer Leadership Course (BOLC) and it involved three phases plus an additional six-week course.

I will admit, as a traditional Guard member, I was a bit disappointed to know I had to leave home for an additional six weeks. At the same time, I was really curious as to what this new training was all about and was sure I probably needed it—after all, if the Guard issues it, you need it, right?

Knowing little about BOLC, I packed my duffle bag and was on my way to Fort Benning, GA, to report.

Forty-five days later, I am sitting in my barracks, two days shy of my graduation from BOLC II. After experiencing the course, I truly feel I understand and respect its purpose and intent.

The creation of BOLC has changed the training of newly commissioned officers by making them well rounded and better prepared for leading our troops into a combat environment. Newly commissioned officers must complete all three phases of BOLC to be fully qualified.

★ **BOLC I:** is the officer's commissioning source. This can be Reserve Officers Training Corps (ROTC), Officer Candidate School (OCS), a military institute, or a Direct Commission.

★ **BOLC II:** is combat-based training for all branches and commissioning sources.

★ **BOLC III:** is branch-specific training, previously known as OBC.

Breaking Down the Program

The major change in the newly commissioned officer's training is the additional seven weeks of training completed at BOLC II.

The purpose of BOLC II is to bring all commissioning sources together and acculturate them to the officer corps, while training them as troop leaders in basic combat skills.

WEEK ONE

Week one is mostly spent in processing and attending classes covering topics such as media interactions and understanding your role as a platoon leader.

WEEK TWO

Week two consists of student-led classes and 20 hours of modern army combatives. Combatives allows for students to gain comfort in physical altercations, while improving platoon cohesiveness in preparation for the weeks to come.

WEEK THREE

Week three was spent on weapons qualification with student-led ranges. Lieutenants use up-to-date, high-speed equipment such as Close Combat Optics (CCO's) with M-4 rifles, which is a big change from the normal iron sites on M-16s. PAC4s were also used in conjunction with night vision goggles in order to complete a night fire with live ammunition and pop-up targets. Classes and ranges are student-

led with the assistance of non-commissioned officers in order to make the students take charge and to build off the experience many of them already have. Cadre is responsible for consistent counseling in order to improve each lieutenant's leadership skills.

WEEKS FOUR-SIX

Classes continue and missions begin while in the field during weeks four through six. Students take the role of platoon leader, platoon sergeant and squad leader, and receive each mission from higher command. The students in the leadership position are responsible for everything from the mission analysis to the supply request. Students are given a small amount of time to brief the platoon on the operation order and prepare for movement. Once the mission is carried out, cadre provides feedback based on their professional experience and the leadership changes for the next mission. Students get the opportunity to act and be evaluated in all leadership positions within a platoon. There is a constant rotation to teach each student what it's like to be a leader, as well as to be led. This method allows for students to evaluate different leadership styles and apply what works best.

The missions vary, but are all based on real combat situations cadre have faced. Students gain tactical experience in urban operations, convoy operations, improvised explosive device reactions and the basic warrior battle drills. Students are also familiarized with weapons, and must know how to load, clear, aim, fire, assemble and disassemble all of them. In order to ensure effectiveness of weapons training, students are given weapons such as the M-249 and M-240 on missions. This ensures the leadership gets experience in using these weapons to their advantage in a tactical environment.

In order to graduate, students must also qualify in both day and night land navigation and complete a 10-mile ruck sack march. Although physical training is cadre-dependent, students must prepare themselves physically before reporting to a physical training test.

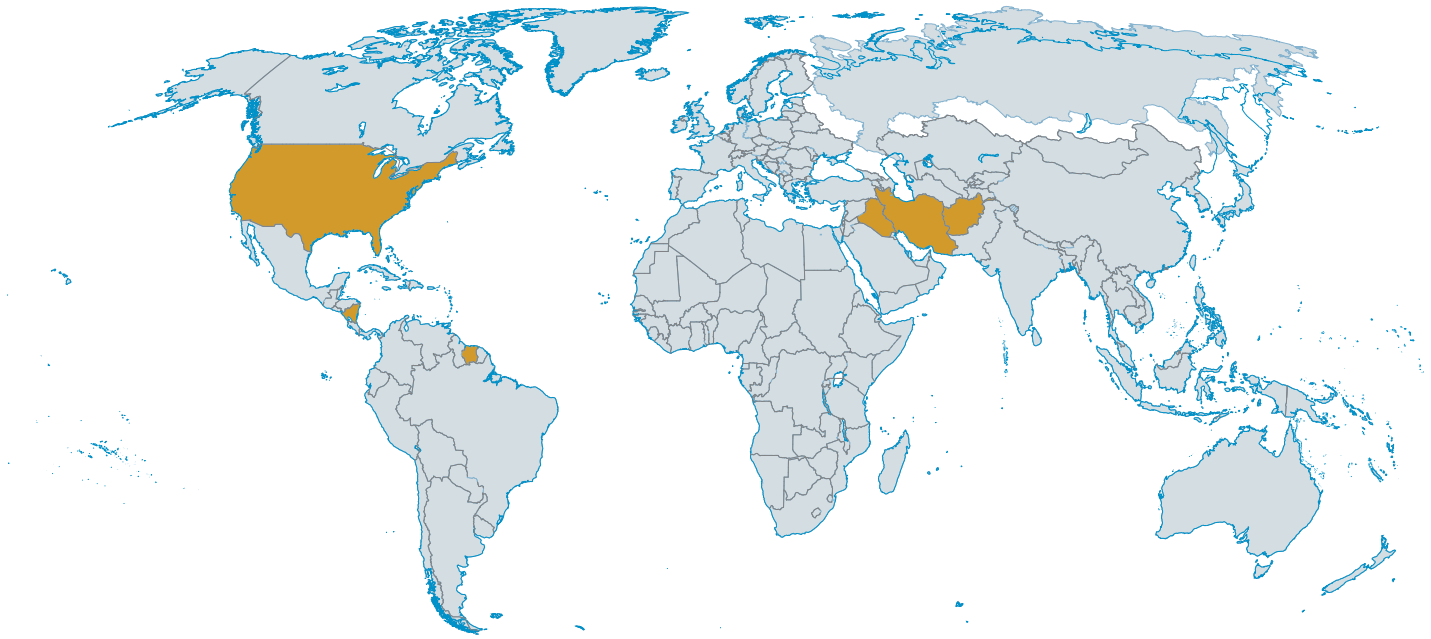
Each student's BOLC II experience will vary. While the training requirements are standard, the teaching methods are dependent on cadre assignments. My platoon mentor felt that a platoon leader isn't truly prepared until they understand the importance of putting comfort second to the mission. My platoon did exercises outside of company standards in order to push ourselves further physically and emotionally. While the beginning was spent dragging my feet and complaining, I discovered by week three that I was becoming more confident in my skills as a leader. I embraced the purpose of BOLC II and realized that, in the end, I will be more prepared to take troops to combat and bring them home safely. That, in itself, makes six additional weeks of training not only worth the time and money spent, but an absolute necessity for newly commissioned officers. As I look back at my frustration when my original course was canceled, I can now agree that the additional training was needed. I should have known—after all, the Guard issued it. **GX**



For more info on BOLC, visit:

1-800-GO-GUARD.com/BOLC

I embraced the purpose of BOLC II and realized that, in the end, I will be more prepared to take troops to combat and bring them home safely.



VICTORY MAP

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



UNITED STATES

Alabama

The Department of the Army has ordered Alabama Army National Guard units to active duty for the war in Iraq under a new mobilization policy. In January, Secretary of Defense Robert Gates announced the new policy which limits the Guard to a one year deployment in support of the war on terrorism. Six Alabama units with a combined strength of 640 troops will soon mobilize under the new policy.

Alaska

The Alaska Committee for Employer Support of the Guard and Reserve (ESGR), an agency of the Department

of Defense, announced on April 12 that Robert Ulin, president of Alaska Quality Publishing, Inc. (AQP), was honored with the ESGR "Above and Beyond" award in recognition of the extraordinary support of his employees who serve in the Alaska National Guard and Reserve. Ulin was presented with the award at the 2007 Alaska ESGR Annual Employer Recognition Banquet April 9. As a special surprise, SPC Ryan Haller, an employee of Ulin, who is currently serving a one-year deployment to Kuwait with the Alaska Army National Guard, appeared in a live video teleconference to personally congratulate and thank Ulin.

Arizona

On April 11, President Bush thanked Guard members deployed across Texas, California, Arizona and New Mexico for helping the Border Patrol crack down on illegal entry across America's southern border. "We've worked with our nation's governors to deploy 6,000 National Guard members to provide the Border Patrol with immediate reinforcements,"

President Bush said during a speech in Yuma, AZ. "It's called Operation Jump Start, and the Guard down here is serving nobly."

Arkansas

Approximately 40 Soldiers with the Headquarters Battery of the 142nd Fires Brigade departed the state April 11, heading to Fort Sill, OK, for their initial mobilization training. The training will mark the beginning of their 14-month mobilization in support of Operation Iraqi Freedom. Another 20 Soldiers from the unit will join them later this month.

Delaware

Soldiers of the Delaware National Guard's 153rd Military Police Company, located in Delaware City, were alerted of an impending activation and deployment to Iraq scheduled for June 2007. About 150 of Delaware's Citizen-Soldiers are being called to active duty in support of Operation Iraqi Freedom and will serve as part of President Bush's "surge" plan.

Hawaii

A departure ceremony was held April 9 to say "aloha" to more than 70 Soldiers from Company C (Air Assault), 1st Battalion, 207th Aviation, Hawaii Army National Guard's last non-deployed aviation asset, who will begin mobilization training at Fort Sill, OK. The UH-60 Blackhawk helicopter unit, affiliated with AKARNG's 207th Avia-

tion Regiment, will be deploying for a year to Iraq in support of Operation Iraqi Freedom.

Indiana

Nearly \$100 million will be invested in the Muscatatuck Urban Training Center over the next six years to transform it into a major training facility for the Army. Governor Mitch Daniels, with MG R. Martin Umbarger, the adjutant general of the Indiana National Guard, announced that the Guard and the Department of the Army have entered into an agreement to partner in the transformation of Muscatatuck.

Mississippi

The first of 36 upgraded and overhauled OH-58 Kiowa helicopters arrived on the U.S. border with Mexico in April to boost the National Guard's support to the U.S. Border Patrol in Operation Jump Start. The majority of the Vietnam-era aircraft—22—are being refitted at the Mississippi Army National Guard's 1108th Aviation Classification Repair Activity Depot (AVCRAD) at the Trent Lott National Guard Training Complex near the Gulf of Mexico.

Missouri

The Missouri National Guard's state marksmanship team brought home some of the top honors from the U.S. Army Small Arms Championship. This national marksmanship event featured

some of the Army's best shooters and was conducted March 2-10. Competitors represented the Army, National Guard, Reserve and civilians. More than 100 trophies, plaques, medals and certificates were awarded to the top three combat shooters in every class event and team competition. MOARNG Soldiers received awards for 17 of the 26 events, returning home with 56 mementos of their success.

Nevada

The National Guard Bureau held its first competition for Army Guard honor guard teams on March 20-22. Teams of seven Soldiers from Maryland, Missouri, Nevada, New York, Ohio, Oregon, Tennessee and Utah converged on the Stead Training Facility, located outside Reno, to see how close to perfection they could come. In third place: Tennessee. In second: Utah. The winning team, which received a saber affixed to a plaque, was Oregon.

Virginia

MG Robert B. Newman Jr., adjutant general of Virginia, announced that 1,307 Soldiers of the Virginia Army National Guard will enter active federal service at their home armories on June 23. The Guard members are currently scheduled to travel to their mobilization station—Camp Shelby, MS—after a short period of duty at their home armories.

Washington, DC

Military children missing deployed parents can take comfort in quilts the Armed Services YMCA's Operation Kid Comfort program is making especially for them. The Armed Services YMCA is a member of America Supports You, a Defense Department program highlighting the ways Americans and the corporate sector are supporting the troops. To help them deal with the separation, Operation Kid Comfort participants create quilts unique to each child 5 and under, Simms said. The quilts include family photos, the child's name and the parent's service seal. Older children receive a small pillow with the same photos.

"We have relieved the stress on the [Guard and Reserve] force in the past couple of years," Thomas F. Hall, assistant secretary of defense for reserve affairs, told members of the Commission on the National Guard and Reserves in April. Established in 2005, Congress charged the commission to recommend

any needed changes in law and policy to ensure the Guard and Reserves are organized, trained, equipped, compensated and supported to best meet national security needs. Its first official meeting was in March 2006, and its final report to Congress and the defense secretary is due in January 2008.

Thomas F. Hall, assistant defense secretary for reserve affairs, reaffirmed that reserve-component Soldiers are not affected by the 15-month tour policy that Defense Secretary Robert M. Gates announced April 11. Guard and Reserve Soldiers will mobilize and deploy for only one year, despite a new policy that active Soldiers will deploy for 15-month tours. Four National Guard brigades have been alerted for possible mobilization for duty in Iraq beginning in December 2007. If needed, those brigades will mobilize, deploy and redeploy within one year.

Wyoming

The Soldiers of Wyoming's Recruit Sustainment Program don't exactly march in step, many of them never show up to formation in uniform and some still have a full head of hair. Their commander doesn't mind. He expects a major change in a few short months, that's when these Soldiers head off to basic training. "The RSP is here to help these recruits prepare for what they'll face in basic training," MAJ Fred Fichtner said, officer in charge of Wyoming's RSP. Since the inception of the RSP two years ago, Wyoming has produced 19 honor graduates from basic and advanced training companies and classes, 13 in the last year.

IRAN

Through interrogations of key detainees in the past month, the U.S. has learned a great deal about Iranian involvement in terrorist activities in Iraq, specifically the financing and training of insurgent groups. The interrogation of leaders and members of the Qazali terror network, in detention more than a month, revealed that Iran provided the network substantial funding, training on Iranian soil, advanced explosive munitions

and technologies, arms, ammunition, and in some cases, advice and even a degree of direction, said GEN David H. Petraeus in Baghdad, April, commander of Multinational Force Iraq.

IRAQ

Iraq's growing police force is technically competent and functioning as it should within the country's legal system. The operational problems they have experienced are primarily the result of an unusually tumultuous security situation in Baghdad and elsewhere, said BG David Phillips, deputy commander of the Civilian Police Assistance Training Team and the senior military police officer in theater. The Iraqi army, Phillips explained, is trained to contend with terrorism.

AFGHANISTAN

Afghan national police (ANP) took strides toward taking control of their own security after a joint team of Soldiers with the 235th Military Police Company, SDARNG, led them through a leadership seminar April 2-4. Police chiefs from seven districts across Kapisa Province received classroom instruction on ethics, values, leadership, community policing, map reading, running a tactical operations center, basic communication, hygiene and logistics. Completion of this course made them the first Afghan police leaders to complete this type of training. The 16 ANP leaders agreed that this training opportunity taught them a lot and is one they'll never forget.



SURINAME

Suriname is a continent far away from South Dakota but the National Guard is determined to develop a lasting partnership with the South American country. During a recent visit to Suriname, the leaders of South Dakota's National Guard met with military, business, education, media and civic leaders to officially establish a partnership between their country and South Dakota. "South Dakota has more in common with Suriname than most realize," said MG Michael Gorman, who led the 10-member delegation. "One obvious similarity is our deep love of democracy." Located on the northeast coast of South America, Suriname is the smallest independent country with just 63,037 square miles. Like South Dakota, its economy relies on agriculture, oil, lumbering and mining.



NICARAGUA

South Dakota Soldiers conducted a medical evacuation exercise on April 4 in La Calera during the humanitarian assistance exercise known as New Horizons-Nicaragua 2007. The \$7.25 million U.S.-Nicaraguan joint exercise is supported by the U.S. Air Force's 820th Expeditionary Red Horse Squadron and the South Dakota Guard. The exercise will provide a new school and a medical clinic with free health and veterinary care to the local populace. These humanitarian assistance exercises provide much needed services and infrastructure to Nicaragua, while providing critical training for deployed U.S. military forces. New Horizons' projects in the Central American countries of Nicaragua and Honduras typically involve the construction of schools, clinics and water wells.



Truck Driver's Hunch Instrumental in Saving Lives

By SFC Clinton Wood, 1/34th Public Affairs

In Iraq, a Minnesota Guard member used his civilian experience as a truck driver to save fellow Soldiers' lives and to prevent insurgents from overrunning a forward combat outpost south of the camp.

It was the early evening of Aug. 12, 2006. Two dump trucks pulled up on the only road leading in or out of combat outpost Flanders. When one of the trucks suddenly accelerated, SPC Billy Feragen, manning an M-2 .50 caliber machine gun in one of the outpost's towers, knew something was amiss. And this member of Company B, 2nd Combined Arms Battalion, 136th Infantry, was right.

An insurgent jumped up from the truck and started firing his AK-47 machine gun at SPC Feragen. Seconds later, insurgents in both sandbag-reinforced trucks attacked the outpost. In addition to small-arms fire, the insurgents threw an estimated 40 grenades over the barriers.

"SPC Feragen immediately engaged the individuals and trucks, slowing them down," said SSG David Hammac, the outpost's NCOIC. "They put bullet holes left and right in that thing."

By the time the battle was over an hour later, 20 insurgents were killed, a Marine and a Guard member were injured, and SSG Hammac and four members of his squad had earned Bronze Star Medals with Valor, the nation's fourth highest award for bravery. The other recipients were SGT David Olson, SPC Jasen Klimek, SPC Charles Knetter and SPC John Olson.

"It was pretty intense," said SSG Hammac, who served with the 1st Infantry Division during OIF II. "My adrenaline was pumping."

The actions of these Soldiers will go down in 1/34 BCT history. The outpost provides water to Camp Fallujah, and they defended it from an estimated 30 insurgents.

During the attack, SPC Feragen said he had to duck incoming fire, but still fired his machine gun until it ran out of ammunition. He then left his tower, falling back to another fighting position. There, he grabbed his M-16 rifle and successfully engaged an insurgent standing up in one of the trucks.

SPC Melhorn was in a tower manning the radio. He witnessed SPC Feragen "unleash hell" in a battle that often had enemy fire coming from the east and west.

SSG Hammac's actions were impressive and a testament to his dedication to his Soldiers and the mission. Twice while under withering small-arms fire, he maneuvered outside the perimeter walls to engage the enemy. He checked on his Soldiers in every tower and engaged the enemy from two of the outpost's towers with a variety of weapons. At the height of the battle, he called in a mortar strike that broke the enemy's attack. And, after defeating the enemy, he coordinated an evacuation mission to transport the wounded, carrying one of them to the ambulance.

SPC Klimek's bravery was demonstrated at tower one by throwing grenades and firing his .50 caliber machine gun and M-16 rifle. Once the attack started, he immediately ran toward tower one to gain a better firing position. Maneuvering past grenades, he climbed the ladder while under fire. Once on top, SPC Klimek leaned his weapon over the sandbags, in direct sight of the enemy, to destroy an exposed

enemy position. Firing the .50 caliber, he was protected only by a sheet of bulletproof glass.

SPC Olson, an elementary education major from Moorhead State University, and SPC Knetter performed admirably in the early minutes of the attack. When the firing began, SPC Olson had no sooner opened the door of his sleeping quarters when an injured SPC Jared Moe was assisted by SPC Knetter into the room as it was peppered by enemy fire. SPC Olson immediately applied a field dressing to the shrapnel wounds on SPC Moe's legs and side.

As SPC Olson was treating SPC Moe, SPC Knetter laid down covering fire to allow SPC Justin Dunn and SPC Domingo Augilar to "join the fight."

As SPC Olson finished attending to SPC Moe, the squad's medic, SPC Matthew Generux, opened the room's door to repel the attack. He, SPC Knetter and SPC Feragen immediately caught a wounded Marine about to fall into the room. Once the Marine was moved to safety and receiving first aid for a gunshot wound to his side, they rejoined the fight.

SPC Olson wasn't done with his heroics. He delivered ammunition while under fire to tower one, where he also accurately engaged the enemy with his M-203 grenade launcher. SPC Olson then ran to tower three where, while climbing its ladder, he was again engaged by the enemy. From his tower, he suppressed the enemy using his M-203 and a .50 caliber machine gun.

"Both times running out to the towers, you could hear rounds pinging off," he said. "You had to defend what you were out there to defend."

Besides assisting with the wounded, SPC Knetter also grabbed a M-249 SAW and charged to tower two. Just as he was about to reach the tower, he was engaged by enemy fire from two different locations. He made it up the ladder in time to lay down overwhelming fire on the enemy in the gravel trucks in front of his tower.

SPC Olson's heroics included providing ammunition to towers one and two. Upon learning that the Soldiers in tower two needed ammunition, he ran back to the ammunition room. While he was there, he was told to take cover because of imminent mortar fire



COURTESY OF U.S. ARMY



within 50 meters of the outpost. Ignoring the warning, SPC Olson delivered the ammunition to tower two and informed the Soldiers there and in two other towers of the “incoming mortars.”

“It was really scary at first because as I was running down there, there were rounds ricocheting off the walls next to me,” he said. “My biggest concern was my guys’ conditions.”

The Soldiers also were concerned with the “incoming” mortars. The rounds were to be fired by their fellow mortar men stationed nearby at Camp Fallujah.

“Soon as I knew we needed mortars, we were pretty rattled,” said SPC Melhorn. “Everybody was nervous because our forward observers told us they weren’t zeroed in very well.”

“As soon I heard those mortars pop out from the south gate, I was like ‘Here they come, everybody!’” said SPC Melhorn. “Everyone got down immediately.”

He said once the rounds hit, he felt dirt hitting the towers “all over the place.” The mortars did their job and broke the attack, though. “They had them on like you wouldn’t believe,” SPC Melhorn said.

These brave Soldiers defeated the enemy thanks to a truck driver’s hunch. **GX**

RETROSPECT (Top) SSG David Hammac, Company B, 2nd Combined Arms Battalion, 136th Infantry, 1/34 Brigade Combat Team, takes a moment to remember the attack on Flanders. SSG Hammac was the NCOIC of the outpost.

AFTERMATH (Bottom) Two Soldiers inspect battle damage to a dump truck involved in the Flanders attack. An estimated 30 insurgents hid in and behind two of these trucks.



SSG Hammac’s actions were impressive and a testament to his dedication to his Soldiers and the mission.



SFC CLINTON WOOD, 1/34TH PAO

Soldiers Dine on Steaks With Family

Story and photo by SFC Clinton Wood, 1/34 BCT PAO

Several hundred Minnesota Army National Guard Soldiers, most from the Bloomington, MN-based 1st BCT, 34th ID, enjoyed a little bit of home one recent Sunday as they dined on 12-ounce steaks flown in from St. Paul, MN.

In this event, organized by Serving Our Troops, 5,000 family members simultaneously enjoyed steaks at Roy Wilkins Auditorium in St. Paul. A satellite system, among the more than 25 Digital Video and Imagery Distribution Systems in Iraq, linked the two events, allowing about 50 Guard members to speak with their families.

SFC Jim Rolshouse of Maple Grove, MN, said the event was “well done. It’s a good event,” he said. “The steaks are wonderful.”

SPC Justin Moen’s steak was extra “wonderful”—he and his fellow Soldiers had just arrived in their Humvees from their small combat outpost, en route to the camp’s dining facility.

The live satellite transmission was a welcome feature. SSG Lisa Fleck of Cottage Grove, MN, said it was good to hear voices and laughs. She spoke to her sister and brother-in-law, Amy and Donnie Balliet.

For SPC Shantell Hoff of Lino Lakes, MN, chatting with her parents, twin sister, brother and brother-in-law. “At least they got to see me, that was the biggest thing,” she said.

SPC Traci Edwin of Burnsville, MN, enjoyed hearing mother cheer for her. She also talked to her father, sister, niece and nephew.

This is the third time Serving Our Troops has organized a dinner for Guard members. The first was for St. Paul and Kosovo. The second was between St. Paul and Camp Shelby, MS, where the 5,000-strong BCT trained up for their 16-month deployment to Iraq.

Minnesota restaurateur John Mancini was in the Middle East all week helping to organize the event. Meanwhile, back in St. Paul, his brother Paul minded Mancini’s Char House and helped with the local version of the feast.

With the assistance of a St. Paul City Council member and other local restaurateurs and friends, the Mancini’s helped arrange the shipment of 11,500 steaks to Iraq. **GX**

MEDIUM RARE (bottom right) SFC Paul Oakes (left) drops a steak on the grill at Camp Adder, as SSG Joseph Douty watches.





Landscaper Goes From Treating Lawns to Treating Soldiers

Story and photo by SFC Clinton Wood, 1/34th BCT PAO

Anah, Iraq—Back home in Brainerd, MN, PFC Adam Starry treats lawns as a landscaper. Here in this 5,000 year-old city of about 20,000 people, he's tasked with treating his fellow Soldiers and several Iraqi Policemen (IPs).

PFC Starry of Company B, 194th Combined Arms Battalion, has been in the Guard for almost three years as a medic.

"I kind of wanted to experience the medical field," he said a few hours after he and several of his fellow Guard members meandered through the streets of the city on a joint security/intelligence patrol in the city with the IPs.

PFC Starry and his fellow Soldiers, numbering about 15, are also experiencing what it's like being an IP in a city that is still a hotbed of insurgent activity. They're in a Police Transition Team (PTT), tasked to train the IPs to take control of their own communities and keep order. Training includes learning basic organizational skills, leadership mentoring, patrolling, and search and seizure techniques.

PFC Starry, who said he gets an adrenaline rush every time he goes on a patrol, admitted that working with the IPs can be frustrating at times because of the language barrier. "But it is definitely inspiring and exciting," he said. "They amaze me more and more each day."

The PTT is able to watch this transformation because they're in the same building as the IPs, on the same floor. A Marines headquarters also inhabits this former sports complex.

A newly promoted IP lieutenant said he loves being a policeman and he hopes for peace. "We're here to help you guys," he said.

Case in point: At a gas station, he arrested a citizen who attempted to bribe him, stating, "No bribes accepted here."

He went on to say that he joined the force for several reasons, including belief in his country, personal honor, and wanting to protect his family and the Iraqi people.

SPC Brent Haataja, a carpenter from Menahga, MN, said he also has noticed that the IPs "work pretty hard to try and do good."

The team's officer in charge, 2LT Vitaly Sherbina, said he has met IPs from Rawah and Baghdad, but they weren't as motivated as the Anah force. 2LT Vitaly is also a police officer back home in Fargo, ND.



SAFE AND SECURE PFC Adam Starry of Brainerd, MN, Company B, 194th Combined Arms Battalion, provides security for his PTT during a patrol Feb. 15 in Anah, Iraq.

"These guys motivate us and tell us this mission is possible," said 2LT Sherbina, who came to the United States in 1999 from Russia and became an American citizen after 9/11. "These guys are doing everything [they can] to take control of the situation."

The team's NCOIC, SGT Jon Morris of Salisbury, NC, expanded on this statement. He said the IP leadership tells his team where they want to go on patrols.

SGT Morris said the IPs haven't led any of these patrols or raids yet though. "They want their town cleaned up of the insurgency."

Trust between the PTT team and the IPs is already becoming well established. "There is not a guy in the room right now that I wouldn't ... let stand behind me," said SGT Morris. And

the bonds seem to be getting stronger every day. "I [would] risk my life for any of these guys," said 2LT Sherbina.

CPL William Parker of Redwood Falls, MN, said the IPs are very friendly. "They always want us to come over and hang out with them," he said.

SPC Mark Belcourt, 19, of Hastings, MN, does "hang out" with the IPs, frequently. The night after the patrol, he was interacting with about 10 of the IPs, chatting about what any young Soldier talks about.

"I want to try and learn Arabic as much as possible," said SPC Belcourt, whose mother is a sergeant in the MNARNG's 34th Infantry Division. "[The IPs] treat you with such respect." **GX**

The Future of Online Education

By Johanna Altland
Grantham University

The future of online education is very bright. Each year, online learning is gaining popularity, with no decline in sight. According to “Making the Grade,” a 2006 report about the state of online education by The Sloan Consortium, enrollment in online courses reached 3.2 million in fall 2005, an increase of 800,000 students since 2004. Currently, online students make up 10 percent of total enrollment in post-secondary education nationwide.

WHY IS ONLINE LEARNING SO POPULAR?

CONVENIENCE: Online education serves those historically underserved by brick and mortar schools. Adult students with families and career commitments, also called nontraditional students, are enrolling in online degree programs because they find it easier to balance work, family and school. They can study and attend class at their convenience.

CLASS SIZE: With distance learning, there are no limitations on the size of the classrooms like there are in the traditional school setting. The classroom sizes of on-ground schools can't keep up with the growing number of college students, so distance learning has become, and will continue to be, a viable choice for many.

VARIETY: Distance education allows for a wide variety of courses because classes aren't restricted by time and location. Students also have the opportunity to work with other students, faculty and subject matter experts outside their geographic location. Collaborating with people from different areas and levels of expertise enhances the education experience.

STAYING COMPETITIVE: Online education meets workers' needs in an increasingly competitive job market. It's a great option for those who only need a few courses to stay current in their field, and for those looking to change careers. Years ago, it was the norm to get a well-paying job with only a high school education. Today, you need at least a bachelor's degree to be competitive.

OPEN COMMUNICATION: Communication and interaction in the world of online learning is a lot different from what takes place in traditional classrooms. A majority of contact occurs via email and in classroom chat rooms. You'll have time to think about concepts and formulate questions before asking them. If you're shy, you're more likely to ask questions, because the pressure of being made fun of or snickered at is nonexistent. Plus, most professors are available by email and usually respond in 24 hours or less, so you don't have to wait to speak with faculty during office hours.

IMMEDIATE RESULTS: Many distance learning programs have online testing, which allows you to complete an exam or assignment and get your grade right away. You'll also have access to your student account and grades 24/7.

Traditional schools are noticing the popularity of online learning, and many are racing to get their most popular programs online. Today, 63 percent of schools offering traditional undergraduate courses are also offering courses online, according to “Making the Grade.”

The overwhelming conclusion from the studies conducted on the future of distance learning is that it's here for the long haul.

The benefits of earning your degree online are numerous. Don't let another day go by—get started today.

EFFECTIVE STUDY TIPS

Good study habits are essential to the successful comprehension of any subject. While there isn't necessarily a “right” way to study, one technique that is widely accepted is SQ3R: Survey, Question, Read, Recite and Review.

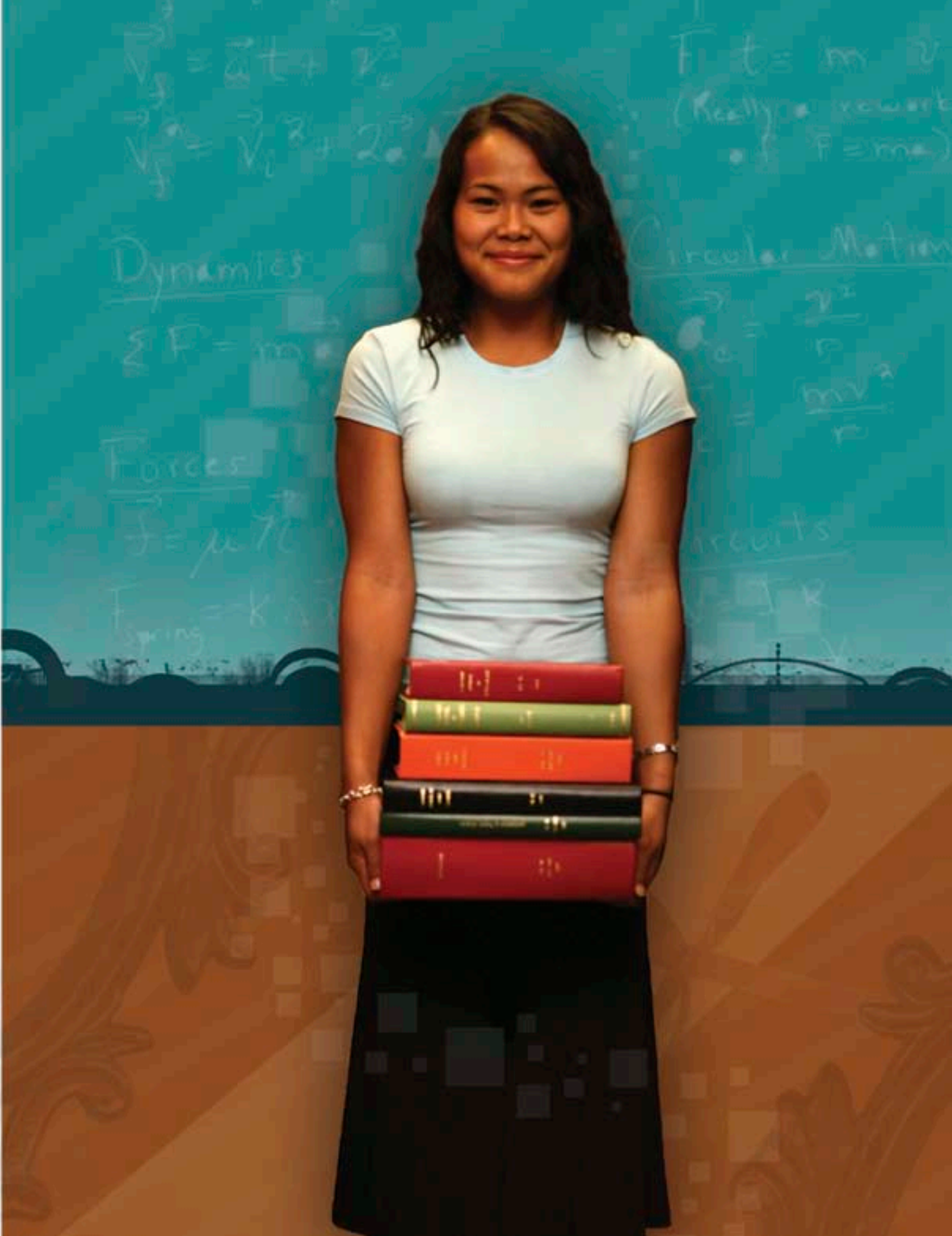
SURVEY: “Survey” means to skim the lesson rapidly to establish its purpose and grasp the main ideas. To get started, read the title, learning objectives and introductory material. Next, review the major and minor headings the author uses to organize the chapter. Briefly study any charts, tables, graphs, maps, pictures and other graphic features. Finally, read the summary.

QUESTION: When you've completed your survey of the material, take a few minutes to reflect on the organization of the lesson. Write down several questions that you think the lesson will answer, and practice turning headings into questions. For example, instead of reading “Basic Concepts of Reading,” change it to “What are the Basic Concepts of Reading?” Then look for answers as you read the section. In addition to creating your own questions, look at any questions that may be posed by the author. By thinking in these terms, you will begin to construct your understanding of the material.

READ: Read the material one section at a time, actively looking for answers to the questions you've posed. This type of reading requires concentration, so you should set a time and place that will allow you to concentrate. As you find answers to your questions, it may be helpful to write the answers in your own words. Taking brief notes while you read also improves comprehension. If you find highlighting helpful, highlight only the most important facts and phrases, not whole paragraphs.

RECITE: After you've read the section and answered all your questions, take time to recite your questions and their answers out loud. Some students find that actually saying the questions and answers aloud improves comprehension.

REVIEW: Within one day of completing a reading assignment, review your notes and other study materials to increase your comprehension and cement the information in your long-term memory. **GX**



Soldiers from the 278th ACR under the "Old Glory" at their homecoming parade.



Flag Etiquette

By SSG Heather G. Allen

Just in time for Flag Day, June 14, *GX* brings you facts you may not have known about the American Flag.

One of the most common questions Soldiers are asked about their uniforms is, "Why is your flag backward?" Army Regulation 670-1 addresses explicitly the proper and lawful placement of the U.S. Flag patch on the uniform.

The regulation states that when authorized for application to the uniform, the American flag patch is to be worn so that "the star field faces forward, or to the flag's own right. When worn in this manner, it gives the effect of the flag flying in the breeze as the wearer moves forward."

The Flag Code contains specific instructions on how the flag is to be used. Here are a few highlights from the Respect section. Some you'll already know—and some may surprise you.

- Show no disrespect to the U.S. Flag.
- The flag should not be dipped to any person or thing.
- Never display it upside down, except as a signal of dire distress.
- The flag should never touch anything beneath it, including the ground and water.
- The flag should never be carried flat or horizontally, but always aloft and free.
- Never use it as apparel, bedding or drapery. It also should never be festooned, drawn back or up in folds, but always allowed to fall free.

BACKWARD FLAG? Here a Soldier displays the correct placement and orientation of the U.S. flag patch as addressed in Army Regulation 670-1.



- The flag should never be fastened, displayed, used or stored in such a manner as to permit it to be easily torn, soiled or damaged.
- Never place insignia, letters, words, figures, designs, pictures or drawings of any nature upon it.
- Do not embroider it on cushions or handkerchiefs, nor print or otherwise impress on paper napkins, boxes or anything that will be thrown away.
- Advertising signs should not be affixed to a staff or halyard from which the flag is flown.
- No part of the flag should ever be used as a costume or athletic uniform. However, a flag patch may be affixed to the uniform of military personnel, firemen, policemen and members of patriotic organizations.
- The flag represents a living country and is considered a living thing itself. Therefore, the lapel flag pin, being a replica, should be worn on the left lapel near the heart.
- When a flag becomes so worn that it's no longer fit for display, it should be destroyed in a dignified way, preferably by burning. Most American Legion Posts regularly conduct dignified flag burning ceremonies, often on Flag Day. Many Cub Scout Packs, Boy Scout Troops and Girl Scout Troops retire flags regularly as well. **GX**

For more information go to:

legion.org

6 Investment Fears and How to Overcome Them

Courtesy of USAA

Many people put off investing, even though they have the means to do it. Disinterest, fear or lack of knowledge will often lead to the notion that investing is too much trouble. However, getting over this notion and on the road to financial security isn't as daunting as it may seem.

J.J. Montanaro, a Certified Financial Planner™ practitioner with USAA Financial Planning Services, discusses some of the common fears that people have about investing and how they can overcome them:

FEAR 1: INVESTING JARGON SOUNDS LIKE SOMETHING FROM “STAR TREK.”

Relax. You just need to learn the lingo. Read well-respected and balanced financial magazines—Money or Kiplinger's Personal Finance, among others. Check out Web sites such as that of the American Association of Individual Investors (AAII.com) and InvestorEducation.org. The USAA Educational Foundation, a nonprofit organization, at USAAEdFoundation.org, also can help.

FEAR 2: I MIGHT NEED THE MONEY NOW.

Set goals. Write down the reasons to save and invest, and outline roughly when you'll need the money from your investments. For instance, keep money that you'll need in the next two years in a money market fund or a bank certificate of deposit. If you have three to eight years, a bond or combined stock and bond “balanced” mutual fund will work well. Finally, put money you won't need for 10 years or more into broad-based mutual funds that invest primarily in stocks. Remember: the closer you are to using the money, the more conservative the investment.

FEAR 3: I'M STILL EATING RAMEN EVERY DAY. I NEED EVERY PENNY OF MY PAYCHECK.

See how contributions to retirement funds can grow. If you're offered a 401(k) or 403(b) retirement fund at work, contribute—especially if you get matching funds from your employer. And if you're currently serving in the military, take advantage of the Thrift Savings Plan. You can start with a low-percentage pre-tax pay deduction—perhaps three percent—but, by age 30, most investors should try to get to 10 percent. Also, forget the morning latte as a way to find some extra cash in your budget. A little discipline can help you put away more than you thought you could.

FEAR 4: I HAD AN UNCLE WHO LOST HIS SHIRT IN THE MARKET. I DON'T WANT TO LOSE ALL MY MONEY.

Your uncle's wardrobe malfunction probably happened because of a bad mix of risky stocks. Mix it up with mutual funds, and vary the stock and bond allocation in your portfolio. You can do it yourself or with the help of a financial advisor.

Another way to ensure you're properly managing risk is to invest in an asset allocation fund. This kind of fund automatically spreads investments across the asset classes, i.e., stocks, bonds and cash equivalents such as Treasury bills or certificates of deposit. These

funds range from conservative to more aggressive, which emphasize asset classes that have higher risks, but possibly higher rewards.

FEAR 5: BETWEEN MY KID'S SOCCER PRACTICE, YOGA, MY JOB AND WATCHING FOOTBALL, I DON'T HAVE TIME TO MANAGE A PORTFOLIO.

One popular choice among those with little time is a category of mutual funds called index funds. These funds try to replicate the performance of a particular index, such as the S&P 500 Index.

FEAR 6: I LOVE THE EXCITEMENT OF THE STOCK MARKET, BUT I'M AFRAID I'LL MAKE A MISTAKE.

Concentrate on a handful of stocks. Managing stocks can be entertaining, but also risky. Set aside a small percentage of your investment fund—maybe 5 percent—to play around with, and keep the rest of your investments in well-diversified mutual funds to better manage risk.

So, remember that getting started investing doesn't have to be scary. By educating yourself about investments and creating a plan of action, you can overcome your investing fears in no time. **GX**



Getting Off the Starting Line

Like losing weight or going to the gym, once you decide to invest, you'll find the time. Remember these five easy steps:

- 1. Speak the language.**
The more you learn about the different types of investments, the less fear you'll have about getting started.
- 2. Know what you're working toward.**
Your goals will help you pick the right asset mix for you—among stocks, bonds and cash. It makes a difference whether you're saving money for retirement or your first home.
- 3. Max out your savings plan.**
Automatically investing through your 401(k), 403(b), or TSP retirement plan is the fastest and easiest way to start investing. Take full advantage of these tax-deferred investments.
- 4. Stay diversified.**
Asset allocation and index funds are great places to keep the proper balance between stocks and bonds as you near retirement.
- 5. Go easy on individual stocks.**
Stocks may sound sexy, but limit the number you own unless you have plenty of time to research and monitor your holdings on a regular basis.

Family Readiness Awards Presented

By Thomas Mylin, NGB Family Program

“It is the dedication, the skills and the resolve of the military, civilian and volunteer force that make our programs so strong and supportive,” stated COL Anthony E. Baker Sr., Chief, National Guard Bureau Family Program.

This dedication was recognized in Arlington, VA, on Feb. 16, by Thomas F. Hall, Assistant Defense Secretary for Reserve Affairs. Secretary Hall presented the 2006 Reserve Family Readiness Awards

in a ceremony at the conclusion of the 2007 Family Readiness Summit, co-hosted by the Office of the Assistant Secretary of Defense for Reserve Affairs and the National Guard Family Program office.

Because of a higher deployment rate, demands placed on service members’ families have also increased. Programs and support for these families must be in place so the service member doesn’t have to worry while away from home.

“Families always play a key role in the careers and lives of our young men and

women who serve. When a service member is deployed, the last thing they need to [worry] about is problems at home,” Secretary Hall said.

The Department of Defense Annual Family Readiness Awards are based on the demonstrated link between family readiness and mission readiness, and evaluates how the uniformed, civilian contractor and civilian volunteer work toward the common goal of improved quality of life and readiness for the family and its service member. **GX**

Families always play a key role in the careers and lives of our young men and women who serve.—Assistant Defense Secretary for Reserve Affairs Thomas F. Hall

WIARNG Winners:

(left to right, two back rows) COL Mark Anderson, CPT Fred Oehler, Christine Campbell, Anna Oehler, LTC Hillis Tinglum, LTG Clyde A. Vaughn, 1SG Drew Zelle (Obstructed view), Michelle Zelle, Lacy Fatajo, Linda Topczewski, LTC G. Michael Rand, LTC Jerry Jochem (kneeling) Janell Kellett, Megan Schaefer, Cathy Tinglum

Courtesy of National Guard Family Program



2006 Family Readiness Award Winners

ARMY NATIONAL GUARD:

2nd Battalion, 128th Infantry, Wisconsin Army National Guard Headquarters, Madison, WI

According to the award citation, the battalion readiness group received point-of-contact information for 570 of its 573 Soldiers. In addition to the four successful phone-tree evolutions during the year, the group also sent out more than 900 newsletters each month. Ninety-five percent of the unit members received welcome packages of family readiness information, and a survey indicated that 75 percent of the Soldiers, spouses and families reported they coped extremely well with deployment.

AIR NATIONAL GUARD:

153rd Airlift Wing, Wyoming Air National Guard

This wing set the standard for total force family readiness program management, embracing active duty Airmen and their families as part of a program where Air Force members work side-by-side with Air National Guard members. New families were provided with informative welcome packets designed to make the move to the Air National Guard seamless. Strong partnerships were forged between the 153rd Airlift Wing Family Readiness Office, the F.E. Warren Air Force Base Airmen and the family readiness center to provide resources to Guard members and their families, according to the award citation.

COL Baker congratulated the two units by saying, "The people involved in all segments of family readiness centers do more than their jobs—they live to [do this work]. This means these two groups are the best of the best."

Army National Guard



DECADE OF HEALTH

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More information about family readiness and support programs provided by the National Guard Bureau can be found on the National Guard Bureau Family Program's Web site:

GuardFamily.org



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www.decadeofhealth.com

All Army Long Range Championships

Guard Proves Itself Worthy Against Active Duty Snipers

By CPT Bret A. Gould
1/178th Infantry S3 Air

On a warm March afternoon, a burgundy minivan rolled through the gates of Fort Benning. After 15 hours of driving, the six men crammed inside had finally arrived at their destination. Wedged among the heaps of baggage and the litter of countless drive-thru meals lay three long green bags. Three M-24 sniper rifles. The six National Guard snipers and three rifles had traveled all the way from Chicago to compete in the All Army Long Range Championships.

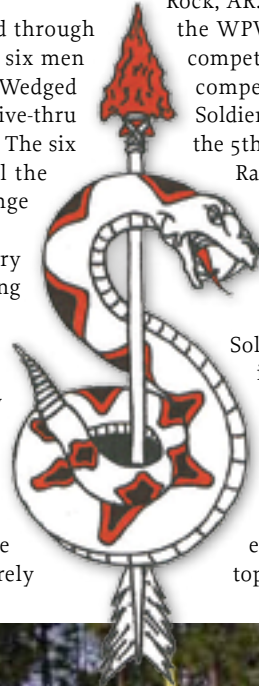
Just days before, the sniper section of 1/178th Infantry had zeroed their rifles in freezing temperatures and blinding snow. The 60-degree temperature difference and sunny Georgia weather made their new surroundings all the more foreign. For most of them, this was their first trip to Fort Benning since basic training. For SPC Terry Pody, a former Marine drill instructor, this trip was his first. After checking in their weapons and touring the infantry museum, the road-weary Guard members slept like stones.

March 11, day one, weapons drew at 0600 and on the firing line at first light. The 178th snipers were not entirely

new to competition. Just five months before, the team had reveled in a first-place win at the Winston P. Wilson Nationals (WPW) in Little Rock, AR. This event however was completely different. Unlike the WPW, which is entirely made up of Guard members, this competition was almost exclusively comprised of Active Duty competitors. Feeling a bit like fish out of water, the Illinois Soldiers took note of the teams to their left and right. There was the 5th Group Special Forces, 7th Group Special Forces and 3rd Ranger Battalion—more than 70 competitors in all.

On the first day, competitors fired from the 600-yard line. Before firing for record, they were given 40 rounds to adjust their M-24 Sniper Weapon Systems for temperature and humidity conditions. Having zeroed their rifles in much denser cold air, the Illinois Soldiers had to adjust their scopes for 15 inches of higher impact. The warm Georgia air also produced a boiling mirage that blurred the target image, but gave vital clues of wind direction and speed to the astute observer. Once record fire commenced, competitors fired 20 rounds in 20 minutes at a 24-inch bull's-eye target (a.k.a. "X").

The competition on day one was fierce, but when the echo of the last shot died away, the Illinois Guard was on top. SPC Todd Osborne had seized first place, with a perfect



SNIPER ICON (Above) The doctrine map symbol for a sniper team is an "S" imposed over an arrow. **BULLSEYES (Right)** SGT James Tadrowski fires from the 600-yard line during the first day of competition at Ft. Benning, GA.



score of 200. Right on his heels was the former Marine SPC Terry Pody, with second place. A little stunned at their success, the snipers wiped down their rifles and prepared for day two.

The second day upped the ante at the 800-yard line. This time, the Guard members went into the pits first to work the targets downrange. By the time it was their turn to fire, the still morning air had been whipped into 8 mph gusts by the rising sun. Encouraged by the successes of the previous day, the 178th snipers went to work. SPC Orlando Camacho was on a roll, with 19 perfect shots and 15 consecutive Xs. As his last shot rocketed downrange at 2,800 feet per second, the shimmer of its contrail could be seen in the spotter's scope. SPC Camacho's first-place victory shattered with the impact of his last round.

Falling just outside the 10 ring, the final errant shot earned SPC Camacho a 199 on a day that saw three 200s from the Special Forces teams. The intermittent gusts of wind played havoc with all competitors for the remainder of the second day. When his former coach, CPT Bret Gould, asked him what he had learned that day, SPC Camacho dejectedly replied, "Always, always, always check for wind changes between shots."

Day three would put the competitors to the ultimate test. This final match would take place at the 1,000-yard line. At this distance, the targets could barely be seen by the naked eye and even a moderate

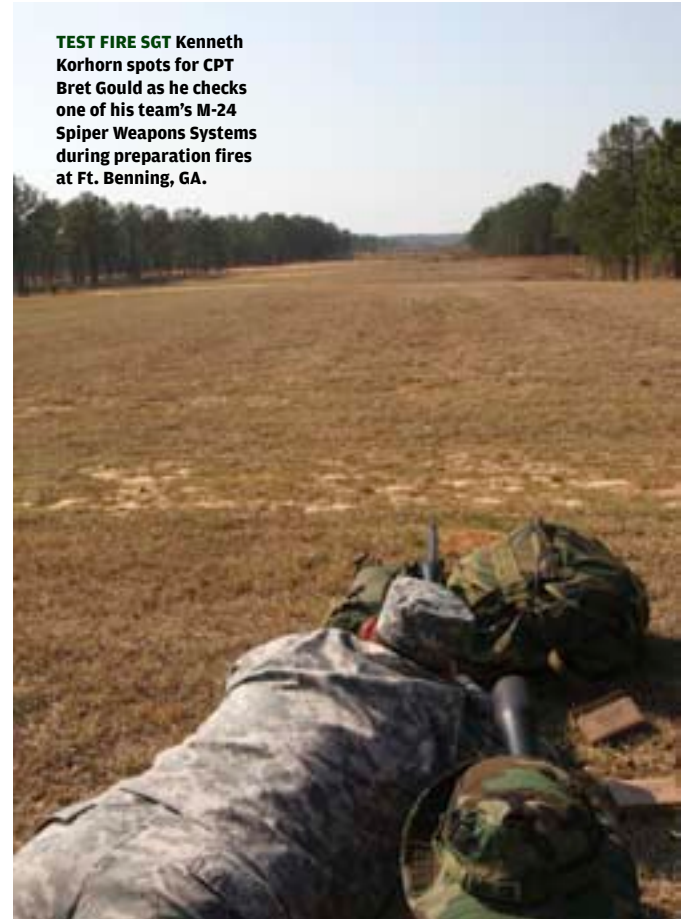
breeze could have drastic effects. As the Illinois teams began to fire their initial spotting rounds, they realized they had a serious problem. Their M-3A scopes were an older model with a smaller elevation range than the current optics. Even at their maximum range, setting the strike of the rounds was barely above the base of the target. Working quickly with a screwdriver, SGT James Tadrowski was able to recalibrate two of the scopes. The third scope was at its mechanical max, forcing that team to fire the match at an imaginary point above the target. "We have to DX [Direct Exchange] these things, they are older than I am," said SGT Tadrowski, a graduate of the FBI sniper course.

As the final match progressed, the raw skill of the competitors became evident. Round after round, SPC Pody punched into the center ring of the 1,000-yard target. With only five rounds left to go, he had a perfect score, with eight Xs.

The weathered red range flag moved perceptively higher, indicating a change in wind conditions. SPC Pody held his fire hoping the flag would return to its previous position; but as the 20-minute time limit grew near, he was forced to continue. He made an educated guess on how to compensate for the new wind and continued to fire. Two of his last five rounds strayed from the 10 ring, making his total a 198 with eight Xs. To the left and right, the other scores came in. SSG James Gaston of 7th Group Special Forces also fired a 198, but with nine Xs. His additional X-ring bull's-eye would put him ahead. In the

I can't believe how well those guys are shooting, especially considering their equipment. I think its great.

—SFC Pete Jones, Army Marksmanship Unit member



TEST FIRE SGT Kenneth Korhorn spots for CPT Bret Gould as he checks one of his team's M-24 Spiper Weapons Systems during preparation fires at Ft. Benning, GA.



end, the point was moot, as SSG Tom Voss, also of 7th Group, carried the day with a perfect 200 and nine Xs.

Every one of the Illinois snipers performed exceptionally during the competition. SPC Todd Osborne was awarded a brand new \$1,000 AR-15 for his first-place win on day one. SPC Pody was awarded second- and third-place medals. His total aggregate of 594 (with 27 Xs) out of a possible 600, put him at fourth overall for the entire competition. When asked what he had done to prepare for the competition, SPC Pody commented, "I constantly reviewed the marksmanship fundamentals in my mind and dry-fired a lot. My biggest challenge for this event was lack of live-fire experience. I got to fire less than a hundred rounds over three days last summer."

The other four Soldiers—SGT Robert Metcalf, SGT Ken Korhorn, SPC Tadrowski and SPC Camacho—all scored in the overall top-20 percent. Several members of the Army Marksmanship Unit commented on the surprising performance of the National Guard snipers. "I can't believe how well those guys are shooting, especially considering their equipment," said SFC Pete Jones. "I think its great."

Even as the Illinois Soldiers folded themselves into their van for the long drive home, they looked ahead to their next challenge. Not the kind to rest on their laurels, they discussed their preparations to compete in May at the Joint Special Operations Command Small Arms Championships, "Cold Steel." **GX**

TARGET UP! SGT Kenneth Korhorn prepares to lower and score targets in the "pits" during the All Army Long Range Championships at Ft. Benning, GA. **REVELLING IN VICTORY** Illinois Sniper Team: (kneeling) SPC Todd Osborne and SPC Terry Pody; (standing, left to right) CPT Bret Gould, SPC Orlando Camacho, SGT Kenneth Korhorn, SGT James Tadrowski and SGT Robert Metcalf.



CPT TIM IRVIN

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



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D-Day: The National Guard's Incredible Role at Normandy

By Jason Hall
Director of the National Guard Educational Foundation (2003-2007)

“Soldiers, Sailors, and Airmen of the Allied Expeditionary Force! You are about to embark upon the Great Crusade, toward which we have striven these many months. The eyes of the world are upon you. The hope and prayers of liberty-loving people everywhere march with you. In company with our brave Allies and brothers-in-arms on other Fronts, you will bring about the destruction of the German war machine, the elimination of Nazi tyranny over the oppressed peoples of Europe, and security for ourselves in a free world.”

—Excerpt from GEN Dwight D. Eisenhower's Order of the Day, June 6, 1944.

When talking about D-Day and the Normandy Invasion, many people think of movies such as “The Longest Day,” “Saving Private Ryan” and the cable series “Band of Brothers.” These Hollywood dramatizations don't fully capture the real drama that occurred that day.

Another element often missing from these depictions is reference to the National Guard. They show the 29th Infantry Division's attack at Omaha Beach, but few note that the 29th is a National Guard division.

An additional 14 non-divisional National Guard units also landed on the beaches during the campaign. National Guard flying squadrons performed reconnaissance missions prior to the invasion, providing vital information that saved American lives.

There were five designated landing beaches outlined in Operation Overlord, the code name for the Normandy Invasion. Two were American targets: Utah and Omaha. The Regular Army's 4th Infantry Division would land at Utah Beach. Two divisions, the Regular Army's 1st Infantry Division and the National Guard's 29th Infantry Division, would land at Omaha, the more difficult location.

The Allied commanders needed detailed information about German forces at each beach. This mission fell to reconnaissance flying squadrons.

107TH OBSERVATION SQUADRON

The 107th Observation Squadron, Michigan National Guard, was ordered into active service on October 15, 1940. The men of the 107th, along with 4,000 other National Guard personnel, expanded the U.S. Army Air Forces. They became part of the Army Air Forces, as there would not be a separate independent Air National Guard until 1947.

The 107th first took part in antisubmarine patrols. It was later redesignated as the 107th Tactical Reconnaissance Squadron, and subsequently deployed to England in August of 1942. The unit flew an array of aircraft before being equipped with the F-6A, the reconnaissance version of the P-51 Mustang.

In December 1943, the 107th became the first operational photographic reconnaissance squadron in Northern Europe. The squadron flew several missions over the French coast in preparation for the invasion, earning it the Presidential Unit Citation. Following D-Day, the 107th was the first reconnaissance unit to operate from French soil in support of the First U.S. Army during the remainder of the Normandy Campaign.

H-HOUR, D-DAY

After several delays—with the largest armada the world has ever seen poised to strike—GEN Dwight Eisenhower, Supreme Commander Allied Expeditionary Force, gave the order to go.

H-Hour, D-Day was 6:30 a.m., June 6, 1944. The landing craft began approaching the shore in Higgins boats, which heaved up and down in the choppy waves, causing much seasickness and vomiting. Soldiers peered over the side to see if they recognized any landmarks from their painstaking study of the terrain.

Each boat carried a 31-man assault team and a different weapon or piece of equipment, such as M-1 Rifles, sub-machine guns, mortars, flamethrowers or demolition charges. The men were packed in each boat so tightly that all had to stand. Most could see only the back of the helmet of the man in front of him. Many prayed, some cursed and others tried to control their fear by thinking of home as they shivered from the freezing seawater that soaked them to the bone.

Perhaps you can imagine you're one of these brave Guard members arriving on that fateful day. You're jolted forward as your landing craft runs aground. The ramp drops and German machine gunfire immediately rakes the front of your boat, causing instantaneous casualties. You jump over the side into water over your head. You struggle ashore, your gear weighing you down. In front of you lies treacherous beach obstacles—hedgehogs, wooden stakes topped by mines and miles of barbed wire, along with machine gun nests, artillery sheltered in concrete bunkers and countless buried landmines.

This is what greeted the Marylanders of the 115th and Virginians of the 116th Infantry Regiments of the 29th Division. Upon landing, Company A of the 116th was almost completely wiped out. One of their landing craft swamped and sank before it even reached the beach. Another landing craft suffered a direct hit and sank, killing every man on board.

Once ashore, they faced the deadly accurate fire of the veteran German 352nd Infantry Division. Within minutes of landing, Company A had lost all but a couple dozen of its 200 men. Thirty members hailed from the small community of Bedford, VA. Of those, 19 were killed on D-Day. Bedford suffered the nation's highest number of D-Day casualties, and in recognition of its sacrifice, was made home to the National D-Day Memorial.

THE FIRST TWO DAYS

Another unit of the 116th, Company E, suffered heavy casualties as well. Its commander, CPT Lawrence Madill, maneuvered through the beach obstacles shouting orders to his men to move off the beach. After nearly losing his left arm at the shoulder from a mortar round, he was knocked to the ground by machine gun fire. As he lay dying, he continued to shout, “Senior noncom, take the men off the beach!” At the end of the day, the regiment suffered nearly 1,000 casualties.

However, the units of the 29th Division were not the only Guard members to land on “Bloody Omaha.”

SGT James Mildenerger, Minnesota National Guard, disembarked from his DUKW, a 2½-ton amphibious truck, and hit the beach under intense enemy fire. Originally with the 34th “Red Bull” Division, SGT Mildenerger had been reassigned to the 56th Signal Battalion. He became debilitated by shrapnel, and later recalled, “I saw landing craft drop their ramp and the [Navy] guys told them to get off . . . the guys

READY FOR BATTLE U.S. Soldiers hit sand at Omaha Beach June 6, 1944.



went out into about five or six feet of water . . . I watched troops drown . . . helpless to help them.”

The 112th Engineer Combat Battalion, Ohio National Guard, landed mid-morning under devastating German fire, and cleared obstacles and landmines at the Les Moulins Draw for the 116th to advance inland.

On day two, Michigan National Guard’s 254th Engineer Combat Battalion landed on Omaha Beach. As it moved up the Vierville Draw, it encountered heavy resistance. Pushing forward, it completed its first mission, which was to construct a temporary bridge over the Isigny Causeway. This allowed the beach assault units to link up with airborne Soldiers dropped inland.

FIELD ARTILLERY UNITS

Field Artillery (FA) was the branch with the most Guard units to participate in the Normandy Campaign. However, the only actual firing artillery unit to land on June 6 was California’s Battery B, 980th FA Battalion, which landed on Utah Beach supporting the 4th Infantry Division. Two Pennsylvania National Guard field artillery battalions, the 190th and 200th, landed on Omaha Beach on June 7. Both battalions conducted firing missions in support of different divisions, including Pennsylvania’s 28th Infantry Division, which landed after D-Day. On the morning of June 8, New York’s 187th FA landed with their tractor-towed guns.

102ND CAVALRY GROUP, NEW JERSEY

On day two, the 102nd Cavalry Group landed on Omaha Beach without a loss. It moved inland near Isigny in support of the 29th Division. The 102nd played a crucial role in scouting out enemy positions and giving fire support to Soldiers pinned down by German machine guns.

Another enemy hampered the Soldiers of the invading Allied forces—the ancient French hedgerows. These stone and earth walls were overgrown with trees, vines and bushes—a ready-made defense for the Germans. SGT Curtis G. Culin of the 102nd suggested iron beams used in the hedgehog obstacles be cut and welded onto the front of Sherman tanks to act as blades to cut their way through the dense hedgerows. This invention helped the entire Allied Army move out of hedgerow country. It worked so well, 600 tanks were modified with the improvised blades, and SGT Culin was awarded the Legion of Merit for his ingenious idea.

The National Guard in the Normandy Campaign helped establish a toehold in Europe that led to the downfall of the Third Reich. Their courage is forever honored by the National Guard Memorial at the Vierville Draw in Vierville-sur-mer, France.

A WALK THROUGH THE NATIONAL GUARD MEMORIAL

I was fortunate enough to visit the National Guard Memorial in 2004, as

part of the 60th Anniversary commemoration of the Normandy Invasion. I urge you to go, and imagine yourself as a young Guard Soldier sent to liberate Europe.

You walk out into the surf and turn back toward the shore. The cliff before you is alive with machine gun fire, artillery shells falling around you. Landing craft explode, men scream, bullets whiz by as you struggle to shore and up the cliff to the opening of the Vierville Draw.

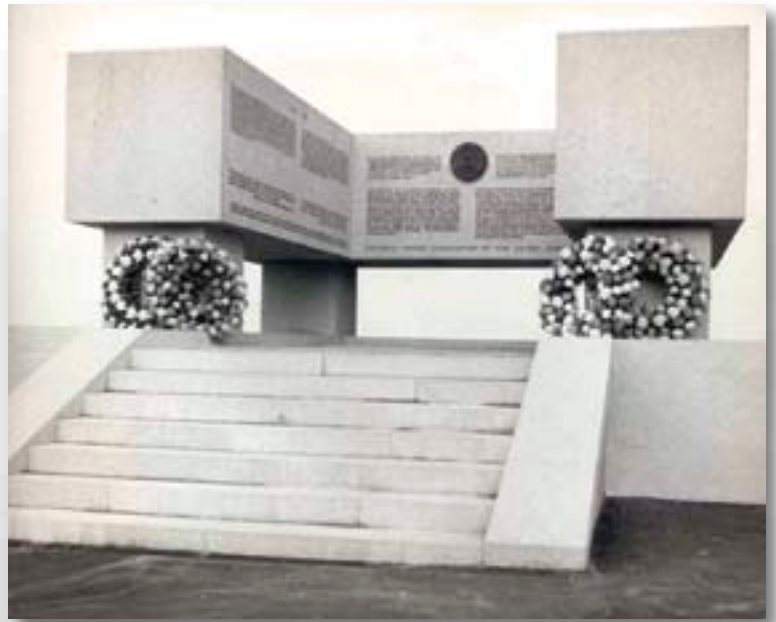
Walking along Omaha Beach away from Vierville, you come to the American Cemetery. High up the steep cliffs the endless rows of white

crosses appear. The stark reality of the price of freedom stops you in your tracks.

You walk through the rows, reading the names. Perhaps you will whisper "Thank you," as I did, hoping they'll hear your appreciation for their sacrifice. Maybe then, Abraham Lincoln's words would again ring true:

"... that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion. That we here highly resolve that these dead shall not have died in vain. That this nation, under God, shall have a new birth of freedom." **GX**

REMEMBRANCE The National Guard Memorial at the Vierville Draw in Vierville-sur-mer, France.



How to Break Out of Side Control

By SFC Donnie Moseley
NM NG, CATC

This month, I want to talk about a couple of ways out of someone's Side Control. Hopefully everyone got a chance to try out the few

techniques we talked about last month. It's really not that hard to figure that a non-dominant position is not the place you want to be, especially in a real fight.

So, the first thing I want to go over is my body position when I find myself in someone's Side Control.



◀◀ **STEP 1**

Notice my legs: my knees are bent and my feet are close to me. I do this so I'm not just inviting a free trip to the mount for my opponent. I also need to be aware of my other limbs and take care of them, so they don't get compromised. My arm closest to

my opponent's hip is in close to my rib cage, acting as a frame to help me maintain some space to escape. My other arm is up deep and high on my opponent's back, not leaving me so vulnerable for attack. I'm also laying over onto one shoulder, avoiding being flat on my back.



◀◀ **STEP 2**

Now, I'm going to move my leg that's furthest from my opponent and push off with the arm that's blocking his hip—and pushing my hips away from him, creating as much space between us (shrinking).



◀◀ **STEP 3**

Next, I'm going to slide my knee that's closest to my opponent between us, and start recomposing my Guard position.



◀◀ **STEP 4**

Now the goal is to push myself out the back. I'm going to bridge up high on my shoulders—pushing myself out, using my arm that's up around my opponent's back. I also need to turn my body toward my opponent's legs while I'm doing this.



◀◀ **STEP 5**

Escape his Side Control.



◀◀ **STEP 6**

This one is little more complicated to explain. I'm going to reach under my opponent's ankle with my hand that's blocking his hip (thumbless grip, palm facing up), not allowing him to kick that leg out and repost with it. If he does get that leg kicked out, go back to the first technique.



◀◀ **STEP 7**

With my arm that's across his back, I'm going to bring it in to replace the hand I originally trapped the ankle with.



◀◀ **STEP 8**

The hand that was originally blocking the hip is now being used to pull the knee toward me, breaking down his base.



◀◀ **STEP 9**

Once I've got all this accomplished, I'm going to push and roll into him, landing him into my Side Control.

THE WRAP UP

Hopefully, none of that is too confusing. Like I've said before, drill this stuff until you're blue in the face. Once you've turned blue, do it until you're purple! Commit it to your muscle memory. Because when things go bad, you won't rise to the occasion—you'll sink to the level of your training. Until next month, train hard! **GX**



BUILT FOR SPEED Mears races at the Phoenix International Raceway April 22 in the No. 24/153rd FA BGE Guard Car.



24

Three Top-10 Finishes for #24

Courtesy of Hendricks Motorsports

APRIL 16—TEXAS MOTOR SPEEDWAY

Casey Mears drove his No. 24 National Guard/36th Infantry Division (ID) Chevrolet to a fourth place finish on the April 16 NASCAR Busch Series race at Texas Motor Speedway, Fort Worth, TX. Mears led a total of 23 laps, but wasn't able to overcome a loose-handling No. 24 Chevy in the closing laps to capture the team's first victory.

"We just got a little bit looser right there in the end, just enough where I couldn't get in [to the corner] and couldn't get back to the gas good," Mears said. "It was a good day for the National Guard/36th ID team and I'm happy with another nice solid top-five finish. If the National Guard Chevrolet was a little bit tighter, I think we could have won it."

Mears, starting from the fourth position, commented early in the race that his car was loose on the high side of the track. This issue, however, didn't affect his ability to get it into third place on lap 33.

On lap 67, the caution flag waved. The caution was good, though, as Mears was named the "lucky dog" and moved back to the lead lap on the restart. The team completed another pit stop during the caution period and resumed the race in 22nd place.

Mears turned the fastest laps on the track as he passed Denny Hamlin on lap 138 to take the lead. Mears led for 23 laps before the fifth caution of the race occurred on lap 160. The National Guard/36th ID Chevrolet was narrowly beaten off of pit road by Hamlin. Mears restarted the race with 34 laps remaining, in second place.

Mears desperately tried to pass Hamlin, but to no avail. In the final 10 laps, clean air caused the loose condition that Mears had battled earlier to return. After a fierce battle with eventual winner Matt Kenseth and Carl Edwards, Mears finished fourth.

APRIL 22—PHOENIX INTERNATIONAL RACEWAY

On April 22, Mears, driving the No. 24 National Guard/153rd Field Artillery Brigade Chevrolet, finished seventh at Phoenix International Raceway. Mears earned the Guard team's fourth top 10 finish in five races this season.

"The No. 24 National Guard/153rd Field Artillery Brigade Chevrolet was tight all night, which made it tough for me to steer at times," Mears said. "We were fortunate [the car] wasn't greatly hurt after getting rear-ended halfway through the race. In all, it was great to get another solid performance for the National Guard team."

Mears started the 300-mile race from the 17th position and quickly made his way to 12th after 18 laps. On lap 20, Mears reported that his No. 24 National Guard Chevrolet was tighter than it was in practice sessions, but it didn't affect his ability to gain two more positions and move into the top 10.

In the final 50 laps of the race, Mears worked his way back to seventh but ran out of laps to make a good run at a top five finish.

APRIL 29—TALLADEGA SUPER SPEEDWAY

On April 29, Mears drove his No. 24 National Guard/155th Armored Brigade Chevrolet to a third-place finish at Talladega Super Speedway. Capturing his fourth top-five of the season, Mears led 52 laps and kept the Chevy up front the majority of the race.

"The National Guard guys did a great job," Mears said. "I'm proud of this race team. We've been top-five material week in and week out. I also want to thank the 155th Armored Brigade guys who were out here with us this weekend cheering us on." **GX**

Mears Faces Challenges in Texas and Arizona

25

Courtesy of Hendricks Motorsports

In the days leading up to the April 21 NEXTEL Cup event at Phoenix International Raceway, Casey Mears and the No. 25 National Guard/GMAC Chevrolet team were feeling good about their car and its chances for success.

The No. 25 Impala SS, which qualified 13th for the race and performed well in multiple practice sessions, was fast—"One of the fastest cars we've had all year," Mears was quick to point out. And the new chassis didn't disappoint early on. By Lap 10, Mears had gained five spots and was reeling in the front of the field.

That forward progress would soon come to a disappointing and unexpected halt.

On lap 42, driver David Ragan spun in the No. 6 car after making contact with Tony Stewart's car, and Mears was behind the wreck with nowhere to go. The No. 25 car suffered fender damage upon impact and Mears was unable to straighten the steering wheel.

The No. 25 team worked to repair the damage and, initially, kept Mears on the lead lap. However, the car required more attention to run competitively, and Mears eventually fell nine laps down from the leader before finishing 37th.

"Today was so disappointing because we had a great car," Mears said after the race. "For most of the night, I was in disbelief over our situation and what had happened. I just wish we could wake up from this nightmare and start the season over, because our team is so much better than this. We'll regroup and head for Talladega, and I hope our luck turns in a better direction next weekend."

After the race, Mears fell to 35th in the NASCAR NEXTEL Cup point standings. He is 287 points out of 12th place, which will serve as the final spot in the 2007 Chase for the Championship after 26 races are completed. **GX**



NEED FOR SPEED Mears finishes 39th at the Talladega Super-Speedway April 29th.

NIGEL KINRADE

MA Guard Supports Boston Marathon



Story and photos by SGT Jordan St. John

Despite poor weather conditions, this year's Boston Marathon was smoothly run, thanks in large part to the support of the Massachusetts Army National Guard.

Approximately 400 Soldiers from the state Guard's 51st Troop Command, out of Reading, MA, assisted state and local police in protecting public safety along the marathon route, which ran from Hopkinton to the border between Boston and Brookline.

Early that morning, Hopkinton Police Chief Thomas Irvin briefed members of the 747th Military Police (MP) Company on their mission during this 111th Boston Marathon. The MPs assisted at the starting line at the town green, while scores of other Guard members lined the length of the course. The Soldiers helped with crowd control and security, and were ready to assist in medical or other emergencies.

"The Guard Soldiers are a great help in making sure the runners have a clear path and race observers stay out of the way," Irvin said. "They [were] also ready to help in the event we had to evacuate anyone injured or who needed assistance."

In addition to public safety support, 20 Guard members participated in the marathon. Runners ran in 40-degree temperatures, wind and rain.

Among the more than 20,000 runners was SGT Brian Higgins. He practiced for the marathon by running over sandy roads in 100-plus-degree heat at his base in Taji, Iraq. "I had run in the race the last two years," said SGT Higgins, "and when I realized I would be home on leave during this year's race, I decided to take part."

A member of the 1060th Transportation Company, SGT Higgins is also lieutenant with the Cambridge Fire Department.

For Soldiers assisting public safety operations, the race was an opportunity to take part in a historic and interesting event. This was the third race providing public safety support for SPC Carl Schwarzenbach. "Although the weather is damp and dreary, and the crowds somewhat smaller, the enthusiasm of the fans is still great, so it makes this an interesting day for me," he said.

In addition to crowd control and public safety, security was one of the missions of the day. Soldiers and Airmen from the 1st Civil Support Team (CST) were on hand to support public safety operations by monitoring for any chemical, biological or radiological agents during the event. The CST advised civil agencies in planning for, and reacting to, any known or suspected weapon of mass destruction.

CST executive officer MAJ Margaret White said the wind and rain were a positive development from the team's perspective. "These were terrible conditions for the release of agents," she said. "So the bad weather made our jobs a bit easier." **GX**



SECURITY (top) SGT David Williams, of Charlton, Ma., a member of the 747th Military Police Company, was one of about 400 Soldiers who assisted state and local police during the running of the 111th Boston Marathon.

SAFETY (above) Police Chief Thomas Irvin briefs members of the 747th Military Police Company of the Massachusetts Army National Guard on their mission during the running of the 111th Boston Marathon.



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START HIKING™

START Fitness™ Prepares for Operation Summit Whitney™



By SSG Ken and Stephanie Weichert

HOOAH! askthetrainer@startfitness.com
Let us hear from you.

SSG Weichert and Stephanie,

RECEIVED

Hello. I wanted to start by saying, "Thanks for what you two do for the Guard!" My entire unit uses your articles for PT every month. Your knowledge in health and fitness is fantastic, and your workouts are easy to follow! Keep the information coming! I wondered if you could give some tips on hiking and camping! With the summer coming along, I thought that we could use some information on workouts that would help us with outdoor activities. Thanks!

—John S., California Army National Guard

John,

Hello and thanks for reading! We are thrilled that the members of your unit are utilizing the workouts from GX! Thank you for asking about hiking. June happens to be National Hiking Month. START Fitness™ uses hiking as a seasonal staple for our physical fitness program. During the warmer months, we regularly perform 13–15-mile hikes and add in at least one expedition each year.

Exercises that prepare the body to endure the rigors of hiking are a phenomenal way to add variation to your fitness routine. Based off of your comments, we are going to give you a workout that will prepare you for the great outdoors! Get ready to climb!

—SGT Ken™

Towering at 14,496.811 feet above sea level, Mount Whitney is the tallest peak in the continental United States. START Fitness™ members endure several hikes, fitness tests and an expedition every year. Some excursions are six to eight hours in length, while some are a few days. The advanced expeditions require extra fitness training where some training days are endured with a loaded backpack, first aid and land navigation training and a bit of survival training.

The following is just one of the many physical fitness routines we endured while preparing for Mount Whitney. Not all exercises are photographed. For additional photographs and explanation, please refer to past issues of GX at gsonline.com/pastissues:

WARM-UP PHASE:

1. Running in place or 50 side-straddle-hops
(Jumping Jacks): 5–10 minutes

2. Rotation exercises: 2 minutes

3. Stretching: 5–7 minutes

It is advised that you repeat steps 1–3 prior to step 4 in order to be properly warmed-up.

4. High steps: 2 minutes

Action: jogging in place with your hands at least above your shoulders and your knees as high as your hips.

BUILD-UP PHASE:

5. Flutter kick

- Basic: 10–20 seconds
- Intermediate: 21–40 seconds
- Advanced: 41–60 seconds

Remember that the lower your legs are positioned, the more back muscles you engage. Keep your back flat against the floor with your arms supporting the sides of your body. If you experience discomfort in your lower back, raise your legs higher. Keep your feet flexed at all times.

6. Crunches on the ground, or stability ball crunches

- Basic: 1–15 repetitions
- Intermediate: 15–30 repetitions
- Advanced: 30–60 repetitions

7. Superman/woman

You can check out standard form instructions in GX 4.1.

- Basic: 1–6 repetitions
- Intermediate: 7–12 repetitions
- Advanced: 13–24 repetitions

8. Pull-ups

Start position: Place your hands on a pull-up bar, arms shoulder-width apart, and palms facing away from your body.



Action: Pull your body upward until your nose reaches the bar. Return to the start position and repeat the steps. If you cannot perform a complete pull-up, simply hang on the bar for 45 seconds with your arms fully extended with a very slight bend in each elbow.

- Pre-basic (hanging on the bar): 45 seconds
- Basic: 1–2 repetitions
- Intermediate: 3–6 repetitions
- Advanced: 7–12 repetitions

9. Push-ups

You can check out standard form instructions in GX 4.1.

- Basic: 1–10 repetitions
- Intermediate: 11–30 repetitions
- Advanced: 31–80 repetitions

MUSCLE TARGET PHASE:

10. Squats with tubing (pictured in GX 3.5)

Start Position: Grasp the handles of the Xertube,

raise your hands head-high, elbows bent, palms forward, both feet evenly on the tubing hip-width apart. Stand erect with a neutral spine.

Action: Slowly lower your body, with your hips moving back as if sitting on a chair. Maintain your weight directly over the heels or mid-foot. Lower to approximately 90 degrees of knee flexion. Pause, then slowly return to the start position. If lumbar curvature cannot be maintained, lower less than 90 degrees without causing discomfort in your knee joints. Warning: Do not let your knees bend beyond your toe line.

Bring it on! Try extending your arms straight in front of you while you lower yourself to the 90-degree point with your palms down and arms level with your shoulders. Bend your elbows and return your palms to the start position as you raise your body. Now you've added upper body resistance!

Bulk up: 3 sets of 8 repetitions each with heavy resistance

Sculpt down: 3 sets of 15–30 repetitions each with light to moderate resistance

11. Forward walking lunges (uphill, if possible)

Remember to keep your shoulders over your hips at all times so that your forward knee will not go past your toe line.

- Basic: 10–30 seconds
- Intermediate: 31–75 seconds
- Advanced: 76–120 seconds

12. Basketball drills

Action: lateral lunges in one direction by lunging slightly forward, returning to the standing position, and jumping straight up in the air as if to perform a jump shot.

- Basic: 10–20 seconds (one side)
- Intermediate: 21–40 seconds (one side)
- Advanced: 41–60 seconds (one side)

13. Speed skating drill

Action: Imagine that you are on a pair of skates. Perform lateral hops to the left and right. Keep your knees bent, shoulders low and hands free.

- Basic: 10–20 seconds
- Intermediate: 21–40 seconds
- Advanced: 41–60 seconds



13

14. Ski jumpers (modified)

Action: lateral hops with your feet together and hands on your hips.

- Basic: 10–20 seconds
- Intermediate: 21–40 seconds
- Advanced: 41–60 seconds

15. Charlie Chaplains

Action: While in the ski jumper position, simply raise your body by extending feet. Slowly lower your heels to the ground and repeat.

- Basic: 10–20 seconds
- Intermediate: 21–40 seconds
- Advanced: 41–60 seconds

SUMMIT PHASE:

16. Bend, squat, thrust and jump

Start position: Stand erect with a neutral spine.

Action: Lower your body into a squat position, with your hips moving back as if sitting on a chair. Maintain your weight directly over the heels or mid-foot. Lower to approximately 90 degrees of knee flexion. Place your hands on the ground and shoot your legs out straight into the push-up position. Quickly return to the Squat position and jump. Repeat the steps quickly without compromising form.

- Basic: 1–5 repetitions
- Intermediate: 6–15 repetitions
- Advanced: 16–30 repetitions

17. Climbing stairs or on a Stairmaster (with or without a backpack on): 8–10 minutes
“HOOAH! Now do it again!”

- Basic: 1 full set—approximately 25 minutes*
 - Intermediate: 2 full sets—approximately 50 minutes*
 - Advanced: 3 full sets—approximately 75 minutes*
- *Depending on initial warm-up time, repetitions per set and rest periods*

COOL-DOWN PHASE:

18. Rotation exercises: 2 minutes

19. Stretches: 5–10 minutes

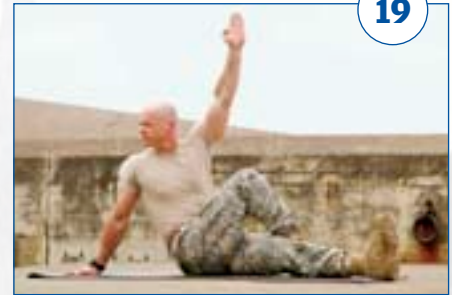
Suggestion: Try the seated trunk stretch.

Start position: Sit on the ground with your legs straight and arms at your sides. First, bend the right leg 90 degrees at the knee and move your foot over your left knee. Balance your body by placing your right hand on the ground behind you. Extend your left arm straight in the air.

Action: Exhale and bring your left arm downward by bending your left elbow. Balance your left elbow across the right side of your right knee. Extend your left arm and grasp your left leg. Twist your trunk slightly clockwise and look behind

you. Breathe normally, in through your nose and out through your mouth and hold for 30 seconds. Change positions and stretch.

19



During the last Mount Whitney expedition two teams of 12 each did their best to summit and finish 22 miles of steep terrain and high elevation. A few members in each team experienced altitude sickness at Base Camp (12,002 feet) and returned to the trailhead. In the end, two teams of nine each made it to the summit—one team performing the expedition in two days the other in one. All remarked that the extra fitness training prior to the expedition was necessary and helped develop teamwork. It was the teamwork that made it possible for them to achieve their absolute best while enduring some of the highest trails in the United States!

For more hiking information, such as what we packed for this expedition and what type of gear we used, simply email sgtken@startfitness.com. HOOAH! **GX**

SPECIAL REMARKS: We encourage you to send your questions or requests additional information by emailing us at askthetrainer@startfitness.com. You can experience our workouts at home with our **Operation Living Fit—Boot Camp Fitness Toolkit™** DVD series. You can purchase our DVD set at STARTFitness.com.

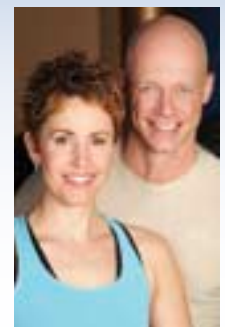
UNIFORM REMARK: SSG Ken Weichert is pictured in the Army Combat Uniform (ACU) without the ACU Shirt in order to show you what muscles are employed during each exercise.

WARNING: Always seek the advice and guidance of a qualified health provider with any questions or concerns you may have prior to commencing a fitness program. This article should not be relied on or substituted for professional medical diagnosis or treatment. The exercises presented are for suggestion only. Participate at your own risk. Stop if you feel faint or short of breath.

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SSG 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.



START Nutrition™: PROTEIN 202

By Dr. Robert Portman

You've already passed Protein 101. You know that protein is important for muscle growth, and that protein needs increase with exercise. Now it's time for Protein 202—five beyond-the-basics protein facts that will help you use protein more effectively to build muscle and even burn fat. Here they are:

1. Not all proteins are equal.

There's a lot of talk about "good fats" and "bad fats" and about "good carbs" and "bad carbs," but some proteins are better than others, as well. Animal foods (meat, fish, eggs, dairy) are better protein sources than plant foods (vegetables, grains, legumes) for three reasons. First, animal foods contain much larger amounts of protein. In addition, animal proteins are more complete—meaning they contain more of the essential amino acids the body cannot manufacture on its own.

Finally, due to the high fiber content of many plant foods, the proteins in plant foods are not absorbed as well as those in animal foods. Only 78 percent of the protein contained in high-fiber legumes is actually digested, compared to 97 percent of the protein contained in animal foods. For this reason, vegetarians are advised to consume 10 percent more total protein on a daily basis than meat eaters to account for the inferior "bioavailability" of plant proteins.

2. Protein is great for weight loss.

Protein is more satiating, or filling, than carbohydrate and fat. Therefore maintaining a high-protein diet is an effective way to reduce hunger, eat fewer total calories, and shed excess body fat. A recent study from the University of Washington School of Medicine found that subjects voluntarily reduced their daily eating by 441 calories per day and lost almost 11 pounds, on average, when they switched from a low-protein diet (15 percent of calories) to a high-protein diet (30 percent of total calories).

Just as some proteins are higher in quality than others, some proteins are more filling

than others. Soy and dairy proteins are among the most filling, while egg proteins are the least filling.

3. Timing of protein intake is important.

It's not only the quality of the proteins you consume that determines how they affect your body. It's also when you consume them. The most beneficial times to consume protein are immediately before and immediately after workouts. A much higher percentage of consumed proteins are used to create muscle tissue when they are made available to the muscles during exercise stress and the recovery period following exercise.

A recent Australian study found that men gained more muscle mass over the course of a 10-week strength-training program when they consumed protein immediately before and immediately after workouts than they did when they consumed the same protein supplement in the morning and in the evening.

4. Protein during exercise improves performance and recovery.

Most people think of carbohydrate as the nutrient that boosts performance when consumed during exercise—and it's true: carbohydrate sports drinks and energy gels increase endurance and maximum exercise intensity significantly when consumed during prolonged or interval-type workouts. But, new research has also shown that sports drinks containing a little protein along with carbohydrate increase endurance even more, while also drastically reducing muscle damage, as well as resulting in faster recovery and better performance in the next workout.



The key to these benefits is the right combination of carbohydrate and protein. The ideal ratio is 4:1, or 4 grams of carbohydrate to 1 of protein. Sports drinks containing this ratio have also been shown to improve rehydration over water and conventional sports drink as well.

5. There's such a thing as protein overkill.

Many people who work out regularly like to follow each session by consuming a protein shake containing huge amounts of protein and little or no carbohydrate. This is a mistake, because research has shown that most of this protein is either converted to fat or excreted in the urine. To maximize muscle protein synthesis after exercise, it's actually better to consume a supplement containing a fairly large amount of carbohydrate and only a modest amount of protein. This is because carbohydrate stimulates the transport and metabolic mechanisms that allow muscle protein synthesis to occur.

In a recent study from the University of Texas Health Science Center, scientists evaluated the effects of an amino acid [i.e. protein] supplement and an amino acid/carbohydrate supplement on protein synthesis. They found that the carbohydrate–amino acid supplement was 38 percent more effective than the amino acid supplement in building muscle.

Congratulations! You've graduated Protein 202. Now, go ahead and apply this knowledge to build a leaner, stronger body. **GX**



If you have a question about nutrition in general or sports nutrition in particular, please email Dr. Robert Portman at askthetrainer@startfitness.com. He will answer selected questions in an upcoming column. For more information on Dr. Portman and his health products, please refer to pacifichealthlabs.com/site/index_ntscp.html.



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Trench Brooms & Burp Guns

WWII Weapons Rule the Day at Owl Hollow



SPRAYING HATE Jason West, Editor-in-Chief for *GX*, fires the MP-40 at Owl Hollow Range in Franklin, TN. **MACHINEGUN SMILE** (Below) Rebecca Gervais, Designer for *GX*, fire the Thompson submachine gun.

By Chris and Jason West

“Mr. Price? *GX* magazine. We wanted to see if we could take you up on your offer to let us test-fire your Garand. One of the editors owns a Mauser and we thought it might be fun to do kind of a WWII comparison shoot. You have a Thompson and an MP-40 as well? Both fully automatic, you say? Why yes, I think we’d very much like to try those out as well.”

We know a lot of you are history buffs, firearms collectors and sport shooters. As it turns out, excellent replicas and refurbished models of the primary U.S. and German firearms are readily available at very reasonable prices. Through our friends, local firearms historians and collectors Bill Price and Dave Hoagey, we were able to gain access to all original versions

of the Garand, the Thompson and the MP-40. (The price points on these are probably out of the comfort range for most casual collectors, not to mention the Class 3 Firearms permit Bill and Dave have to maintain to own fully automatic weapons.)

First up for testing was the M-1 Garand, the first semi-automatic rifle adopted on a large scale for military use, and arguably one of the best combat rifles ever created. The beefy 30-06 rounds are loaded, eight at a time, into a clip, which is then pressed into an internal magazine. When the last round is expended, the clip is ejected with a very distinctive ringing sound. Much has been made in movies of this sound, announcing that a Soldier’s weapon is empty—but in our experience, as loud as the Garand and

the Mauser were, the enemy would be hard-pressed to hear anything in a large firefight. The recoil, while not insignificant, was manageable, particularly given the punch of the round. Bill, well experienced with the weapon, was able to put all eight rounds on target in only 11 seconds.

The Garand’s German counterpart, the Mauser, is considered one of the best bolt-action designs ever (the U.S. Springfield 1903 used so many of the Mauser’s design features that the American government paid royalties to manufacturer Mauserwerke). The rifle’s 7.92 mm round (commonly referred to as the Mauser 8 mm) are loaded five at a time, using a stripper clip to guide ammunition into



CPT TIM IRVIN / REBECCA GERVAIS



GOOD TIMES
CPT Tim, Editor of Military Affairs for GX, shows his absolute joy of spending a day shooting with the Brothers.

an internal magazine. Lacking any of the Garand's recoil dampening features and sporting a steel-bound butt (for hand-to-hand fighting), the kick on the Mauser was significantly more than the Garand—we're pretty sure this is the one we were feeling the next day. Needless to say, the bolt action made rate of fire significantly lower (14 seconds to put five rounds on target), but we found the Mauser's site picture easier to reacquire. We have also been told the Mauser was a more effective weapon at longer ranges.

Next up was one of the most legendary and commonly recognizable firearms ever produced: the Thompson Submachine Gun. Now THIS was going to be fun. The "Tommy Gun" was first made famous by Prohibition-era gangsters who employed its devastating .45 ACP round (carried in a 50-round drum magazine) to great effect against each other and law enforcement. The U.S. military first adopted it for use in 1938. The Thompson's hefty 10.5 pounds (unloaded) make the weapon surprisingly easy to control, given its high rate of fire and powerful round. After Bill had demonstrated the proper form for controlled accurate bursts, we hefted the Chopper and went rock-and-roll. All pretense of disciplined testing flew out the window in the face of the sheer pleasure of spraying rounds and shouting "You'll never take me alive, copper!" If you ever, and I mean EVER have the chance to fire the full-auto version of this weapon, do not pass it up.

Finally we shouldered the German MP-40. Although lacking the aesthetic appeal of the Thompson, the MP-40 was an extremely effective weapon. Its inexpensive stamped steel construction and ease of firing allowed it to see wide usage during WWII. In the hands of a skilled shooter, this weapon is extremely effective at short range, with its lighter

9 mm round and lower rate of fire making recoil almost negligible.

To be blunt, though, after the Thompson it was a bit of a disappointment. Despite the destruction it wreaked on the targets, from a "fun to shoot" point of view it felt like firing a high-end airsoft gun.

If you're interested in owning one of these weapon—original or replica—here's what you need to know:

Garands – You can lay your hands on a military surplus Garand by joining a Civilian Marksmanship Program-affiliated club (memberships are as low as \$25). For more information and full requirements go to: www.odcmp.com. For a reproduction (which will be more show-worthy—the CMP rifles have generally seen heavy use) visit www.Springfield-Armory.com.

Mauser – We got an excellent deal on a refurbished Mauser (new stock, but all other parts with matching serial numbers and original Wiermacht markings) with even less expensive options available (non-matching part numbers) from Mitchells Mausers—www.Mauser.org.

Thompson – Dealers for semiautomatic versions of the Thompson can be found at www.TommyGun.com. We're not even going to start in on what you have to go through to legally procure a fully automatic version. **GX**

For more about Bill Price and Dave Hoagey, visit: TMCAonline.org



PRICE IS RIGHT
Bill Price shows CPT Tim how to properly load the M-1 Garand rifle.

Facing the Fear

By Chris West

You would not believe the amount of grief I got over my last trip to the Knob Creek Machine Gun Shoot.

Sure, I fired a Browning automatic rifle, a .30 cal machine gun and a plethora of other weapons. But what does everyone remember? That I chickened out when it came to the flamethrower. I got grief from everyone. Even my aunt, a librarian at a local high school, made several deprecating (and un-publishable) remarks about my apparent lack of man parts. I tell you what—you travel all over the world, go into war zones, disaster areas and countless live-fire exercises, and you'd think you'd get a little respect as a manly man. But back away from one little weapons system and you're a sissy forever.

Fine. Obviously, there was only one way to fix this: return to Knob Creek and strap on a tank of pressurized napalm.

CPT Tim and I spent most of the day hanging out with David and Sunni Michael, the owners and operators of the flamethrower rental station. They provided us with training, set us up with safety gear and then turned us loose to spit flaming hate at a helpless car . . . as CPT Tim likes to say, "Good times."

Check out the pictures and video from the shoot as concrete proof that I have reclaimed my tarnished and tattered masculinity:

GXonline.com/gearup



GX Hero: Patti Patton-Bader

An Ordinary Mom Turned Military Hero

By SSG Heather G. Allen

During my OIF support mission in Kuwait from August '04 to August '05 with the 230th Area Support Group, Tennessee Army National Guard, correspondence with home was rare. Don't get me wrong, my family and friends supported me. There was my birthday and Christmas, among all the other holidays that I spent proudly serving my country. They sent me cards and presents. More seldom, though, were the letters that read, "Hey, we're writing just because..." But, during this time, citizens from an organization called Soldiers' Angels somehow got my name and sent me care packages, cards and letters. They didn't know the day I was born or if I celebrated Christmas and Easter—they sent them "just because."

I remember my "Angel" from Georgia. She would always send me "girly" things. I recall her telling me in a letter that she had requested

a female Soldier. She was worried that I couldn't feel feminine where I was. We wrote letters back and forth for at least eight months of my deployment. She had a mother in bad health and she wrote me about all of their hospital stints and how her condition was. She helped me tremendously with her love and support and I would like to think she knew that she had a friend in me when things were tough. I hope she gained comfort from writing me like I received comfort hearing from her.

A Soldier's time during a deployment can be extremely difficult. It doesn't matter if it's Iraq, Afghanistan, Kosovo or state-side. Being away from home for an extended period of time teaches you not to take it for granted.

Patti Patton-Bader, a mother of two sons in the Army, one a Veteran, the other recently enlisted, understands this and wants to make service member's time away more bearable. She founded Soldiers'

I feel like [running this program] has given me the ability to be a better person...to feel like I have a purpose.—Patti Patton-Bader

Angels, in the summer of 2003, when Patton-Bader's son, SGT Brandon Varn, wrote home expressing his concern that some Soldiers were not receiving support. Patton-Bader couldn't allow a situation like that to continue. She contacted friends and family members and asked that they write a Soldier or two. Within a few months, Soldiers' Angels went from a mother writing a few extra letters to an Internet community with thousands of Angels worldwide.

I remember walking to the mail trailer hoping there would be something there for me or the Soldiers in my shop. It would make my day to receive something through the "snail-mail." Countless times, someone I didn't know sent me a letter or small token of thanks. I couldn't fathom that people cared enough to write me—someone they had never met.

In a phone interview with GX, Patton-Bader, the great-niece of legendary WWII hero, General George S. Patton, was asked why she started this organization. I could tell when she answered it was a no-brainer for her. She believes in this whole-heartedly. If I had never heard of this organization, I could have talked to her for five minutes and been just as excited.

"My brother was out there [in Iraq]; my father did two tours in Vietnam and one in Korea. That all combined with what my son said and showed me that I needed to do this," she replied. "It seemed that all the jobs I had had in my life trained me to do this particular job. I felt it was a mission that I had to take on because I knew I could accomplish it."

"Then everything started developing," she said. "We started finding out about wounded Soldiers being transported with very little clothes or personal items. So, we made backpacks. When we made the backpacks, they went out with our hopes and prayers and that's how the blankets of hope started. We have put out over 6,800 backpacks and every single backpack has a donated blanket of hope. We have a Vet-Pack for homeless Veterans. We go around to the VA hospitals and distribute them. There have been over 500 so far."

But, the Angel's love doesn't stop there. Patton-Bader continued, "We have lost Soldiers and we wanted to reach out to their families and let them know we would always remember and never forget so we started the living trees. We plant them at schools our heroes attended, or local parks or their own homes so they can grow and flourish and people will never forget the sacrifice they made for our freedom. We also began to hear about Soldiers who were deployed and had pregnant wives at home that were all alone, so we started throwing baby showers for them."

Not all of the Angels are from the United States. Surprisingly, they have Angels all over the world. Germany, Australia, England, France, Italy, Sweden, New Zealand and Spain are just a few countries also supporting the initiative.

I made the mistake of asking Patton-Bader which of the causes had touched her most. I say mistake because that is like asking a parent which child they are most fond of. Her response was, "I could not pick one, each one was developed because they touched me. When an issue was brought to our attention it touched all of our hearts enough for someone to stand up and say, 'I'll run the team—I volunteer.'"

"My son [the Veteran] is such a neat guy and he has always made me want to be a better person. I feel like [running this program] has given me the ability to be a better person . . . to feel like I have a purpose. If I had my way, Sept. 11, 2001, would have never happened; if I had my way, my kids would be sitting in front of the television eating cornflakes, watching Scooby-Doo. But that's not what happened."

Today's military is not made up of draftees. We are all volunteers. Isn't it great to know that this group of volunteers has our backs here at home? Patton-Bader has touched the hearts and minds of so many service members and their families. She is an Angel on Earth. **GX**

More Information about Soldiers' Angels

With more and more merchants donating services, money and items for packages, the Angels reorganized as a 501c 3 non-profit so all donations would be tax deductible. Soldiers' Angels currently supports thousands of service members stationed wherever we raise our country's flag. Soldiers' Angels are dedicated to supporting the military during and after their deployment. Their motto is, "may no Soldier go unloved," and it's a motto they stick to.

There are numerous "teams" that you can lend a hand to at Soldiers' Angels. They consist of the letter-writing team, living legends, the sewing team, operation outreach/SOS kids, cards plus team, chaplain support team, wounded TLC team and the Fisher House support team. All of these teams have a different mission within Soldiers' Angels.

The letter-writing team writes and receives letters from troops. Living legends is a group that provides a living tree to the families of fallen Soldiers. The sewing team makes blankets of hope, scarves, mittens and booties for wounded Warriors. Operation Outreach helps the families of deployed service members and SOS kids sends humanitarian donations to children in Iraq and Afghanistan.

The chaplain support team assists chaplains with the care of troops and the wounded TLC team helps support Soldiers who are ill or wounded. The Fisher House support team works with Fisher House to provide support whenever needed. A Fisher House serves as a "home away from home" for the families of military personnel seeking medical care at major military medical centers.

For more info visit:

SoldiersAngels.org



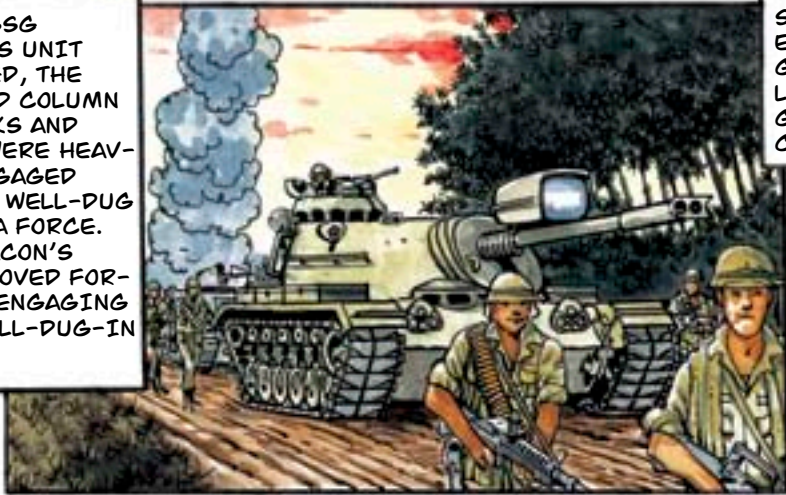
INCIDENT AT TAM KY

NICKY D. BACON JOINED THE NATIONAL GUARD IN ARIZONA, VOLUNTEERED FOR VIETNAM, AND SERVED HIS FIRST TOUR IN COUNTRY IN 1967. HE RETURNED TO VIETNAM WITH THE 21ST INF. AS A CONTINGENT OF THE AMERICAL DIV. IN 1968. HIS UNIT HAD ALREADY DISTINGUISHED ITSELF IN HEAVY FIGHTING PRIOR TO AUGUST 1968.



THEN, ON AUGUST 26, A 1ST AIR CAVALRY UNIT WAS STALLED, UNDER HEAVY ASSAULT, AND IN NEED OF ASSISTANCE NEAR TAM KY, II CORPS, SOUTH VIETNAM. WITH LITTLE REST, THE "JUNGLE WARRIORS" WERE CHOPPERED IN TO HELP HANDLE THE STICKY SITUATION.

WHEN SSG BACON'S UNIT ARRIVED, THE STALLED COLUMN OF TANKS AND APCs WERE HEAVILY ENGAGED WITH A WELL-DUG-IN NVA FORCE. SSG BACON'S UNIT MOVED FORWARD, ENGAGING THE WELL-DUG-IN ENEMY.



SSG BACON ORGANIZED THE ATTACK ON AN ENEMY BUNKER AND DESTROYED IT WITH GRENADES. DURING THE ACTION, HIS PLATOON LEADER WAS WOUNDED BY ENEMY MACHINE-GUN FIRE. HE EVACUATED THE LT AND TOOK CHARGE OF THE PLATOON.



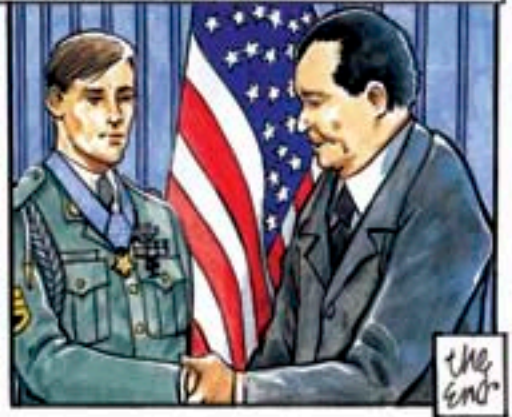
DURING A SUBSEQUENT ASSAULT, A SECOND PLATOON LEADER WAS SERIOUSLY WOUNDED AND SSG BACON TOOK CHARGE OF THAT PLATOON IN ADDITION. SSG BACON TOOK OUT AN ENEMY ANTITANK WEAPON, KILLING ITS GUN CREW.



SSG BACON, RETURNING TO THE TANK COLUMN, CLIMBED ATOP THE LEAD TANK AND DIRECTED FIRE ON THE ENEMY POSITION TO ALLOW THE EVACUATION OF THE WOUNDED. THE COMPANY COMMANDER CALLED IN AIR STRIKES, ALLOWING THE COLUMN TO ADVANCE AND NEUTRALIZE THE SITUATION.



NOVEMBER 24, 1969, SSG NICKY D. BACON WAS PRESENTED WITH THE CONGRESSIONAL MEDAL OF HONOR. SSG BACON'S ONLY REGRET? WINNING THE CMH PRECLUDED HIM FROM GETTING BACK INTO THE FIGHT.



the end

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