



# the ONE Hundredth



100th Missile Defense Brigade (GMD) Newsletter

February Issue Vol. 1.2

**HHB  
Commander**



**CPT William  
Shanahan**

## COMMAND HHB SECTION

**1SG Robert  
Cunningham**



**HHB  
1SG**

**GMD Warriors,**

First and foremost I would like to thank all Soldiers for the somewhat timeliness completion of the first quarter mandatory training completion. I know that there were a few “cob-webs” in the facilitation of the JKO process. I expect those issues are resolved and smoother transition to second quarter completion of training. With that being said the NLT date for training documentation turn in is MAR 15th. Turn in your DOCS to your perspective platoon sergeants

For those of us who have been in the Army for any length of time will agree. The Army continues to change. It is important that we all recognize and react to the constant changes and challenges set forth. One of the most recent changes is the implementation of Structured Self Development (SSD). This is a new DL requirement in addition to NCOES. The SSD levels and associated timelines are listed as follows:

### SSD LEVELS

- SSD 1: Private – Sergeant (Non-Promotable)
- SSD 2 (Phase 1 ALC): Sergeant (Promotable) – Staff Sergeants
- SSD 3: Sergeant (Promotable) – Sergeant First Class (Non-SLC Graduate)
- SSD 4: Staff Sergeant (Promotable) – Master Sergeant/First Sergeant
- SSD 5: Master Sergeant (Promotable) – Sergeant Major/Command Sergeant Major

Leaders be sure that your Soldiers are tracking their current level of SSD. The SSD is a NCOES prerequisite effective BEGINNING FY 13 (1OCT12), Soldiers must complete SSD Level 1 prior to attending the Warrior Leader Course.

Automatic enrollment should have occurred for Soldiers prior to 1 January 2012

SSD 2- is phase I ALC

SSD 3- will be taken after completion of all phases of ALC, prior to attending Senior Leader Course (SLC). If Soldiers have completed ALC/BNCOC they will automatically be enrolled into SSD 3. SSGs and SFCs will automatically be enrolled into SSD 3 upon completion of ALC effective 1 January 2012.

SSD 4- will be taken after completion of all phases of Senior Leader Course (SLC). SSGs and SFC will automatically be enrolled upon completion of SLC effective 1 January 2012

SSD 5-MSG Promotable, Sergeant Majors and Command Sergeant Majors will be automatically enrolled into SSD 5 upon completion of the Sergeant Majors Academy.

Prerequisite for being considered for nominative (CSM) and Joint Assignments effective 1 May 2013.

I strongly encourage all Soldiers to get a head start and complete all perspective levels ASAP. You may get with the S-3 Schools NCOs or self register at [www.attrs.army.mil](http://www.attrs.army.mil) and click the “self-development” link, the course numbers are as follows:

SSD Course Numbers:

- SSD LEVEL 1: 1-250-C49-1
- SSD LEVEL 3: 1-250-C49-3
- SSD LEVEL 4: 1-250-C49-4
- SSD LEVEL 5: 1-250-C49-5

As always thank you for your continued support and all that you do!

1SG Cunningham

**SAVE THE DATE! SAVE THE DATE! SAVE THE DATE!!!**

## MILITARY BALL

**MARCH 30 - APRIL 1, 2012**

# S 1 SECTION

Several 100th Missile Defense Brigade Soldiers were promoted or retired last month. Congratulations to these Soldiers and thank you for your service.

1. SGM Herbert Rodriguez retired on Jan 6, 2012. Congratulations and farewell. Thank you for your service and a job well done! Enjoy your retirement!

2. MSG William Ray was promoted to SGM Jan. 9, 2012.

3. WO1 Kevin Johnson was promoted to WO2 on Jan. 6, 2012.

4. CPT George Lambos was promoted to MAJ Jan. 27, 2012.

5. MAJ Laura Kenney will be retiring on Feb. 6, 2012.

# JOB WELL DONE

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## EVENTS AND ANNOUNCEMENTS

**6-10 Feb BMDEX 12-71**

**7 Feb COARNG CoS Staff Call**

**9 Feb - NCDP/ATTRS COURSE CATALOG/ TROOP LEADING PROCEDURES/ 0800-UTC (1200) BDE HQ Classroom**

**13 Feb Missile Defense Interest Group VTC**

**13-17 Feb Staff Inspections (SMDC/State)**

**16 Feb - Resiliency Training (mandatory all must complete) 1500-1700 BDE HQ Classroom**

**17-20 Feb Presidents Day Holiday**

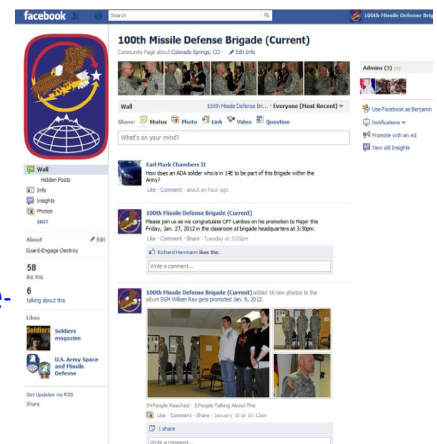
**27 Feb BDE Staff Call**

**MAR 01- M-9 Qualification @ FT CARSON Range 49C 0700-UTC**

- SFC Rene Saiz has volunteered to become the Unit Coordinator for the 100th MD BDE Family Readiness Group. He brings with him some great ideas for the FRG, and will excel in this position.

- We are planning on our first 2012 FRG Quarterly meeting in February (more details to follow). At that meeting, we will be discussing the calendar for the remainder of 2012, fundraisers, the annual family summer fun day, and filling some vacant Officer positions. (This should also be a hint that our new Unit Coordinator will be speaking to you about getting as much spouse support as we can.)

Don't forget, we have a Facebook page with up-to-date information regarding the brigade! Log on to Facebook and go to <http://www.facebook.com/pages/100th-Missile-Defense-Brigade-Current/146321062051296> and hit 'LIKE' to follow.





## CITY OF COLORADO SPRINGS

### MILITARY BIATHLON TRAINING PROGRAM

Dates to remember:

USA Shooting at the Olympic Training Center, 1 Olympic Plaza:

(at the shooting range located downstairs)  
Wednesdays; January 11 & 25; February 8 & 22;  
1900 - 2100

USA Shooting and NTC Shooting Club memberships are paid for at no cost to the participants. The Parks & Rec program has 3 biathlon rifles, and handstops, prone slings, and sport cuffs. Also an Eko-Aims laser rifle system is in the process of being purchased. Since the Frisco Nordic Center is located in a state park, we will be using the laser rifle for the competition part of the program. Participants will have the opportunity to train and practice with both types of rifles.



\*\*Contact the Sarah Braun with the TR Program at (719) 385-6855 / (719) 200-8427 or your Squad Leader for more information!!

Nordic Ski trip dates leave from the Colorado Springs Senior Center, 1514 N. Hancock Avenue:

Tuesdays; January 17 & 31; February 14 & 28; 0700

Skiing will take place at the Frisco Nordic Center with Breckenridge Outdoor Education Center staff available to instruct each participant (1:1 or 2:1 instruction). The two February dates will be competition dates - the first one for practice, the second one for the actual biathlon competition with times and scoring. Biathlon competition-ski 1K, prone shooting 5 targets, ski 1K, prone shooting 5 targets, ski 1K. All equipment for this program is provided: skis, boots, poles, and shooting equipment will be available each date, so participants need not have their own. Please bring plenty of warm, winter weather clothing, water bottles, and a sack lunch each ski date.

# Why should you join NGACO?

Here are 5 great reasons:

1. You are identifying yourself as a professional member of a professional organization. Just like doctors who join the American Medical Association receive the AMA Journal of Medicine, enlisted professionals of the National Guard will receive six editions of the New Patriot magazine per year. You will find stories about:

- A) What your fellow Army and Air National Guard professionals are achieving
- B) A heritage story telling of patriotism and valor from events over our 375-year history
- C) Recent legislative victories and challenges
- D) Organizational updates on everything from our annual conference to our We Care for America Foundation.

2. Your dues will help pay for legislative advances at the state and federal level to keep the National Guard strong. From gaining PX/BX and commissary privileges, to getting Tricare Reserve Select, to Tricare for Gray Area Retirees, and the Post 9/11 GI Bill recognizing Title 32 service (valued at nearly \$50,000, and transferable to family members). Plus, there are many different state-level benefits (i.e. \$5,000 tax credit, free vehicle license plates, etc).

3. If you get into a severe financial crisis, you may receive a grant of \$500 from our "We Care for America" Foundation. In 2010, the WCFA Foundation provided more than \$88,000 in emergency grants to deserving Guard members and their families.

4. Enlisted members (EANGUS) and family members are eligible to apply for several educational scholarships valued from \$500 to \$2,000, and one full four-year scholarship valued at \$36,000.

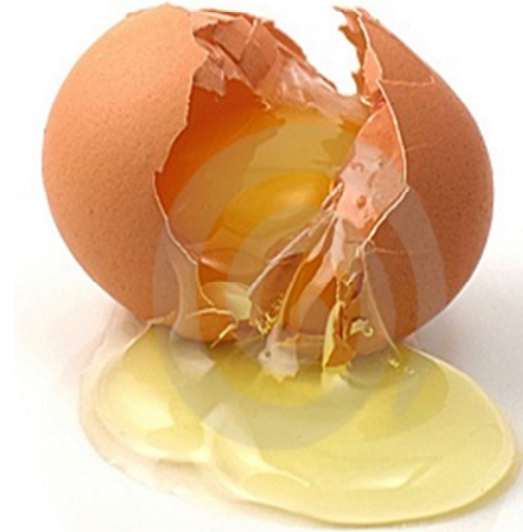
5. Child care supplements are available to Guard families (Title 10 and Title 32) through the Office of the Secretary of Defense since 2004, but it is believed that only a small portion of eligible Guard families have received them. Because this is a benefit available to National Guard members, the National Guard Child Care Program has been recently formed to change that.

To learn more and for an application to join, contact SFC Drumm or visit <http://www.ngaco.org/>.



# Strength of Character

## Which Are You ?



The first skill in resilience training is ATC (based on the work of Albert Ellis), activating event-thought-consequence. No one can deny that the holiday season is filled with AEs (activating events), some good and some not-so-good. The holidays have their respective themes that are meant to activate our thoughts and these thoughts result in consequences, (emotions what you feel and reactions what you do). Christmas and Valentines are expected to activate thoughts with the flavor of appreciation, "I have received a gift that I value". Such thoughts result in a consequence (emotion and reaction) of gratitude (emotion)/giving thanks, paying forward (reaction). Gratitude is not only an emotion to a thought but also a strength of character (based on the work of Chris Peterson and Martin Seligman). Everyone has some measure of this strength of character. Those who rank high with this strength

easily apply this in what they do and are energized by exercising it. Those who rank lower with this strength have to be more intentional with it and may find it more awkward and tiring when they use it.

Whether gratitude is an emotion or a strength, it builds optimism and enhances connection to others. I encourage everyone to take time out of the raucous to hunt-the-good-stuff. List three good things that have happened. Reflect on what that means to you, identify what was done to make it happen, and how to keep it going.

This exercise will promote more optimism in your life and encourage greater expression of gratitude and appreciation. You will benefit from greater optimism as well as your relationships. Have a wonderful holiday season.

Article by SFC Keith Byers,  
Trauma Support NCO,  
MRT 11/23/2011

## Pass it on...

**\*\*\*THE TRICARE APPOINTMENT NUMBER HAS CHANGED**

**New number is 524-CARE or 526-CARE**

**ADVANCE DIRECTIVES**

What happens when you are incapacitated and can't make medical decisions for yourself? Documents called "advance directives" can help. These documents inform people about your medical wishes. As part of "National Patient Recognition Month" in February, Evans Army Community Hospital is hosting legal representatives from the Judge Advocate General's office just outside the hospital's Healer Chapel on Feb. 3rd and 27th from 9 to 11 a.m. These representatives will assist TRICARE beneficiaries in crafting these important health care directives for FREE. Take control of your future

# Protecting Yourself Online

(Part 1)

A large part of cyber crime is financially motivated (i.e. they hope to get money out of you). The primary tool of cyber criminals is social engineering. With this, criminals use information gathered about us to enhance their method of exploit. We can loosely define their approaches as Phishing and Spear-Phishing. I'm sure most of us have heard those terms but probably have not stopped to consider that they are effectively two different things. In simple terms, I like to look at them this way... "Phishing" is like "fishing." You cast out bait and see who takes it. "Spear-Phishing" is like "Spear-Fishing" (as in pointy stick, see then spear your prey). Financially and even physically motivated criminals use these techniques.

Phishing is "big picture." This often takes place in the form of "SPAM" emails or postings on Social Media websites. This is a wide net cast out by individuals attempting to get folks to either directly reveal personal information by replying or to click on links. Even doing something as simple as clicking on links may be enough for the criminal as that can be tracked. If you click on a link related to a favorite music group for example, that is something the criminal can use in the future. Now that they have caught you in a Phishing web, they can Spear-Phish you. They now know that your email is connected to a real person and you are likely to react to anything sent to you relating to that music group. There are hundreds of versions of these techniques but you get the point.

Links can be dangerous in other ways. Quite often criminals employ URL hijacking techniques. Everyone needs to be particularly careful about clicking on links as they often do not take us to the sites we think we may be going to. Just because you click on a link that says "CNN" or "Youtube" it doesn't necessarily mean that it will take you there. More

dangerously, the link may route you through a "portal." That means that you may in fact be looking at the FaceBook, Youtube or CNN page but you are doing it THROUGH something else. You could unknowingly be downloading viruses, spyware, etc. In some cases, the portal you are going through may be "keylogging." That is software designed to record everything you type. You can see the danger in that especially if you are portal-ing to your FaceBook, Hotmail, Bank Account, etc. !!!

I leave you with a few tips until my next message

- 1) Rather than clicking on a link to get to a page, open a new tab or page in your browser and MANUALLY type in the address if you are sure the page is legitimate.
- 2) If a new page comes up when you are browsing, carefully check the spelling of the address. Also make sure the extension is correct. If you know the site is a .org or .gov address, make sure it isn't showing something else like .biz or .com
- 3) When logging into sites that require PIN/Password combinations or credit card info, make sure they either have secure URLs (HTTPS://) or that the little yellow padlock appears in your browser.
- 4) I recommend allowing your portable devices such as your phone, ipad or laptop to "remember" passwords and automatically fill them in. This may help defeat keylogging since you won't have to type in the passwords.
- 5) Don't fall for Phishing or Spear-Phishing! If you do not know who the email originator is (regardless of coming from an individual or apparent business) do not act on it and NEVER reply to it. Replying only closes the net on you!
- 6) Maintain your AntiVirus and Firewall software and perform frequent checks.

CPT Ronald C. "Beetle" Bailey  
100th Missile Defense Brigade (GMD)  
AntiTerrorism/Force Protection OIC



**SAVE THE DATE! SAVE THE DATE! SAVE THE DATE!!**

**NATIONAL GUARD ASSOCIATION OF COLORADO  
ANNUAL CONFERENCE  
featuring the**



Hosted by the Adjutant General of Colorado Maj. Gen. H. Michael Edwards  
Sponsored by the NGACO. The ball on March 31 will commemorate Colorado's involvement in  
the Civil War and the battle of Glorieta Pass. The Westin Hotel in Westminster will be home of the event.  
For more information, visit [www.ngaco.org](http://www.ngaco.org)

**MARCH 30 - APRIL 1, 2012**



# THE PHOTO WALL

