

# GRIZZLY

Official Newsmagazine of the California National Guard

## An honor and a privilege

CNG honor guards  
have performed 35,000  
services since 2000

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Charlie Co., 1-168th, on third Afghanistan tour

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# Leadership Corner

## Training, readiness is our responsibility

Major General David S. Baldwin



The California National Guard during the past decade has experienced a continuous stream of overseas deployments that demanded combat-ready Soldiers and Airmen and produced troops with invaluable warfighting experience. Our ranks are full of proven, experienced, battle-hardened troops on a level that few generations of Guard members can claim.

However, during that time, the urgency of our national defense mission compelled us to change the way we do business and turn our focus away from some traditional Guard skills. The rush to prepare troops for war shifted our sights — particularly for noncommissioned officers (NCO) — away from developing skills as trainers and leaders and toward the combat abilities needed to accomplish our missions abroad.

Those missions differed from previous military engagements in significant ways, and consequently many units have not practiced in several years our traditional military fieldcraft of occupying a piece of land and defending the perimeter every hour of the day. Further, the multi-echelon training we once practiced each year during annual training, in which every component of a larger unit would be integrated into a single, all-encompassing exercise, largely has fallen by the wayside.

Each of those trends must be reversed, starting today. The California Army National Guard is already planning for its 2014 annual training, in which all non-deployed Soldiers will take to the field at the same time at one of four training sites in

the state. The integrated civil-response and warfighting drills scheduled for that two-week period will demonstrate how each unit works as a vital piece of a larger whole in executing our responsibilities.

Other critical upcoming exercises will involve our partners in various state agencies as well as military units of different branches, further developing the interoperability that is such an important part of our state and federal missions.

During all those exercises, our NCOs will be the primary instructors for each of the skills taught to the Soldiers in their charge. Those NCOs will be responsible for their Soldiers' readiness, well-being and accountability, as well as for mentoring them and preparing them to assume leadership roles of their own in the future.

Instructing Soldiers and Airmen is an inherent unit responsibility — not the responsibility of an outside entity — and each skill must be trained to standard, not to time, as substandard performance leads to mission failure and endangers the brothers and sisters in arms at your side.

With this year's annual training period approaching, every Soldier and Airman needs to be mentally and physically ready to maximize the effectiveness of their time in the field, and that preparation should begin immediately.

For most of you, annual training is unlike anything you experience in your daily lives. You need to leave your civilian mindset be-

hind and show up with a warrior attitude and physical condition that will enable you to dive right into the training, keep up with your leaders' expectations and readily absorb the information and experience that is so valuable to Soldiers and Airmen.

Do not be labeled as the troop who drags down your unit during drills, lagging behind out of exhaustion. Do not be the one who draws your leaders' ire for having your head in the clouds instead of focused on the mission. Military service is a serious calling and one that deserves your full dedication in the field.

Never is the need to maximize training effectiveness more crucial than during times of necessary fiscal restraint, such as today. Ammunition, time on the range and opportunities to travel and attend military schools may be less available in upcoming months and years than in times past, but that is no excuse for a lack of readiness. Your readiness starts with you, and it is essential to the defense of this nation, the security of the people of this great state and the safety of yourself and your fellow Guard members.

The National Guard has a rich history of "doing more with less," accomplishing daunting missions during emergencies at home and every conflict this nation has ever fought. It is one of the attributes that sets this organization apart, and it is a tradition each of our units must uphold.

Each training weekend or annual training period is an opportunity to improve

our skills and prepare for the next conflict, wherever that may be. As a reserve force, we must take full advantage of all those opportunities, and as a fiscally responsible force, we must analyze every training opportunity to ensure we are cost-effective, time-effective and rigorous in our pursuit of excellence. Every movement is a collective training opportunity, and as always, we must train as we fight.

Officers and NCOs should be working right now to devise training plans that will not let your teams down. You may need to be creative, use dry firing drills and hammer home soldiering fundamentals, but you should never be at a loss for how to train your troops. Down time is wasted time, and waste will not be tolerated. Be prepared with hip-pocket training plans to keep your troops focused, productive and learning when there are breaks in the training schedule.

Your troops and the National Guard depend on you to prepare your unit for any contingency, foreign or domestic. It is a tremendous responsibility with dire consequences for those who do not achieve an appropriate level of readiness. Our standard of excellence must be enforced in every training scenario to ensure it is engrained in our troops.

We are the nation's premier National Guard force. Take the upcoming training schedule as an opportunity to develop alert, disciplined troops who exceed the Army and Air Force standards, living up to the high expectations of the California Guard.



Staff Sgt. John Cummings of the active duty 571st Global Mobility Readiness Squadron and members of the California Air National Guard's 129th Rescue Wing provide security Oct. 11 during the Soaring Angel exercise at Fort Hunter Liggett, Calif. The three-day exercise hosted by the 129th required the Wing to rapidly deploy and operate from a forward operating base with joint forces. Photo by Airman 1st Class John D. Pharr III

**Publisher**

Maj. Gen. David S. Baldwin  
The Adjutant General

**Director of Public Affairs**

Lt. Col. Thomas Keegan

**Editor**

Brandon Honig

## Submissions

**Articles:**

- ★ Articles range from 350 to 2,000 words. All articles should be accompanied by multiple high-resolution images.
- ★ Include first names, last names and military ranks. Always verify spelling.
- ★ Spell out acronyms, abbreviations and full unit designations on first reference.
- ★ Only submit articles that have been approved by your unit's public affairs officer.

**Photographs:**

- ★ Highest resolution possible: MB files, not KB.
- ★ No retouched photos, no special effects.
- ★ Include the photographer's name and rank, and a caption: what is happening in the photo, who is pictured and the date and location.

E-mail submissions and feedback to:  
brandon.honig@us.army.mil

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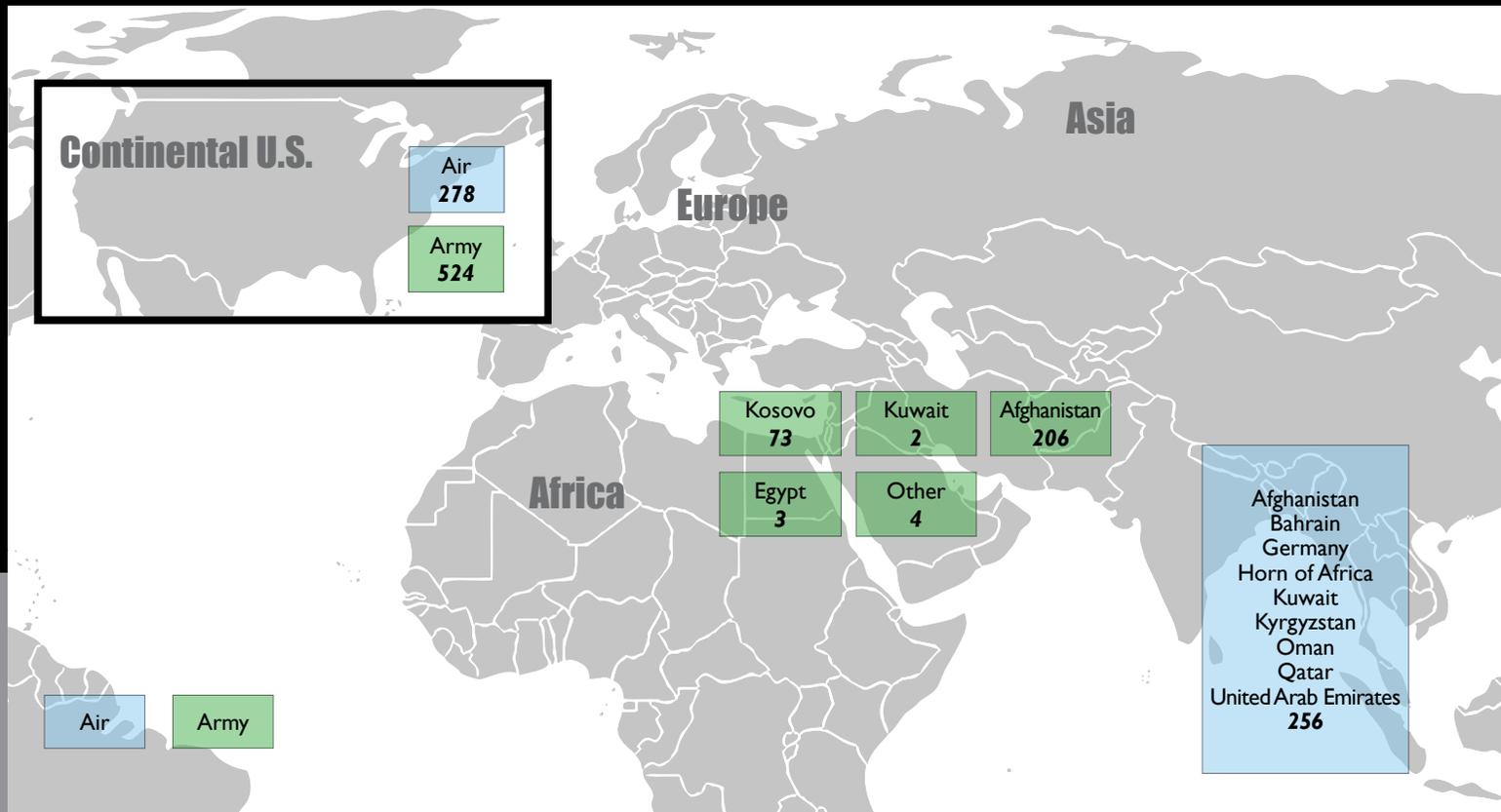
## Cover Shot



Photo by Staff Sgt. Salli Curchin

Sgt. 1st Class Bryan Strothers, a Soldier with Operations Company, 40th Infantry Division, who is also a member of the California National Guard Veterans Honors Program, folds a ceremonial flag during a Feb. 22 funeral service for Spc. Kimhang Mar of the Operations Company at San Joaquin Valley National Cemetery near Santa Nella, Calif.

## California National Guard mobilizations as of March 2013



# I-168th spins up for round 3 in Afghanistan

## Medical evacuation unit brings strong skill set to third Operation Enduring Freedom deployment

By **1ST LT. JAN BENDER**

California Military Department Public Affairs

More than 200 family members and friends gathered with California Army National Guard leadership on the flight line at Army Aviation Support Facility-Sacramento on March 4 to bid farewell to nearly 50 Soldiers from Company C, 1st Battalion, 168th Aviation Regiment, as they prepared to depart for a yearlong deployment to Afghanistan in support of Operation Enduring Freedom.

"[Company C] has set the standard for medical support and medical rescue for the Army," said Maj. Gen. Lawrence Haskins, commander of the California Army National Guard, during the departure ceremony. "And as you know, the reward in the Army for doing a good job ... is they give you a harder job. For these [Soldiers], it's one more time into the breach, as they deploy to Afghanistan for the third time."

This time Charlie Company will deploy with six UH-60 and HH-60 Black Hawk helicopters and an array of pilots, crews, mechanics and flight medics.

While deployed, the unit will provide medical evacuation support to coalition forces across Western Afghanistan. Within mo-



Photo by Sgt. 1st Class Jesse Flagg

**Chief Warrant Officer 3 Brandon Lynch gives his nieces, 4-year-old Jaya Fasani and 2-year-old Hollis Fasani, a tour of a Black Hawk helicopter during a March 4 departure ceremony for about 50 members of Company C, 1st Battalion, 168th Aviation Regiment, who left the next day to train at Fort Hood, Texas, before mobilizing to Afghanistan.**

ments of receiving a call for emergency aid, the unit's highly trained pilots and crews will launch their specially equipped aircraft to rescue those in need.

Many of Charlie Company's flight crew

members and medics work as paramedics in their civilian jobs, which provides them with refined skill sets when lives hang in the balance. Whether they're hoisting an injured Soldier from an active battlefield or transporting a critical patient to a hospital,

the unit's experienced Soldiers understand the critical nature of their work and are confident in their expertise.

"We're all volunteers. We all want to be here," said Chief Warrant Officer 2 Sylvester Wilson, a Black Hawk pilot. "That's what the National Guard brings to the fight: Our guys do this full-time. They save lives every day. Now they're just doing it from a different platform — a helicopter versus an ambulance."

Prior to their arrival in Afghanistan, the Charlie Company Soldiers will conduct several weeks of training at Fort Hood, Texas. Once in Afghanistan, the unit's Soldiers and aircraft will integrate with a like-sized element of National Guard aviators and troops from Washington and Nevada, forming a combined fleet of 15 aircraft and crews. Despite ever-present headlines regarding the end of the war approaching in Afghanistan, the three-state aggregate will remain focused.

"We're all aware that the war effort there is drawing down, but there are still lives that need to be saved, and that's what we do," said Wilson, who has deployed previously to both Iraq and Afghanistan. "Teamwork is key. We're all really close ... so when it's go-time, that translates into success."

# Task Force Warrior readies units for combat

## Specialized California Army National Guard unit trains deploying Guard troops from across the country

By **SGT. IAN M. KUMMER**

69th Public Affairs Detachment

The rifle range is ablaze with the tumult of a full-scale weapons-qualification exercise involving more than 100 Soldiers. Dozens of troops are rotating from one station to the next, only able to move forward when the group ahead of them has completed that course of fire.

Many Soldiers are firing pistols, while others are conducting the "battle zero" for their rifles, ensuring their sights are properly set. Soldiers shooting both pistols and rifles are wearing protective masks, training for combat in a contaminated environment.

Aside from the instructors, most of these Soldiers have little or no infantry experience. Though they come from many different job fields and have a wide variety of missions, they all share one thing in common: They are preparing for deployments overseas.

Regardless of their military occupational specialty or mission, every Soldier must be prepared for combat at all times. That is exactly what California Army National Guard Soldiers from Company A, 223rd Military Intelligence Battalion, and Company C, 1st Battalion, 168th Aviation Regiment, trained for throughout the month of February with Task Force Warrior instructors based at Camp Roberts, Calif.

Task Force Warrior assesses and develops the combat skills and awareness of National Guard units from across the country that are preparing for deployment, as well as offering annual training courses.

In addition to preparing units that might not be familiar with infantry skills and tactics, Task Force Warrior training events help improve communication between seasoned unit members and newer Soldiers who have little or no deployment experience.



"We have a mix of people here," said Sgt. Cody Weaver, a noncommissioned officer from Charlie Company, 1-168th. "This kind of training helps even us out."

Deploying units are often given training requirements they are not used to fulfilling. Task Force Warrior provides the specialized guidance and assistance to resolve special training needs.

"Unlike in our earlier deployments, this time we all need to be qualified with pistol and rifle," said Capt. Michelle



**Chief Warrant Officer 3 Casey Green helps Warrant Officer Ryan Rodriguez lubricate his pistol during a Feb. 2 marksmanship drill instructed by Task Force Warrior at Fort Hunter Liggett, Calif. Green and Rodriguez were training for a deployment to Afghanistan with Company C, 1st Battalion, 168th Aviation Regiment. Photo by Sgt. Ian M. Kummer**

Church-Reeves, the commander of the 223rd contingent scheduled to deploy to Kosovo. "Normally officers qualify with just the pistol, and the enlisted with the rifle."

Task Force Warrior plays a key role in ensuring National Guard units meet and continue to maintain a high level of combat readiness, regardless of mission, while deployed overseas. The successful training of thousands of deploying troops at Camp Roberts since Task Force Warrior's founding is a testament to this core concept of "Soldiers first."

# Theater of war

Army helicopter pilot Chief Warrant Officer 4 Jeffrey Fellin takes to TV to practice a new form of mechanized warfare

By **MASTER SGT. JULIE AVEY**  
San Diego Regional Public Affairs

Swept up in the action as his 8-foot-tall, sleek, technologically advanced robot fought it out in the Syfy Channel's Robot Combat League arena, Chief Warrant Officer 4 Jeffrey Fellin was forced to quickly change focus as he was called to duty for a mission with the California Army National Guard.

Fellin left the arena in the middle of filming his Syfy Channel episode in October and traded in his robot for a UH-72 Lakota helicopter. Donning infrared goggles, Fellin set out to assist U.S. Border Patrol on a security mission near the U.S.-Mexico border as part of his full-time job as a National Guard helicopter pilot.

After successfully completing his homeland defense mission, the veteran pilot returned from duty to take center stage and battle it out as a contestant on the new Syfy Channel show.

Fellin, a 30-year military veteran, flies a Lakota for the Stockton-based Company A, 3rd Battalion, 140th Aviation Regiment. He previously served the active duty Army as an AH-64A Apache instructor pilot, a career that included being the first pilot from the 1st Infantry Division to fly an Apache into enemy-held Kuwait during Operation Desert Storm as well as flying missions in Bosnia for NATO.

Fellin was picked to appear on Robot Combat League because of his experience and service as a disciplined veteran and hero — though he would never call himself a hero.

"A hero is an ordinary man in extraordinary circumstances," he said. "I've just been lucky enough to have an extraordinary life."

Even without considering his military service, Fellin has a unique background that made him an ideal candidate for a show about high-tech combat robots: He built his first computer in the 1980s while working on cosmic ray telescopes with NASA at the University of New Hampshire Space Science Center. He was a competitive fencer for 25 years, training under 10-time world Champion Vladymere Nazylmov and has competed in a dozen National Championships. And Fellin has studied kinesiology and anatomy extensively.

"Fencing helped in the opening episode, as we did a maneuver for speed and accuracy, and I was able to translate the kinesiology and anatomy over to what the robots were doing," Fellin said.

When asked about his inspiration to participate in the show, he mentioned personal mastery as a core value.

"I have already pursued fencing and pilot-



**ABOVE:** A robot named Commander, which is run in part by California Army National Guard helicopter pilot Chief Warrant Officer 4 Jeffrey Fellin, battles a robotic foe, Scorpio, on the Syfy Channel show Robot Combat League. In addition to his skills as a pilot, Fellin's background in computers, fencing, anatomy and kinesiology made him an ideal contestant for the season-long tournament. **RIGHT:** Fellin, standing, and his partner, NASA engineer Paulo Younse, operate Commander.

ing, as I always choose things which are difficult," he said. "We do not always get an opportunity to battle a 1,000-pound robot, so I figured I would master myself by mastering the robot."

On Robot Combat League, Fellin was the "robo-jockey," controlling a robot called Commander under the team name of Team Commander. His "robot-tech" partner was a 33-year old NASA robotics engineer named Paulo Younse.

For the show, Fellin was strapped into a backpack rig with arm extensions that translated his upper body movements to the robot. Younse used his controls to maneuver forward, back, up and down while Fellin did the punching and blocking. Fellin said their roles were similar to a pilot and co-pilot.

"Think of it as a weapons system," he said. "I control the movement of the weapons system as an operator, and he was the vehicle driver. There was a 2- to 5-second latency between moving your body and the robot reacting, which we had to adjust for."

Fellin said the communication skills he has developed as a helicopter pilot helped him and his partner in the Robot Combat League arena. "We had a sense of team that was very tight," he said.

Fellin said he had much in common with his younger partner: Both run marathons, both worked for NASA, both enjoy SCUBA diving and both were at ease communicating in technical language.



Photos courtesy of the Syfy Channel

"A lot of the teams couldn't claim this," Fellin said. "It was unique to come together with so much in common."

Each robot fight consists of three rounds. At the end of each round, the teams have 20 minutes to fix any broken appendages and get the robot back on the field. Points are scored by judges as in boxing.

"The force created by these machines is incredible: Two backhoes fighting, creating incredible amounts of strength," he said.

Fellin said he used to fantasize about robots when he was a kid.

"I am very interested in robots and believe the future is now," he said, noting that the Army is currently using a pilotless, twin-rotor helicopter in Afghanistan.

Fellin said his years of experience as an Army pilot have taught him to stay calm, focus on problem-solving and only get excited after all is said and done. Those skills transferred over to fixing his robot in the ring.

"The planning, practicing and after-action reports done in my military career came in handy," Fellin said. "To go into helicopters in the Army you don't just figure out how the stick wiggles; you look at the avionics,

engines and mechanics. Standing in front of an 8-foot tall robot — just like an actuator on a helicopter — all this is something my brain does naturally after 26 years [as a pilot]."

The robots used for the show were designed and created by robotics expert Mark Setrakian, who has developed life-saving robotic systems and pioneered cutting-edge special effects. Each of the 12 robots has different strengths and attributes.

Fellin appeared on episodes of Robot Combat League that aired on the Syfy Channel Feb. 26 and March 5. Unfortunately, Fellin's run as a robo-jockey came to an end when his robot fell in battle after a fierce fight with a spiked, fiberglass and aluminum robot named Scorpio.

Fellin said the relationships he developed on the show are something he'll hold onto for a long time.

"I met some amazing, brilliant people in which I have a set of friends for life now," he said.

If he could pick his partner in a future show, however, he would choose his son, who is a marvelous mechanic in the active duty Army, Fellin said.

# CNG Behavioral Health: expert support day or night

Expanded, qualified staff offers professional counseling statewide

The California National Guard Joint Service Behavioral Health Office has transformed its staff and its outreach in the past year to better meet the changing needs of Guard members, with qualified behavioral health responders available around the clock anywhere in the state.

With nine suicides in the Cal Guard in 2012 and one already recorded in 2013, the CNG is working earnestly to provide support that equals the programs found in the active duty Army and Air Force.

"In the early years of our directorate, we had only a few crisis calls a week. Now we have multiple calls a day," said Lt. Col. Eric Frye, director of the CNG Behavioral Health Office. "I needed to act quickly and change the course of our team's make-up and response capability."

After reviewing data collected over the course of several years, Frye began transforming the level to which his team could respond statewide.

"I started by achieving parity with the type of licensure and responder used at a typical Defense Department facility. All 24/7 responders would be — at a minimum — clinical social workers, psychologists or psychiatrists," he explained. "I knew the need for behavioral health would only continue to be more demanding and diverse, and my team composition would need to reflect this growing trend."

Behavioral health programs in the Army have shifted to an "embedded provider" concept, meaning behavioral health professionals are moving out of the hospitals and clinics to set up offices within units. California has led the way in the National Guard by being the first state to embed behavioral health specialists in its units.

The Cal Guard first used embeds in 2005 as part of a pilot program with TriWest Health Alliance, which embedded civilian behavioral health providers in CNG Army units during monthly training weekends and field exercises. The Behavioral Health Office now employs five Soldiers who embed in units statewide full-time, and it is working to create a California State Military Reserve (CSMR) embed program, in which volunteer behavioral health providers would further support the needs of CNG members.

"What the embed concept boils down to is direct interaction with Soldiers and Airmen in their own units," said Lt. Col. Susan Pangelinan, agency coordinator for the CNG Behavioral Health Office. "The CNG's five full-time embedded behavioral health providers arrayed throughout California focus on their own embedded unit or brigade a few days a week, and then cover other units in their geographic region for the rest of the week.

"With this approach, these 24/7 behavioral health officers can get to know the units much better, see issues at their earliest stage, provide prevention and mitigation support to Soldiers and Airmen, and, when needed, respond to Soldier crises," she added.

These five full-time behavioral health embeds, who are available every day, any time of day or night, are just part of the California National Guard's commitment to meeting the needs of Soldiers and Airmen. The Behavioral Health Office is working to integrate CSMR behavioral health volunteers into the behavioral health effort and is seeking funding for additional full-time responders.

Furthermore, each California Air National Guard wing employs a licensed marriage and family therapist or licensed



Photo by Lt. Col. Susan Pangelinan

**Second Lieutenant Cassandra Rush, an associate social worker, counsels a Soldier on Camp Roberts, Calif.**

clinical social worker who is a source of information for wing leaders, Airmen and family members who need behavioral health support in their local area.

"Our behavioral health function has increased both its level and capability to respond. We have almost tripled our staff under the current adjutant general, who began his tenure in April 2011," Pangelinan noted. "His support has been essential to meeting the current rising need for early intervention and expert help."

For a listing of all full-time Behavioral Health support resources in the California Guard, with contact numbers and email addresses, visit the Behavioral Health Office webpage at [www.calguard.ca.gov/mh](http://www.calguard.ca.gov/mh). Embedded providers are listed by region, but all responders will offer guidance to any Cal Guard member who seeks their support.

## We are here when you need us

Embedded behavioral health officers are available any day, any time, anywhere in the state

### Northern California and 49th Military Police Brigade



Second Lieutenant Cassandra Rush, an associate social worker, was recently assigned to cover Northern California from Sacramento to the Oregon border. She is embedded within the 49th Military Police Brigade in Fairfield and responds to Soldier-support needs in Napa, San Francisco, San Jose, Redding, Red

Bluff, and all areas farther north. Her round-the-clock availability is key to making this work, and she relies heavily on support agencies like the Department of Veterans Affairs, county departments of mental health, non-profit organizations and philanthropic groups to support Soldiers in crisis. Although she is new to the National Guard, Rush has worked in behavioral health with a military focus since completing her graduate education at the University of Southern California, where she studied in the School of Social Work's specialization in military social work and veterans services, which is the first program of its kind in the nation. Rush can be reached at 925-207-5367 or [cassandra.n.rush@mail.mil](mailto:cassandra.n.rush@mail.mil).

### Central California and 1106th Theater Aviation Sustainment Maintenance Group



Second Lieutenant Daniel Burns, an associate social worker, recently took over responsibility for the Central Valley from Lodi to Visalia. Ready to support the needs of Soldiers anywhere in his region, Burns is embedded with the 1106th TASMG several days a week. Prior to being recruited to support the Embedded Behavioral Health Program, Burns worked in the behavioral

health field as a civilian in the Central Valley. Like Rush, Burns began specializing in military social work and veteran support services when he was a graduate student in the School of Social Work at USC. Both his formal education and his practical experience make him an invaluable resource for Soldiers in his region. To contact Burns, call 559-341-9001 or email [daniel.l.burns31.mil@mail.mil](mailto:daniel.l.burns31.mil@mail.mil).

### Central Coast



Capt. Dustin Harris, a licensed clinical social worker, supports Soldier needs in California's Central Coast region. After many years as a social worker and supervisor of behavioral health interns for the state of California, Harris became a behavioral health embed for the Maneuver Training Center and Task Force Warrior at Camp Roberts. In addition to serving Soldiers on Camp Roberts, Harris covers Soldier needs from Santa Cruz to San Luis Obispo and Santa Barbara counties. Harris is also a key component of the California National Guard's Army Social Worker Internship Training Program, which is modeled after the Department of the Army's internship efforts at Fort Bragg, N.C.; Fort Hood, Texas; and Walter Reed National Military Medical Center, Md. Contact Harris at 805-540-4460 or [dustin.t.harris2.mil@mail.mil](mailto:dustin.t.harris2.mil@mail.mil).

### San Diego County and 79th Infantry Brigade Combat Team

Second Lieutenant Jason Black, an associate social worker, joined the embed team soon after graduating from the USC School of Social Work's military social work program, in which he enrolled when he was a sergeant in the California Army National Guard. A part of USC's first graduating class in the specialization, Black played an ac-



tive role in communicating the realities of Army Guard service to fellow students and professors, enriching the program for all participants. He was commissioned as an officer upon completing the program, and he now covers Soldier needs from Oceanside to El Centro. He is also embedded as a behavioral health officer with the

79th IBCT several days a week. Contact Black at 760-897-6164 or [jason.r.black5.mil@mail.mil](mailto:jason.r.black5.mil@mail.mil).

### Southern California



Capt. (CA) Michael Franc, the embedded behavioral health team's first psychologist, has been responsible for the Southern California region since September. Having earned his Ph.D. in psychology in 2001, Franc previously worked as a staff psychologist for the state of California before taking on the full-time

responsibility of providing behavioral health support for Soldiers in the Los Angeles area and other parts of the Southern California region. A member of the California State Military Reserve, he is also actively working to expand the support provided by CSMR volunteers. Franc is embedded with the 40th Infantry Division at Joint Forces Training Base, Los Alamitos, several days a week and spends his other days covering Soldier needs in Los Angeles, Orange, Riverside, San Bernardino and Ventura counties. As the CNG's only full-time psychologist, Franc provides the newly added capability of conducting command-directed evaluations and other types of behavioral health evaluations and support assessments. Franc can be reached at 562-965-6563 or [michael.franc.nfg@mail.mil](mailto:michael.franc.nfg@mail.mil).

# An honor earned through service

The California National Guard's Veterans Honors Program has performed more than 35,000 services since 2000, honoring the dead and providing ceremony and closure for the living

By **STAFF SGT. SALLI CURCHIN**  
Operations Company, 40th Infantry Division

It was a quiet, sunny and peaceful Friday. The sky was blue, with just a few clouds over the green rolling hills of the San Joaquin Valley National Cemetery in Santa Nella, Calif. As they struggled to hold back tears, Sgt. 1st Class Bryan Strothers and Staff Sgt. Raymond Jaramillo buried their battle buddy Spc. Kimhang Mar, who had passed unexpectedly earlier in the month.

All three were members of Operations Company, 40th Infantry Division, based in Sacramento, and Strothers and Jaramillo also serve with the state's Veteran Honors Program (VHP).



**ABOVE:** Senior leaders from Operations Company, 40th Infantry Division, render a final salute to Company member Spc. Kimhang Mar on Feb. 22 at San Joaquin Valley National Cemetery near Santa Nella, Calif. **BOTTOM:** First Lieutenant Joseph Carillo, executive officer for Operations Company, 40th Infantry Division, hands a folded ceremonial flag to Capt. Tyler Pinckard, company commander, during the Feb. 22 service.

"Being in the Honor Guard means a lot to me. It's important to provide this service for every service member's family, but for Specialist Mar, it was something much more," Jaramillo, who was Mar's squad leader, said following the Feb. 22 service. "I needed to do this for him because he was my Soldier and I had to take care of him to the farthest degree."

Jaramillo had served with VHP for eight months before performing the ceremony for Mar.

"It was something I had looked into a few years ago. Personally, I've had family mem-

bers not receive military honors when they passed. I didn't want others to not have that chance," Jaramillo said.

Strothers has been performing ceremonies at military funerals for VHP since 2006 and has participated in more than 300 ceremonies for members from all Armed Forces branches.

"Sometimes it gets to me," he said. "What makes them emotionally charged for me is to see people, family members, that are hurting. I've gotten better about staying away from [services] that I might have troubles with. [Members] killed in action and suicides are the most difficult for me."

Strothers and Jaramillo both have served at a wide variety of service members' funerals and had many different experiences with VHP. Strothers performed full honors for a World War II colonel who was an honor guard member, and he performed a detail for Gen. George S. Patton in France. Jaramillo participated in the burial of the last U.S. Soldier who went into battle on horseback.

"There are definitely traces of history in what we do," said Strothers, who performs eight to 12 ceremonies a month.

Jaramillo added that serving with VHP is an easy way for a Soldier to supplement their income and gain retirement points.

"If you are going to school or partially employed, it can be extremely flexible," he said.

Families request VHP to serve at a funeral almost every other day, he said, as many World War II, Korean War and Vietnam War veterans are reaching the ends of their lives.

The California National Guard has been supporting funerals for eligible veterans since January 2000. Since that time, VHP has performed more than 35,000 military funeral honors and memorials throughout the state.

VHP has 10 teams of two to five members

throughout the state. Their range of services includes a two-Soldier detail, a nine-Soldier detail to act as pallbearers, fire volleys, musicians to play taps, and the folding and presentation of a flag to the deceased's next of kin.

New members may be assigned easier roles early in their VHP service, then work up to more demanding roles. Interested service members should attend a funeral to watch the detail, Jaramillo suggested.

"After joining, what was unexpected to me was the attention to detail," said Jaramillo. "Everything has to be so exact down to the last detail on our uniforms and within the ceremony. Because of the uniformity and discipline, team members practice frequently, and even if someone has been at a school or deployed, they can return and not miss a beat.

"In the beginning, my passion made it hard for me emotionally for the first couple of funerals," he continued. "But I came to feel grateful and hopeful that someone will do for me and my family what I do for others."

Strothers said serving in an honor guard is not for everyone, and emotional strength is a key requisite.

"Over the years, participating has made me somewhat numb to death and dying. I realize it is just part of life," he said. "It makes me focus on the reality of life. It's going to happen to all of us, and you just hope you go without pain and be grateful for every day you get above ground."

"Honor guard is important to the military because it provides ceremony," he added. "Ceremony is for the living to honor the dead and for remembrance and closure."

According to the VHP website, interested service members must have high discipline and motivation and be reliable. One also must be an active Guard member in good standing and obtain permission from their commander.

For more info, contact VHP at 877-847-8830.



Photos by Staff Sgt. Salli Curchin



Members of the 49th Military Police Brigade Headquarters and Headquarters Company learn riot-control techniques from California State Military Reserve Soldiers with Company A, 1st Special Troops Battalion, Regional Support Command North, in Fairfield, Calif., on March 2. Photo by Spc. James Wilton

# Teamwork highlights riot-control training

By PFC. BRIANNE M. ROUDEBUSH  
69th Public Affairs Detachment

California State Military Reserve (CSMR) Soldiers taught a crowd-control class in Fairfield, Calif., on March 2 for members of the 69th Public Affairs Detachment and the 49th Military Police Brigade Headquarters and Headquarters Company (HHC).

Many of the CSMR instructors from Company A, 1st Special Troops Battalion, Regional Support Command North, are full-time law enforcement officers with experience in riot-control procedures and equipment.

"The CSMRs are very knowledgeable and gave good instructions and examples," said Pfc. Brandon Souza, who serves with the HHC Communications Department. "I felt

that I could actually relate to what they were saying."

The training was split into three sections: baton instruction, shield instruction and riot simulations. The Soldiers learned different ways to legally block and strike using batons. They also learned how to properly hold a shield and how to stand and march in formation for maximum protection.

"I really liked using the shields and being able to move as a unit. It just felt powerful," Souza said.

For the final part of the training, the Soldiers put on full riot gear — helmet, face mask, gloves, shield and elbow and leg pads. The CSMRs, dressed as rioters, then threw bottles and attacked the shields while the Soldiers used the techniques they had just learned to try to clear the area.

"It made me think about the real danger and possibilities and threats," said Spc. Ericka Jones from the HHC Personnel Office. "This was just training, and it was so hard, so I can't imagine how it would be if real people were actually rioting and coming at us."

First Lieutenant (CA) Neil Wu, a CSMR operations officer, said the purpose of the training was to introduce the Soldiers to the equipment and skills, so that if they ever are called to assist with riot control, they will have a solid foundation to work with.

"Participation was high, and everyone was working together," Wu said. "We wanted to mix the units and shops so that everyone would learn to work as a team, because the Army is a team. ... I think it went really well and that people learned something."

## CSMR troop's civilian experience key to valuable instruction

By SGT. IAN M. KUMMER  
69th Public Affairs Detachment

What might otherwise have been a typical March afternoon in Northern California was broken by a head-on collision between the forces of order and disorder: A tight and highly disciplined wall of Soldiers in riot gear marched into a swarm of angry protesters. The troops pushed the crowd back, gaining ground inch by inch.

Finally the conflict was over and the road was cleared. The objective had been met, the mission had been accomplished.

This was not a real-life civil disturbance, but an exhaustive training event taught March 2 by members of the California State Military Reserve (CSMR) for National Guardsmen with the 69th Public Affairs Detachment and the 49th Military Police (MP) Brigade Headquarters and Headquarters Company in Fairfield, Calif.

Crowd control is a crucial skill for any Guard Soldier. Anyone from any unit might be called to restore order in a crisis, so many of these troops were not MPs. Vehicle operators, public affairs specialists, radio operators and other job specialties were represented. Most had little or no experience with crowd-control techniques.

Fortunately they were taught by volunteer

Soldiers from CSMR Company A, 1st Special Troops Battalion, Regional Support Command North, who have extensive law enforcement experience — Soldiers like police officer Staff Sgt. (CA) Andrew Cater. Like many of his peers, Cater has a varied work history, not only in law enforcement, but in other skill sets necessary to the Guard.

"I have been a medical trainer for many years," Cater said. "Even before I was in law enforcement, I worked as an [emergency medical technician] for 10 years."

After being approached by a co-worker who was in the CSMR in 2008, Cater immediately found a demand for his knowledge among California Guard units.

"One of our main functions [in the CSMR] is teaching the [combat lifesaver] course," Cater said. "They told me 'We could use someone like you.'"

While the CSMR found a need for Cater, he found a higher goal to fulfill in his service. "The organization is changing," he said. "I saw a potential for what it could be."

Cater said his service is an asset to him as well, as he learns and grows with his experience as a leader and a trainer.

"My civilian career is a benefit to [the



Photo by Capt. Will Martin

California State Military Reserve Staff Sgt. Andrew Cater instructs members of the California National Guard on crowd-control techniques March 2 in Fairfield, Calif.

CSMR], and my work at the CSMR is a benefit to my civilian career," he said.

Cater envisions an increased need for service members like himself in the future. No first-response organization can function properly without timely, accurate communication internally and with other first responders, and Cater's experience would help facilitate such communication.

"In the event of a large-scale incident, civilian law enforcement and emer-

gency response would need assistance from the Guard," he said. "In my position, I could be a better liaison for both."

The other members of Alpha Company agree that Cater performs admirably in his military role and express confidence in his ability to take control of a situation.

"He's always been a very good resource," said Staff Sgt. (CA) Carlos Talamantez. "Since I've been here, he's always been in a leadership position."

# Multi-skilled Soldier prepares for deployment

Spc. Amanda Morris, an Army Guard crew chief and paramedic, will put her abilities to good use in Afghanistan

By SGT. IAN M. KUMMER  
69th Public Affairs Detachment

On a warm Saturday morning, Spc. Amanda Morris was up bright and early tending to the aircraft in her charge. The pilots inside brought the engines to life, and as the rotors started to spin, she inspected every nook and cranny of the finely tuned machine, making sure nothing was out of place.

It was a machine not of destruction, but of salvation on the battlefield. It was a UH-60 Black Hawk medical evacuation (medevac) helicopter, the vehicle in which Morris and her fellow crew members perform one of the most critical roles in the California Army National Guard: saving lives.

Having completed two weeks of intense combat training with Task Force Warrior at Camp Roberts, Calif., in early February, Morris was participating in a series of medevac drills with her unit, Company C, 1st Battalion, 168th Aviation Regiment, on Camp Roberts. The exercises closely simulated real-life medical emergencies in Afghanistan, where Morris' unit will soon spend a year supporting Operation Enduring Freedom.

An Orange County native, Morris fills a unique role in the Mather, Calif.-based unit, serving not only as a crew chief but also as a paramedic who attended the National College of Technical Instruction in Los Angeles.



Photo by Sgt. Ian M. Kummer

**Spc. Amanda Morris, a crew chief in Company C, 1st Battalion, 168th Aviation Regiment, completes final checks on a UH-60 Black Hawk helicopter in preparation for a series of medical evacuation drills Feb. 16 at Camp Roberts, Calif. Morris, who is also a paramedic, will be joined by about 50 other members of Charlie Company on an upcoming deployment to Afghanistan.**

"Morris is one of the most interesting people in the unit," said medic Spc. Ryan Waller. "She can go on a mission as a crew chief and is also qualified to help out with patients as needed."

Morris and about 50 fellow Soldiers from her unit departed California on March 5 for Fort Hood, Texas, where they will train be-

fore flying to Afghanistan.

Even before being scheduled for this deployment, Morris spent most of her life working to help other people and make a difference.

"While I was at paramedic school, I was also volunteering at the local fire depart-

ment," she noted.

It was this commitment to public service that brought Morris to the National Guard four years ago. She became interested in joining the Guard when Charlie Company demonstrated a Black Hawk landing at an airstrip near her fire station.

"They started talking about the mission, what they do, how they serve, and I became really interested," Morris said.

She made friends with a now-retired member of Charlie Company, who brought her to an interview to join the unit.

"They liked me, so I signed up with the recruiter," Morris said.

Morris first enlisted as a Black Hawk helicopter repairer and eventually worked her way up to her current position as a crew chief, responsible for the overall maintenance and readiness of her assigned helicopter.

Like many other Soldiers in her unit, Morris has served in Charlie Company her entire Guard career and is well-versed in the mission. Her unique skill set as a citizen-Soldier will be of benefit not just to Charlie Company during the deployment, but to the service members and civilians in the Afghanistan theater who find themselves in need of medical evacuation and treatment within the Company's area of operation.

## New 1113th troop will lead the way in Afghanistan

By SGT. IAN M. KUMMER  
69th Public Affairs Detachment

In any group of people, the leaders stand out from the crowd — the individuals who, regardless of assigned authority, have the trust of the group. This is particularly true in the Armed Forces, where combat trust and respect cannot be given, awarded or forced. It can only be earned.

Staff Sgt. Shelda Mairel, a Los Gatos, Calif., native, met this challenge head-on when she joined the 1113th Transportation Company, 340th Brigade Support Battalion, in February in advance of the unit's scheduled deployment to Afghanistan in May.

Soon after joining the 1113th, when the San Jose-based company went to Camp Roberts, Calif., for a rigorous three-week training program with Task Force Warrior beginning March 4, Mairel participated not just as a wheeled vehicle mechanic but as a new squad leader.

Despite being a new member in a high-tempo environment with little time to orient herself, Mairel had no issue fitting in with her new teammates as a leader.

"I love it. I have a lot to give," Mairel said. "I'm definitely fitting in with this group, and they're responding well to me."

"She had been here all of two weeks, and I was already impressed," agreed Sgt. 1st Class Donald Cruse, Mairel's platoon ser-

geant. "I like how she handles the Soldiers."

Though Mairel did not develop into a leader overnight, she has had dedication and purpose in her role as a Soldier since she first entered the Guard, initially joining the 118th Maintenance Company, based out of Stockton, Calif.

"I joined the Guard because of September 11," said Mairel, who enlisted in November 2001. "What better way to defend my country than to have my hand in the pot?"

Mairel, who now lives in Stockton, liked the opportunities a career in the Guard presented, and she not only stayed in the Guard but made it her full-time livelihood.

"I'm a federal technician, so my civilian job is the Guard also, and I'm successful because of it," she said.

A career in the National Guard has not only influenced the mother of two professionally, but in her family life as well.

"My daughters are very independent girls because I am," Mairel said. "I know they've seen me change and become more responsible and successful because of my military career."

Hard work as a squad leader benefits not just Mairel but the cohesion of her company and platoon as a whole.

"I think she's a great [noncommissioned



Photo by Sgt. Ian M. Kummer

**Staff Sgt. Shelda Mairel of the San Jose-based 1113th Transportation Company leads her squad on a foot patrol while training March 5 with the CNG's Task Force Warrior at Camp Roberts, Calif. The 1113th was training in preparation for deployment to Afghanistan in May.**

officer]; she has great style," Cruse said. "She's fair, firm and gets full cooperation from her Soldiers."

Mairel takes a keen interest in imparting her knowledge to junior Soldiers, not just to her immediate subordinates, but to anyone who might look up to her as an example.

"She's an experienced, [previously] deployed soldier," Cruse said. "She takes the

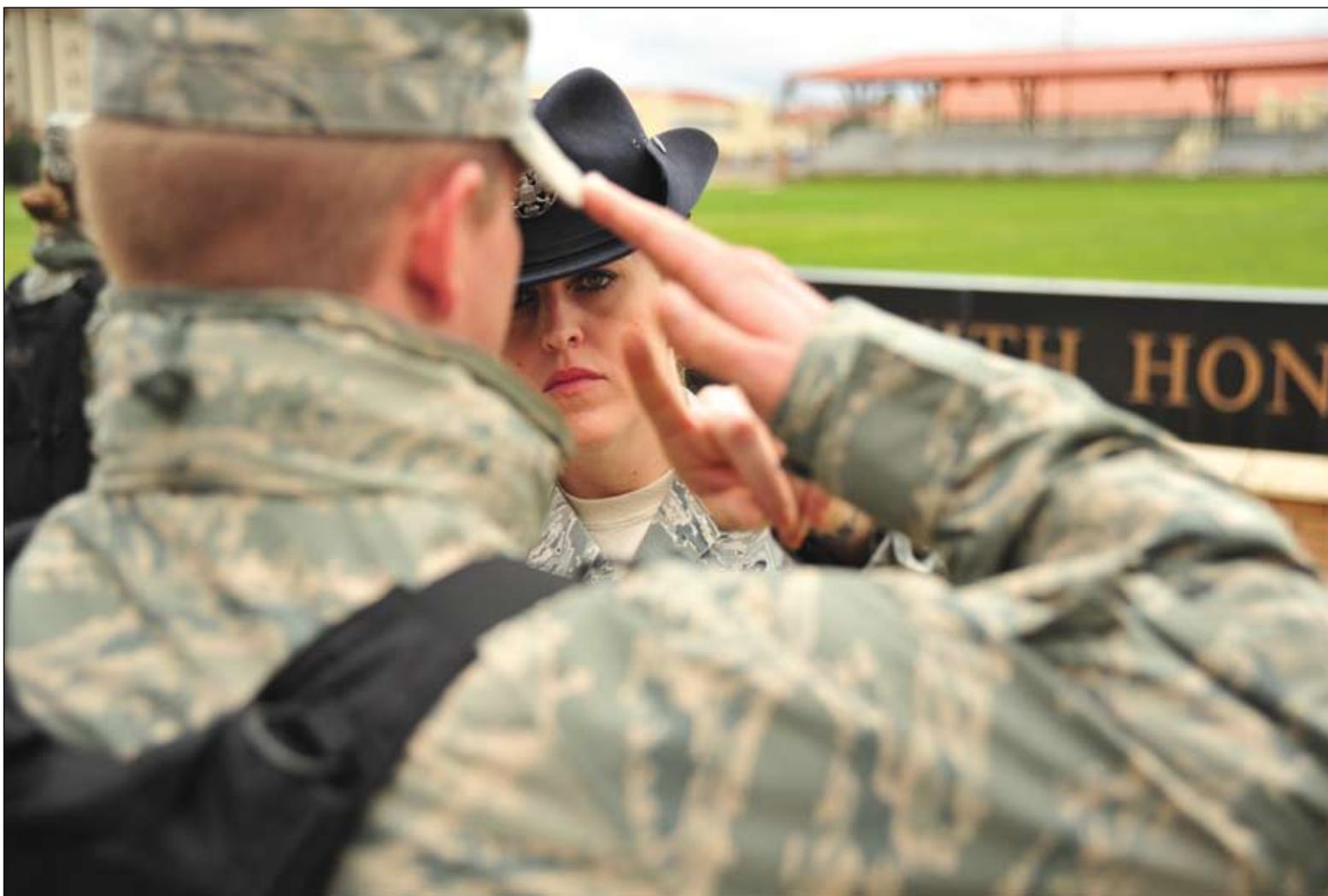
younger female Soldiers under her wing and gives them proper guidance."

As the 1113th trains to deploy, Mairel's future looks bright.

"I'm very new to this company, and I feel welcome in it," she said.

"She'll make a great platoon sergeant," Cruse said. "She has my vote."

**BELOW:** Members of the 146th Airlift Wing Civil Engineering Squadron familiarize themselves with mission-oriented posture gear in February while preparing for an upcoming operational readiness inspection at Port Hueneme, Calif. **Photo by 146th Airlift Wing**  
**RIGHT:** Sgt. Eugene Watts, far right, a military police (MP) adviser from the CNG's 49th MP Brigade, demonstrates urban movement techniques with other members of Security Force Assistance and Advisory Team 235 in Afghanistan as well as members of the 9th Alpini Regiment of the Italian Army on Jan. 20 in Farah Province, Afghanistan, where the U.S. and Italian troops were training members of the Afghan National Civil Order Police. **Photo by Dave Lyons**



**ABOVE:** Tech. Sgt. Leslie Cummings of the 146th Airlift Wing corrects the salute of an officer candidate Feb. 7 at the Air Force Officer Training School for Air National Guard members at Maxwell Air Force Base, Ala., where she serves on extended active duty as a military training instructor (MTI) for the Academy of Military Science. Cummings, who is the only female MTI in the Air National Guard's history, was recently named the Air University Noncommissioned Officer of the Year, making her the first National Guard member to earn that accolade. **Photo by Senior Airman Christopher Stoltz**  
**RIGHT:** Soldiers with the San Jose-based 1113th Transportation Company crawl under concertina wire during a March 6 combat drill with the Cal Guard's Task Force Warrior at Camp Roberts, Calif., where the Company trained for a May deployment to Afghanistan. **Photo by Sgt. Ian M. Kummer**  
**CENTER:** A Soldier with the 1113th Transportation Company inhales CS gas, or tear gas, in a gas chamber on Camp Roberts, Calif., during training with Task Force Warrior in advance of the Company's scheduled deployment to Afghanistan in May. **Photo by Sgt. Ian M. Kummer**

# At a Glance



TOP: Members of the Bakersfield, Calif.-based Battery B, 1st Battalion, 143rd Field Artillery Regiment, train to use the M777 howitzer on Fort McCoy, Wis., in February. **Photo by 1st Lt. William Andes**  
ABOVE: Airman 1st Class John Daugherty, left, Staff Sgt. Michael Sweeten and Airman 1st Class Isai Vazquez of the 144th Fighter Wing Aircraft Maintenance Squadron prepare to load an AIM-9M missile on an F-16C Fighting Falcon jet March 2 during a Phase I Operational Readiness Exercise at the Fresno Air National Guard Base. The exercise tested the Base's ability to transition from peacetime readiness into a wartime posture. **Photo by Tech. Sgt. Charles Vaughn**

# IED training in the mindset of a guerrilla

By **SGT. IAN M. KUMMER**  
69th Public Affairs Detachment

Five men are plodding down a dirt road cutting through a deserted field. They are looking for something, and their only clue is a hand-drawn map and a set of instructions on a scrap of paper.

"This makes no sense. What building is that supposed to be?" the leader says.

"Do we need a shovel? Should we get a shovel?" another man asks. Nobody has a shovel.

Finally the team finds what they're looking for: a black garbage bag hidden inside an abandoned shack. Inside the bag are two improvised explosive devices (IED) and — fortunately — a shovel.

The team's mission is to plant the IEDs and hit a convoy expected to drive down the road this morning. Each step of the mission — building the IEDs, hiding them and using them in an attack — has been split between three guerrilla teams, or "cells." As a security precaution, none of the cells has any way of communicating with the others.

The convoy is due to arrive in less than 20 minutes, but the attack is already plagued with problems. The plan is to plant the IEDs on opposite sides of the road, connected with a lightly buried detonation cord.

"This looks too obvious. Aren't they going to see it?" a cell member asks during the Feb. 22 exercise. After some debate, the cell decides to stick with the plan.



Photo by Sgt. Ian M. Kummer

**Students plant a simulated improvised explosive device (IED) Feb. 21 at Camp Roberts, Calif., during a class taught by the Joint Improvised Explosive Device Defeat Organization/Counter-IED Integration Cell. The Organization taught an advanced IED-defeat class to members of the CNG's training organization Task Force Warrior and the CNG's 1st Battalion, 160th Infantry Regiment, during two weeks in February.**

The cell leader soon encounters another problem. The detonation cord is too short to reach between the two specified hiding places. With only a few minutes left, the second IED is quickly relocated close enough for the detonation cord to reach.

This was the team's final exercise, completing two weeks of classes taught to members of Task Force Warrior, based out of Camp Roberts Calif., and of 1st Battalion, 160th Infantry Regiment, from Inglewood, Calif. The instruction was given at Camp Roberts

by members of the Pentagon's Joint Improvised Explosive Device Defeat Organization/Counter-IED Integration Cell (JIEDDO).

All deploying U.S. Soldiers are required to receive IED training, but this class went above and beyond a typical IED-defeat course. Instead of simply learning basic IED components and warning signs, the students completely immersed themselves in the mindset of a guerrilla fighter.

After a series of classes taught by certified

JIEDDO instructors with extensive explosive ordnance disposal backgrounds, the students planned and carried out their own simulated IED attacks, with as much realism as possible in a training environment.

"We're really trying to push this training concept," said Jack Johnson, the head instructor for the training team. "We want [Soldiers] to have that mindset of paying attention to detail."

Overall the Soldiers from Task Force Warrior and the 1-160th impressed their instructors with their enthusiasm and ability to think outside the box.

"You guys really raised the bar, and we really appreciate it," Johnson said.

The students also appreciated the lessons learned during the course.

"This was by far the best IED class I've ever attended," said Staff Sgt. Robert Pitts, an instructor for Task Force Warrior. "The instructors really knew what they were talking about."

The knowledge gained from JIEDDO will be particularly crucial to Task Force Warrior, which is a training element responsible for preparing National Guard units from around the country for deployments overseas.

"This might be a Soldier's only IED training before he leaves," Johnson said. "So have that credibility, be able to give as much detail as you can."

## CNG Soldiers, Airmen impress at CYBERCOM

By **MASTER SGT. JULIE AVEY**  
San Diego Regional Public Affairs

California National Guard members have been winning awards for their work with U.S. Cyber Command (CYBERCOM), with some continuing on to attain higher-level recognition from U.S. Strategic Command (STRATCOM).

The Defense Department is working to boost cybersecurity support nearly five-fold in coming years, according to The Washington Post, and since August 2011, multiple CNG members have been activated to boost CYBERCOM manpower.

There are currently 20 California Air and Army National Guard members serving CYBERCOM at four Joint Intelligence Operations Command centers in San Diego, Camp Parks and Los Alamitos, Calif., and Fort Meade, Md.

"I have found California National Guard members to be very professional and confident Soldiers," said Lt. Col. Bill Hatzfeld, officer in charge of the Cyber Joint Intelligence Operation Center Reserve Detachment at Camp Parks. "Our command has accomplished top-priority missions by leveraging their skills and talents. We are able to assign higher responsibilities and duties to these individuals."

Four CNG members have won awards at the CYBERCOM level, including Sgt. Mi-

chael Kimmet of Company A, 250th Military Intelligence Battalion, out of March Air Reserve Base, Calif. Kimmet was activated in August 2011 to work at Camp Parks, and the following year, he was recognized as CYBERCOM's Reservist of the Year for 2012. His information also has been submitted to STRATCOM for consideration as its Reservist of the Year. The winner will be announced this spring.

"Sgt. Kimmet qualified to be submitted for the award by performing exemplifying actions, maintaining superb professionalism and superior knowledge on mission set," said Capt. Alexandria Frey, U.S. Central Command Support Team lead.

Kimmet said he feels blessed to work in a position where he can have an impact within the intelligence community while serving under outstanding leadership that pushes him to improve his skills.

"Every day, the mission changes or a new task comes in or your ideas were proven right," he said. "There is no better feeling than making a prediction or assessment, and a week or month later confirming you were right."

Sgt. Steve Peterson of 1st Battalion, 185th Armor Regiment, out of San Bernardino, Calif., won CYBERCOM's award for Junior Enlisted Member of the Year in 2011 when he was a specialist, and then received the same award from STRATCOM.

"Working here you learn more about intelligence. You receive a global view for how intelligence works in the U.S. and across the globe," Peterson said. "The opportunity has been one of my most valuable experiences in the military."

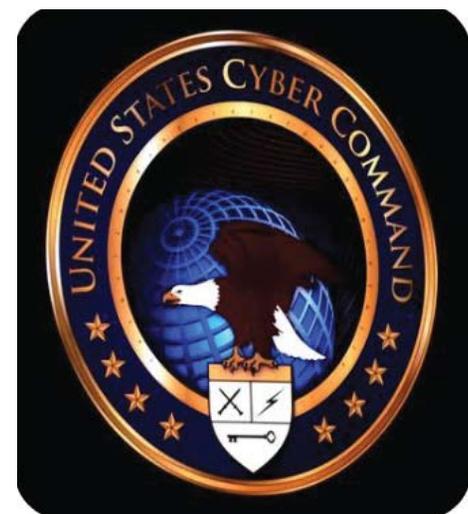
Sgt. Andrea Adams-Anderson of the 40th Infantry Division counts among her awards the recognition for STRATCOM's Junior Enlisted Member of the Quarter while assigned to CYBERCOM as a specialist.

"The opportunity to work with the experience level of all the people there as well as the leadership, who really push us professionally to make our personal goals, is an extraordinary opportunity," she said. "I believe pushing yourself and being open to allowing the leadership to help push you allows you to grow."

Adams-Anderson has been an intelligence analyst for CYBERCOM for three years and has been in the Cal Guard for four. An officer in the 40th ID recommended her for the position at CYBERCOM after a different set of orders was cancelled.

"What is better than a good opportunity? Divine intervention," Adams-Anderson said. "It is one of those things: 'Wow, I get to work here.' I know friends who really want the opportunity, and I feel blessed."

"The most challenging part of the job is ensuring everything you feel is important



as an analyst is being looked at by leadership," she continued. "Colonel Hatzfeld ... pushes you personally and professionally in all experiences."

Sgt. 1st Class Samuel Yudin of Company A, 250th Military Intelligence Battalion, also is on orders with CYBERCOM. He won recognition as CYBERCOM's reserve component Senior Noncommissioned Officer of the Year in 2011.

"California National Guard members on orders with us are not only performing well, they are striving to improve their skills and are actively involved in the communities through blood drives and charitable activities," Hatzfeld said. "They are very involved individuals."

# Guard members on track

Six California National Guard Airmen are building camaraderie and fitness while enjoying a shared hobby in their off time

By MASTER SGT. JULIE AVEY  
San Diego Regional Public Affairs

With motors revving and adrenaline pumping, racers took their positions at the start line March 10 with 200-pound machines underneath them. The atmosphere at Glen Helen Raceway in San Bernardino, Calif., was tense with competition, yet friendly conversations filled the dirt pits, and after a night of rain, the skies were clear with perfect conditions on the track.

Six members of the California National Guard joined together that day to compete in a six-hour motocross endurance race that saw the Airmen gripping handlebars as they rode over obstacles then handed off their motorcycle to the next rider in the relay. The men share a common passion for their hobby and for building camaraderie in the National Guard.

"In a highly competitive or stressful situation, we count on each other and get to know each other's strengths and weaknesses, which of course brings us closer, making the team stronger," said Maj. Jon Dahl of the 147th Combat Communications Squadron, 162nd Combat Communications Group. "I think most people would find the comparison between how we organize ourselves for a mission and preparing for a competitive event are similar. In a team event such as this one, each member takes on a responsibility that the other members count on will be completed prior to the event, and then there are tasks that need to be completed during the event."

Motocross requires a number of skills, but among the most important factors are that a rider must be in shape both physically and mentally. It is essential that a rider can lift and manipulate a heavy piece of equipment while wearing all their gear.

"You aren't just sitting on a bike and twisting the throttle around a flat piece of dirt; you are standing, constantly having to shift your weight and navigate the bike through the various obstacles the track throws at you, and all at the same time as keeping the bike in control and keeping good speed," said Master Sgt. Daryl Kinney, a racer from the 147th. "I did some researching a while back and found the National Athletic Health Institute in Inglewood, California, tested several professional motocross racers in 1979 as part of a comparative study of the cardiovascular, muscle endurance and flexibility fitness of athletes. As a group, the motocross riders tested to a higher overall fitness level than any sport group tested."

The March 10 relay event was open to the public for teams of three. The CNG members fielded two three-man teams — identified as Team 2 and Team 3 in the race — each a mix of Airmen from the 147th Combat Communications Squadron and the 163rd Reconnaissance Wing.

"Major Dahl was the one who put the team together; he has been trying to get some members of the 147th together for some time now," Kinney said. "When we agreed to do this race, he thought it would be cool to branch out to all of the California National Guard members throughout the state."

The two teams were assembled based on skill level, aiming to even out strengths during the six hours of racing. Each team brought two bikes, with one on the course at a time and the other remaining impounded by race officials, only allowing work on a bike while it was in play. The riders managed their own time on the course and chose to hand off the bike every one to two laps. Each lap was about 10 miles and took 20 to 25 minutes. The teams were not able to scope out the course or practice beforehand.

"The race is much like what we do in the Guard: work as a team, have clear goals and involve our families," said Chief Master Sgt. Gregory Garcia, a racer from the 163rd. "We attained our mission, and I really had fun with everyone."

Team 3 finished 13th in its class, while Team 2 placed 2nd in its class, 14 minutes behind the leader. During the last four laps of the race, Team 2 was on pace with the leader.

"Apparently their physical fitness started to fade, while we remained consistent," Dahl said. "If the race was longer, we would have gained as they would have continued to fade out."

He added that the Airmen's times improved after making some adjustments to the suspension on their bikes.

Most of the CNG racers were in the beginner or novice class, Dahl said, while Senior Airman Jarrett Smith of the 163rd was in the expert or pro category, having previously run six-, 12- and 24-hour races solo at Glen Helen.

"Considering two members ... had never raced before and had very little time on a motocross track, that is an incredible accomplishment," Dahl said.

The racers worked together before and during the race, including during pit stops, when the crews ensured the rac-



Photos by Master Sgt. Julie Avey

ers and bikes had proper fuel, water, food, cleaning and maintenance of gear.

"I think this is a great event for teambuilding," Kinney said. "You are putting your safety in the hands of others, which will build a strong trust. This trust can carry back into the mission and give you a sense of security, knowing these individuals care about your well-being."

The riders also enjoyed help before the race and in the pits from members of their families.

"The support the families provided the racers was absolutely phenomenal," Dahl said. "Daryl and [Staff Sgt. Stephen Bucaro of the 147th's] wives kept track of the lap times and numbers; Tiff ensured Jarrett was in top health; my wife put together a basket of nutritious food; and of course our friend Chad ran us like a professional team, reminding the next rider to get ready, fueling the bikes and helping the riders."

If you are interested in joining the team or attending an upcoming event, contact Dahl at 323-578-4384.

"This is a fun team event with no pressure to trophy," he said. "My goal is for everyone to enjoy the competition and camaraderie."



**TOP RIGHT:** Chief Master Sgt. Gregory Garcia of the 163rd Reconnaissance Wing catches some air March 10 at Glen Helen Raceway in San Bernardino, Calif., where two three-person teams composed of California National Guardsmen completed a six-hour motocross endurance race and built camaraderie and teamwork in the process. **ABOVE:** Garcia, on the No. 2 bike, speeds out of the starting gate March 10. **LEFT:** Master Sgt. Eric Viamonte of the 163rd Reconnaissance Wing, right, Maj. Jon Dahl of the 162nd Combat Communications Group and Garcia make mechanical adjustments during the March 10 race.

# Race on the Base attracts thousands

Annual Los Alamitos event features biking, blad-ing, running and swimming for kids and adults

By **SGT. 1ST CLASS JESSICA INIGO**  
Los Angeles Regional Public Affairs

The 32nd annual Race on the Base held on Joint Forces Training Base (JFTB), Los Alamitos, had community and military members pumped Feb. 23, as record numbers took to the airfield, pool and roads of the Base.

The multi-race day began with rollerbladers taking off at 6:30 a.m. before the event moved into triathlons and 10-kilometer, 5K and 1K running races for both adults and children.

More than 4,100 registered racers partici-

pated, with about 8,000 spectators turning out as well. The city of Los Alamitos donated \$10,000 of event proceeds to support of the Base's Morale, Welfare and Recreation Program.

"The Race on the Base is a joint venture between the city of Los Alamitos and the Joint Forces Training Base," said Maj. Arnie Carrillo, the Base operations officer. "It is an important event for the JFTB since it displays for all to see how the National Guard is truly involved with our local community. You see our citizen-Soldiers interacting with the local residents during the Race on the Base and, in essence, acting as excellent ambassadors for the National Guard."

Besides the races, the event included an exposition area, which brought 50 vendors from Los Alamitos and neighboring cities to provide deals and show off new wares. There were information booths, give-aways and items for sale, especially sporting goods. The event was sponsored by Southland Credit Union.

"This year at the Southland Credit Union Los Alamitos Race on the Base, we had a record number of participants making it the greatest-attended Race on the Base in the history of this event," said Corey Lakin, director of Los Alamitos Recreation and Community Services, which runs the event along with the Base. "We want to thank the Los Alamitos Joint Forces Training Base for welcoming us onto the Base and providing a great venue for the event. We have an excellent relationship with the JFTB and enjoy the opportunity to showcase the Base and all of the great things it does for the community."

Lakin said Southland Credit Union assisted all of the vendors, sponsors, participating charities, race participants and 600 volunteers in making the Race on the Base a success. "We look forward to seeing everyone at our 2014 Race on the Base event on Feb. 22, 2014, again at the Los Alamitos Joint Forces Training Base," he said.



Photos by Staff Sgt. Yvonne Najera

Photo by Sgt. 1st Class Jessica Inigo



**ABOVE:** A highly motivated runner completes the Race on the Base running course Feb. 23 while carrying a U.S. flag and wearing a gas mask to show his enthusiasm for the annual community event at Joint Forces Training Base, Los Alamitos. **TOP RIGHT:** A Race official leads youths in stretching before the Junior Triathlon event on Feb. 23. **BOTTOM RIGHT:** Children in the 9- to 10-year-old group prepare to compete in the bicycle segment of the Junior Triathlon.



# Buethe installed as 100th TC commander

By **CAPT. SHANNON TERRY**  
California National Guard Public Affairs

Col. Steven Buethe assumed command of the 100th Troop Command from Col. John Haramalis on March 3 in front of a formation of Soldiers and distinguished guests at the Okinawa Readiness Center in Sacramento.

Buethe comes to the Troop Command from the California Army National Guard Facilities and Engineering Directorate, where he served as the organization's chief. He continues to serve as director of that department in his full-time capacity, while serving the Troop Command in his traditional, part-time Guard role.

When asked about his vision for the Troop Command, Buethe said he will "ensure that the unit remains a highly disciplined, customer service-based team that is led by adaptive, professional leaders."

Buethe added that the Troop Command will continue to

provide a "premier trained and equipped force capable for service in a time of war or statewide emergency."

Haramalis will now become garrison commander at the California Army National Guard's Camp Roberts training base.

"I enjoyed direct contact with my Soldiers and their families," Haramalis said of his time with the Troop Command. "The Troop Command is a uniquely dispersed Brigade that spans over 750 miles and 50 cities within California, with a varied unit make-up. We conducted a range of training as diverse as our units: overseas training with foreign military personnel, combatives, special weapons training, the Best Warrior Competition and other Department of the Army-directed activities."

Haramalis said he looks forward to seeing the Troop Command continue to transform into an even bigger, more robust brigade, with more capabilities to support the Guard's wartime and domestic missions.



Photo by Lt. Col. (CA) Richard Lator

Members of the 100th Troop Command present the colors during a March 3 change-of-command ceremony in Sacramento recognizing the transfer of authority from Col. John Haramalis to Col. Steven Buethe.

# 870th MPs harness power of 'the Guardian'

By SPC DANICA CHO  
870th Military Police Company

Aimed at a distant, silhouetted enemy vehicle, thick 40-millimeter grenade rounds eject from the barrel of an M1117 Armored Security Vehicle (ASV) in graceful arcs, landing with heavy thwunk!-thwunks! before exploding into orange balls of fire and plumes of black smoke. Powerful rounds from the vehicle's 50-caliber machine gun then shake the vehicle with each blast, followed by red tracer rounds lighting up the morning sky like firecrackers.

Firing the mounted MK-19 grenade launcher and 50-caliber machine gun was an awe-inspiring lesson on how to harness the full power of the ASV and was the highlight of an 11-day training rotation for 34 military police (MP) Soldiers, but it was only a small part of their education on the ASV, an electronic beast on wheels.

Soldiers from the California Army National Guard's 870th MP Company in Pittsburg, 40th MP Company in Los Alamitos and 330th MP Company in Ontario were joined by members of the Nevada National Guard's 72nd MP Company for comprehensive ASV training Feb. 5-16 at Camp Roberts, Calif. A total of 34 MPs received classroom and

field training that covered every inch of the 20-foot long vehicle and its impressive capabilities. At the same time, several mechanics from 870th attended a separate class for maintenance training on the ASV.

"It's not just a combat vehicle," said Sergeant 1st Class Brian Bullock of the 870th MP Company, who added that the training will assist with the unit's Quick Reaction Force duties and its mission readiness. "It's a large vehicle that can help with traffic control points and crowd control. It definitely has its uses in a civilian environment. You don't necessarily have to mount weapon systems on it."

The ASV, nicknamed "the Guardian," is a four-wheeled, armored vehicle with flexible mobility and heavy firepower. It weighs 33,000 pounds, stands 8.5 feet tall and seats four Soldiers. The ASV also provides a sophisticated, clear voice communications system and contains multiple digital control panels that make Soldiers feel as though they are piloting the cerebral cortex of a monster truck.

The ASV's six-speed transmission enables travel up to 55 miles per hour, and its tires and independent suspension offer maneuverability in a wide range of environments, including asphalt, rough terrain, sand, climbing gradients of 60 percent and fording up to five feet of water.

"We'll definitely be able to move out a lot quicker and get things done a lot faster," said Pvt. Aaysha Abdullah of the 870th, "especially [when] we pass on the information to our fellow Soldiers."

The ASV has proven its battle-worthiness during combat missions in Iraq and Afghanistan. Its unusual V-shaped

hull bottom is designed to deflect blasts from improvised explosive devices (IEDs), and its ballistic panels provide 360-degree protection from direct fire. The ASV offers multiple mounted weapon options from its electric, fully enclosed gunner's turret, including the MK-19 grenade launcher, 50-caliber machine gun and M240B machine gun, in addition to its grenade launchers.

The MPs' training on the ASV began with a week of classroom instruction by privately contracted civilian instructors from Honeywell, who held such high standards that they ensured the Soldiers studied each ASV component by its exact nomenclature and detailed capabilities. Soldiers received manuals more than 100 pages long, viewed in-depth PowerPoint presentations and participated in daily, intense reviews of course materials.

The second week of ASV education continued with field training, including driving convoys through the hills of Camp Roberts, rollover and emergency bail-out exercises, self-recovery towing using winch cables, and preventive maintenance checks and services, with a strong emphasis on the importance of utilizing proper safety procedures.

"I learned a lot about safety, because jumping on and off the vehicle and dealing with the weapons, you can definitely get hurt," Abdullah said. "Just the smallest things can get you hurt. [If] someone doesn't yell 'all clear' on the turret and they traverse, [then] someone gets knocked off and loses their life or they get injured really badly."

Weapon system lessons included how to assemble and disassemble the MK-19 grenade launcher and 50-caliber machine gun, mount them onto the ASV, apply mechanical and laser bore sight alignments, acquire targets through sight scopes, traverse and elevate controls within the gunner's turret, load ammunition and fire rounds.

Each Soldier was given a rare opportunity to fire ample amounts of ammunition, and the small thrill of opening a new, olive-green ammo can was like unwrapping a present on Christmas.

The 11 days of training began with students who were a conglomeration of MP Soldiers from various units and had simply converged to learn how to operate the ASV in support of mission-readiness for the Army National Guard. Yet through the ASV training, the Soldiers gained a sense of trust and camaraderie that reminded them of the great human experience that comes with being a Soldier.

By the last training day, there were no invisible lines of doubt or dissent between the Soldiers of the four MP companies. The troops worked as a team to accomplish a multitude of tasks, immediately jumped in to assist each other without being asked, shared their skills and knowledge and finally returned to their units confident in their ability to serve as trainers for their fellow troops.

Photos by SPC Danica Cho



**LEFT:** Private 1st Class Francisco Romero of the Bell, Calif.-based 40th Military Police (MP) Company prepares to feed a belt of 40-millimeter rounds into a mounted MK-19 automatic grenade launcher on top of an M1117 Armored Security Vehicle during a Feb. 13 exercise on Camp Roberts, Calif. **ABOVE:** An MP gunner inside the electric turret of an M1117 fires a 50-caliber machine gun Feb. 14 on Camp Roberts.

## 'Fly away kit' provides real-time video

By CNG Current Operations

California National Guard members assigned to the Directorate of Information Management telecommunications staff conducted experiments with providing real-time and hosted video over narrow-band satellite communication networks during the Naval Postgraduate School's (NPS) Joint Interagency Functional Exercise on Feb. 13 at Camp Roberts, Calif., which is home to an NPS field research facility.

"We recently upgraded the dish antennas on our integrated command suite vehicles and decided to repurpose our older antennas and associated hardware to make a more portable 'fly away kit,' sort of like recycling," said Air National Guard Staff Sgt. Joseph Daddow.

NPS field experimentation events are conducted to achieve maximum innovation and collaboration between Department of Defense personnel, other government agencies, industry leaders and universities. Participation and feedback are sought from Special Operations forces, National Guard members and first responders to improve effectiveness, affordability and feasibility of future capabilities.

"We participate in these events not only to experiment and learn from our own technologies and techniques, but to collaborate with our joint service and interagency partners in emerging command, control and communications technologies," said Lt. Col. Daniel Markert, chief of Current Operations for the California National Guard Joint Staff. "These types of functional exercises allow us to test new ideas and equip-

ment and 'fail successfully' without jeopardizing other training functions."

The Guard's telecommunications team is tasked with providing a rapidly deployable capability to extend, expand or add resiliency to mobile and fixed phone, data, video and radio communications for a joint task force commander.

"In an emergency or disaster-response scenario, we need to rapidly ensure the commander in the field has the communications capabilities needed to not only command their own troops, but to coordinate with the local civilian authorities they are supporting and also reach back to the Joint Operations Center," said Sgt. First Class Antonio Moreno, telecommunications team chief. "Experiments like this improve our technical skills at delivering those capabilities."



**Sgt. 1st Class Antonio Moreno, left, and Staff Sgt. Joseph Daddow communicate with California National Guard and interagency partners during a Naval Postgraduate School exercise involving real-time video hosted over narrow-band satellite communication networks at Camp Roberts, Calif.**

Photo by Lt. Col. Daniel Markert

# CNG prepares for 'the other Big One'

By **1ST LT. JASON SWEENEY**  
California Military Department Public Affairs

With yearly wildfires and the constant threat of a major earthquake, it's not as if California National Guardsmen don't already have their hands full when it comes to natural disasters.

But add another potential threat to the list: the ARkStorm.

"This is indeed the other Big One," said U.S. Geological Survey Regional Hazards Coordinator Dale Cox at a March 20 symposium for disaster-preparedness professionals at the Federal Building in San Francisco. Cox warned of a once-in-a-century storm that could flood all of Sacramento and much of the Central Valley, as well as parts of San Jose, Los Angeles, San Diego and other populated areas of the state — a disaster that would rival the feared potential earthquake often referred to as "the Big One."

The symposium was held in the wake of Superstorm Sandy, which walloped the East Coast in October. Representatives of various federal, state and local agencies were in attendance, including members of the California Military Department Joint Staff, to discuss how they would respond if such a storm hit California.

While hurricanes are mostly associated with the East and Gulf coasts, Cox said there is historical evidence of huge storms, called ARkStorms, causing massive destruction in California.

The "AR" in ARkStorm stands for atmo-



Photo by 1st Lt. Jason Sweeney  
**U.S. Geological Survey Regional Hazards Coordinator Dale Cox speaks about the possibility of an "ARkStorm" hitting California during a March 20 disaster-preparedness symposium in San Francisco. An ARkStorm, which represents the power of an atmospheric river (AR) times 1,000, last hit the state in 1861, lasting 45 days and causing widespread floods and landslides.**

spheric river, while the "k" represents 1,000. Atmospheric rivers are dense masses of water vapor that flow over the Pacific Ocean. This common atmospheric phenomenon often brings rain and wind to California, but multiply the effects by 1,000, and you get an ARkStorm.

The last ARkStorm to hit California began in December 1861 and continued through January 1862. Heavy rain and high winds whipped the state for 45 days. Flood waters in the Central Valley extended 300 miles and were up to 20 miles wide and in some

places 20 feet deep. Sacramento was completely inundated, and much of the valley resembled an inland sea. Large portions of Southern California were also flooded, and landslides across the state caused massive devastation.

Col. Robert Spano, who attended the March 20 seminar, would be the man in charge of the military response if an ARkStorm were to hit anytime soon. In addition to serving as director of the California Military Department Joint Staff, Spano is the state's dual-status commander, meaning he could

command a force comprising both reserve and active duty military responders.

"If an ARkStorm were to hit, I think the Guard would play a significant role in evacuating the city of Sacramento," he said. "To evacuate that many people, the entire California National Guard would have to be activated."

The Cal Guard's Deputy Director of Joint Training and Exercises Lt. Col. Rich Mifsud said a 2015 exercise known as Golden Guardian will be based on an ARkStorm scenario in Southern California. Golden Guardian is an annual, multi-agency, multi-jurisdictional exercise that has taken place across the state since 2005.

"They better prepare the Guard to work with its interagency partners and build us toward a whole-of-government approach to all-hazards response," Mifsud said.

In 2011 the California Emergency Management Agency conducted a Golden Guardian exercise centered on a large-scale flood in Sacramento, but not on the scale of an ARkStorm.

Mifsud said he was struck by the extent of the devastation statewide from the ARkStorm of 1861-62.

"We as individuals have to be prepared first before reporting to our unit," he said, referring not only to ARkStorms but other disasters that require a Guard response. "We have to make sure that our house and family is prepared before we go do our job, because the public is going to need us."

## Guard certifies 50 SHARP victim advocates

By **SGT. 1ST CLASS JESSICA INIGO**  
Los Angeles Regional Public Affairs

About 50 new victim advocates completed their qualification during a two-week Sexual Harassment/Assault Response and Prevention (SHARP) course March 4-15 at Joint Forces Training Base, Los Alamitos, adding a layer of support across the state.

Sexual assault and sexual harassment are very real threats that impact military communities. An estimated 19,000 service members experience sexual assault each year, according to the Department of Defense's Sexual Assault Prevention and Response Office (SAPRO). However, an estimated 80 percent of those incidents go unreported.

"The California National Guard must have trained victim advocates throughout the state to provide support to victims of sexual assault and to ensure their needs are being met," said Jennifer Lucero, the state's sexual assault response coordinator, in explaining the importance of the training.

Lucero was joined by SHARP instructors Mario Money and Randall Hansen, who are independent consultants experienced in conducting victim advocate training.

"The more victim advocates we have, the better chances there are that victims will come forward and report this crime," she said, noting that about 63 percent of reported cases represent rape or aggravated assault, according to SAPRO statistics. "If we can increase reporting, we can investigate and hold offenders accountable, which will reduce sexual assault incidents."

Additionally, with jokes like "That's what she said" making sexual innuendo common in the workplace, it's impor-

tant to take a step back and remind employees to accept nothing less than professionalism, she said. Allowing unprofessional behavior to creep into the workplace opens the door to accepting unacceptable behaviors in other places as well, according to officials, and it could lead to more dangerous harassment or assault.

To help reset old behaviors and train toward new ones, Lucero and her team used the two weeks of training to teach all facets of the effects of harassment and assault and what can be done to change the current culture of simply accepting the status quo.

"If we don't put a stop to that type of behavior early, it could lead to more damaging behavior," Lucero said.

Staff Sgt. Salli Curchin, who took the course, agreed. She said the course helped open her eyes to the reality of the situation and gave her the moral courage to speak up when she sees or hears something that isn't right.

"The standards we're supposed to have in the California National Guard are the Army Values, but we're not always living up to them," Curchin said. "If we are really going to be a change agent, as taught in the class, then we have to return to a professional environment — be professional and appropriate with each other."

Curchin, who is a member of Operations Company, 40th Infantry Division, said the course helped her understand the Army's "I. A.M. Strong" prevention campaign and how it relates to teaching others, as well as understand the effects on both men and women and why it's important to remain an active bystander.

I. A.M. stands for intervene, act and motivate, which encourages Soldiers and leaders to not only intervene but



Photo by Sgt. 1st Class Jessica Inigo  
**Lt. Col. Mark Kampa, commander of the Los Alamitos Army Airfield, thanks independent consultant Mario Money for providing training to about 50 members of the Cal Guard during a two-week Sexual Harassment/Assault Response and Prevention course on Joint Forces Training Base, Los Alamitos in March.**

also motivate others to act to prevent sexual harassment and assault. The campaign helps put the responsibility on all members of a team.

Though it is hard to track statistically because many people choose not to report the crime, it is estimated that about 10 percent of all sexual assault and sexual abuse cases are male victims, according to information released by the Texas Association Against Sexual Assault.

Holding offenders accountable for their actions, reducing sexual assault incidents and supporting victims is the ultimate goal of the SHARP program, and the California National Guard just qualified 50 more individuals to help in that mission.

# Women's military roles continue to grow, inspire

Women have served admirably from the Revolutionary War until today, earning greater responsibilities and, finally, equal footing

By **1ST LT. JASON SWEENEY**  
California Military Department Public Affairs

Each March, during Women's History Month, the Department of Defense remembers and acknowledges the contributions women have made to the historical record.

This year already has proven to be a pivotal one in women's history in the military, as the Defense Department announced on Jan. 24 that it will begin lifting all limitations on women serving in combat roles. The implementation of that policy change will be gradual but ultimately will allow women into roles long denied to them.

Regardless of the long-standing restrictions on women serving in combat roles, their contributions to military history have already been substantial. Women have participated in every conflict the United States has engaged in, going back to the Revolutionary War.

During the Revolution, women commonly served in traditional roles within the Army, such as cooks, laundresses, nurses and seamstresses. However, some women took on roles as spies while others served in combat disguised as men.

One such woman, Deborah Samson, served 17 months in the Continental Army disguised as a man. Samson fought in several skirmishes and was wounded when she was shot in the thigh and cut on the head with a sword. She was honorably discharged but denied a pension because of her gender. Samson was later granted a pension after Paul Revere made a request to Congress on her behalf.

During the Civil War, thousands of women joined volunteer brigades and worked as nurses. More than 400 women disguised themselves as men and fought in both the Union and Confederate armies. In 1865,

Dr. Mary Edwards Walker became the first woman to receive the Medal of Honor for her work caring for wounded service members in the Union Army.

World War I marked the first time that regular Army and Navy military nurses served overseas. The Navy also allowed women to enlist and serve stateside. Most of the 11,000 women who enlisted worked in Washington, D.C., as draftswomen, interpreters, couriers and translators. Later in the war, the Navy enlisted 24 African-American women who worked in the Navy Department building. In 1918, Opha Mae Johnson became the first woman to enlist in the Marine Corps Women's Reserve.

Large numbers of women served in various roles in the military during World War II after President Franklin D. Roosevelt authorized the creation of the Women's Army Auxiliary Corps (WAAC) and the U.S. Naval Women's Reserve, called the WAVES, an acronym for Women Accepted for Volunteer Emergency Service. The WAAC, later renamed to the Women's Army Corps, and the WAVES brought to the national defense the knowledge, skill and special training of the women of the nation.

During World War II, women played a vital role on the homefront, taking jobs traditionally filled by men. More than 310,000 women worked in the U.S. aircraft industry in 1943, representing 65 percent of the industry's workforce, compared with just 1 percent in the pre-war years, according to [History.com](http://History.com). A significant percentage of women also worked in the munitions industry. The overall proportion of the U.S. workforce that was female increased from 27 percent to nearly 37 percent during the war, and by 1945 nearly one of every four married women worked outside the home.

In 1948, the Women's Armed Services Integration Act granted women permanent reg-



Photo by Staff Sgt. Emily Suth



Photo by Master Sgt. David Loeffler

**ABOVE:** Then-Technical Sergeant Eliza Villa, a medic for the CNG's Fresno-based 144th Fighter Wing, assists a role-player with simulated injuries on Nov. 4, 2011, during the Vigilant Guard exercise in Phoenix, which simulated a flood followed by a nuclear detonation and involved troops from several CNG Air and Army units as well as Arizona state agencies and Guard troops from Arizona, Colorado, Nevada and Utah. **RIGHT:** Second Lieutenant Cindy Gonzalez of the California Army National Guard's 250th Military Intelligence Battalion participates in a combatives course taught by the CNG's 100th Troop Command on Feb. 23, 2012, in Roseville, Calif. **BOTTOM:** A California Army National Guard officer candidate works through an exercise at Morro Bay, Calif., near the Guard's Camp San Luis Obispo during the Guard's Officer Candidate Indoctrination Program on March 24, 2006.

ular and reserve status in the Army, Navy and Marine Corps as well as the newly created Air Force. The following decades saw women take on increasingly greater roles and responsibilities in all branches of the U.S. military.

When the Korean War broke out in 1950, there were about 20,000 women serving in the Armed Forces, including nearly 7,000 in health care professions. Nurses and medical specialists were the only women permitted into the combat theater during most of the war, and they served important roles in mobile army surgical hospital, or MASH, units, which are credited with reducing battlefield deaths by 50 percent compared to World War II figures.

During the Vietnam War, about 11,000 American military women were stationed in Vietnam, according to the Vietnam Women's Memorial Foundation. Close to 90 percent were nurses in the Army, Navy or Air Force. Others served as doctors, physical therapists, Medical Service Corps personnel, air traffic controllers, communications specialists, intelligence officers and clerks as well as in other capacities. Nearly all of them volunteered. The names of eight women are engraved on the Vietnam War Memorial, having died from shrapnel wounds, helicopter and plane crashes, and illnesses.

Over the last decade, more than 280,000 women have deployed in support of U.S. operations in Iraq and Afghanistan. A total of 153 American service women have

died in those theaters.

Despite limitations on serving in combat roles, women have engaged in combat on many occasions in Iraq and Afghanistan. Notably, Kentucky Army National Guard Sgt. Leigh Ann Hester earned a Silver Star for her actions in Iraq while assigned to the 617th Military Police Company. On March 20, 2005, Hester was part of a convoy that was ambushed. She maneuvered her team into a flanking position, and she and her squad leader, Staff Sgt. Timothy Nein, assaulted and cleared two trenches. Hester killed at least three insurgents with her M-4 rifle. She was the first female Soldier since World War II to earn a Silver Star.

Two years later, Spc. Monica Lin Brown received the Silver Star for her actions in Afghanistan. Brown, a medic from the 82nd Airborne Division's 782nd Brigade Support Battalion, 4th Brigade Combat Team, was on a security patrol in Afghanistan's Paktika province on April 25, 2007, when a roadside bomb detonated near her convoy, which then came under attack. Brown ran through insurgent gunfire using her body to shield wounded Soldiers while mortar rounds fell nearby.

Today, women make up 15 percent of the U.S. military and play a vital role in the nation's all-volunteer force. Women's contributions to U.S. military history will no doubt continue and expand as gender-based restrictions on serving in combat are eliminated in the years to come.



Photo by Tech. Sgt. Joseph Prouse

# Whole-body fitness: Physical conditioning improves mental, cognitive health

By CNG Current Operations

Discipline the body, and the mind will follow. Mind over matter. I don't mind, so it doesn't matter.

Our language has many references to the connection between the body and the mind, and the Department of Defense now has a framework for addressing this "whole of person": Total Force Fitness.

In September 2011 the chairman of the Joint Chiefs of Staff issued instructions for a framework for Total Force Fitness. The goal is human performance optimization.

Recently, members of the tactical fitness and mixed martial arts community volunteered their time to provide some specific applications of physical fitness conditioning to "pre-habilitate" and rehabilitate from combat and operational stress and improve skill acquisition and cognitive performance.

John Wolf of Wolf Fitness Systems in Salinas, Calif., hosted three California Army National Guard officers late last year for a seminar on integrating tactically specific physical conditioning programs into a mental health wellness program. Dr. Karen Lansing, a tactical psychologist from Aptos, Calif., shared her work on treating military, law enforcement and fire and rescue personnel for post-traumatic stress disorder (PTSD) and how a sustained, "health first" fitness program complements treatment for PTSD, depression and chronic stress.

Second Lieutenant Daniel Burns, a behavioral health officer for the California Army National Guard, emphasized the recent clinical research underpinning this Total

Force Fitness framework.

"We have seen recent research that shows the huge neurological benefits of exercise, particularly high-intensity and sophisticated motor movements," he said following the seminar. "This was a great experience, getting support from the community on ways to help our service members help themselves."

"As a mental health professional, I really appreciate seeing physical conditioning being programmed for sustained stress control and long-term health," Burns continued. "As a Soldier and a leader, seeing that it is programmed for tactically specific movements reassures me that we are improving our mission-readiness."

Self-help is the bedrock of a disciplined military force, the instructors noted, as warrior cultures throughout the millennia have demonstrated.

"Ancient Sparta, the Roman Legions, the way of the Bushido — all these cultures disciplined the body as a daily ritual to discipline the mind and prepare the soul for conflict," Wolf said. "We wanted to give back to those in our community that sacrifice for our safety and security, both here and overseas, by sharing what modern neuroscience has informed on these ancient physical disciplines. It is just one more tool in the warrior's kit to be more prepared for the challenges they face."

At a follow-up training event Dec. 22 in Van Nuys, combat arms officers Lt. Col. Daniel Markert and Capt. Philip Thomas received coaching on how to integrate physical conditioning into the psychological preparation and combatives training program for



Photo by Erik Meland

Lt. Col. Daniel Markert, left, and Capt. Philip Thomas of the California Army National Guard learn physical conditioning techniques that will help them "pre-habilitate" and rehabilitate from combat and operational stress and improve skill acquisition and cognitive performance Dec. 22 at Valley Crossfit in Van Nuys, Calif. Psychologist Dr. Karen Lansing, who participated in a seminar on such techniques for CNG officers late last year, said a "health first" fitness program can complement treatment for post-traumatic stress disorder, depression and chronic stress.

tactical units. Scott Sonnon and Alberto Gallazi, two former international mixed martial arts champions who are now training consultants for various military and law enforcement special operations teams, offered the free instruction.

"I followed one of their training regimens while I was in Afghanistan two years ago and saw great results, both physically and mentally," Markert said. "Much more sustained improvement and development than I had seen before, with amazing stress mitigation. It also matched the Total Force Fitness framework, more so than any other military training program I had seen."

The Total Force Fitness framework calls for finding synergy between physical, mental, medical, spiritual, emotional and behavioral health. It requires one to think of the body and the mind as a platform for absorbing and retranslating force — both physical and mental — while solving technical, tactical and interpersonal problems.

"We program physical conditioning with 20 minutes a day, focusing on restoring full range of joint mobility; compensating for occupational and training stress with

yoga; and strength and metabolic conditioning, weighted or using body weight, with a waving intensity cycle," Sonnon explained. "The movements progress in complexity to support tactical movement and combatives.

"The cycle trains the nervous system to recover from failure, thus building resiliency," he added. "This allows the operator to retain cognitive function and acquired skills under stress. It also resets the stress arousal system, thus mitigating the long-term effects of operational and acute traumatic stress."

Sonnon said he recognizes that the physical and psychological toll of combat is significant.

"My own family was destroyed by it," he said. "This is why I donate some of my time and resources to our military and law enforcement community."

As the National Guard resets after 12 years of war, optimizing the performance of personnel creates a more strategic asset. Troops who train hard and train smart will be more prepared for the challenges they face.

## Army launches Ready and Resilient campaign

Physical, emotional and psychological components of readiness will be addressed for Soldiers, families and civilians

Secretary of the Army John M. McHugh launched the Army's Ready and Resilient campaign March 12. The comprehensive campaign is designed to guide the Army's efforts to build physical, emotional and psychological resilience in its Soldiers, families and civilian employees, and to directly enhance personal and unit readiness, the Department of the Army Headquarters said in a press release.

The Army demonstrates exceptional skill, adaptability and courage as it continues to fight our nation's wars, respond to domestic and international disasters and deter would-be aggressors, the release said. Nevertheless, the stress of continuous war, the resulting strain placed on relationships, and the injuries and illnesses suffered by many troops have not only affected the Army's people, but also the overall readiness of the force.

Accordingly, the Army must continuously seek methods to support its personnel and their families while maintaining the Army's capabilities, the release said. The Ready

and Resilient campaign is designed to do just that.

Specifically, the campaign will help the Army integrate and synchronize multiple Army-wide programs aimed at improving physical, psychological and emotional health.

The campaign directs the Army to review programs, processes and policies to ensure effectiveness and reduce redundancies, improve methods for commanders to understand high-risk behaviors and intervene early, and continue improvements to the Integrated Disability Evaluation System.

Finally, through the Ready and Resilient campaign, the Army will work to reduce the barriers and stigma associated with seeking help and will promote healthy lifestyles based on "the performance triad of physical fitness, nutrition and sleep."

"The Army's values, professionalism, and discipline have sustained the force during twelve years of persistent con-

flict," McHugh said in the press release. "It is vitally important we incorporate the lessons learned during this period and continue to improve our people and the institution in order to remain trained and ready regardless of the mission."

To ensure the health and well-being of the entire Army team, the Army's goal is to invest in and improve the performance of every individual on the team, said Gen. Ray Odierno, Army chief of staff.

"Soldiers are, and will always be, the centerpiece of our Army," he said in the press release. "The readiness and resiliency of our Soldiers, Civilians and Family members is dependent on their physical, mental and emotional fitness. Our success requires engaged leadership at all levels, a collaborative and multidisciplinary approach, and effective prioritization of resources."

For more information on the Ready and Resilient campaign, visit [www.army.mil/readyandresilient](http://www.army.mil/readyandresilient).



Soldiers from the California National Guard's 1113th Transportation Company climb up and over a wall during a March 6 combat drill with the CNG's Task Force Warrior on Camp Roberts, Calif., where the Company was training for a deployment to Afghanistan in support of Operation Enduring Freedom in May. Photo by Sgt. Ian M. Kummer

## Raising awareness of sexual assault

Guard members are invited to participate in the "Jump Into Prevention" tandem skydive from 13,000 feet April 26 at the Lincoln Regional Airport to raise awareness of sexual assault during April, which is nationally recognized as Sexual Assault Awareness Month. The jump costs \$130. For more information or to register, contact Jennifer Lucero, CNG sexual assault response coordinator, at [Jennifer.s.lucero.civ@mail.mil](mailto:Jennifer.s.lucero.civ@mail.mil).

## Clarke steps in as ANG director

Air Force Lt. Gen. Stanley E. Clarke III is the new director of the Air National Guard, succeeding Lt. Gen. Harry "Bud" Wyatt, who retired. Clarke is a command pilot with more than 4,000 hours in the A-10 Thunderbolt II and F-16 Fighting Falcon jets, including more than 100 combat hours. He also previously served as commander of 1st Air Force and Continental U.S. North America Aerospace Defense Command.

"An Alabama Air Guardsman who served as the assistant adjutant general for air, an A-10 and F-16 pilot who commanded a squadron, wing and expeditionary wing, all of that prepared him for this job and to represent everyone in this building and all those in the Air National Guard across the map in the 54 states, territories and the District of Columbia," Army Gen. Frank Grass, chief of the National Guard Bureau, said in a news release.

Clarke said he sees tremendous opportunities for the Air National Guard despite recent budget cutbacks.

"My commitment to the [Airmen] and the adjutants general is clear," he said. "We will do everything within our authority to ensure our Airmen have clear policies, equipment, training and resources to accomplish assigned missions. We remain community-based, team-oriented and experienced."

## Free Kindle Fire for PTSD patients

Honorably discharged Iraq and Afghanistan combat veterans with post-traumatic stress disorder can receive a free Kindle Fire tablet through the Connected Warrior Foundation. For more information, visit <http://connectedwarrior.org/programs/feeks>.

## Army strengthens drug testing

The Army has expanded its drug testing panel to include commonly abused prescription drugs such as hydrocodone, hydromorphone and all other opiates. Soldiers who have been prescribed a controlled substance by their health care provider are limited to using the medication for six months from the prescription date. Soldiers who are using a controlled substance prescription drug that has not been prescribed or dispensed by their health care provider are encouraged to voluntarily seek medical treatment and rehabilitation prior to the announcement of a military drug test. For more information, contact Sgt. 1st Class Jneen Rice of the California National Guard Substance Abuse Prevention Program at 916-366-4736 or [jneen.rice@us.army.mil](mailto:jneen.rice@us.army.mil).

## DID YOU KNOW...

### California National Guard armories cannot be used for quartering personnel except when participating in scheduled military training, including convoy stopovers?

If an armory commander permits Soldiers to sleep in the armory, an approved smoke detector must be installed. Alternatively, the commander may require posting of a Soldier or Soldiers to act as fire watch.

All Soldiers are responsible for exercising good judgment and being proactive in preventing damage to the facility and its grounds. Soldiers in leadership roles must ensure that the actions of their subordinates do not result in damage. Smoking is prohibited at all times in Army National Guard buildings.

Armory commanders are authorized to establish a recreational vehicle (RV) parking area for Soldiers who commute to a training assembly and wish to reside in an RV during the training period. RVs must be self-contained, and connections to armory utilities are prohibited.

Armory commanders may authorize full-time-manning Soldiers to reside in RVs on armory grounds within 30 days of a permanent change of station. A single extension of 30 days is authorized at the commander's discretion. A license is required under which the full-time-manning Soldier assumes all liability. Other occupants of the vehicle, including pets, are prohibited.

A full-time-manning Soldier residing in an RV is required to maintain the cleanliness of armory latrines and grounds during the period the vehicle is in use. The RV may be connected to armory electricity if the connection meets the current code and is certified as safe by the area coordinator. If power is obtained from the armory, a utility reimbursement fee of \$5 per day will be collected. No other utility connection is permitted.

Reference: California Army National Guard Regulation 210-1, paragraphs 2-07 and 2-21; and California Army National Guard Regulation 210-2, paragraphs 18 and 20.



Public Affairs Directorate, California National Guard · 9800 Goethe Road, Sacramento, CA 95827-3561



Soldiers from the California National Guard's 1113th Transportation Company run through a training lane March 6 under the instruction of the CNG's Task Force Warrior at Camp Roberts, Calif., where the Company was training for a deployment to Afghanistan in support of Operation Enduring Freedom in May. Photo by Sgt. Ian M. Kummer

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**Submissions and feedback:** brandon.honig@us.army.mil  
**Address/subscription:** CNG members must make changes through their unit.  
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