



The Rally Point

Volume 1, Issue 10

October 2012

Special points of interest:

- The Army Guard is on Facebook. Check us out at www.facebook.com/caarmyguard.



- This newsletter can be seen online here: <http://www.calguard.ca.gov/army/Pages/armynewsletter.aspx>

Inside this issue:

From the CSM	2
Suicide should not be an option	3
Disciplinary action & announcements	4
Promotions	5
Retirements	6
Unit spotlight: 233rd RTI	7
FRG:	8

New CAARNG Commander

It is a privilege to be selected by the Adjutant General as the new Commander of the California Army National Guard (CAARNG) and I look forward to the challenges ahead. I would like to take this opportunity to thank BG Donald Currier for his 36 years of service to the CAARNG, and the United States Army. His selfless dedication to Army Values and the Warrior Ethos has been instrumental in moving the CAARNG in a positive direction, improving morale, discipline, and accountability within our formations. Under his leadership and guidance, the CAARNG is once again a trusted organization that can be depended on to do the right thing. Significant increases in his duties and responsibilities as a Superior Court Judge have resulted in his decision to retire. He has been a personal mentor and a friend and I wish him and Teri all the best as they move to a new chapter in their lives.

Mission Command

The CAARNG is a very diverse and dynamic organization stationed in 108 armories, readiness centers, five flight facilities and three installations across the breadth and width of California. Most of our 297 organizations are not organic to a higher command within the state, but assigned to a higher headquarters for ADCON purposes, making effective command and control a significant challenge.

You all have heard the term “strategic corporal,” where the decisions made by a team or squad-level leader at the tactical level could have strategic implications at the national level.

This concept is the heart of the Army’s decision to replace the term “command and control” with **Mission Command** as a warfighting function. FM 3-0 Operations, defines **Mission Command** as the “conduct of military operations through decentralized execution based on mission orders.”

Mission Command is not new. Simply put, it requires subordinate leaders at all echelons to exercise disciplined initiative, acting aggressively and independently to accomplish the mission within the *commander’s intent*. **Mission Command allows subordinate leaders freedom to act and empowers them to take initiative.**

Leaders have experience with mission command in deployed operations, where company, platoon, and even squad-level operations are the norm. Mission Command needs to become the way we, as a force, conduct operations here at home, as well.

Annual training, drills, planning meetings; these are all times in which leaders need to exercise mission command and push those details on HOW to perform the mission to the lowest possible echelon in order to develop those up and coming leaders. Commanders should provide the intent, concept of operations, resources, and clearly defined tasks necessary to achieve the desired end state: while subordinates provide the initiative and overall execution. Subordinate leaders need to be allowed to exercise their initiative, try new things, and fail, if necessary, in order to grow and become the



Brig. Gen. Lawrence Haskins
California Army National Guard Commander

outstanding leaders of tomorrow.

This requires trust and understanding between leaders and their subordinates, a culture and atmosphere that leader’s must cultivate within their units. *Effective communication up, down, and laterally is the key to achieving this trust and understanding.* This is done through parallel planning, confirmation and back-briefs; rehearsals, risk assessment, supervision, leader presence and after-action reviews. This trust extends to the relationship between subordinate leaders, as well. Trust will allow them to coordinate quickly and efficiently in everything we do.

With mission command, Commanders have to understand that risk will always be an issue. In order to develop their subordinates, Commanders must allow them to take risks, so long as subordinates take appropriate steps to manage and mitigate them. This will develop those young leaders into aggressive, independent decision makers who aren’t afraid to try something new.



BG Donald J. Currier, Thank you for your Service!

I would like to thank Brigadier General Donald Currier and his wife Teri Currier for their 36 years of service to our State and Nation. It has been a pleasure to work with BG Currier for nine months. His energy to establish and enforce moral and ethical standards has been invigorating to our Army Guard. He has turned the moral compass of our force and I am sincerely thankful for his efforts. I wish him well in his endeavors as

he now assumes a very aggressive civilian schedule that will consume what little free time he may have gained from his retirement. To Teri Currier, you have been extremely supportive of all that BG Currier has done through his deployments and you have sincerely increased the readiness of our Soldiers through your efforts= with the Family Readiness Programs.

Thank you.

CSM
Harold E. London

California Army
National Guard
Command Sergeant
Major



Bridging the GAP Structured Self-Development (SSD)

Structured Self-Development is a planned goal-oriented learning that reinforces and expands the depth and breadth of an individual knowledge base, self awareness, and situational awareness. It complements institutional and operational learning. It enhances professional competence and meets personal objectives. It

is require learning that continues throughout a Soldier's career and is closely linked to training and education in the NCO Education System. It is life-long learning. It also sets the conditions for continuous growth as a warrior and a warrior leader. All Soldiers are require to participate in SSD. It will also be a pre-

requisite for NCOES Courses. NCO Leaders need to force manage their Soldier's careers through their NCOES.

For more information, please go to:
<https://usasma.bliss.army.mil/page.asp?id=9>

New Generation Improved Physical Fitness Uniform

The Army is posting an online survey for Soldiers to look at several different designs and colors for the NEW Generation Improved Physical Fitness Uniform and give the Soldier a chance to select the one they like best!

When the Army set up an online survey on the Improved

Physical Fitness Uniform (IPFU) in February 2012, over 76,000 Soldiers participated. Your recommendations included design, comfort, fit, color, moisture wicking, quick drying and anti-microbial properties. The Army took your input and came up with several solutions.

Now we want you to choose

which of these solutions you like best!

The NEW PT UNIFORM survey goes up 9 October 2012 and will remain online until 29 October 2012.

To access the survey using a Common Access Card, visit :

<https://ipfusurvey.natick.army.mil>

To access the survey without a Common Access Card visit <https://surveys.natick.army.mil/Surveys/ipfu.nsf>

1. The Executive Personnel CSM Council met on 21 August 2012. Issues discussed include current and future Brigade Command Sergeant Major vacancies. Additionally, the application process for the brigade Command Sergeant Major positions were discussed to help improve the available candidates.
2. The following personnel actions are recommended from Executive Personnel CSM Council for brigade level Command Sergeant Major selections.

RANK/NAME	CURRENT UNIT	RECOMMENDED UNIT	EFF DATE
SGM Walker, Adam B.	HHD, JFHQ	224 th SSB	1 Oct 12
CSM Baker, Michael E.	HSC, 578 th Engr Bn	HQ, 223 rd REGT	1 Oct 12

Resilience Corner: Suicide Should Not Be An Option

By CPT René Marie, Resilience, Risk Reduction, Suicide Prevention (R3SP) Program Coordinator, Master Resilience Trainer

The following excerpts are from the "Suicide Awareness Briefing for Leaders," GI, Suicide Prevention website.

Soldiers can rely on spiritual faith and behavioral health resources to help learn new coping skills to get through difficult times. Spiritual faith looks outside of oneself for meaning and provides resiliency for failures in life experiences. Religious belief adds the dimension of a supportive community to help one deal with crises."

If you are a key leader, having a comfort level talking with others from a non-religious view of wellness may enhance trust between you and your subordinates.

Developing personal resilience is a collective task as well as an individual obligation. HOW we develop our ability to "bound

back" from adversity can be from a spiritual, non-spiritual, family-centered or single Soldier perspective. Here are some resources for your research or support:

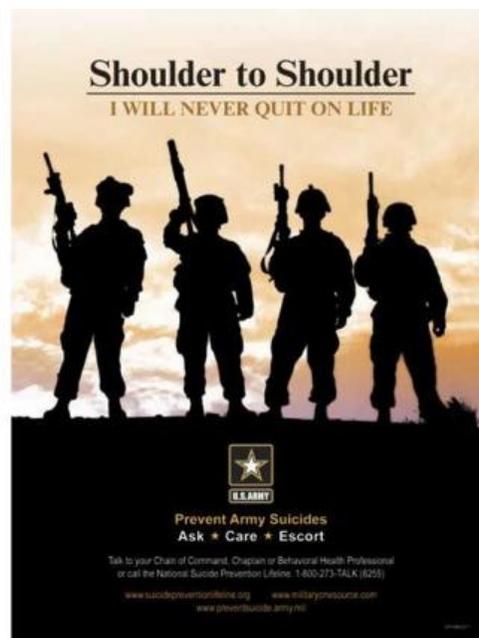
<http://www.realwarriors.net/active/treatment/militarysingles.php> ("A strong personal support network can help you become more resilient...")

www.strongbonds.org/skins/strongbonds/home.aspx (chaplain-led, relationship resilience)

<http://www.calguard.ca.gov/mh/Pages/default.aspx> (California National Guard Behavioral Health Office)

National Crisis Intervention Hotline: 1-800-273-TALK (8255)

HQ, CAARNG FAST Line: 1-800-924-7782



From the CSM: Suicide Prevention

This month we are all conducting suicide prevention training. It is absolutely critical that every Soldier understands how important this issue is to me personally. Every life lost to suicide is a tragedy to our Families, to our units and to our Guard. Each Soldier should come away from this training understanding that their role, in our diligent battle to prevent suicide is to be aware of your fellow Soldier, stay in touch as much as possible, and know that there are multiple layers of assistance available. If every Soldier understands that they are not alone, left to deal with life's challenges, then we have achieved a major milestone in this training.

Non-Commissioned Officers must talk to their Soldiers often during drill and should make contact with the Soldier at least once before the next unit training assembly. I have spoken to several First Line Leaders of Soldiers who don't know what their Soldiers do when they are away from the unit. To me this is a shame. 12 years of War should have pulled us closer together as a good portion of our force have deployed and understand the "Battle Buddy" concept. The other phrase that was used when I deployed was "Every Soldier is a Sensor." If our NCO Corps could

adopt these principles with their assigned drilling members maybe, just maybe, we would save another life.

Of course this is not the inclusive solution to suicide, however as I mentioned before we have multiple lanes of support from the Chaplain's Corps, Master Resiliency Trainers and Applied Suicide Intervention Skills Training.



JAG: On the record

Flags

From the State Provost Marshal Office

**This is directed toward commanders at all levels.*

Flagging Actions

Commanders are required to impose a non-transferable flag on a Soldier for adverse action, as outlined in AR 600-8-2 (para 1-12 a) using DA Form 268. Soldiers **MUST** be informed of the action prior to submission to SIDPERS (AR 600-8-2, table 2-1, 5).

Authority to initiate Flagging Action and suspension of favorable personnel actions is mandatory when an investigation (formal or informal) is initiated on a Soldier by military or civilian authorities (AR 600-8-2 Section III, 1-11).

There have been instances lately in which Soldiers under criminal investigation were not flagged. One Soldier retired and another transferred to a different state. Timely flagging actions prevent this from occurring.

If a commander receives an e-mail notification from the State Provost Marshal Office (PMO) with a CNG case number attached to it, then that is sufficient justification for the commander to initiate a flagging action immediately. If the commander is made aware of a Soldier arrest by a local law enforcement agency (or substantiated by other means), then that is sufficient justification to initiate a flagging action immediately. If a commander has initiated an AR15-6, then that also is sufficient justification to initiate a flagging action immediately.

To address this, a monthly report is forwarded to the Commanding General outlining all open cases and their respective flagging status.

If you have any questions, please feel free to contact the PMO or your assigned Staff Judge Advocate.

Commanders:

- Impose Flags per AR 600-8-2, para 1-12, a
- Use DA Form 268
- CDRs **MUST** inform Soldiers of the action prior to submission to SIDPERS (AR 600-8-2, table 2-1, 5).

Disciplinary Action

Rank	BDE	Brief Description of Charge	Action by CMD	Result
SGT	40th ID	The Service Member violated Article 128 (Assault) by tackling another Soldier to the ground causing injury	FG Article 15	Reduced to SPC
SGT	100th TC	AWOL	Reduced to SPC	AWOL Packet Pending at Bde.
SGT	100th TC	AWOL	Reduced to SPC	AWOL Packet Pending at Bde.

Disclaimer: When determining a punishment, commanders take into account a number of factors including the rank, the severity of violation, the service record, as well as the character of the individual. This independent consideration of each case explains why two individuals of the same rank, who commit the same infraction, may not receive the same punishment. In addition, according to the California Military and Veterans Code and the UCMJ, punishment pursuant to an Article 15 (known as non-judicial punishment (NJP)), can vary for similar misconduct by enlisted or officers. A Soldier who receives NJP could be reduced up to two grades, have a fine imposed, be assigned extra duty, and/or have a letter of reprimand placed in their record. This range of punishment is focused on maintaining good order and discipline. NJP rarely ends an enlisted person's career. In fact, a Soldier who has been reduced through UCMJ can rehabilitate them self and return to their previous rank. NJP only slows down the career advancement of a Soldier/NCO. Comparatively, when an officer receives NJP the maximum punishment authorized by law, even for the CDR CAARNG, is a fine and/or to have a letter of reprimand filed in their record. This range of punishment is focused on determining whether the officer is suitable for continued service. While NJP for officers does not have the immediate impact of an enlisted rank reduction, it can, in most cases, prevent any further career advancement. NJP (or a permanently filed General Officer Letter of Reprimand) generally stops the career advancement of an officer.

APFT, HT/WT reqs to attend military courses

The Army has published a new directive, Army Directive 2012-20 (Physical Fitness and Height Weight Requirements for Professional Military Education) dated Sept. 17, 2012. This directive goes into effect Nov. 1, 2012, and applies to all Active Duty, National Guard (AGR Title 10, AGR Title 32, or M-Day Soldiers), and U.S. Army Reserve (TPU, IMA, AGR, and IRR) Soldiers.

All students will first have to pass the Army Physical Fitness Test, including height and weight, to remain in the course. If a student fails to meet standards, they can have a retest no sooner than 24 hours and no later than seven days from the first failure. If they fail again, they will not be eligible to enroll in any Professional Military Education (PME) courses for six months. If they fail again after that waiting period, then they cannot enroll for another full year from the date of failure.

The PME courses that this Army Directive 2012-20 applies include: Senior Service College, Sergeants Major Academy, Joint Special Operation Forces Senior Enlisted Academy, Captains Career Course, Intermediate Level Education, Warrant Officer Advanced Course, Warrant Officer Staff Course, Warrant Officer Senior Staff Course, Advanced Leaders Course, Senior Leaders Course, and Warrior Leaders Course.

Bottom line: Be prepared to pass the APFT and meet HT/WT standards when you arrive at your PME course. Go to: http://armypubs.army.mil/epubs/pdf/ad2012_20.pdf to read the full details of this new Army Directive 2012-20.

ArmyTimes
8 October 2012 A GANNETT COMPANY

NCO careers Cutoff scores 29 In & out calls 20
Ultimate fighter Ranger fights into TV house OFFduty 3

STARTS NOV. 1

FLUNK PT

END YOUR CAREER

Tough new rules for EVERY ARMY SCHOOL

16

Promotions

Enlisted

Uname	Name	Rank
CO A 250TH MI BN	HODGES JOSHUA WIRT	SSG
HHC 1-140TH AVN BN (ASSLT)	PARSONS JONATHAN DAVID	SGT
2ND BN (MT) 223D REGT	NAVARRO MAYRA ALEXANDRA	SGT
HHC 40TH BSB	WALD RYAN CHRISTOPHER	SGT
CO C 40TH BSB (MED) CO	CARR JONATHAN LIAM	SGT
COMBAT AVN BDE	FOUTZ KARINA LYNN	SSG
40TH MP CO	AGUIRRE ROGER	SFC
TRP C 1/18TH CAV	OCHOAHERNANDEZ RAFAEL JR	SFC
CO C 1-184TH IN BN	MILLER CHASE WHITNEY	SSG
CO F(-) 181ST SPT BN	PRUITT ALISHA RENEE	SGT
DET 1 CO D 1-185TH AR BN	BERNABE GILBERT BERNIE	SGT
1113TH TRANS CO	SANCHEZ CHERISH ANNA	SGT
CO B 1-126TH AVN REGT	MORADIAN ZACHARY	SGT
CO D 40TH BSB (RSTA) CO	ARIAS JOSE MANUEL	SGT
DET 1 CO G 40TH BSB	JONES REED III	SGT
CO A 1106TH TASMG	ZAPATA LOYDA EUNICE	SGT
CO A 1106TH TASMG	LUGO SAMUEL THOMAS	SGT
49TH PERSONNEL COMPANY	URBANSKI COLIN RICHARD	SSG
49TH PERSONNEL COMPANY	RUVALCABA ALMA	SSG
HSC (-) 40TH INF DIV	ADAMSANDERSON ANDREA ALYSE	SGT
640TH INTERPRETER TRANS PLT	HASSAN IBRAHIM SHARIF	SGT
640TH INTERPRETER TRANS PLT	HAJISHAFIE ALI	SGT
640TH INTERPRETER TRANS PLT	MAQDOOR MADONNA	SGT
640TH INTERPRETER TRANS PLT	SHAMOON NOOR	SGT
640TH INTERPRETER TRANS PLT	DENGUEZLI CHEDLY BEN MOHAME	SGT
640TH INTERPRETER TRANS PLT	OUCHEN EL MOSTAFA	SGT
640TH INTERPRETER TRANS PLT	AMINFAR TARANEH	SGT
CO C, CA ARNG RRB	VINLUAN FLORENCE DISMAYA JR	SSG
DET 2, 224 SUSTAINMENT BRIGADE	ALAMONSCOTT ALANA NADIA	SGT
1114TH TRANS CO	POWELL DANIEL WAYNE	MSG
CO D 1-160TH (WPN CO) IN	TRUONG LONG VINH	MSG/Lateral to 1SG
CO E 40TH BSB (IN) CO	WILLIAMS WILLIAM MICHAEL	Lateral to 1SG

Officer

UNIT	NAME	Rank	Promo Date
JFHQ-CA (-)	YOUNG BROCK JOSIAH	1LT	120918
CO C 223RD MI BN	LO JERRY JY LUNE	CW2	120905
CO C 223RD MI BN	SUNG KAR YUN CALVIN	CW2	120905

Retirements

Uname	Name	Rank
JFHQ-CA (-)	BARHAM RODNEY JERRY	B G
CO C 79TH STB (SIG)	BECERRA FRANCISCO CARDONA	SSG
115TH RSG	KUHN CHRISTOPHER WILLIAM	MAJ
DET 1 CO D 1-185TH AR BN	STRONG ROBERT DARNELL	SFC
CO C 1-185TH AR BN	LEFFLER KEVIN MICHAEL	SFC
CO A 79TH STB (ENG)	BARAJAS LORENZO MONTEZ	SGT
CO A (-) 640TH ASB	BASALLO MELVIN JOSE JR	SFC
1498TH TC (HET)	BERRY ANTHONY	SGT
1498TH TC (HET)	BOYD WILLIAM MONTY	MSG
224TH SUSTAINMENT BRIGADE	CABRERA ALLAN RAYMUND	SGT
746TH CBT SUS SPT BN	CHAVEZ ALI SHIRAS	SSG
CO F 40TH BSB (IN) CO	CHAVEZ GUSTAVO	SPC
HHD 185TH MP BN	COLTRELL JAMES MICHAEL	CSM
1498TH TC (HET)	COOK JAMES MICHAEL	SSG
1040 QM CO	DAVIS RICHARD SCOTT	SGT
224TH SUSTAINMENT BRIGADE	EDEN JOHN MICHAEL	SGM
DET 2, 224 SUSTAINMENT BRIGADE	FRANKLIN BARBARA KATHLEEN	SSG
224TH SUSTAINMENT BRIGADE	FUENTES DAVID JR	MSG
CO A (-) 640TH ASB	GERDING PHILIP ANTHONY	SSG
INTEL & SUST CO 40TH INF DIV	GOMER TIMOTHY ALAN	SGT
DIV SIG CO (-) 40TH INF DIV	GONZALEZ JUAN OCTAVIO	MSG
CO D 40TH BSB (RSTA) CO	HARDY KEVIN JAMES	SSG
1ST BN (MP) 223D REGT	HOBBS RICHARD LEE	SSG
HHC 250TH MI BN	HOWELL DALE ALLEN	SSG
HHD 185TH MP BN	IGNACIO CARLOS CANILAO	SSG
CP ROBERTS MNVR TNG CTR (-)	KELLEY MICHAEL EUGENE	SFC
CO A (-) 640TH ASB	KENNEDY MARY DESALES	SFC
BTRY A 1-144TH FA	KHOUSAVATH TIMMY MOLIN	SGT
1114TH TRANS CO	KING CRAIG STEPHEN	SSG
CO F 40TH BSB (IN) CO	LAFRANCE CHRIS MARK	SGT
DIV SIG CO (-) 40TH INF DIV	LEVI ALEJANDRO GABRIEL	SGT
746TH CBT SUS SPT BN	MANLY SUSAN LYNN	SSG
DET 1 CO A 1-185TH AR BN	MOFFETT DAVID CHRISTOPHER	SSG
BTRY F 144TH FA	MOLINA ALVIN MICHAEL JR	SFC
1072 TC CO TRK REAR	NIELSEN CARL LAWRENCE	SGT
CO B 40TH BSB (MAINT)	REYNAFIGUEROA JOSE ALFREDO	SGT
HHC(-) 1-185TH AR BN	RONA MICHAEL EARL	SPC
DET 3 CO E 1-168TH GSAB	ROSS THOMAS RICHARD	SGT
2668TH TC REAR DET	SHANER DEBORAH JEAN	SSG
749TH CBT SVC SPT BN	THOMPSON LEONARD LEE	SFC
CO B (-) 340TH BSB	VIGIL CRAIG STEPHEN	SSG
CO F(-) 181ST SPT BN	YOUNG JAMES LEE	SGT
DET 1 CO F 181ST SPT BN	ZAMORA HECTOR NATIVIDAD	SGT
HSC (-) 40TH INF DIV	JOHNSON SCOTT WARREN	M G
DET 1 OPNS CO 40TH INF DIV	HOLLOWAY CHARLES WILLIAM	SFC
CO A 40TH BSB (DISTR)	TRINIDAD SIMON JR	1SG
CO A 1106TH TASMG	JACKSON TIMOTHY LEONARD	SFC

Unit Spotlight: 223rd Regimental Training Institute

The 223rd Regional Training Institute, Training Regiment, provides regionalized Officer and Warrant Officer Candidate School training, NCO Education System (NCOES), Combat Arms and Ordnance Military Occupational Specialty Qualification (MOSQ) and Additional Skill Identifier (ASI) training, functional training for the National Guard, US Army Reserve, and the Active Component in order to develop competent, confident, disciplined, and adaptive leaders.

The RTI is comprised of the HHC, three battalions and a maintenance company. The HHC facilitates the training that is conducted at the subordinate units by providing excellence in budgetary; administrative, operational and logistical support; and by ensuring the training conducted at the 223rd RTI is second to none. This year the RTI provided a combined total of more than 90,000 hours of instruction to Soldiers from throughout the state and country, an accomplishment that would not have been possible without the hard work and dedication of the outstanding Cadre and Support Personnel assigned to the RTI.

1st Battalion (Military Police) has continued to provide world class training to Soldiers in the 31B MOS, qualifying Soldiers in its two phases of training this year. The Battalion has become a model for other school houses throughout the country and functions as the Battalion for down trace Companies training Soldiers in Arizona and Nevada. The Battalion also has been tapped to prepare to instruct California National Guard Tier One units in non-lethal weapons and tactics, for use in a Defense Support of Civil Authorities event.

2nd Battalion (MF) is also home to the Officer Candidate/Warrant Officer Candidate Schools (OCS/WOCS) Company which trains the future leaders of the California Army National Guard. Warrant Officer Candidates attend Phase II at Camp San Luis Obispo and Phase III at Camp Atterbury, Ind. In 2012, 10 Warrant Officers were appointed and 24 Second Lieutenants were commissioned at a combined graduation at Camp San Luis Obispo. The OCs attend Phase I and III of a two week accelerated program over two consecutive summers in South Dakota and Phase II at Camp San Luis Obispo (CSLO) in the year

between Phases I and II. This year OCS & WOCS combined programs to attend the annual Platoon Leaders Course (PLC) giving newly commissioned officers a chance to draw from the enlisted experience of newly appointed Warrant Officers.

3rd Battalion (Transportation Company) trains Soldiers in its two phases of 88M Motor Transport Operator course during this training year. The Battalion worked tirelessly with other units in the state to ensure the latest technology was made available to their students. Proving that these courses are still in high demand, the Battalion averaged a 96-98 percent fill rate with a 96-98 percent graduation rate and looks forward to adding additional courses in the next training year to meet these demands.

The Regional Training Site Maintenance (RTSM) Center or Delta Company of the 223rd Regiment, at Camp Roberts continues to be a leader in Ordnance and Maintenance training as it completes it successfully certified as an Institute of Excellence Accreditation for the second accreditation cycle in a row. The RTSM conducted 51 courses this year including 5 Mobile Training Teams (MTT) for U.S. Army Europe Driver's Training and other classes under the RTSMs Mobilization Maintenance Training Course (MMTC). The RTSM worked relentlessly to train a grand total of 422 Soldiers in the 91series MOSQ, Professional Military Education (PME/NCOES), and ASI courses and is the first of the 223rd RTI units to provide training



ABOVE: 88M students practice driving on various terrain like this drive on the beach in Oceano. **LEFT:** Regional Site Training—Maintenance students practice recovering vehicles stuck in different scenarios like this water obstacle at Camp Roberts.

to Active Component Soldiers. In addition to its impressive MOSQ, PME and ASI course load, the RTSM hosts the Company Level Pre Command Course (CLPCC) for the 223rd RTI which expects to graduate 27 CAARNG leaders in 2012. The RTSM also hosts New Equipment Training for the G3 and G4 to field new ground equipment systems, with a goal of training and equipping the CAARNG with the latest in technology.

The 223rd Infantry Regiment will continue to grow as it answers the call to meet the training needs of both the state of California and our nation, providing significant support to the readiness of the National Guard and the Army as well as reaching out to our neighbors in the civilian community. The RTI constantly seeks the motivated and talented Soldiers, new instructors are continuously being recruited to provide the best and most current subject matter experts for all Soldiers who train at the 223rd RTI.



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Links of interest:

JOBS:

CID
Interested in being a CID Agent?
Contact the 170th CID; <http://www.calguard.ca.gov/49mp/Pages/170thCID.aspx> or call at (916) 854-1983

Cal Guard Work for Warriors (W4W)
Office Number: 916.854.4426
E-mail: ngca-jobs@ng.army.mil
Website: <http://www.calguard.ca.gov/EIP/>
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Always Ready, Always There

The Rally Point is the official newsletter of the California Army National Guard

Views and opinions expressed in this publication do not necessarily reflect or represent the official views of the Department of Defense, Department of the Army or the California National Guard.

This publication is authorized under AR 360-1

For suggestions, questions, or comments please email the HQ, California Army National Guard at: ca-mua.armydiv.ngca@ng.army.mil

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Family Readiness supports FOCUS

After a decade of war it is clear that Army Guard Families are facing challenges right alongside their Soldier. Multiple deployments, increased training and military schooling requirements often translate into lengthy separations from loved ones and a disruption of family life. Just as a Soldier trains for a mission, Families need to be trained to deal with the challenges of deployment and reintegration.

The Army has recently adopted a resiliency training curriculum for Soldiers, but did you know there is a free resiliency training program for Families, too? Developed by a UCLA-Harvard team, FOCUS ("Families Over-Comeing Under Stress") teaches military children and families affected by multiple deployments to understand their emotional reactions, communicate more clearly, solve problems more effectively, and set and achieve their goals. Parents and children—

from preschoolers to teens— learn to use tools that will better prepare them for each new deployment.

The FOCUS program utilizes trainers who meet with Families in face-to-face, or in some instances through video conferencing over a series of 8 sessions. The program also offers an interactive online educational tool for Soldiers and Families to learn resiliency tools such as goal setting, communication and emotional and feelings management. Called FOCUS World, this educational tool can be accessed at www.focusworld.org.

For more information on the FOCUS program, please visit www.focusproject.org. To sign up for California National Guard FOCUS resiliency training for you and your family,

contact your Family Readiness Support Assistant or FRG leader.

FOCUS World is an online version of a successful program that has been provided in person to military families across the country and overseas. It offers a variety of educational activities that families can do together in addition to a private place for parents and kids to chat online.

Parents can watch brief videos that show helpful ways parents can deal with common family challenges, such as: how to talk to their kids about their concerns when a parent is about to deploy, common challenges families face during reintegration, and how to help children cope during a parent's absence.



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