



# The Rally Point

Volume I, Issue 8

August 2012

## Special points of interest:

- The Army Guard is on Facebook. Check us out at [www.facebook.com/caarmyguard](http://www.facebook.com/caarmyguard).



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

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## Training Management:

After ten years of war, Soldiers of the California Army National Guard have proven themselves to be steadfast, reliable, and competent in combat.

Your tactical skills are equal to or surpass those of the active component. However, the wars are coming to a close and the funding that came with those wars has also ended. The Soldiers who were training our mobilizing units have, for the most part, left our mobilization sites and rejoined their units of assignment. Units are now required to plan and conduct training as they did before 9/11.

The task for our commanders is to provide training that challenges our Soldiers and improves the readiness of our units.

Training management and unit readiness are now my highest priorities.

**We cannot afford to waste our Soldiers' time** or squander our precious few resources.

This is the challenge we face as the California Army National Guard resets and prepares for the next conflict or state emergency. Every Soldier, NCO, warrant officer, and commissioned officer must take responsibility for training to Army Standard.

The Army Training Management System focuses leaders on the art of training in terms of resource efficiencies (such as people, time, and ammunition) measured against tasks and standards.

As stated in FM 7-0, Training Units and Developing Leaders

for Full Spectrum Operations, "Overcoming this challenge requires achieving the correct balance between training management and training execution."

Tough, realistic, and challenging training doesn't happen by accident. We train as we fight because there is a direct relation between how hard, how realistic, and how challenging our training, and success on the battle field.

Soldiers study their individual combat skills, leaders prepare hip-pocket classes and assigned instructional responsibilities, as well as conducting pre-combat checks and inspections. Officers and NCOs plan training based on the Unit Mission Essential Task List (METL) and the resources available. AARs must be reviewed before training is executed and prepared after training is conducted.

Training meetings are critically important at the unit and battalion levels to ensure every Soldier understands the training objective and their role and to ensure resources have been forecasted, requested and confirmed.

Brigade Commanders must review battalion training calendars to ensure they are consistent with brigade readiness requirements assist in resourcing.

We need to focus our training for our wartime mission on tasks that also prepare us to respond to state and national domestic emergencies.

I recently issued a lengthy and detailed training guidance memo



**BG Donald Currier**  
California Army National  
Guard Commander

for the next year. I will not repeat it here.

I remain committed to increasing our individual weapons proficiency.

Shooting, moving and communicating remains our training emphasis. I expect units to train to Army Standard with all of their issued equipment, all the time. That means, when you go to the range you should shoot with your assigned optics.

When you are training in the field you will wear all of your personal protective equipment (PPE) all the time. Unit commanders will use all of their communications equipment during all training outside the armory and in the armory, whenever possible.

We don't have the time to waste like our active component brethren.

We have to do this right. The lives of our Soldiers depend on it.

The people of California and the United States of America count on it.



**CSM Harold London**  
California Army  
National Guard  
Command Sergeant  
Major

## Camp Roberts' barracks get a facelift



Some of the barracks have gotten new floors, re-painted, better lighting, more outlets, double-pane windows, entirely upgraded latrines, all washable surfaces, A/C, and more.

Thirty-two of these newly refurbished barracks are almost ready to house troops and more are being worked on for the next training year. For more photos visit our Facebook page.



As the CAARNG CSM, I have had the pleasure of watching a lot of great things start to happen for our Soldiers while they are at Camp Roberts. Two weeks ago on July 18, I had an Open House in building 5140, showing Soldiers what your leadership's vision has had for you.

We had 51 Soldiers from the 115th Regional Support Group go through the barracks while they were on Annual Training and we received some great feedback on the team's efforts to make your living conditions better while at Camp Roberts.

In the left photo above it shows the addition of one of the most important features added: air conditioning and electrical outlets. Thirty-two of these barracks will be open to units around the month of September and 16 more will be completed around November.

These are not Senior NCO or Officer Quarters. These are your quarters. What I want to share with you is the rest of the efforts, not all in place yet, that the Camp Roberts staff has been working for you in the near future.

LTC Rowe, Director of Personnel Community Affairs for Camp Roberts, sent the following efforts that are either pending or are already in place for you. We are always open to ideas and we look for any ideas you may have to make them better in the future.

Espresso-A-Go-Go is a mobile coffee truck that has been on Camp Roberts since 2004. Espresso-A-Go-Go's hours of

operation are 0600-1400 daily. We have two trucks to serve your needs. Contact Espresso-A-Go-Go to head to your location by calling (805) 423-6424. Espresso-A-Go-Go provides smoothies, coffee, lattes, espresso and tea.

California Guard Dogs is a food vendor that has been on Camp Roberts since 2007. California Guard Dogs is located next to the PX. California Guard Dogs' hours of operation are 1000-1800 Monday thru Saturday and 1000-1600 on Sunday. California Guard Dogs serves tri-tip, chicken, polish sausages, hot links and hot dogs.

Cathy Boyer, an experienced Master Military Barber, opened the Barber Shop on May 17, 2012. Hours of operation will be Thursday-Sunday from 1500-1900. The Barber Shop is co-located with Billeting. Cathy charges \$9 for her services.

Sassy Green is the newest food vendor on Camp Roberts. Sassy Green is located next to the Phoenix Recreation Center across from Soldiers Chapel. Hours of operation are 1100-1700. Sassy Green offers Mexican food, made to order sub sandwiches and ice cream.

There is a newly redesigned and appointed Fitness Center inside the gymnasium. We have brand new treadmills and exercise bikes as well as free weights, benches and a variety of weight machines.

The Phoenix Recreation Center is open for business and includes big screen TVs, games, books, and pool tables. Also BBQ

grills are available for unit checkout for your next party.

Coming early August to Camp Roberts will be the Internet Café. The Internet Café will be co-located with Billeting and the Barber Shop. Internet Café will provide a walk in coffee shop atmosphere that will serve smoothies, coffee, lattes, espresso and tea.

Also coming in mid-August to the Phoenix Recreation Center will be a "Red Box" type DVD rental kiosk. The machine will contain a variety of movies for rent and special weekly pricing.

Wi-Fi will soon be available which will be free to the Soldiers in the Barracks area. One limitation that Camp Roberts and the contractor are dealing with is that the Barracks have the aluminum siding on the exterior and therefore may not be able to broadcast through the aluminum. You may have to initially walk out to the left and right of most buildings along the side of the roads to pick up service. This is still a work in progress. SMA Chandler assisted us in this venture when he visited Camp Roberts back in February.

The new DFAC, north of Club Phoenix and south of Billeting will be open in the next 60 days. It will sit 300 Soldiers in one sitting and is air conditioned.

If you have recommendations please let us know on our Facebook page - [www.facebook.com/CAARMYGUARD](http://www.facebook.com/CAARMYGUARD)



## Resilience Corner - RTAs

By **ILT Nathan Lavy**

More than one hundred CAARNG Soldiers and Family Assistance Center (FAC) Coordinators and Family Readiness Support Assistants (FRSA) are being trained as Resilience Trainer Assistants (RTA) August 13-16 at Camp San Luis Obispo.

The Resilience, Risk Reduction, and Suicide Prevention (R3SP) Program and Master Resilience Trainers (MRT) from every brigade in the state have come together to host the course.

In an effort to “jump start” and improve the number of

trained Soldiers in Resilience Training (RT), National Guard Bureau (NGB) has provided funding and a Mobile Training Team (MTT) to co-facilitate CAARNG Soldiers to be RTAs.

The intent is to produce certified RTAs to assist MRTs in implementing Comprehensive Soldier Fitness (CSF) and RT into their units.

In turn CAARNG Soldiers, their Families and our Civilian workforce will benefit from this training by enhancing leader skills which recognize and mitigate high stress and at-risk factors and facilitate the long term reduction in at-risk be-

haviors and suicidal actions.

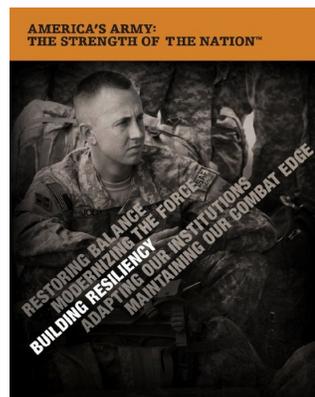
First Line Leaders (FLL) become the primary advocate for R3SP functions at the squad/section/team level by providing awareness, information, tools and initiatives to promote this role.

Trained RTAs should ideally be FLL (E5-E7) at the team, squad, and platoon level.

RTA attendance eligibility (per TRADOC) is Soldiers in pay grades E5-E8, WO1-CW4, and O1-O4, Federal Technicians in grades GS-7 to GS-12, FACs and FRSA's.

For more information con-

tact your S3 or R3SP staff at [mua.r3sp.ngca@ng.army.mil](mailto:mua.r3sp.ngca@ng.army.mil) or CAGNET (916)-854-3894.



## FRG: Get free one-on-one online tutoring

By **Debby Mendelsohn**

There is a Greek proverb that reads, “Whatever is good to know is difficult to learn.”

But it doesn't have to be that way. Did you know that National Guard Soldiers and their Families can get free, one-on-one online tutoring with live experts 24 hours a day, 7 days a week? It's true!

Utilizing a Department of

Defense-funded program called *Tutor.com For Military Families*, both National Guard Soldiers and their immediate Family members can take advantage of this valuable benefit.

Through this program students of all ages can work with a tutor in a safe and secure online classroom that features an easy to use interactive whiteboard, instant messaging

feature and file sharing program.

But that's not all – Tutor.com also offers career help such as resume and cover letter writing, interview preparation and job search tips. This is just another example of the valuable benefits that are available to you as a CAARNG Soldier. For more info or to set up your first tutoring session,

visit [www.tutor.com/military](http://www.tutor.com/military).

A Family Readiness Support Assistant is available in every Brigade for any questions you may have.

The organizational chart can be found at [www.calguard.ca.gov/readyfamilies](http://www.calguard.ca.gov/readyfamilies).

## From the Provost Marshal's Office; Caring for your Government Laptop

By **MSG Arne Eastlund**

As the State Provost Sergeant, I am privy to each and every Serious Incident Report that is reported to the State Joint Operations Center. I found myself shrugging my head again this afternoon in disbelief as I read yet another SIR about a senior NCO who left his government issued laptop in his car for “just a few minutes” and when he returned, the laptop was missing. It only takes a thief a few seconds to walk by your car, notice an item of value (insert laptop bag here) and Slim Jim his way to the pawn shop down the

street carrying your government issued laptop. It doesn't help you that the pawnshop won't be buying the laptop from him once it is determined it is of government vintage.

The worse is yet to come. If this happens to you, at a minimum, you will receive a written counseling statement. If there is PII (Personally Identifiable Information) contained within your laptop, that will be another set of problems. All in all, it won't be a good day for you once you have reported the lost or stolen laptop to your command. So do yourself a favor,

the next time you travel with your laptop and need to exit your vehicle, follow the guidelines as listed on the J6 website: Tether the laptop inside the trunk of the car; secure the laptop at all times when not in use and in your possession.





# JAG: On the record

## Disciplinary Action

RANK	UNIT	Description of Charge	Result
CPT	115 RSG	Sexual harassment, inappropriate behavior and conduct unbecoming an officer	Requested Withdrawal of Federal Recognition made
1LT	115 RSG	Use of Illegal Substance	Requested Withdrawal of Federal Recognition made
SFC	115 RSG	Inappropriate contact with subordinate	GOMOR
SSG	115 RSG	Lying to leadership, failure to report for duty and failure to adequately perform duty	Recommended AGR Separation; SM separated
SGT	79 IBCT	Annual Training AWOL	Reduced to SPC
SGT	79 IBCT	Annual Training AWOL	Reduced to SPC
SGT	79 IBCT	Annual Training AWOL	Reduced to SPC
SGT	79 IBCT	Annual Training AWOL	Reduced to SPC
SGT	79 IBCT	Annual Training AWOL	Reduced to SPC
SGT	79 IBCT	Annual Training AWOL	Reduced to SPC
SPC	79 IBCT	Annual Training AWOL	Reduced to PVT
PV2	79 IBCT	Chapter 12 ADCO	Discharge; general under honorable
SPC	1106 TASMG	3 counts of insubordination	ART 15; reduced to PV2
SGT	40 CAB	SM was AWOL	ART 15; reduced to SPC and returned to duty
2LT	224 SB	AWOL	ART 15; Punitive GOMOR; Pay Docked - 15 MUTAs over 2 months (Suspended)
2LT	224 SB	Inappropriate sexual relationship with a minor	Requested Withdrawal of Federal Recognition made
SSG	224 SB	AWOL	ART 15; reduced to SGT
SSG	224 SB	AWOL	ART 15; reduced to SGT
SSG	224 SB	Inappropriate Relationship	ART 15; reduced to SGT
SGT	224 SB	Forgery, Inappropriate Relationship; Violation of a Gen Order or Regulation	ART 15; reduced to SPC, suspended for 120 days
MAJ	40 ID	Gross insubordination to a superior officer	Recommended AGR separation; SM separated
SGT	40 ID	Art. 128 Assault Consummated by Battery	ART 15; reduced to SPC
SPC	40 ID	Use of Illegal Substance	Separated
SPC	40 ID	Use of Illegal Substance	Separated
PFC	40 ID	Use of Illegal Substance	Separated
PFC	40 ID	Use of Illegal Substance	Separated

**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.

## Officer Promotions

UNIT	NAME	PROMOTED TO	DOR
CO A 1106TH TASMG	MONTANO ANTHONY AGUI	CW5	120629
HHC 79TH SPC TRPS BN	STACK RICHARD JOHN	CPT	120627
INTEL & SUST CO 40TH INF DIV	BRADY DAVID JOHN	COL	120625
DIV SIG CO (-) 40TH INF DIV	VEGA ERIC	CW3	120621
100TH TRP CMD	BECK BARBARA RUTH	CW4	120621
CA ARNG MED DET	DINICOLA ALBERT FULT	COL	120615
CO C 40TH BSB (MED) CO	WILLIS OFELIA A	MAJ	120614
CP ROBERTS MNVR TNG CTR (-)	PALIZA GILBERTO	LTC	120614
CO A 3/140 AVN S&S BN	JONES CYNTHIA LYNNE	CPT	120611
OPNS CO (-) 40TH INF DIV	BROOKS JUSTIN LANE	MAJ	120608
DET 1 OPNS CO 40TH INF DIV	RILEY MICHAEL SEAN	MAJ	120608
HHSC 223RD MI BN	KIM JINA	CPT	120608
HHC(-) 1-185TH AR BN	WUERZ RYAN FREDRICK	CPT	120608
HHC 79TH IBCT	LANTZ ERIC EVANS PAU	CPT	120605
JFHQ-CA (-)	MCKIBBIN SUZANNE PAT	COL	120603
HHC 49TH MP BDE	PORRAS JOHNNY	CPT	120603
JFHQ-CA (-)	GRIFFIS JOHN ELLIOT	LTC	120601

See page 8-10 for Enlisted Promotions

## Retirements

NAME	RANK	EFFECTIVE DATE	YRS OF SVC
LILES ROBERT DUAYNE	CSM	120704	34
PETERSON BRIAN LEE	CW5	120706	43
STERN ROBERT ALLAN	LTC	120701	23
CHAVEZ JOHNNY LUPE	SFC	120709	26
GONZALEZ JOHNNY	SSG	120701	21
ANDREW ROY LIONEL	SFC	120715	33
YORI BRIAN EDWARD	LTC	120710	28

## Awards

NAME	UNIT	REASON FOR AWARD
MSM LTC DEBERNARD	223RD MI	RET
LOM COL HORTON	115TH RSG	SVC
LOM CSM MEFFORD	JFHQ	RET
LOM LTC LOCHNER	79TH IBCT	RET
LOM COL MEDIGOVICH	40TH CAB	SVC
MSM MSG HARRIS-SCOTT	1106TH TASMG	RET
MSM LTC POTTER	G3	SVC

## Post 9/11 GI Bill - Transfer of Education Benefit (TEB)

TEB must be done **BEFORE** you retire or separate!!

MAJ Jeanette Stuart, Education Services Officer

The ability to transfer your education benefits is a choice you can make, but know that the transfer does now come with certain requirements.

The Post 9/11 G.I. Bill Transfer of Education Benefit (TEB) **MUST** be accomplished prior to separation or retirement.

Beginning Aug. 2, 2013, **EVERYONE**

will incur a four-year obligation if they choose the TEB.

The service obligation begins on the date the TEB is initiated.

Access TEB through eBenefits at [www.ebenefits.va.gov/](http://www.ebenefits.va.gov/) or [www.dmdc.osd.mil/milconnect/](http://www.dmdc.osd.mil/milconnect/) (log-in, click on "Education," click on "Transfer of Education Benefits").

This decision should be thought through carefully and discussed with your unit or G.I. Bill manager.

Ensure that you have enough time left in service or are willing to stay longer to meet the requirements of the transfer you are about to make.

Read and understand before checking these lines!

Populate this line with your dependent information. Then, select the number of months you want to assign to each dependent.

Select the educational program from which to transfer benefits:

Post-9/11 GI Bill, Chapter 33

Relation	Name	Birth Date	Months	Begin Date	End Date	Revoke	Revoke Date
No Records Found.							

\* If there are any questions regarding your family members, please contact your service personnel center.  
 \* To determine your remaining months of entitlement, contact The Department of Veterans Affairs at 1-888-GI-BILL-1 (1-888-442-4551) to speak with a Veterans Benefits Counselor or visit their website at <http://www.gbill.va.gov/>

**Transferability of Education Benefits Acknowledgements:**

a) I am eligible for the Post-9/11 GI Bill, the program I am applying to transfer.

b) I understand I may transfer up to 36 months (or my remaining months of eligibility, whichever is less) of my education benefits to spouse and/or children, and can modify or revoke my election at any time.

c) I understand that my spouse may use the benefit immediately and children (ages 18-26) after I have served 10 years.

d) I understand and agree to remain in the Armed Forces for the period required. I understand that failure to complete that service may lead to an overpayment by the Department of Veterans Affairs (documentation will remain on file with the Service).

e) I understand that I am responsible for any overpayments due to not completing my additional obligated term of service agreement.

f) I understand that in order to request this transfer, if I'm eligible for the MGIB (Chapter 30, 38 USC), or the MGIB-SR (Chapter 1606, 10 USC) or REAP (Chapter 1607, 10 USC), I am converting from that program to the Post-9/11 GI Bill. This conversion is irrevocable.

g) I may not receive more than a total of 48 months of benefits under two or more programs.

h) If electing Chapter 33 in lieu of Chapter 30, my months of entitlement under Chapter 33 will be limited to the number of months of entitlement remaining under Chapter 30 on the effective date of my Chapter 33 election. If I exhaust my entitlement remaining under Chapter 30 before the effective date of my Chapter 33 election, I may receive up to 12 additional months of benefits under Chapter 33.

i) My conversion to the Post-9/11 GI Bill is irrevocable and may not be changed. However, I retain the right to change or modify months of entitlement at any time until they are exhausted.

\* If you have questions about your eligibility for the Post-9/11 GI Bill or to determine your remaining months of entitlement, contact The Department of Veterans Affairs at 1-888-GI-BILL-1 (1-888-442-4551) to speak with a Veterans Benefits Counselor or visit their website at <http://www.gbill.va.gov/>.  
 \* Do not call the Department of Veterans Affairs with questions about your eligibility for Transferability of Education Benefits (TEB). General policies for TEB are available at [http://www.defenselink.mil/home/features/2009/0409\\_gbill/](http://www.defenselink.mil/home/features/2009/0409_gbill/).  
 \* For specific questions on your eligibility for TEB, please call your Service career counselor or personnel center. After your request is approved, your family member should apply to the Department of Veterans Affairs electronically <http://www.dvabill.com> by completing a VA Form 22-1990E. A paper form is available at <http://www.vba.va.gov/pubs/forms/VBA-22-1990e-ARE.pdf>

### REMEMBER.....

When you apply for the TEB, your service obligation clock starts ticking. Beginning Aug. 2, 2013, **everyone** will incur a four-year obligation when they make TEB, regardless of time in service.

For more information, check with your unit or G.I. Bill manager **before** you make this transfer!

## Unit Spotlight: 1106th TASMKG “Semper Volans”

Originally the 1106<sup>th</sup> Theater Aviation Sustainment Maintenance Group (TASMKG) was formed as a TDA unit in 1959 as the A Company 217<sup>th</sup> Transportation Battalion.

In 1968 the unit was reorganized as the 1112<sup>th</sup> Transportation Company (DS). In 1979 the unit once again went through reorganization and became the 1106<sup>th</sup> Aviation Classification and Repair Activity Depot (AVCRAD). In September 2011 the unit became a MTOE organization and designated as it is still today the 1106<sup>th</sup> TASMKG.

The vision of the TASMKG is to be the Army's Premier contingency aviation support unit, able to maintain and support all current/future aviation systems.

The mission of the TASMKG (simply put), whether at home station or deployed is to: fix helicopters, fix helicopter components, and provide helicopter repair parts and other missions as assigned. During pre-mobilization the TASMKG performs intermediate and depot level aviation maintenance in support of the 13 Western states (which in turn supports 63 MTOE units).

The Western region's fleet consists of more than 300 rotary wing helicopters (AH-64Ds, CH-47Ds, UH-60A/L/M/HH, and OH-58s). The TASMKG is also always ready and on call to support any State/Federal emergency mission.

When federally mobilized the TASMKG acts as an Army Material Command's (AMC) aviation maintenance depot whose mission is to provide theater level maintenance support for deployed aviation forces. In theater, the TASMKG is the Aviation and Missile Command's (AMCOM) single point of contact regarding any aviation maintenance/logistical issue.

The TASMKG (AVCRAD) has deployed in the past to missions in support of Somalia (FEB- MAR 1994), Bosnia (1996), Haiti - Port of Prince (1995), Panama- Just Cause (1990), OIF/OEF (2004-2005), OIF/OEF/OND (2009-2010), Egypt-Bright Star (1995) and Overseas Deployment Training



(ODT) to Brussels Belgium, Germany, and Korea.

The AVCRAD has been called on to support embassy missions in Oman Jordan (1999) and Mexico (1999). Once again, in early 2013 the 1106<sup>th</sup> TASMKG is scheduled to deploy in support of OEF-Kuwait.

On a full time basis the 1106<sup>th</sup> TASMKG's 285 person workforce is made up of 5 different categories of employment (AGR, Dual Status Technicians, Non-Dual Status Technician, SAD and contractors).

The TASMKG is responsible for managing a \$157 million budget which supports the flying hour program for the 13 Western states.

Last year alone the TASMKG completed over 238 work orders by sending approximately 139 contact maintenance teams throughout the region in support of deploying (9) and non deploying units. These teams performed scheduled/unscheduled maintenance/repairs, Non-Destructive Inspections (NDI), and aircraft modifications. Without this support the regional unit's operational readiness rates and ability to deploy on time would have been greatly affected.

In regards to supply, the 1106<sup>th</sup> TASMKG manages a regional Authorized Stockage

List (ASL), a Repairable Management (RM) program, and processes over a thousand requisitions daily in support of customer requirements.

As directed by NGB, in the aircraft component arena, the TASMKG supports the Communication and Electronics Equipment Command (CECOM) and AMCOM by participating in the National Maintenance Program (NMP) and is ISO 9001-2008 compliant. The NMP supports units nationwide by returning repaired component to the Army supply system.

This year (at the request of NGB/AMCOM), the TASMKG entered/started a 2 year reimbursable program to RESET sixteen UH-60 Guard Blackhawk helicopters.

All aircraft that are to be RESET are returning to CONUS from combat theaters of operation.

As a natural mission evolution for the TASMKG, this year the organization entered into agreements to support/work on two different Unmanned Aerial Systems (UAS) the Shadow and Grey Eagle.

As is the motto and mission of the TASMKG states we are here to keep aircraft "Always Flying - Semper Volans"!

## Enlisted Promotions

UNIT	NAME	PROMOTED TO	GRADE	DOR
HHC 49TH MP BDE	BUTTS TREMAYNE LAMAR	SGT	E5	120705
HHC 49TH MP BDE	SOBECKIENGLE JESSAMYN PEARL	SFC	E7	120607
3RD BN (TC) 223RD REGT	GABUAT HOBERT LAMIGO	SFC	E7	120710
CA ARNG TRAINING SITE DET	MCDERMOTTBROCK MARY ESTELLE	SFC	E7	120711
HHC 250TH MI BN	KLEM ERIK CASEY	SFC	E7	120705
HHC 250TH MI BN	ESTRADAPEREZ EDGAR RICARDO	SGT	E5	120615
CO A 250TH MI BN	KIMMET MICHAEL ANTHONY	SGT	E5	120709
1114TH TRANS CO	MORENO DAVID	SGT	E5	120606
1072ND TC	VALDEZ RAYMOND JR	SFC	E7	120711
95TH CIVIL SPT TEAM (WMD)	ZUNIGA AARON WILLIAM	SFC	E7	120703
95TH CIVIL SPT TEAM (WMD)	BAYNES DAVID MICHAEL	SSG	E6	120703
95TH CIVIL SPT TEAM (WMD)	WHITLEY GARRICK DEMARCUS	SFC	E7	120703
1498TH TC (HET)	SERRANO RUDOLPH ACERO	SSG	E6	120714
251ST FINANCE MGMT DET	PEREYRA SERGIO GARCIA	SFC	E7	120711
CO C 223RD MI BN	MARTI GUILLERMO ANTONIO JR	SGT	E5	120706
CO C 223RD MI BN	RADETICH SEAN ERIC	SGT	E5	120706
CO A (-) 5-19TH SF	ONTIVEROSSOTO JUAN FRANCISO	SSG	E6	120703
CO D 1-184TH IN BN	BAYARD SEAN EUGENE	SFC	E7	120706
CO D 1-184TH IN BN	WINSTEAD MICHAEL WILLIAM	SSG	E6	120712
1ST BN (MP) 223D REGT	HUBBARD ELISHA MARIE	SFC	E7	120706
1ST BN (MP) 223D REGT	RIVERA MARTIN GARCIA	SFC	E7	120714
1ST BN (MP) 223D REGT	DAVIS CHRISTOPHER MIKAL	SFC	E7	120703
DET 1 HSC 640TH ASB	GEORGE STEFAN	SGT	E5	120610
DET 1 HSC 640TH ASB	MOORE CARSON VINCENT	SSG	E6	120610
CO A (-) 640TH ASB	LOPEZ RAYMUNDO	SFC	E7	120610
CO B (-) 640TH ASB	ORTEGA CARLOS ALBERTO	SSG	E6	120710
224TH SUSTAINMENT BRIGADE	MORENO ANTONIO	SFC	E7	120705
224TH SUSTAINMENT BRIGADE	ACOSTA CLAUDIA PATRICIA	SSG	E6	120706
BTRY F 144TH FA	AVILA MARTIN ANDRES	SSG	E6	120606
CP ROBERTS MNVR TNG CTR (-)	WARD DANIEL SCOTT	SSG	E6	120706
CP ROBERTS MNVR TNG CTR (-)	WENZEL ADAM LOUIS	SFC	E7	120706
CP ROBERTS MNVR TNG CTR (-)	GRAY DEANNA MARIE	SSG	E6	120612
CP ROBERTS MNVR TNG CTR (-)	LOPEZ JOSE GUADALUPE JR	SGT	E5	120706
CP ROBERTS MNVR TNG CTR (-)	MURRAY LANDON MARTIN	SGT	E5	120706
JFHQ-CA (-)	BENT BRYAN MATTHEW	SFC	E7	120717
JFHQ-CA (-)	DIGBY KATY MAE	SSG	E6	120706
JFHQ-CA (-)	WHITTED LAUREN MARY	SSG	E6	120603
40TH IN DIV BAND (-)	RASHKIN DANIEL MICHAEL	SSG	E6	120710
40TH IN DIV BAND (-)	SANCHEZ GABRIEL JESUS	SSG	E6	120710

## Enlisted Promotions - Continued

UNIT	NAME	PROMOTED TO	GRADE	DOR
CO A 40TH BSB (DISTR)	WILLIAMS TODD DAVIONNE	SGT	E5	120621
CO A 40TH BSB (DISTR)	DECKER DERRICK ALAN	SGT	E5	120706
CO A 40TH BSB (DISTR)	LARA PATRICIA	SGT	E5	120717
CO A 40TH BSB (DISTR)	ROSALES DALILA BELEN	SGT	E5	120610
CO A 40TH BSB (DISTR)	GWOUN CHANG HYUK	SGT	E5	120706
CO A 40TH BSB (DISTR)	ARNOLD ROBERTO CARLOS	SGT	E5	120705
CO A 40TH BSB (DISTR)	HUGHES TIMOTHY MICHAEL	SGT	E5	120710
CO A 40TH BSB (DISTR)	KELLY BARRY ARMANDO	SGT	E5	120711
HHD 340TH BSB	TARAN YULIYA	SGT	E5	120712
HHD 340TH BSB	COOPER CHRISTINA MARIE	SSG	E6	120712
CO B (-) 340TH BSB	REEGER DANIEL THOMAS	SSG	E6	120703
CO C 40TH BSB (MED) CO	CHAVOYA ABEL	SGT	E5	120621
CO C 40TH BSB (MED) CO	GARCIA JONATHAN MICHAEL	SGT	E5	120713
DET 1 HHC 1-184TH IN BN	STDENIS BRIAN EDWARD	SGT	E5	120706
DET 1 HHC 1-184TH IN BN	REBOSSIO JIMMY JULIO	SGT	E5	120706
DET 1 HHC 1-184TH IN BN	FOSTER ROBERT LLOYD	SGT	E5	120705
COMBAT AVN BDE	PADUANO ROBERT JR	SGT	E5	120710
HHSC 223RD MI BN	SALIM ALLAN BOADO	SSG	E6	120718
HHSC 223RD MI BN	SIMMS KINGSTON JUNGHANS	SGT	E5	120610
40TH MP CO	TOMLINSON CRAIG WILLIAM	SFC	E7	120714
BTRY A 1-144TH FA	CASTRO MARCOS GONZALEZ	SGT	E5	120707
BTRY A 1-144TH FA	SANTOS JORGE	SGT	E5	120710
BTRY B (-) 1-144TH FA	VILLAVENTURA RAFAEL	SGT	E5	120709
BTRY B (-) 1-144TH FA	BUENROSTRO JOSE ANTONIO	SGT	E5	120706
HHC 1-160TH IN	GREER DONOVAN SHONNE	SGT	E5	120627
HHC 1-160TH IN	LABISTRE RICKY JOSEPH	SGT	E5	120707
HHC 1-160TH IN	ATABAKI ANDRE	SGT	E5	120621
HHC 1-160TH IN	DEVEMARK LEIF THOMAS	SSG	E6	120707
BTRY A (-) 1-143RD FA	KHIM SARATH	SSG	E6	120705
BTRY B (-) 1-143RD FA	PEREZ MICHAEL RENE	SSG	E6	120705
BTRY B (-) 1-143RD FA	KIECH SHAWN DAVID	SGT	E5	120626
CO B 1-184TH IN BN	DUKE CHRISTOPHER JASON	SGT	E5	120716
CO B 1-184TH IN BN	TROPEANO PIERO MIGUEL	SGT	E5	120707
CO C 1-184TH IN BN	JONES COLBY WILLIAM	SGT	E5	120707
CO C 1-184TH IN BN	SCHLATER JESSE DANIEL	SSG	E6	120707
HHC (-) 1-184TH IN BN	VERAMARTINEZ DIEGO GUADALUP	SGT	E5	120706
HHC (-) 1-184TH IN BN	GILTNER STEVEN CHARLES II	SGT	E5	120718
HHC (-) 1-184TH IN BN	BROWN JASON RICHARD	SSG	E6	120706
HHC (-) 1-184TH IN BN	CULLUM MATHEW DEAN	SGT	E5	120705
TRP B 1/18TH CAV	VELASQUEZ ALEX MANUEL	SSG	E6	120622

## Enlisted Promotions - Continued

UNIT	NAME	PROMOTED TO	GRADE	DOR
HHT 1/18TH CAV	CUTLER COLE WALKER	SSG	E6	120705
HHT 1/18TH CAV	BRADLEY SHAWN PATRICK	SGT	E5	120601
HHC(-) 1-185TH AR BN	PETERSON STEVEN LAVERNE	SGT	E5	120606
HHC(-) 1-185TH AR BN	BROWN BRANDON	SGT	E5	120610
HHC(-) 1-185TH AR BN	BROWN JEFFREY SABASTIAN	SGT	E5	120610
HHC(-) 1-185TH AR BN	STAFFORD CHRISTOPHER MICHAEL	SGT	E5	120606
DET 1 HHC 1-185TH AR BN	SEALS MATTHEW SCOTT	SGT	E5	120614
CO B(-) 1-185TH AR BN	CARRASCO ISMAEL WILLIAM	SGT	E5	120606
CO B(-) 1-185TH AR BN	AHMATH MAGUL DEVAR	SGT	E5	120606
DET 1 CO B 1-185TH AR BN	ELLIOTT WAYNE EDWARD	SSG	E6	120715
CO C(-) 1-185TH AR BN	RICKARD DANIEL ALEXANDER	SGT	E5	120628
CO D(-) 1-185TH AR BN	ROSS JOHN THOMAS	SFC	E7	120716
CO D(-) 1-185TH AR BN	FLETCHER JAMES RICHARD	SSG	E6	120716
1113TH TRANS CO	MORENO NATHAN SCOTT	SGT	E5	120605
HHC 79TH IBCT	ROBLES NORA NANCY	SGT	E5	120709
HHC 79TH SPC TRPS BN	VINGOE JAMES MICHAEL	SSG	E6	120614
HHC 79TH SPC TRPS BN	ALCANTAR EDUARDO MORAN	SGT	E5	120610
HHC 79TH SPC TRPS BN	DIBELLA ALEXANDRIA	SGT	E5	120709
HHC 79TH SPC TRPS BN	ODEA CHRISTOPHER GERALD	SGT	E5	120714
HHC 79TH SPC TRPS BN	KHAIRA JASLEEN KAUR	SGT	E5	120619
CO A 79TH STB (ENG)	KAIMULOA CAVIN THOMAS K	SFC	E7	120712
CO B (-) 79TH STB (MI)	KENDRICK BRANDON EUGENE	SGT	E5	120710
CO B (-) 79TH STB (MI)	KNOX DANIEL JUDGE	SSG	E6	120709
CO B (-) 79TH STB (MI)	GILPIN THOMAS BRADLEY	SSG	E6	120712
CO B (-) 79TH STB (MI)	RAUSCHER NICHOLE JACQUELINE	SGT	E5	120709
CO C 79TH STB (SIG)	BELTRAN ANDREW	SGT	E5	120605
CO B 1-160TH INF	SOTOAGUILAR EDGARD	SSG	E6	120702
CO B 1-126TH AVN REGT	GAMINO MICHAEL JAMES	SFC	E7	120705
746TH CBT SUS SPT BN	GUERRERO WENDY JANELA	SGT	E5	120703
746TH CBT SUS SPT BN	INOCENCIO EDGARDO MANIKIS I	SSG	E6	120716
CO F 40TH BSB (IN) CO	HAWKINS NATHAN PAUL	SSG	E6	120702
235TH ENGR CO (SAPPER)	BURRUS TIMOTHY DEAN	SGT	E5	120609
DET 1 CO B 223RD MI BN	LEE GARY WAY	SSG	E6	120710
DET 1 CO A 340TH BSB	BAUTISTA CARRIE CAMPO	SGT	E5	120602
DET 1 CO A 340TH BSB	HULSLANDER JUSTIN MATTHEW	SGT	E5	120602
DET 1 BTRY A 1-143RD FA	NELSON JAMES KEITH	SSG	E6	120709
DET 1 BTRY A 1-143RD FA	SCROGGINS CALEB WAYNE	SGT	E5	120705
DET 1 BTRY B 1-143RD FA	MCNAMARA HEATH CHARLES	SGT	E5	120717
DET 1 BTRY B 1-143RD FA	LOPEZ MARCOS PAUL	SGT	E5	120717
CA ARNG MED DET	CLARKE AMY LYNNE	SGT	E5	120703

## Enlisted Promotions - Continued

UNIT	NAME	PROMOTED TO	GRADE	DOR
CA ARNG MED DET	CARTER MICHAEL DEAN	SSG	E6	120719
297TH AREA SPT MED CO	GONZALEZ BILL OSVALDO	SGT	E5	120618
297TH AREA SPT MED CO	AMIGABLE GLADYS C	SSG	E6	120629
297TH AREA SPT MED CO	QUINTANILLA JOHN MANUEL	SGT	E5	120618
297TH AREA SPT MED CO	YEE LAUREN MICHELLE	SGT	E5	120610
297TH AREA SPT MED CO	HOLLEY SEAN EDWARD	SGT	E5	120620
297TH AREA SPT MED CO	HOUGLAND CHRISTOPHER BRYANT	SGT	E5	120618
CO A 1106TH TASMG	PERKINS RICHARD DAVID	SFC	E7	120705
CO A 1106TH TASMG	HUNTER DONNIE CLAY	SSG	E6	120711
CO A 1106TH TASMG	GIFFORD THOMAS ANDREW	SFC	E7	120706
CO A 1106TH TASMG	CREAMER ADAM BROOKS	SFC	E7	120705
CO A 1106TH TASMG	MISSEL MICHAEL ANTHONY	SSG	E6	120705
CO A 1106TH TASMG	NAVARRO JOSE JESUS JR	SSG	E6	120705
CO A 1106TH TASMG	MILES DAVID BENJAMIN	SSG	E6	120705
CO A 1106TH TASMG	AMEZOLAVELAZQUEZ PEDRO	SGT	E5	120705
CO A 1106TH TASMG	RAMOSVELA HIPOLITO JR	SGT	E5	120705
CO A 1106TH TASMG	COSTA JOHNATHAN TYLOR	SGT	E5	120706
CO A 1106TH TASMG	VIVANCOQUINONEZ MANUEL ADRI	SGT	E5	120705
CO A 1106TH TASMG	ARNAL GABRIEL JACOB	SGT	E5	120705
CO A 1106TH TASMG	REDUS TYLOR JOE	SGT	E5	120705
HHD 1106TH TASMG	AQUINO ROMAN ABRAM	SSG	E6	120717
HHD 1106TH TASMG	WILLIAMS ANDREW JOSEPH	SSG	E6	120718
49TH HUMAN RESOURCE COMPANY	KUMAR SATYE SESH	SFC	E7	120705
HSC (-) 40TH INF DIV	CASTANEDA ALLAN ESTUARDO	SFC	E7	120705
HSC (-) 40TH INF DIV	ROWE RICHARD LEE	SGT	E5	120710
HSC (-) 40TH INF DIV	KAING LINDA	SSG	E6	120706
HSC (-) 40TH INF DIV	RAMIREZJIMENEZ LUIS ARMANDO	SSG	E6	120705
HSC (-) 40TH INF DIV	MORALESNEGRETE MARIA G	SGT	E5	120602
HSC (-) 40TH INF DIV	CANCELROSAS JOSE LUIS	SSG	E6	120705
HSC (-) 40TH INF DIV	WRIGHT MATTHEW ALLEN	SGT	E5	120710
DIV SIG CO (-) 40TH INF DIV	ESTRADA MONICA MARIE	SSG	E6	120629
1040 QM CO	CORTEZSOTO CARLOS ALBERTO	SGT	E5	120705
184TH ENGR DET	MINESINGER SCOTT BROOKER	SFC	E7	120705
184TH ENGR DET	MARCELLETTA MICHAEL ALAN	SSG	E6	120704
CO D, CA ARNG RRB	HURTH BRIDGETTE JEANETTE	SSG	E6	120627
DET 1 CO B 79TH STB (TUAS)	LINDBERG JASON DOUGLAS	SGT	E5	120712
DET 1 CO B 79TH STB (TUAS)	RANGEL RUDY ANTHONY	SGT	E5	120712
DET 1 CO B 79TH STB (TUAS)	MCARTHUR STEVEN BRIGHAM	SSG	E6	120712
DET 1 CO B 79TH STB (TUAS)	MARTINEZ ALBERT RICHARD	SGT	E5	120712
240TH SIGNAL COMPANY	RAMIREZ RENE	SSG	E6	120709



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[usajobs.gov](http://usajobs.gov)

Check here for list of Job sites from A-Z of veteran-friendly employers:  
Jobs A-Z:  
[www.vfwlady.com](http://www.vfwlady.com)

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<https://mobcop.army.mil/tod/Default.aspx#>



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

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This publication is authorized under AR 360-1

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## Army tightens body fat standards for some recruits

**By David Vergun, ARNEWS**

WASHINGTON (Army News Service, July 24, 2012) -- All male recruits age 17-20 who enlisted after May 16, must now have a body fat percentage of 24 or less before they begin basic training. For female recruits in that age category, their body fat must be at 30 percent or less.

The body fat percentage allowance for trainees of that age category had previously been two percentage points higher for both genders. But new rules spelled out in All-Army Activity, or ALARACT, directive 113/2012 have set those standards back to pre-2005 levels: 24 percent for male recruits and 30 percent for female recruits.

Standards have not changed for older age categories or for the active and reserve components.

Why the return to pre-2005 levels for just recruits?

"The change was made because it was found that Soldiers in that category were overrepresented in being flagged for overweight six and 12 months after training," said Lt. Col. Jennifer Peters, chief, Health Promotions Policy, Army G-1. She added that no other decisions have been made regarding changes to standards within the entire Army but that "everything is being looked at."

Six months after basic training, male Soldiers 17-20 are required to have a body fat percentage of 20 percent. Prior to the new ALARACT, Soldiers were given one year to get to 20 percent. That percentage has not changed, and Peters said the new 24 percent standard for entry level males will give those Soldiers a better chance at getting to 20 percent and that females coming in at 30 percent will also benefit. Officers and warrant officers are not given any initial leeway for their age category when they begin service.

No changes were made to the 30 percent body fat requirement for female recruits, ages 17-20 for six months after training because, according to Peters, studies have shown that "females have problems coming down (in weight)." Therefore, after six months, their percentage can still be 30 percent.

Soldiers are evaluated for weight and height about once every six months, typically during their physical fitness tests. Soldiers who are well within weight and height standards are not given a body fat percentage test because "the test is somewhat time consuming and the vast majority of those individuals will meet body fat requirements anyway," she said. "But commanders can request a body fat test at any time if someone does not present a Soldierly appearance."

Peters said the weight of recruits has been going steadily up over the last decade or more, "mirroring the population we recruit."

To help male recruits drop from 24 to 20 percent body fat over the six month period when they will be tested for 20 percent, the Training and Doctrine Command-run dining facilities in recruit training have gone to great lengths to label food that will keep the fat off, she said.

That program "Go For Green" gives color ratings to all foods served: red, amber, green.

"Gravy might be labeled red, and green would be something a lot healthier for someone trying to meet the standards," Peters explained. "The program has shown signs of success and there's talk of expanding it Army-wide."

For more specific age and body fat categories, ALARACTs and information on how body fat testing is conducted, visit the Army G-1 Weight Control Program site at <http://www.armyg1.army.mil/hr/weight/default.asp>