



The Rally Point

The official newsletter of the California Army National Guard

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June 2012

Special points of interest:

- Have you liked the Army Guard on Facebook? Do it now!
www.facebook.com/caarmyguard
- The Enlisted Association of the National Guard of the United States will have its 41st Annual Conference in Long Beach Aug. 26-29. Register here: http://www.eangus.org/news_events/national_conference.aspx

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Looking forward from a successful past

After a year in command, I've seen some positive change in our organization. I've also noted that we have a lot of work to do in order to reach our goals. I'd like to list some of our improvements as well as some opportunities for improvement.

My congratulations go out to LTC Peter Cross, CSM Thomas Holley and their team of professionals.

I believe we have turned around the organization and it is paying dividends. Our Recruiting and Retention Battalion is now ranked fifth in the nation. They are targeting their efforts to our projected losses and our recruiters in the field are doing excellent work.

They have improved the Recruit Sustainment Program and have some proposed changes that will dramatically improve how we implement it in California - starting with more weapons training. We need to continue to challenge our Soldiers.

I'd also like to congratulate BG Keith Jones and COL Barbara Nuismer, and our Facilities Branch on their accomplishments at Camp Roberts. Our Soldiers will notice a real difference in the living conditions this summer. Again, we have a long way to go, but our progress is visible and will make a difference in the quality of Soldiers' lives.

Army Values - I want to continue my emphasis on selfless service and servant leadership. Traditional Guardsmen who are in leadership positions have accepted responsibility for those positions, and the well-being of their Soldiers. I expect leaders

to make decisions and be accountable for their subordinates training, schools, promotions and administrative requirements. Our full-time cadre are available to follow-up during the week, but policy decisions and leadership doesn't end at 1700 on Sunday of drill weekend.

Field Training - We continue to follow the Army Standard. That means everything from ground guides, co-drivers, seat-belts and PT reflective belts to eye-pro and other safety equipment in the field. Safety is of paramount importance. Our work is always dangerous. We gratuitously increase that danger when we are sloppy or negligent. I expect leaders at every level to ruthlessly enforce safety standards and to hold violators accountable. We are professional Soldiers and I demand excellence in the areas of safety, physical security and the treatment of our fellow Soldiers. I expect constant improvement in our ability to train in the field. All of our units will go to the field at least four times annually. Weapons qualification is critically important, but a weekend at the range is no substitute for unit field training. I expect our Soldiers to be using every piece of communications equipment that the unit is issued. When firing, Soldiers need to use their issued optical sights. Leaders must be proficient in the use of PCCs and PCIs.

Our highest readiness priority remains civil support response. We achieve this, in part, through honing our wartime field craft skills and through rehearsal of specific civil support tasks. Our state and nation



BG Donald Currier
California Army National
Guard Commander

are counting on us to be ready in times of emergency. We will be ready.

Our force is as well-trained and ready as it has ever been. However, 10 years of war has created turbulence in our units and a fatigue in our Soldiers that cannot be overstated but which must be overcome. I am counting on our NCOs and our commanders to set and enforce high standards at every echelon in the Army National Guard. We will continue to pursue tough and challenging training opportunities throughout the world.

I recently attended an air show on Armed Forces Day. The appreciation that our citizens have for their military was evident. Our communities count on us to be there when they need us and they value our service and commitment. We will continue to improve so that we are prepared to answer the call to duty whenever and wherever that call comes. I thank each of you for your persistent dedication to duty.

Enlisted time to shine - Best Warrior Competition



CSM Harold London
California Army
National Guard
Command Sergeant
Major

Do you want to be considered the best NCO or Soldier in your company, battalion, brigade, state, National Guard Bureau and United States Army?

Noncommissioned Officers and Soldiers compete every year for a chance at this distinction. The Army National Guard has twice, in recent history, provided the

NCO of the Year for the United States Army. California Army National Guard has provided, in recent history, one young NCO (SSG East) to the National Guard Bureau competition level.

The selection as a California Army National Guard Best Warrior distinguishes the Soldier whose individual leadership and professional achievements merit special recognition.

Two categories are represented; Soldiers in the rank of private through specialist comprise one category; and corporal through sergeant first class comprise the second category. The Best Warrior program is designed to recognize the Best Warriors from each brigade, culminating in a state competition to determine California's Best Warrior. The California Best Warrior Competition is Sep 9-14 at Camp San Luis Obispo, CA.

The Best Warrior Competition measures Soldiers both physically and mentally through areas such as:

- (1) Appearance Board
- (2) Army Warrior Tasks
- (3) Army Physical Fitness Test
- (4) Written Essay
- (5) Written Examination
- (6) Combative Tournament

- (7) Confidence Obstacle Course
- (8) Day and Night Orienteering Course
- (9) Tactical Road March
- (10) Media Interview /Interaction /OPSEC
- (11) Pre-Combat Inspections
- (12) Mystery Event
- (13) Individual Weapons Qualification
 - (a) M-4 Rifle with Iron Sights
 - (b) M9 Pistol
 - (c) Stress Fire scenario

NCOs and Soldiers who achieve the title of Best Warrior for their brigade and state have in the past had many opportunities provided to them over the years.

SPC David Baynes (now sergeant) was a Soldier of the Year for California. He was asked by the commanding general of the 49th Military Police Brigade if he would like to deploy with him at the NCO and Soldier Awards Banquet where he was announced as the Soldier of the Year. He is now a combat veteran and received the Military Police MOS along with his 68W Combat Medic MOS.

SSG Michael East from the Civil Support Team won the State Competition and went on to win the 7th Region Best Warrior Competition (BWC) which earned him the right to compete against all National Guard competitors at Fort Benning, GA. SSG East is now pursuing Officer Candidate School.

These young Soldiers are just one example of what you could achieve if you are up to the challenge. Lastly, if you are interested in being a sponsor for one of these young Warriors during their Competition, I can tell you about Chief Warrant Officer 2 Aaron Peters

who was a sponsor as an E-6 in 2009. Through his exposure of sponsoring a great Warrior during the State and Regional Competition, he was recommended by his chain of command to be Warrant Officer.

This is not an easy task; it requires dedication, a strong will to win, and the know-how to be tactically and technically proficient in the Army Warrior tasks, just to name a few of the qualities required.

If you are interested, contact your brigade command sergeant major who has the current Memorandum of Instruction and CAARNG Circular 672-01-12 to let them know you are interested in being the Best Warrior for the California Army National Guard.

Last year we had the smallest number of competitors we have had compete in the recent past. I am directing each brigade to have at least one Soldier in each category at this year's competition.

Here are the Senior Commands that must have representation: 40th Infantry Division, Joint Force Headquarters, 49th MP, 223rd Regiment, 79th Infantry Brigade Combat Team, 40th Combat Aviation Brigade, R&R Battalion, 224th SB, Camp Roberts, 100th Troop Command, 1106 TASMG, and the 115th RSG.

I hope you choose to challenge yourself to become the very best NCO or Soldier in the California Army National Guard. I look forward to seeing you in September.



One Soldier from each Brigade will compete to be named the best in the Best Warrior Competition.

Resilience: Stop catastrophic thinking

By CPT Reneé Marie

Your mind is your first weapon-system. If your mind is stuck “catastrophizing” about an outcome you experienced or anticipate, then proactive planning and the ability to take precise action is weakened.

Catastrophic thinking proceeds like a chain where one negative thought links with another until you’re picturing yourself alone, jobless, and homeless. Doing a self- PMCS (Preventive Maintenance Checks and Service) on the mind requires honest self-reflection.

Often, a communication partner can help us to put things in perspective. However, when our communication partners don’t have the same language and training to facilitate healthy coping strategies, such as the Six Core Competencies of resilience, then what we typically get is an ally who helps us complain and stay in a place of stagnation.

If you are serious about bouncing back, rather than breaking from life’s stressors, then you have to learn the resilience skills and language required to facilitate our common path: “Resilient and Ready.”

As we dig deeper into this new culture of Army resilience, we should look for ways to communicate the Six Core Competencies of resilience into every conversation. Resilience training can keep your weapon-system ready for any target.

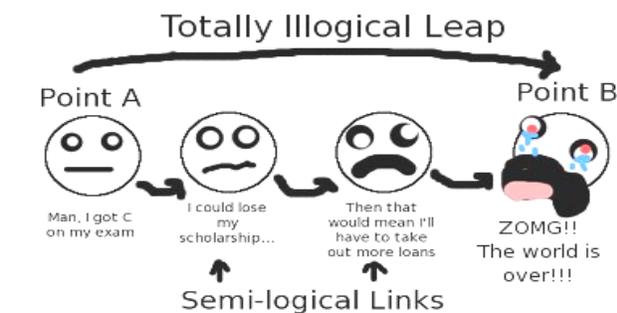
Training Opportunities:

Master Resiliency Trainer (MRT) - Ask your Readiness NCO about reserving a seat for the 10-day MRT Course (must be E6 – E8, WO1- CW4, O1 – O4). This training is designed for Soldiers to learn and teach resilience and performance enhancing skills. Upon completion of the MRT Course, Soldiers will be awarded the ASI of 8R. Each MRT returns to the parent unit and trains others with content provided for the Resilience Training Assistant (RTA) Course.

Resilience Training Assistant (RTA) - There will be a 3-day RTA-Course, Camp SLO, Aug. 13 – 16. Attendees must be: E5 – E8, WO1- CW4, O1 – O4. MRTs within each Division/ Brigade will be conducting additional RTA training throughout the year. RTAs assist MRTs with the execution of Resilience Training (RT) within their units. Trained RTAs should ideally be first line leaders (FLL), E5-E7, at the team, squad, and platoon level and must have 24 months stability in their unit.

Applied Suicide Intervention Skills Training (ASIST) Training For Trainers (T4T). This is a 5-day course (must be E5 – E8, WO1- CW4, O1 – O4). ASIST T4Ts will be chaplains, chaplain assistants, Joint Substance Abuse Program (JSAP) personnel, and medical health professionals..

Secondary Gatekeepers are



Are you catastrophizing today?

identified as military police, trial defense lawyers and legal assistants, inspector general staff, suicide intervention officers and others committed to learning suicide first aid. Upon completion of the 5-day T4T course, ASIST Trainers will provide 2-day ASIST “Gatekeeper” training within their organization/commands. T4Ts may also be tasked to conduct additional Gatekeeper training throughout the year across the force structure, as needed.

Requests for ASIST T4T must be made through R3SP staff and coordinated with www.LivingWorks.net.

Applied Suicide Intervention Skills Training (ASIST) Gatekeeper - Gatekeepers receive prevention training which includes recognizing potential danger and warning signs, suicidal risk estimation, confidentiality requirements, how to conduct unit suicide prevention training, immediate intervention and referral techniques.

Gatekeepers also conduct suicide surveillance, analysis, and submit timely reports to inform the chain of command of a potential “at-risk” Soldier or suicidal behavior.

Gatekeepers immediately recognize and identify triggers that could potentially raise the level of risk for the organization/unit. ASIST Gatekeepers should ideally be FLL (E5-E7).

Join us on Facebook

www.facebook.com/MRTCAARNG

For a comprehensive list of R3SP resources visit: www.calguard.ca.gov/mh/sp/Pages/default.aspx

Or go to the portal at: <https://portal.ca.ngb.army.mil/sites/G1/Suicide%20Prevention/Forms/AllItems.aspx>

Points of Contacts for the R3SP Program are:

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DSN 43238,

nathan.lavy@us.army.mil.

Award Corner

Four individuals were given Meritorious Service Medals in May, they were:

MSM LTC Kurt Velte - 115th RSG

MSM MSG Hector Pantoja - 170th MP Det (CID)

MSM SGM James Denington - 40th CAB

MSM ISG Timothy Shields - 217th EOD



UCMJ: Article 15

Disciplinary Action

<u>Rank</u>	<u>Unit</u>	<u>Description of Charge</u>	<u>Result</u>
MAJ	CSLO	Misuse of govt. resources; built BBQ for personal use	GOMOR; repaid costs; forfeited BBQ
CPT	224 SB	Committed series of unacceptable acts; harassment, abuse, and intimidation of subordinates	Recommended separation from AGR Program
SFC	JFHQ	AWOL: Left drill without authorization or notification of COC.	ART 15, Reduced to SSG
SSG	JFHQ	AWOL: Left drill without authorization or notification of COC.	ART 15, reduction to SGT (Reduction to SPC suspended)
SSG	79 IBCT	Chronic AWOL; inappropriate relations with another SM's wife; possession of controlled substance.	Recommended separation from AGR Program
SSG	115 RSG	Sexually harassed a subordinate	ART 15; reduced to SGT
SGT	224 SB	Late for duty 3Xs	ART 15; reduced to SPC, forfeiture of \$500

When determining a punishment, commanders take into account a number of factors including the rank of the individual, the severity of violation, the service record of the individual, 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, the CA Military and Veterans Code and UCMJ, punishment pursuant to an Article 15 (known as non-judicial punishment (NJP)) can vary for similar mis-

conduct by ENL and OFF. A Soldier who receives NJP could be reduced up to two grades, have a fine imposed, be assigned to 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 NCO or ENL person's career. In fact, a Soldier who has been reduced through UCMJ can rehabilitate themselves and return to their previous rank. NJP only slows down the career advancement of a Soldier/NCO. Comparatively,

when an OFF 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 OFF is suitable for continued service. While NJP for OFF does not have the immediate impact of an ENL 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.

Wear of Overseas Service Bars and the GWOTSM

By 2LT Brock Young

The current AR 670-1 (3FEB2005), as well as updates and All Army Activities (ALARACTS) memos, have been published over the years regarding the areas and dates that qualify for the Overseas Service Bar.

These areas and operations include World War II, Korea, Vietnam, the Dominican Republic, Laos, Cambodia, Lebanon, Operation Earnest Will, Grenada, Operation Just Cause, Operation Desert Storm, El Salvador, Somalia, Operation Enduring Freedom, and Operation Iraqi Freedom. However therein lies the confusion; deliberate or not.

Service in Kosovo, regardless of the period or what a person's orders state the

mission was in support of, does not qualify for the wear of the Overseas Service Bar. Some think that because their orders state "ISO Operation Enduring Freedom," they are authorized; this is not the case.

Another point of confusion for many people is the Global War on Terrorism Service Medal (GWOTSM).

Most people who have deployed haven't given it a second thought since it was annotated on their DD 214.

However, there are many Soldiers who have served on ADOS/ADSW who assume that they have earned the award since they have been on orders for more than 30 consecutive/60 non-consecutive days. Again, this is not the case. First, you have to have

been on active duty in support of the GWOT. Second, as the approval authority, Battalion Commanders must determine that a Soldier serving on active duty has qualified for the GWOTSM and submit the appropriate documentation awarding the medal. Simply being on orders doesn't count, nor does simply graduating Advanced Individual training or Basic Officer Leadership Course.

This is why it's important to know the regulations when it comes to your uniform, or know where to find what "right" looks like. If you are not 100 percent sure you have earned it, it's always safer to err on the side of you haven't until you know for sure.

For more information, feel free to check www.hrc.army.mil/TAGD/Awards.

Chronicling 115th RSG, from beginning to end



By MAJ Annabelle Andrade

The 115th Regional Support Group had its beginning from two parent units from Sacramento: Company A, 1st Battalion of Engineers and Company I, 184th Infantry.

Co. A, the first was organized July 21, 1916. Within a week's time, this unit was mustered into federal service on the Mexican border. Also, during World War I, this unit participated in campaigns at Champagne-Marne, Meuse-Argonne, Lorraine and Champagne.

The other parent-unit, "I" was organized Nov. 14, 1928. During World War II, this unit served in the Aleutian Islands, Eastern Mandates, Bismarck Archipelago, Leyte, Luzon, Southern Philippines and Ryukyus. The unit received the Philippine Presidential Unit Citation for the period of Oct. 17, 1944 to July 4, 1945.

These two units were consolidated and relocated to Roseville, CA, as HHC, 115th Support Group on Jan. 29, 1968. The 115th Support Group was again reorganized from a general support group to an Area Support Group on Jan. 13, 1974. Effective Sept. 1, 2006, the 115th ASG began its transition to a Regional Support

Group.

COL Keith Tresh took command of the 115th RSG in February 2012. The RSG, with its subordinate units, totals more than 1,700 Soldiers and is a primary provider for sustainment to California Guard units.

The 115th RSG mission is to deploy and to provide contingency and expeditionary base support operations with responsibilities for managing facilities, garrison administration, logistical support, Soldier services and security of personnel and facilities of a base camp or forward operating base. When not deployed, the RSG provides military support of civilian authorities (MSCA) within the state, to include task force command and control of MSCA forces, and provides reception, staging and onward integration (RSOI) support of California Army National Guard forces mobilized in support of MSCA contingencies. The command also continues to perform substantial training exercises throughout the United States and in Europe, such as Rapid Trident in the Ukraine.

Four 115th RSG units were mobilized for Desert Shield/Desert Storm and served in South-

west Asia. Since Sept. 11, 2001, the 115th RSG supported the Global War on Terror by deploying multiple units, including itself, for Operation Enduring Freedom and Operation Iraqi Freedom. The RSG regularly responds to state and local emergencies using its unique capability to provide trained personnel and special equipment such as in Operation Lightening Strike the wildfire mission from June to September in 2008.

The 115th RSG recently welcomed home two units, the 749th CSSB and 297 ASMC from Operation New Dawn as some of the last units in Iraq. Just recently, the 115th RSG bid farewell to the 2668th Transportation Company as they deployed and is proactively preparing for the deployment of the 349th QM Company and the 1113th Transportation Company as they prepare for their deployment missions. The 115th RSG and its subordinate units stand always ready for the next mission!

Promotions

UNIT	NAME	GRADE	DOR
HHC 49TH MP BDE	VAZQUEZ ALEXANDRA	SSG	120503
JFHQ-CA (-)	RADLEY NOAH EDWARD	SSG	120514
118TH MAINT CO	GARCIA EDGAR EDUARDO	SGT	120506
HHC 79TH SPC TRPS BN	MONCADA CHRISTOPHER AGUIRRE	SGT	120502
CO A 1106TH TASMG	LOPEZ CARL	SFC	120507
CO A 1106TH TASMG	VILLAFAN MICHELLE VEGA	SSG	120502
CO A 1106TH TASMG	BATTLE JULIANA LYNETTE	SSG	120502
49TH HUMAN RESOURCE COMPANY	TRUJILLO DANIEL JOSEPH	SGT	120511
49TH HUMAN RESOURCE COMPANY	LOMELI JULIO CESAR BRICENO	SGT	120511
649TH MP CO CBT SPT FWD 3	BARRERA TIMOTHY DAVID	SSG	120503

Retirements

Uname	NAME	GRADE	DATE	Yrs of Svc
CO B 250TH MI BN	LEBLANC NICHOLAS INDIO	SGT	120504	27
1ST BN (MP) 223D REGT	NEVILLE ERIC BRIAN	SSG	120510	25
BTRY F 144TH FA	WILSON DONALD CHRISTOPHER	SGT	120513	25
40TH MP CO	BRANTHOVER JOHN CHARLES	SGT	120501	22
HQ & SPC TRP BN 224TH SB MAIN	NORFLEET GREGORY EUGENE	SSG	120501	28



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Always Ready, Always There

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

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FRG: Take advantage of military perks, deals

As Army National Guard Soldiers, you and your Family have access to many special programs.

The key is finding programs that fit your needs and lifestyle, and take advantage of these special entitlements.

Here are just a few new programs you might not be aware of:

This summer, the CNG Child and Youth Program is offering its first ever Teen Adventure Camp the weekend of June 26-28 at Camp San Luis Obispo for military teens, ages 14-18 to focus on team building and develop their leadership skills. This is a great opportunity for teens to meet other CNG kids, challenge themselves, and experience a weekend away in a fun, secure and supportive environ-

ment. Soldiers can also join in the fun by volunteering to serve as a chaperone for the weekend. Spots are limited to the first 100 registered youths.

For more information, contact Jerica Lovett at jerica.e.lovett.ctr@us.army.mil, or call 916-369-4326.

Summer is also a great time to prepare your child, or yourself, for future educational opportunities.

Through a program funded by the Department of Defense, donations from NFL athletes and in conjunction with Operation Military Kids other community resources, Soldiers or their dependents preparing for the SAT or ACT tests are eligible to receive a free SAT or ACT PowerPrep™ Program DVD (\$200 value). For more informa-

tion, visit

www.operationmilitarykids.org

Another great opportunity that is hot off the press for CNG Soldiers and Families is offered by the National Guard Multimedia Learning Center. Through this free program, which is similar to Netflix, you can access hundreds of audio books on topics ranging from wellness, finance, stress reduction, military interests, and more. Just visit:

www.ngb.3leafgroup.com

Register for an account, choose your audio books, and then enjoy them for two weeks. Then, simply return them in a postage paid envelope.

These are just some of the easy and free opportunities available to our CNG family.

Run Guardsmen, Run!



Photo by SMSGT David H. Lipp

National Guard members, along with other runners, sprint off the start line of the 35th Annual Lincoln National Guard Marathon in Lincoln, NB May 6, 2012. There were 216 Army and Air National Guard runners from 44 states and two territories running the event.

CAARNG winners: CW5 Brian Peterson, 1st place for his age division; and CW5 Artavia Edwards, 2nd place for her age division.

Plaques are awarded to the first five men and women in each division based upon chip time. Age divisions: 19 & under and five-year increments thereafter (i.e. 20-24, 25-29, etc).