



# The Rally Point

Volume 1, Issue 9

September 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>

## Inside this issue:

CSM: D & C, Tattoo changes	2
September: Suicide Awareness Month	3
Disciplinary Action	4
New M-Day Retirement Site	4
Promotions	5
Spotlight: MED DET	8
Leader Corner	10
FRG	11

## It was my honor and privilege

This will be my last Rally Point article as Commander of the California Army National Guard.

It has been an honor and a privilege to serve the Soldiers of this great organization as a traditional Guardsmen. My civilian responsibilities require that I focus on the judiciary. I am grateful to the Adjutant General for his faith and confidence in my ability. I am thankful for the outstanding brigade commanders and division commander whom I have had the privilege of serving. I benefitted daily from their wisdom and leadership. I am very proud of the work of our Soldiers, leaders and staff.

Over the past year we have reestablished a sense of personal responsibility and accountability at all levels of the organization. We have worked hard to renew the public's faith in our ability and our fidelity.

As I mentioned in my first article, I believe we were an organization that had lost its way. We have since demonstrated that we are a values based organization that is headed in the right direction. We have improved our readiness for civil support missions, improved our readiness for wartime missions, and refocused our training on basic Soldier skills. Our family programs are healthier and our administrative and logistics programs are Soldier centered. It is evident that our leaders put a high premium on self-sacrifice and deployment experience.

Unfortunately, we have not achieved the level of progress I

had hoped for in the area of accountability of equipment. While we have made some progress in this area, there is much more we can and must do. Fiscal responsibility and good stewardship of taxpayer provided resources is critical to our credibility as an organization.

As leaders, this fact should be self-evident. Accountability of personnel and equipment is fundamental to leadership at every level. Good stewardship of our resources is as natural as conserving water and ammunition in combat.

AR 600-20, Army Command Policy, identifies one of the responsibilities of a commander is "properly training their Soldiers and ensuring that both Soldiers and equipment are in the proper state of readiness at all times." In order for you to be ready, you must have your Soldiers, and you must have your equipment, and they must all be in working order. Supporting commanders in this task is a basic Soldier skill.

Over the last several years we have faltered in our responsibilities to be good stewards of our financial resources. It will take a concerted effort on everyone's part to turn around our shortfalls. I will give you a few examples of our failure.

Leaving a laptop in a car and having it stolen is waste (and negligence). Ordering three busses for drill weekend and only using one is waste. Damaging a military vehicle due to not following the proper safety measures is waste. Purchasing a



**Brig. Gen. Donald Currier**  
California Army National  
Guard Commander

more expensive item when a less expensive but suitable alternative is available is waste. Pencil whipping inventories is fraud and negligence. Every dollar spent to replace damaged or stolen or lost equipment is wasted money that could be used to prepare for our mission.

Being a good steward means Soldiers take ownership of the equipment entrusted to them as if it were their own, paid for out of their own pocket. They secure it and ensure that it is not misused, PMCSing it and repairing it as needed. Leaders at every level must establish a command climate that makes good stewardship a requirement.

Accountability of equipment is always a necessity. Without proper accountability of our equipment, our weapons systems, NVGs, radios, GPS, we will not be ready to train and deploy as a force. When you see fraud, waste or abuse, it is your responsibility to take action.

See **ACCOUNTABILITY** Page 10



**Command Sgt. Maj.  
Harold E. London  
California Army  
National Guard  
Command Sergeant  
Major**

## Drill and Ceremonies

The Army is synonymous with sharp-dressed Soldiers carrying out precision drill movements and inspiring ceremonies. Drill and ceremonies play a major role in every Soldier's military experience. The primary importance of drill is to prepare troops for combat by rapidly carrying out orders. Ceremonies go hand-in-hand with drill. During a ceremony, troops align in various formations and carry out commands with uniform precision. Army ceremonies instill honor, promote camaraderie and preserve tradition among Soldiers. Prompt obedience to every command is the first thing

every new recruit must learn.

My article this month is on the purpose of Drill and Ceremonies of our Army and why they are important to conduct today. We have been at war now for over 11 years and many of our NCOs have not been a part of Pass and Reviews, Parades, and/or Inspections. I remember as a young NCO how the Battalion CSM and NCOs prepared the Battalion for the Battalion Commander to address their Soldiers. More importantly I paid attention to the ISG and the CSM and what they did to prepare the formation for the

Battalion Commander, both in their Commands and in their attention to detail. Those actions of the NCOs helped prepare me for my assignments as a ISG and further on as a CSM.

I have now been in this position for nine months and I have seen some significant errors in our Drill and our Ceremonies. We are out of practice! I am now working on standardizing several events for all of our Army Guard formations to follow. Some of those are Change of Command, with or without Pass and Review and Inspections, Change of Respon-

See D&C Page 10

## Tattoos in the Army - Times are a changin' (again)

In January 2012, the Army Times published a story that mentioned 12 changes to look out for in 2012.

In the article, Sergeant Major of the Army Raymond Chandler outlined a number of changes that he believes will benefit both the Army and the Soldier.

One of these changes applies to the Army tattoo policy. SMA Chandler's stand is that tattoos that are visible while in uniform attract unnecessary attention; presenting "selfish service" rather than "selfless service." This attention, SMA Chandler adds, is not, "what the Army's about. You joined the Army to be part of something larger than yourself."

While we standby for new policy, the Army's current tattoo policy can be found in AR 670-1, Wear and Appearance of Army Uniforms and Insignia, dated 3FEB05 (Rapid Action Revision issue date: 11 May 12) and the Deputy Chief of Staff, G-1, message concerning the Army tattoo policy. The policy states that tattoos or brands visible anywhere on the head or face while in the Class A uniform are prohibited.

The only exception to this rule is permanent makeup such as eyebrow or eyeliner for females as long as it conforms to the Army standard on cosmetics IAW AR 670-1 para 1-8b.

Extremist, indecent, racist or sexist tattoos or brands anywhere on the body are also prohibited. Existing tattoos or brands that are visible in the Class A uniform, to include the hands and neck, and that are not considered extremist, indecent, racist or sexist are authorized.

Commanders may not order the removal of a tattoo or brand for Soldiers that are currently not in compliance. However, for those not in compliance, they must counsel the Soldier and afford them the opportunity to seek a means of removing or altering the tattoo or brand. Counseling statements must include that noncompliance of extremist, indecent, sexist or racist tattoos or brands anywhere on the body will result in discharge.

Commanders may request a Soldier be discharged if he or she refuses to remove or alter the tattoo or brand as long as the Soldier has been counseled, understands the policy and has been afforded the opportunity to remove or alter it.

Recruiting and retention managers (O-5 or above) will make the determination for initial entry Soldiers. Determinations will be fully documented in writing along with



a description of the existing tattoos or brands and their location on the body.

For more information, review the sources below and ensure you are familiar with current policy before your next trip to the tattoo shop.

Sources:

Army Times story: <http://www.armytimes.com/news/2012/01/army-sergeant-major-raymond-chandler-12-changes-to-expect-012912w/>

AR 670-1: [http://www.apd.army.mil/pdf/files/r670\\_1.pdf](http://www.apd.army.mil/pdf/files/r670_1.pdf)

DCS, G-1, Message: <http://www.armyg1.army.mil/hr/uniform/docs/ALARACT%20Message%20Tattoo%20Policy%20Dec%202005.pdf>

## Resilience Corner: 100 new trainers at the ready

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

Eighty-eight Soldiers from every CAARNG brigade, division, as well as 12 Family Assistance and Family Readiness contractors were certified as Resilience Training Assistants (RTAs) on Aug. 16 at Camp San Luis Obispo.

The National Guard Bureau provided funding and a three-member Mobile Training Team to co-facilitate with 10 CAARNG Master Resilience Trainers (MRTs).

In every Resilience Training Assistant Course (RTA-C) attendees receive a tennis ball which visually reminds participants to use the six core competencies of resilience; enabling them to "bounce back" rather than "break" or engage in high-risk behaviors when faced with adversity.

In the August RTA-C tennis ball decorating competition, the winner, SGT Edgar Estrada-Perez, used the Chinese Proverb, "If you give a man a fish you feed him for a day. If you teach a man to fish you feed him for a lifetime," to inspire his decoration concept.

Resilience skills are best learned by personal practice and reflection on old habits of thinking, according to the curriculum. Engaging in one resilience course is good for the short term, while a lifetime of teaching ourselves and others how to use the six core competencies of resilience will ensure long-term benefits for a resilient and ready force.

The next RTA-C is scheduled from September 18 – 20 at the Okinawa Readiness Center in Sacramento.



**Above :** The latest graduating class. **At the right:** SGT Edgar Estrada-Perez displays his winning tennis ball competition creation. He used the old Chinese Proverb: Give a man a fish, you feed him for a day. Teach a man to fish and you feed him for a lifetime.



Trained RTAs (per TRADOC) should be first line leaders (E5-E7) at the team, squad, and platoon level, and WO1-CW4, O1-O4, and Federal Technicians in grades GS-7 to GS-12, FACs and FRSA's.

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

## September is Suicide Awareness Month

### NGB Stand Down: 'Shoulder to Shoulder, We Stand Up for Life.'

The Active Army, Title 10 and Title 32 full-time organizations are scheduled to begin the stand down September 27, 2012. M-Day National Guard executes training over drill weekends beginning with their October Drill.

This Stand Down is a two-phase suicide prevention program for all Soldiers, Army civilians, and Family members to help reduce the number of suicides within the Army community.

Suicide Stand Down Awareness and leaders resources: [www.armygl.army.mil/hr/suicide/spmonth/default.asp](http://www.armygl.army.mil/hr/suicide/spmonth/default.asp).

The CNG will be distributing training guidance appropriate for M-Day Units.

There are numerous programs and resources within the California National Guard and outside of the organization available to military members in need.

CNG Behavioral Health directorate and webpage: [www.calguard.ca.gov/mh/Pages/default.aspx](http://www.calguard.ca.gov/mh/Pages/default.aspx)

CNG Chaplain's are available to assist those in a crisis: 1-877-700-5662;

[www.calguard.ca.gov/chaplain](http://www.calguard.ca.gov/chaplain)

Veterans Suicide Prevention Hotline: 1-800-273-TALK (8255), Veterans Press 1

The Military Crisis Line is a toll-free, confidential resource available to veterans. They connect the service member with a Veterans Affairs responder. Military members and Family can call 1-800-273-8255 and press 1, chat online at [www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net), or send a text message to 838255. VA responders are available 24 hours a day, every day.

Military OneSource at 1-800-342-9647.

The California Army National Guard has a goal of certifying 1,650 members as Ap-

plied Suicide Intervention Skills Training (ASIST) Unit "gatekeepers" in ranks: E5 - E8, O1 - O4, and WO1 - CW4. Commanders should ALL complete this two-day course as soon as possible. Contact 1LT Nathan Lavy at: 916-854-3238/3894; [Nathan.lavy@us.army.mil](mailto:Nathan.lavy@us.army.mil) or the Resilience, Risk Reduction, Suicide Prevention (R3SP) Program Team at: 916-854-3894 [NGCAR3SP@ng.army.mil](mailto:NGCAR3SP@ng.army.mil).

We are also preparing to train a minimum of more than 500 additional Resilience Trainer Assistants (RTAs). Get in on the new culture of Resilience and readiness for personal, professional, individual and collective accountability!

For more information about the California National Guard, please visit [www.calguard.ca.gov/army/Pages/default.aspx](http://www.calguard.ca.gov/army/Pages/default.aspx) and our social media site: [www.facebook.com/CAARMYGUARD](http://www.facebook.com/CAARMYGUARD).

## New M-Day Retirement Site

By CW2 Cassandra Bryson

The California Army National Guard has created a NEW CAARNG Public Retirement webpage geared toward Non-Regular (M-Day) Retirees.

This site was created to bring valuable information to those who are soon-to-be retirees and for those who want to learn more about retirement benefits and programs.

The webpage goes over the three phases of retirement: what a Soldier needs to do once they have 20 years of qualified service; the benefits and action items of Gray Area Retirees; and how to apply for Non-Regular (M-Day) Retirement.

Additionally, the CAARNG is joining forces with the United States Army Reserve's 91<sup>st</sup> Training Support Division to host a Reservist (M-Day) Pre-Retirement Seminar on Saturday, Oct. 27 at the Camp San Luis Obispo Perlee Theater.

The Retirement Seminar will include how to apply for retired pay, how to read your retirement points statement, understanding the Reserve Component Survivor Benefits Plan (RCSBP), and benefits.

Representatives will be available to provide information on Tricare (medical/dental), Department of Veterans Affairs, finance counselors, and more.

This Retirement Seminar will help provide Soldiers and their Families a smooth transition into retirement.

It's been said, "Retiring is not a process, it is an event."

Looking ahead, M-Day Retirement Seminars will rotate quarterly throughout California by region.

For more information on the new CAARNG Public Retirement webpage and the upcoming Seminar, please go [www.calguard.ca.gov/g1/Pages/Retirement.aspx](http://www.calguard.ca.gov/g1/Pages/Retirement.aspx).

To register for the seminar go to: [www.calguard.ca.gov/g1/Pages/RetReg.aspx](http://www.calguard.ca.gov/g1/Pages/RetReg.aspx).

## Disciplinary Actions

RANK	UNIT	Description of Charge	Result
SGT	100TC	Insubordination	ART 15; reduced to SPC, loss of half of 1 month's pay (both suspended)
SPC	1106	Failure to obey order. Did not comply with lawful order.	ART 15; reduced to PV2
SPC	40CAB	Positive urinalysis.	ART 15; reduced to PFC, separation action initiated.
SPC	49MP	Unauthorized Use/Abuse of Government Travel Card	ART 15; reduced to PFC
SGT	79IBCT	AWOL from Annual Training	ART 15; reduced to SPC
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SGT	79IBCT	AWOL from Annual Training	ART 15; reduced to SPC
SGT	79IBCT	AWOL from Annual Training	ART 15; reduced to SPC
PV2	79IBCT	2 Counts of AWOL: Failure to go to appointed place of duty	ART 15; reduced to E1 (Suspended), loss of 6 -UTAs pay, 2 day extra duty
SPC	79IBCT	AWOL from Annual Training	ART 15; reduced to PFC, loss of half or 1 month's pay, 2 days extra duty
SPC	40ID	AWOL 1 drill and Missing Movement	ART 15; reduced to PFC, fine \$551 (suspended), 14 days extra duty

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.



### TriWest Healthcare Alliance

Enrollment: <http://www.triwest.com/en/beneficiary/enrollmentbenefits/>

Benefits: <http://www.triwest.com/en/beneficiary/tricare-benefits/>

Referrals/Authorizations: <http://www.triwest.com/en/beneficiary/authorizations-and-referrals-process/>

Claims: <http://www.triwest.com/en/beneficiary/claims-information/>

Resources: <http://www.triwest.com/en/beneficiary/west-region-resources/>

### Defense Enrollment Eligibility Reporting System (DEERS)

1-800-538-9552

[TRICARE.mil/DEERS](http://TRICARE.mil/DEERS)

### TRICARE For Life

Wisconsin Physicians Service (WPS)

1-866-773-0404

[TRICARE4U.com](http://TRICARE4U.com)

### TRICARE Pharmacy Home Delivery

Express Scripts, Inc. 1-877-363-1303

[TRICARE.mil/Pharmacy](http://TRICARE.mil/Pharmacy)

[Express-Scripts.com/TRICARE](http://Express-Scripts.com/TRICARE)

### Active Duty Dental Program (ADDP)

United Concordia Companies, Inc.

1-866-984-ADDP (1-866-984-2337)

[ADDP-UCCI.com](http://ADDP-UCCI.com)

### TRICARE Dental Program

MetLife

1-855-638-8371

[mybenefits.MetLife.com/TRICARE](http://mybenefits.MetLife.com/TRICARE)

### TRICARE Retiree Dental Program

Delta Dental of California

1-888-838-8737

[TRDP.org](http://TRDP.org)

### Veterans Counseling Services

1-866-496-8838

[vetcenter.VA.gov](http://vetcenter.VA.gov)

## Promotions

### Enlisted

Unit	Name	Rank	DOR
HHC 49TH MP BDE	ACOSTASANCHEZ JORGE I	SFC	120801
HHC 250TH MI BN	QUACKENBUSH TODD CHAPIN	SGT	120810
CO A 250TH MI BN	CUMMINGS MARSHALL GEORGE	SGT	120809
100TH TRP CMD	REIMERS EMMA	SGT	120809
HHD 185TH MP BN	MUHLENBRUCH DAVID MARC	SSG	120809
HHC 40TH BSB	HERRERA JACOB STEVEN	SGT	120803
COMBAT AVN BDE	FLORES FRANK DANIEL	SSG	120806
HHC (-) 1-184TH IN BN	YAMAMOTO LANCE KICHI	SGT	120826
FSC 579TH ENGR BN	VILLANUEVA VICTOR	SSG	120827
TRP A 1/18TH CAV	KO KEITH CHRISTOPHER	SGT	120801
TRP B 1/18TH CAV	SCOTT SHANNON WADE	SSG	120802
HHC 79TH IBCT	MARTIN JEDIDIAH CURTIS	SSG	120802
HHC 79TH SPC TRPS BN	RIVERA DANIEL	SGT	120811
CO B (-) 79TH STB (MI)	BROOK CHASE HARRISON	SGT	120807
129TH ENGR DET	BURROUGHS MICHAEL JASON	SGT	120801
CO A 1106TH TASMG	DEGALA PERFECTO PAULINO	SSG	120810
HHD 1106TH TASMG	MORALES DIANE STEPHANIE	SSG	120820
640TH INTERPRETER TRANS PLT	SIHAB MANSOUR RIDA	SSG	120803
0250 MI BN CO C FWD 2	OLIVARES MARVIN	SGT	120809

### Officer

UNIT	NAME	GR_ABBR_CODE	Promo Date
HHSC 223RD MI BN	LAUGHLIN KILEY QUINC	MAJ	120815
JFHQ-CA (-)	ALLEN ADAM JOSEPH	MAJ	120815
DET 1 JFHQ-CA (USPFO)	PARK CHARLES JR	MAJ	120815
HSC(-) 640TH ASB	WANGENSTEEN GUY OWEN	CPT	120815
HHT 1/18TH CAV	HAN MICHAEL	CPT	120815
JFHQ-CA (-)	FONTAINE LAURIE ANN	MAJ	120815
CO A(-) 223RD MI BN	TOUW THOMAS CORNELIS	CPT	120815
HHSC 223RD MI BN	VANMETER CHRISTOPHER	CPT	120815
FSC 578TH ENGR BN	AGUIRRE JOHN PHILIP	CPT	120815
HHT 1/18TH CAV	SIEM VICHET	CPT	120815
CO B 1-126TH AVN REGT	FRANCIS BRIAN GLENN	CW2	120808
OPNS CO (-) 40TH INF DIV	MILLER MARK SEAMAN	CW2	120808
HHC 79TH IBCT	VAJAR DANIEL FRANCIS	CW2	120808
HHC 3/140TH AVN S&S BN	RATHE MICHAEL STEVEN	CW4	120807
HSC (-) 40TH INF DIV	KOUGH KRIS ANDREW	LTC	120801
COMBAT AVN BDE	BLAKE MARCOS RICHARD	MAJ	120801

### Retirements

Uname	Name	Rank	Years of Service
140TH ENGR CO (-) (MAC)	MACIAS CARLOS ALBERTO	SFC	20



## Unit Spotlight: MED DET

### “Trained to Save-Fit to Fight”

The State Medical Command is a TDA (Table of Distribution and Allowances) organization with the given mission to “... plan, program, provide and sustain health force protection and medical/dental support to meet operational, training and mobilization medical readiness requirements of Army National Guard units and soldiers.”

Most commonly people refer to us as the MED DET. You might ask, “If you are a detachment, who is the parent unit?” Each state and territory is assigned a medical detachment broken out from a single National Guard Bureau medical authorization of personnel and equipment.

Since California is one of the largest states in the Nation, it has then been given the largest authorized structure expressly to serve the California Army National Guard as a State Medical Command.

The California Army National Guard Medical Command was organized at the Meadowview (Sacramento) Armory effective 1 December 1997 as Detachment 2, State Area Command (STARC). This was soon changed to Detachment 8, STARC. The unit was initially staffed from personnel of the 175th Medical Brigade, which had recently been disbanded. At its height, the 175th Medical Brigade was a corps-level asset consisting of the brigade headquarters, two deployable hospitals, a dispensary, an air ambulance company, and a medical logistics battalion.

Through its evolution from a STARC detachment to the CAARNG Medical Command, the unit has seen many of its soldiers go on to medical school, nursing school, the

Army’s physician assistant program, and to other medical career fields.

One former commander was promoted to brigadier general on the staff of the Assistant Secretary of Defense for Health Affairs.

The CAARNG MEDCOM still serves as a “first stop” for resident physicians and medical students as they begin their military careers.

The Medical Command team of COL William Snow and Senior Medical NCO MSG Brian Bernay have set out an updated vision consistent with the Adjutant General’s and CAARNG Commander’s priorities:

- Building California Army National Guard’s premier medical force.
- Fostering healthy and resilient soldiers and families.
- Connecting to the community.
- Responding to domestic emergencies and saving lives.
- Developing exceptional leaders.

In order to accomplish this vision the Medical Command has devised a set of mission essential tasks that comprise the units focus for planning, training and operations.

- Command and control of assigned and attached medical forces.
- Provide staff planning and programming.
- Medical readiness/sustainment to include health promotion, assessment, remediation and sustainment.
- Medical support for training, mobilization and operations.
- Mobilize and deploy to pro-



The Meadowview Army hasn’t changed much - here’s a photo of the 175th Medical Brigade from circa 1970.

vide military medical support to civil authorities.

- Advise the Commander of the California Army National Guard on the status of medical assets, medical personnel, strength and readiness throughout the California Army National Guard.
- Conduct sustainment training for CAARNG soldiers in MOS 68W, Healthcare Specialist and initial combat lifesaver training.

Many people only think about the Medical Command as simply the soldiers who give flu shots and conduct periodic health assessments (PHAs). It does conduct those two important actions, but also many more.

Its organizational structure with 117 authorized medical, dental, preventive medicine, mental health, and administrative personnel is designed to provide a wide variety of services to our soldiers. Additionally, our staff has provided medical and dental services to the underserved members of the Santa Ynez Band of Chumash Indians through the Inno-

vative Readiness Training (IRT) program for several years.

All Medical Command medical professionals maintain dual civilian and military credentials. This medical capability has a huge training cost attached. All the 68W Combat Medics require recertification on a regular basis to keep their civilian emergency medical technician (EMT) status as well as their Army medic qualifications. Most training occurs at the 68W classroom site at Camp San Luis Obispo.

Physicians, physician assistants, nurse practitioners, nurses, dentists, psychologists, and social workers also must simultaneously keep their civilian credentials as well as their military privileges.

So what can the Medical Command do to help maintain your personal and unit medical readiness?

It is manned, trained and equipped to accomplish the following functions:

See MED DET Page 8

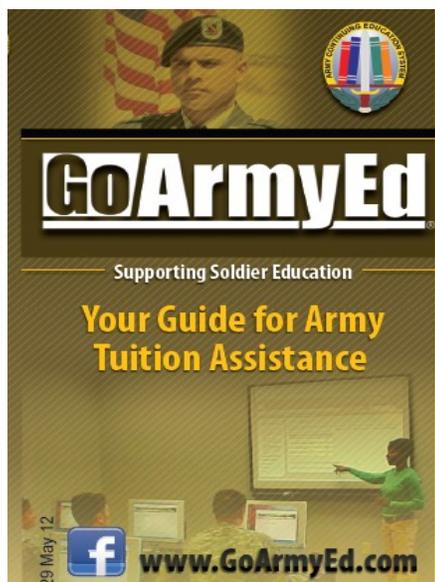
# Important UPDATES for Civilian Education!!

**You must transfer your Post 9/11 GI Bill (TEB) benefits BEFORE you retire or leave the service!!** When you apply for the TEB, your service obligation clock starts ticking. Beginning 2 August 2013, **everyone** will incur a four-year obligation when requesting TEB, regardless of time in service.

**Effective 1 October 2012**, Tuition Assistance will be available for a bachelor's degree or up to 130 semester hours of undergraduate credit, whichever comes first. Tuition assistance will be available for a master's degree or up to 39 semester hours of graduate credit, or whichever comes first. Tuition Assistance will continue to be approved for any courses over the new limits until 28 September 2012.

**September 25th (2359 EST)** is the last day for Soldiers to request TA for classes that begin on/before 30 Sep 2012 due to the Army's fiscal year closeout. There will be no exceptions. This does not impact requests for courses starting 1 Oct 2012 or later (FY13 enrollments).

**GoArmyEd** is the virtual gateway to request Tuition Assistance (TA) online, anytime for classroom, distance learning, and eArmyU online college courses. See below for assistance and application procedures!



### How to Get Help

- **Reference Documents:**
  - Log in to [www.GoArmyEd.com](http://www.GoArmyEd.com)
  - Select "View Reference Documents" in the Help Desk Resources section
- **Contact the GoArmyEd Helpdesk:**
  - CONUS toll-free: 1-800-817-9990
  - OCONUS toll-free:
    - Go to [www.GoArmyEd.com](http://www.GoArmyEd.com) and select the "Helpdesk" link
    - Select the "View OCONUS Helpdesk Numbers" link
- **Create Case from your GoArmyEd homepage:**
  - Log in to [www.GoArmyEd.com](http://www.GoArmyEd.com)
  - Select "Create a Helpdesk Case" and provide a description of your concern
  - An email confirmation of your request and the resolution will be sent to your preferred email account
- **Contact an Army Education Counselor:**
  - Log in to [www.GoArmyEd.com](http://www.GoArmyEd.com)
  - Select the "My Education Centers" Smart Link

### How to Drop a Class

Soldiers MUST drop ALL classes through GoArmyEd before the class end date (Eastern Time).

- Log in to [www.GoArmyEd.com](http://www.GoArmyEd.com) and select the "Withdrawal from a Class" Smart Link
- Select "Drop Selected Class"
- Select a checkbox to choose the class
- Select "Drop Selected Class"
- View Confirmation page and choose the appropriate withdrawal reason using the drop-down options of "Withdrawal - Military Reasons (WM)" or "Withdrawal - Personal Reasons"
- Personal Drops - Soldiers MUST repay the TA amount
- Military Drops (includes emergencies) - Soldiers MUST have the WM approved by the Army within 60 days of the initiation of the withdrawal to prevent recoupment:
  - Complete the Request for TA Recoupment Waiver - Withdrawal (WM) Military Reasons Form
  - Upload the signed waiver from the Battalion Commander or first LTC in chain of command, or if in the Reserve Component, by the Unit Commander for the class

Note: Soldiers who provide false information with a request to waive reimbursement of Army TA are subject to penalty under the Uniform Code of Military Justice (UCMJ).

- Select the "Finish Dropping" button

### TA Recoupment

Class costs will be recouped from a Soldier for:

- Failing a class
- An incomplete grade not resolved within 120 days
- A course drop for personal reasons
- A class that is not included in the Soldier's degree plan

An email notification is sent 30 days before repayment begins, except in the case of separation from the Army. See your signed SOU for recoupment rules.

### How to Use Your eFile

Scan a document and save it to your computer (e.g., Student Agreements, TA request cost verification, SOU, or Military Withdrawal documents).

- Log in to [www.GoArmyEd.com](http://www.GoArmyEd.com)
- Select the "My Education Record" Smart Link
- Select the "eFile" tab
- Complete required fields and select "Browse" to find your file
- Select "Upload File"

**www.GoArmyEd.com**

### GoArmyEd is used by...

- Active Army, National Guard, and Army Reserve Soldiers to set up a GoArmyEd account and request Army Tuition Assistance (TA). Contact your Army Education Counselor or Education Services Officer (ESO) for more information.

### New Users

- Go to [www.GoArmyEd.com](http://www.GoArmyEd.com) and select "New User"
- Complete the required information for a base role GoArmyEd account, which results in the creation of your GoArmyEd user name and password. The base role access will allow you access to training, helpdesk, on-duty classes, and testing. To request TA-level access: to register for college classes, the following steps must be completed:
  - Log in to [www.GoArmyEd.com](http://www.GoArmyEd.com) using your user name and password
  - Select the "Request TA Access" Smart Link, where you will be presented with the following steps:
    - Verification of TA Eligibility
    - Review of Training
    - Submission of your Statement of Understanding (SOU)
    - Selection of home school and degree plan
    - Completion of the Common Application
- After you complete the steps listed above, your Army Education Counselor/ESO will review your application and, pending approval, activate your GoArmyEd account. You will receive an email when your application has been approved and you have access to request TA.

### How to Request TA and Enroll in a Class

TA Requests MUST be submitted before the class starts or no later than the final day of the school's late registration period. Depending on the school you attend, you will be presented with one of two enrollment paths. GoArmyEd will determine your path automatically and all approved TA will be paid directly to your school by the Army upon successful class completion.

If your school uploads classes and tuition costs to GoArmyEd, you will be presented with the following process:

- Log in to [www.GoArmyEd.com](http://www.GoArmyEd.com)
- Select the "Request TA" Smart Link
- Confirm your school name is prepopulated and the class start date range is correct, then select "Next"
- View Class Search Results. Select the "Class Details" button before enrolling to view more class information (e.g., class description, SH cost, prerequisites, required class materials)
- Select "Request Class" for your desired class
- The Confirm Classes screen displays class cost information. Be sure to review the cost covered by TA and any cost you must self-pay. Select "Process Enrollment" or "I Agree to Pay."

Note: If TA does not cover the entire cost of the class, you are responsible for the remainder, which will be billed directly by the school.

Further note: Do not X out of page. Select "Cancel Request" if class selection is in error.

- Review and update your account information if necessary, then select "Account Information Verified"
- The View Results screen displays the status of your enrollment request. If the Status column shows a green checkmark, you have successfully enrolled, pending final approval from the school. You will receive an email confirming enrollment.

If your school does not upload classes and tuition costs to GoArmyEd, you will need to supply class information in an online TA Request. You will be presented with the following process:

- Log in to [www.GoArmyEd.com](http://www.GoArmyEd.com)
- Select the "Request TA" Smart Link
- Confirm your school is prepopulated, enter the class Subject, Catalog, and the Class Start Date and select "Next"
- The TA Request displays. Complete each required field in the Class Information sections.
- Cost of tuition and fees must be attached to the TA Request in the Upload Cost and/or Course Information Enrollment Verification Information section to submit the form. That can be done in one of two ways: Upload the document that has been saved on a computer and attach, or upload the document in eFile first and select the transaction type Cost and/or Course Enrollment Verification, so it will appear when you select the "Search eFile" button to attach to the TA Request. (See "How to use e-File")

Note: Valid cost verification may include one or more of the following: statement of tuition of fees from school's catalog or Website; screenshot from an online account with the school; an itemized receipt or current invoice from the school.

- Complete each required field in the Class Cost section and select "Calculate Cost" so you can see the final Army and Soldier costs.
- Review your TA Request for accuracy and then select "Submit."
- When the TA Request is approved by the Army, you will receive a confirmation email.
- You must print and submit a copy of the approved TA Request to your school when registering for classes.

Note: If TA does not cover the entire cost of the class, you are responsible for the remainder, which will be billed directly by the school.

29 May '12



[www.GoArmyEd.com](http://www.GoArmyEd.com)

# MED DET surveys long history, all capabilities

## Med Det from Page 6

- Command section and unit HQ for medical command, control, and organization.
- Operations and training section to plan, rehearse and manage medical operations.
- Patient administration and case management section to follow up on soldier care and provide ongoing support services.
- Preventive medicine section to reduce health risks and preserve the fighting force.
- Five medical readiness teams with physicians, physician assistants, nurse practitioners and medics to conduct periodic health assessments (PHAs), OCS/WOCS physical exams, vaccinations and general medical support.
- Five dental readiness teams with dentists and dental technicians to conduct exams and screenings.
- Aviation medicine with specially-trained flight surgeons (FS) and aeromedical physician assistants (APA) to conduct flight physicals and assist aviation units with other aviation medicine programs.
- Mental health section to promote soldier resiliency and preserve behavioral health.

Where does the Medical Command operate? The Medical Command has full-time staffing and traditional Guard soldiers at three locations to include the Okinawa Armory in Sacramento,

Camp Roberts and Joint Forces Training Base in Los Alamitos.

Facilities are undergoing upgrades, and within a few months each site will have the following capabilities:

- Periodic health assessments (PHAs), flight physicals, and other exams
- Dental x-ray to include panoramic x-rays (“panos”)
- Blood draws and medical laboratory tests for physical exams, HIV, and DNA
- Hearing testing
- Vision testing
- Immunizations

Additionally, we periodically conduct OCS and WOCS physicals at Camp Roberts.

In the last year, the CAARNG MEDCOM made approximately 8000 patient contacts with soldiers throughout the state through PHAs, flight physicals, immunizations and other services. Our 68W trainers supervised, coordinated, or conducted sustainment training for approximately 250 of our CAARNG medics, either through direct training at our Camp San Luis Obispo site or through access to resources at home station.

What if you are not in close proximity to Sacramento, Camp Roberts or Los Alamitos and need



**MEDCOM soldiers prepare for morning PT during annual training at Camp San Luis Obispo. PT was combat dodgeball, and these Soldiers in the “out” box get no breaks!**

PHAs, immunizations, and other individual medical readiness items? The MEDCOM’s medical and dental readiness teams are also mobile and can set up in locations throughout the state.

So how do you take advantage of Medical Command support services? If your unit needs any of the above services complete our event request form by accessing our site on the California National Guard portal through the “Army Guard Headquarters” link, under the heading, “TDA Units.” Click on the folder, “How to Schedule a PHA Event,” and follow the directions on the form and in the MOI.

## Commissions and Appointments

### Officer Commissions

LAST	FIRST	UNIT	AOC/BR	RAGSDALE	JENNEFER	OPNS CO (-) 40TH IN DIV	25A/SC
ALLEN	ROBERT	149TH CHEM CO	74A/CM	ROSS	TROY	HHB 1-144TH FA FIRES BATTALION	74A/CM
ANDREWS	NICHOLAS	HSC 579TH ENGR BN	12B/EN	SFORZINI	BRENT	DET 1 HHC 1-185TH AR BN	19A/AR
BOATWRIGHT	JASON	40TH CAB	42B/AG	STERNIN	MARK	B CO 1-185th AR BN	11A/IN
CARL	ASHLEY	CO C 223RD MI	35D/MI	VALENTIN	JOHN	CO E 1-140TH AVN BN (ASSLT)	91A/OD
GONZALEZ	IVAN	HHC 1-140TH AVN BN (ASSLT)	74A/CM	WATKINS	SHAWN	HHT 1/18TH CAV	13A/FA
HALLER	MICHAEL	HHC 40TH BSB	92A/QM	YUN	CHRIS	11TH FSC (11TH ACR) FIRES BN	88A/TC
HARP	DEREK	CO A 40TH BSB (DISTR)	92A/QM	<b>Warrant Officer Appointments</b>			
HINSON	MICHAEL	HSC(-) 640TH ASB	91A/OD	CLAIR	MICHAEL	A CO 250TH MI BN	351M/MI
JACKSON	TANISHA	CO F 40TH BSB (IN) CO	92A/QM	ESKRIDGE	NATHANIEL	HSC (-) 40TH INF DIV	215D/SC
LUKER	NORMAN	C CO 1-185th AR BN	19B/AR	HUBNIK	CHRISTOPHER	CAMP SLO	131A/FA
MATTHEWS	CHRISTINA	749TH CBT SVC SPT BN	91A/OD	JOHNSON	BRADLEY	DET 1 CO A 223RD MI BN	351M/MI
NAGANO	SHAWN	HHT 1/18TH CAV	42B/AG	MAPP	FERRELL	HHC 49TH MP BDE	250N/SC
OROZCO	AGUSTIN	HSC 579TH ENGR BN	12B/EN	MEZA	VICTOR	OPNS CO 40TH INF DIV	251A/SC
PAGULAYAN	ERNESTO	CO A (-) 640TH ASB	92A/QM	OLIVAS	MARK	E CO 40TH BSB	915A/OD
PICOFSKY	CONRAD	CO C 223RD MI	35D/MI	PETERSEN	ROSE	HHC JFHQ CA (-)	920A/QM
PLAGER	JOHN	CO A (-) 640TH ASB	92A/QM	RANGEL	ALEXANDER	118TH MAINT CO	915A/OD
QUANG	TONY	DET 1 HSC 640TH ASB	92A/QM	YABES	REMAR	HHC 250TH MI BN	920A/QM



PROGRAM BY:  
**Yellow Ribbon  
 Reintegration Program**  
*For Those Who Served and Those Who Support*

## Visit the Hero 2 Hired Mobile Job Store, Coming to Your Area!

Hero 2 Hired (H2H) is a Yellow Ribbon-funded program that connects Guard Members and Reservists with meaningful employment. H2H contains everything a job seeker needs to find a job, including job listings, career exploration tools, education and training resources, live and virtual career fairs, a mobile app for iOS, Android, and Windows Phones (coming soon), an innovative Facebook application, and a variety of networking opportunities. The Mobile Job Store (MJS) is an extension of the H2H program. The MJS is a self-contained truck that houses four computer stations that connect to the H2H.jobs website. Inside you'll also find a projection screen playing an H2H introduction video as well as tables and chairs. While aboard, the MJS staff will be available to assist in getting you signed up on the site as well as helping you begin your job search. Search for jobs using your MOS, keyword, and/or location. You can also upload your resume and begin building your H2H profile. We encourage all job seekers and employers to stop by the MJS to see what H2H has to offer. Local point of contact for more information: Patrick R. Kuykendall, [patrickk@cablone.net](mailto:patrickk@cablone.net), 562.572.3466.

20 August 2012 Naval Base San Diego/Fleet Exchange Parking Lot Bldg: 3301; piers 6 & 7	0800-1600
21 August 2012 Naval Base Coronado NI/Fleet and Family Support Parking Lot Bldg: 318	0800-1600
22 August 2012 Camp Pendleton/Parking Lot between JRC-Bldg: 130132 and Bowling Center	1000-1600
23 August 2012 JFTB Los Alamitos Vet Center 4522 Saratoga Ave, Los Alamitos CA	1000-1700
24 August 2012 JFTB Los Alamitos Vet Center 4522 Saratoga Ave, Los Alamitos CA	0800-1100
26 August 2012 Long Beach CONVENTION CENTER- LONG BEACH CA	1000-1600
27 August 2012 Long Beach CONVENTION CENTER- LONG BEACH CA	0800-1400
28 August 2012 Long Beach Veterans Hospital 5901 East 7 <sup>th</sup> Street, Long Beach CA	0900-1500
29 August 2012 Los Angeles Air Force Base 483 N. Aviation Blvd. El Segundo, CA	0800-1600
30 August 2012 LAFD Frank Hotchkin Memorial Training Center 1700 Stadium Way Los Angeles	1130-1400
1 September 12 American Legion Fresno Post 509 3509 N. First Street Fresno CA	0800-1400
3 September 12 Travis Air Force Base-Airman & Family Support Center	1400-1800
4 September 12 Travis Air Force Base-Airman & Family Support Center	1000-1600
5-6 September 12 CA Military Department State HQ 9800 Goethe Road Sacramento	1000-1600



Recent photos from the Mobile Job Shop H2H tour visit to Joint Forces Training Base, Los Alamitos, AUG 23-24 just before it moved on to the Enlisted Association of the National Guard of the United States conference in Long Beach.

## Continued from page 1 ACCOUNTABILITY

Support your leaders by reminding them to account for their unit's equipment and supplies. You do it down range because your life depends on it. You need to do it at home station because its the right thing to do.

I have a lot of faith in our organization, its Soldiers and its leaders at every level. I am proud of being a Guardsmen and I'm proud of each of you. Thank you all for the support you have given me during my tenure of command and during my 37 years of service.



## Continued from page 2 D&C

Inspections, Change of Responsibility between NCOs and Dining-In/Out when it involves a General Officer and Purple Heart Ceremonies.

Lastly we have had many conversations with Senior NCOs about NCO Promotions and Induction Ceremonies. I support these Ceremonies and would add that the history of our NCO Corps should be an integral part of each. As a great example of my thoughts I attended an exceptional NCO induction Ceremony orchestrated by the 1-160 IN Black-jack Battalion that had the passage of right through an NCO Arch to the cutting of the ceremonial cake. This type of ceremony is a must in our daily activities and we should make time to conduct these time honored Ceremonies.

### History

Armies throughout history have always practiced some form of drill. Drill movements were designed to mimic tactical maneuvers on the battlefield. By

assembling troops into larger formations, commanders could rapidly move their units from one place to another as the situation dictated. The Romans developed the first concept of drill by training troops on a task until it became second nature.

In 1778, General George Washington sought Prussian officer Baron von Steuben's help in developing a sense of organization and discipline among the Continental Army. Baron von Steuben went to work immediately on the first official Army manual known as the "Blue Book." The manual contained drill movements and regulations intended to focus on alertness, urgency and attention to detail. The Army's overall efficiency and effectiveness drastically improved under von Steuben's instructions. Many of the original drill terms and procedures are still in effect today.

### Army Drill

Through the years, advanced weaponry has diminished the need for drill's use on the battlefield. However, several objectives are still accomplished through the practice of drill routines. Soldiers learn professionalism, teamwork, discipline,

pride and confidence, which are just as important today as they were in the Continental Army. Soldiers learn drill through three different methods: step-by-step, talk-through and by-the-numbers. Generally, drill instructors teach marching movements using the step-by-step method. Movements requiring simultaneous actions by unit members benefit from the talk-through method. Movements consisting of two or more actions are best taught using the by-the-numbers method. Soldiers respond to drill commands repeatedly until they become habit.

### Ceremonies

Ceremonies are one of the most rewarding forms of drill. Ceremonial parades allow Soldiers to express pride in their performance, their unit and their profession. Musical elements also have a key role in Army ceremonies. Soldiers have traditionally learned to march to drum beats and respond to various bugle calls. Dignitaries have historically been honored with musical salutes. In 1841, gun salutes were added for government leaders and special occasions.

The major Army ceremonies include Reviews, Parades, Reveille, Retreat and military funerals. Reviews offer military commanders the opportunity to observe their Soldiers in action. Parades allow Army units to display their pride and professionalism to the public. Reveille and Retreat ceremonies honor the American flag daily as it is raised and lowered on military bases. Army funerals are perhaps one of the most moving ceremonies. They are full of symbolism and often incorporate drill, musical elements and a gun salute to honor the selfless service and sacrifice of the deceased veteran. A time honored event is the promotion of a Soldier to the next level of grade in their career. Discussing the history of the Non-Commissioned Officer and where the NCO Corps began instills the foundation of leaders and where they originated from.

**Army ceremonies instill honor, promote camaraderie and preserve tradition among Soldiers.**

**NCOs are the standard-bearers; let's get back to our basics!**



California Army National Guard  
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**We're on the Web!**  
[www.facebook.com/CAARMYGUARD](http://www.facebook.com/CAARMYGUARD)

#### 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](mailto:ngca-jobs@ng.army.mil)  
Website: <http://www.calguard.ca.gov/EIP/Facebook::www.facebook.com/CalGuardWorkForWarriors>



### 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.

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## MCEC affording opportunities to Guard kids

September is traditionally a time when families across our nation – both military and civilian – find themselves in a time of transition as children (and sometimes parents) trek back to school, or off to college.

When military children, especially National Guard kids, head to school they face unique challenges than their civilian friends could never imagine.

Guard kids have to deal with transitions and separations all the time – whether their parent leaves for a monthly drill, military school, annual training, emergency short term deployment or long term deployment overseas these changes can

increase stress and uncertainty. Often, Guard kids may be the only student in their school with a deployed parent or sibling.

Schools may not fully understand the issues military families are going through. But help is out there!

The Military Child Education Coalition (MCEC) is a non-profit organization committed to helping educate schools and communities about these unique challenges and, as their mission statement explains, “To ensure inclusive, quality educational experiences for all military children affected by mobility, family separation, and

transition.”

MCEC sees its role as an advocate help families, schools, and communities be better prepared to support military-connected children throughout their academic careers.

Through educational resources, scholarships, a speaker’s bureau and community outreach programs, MCEC works to help communities understand and support military kids and families.

To learn more about the extraordinary programs and opportunities available to you and your family through MCEC, visit [www.militarychild.org](http://www.militarychild.org).

## Awards

### LOM

LTC/O-5 Roach, Jeffrey 40th ID 8/21/2012

### MSM

SGM/E-9 Glenn, Marc J1 8/23/2012

LTC/O-5 Miller, Jesse 79th IBCT 8/17/2012

MAJ/O-4 Chavez, James 40th CAB 8/8/2012

LTC/O-5 Breeze, William 40th CAB 8/23/2012

MSG/E-8 Vincent, James 100th TC 8/21/2012

CSM/E-9 Antone, Joseph 100th TC 8/21/2012

CW4/W-4 Marquette, Stephen 49th MP 8/17/2012

SGM/E-9 Becerra, Arturo HHD, JFHQ 8/27/2012

MSG/E-8 Zirbel, Jeffrey 79th IBCT 8/21/2012

# PRE-RETIREMENT SEMINAR

ARE YOU A TRADITIONAL (M-DAY) ARMY NATIONAL GUARD SOLDIER  
AND THINKING ABOUT RETIRING SOON?



Saturday, October 27th, 2012

0800 - 1630hrs

Perlee Theater, Camp San Luis Obispo



*If you have 18 or more years of qualifying service towards retirement, have 15 or more years of qualifying service and are pending separation due to medical reasons, or are considering retirement within the next 12 months, come learn more about the reserve component retirement process. Presentations will include:*

- ✓ *How to apply for Retired Pay.*
- ✓ *How to read your retirement points statement (NGB 23B/AHRC 249-2E).*

- ✓ *Understanding the Reserve Component Survivor Benefit Plan (RCSBP).*
- ✓ *Eligible Benefits.*

*Additionally, representatives will be on hand to provide information related to your retirement, to include:*

- ✓ *Dept of Veterans Affairs (VA)*
- ✓ *USAA*
- ✓ *Personal Financial Counseling*
- ✓ *MyArmyBenefits.com*
- ✓ *CA State Military Reserve*

- ✓ *Tricare (medical & dental)*
- ✓ *DEERS/ID Cards*
- ✓ *Civilian Education*
- ✓ *Hero2Hired (H2H)*
- ✓ *And much more!*

Duty Status: SUTA/RMA/AAT/Non-paid. Uniform: Civilian Attire

Register at <http://www.calguard.ca.gov/g1/Pages/RetReg.aspx>

For questions, please contact the CAARNG Retirement Section at (916) 854-3150, option 5.