

# GRIZZLY

2008

April

Vol. 3 No. 4

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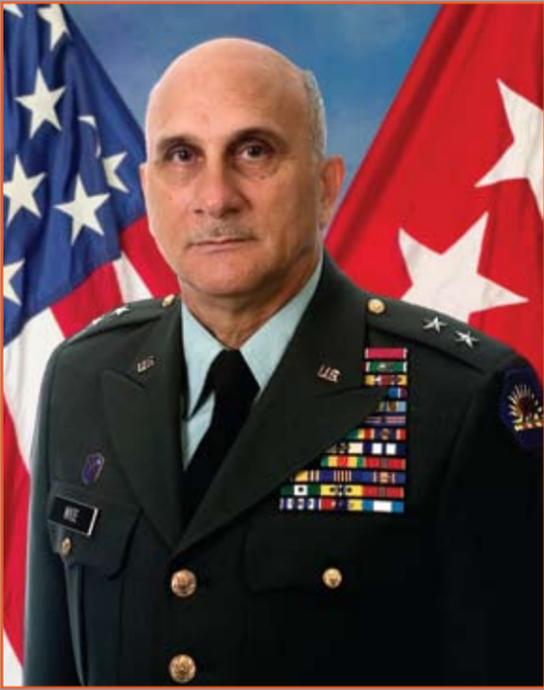


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► California National Guard Leader-



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# Grizzly

The Official Newsletter of the  
California National Guard

Vol 3. No.4

April 2008

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FROM THE EDITOR

SUBMISSIONS

The following months will be very busy for the California National Guard as we welcome home more than 1,000 Soldiers from one year deployments to Iraq. Additionally, we will bid farewell to more than 2,000 Soldiers and Airmen before the end of the year.

On a regular basis units train to maintain proficiency not only in their occupational specialty but weapons training, vehicle maintenance, physical fitness and countless tasks needed to be ready upon mobilization for a state or federal mission. Just as important is to keep all administrative data updated. From ensuring that marriage and birth certificates are correctly coded to setting up power of attorneys it is imperative that family members are also taken care of. If you have recently married or had a child or just need to do a simple mailing address change, review your records and update, update, update!

**Articles:**

- ★ 250 – 300 words for half a page, 600-800 words for full page article.
- ★ Include first and last names, and *verify spelling*
- ★ If there is a Public Affairs officer assigned to your unit ensure he/she reviews it.

**Photographs:**

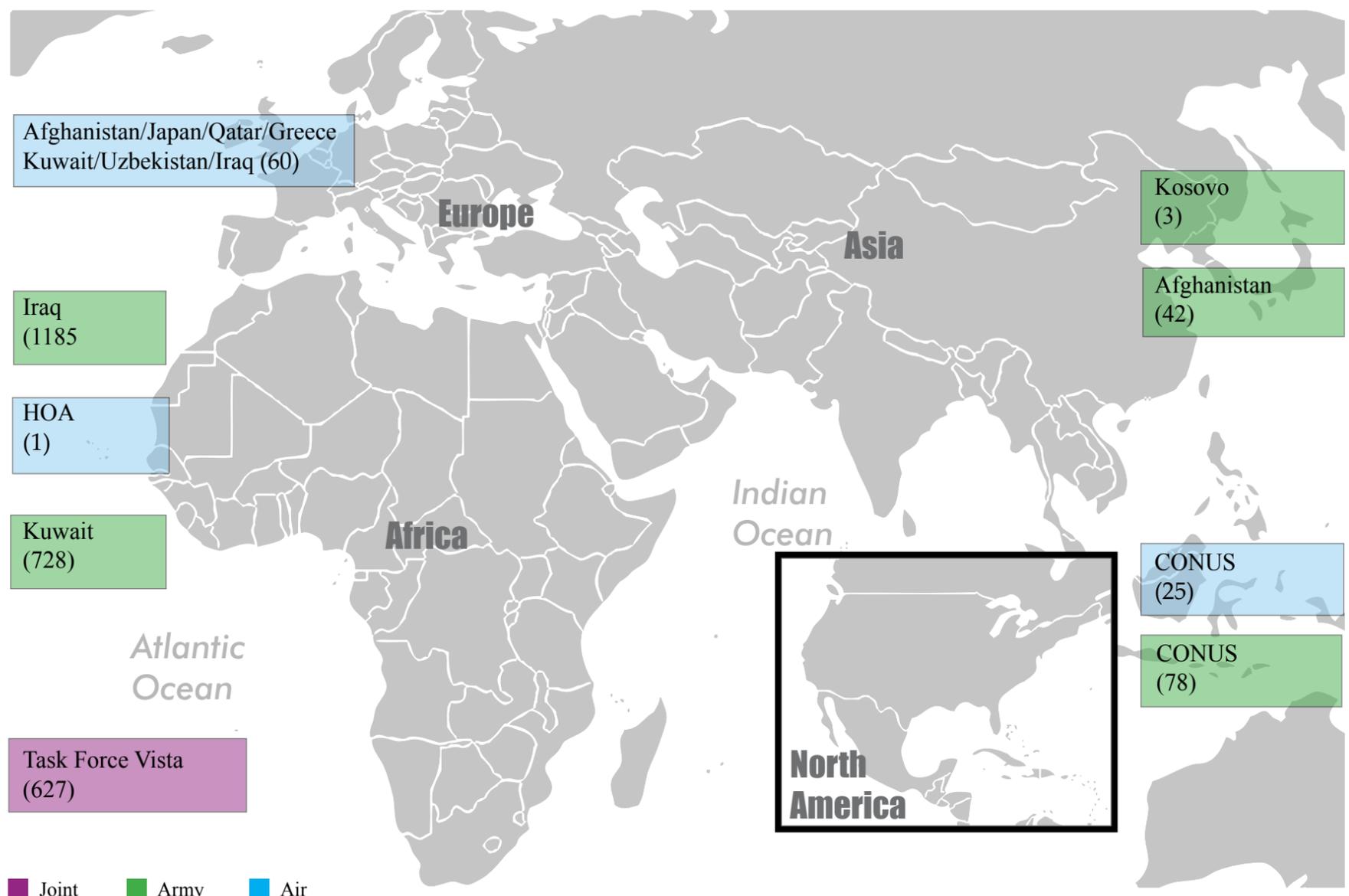
- ★ Highest resolution possible, minimum 300 dpi
- ★ Credits (who took photograph)
- ★ Cutline (what action is taking place in the photograph and identify individuals in photograph)

Email story submissions by the 15th of every month to:  
[mirtha.villarreal@us.army.mil](mailto:mirtha.villarreal@us.army.mil)

COVER PHOTO BY TECH. SGT. DAVID LOEFFLER

## Where We Are

### The California National Guard as of April 2008



# WATCHERS IN THE NIGHT

STORY AND PHOTO BY SPEC. ANDREA MERRITT

CAMP TAJI, Iraq - As a convoy security unit, the Soldiers of Battery A, 1st Battalion, 143rd Field Artillery, 1st Sustainment Brigade, are charged with safely escorting convoys from one point to another.

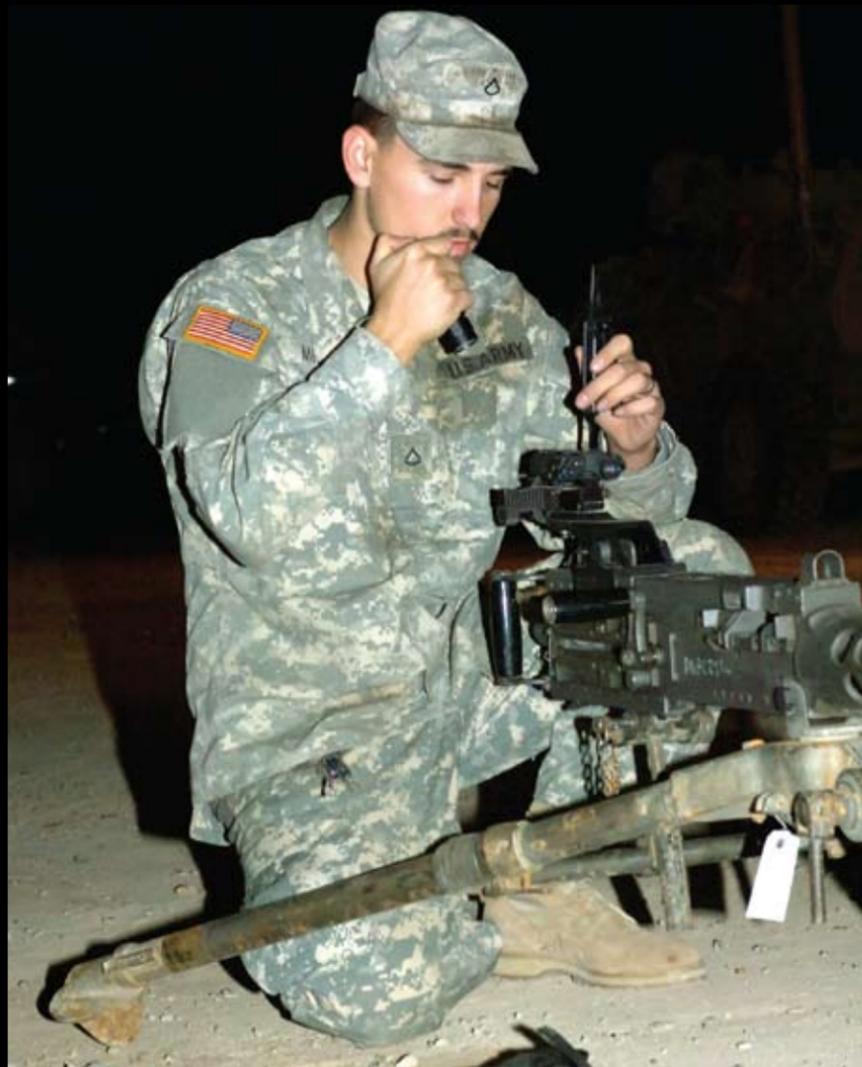
During convoys, they are their "brother's keeper." The Soldiers have to remain alert and ever vigilant as they travel down potentially unsafe roads.

"The number one thing that's important to me when working with any transportation company is that they have confidence in us," said Sgt. 1st Class Donald Fisher, a gun truck commander and the platoon leader for first platoon, Battery A, 1st Bn., 143rd FA, 1st SB.

The unit is attached to the 1103rd Combat Sustainment Support Battalion. Although there have been IED blasts and small arms fire incidents, the unit has had no serious injuries, said Fisher. Confidence is exactly what their transportation units have in them.

"Our gun trucks have been good at finding stuff and not getting us into bad situations," said Sgt. Derek Frey, an assistant mission commander for the 494th Transportation Company, 1103rd Combat Support Sustainment Battalion, 1st SB.

"We don't encounter a lot of engagements. Other people travel the same routes as us and a lot of them seem to have problems. We



attribute that to the way our vehicles are performing," Fisher said.

During the convoy, the vehicles have constant communication with each other. If at a halt, all eyes in the vehicles are watching for anything suspicious as the gunner in the hatch keeps his weapon at the ready and scans the sectors around him.

"If you look like you know what you are doing, nobody really wants to mess with you. Don't make yourself a target," Fisher added.

Although the possibility of an enemy attack is real, the Soldiers enjoy traveling. They get to see many different parts of the country and interact with some of the locals.

"Some of the missions we run, we do get to interact with the local population and they're really receptive," said Fisher. "If you treat them with respect and show them that Americans aren't bad, maybe their attitude will change and they will start working with us."

When passing through a town, the Soldiers are friendly and wave at the people they see. They believe in respecting all people, but their biggest concern is the safety of the convoy.

"Our battery commander calls my Soldiers the 'Wayward Home for Lost Boys' because they have different military occupational specialties and attitudes as well as a wide age range; but they are some of the smartest, most courteous and faithful Soldiers you will ever run into," Fisher said.

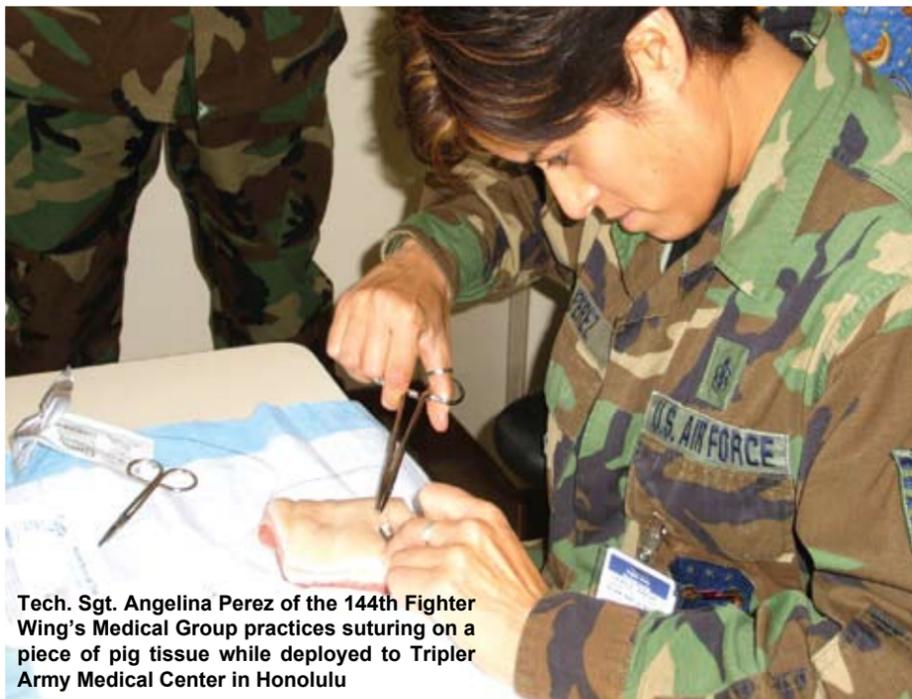
The transporters have to trust the gun truck company to choose the routes they will travel and what actions to take if an incident occurs. The gun truck commander has to constantly think ahead and trust his Soldiers to do their jobs.

"I can't see what a 20-year-old gunner is doing at the back of a convoy so I have to trust him enough to make the right decision at the right time," Fisher concluded.



**TOP**  
Pfc. Michael Mills, a gunner with Battery A, 1st Battalion, 143rd Field Artillery, 1st Sustainment Brigade, bore sights a .50 caliber machine gun before heading out on a mission. The unit provides convoy security for transportation assets as they deliver supplies across Multi-National Division-Baghdad.

**BOTTOM**  
Soldiers of Battery A, 1st Battalion, 143rd Field Artillery, which is attached to the 1103rd Combat Sustainment Support Battalion to serve as their convoy security, head out in their gun trucks to link up with a transportation company before going on a mission.



Tech. Sgt. Angelina Perez of the 144th Fighter Wing's Medical Group practices suturing on a piece of pig tissue while deployed to Tripler Army Medical Center in Honolulu

U.S. Navy Chaplain Lt. Cmdr. Bob Fuehrer, Makalapa Clinic Chaplain at Pearl Harbor, Master Sgt. Mark Stribling, Staff Sgt. Jacob Nole, Senior Airman Reggie Lamborn, Tech. Sgt. Angelina Perez, Senior Airman K. Phonsurin, and Staff Sgt. Mary Danell.



Staff Sgt. Mary Danell of the 144th Fighter Wing's Medical Group practices suturing on a piece of pig tissue while deployed to Tripler Army Medical Center in Honolulu



PHOTO BY SENIOR MASTER SGT. MICHELE A. FIELDS

## AIRMEN TRAIN AT ARMY HOSPITAL

STORY BY 1ST LT. THERESA M. CHRYSTAL

The 144th Fighter Wing's Medical Group recently conducted hands-on training alongside Soldiers while visiting Tripler Army Medical Center in Honolulu. Thirty-seven Airmen deployed from Fresno February 2 for their two-week clinical training.

Lieutenant Colonel Theodore Inouye, 144th FW Medical Group Commander, explained that the scope and depth of training possible at a major regional medical center such as Tripler greatly enhanced the unit's readiness for worldwide duty.

"The medical group completed most, if not all, of their mission essential training," Inouye said. "The deployment not only reinforced our training skills but was also a tremendous team builder and morale booster."

The clinicians worked side by side with their Army counterparts sharing experiences and practices, fa-

cilitating learning by both Soldiers and Airmen. During their visit to the Army hospital, the medical professionals trained with equipment and procedures they rarely have the opportunity to experience at homestation.

According to Senior Master Sgt. Michele Fields, 144th FW Health Systems Technician, the training and experience was very beneficial. "

Our members were able to sign off every one of their Readiness Skills Verification tasks that could not be provided at our base," she said. "The staff at Tripler was very accommodating and provided us with a great training experience."

The Tripler staff echoed the sentiment adding that Tripler is a premier training site and is critical for blue and green to train together. "It will be the medical troops who will be the first to go entirely purple," said Lt. Col. Steve Ferst, Tripler's Chief, Reserve Affairs. "It's impor-

tant for the readiness of the entire military medical department."

Ferst said that in today's battlefield it is even more important for each of the services to know the other's capabilities since they will be working side by side. "This joint training helps them get over their cultural differences," Ferst said.

According to the Medical Group's trip report, working out of an active duty Army hospital facilitated a better understanding of working in a joint environment. Medical personnel observed an open heart surgery, performed suturing on pig tissue, catheterized patients and trained in real-world emergency room operations.

Dental personnel also received valuable training where they performed operative dentistry and oral surgery on both military and civilian patients. They also exposed and recalled digital radiographs and input information

into advanced computer systems, which are critical in tracking wartime dental readiness.

The dental technicians had the rare opportunity to observe forensic dentistry at the Joint POW/MIA Accountable Command. This forensic lab is the only one in the world identifying the remains of Soldiers.

The lab and drug testing personnel toured Tripler's Urinalysis Drug Testing Lab which processes the testing for the Army, Navy, Air Force, and Air National Guard. The tour provided insight on the importance of proper processing and preparation of urine samples taken at the 144th FW.

During their time off, the clinic members were able to visit historic and cultural sites around the island including Pearl Harbor and the world-famous Waikiki beach.

# BRIGADIER GENERAL SCOTT W. JOHNSON



Brigadier General Scott W. Johnson surrounded by his proud family.

PHOTO BY PFC DARRIEL SWATTS

SACRAMENTO, Calif. – Major General William H. Wade II, The Adjutant General State Military Department, promoted Colonel Scott W. Johnson to the rank of brigadier general on Sunday, March 2, 2008.

Colonel Scott W. Johnson began-

his military career when he joined the Reserve Office Training Corps (ROTC), in 1974. He graduated from ROTC as a Distinguished Military Graduate in April, 1977, and was commissioned a 2nd Lieutenant thereafter and assigned as a Combat Engineer Platoon Leader in D Company, 1457th Engineer

Battalion, Utah Army National Guard. Subsequently he served in numerous leadership and staff positions at company, battalion, and brigade level, to include commanding the 132nd Engineer Battalion and Engineer Brigade 40th Infantry Division.

Johnson began his tenure as Deputy Commander 40th Infantry Division in November 2006. Previous to this he served on an active duty assignment, January 2004 through April 2006, as Chief of Staff 49th Combat Support Command and 100th Troop Command. During this period he provided leadership and support to Army National Guard soldiers and their families during numerous mobilizations and deployments of soldiers around the world. He commanded the Joint Task Force California, leading California Air and Army National Guard personnel in the State's response to Hurricane Katrina. He also led the Peace Shield 2005 and Rapid Trident 2007 exercises to Ukraine as the U.S. Co-

Director.

Johnson has Bachelor of Science and Masters Degrees. For 30 years his civilian work has been in fundraising and administration of non-profit organizations, to include executive positions with the Boy Scouts of America. He holds a Certified Fundraising Executive credential and has assisted numerous organizations with major fundraising campaigns and with general fundraising consulting. Presently, he is Vice-President of Bradley Associates Consultants, San Jose, California, a full-service fundraising consulting firm. He has been active in the community and has had significant involvement in Rotary Clubs, United Way, Boy Scouts of America, and in professional organizations. He is now serving a term as President for the Association of Fundraising Professionals, Silicon Valley Chapter. He is the father of five children and a grandfather of three.

## ENGINEERING AIRMEN TRAIN AT CAMP SLO

STORY BY LT. COL. JOHN COTTER AND STAFF SGT. MICHAEL J. BARDEN

The 144th Fighter Wing's Civil Engineering Squadron conducted their annual Field Training Exercise February 21-24 at the Army National Guard's Camp San Luis Obispo.

The squadron convoyed to the Army post to bivouac for four days but was weathered out on the final day due to the extreme high winds and rain that pelted the central California coast.

Before the storms hit, the engineers were able to set up a canton-

ment area with a secure perimeter, sleeping quarters and command and control facilities. They conducted training in vehicle and convoy operations and outside-the-wire operations.

The project officer, 1st Lt. Timothy Riley, said the exercise was a big success overall. "This exercise requirement gives us the hands-on training needed for our skills qualification," said Riley.

According to Riley, the training contributed significantly to the

readiness of the Civil Engineering Squadron to carry out their worldwide mission.

The exercise then tasked them to perform mission profiles similar to what they would experience in theater. "The Civil Engineer's Prime Beef (Base Emergency Engineering Force) mission is going to a bare base, which is nothing more than a landing strip and a water source, and build up a tent city to house individuals and to operate out of. We train like we fight, and fight like we train," said Lt. Col.

Gary Kellogg, commander of the 144th CES.

The exercise was conducted with additional support from the 144th Mission Support Flight personnel team as well as members of the 144th Communications Flight.

"Coming out to Camp San Luis gives us the environment to properly train in," said First Sgt. Donald Branscom. "We all look forward to this so we will be ready to deploy for a real world event."

PHOTO BY STAFF SGT. MICHAEL J. BARDEN



Master Sergeant Gerald Reynolds, a member of the 144th Civil Engineers Squadron, leads a small group of base defenders during an exercise while at Camp San Luis, California. These exercises are part of their required annual training to keep their combat skills current.

# CHARLIE 1-185TH SOLDIERS RETURN FROM BAGHDAD

LOS ALAMITOS, Calif. – More than 100 Soldiers from the 1st Battalion, 185th Infantry Regiment, Charlie Company returned Thursday, March 6, 2008 to the Joint Forces Training Base in Los Alamitos after a seven-month tour in Baghdad, Iraq.

During their deployment, the Soldiers fulfilled detainee-escort duties around Camp Slayer for the Central Criminal Court of Iraq, located in downtown Baghdad. In addition, the Soldiers conducted personnel security detachment missions, during which they escorted judges and high-level military officers throughout the city and took responsibility for juvenile detainees at the House of Wisdom.

Eight Soldiers received the Bronze Star Medal for their performance during the deployment, and more than 60 Soldiers received the Army Commendation Medal. Each of the Charlie Company Soldiers also received the Iraq Campaign Medal, the Global War on Terrorism Service Medal and the Armed Forces Reserve Medal with “M” device for their mobilization efforts. The company also received the Global War on Terrorism and the Iraqi Campaign streamers to add to their unit colors.



PHOTO BY SGT. 1<sup>ST</sup> CLASS MICHAEL SCOTT AND 2<sup>ND</sup> LT. (SMR) HEATHER HAGAN

# GOOD NIGHT

MAJ. STEVEN KEIHL, DIRECTOR OF MENTAL HEALTH



This past week I had an extra early morning appointment, which required me to get out of bed about 90 minutes earlier than usual. For some reason the universe had conspired against me and decided that the 90 minute loss of sleep was not enough. My baby girl had a rough night and woke me numerous times. Even my dog decided to get in on the act by waking me three times so he could go outside. Needless to say, when my alarm sounded in the morning, I didn't feel like leaping out of bed and singing songs. On the contrary, I felt horrible. And you guessed it; being so tired to start the day caused numerous challenges for me throughout my workday.

The bottom line is that we ALL need sleep. We need sleep to restore and rejuvenate ourselves. Research demonstrates that adequate sleep helps us with organization and recovery of memories, mood enhancement, improved nervous system function, a stronger immune system, and even balanced growth and development. Unfortunately, many people in our society maintain significant struggles with sleep... they struggle to get to sleep or remain asleep. Statistics suggest that more than 100 million Americans struggle with sleep problems or disorders! Wow!!!! This leads to what is known as sleep deprivation and can lead to many complications and problems. Problems such as poor decision-making or judgment, poor performance at school and work, impaired driving performance, increased incident rates of obesity, diabetes, high blood

pressure, and heart disease. Sleep deprivation can lead to impaired memory, poor coordination, anxiety, depression, and other emotional problems. Sleep is important. Sleep is critical to your physical and mental health!

Fortunately, most individuals can find relief from sleep struggles with simple lifestyle modifications and scheduling changes. While it is not possible to list every potential method of improving sleep, I can list a few tips on improving your sleep:

- Avoid chemical stimulants, especially following dinner. That trip to Starbucks at 8 PM or that late night smoke is pumping stimulants into your system. Stimulants keep us awake!
- PT earlier. If you exercise at 0500, this is not for you. I have a wonderful home gym complete with cardio machines, weights, and even a speed bag and heavy bag. Too often, I put off my PT until too late. The problem is that PM PT gets your body energized and will make it difficult to fall asleep.
- Keep a regular schedule... erratic and unpredictable bed times make it difficult for your body to get into a rest routine.
- Turn off the TV. Watching TV stimulates our brain activity and often our imagination. This is great in the evening time, but not right before bed.
- Modify your environment... learn to turn off your cell phone and computer. Be sure your

room is a comfortable place for you to rest. This may require a new pillow or even a new bed for some.

- Avoid heavy or sugar filled foods before bedtime. While a small, healthy snack may help a person sleep, a heavy or sugar snack can lead to indigestion or also multiple trips to the restroom overnight.

OK, those are some great tips. Maybe you have tried them all without success. If so, there are a few more tricks in my bag. Take time to relax prior to going to sleep. Recently I stumbled upon a meditation podcast designed specifically for sleep. It is a 15 minute program that helps an individual get still, relaxed and ready for bed. Relaxation techniques really do work. If this doesn't work, you may want to consider changing your bedtime. Sometimes a small adjustment helps relax the mind as well. If you feel like you have tried everything on your own and just can't find a way to get some decent sleep, it is time to visit your doctor and get some help. Don't be tricked into the over the counter sleep aids... that is a poor substitute and can cause additional problems. If you are having significant problems sleeping there may be medical conditions that require attention in order to solve your sleep dilemma. Don't let sleep deprivation pile up for long periods of time. Be healthy! Be balanced! Get some sleep!

## On The Border

The Mental Health Team recently visited our troops working the border in El Centro as a part of safety training. Thanks to Tech. Sgt. Hearn, we received a wonderful tour of the operation and connected with our many Soldiers and Airmen providing valuable services to our Border Patrol Operations. Our message for the Border Troops was simple: BE SAFE! Safety starts with being healthy. Safety continues by taking care of each other. Being a "battle buddy" really does work!

## Featured Mental Health Resource:

The VA hosts an extremely informative and helpful website addressing Posttraumatic Stress Disorder (PTSD) issues. The National Center for PTSD can be found at: [www.ncptsd.va.gov](http://www.ncptsd.va.gov). This website is loaded with information, resources, even assessment and screening instruments for our veterans and their families. If you are a veteran or a family member... check out this website!

## Contacting the Mental Health Task Force

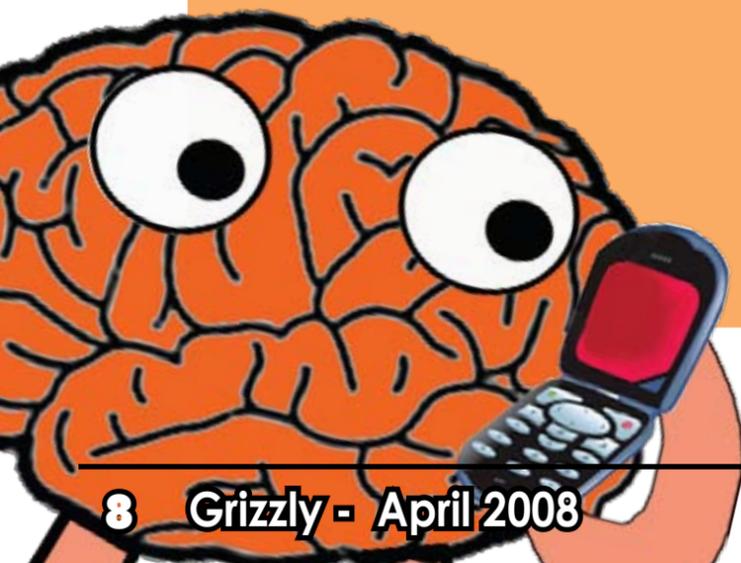
Office – 916-854-3019

DSN – 466-3019

Cell – 916-240-3477

Email – [mental.healthca@ng.army.mil](mailto:mental.healthca@ng.army.mil)

Website - <http://www.calguard.ca.gov/mhtf/Pages/default.aspx>



# FUTURE IRON CHEF HIDES OUT IN JAPAN

STORY AND PHOTO BY SGT. KARA M. GREENE

CAMP IWATE, Japan—Iron Chefs everywhere—watch out, there's a new award-winning cook stirring it up in the kitchen. Her kitchen just happens to be a tent in northern Japan for the next three weeks.

Sgt. Jethena Allen comes to Operation North Wind at Iwatesan Training Area, Japan, by way of the 1-18th Cavalry of Azusa, Calif.

Allen joined the active Army in 2003.

"I scored high on the ASVAB and my recruiter encouraged me to do something else," she said. "But if you have to wake up at 4 in the morning, I thought, you might as well do something you enjoy."

While she had a natural inclination toward cooking, the military helped her refine those talents. Allen had the military send her to a culinary arts school for eight months as vocational training.

In 2004 and 2005, Allen competed in military culinary arts competition as team lead and team captain, respectively. The competition starts at the post level at every active duty post. The best teams next compete at Fort Lee, Va. Allen's team won and was sent to Mannheim, Germany, along with 11 other Soldiers to represent the U.S. Army culinary art's team. She



was in charge of pastries. While the U.S. team didn't win, Allen earned first place with a platter of delicious desserts.

She leaned on her Hispanic traditions to create pastries which build on traditional desserts like arroz con leche, platano maduro topped with vanilla cream sauce and buuelos, which are tortillas made from scratch with caramel and cinnamon sugar and crepe suzette-Mexican style with mango and crème cheese filled red peppers.

She met Iron Chef's Cat Corra who helped her turn up in the heat in the kitchen at a civilian competition at University of Nevada, Las Vegas, in 2005.

Allen has catered meals for Gen David Petraeus at Fort Campbell, Ky., and for the secretaries of the White House. Her VIP guests made her feel nervous.

"I felt like my taste buds weren't good enough- it had to be perfect," said Allen. "I was second-guessing myself the whole time."

Unfortunately for this operation's participants, Allen has been forced to hang up her spatula during the mission. Her skills as a restaurant manager at El Torito in West Covina, Calif., are vital to the food services plans and operations.

The 22-year-old hopes to open her own restaurant one day, but last year, when she was released from active duty, she wasn't ready quite yet.

"I dyed my hair red and got extra long nails when I got out," said Allen. But she was drawn back to the military.

"My husband is in the California National Guard and we wanted to deal with our military obligation together," said Allen. Now, she is thinking about reenlisting.

"I like the family you build in the guard, the structure. Most of my friends are in the military," said Allen.

And if she continues to cook like she does now, friends won't be hard to come by for this future Iron Chef.

## MERITORIOUS UNIT COMMENDATION

STORY BY MASTER SGT. DANIEL HURTH

On January 6, 2008, Brig. Gen. Keith Jones presented the 1106th Aviation Classification and Repair Activity Depot (AVCRAD) with the Meritorious Unit Commendation (MUC) Award. Brig. Gen. Jones commended the unit for its many outstanding accomplishments during their historic combat deployment. Some of these accomplishments were the establishment and deployment of forward operating cells in Balad, Iraq and Bagram, Afghanistan; the establishment of aviation movement control teams in Ali Al Salem, Kuwait and Balad, Iraq; the development of Standard Army Retail Supply System, management of the theater's Class IX war reserve account; the creation of an Army Knowledge Online collaboration site for customers to track high priority parts. Additionally the AVCRAD planned and executed the first ever redeployment of an aviation brigade from

Afghanistan to Hawaii via aerial port of debarkation to a surface port of debarkation through the country of Qatar.

While deployed, the AVCRAD performed aviation depot activities from December 2004 through November 2005, in support of Operation Iraqi Freedom and Enduring Freedom. The unit planned, implemented and executed pioneering doctrinal changes for the Theater Aviation Maintenance Program in support of all aviation forces within the Central Forces Land Component Command (CFLCC) area of responsibility.

In closing, Brig. Gen. Jones expressed his sincere appreciation to the families, friends and support chains of our Service Members; without whom we would not be as successful.



Lt. Col. David Gereski and 1st Sgt. Carlos Fernandez fixing MUC and Global War on Terrorism Streamers

PHOTO BY SGT. JUSTIN YUEN

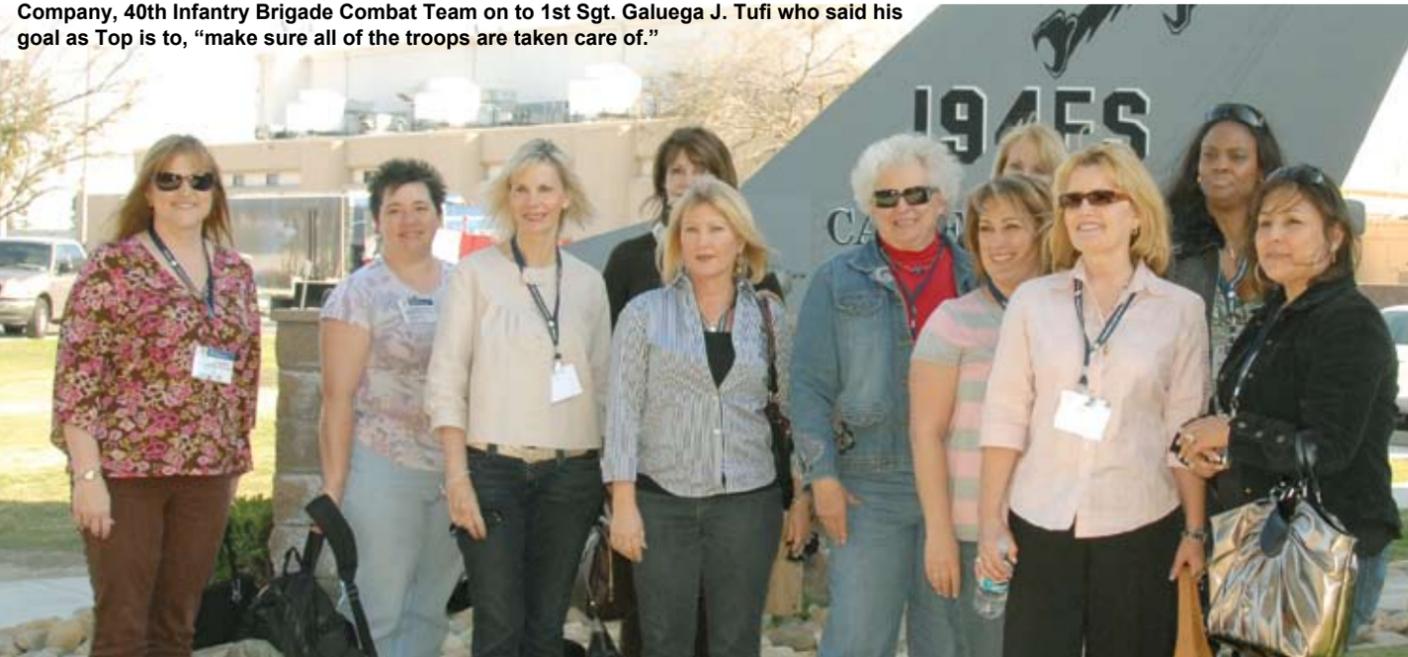
The 1106th Aviation Classification and Repair Activity Depot (AVCRAD) is one of four full-time operational depots of the Army National Guard (ARNG) nationwide, located in Fresno, California. Its mission is to provide year

round back-up aviation intermediate maintenance (AVIM) and limited depot maintenance for ARNG aviation units of the thirteen western states.



1st Sgt. Walter R. Claudemurray passes the guidon for the Headquarters and Headquarters Company, 40th Infantry Brigade Combat Team on to 1st Sgt. Galuega J. Tufi who said his goal as Top is to, "make sure all of the troops are taken care of."

Sgt. 1st Class Kevin Ward is thanked by General George W. Casey, Chief of Staff of the Army, for his work as a Casualty Assistance Officer.



The 144th Fighter Wing played host to a group of California Police Chiefs Wives as part of the 2008 California Police Chiefs Association Conference. The Ladies spent the afternoon touring the Air Guard Base. Attendees were able to train on the F-22 and F-16 flight simulators and then afterwards the fire arms training simulator.



Spec. Luis Ocampo, Company B, 40th Brigade Special Troops Battalion, paints a stand used to hold the fuselage of an unmanned aerial vehicle during a flight simulation exercise.



**TOP**  
Sgt. Omar Estrada and Spc. Andy Le, Company C, 40th Brigade Special Troops Battalion, use coordinates to shoot an azimuth during a land navigation exercise.

**BOTTOM**  
Sgt. 1st Class Christian Carpenter adjusting the night sight for the M240B before night qualification.





Spec. John Spragg, of 1-168t Aviation Support Battalion shows a young enthusiast the control panels of an OH-58 Kiowa during the Annual Capital Air Show at Mather.

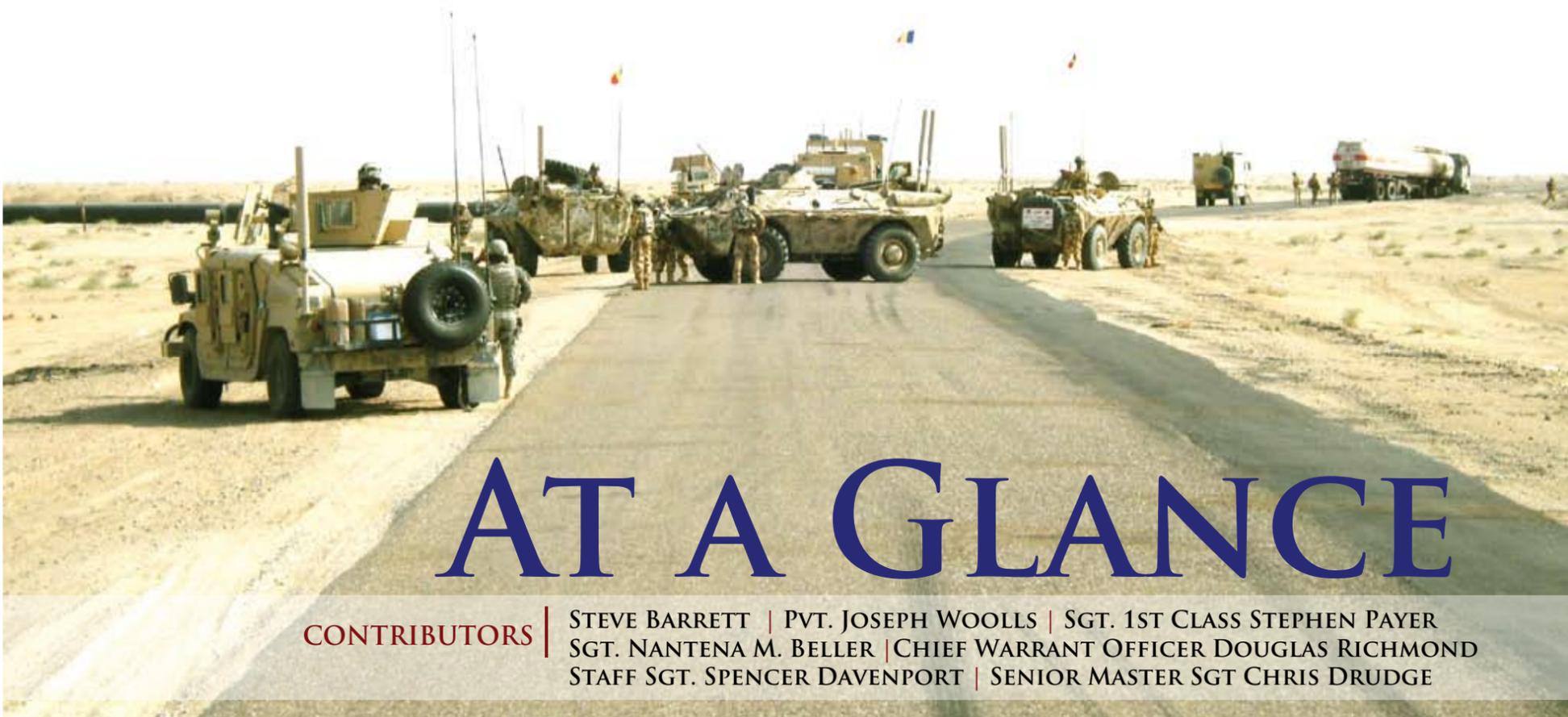


TOP

Sgt. Michael B. Azar, Headquarters and Headquarters Company, 40th Infantry Brigade Combat Team, performs a preventive maintenance check on an M928 five ton truck.

BOTTOM

1st Battalion, 160th Infantry Regiment D CO Soldiers securing the scene of a fuel tanker fire on ASR Aspen, Iraq



# AT A GLANCE

CONTRIBUTORS | STEVE BARRETT | PVT. JOSEPH WOOLLS | SGT. 1ST CLASS STEPHEN PAYER  
SGT. NANTENA M. BELLER | CHIEF WARRANT OFFICER DOUGLAS RICHMOND  
STAFF SGT. SPENCER DAVENPORT | SENIOR MASTER SGT CHRIS DRUDGE

Brig. Gen. Mary Kight greets members of the Japanese Exchange Program (JOEP.) The delegation visited various federal, state and local organizations throughout the state to learn how they cooperate during times of crises and state emergencies. The JOEP visit to JFHQ educated on key missions of the CANG and how they work with other federal, state and local agencies during state emergencies.



144th Fighter Wing was the recipients 2007 Dept of Defense Reserve Family Readiness. Pictures from left to right: Thomas Hall, Asst Secretary of Defense, Reserve Affairs, Col Ryan Orian, Laurie Rushie, 144FW Volunteer Coordinator, Barbara Draughon, 144th Wing Family Program Coordinator, Col Dennis Sarkisian, Vice Admiral Norb Ryan, (USNavy Retired) President Military Officers Association of America



# NIGERIAN AIR FORCE OFFICERS VISIT 129TH RESCUE WING

STORY BY CAPT. ALYSON TEETER AND STAFF SGT. JILL JAMGOCHIAN

MOFFETT FEDERAL AIRFIELD, Calif. – Airmen stationed here from the 129th Rescue Wing Maintenance Group put down their wrenches to help promote democracy and build relations with their Nigerian counterparts March 1-2, 2008.

“This visit marked the first engagement of its kind,” according to Capt. Clayton Smith, California National Guard International Affairs Specialist. It was the first ever unit-level exchange between Nigerian military personnel and California National Guardsmen.

The five-person Nigerian delegation arrived in the United States Feb. 27 for a six-day visit in California. During their stay, the officers briefed with maintenance personnel, toured maintenance and operations facilities, and even observed a squadron change-of-command ceremony.

“We are here as part of an aircraft maintenance familiarization workshop,” said Group Captain Son



PHOTO BY MASTER SGT. DAN KACIR

Igwe. “We came to understand how your logistics and maintenance operates. We’ve seen how information technology has aided aircraft maintenance, how you continue to improve, achieve perfection and consistency.”

The Nigerian Air Force benefited from the exchange due to their work

with C-130s in the Nigerian Air Force.

“Everybody here was happy to help and interested in providing answers,” said Capt. Mike Sampognero, 129th Maintenance Operations Flight commander. “The Nigerians were very interested in the integrated maintenance data systems,

our computerization of maintenance records.” The Nigerians hope to acquire the same type of system through their own government.

The exchange was part of a California State Partnership Program exchange between the California National Guard and Nigerian Air Force. According to the California National Guard Office of International Affairs’ Web site, the SPP brings the other partner country’s officers to the United States for information sharing to assist with its armed forces re-structuring, modernization, and strengthening principles of democracy and free market economies. The California National Guard is partnered with both Nigeria and Ukraine.

“I want to express our heartfelt gratitude to the American government and the commander of the 129th Rescue Wing for making the tour an enlightening one,” Igwe said. “We’re very grateful for this partnership program and hope it continues.”

## DRUG DEMAND REDUCTION RECEIVES RECOGNITION AT A STATE CAPITAL RECEPTION

STORY BY COUNTERDRUG TASK FORCE STAFF

Sacramento, CA – Recently during a reception at the State Capital, Dr. Jim Kooler, Administrator of The California Friday Night Live Partnership, presented an award to Capt. Jeffery C. Moore of the California National Guard’s Counterdrug Task Force (CNG CDTF) Team Drug Demand Reduction. The Award recognized the Drug Demand Reduction (DDR) Team as a “Super Star Ally” for providing support to alcohol and other drug prevention efforts across the state. In particular their leadership in expanding the vision for the Red Ribbon celebration (now the oldest and largest drug prevention program in the nation reaching millions of young people) to becoming part of a year round effort was acknowledged.

The California Friday Night Live (FNL) Program was developed in 1984. The program builds partnerships for positive and healthy youth development which engage youth as active leaders and recourses in their communities. America’s youth have tremendous energy. When they are given support from caring adults to address issues that the youth care about, marvelous change takes place. The CNG CDTF DDR Team sup-

ports Friday Night Live goals of drug prevention by providing events that focus on personal development and leadership skills. By providing these activities for both youth and adult staff, skills are developed or enhanced. Adults have been trained in Seven Habits of Highly Effective People®, time management and team building activities. Youth support has included orienteering, ROPES (Challenge Course), and personal leadership skills development. All events are designed to build resiliency of youth through increasing their capacity to take an active role in their communities to combat the effects of substance abuse.

“I’m extremely honored to have received this award on behalf of the Drug Demand Reduction Team” said Moore. “Last year alone, our team supported 477 events reaching nearly 50 thousand Californians, primarily youth, enabling them to be more resilient and drug free. Our members make a difference and our partnership with Friday Night Live makes a difference. Whenever, we can become allies to youth, we should as it teaches them life skills that they can then use to create their own future, Drug Free.”



Jim Kooler, Administrator of The California Friday Night Live Partnership, presents Capt. Jeffery C. Moore of the California National Guard’s Counterdrug Task Force Team Drug Demand Reduction an award for DDR’s support to alcohol and other drug prevention efforts across the state. The award ceremony took place during a reception at the State Capital.

# 146TH AIRLIFT WING DEDICATES NEW C-130J AIRCRAFT TO LOCAL COMMUNITIES

STORY BY CAPT. KIMBERLY HOLMAN

The 146th Airlift Wing of the California Air National Guard hosted an official aircraft dedication ceremony March 1. Present at the event were Congressman Elton Gallegly, California's Adjutant General, Maj. Gen. William H. Wade II and Maj. Gen. Dennis Lucas, Commander of the California Air National Guard, as well as senior civic leaders and elected officials from across Ventura County.

The wing dedicated its eight new J-model C-130s to individual cities in Ventura County to include Camarillo, Thousand Oaks, Fillmore, Simi Valley, Ventura, Oxnard, Santa Paula, Moorpark, and Port Hueneme. The name of the city is proudly displayed above the crew entrance door of the aircraft. Community leaders were presented plaques from the wing in appreciation of their commitment and support to the wing.

"These communities have been incredibly supportive of our troops and their families over the years, and this is our way of thanking them," said Vice Wing Commander Col. Marilyn Rios. "These new aircraft represent a culmination of a multi-year effort to modernize our unit's mission capabilities; and it's appropriate that we recognize our local communities for their continued support."

"The fact that the unit chose to acknowledge the local communities is significant not only for their steadfast support of the unit over many years, but also because of their involvement—politically and actively—seeking these Js to replace the aging E-models," said Major General Wade. "It's a significant event that shows how ingrained this unit is with the local community."

"This day has been a very long time coming, and to have the names above the doors of the aircraft is very gratifying to someone who has lived in Ventura County for 40 years," Congressman Gallegly commented.

"We've been looking forward to this day for many years, since we were first told we were getting the Js," said Maj. Gen. Lucas. "The 146th has always shown how important the community is, and today is a perfect example."

The C-130 Hercules aircraft are brand new off the Lockheed-Martin factory lines and boast the latest in aerospace technology.

The visitors, their families and media were offered a look inside the aircraft, and aircrew members were available to answer questions about the aircraft's capabilities.

"Receiving all of the C-130 J model aircraft is a real milestone for the California National Guard," said Maj. Gen. Wade. "It's just another example of how prepared our National Guard is in California. Our National Guard is always ready, always there."

The mission of the 146th Airlift Wing is to provide tactical airlift delivery of personnel, equipment and supplies to theater military commanders, and to provide humanitarian relief during emergencies and natural disasters in California, throughout the United States, and worldwide.

The 146th Airlift Wing at Channel Islands is one of four Guard and Reserve units in the nation equipped with the Modular Airborne Firefighting System (MAFFS) used in battling wildfires

throughout the country. In addition the unit has played an active role in the war on terrorism with aircraft and personnel deployed to the Middle East and around the

world. Several of the unit's members are also currently deployed on OPERATION JUMP START, in support of the U.S. Border Patrol in its efforts to secure out south-

PHOTO BY TECH. SGT. ALEX KOENIG



146th Airlift Wing Vice Wing Commander Col. Marilyn Rios hands plaque of appreciation to Congressman Elton Gallegly with California Adjutant General Maj. Gen. William H. Wade II, and Maj. Gen. Dennis Lucas, Commander of the California Air National Guard (left to right).



California Adjutant General Maj. Gen. William H. Wade II addresses attendees at the ceremony.



# WOMAN HISTORY

STORY BY IRYNA BEREZENKO

“History looks different when the contributions of women are included.” The adage recognizes how women have enriched American culture and strengthened the nation, and it served as the main theme of a Women’s conference held in March at the California National Guard’s Joint Force Headquarters.

In 1987, the National Women’s History Project petitioned Congress to expand the national celebration to the entire month of March. Congress approved, and each year programs and activities are held in schools, workplaces and communities in honor of women leaders.

The history of American women is an expansive story of outstanding individuals who sacrificed much and worked diligently in pursuit of a better world, one where peace, dignity and opportunity might reign. President Abraham Lincoln stated that a nation cannot long endure that fails to recognize its heroes, and in that spirit, we do well to remember some of the female heroes who played defining roles in U.S. history.

Historians tell us that it was Sacajawea who helped Meriwether Lewis and William Clark to complete their transcontinental journey, Lucretia Mot who wrote and spoke out against slavery and the lack of equal rights for women, and Elizabeth Blackwell who became the first U.S. woman to earn a medical degree.

While these women made striking contributions to U.S. history, the conference in Sacramento offered attendees an opportunity to meet California women – many of them veterans – who have contributed much toward American liberty.

Staff Sgt. Catalina Avalos – a National Guardsman for five years and mother of two – told how in joining the Army, she learned to succeed in a world mostly dominated by men, and she now serves as a good example for both genders. Her children, she said, are especially proud to have a mother who serves in uniform, and with her own story, she encourages women to do the same.

“Its women like you,” Avalos was recently told by another mother at her daughter’s daycare, “that allow women like us to have the opportunities we have today.”

Amber Chrystal, only 18 and a Joint Force Headquarters public affairs technician, has already accomplished much in her life.

A former member of the Future Business Leaders of Jonesboro, Ark., she also served as a member of VVOID – Valley View Opposing Irresponsible Decisions – with which she served as a mentor and coach to children. In addition, she attended the Teen Leadership Conference at Sacramento State University in August 2007, and volunteered for Brides Against Breast Cancer, a program which takes the proceeds from used wedding gowns to fight against breast cancer.

“Knowing that so many women donated expensive dresses – their prized possessions – and that the money goes directly to fight cancer,” said Chrystal, helped forge her idea of what it means to be a leader. Guiding others, she said, involves both strength and compassion.

“I want to be the next person that people emulate and look up to,” she said.

True to her words, Chrystal plans to take another step toward leadership by joining the Air National Guard this summer.

Maj. Connie Wong told those at the conference that leadership requires positive thinking. She carried with her a list of goals she wrote 11 years ago, and with positive thinking,



Guest speakers for the Joint Forces Headquarters’ Women’s History Celebration from left to right: Staff Sgt. Catalina Avalos, Maj. Gen. William H. Wade II, Miss Amber Chrystal, and Maj. Connie Wong.

PHOTO BY TECH. SGT. DAVID J. LOEFFLER

she said, she achieved the most important things on her list.

As to her dream of becoming a pilot, she now flies for the California Air National Guard. She also realized her dreams of owning a house and a car, but her most cherished goal was to be a mom, a desire which came to life when her daughter – now five years old – was born.

Wong concluded her speech with these words: “Please put up a positive thought for women; if each of us does that, imagine what women can do.”

The conference also featured female veterans of World War II, the Korean War and the Vietnam

War. These women served in the Women’s Army Corps, or WAC, the original women’s branch of the U.S. Army.

Created as the Women’s Army Auxiliary Corps in 1942, the WAC enlisted the first women other than nurses to serve with the Army. The WAC was disbanded in 1978, and ever since, women have served alongside men in full military status.

In observing these women and understanding the contributions they have made, it’s impossible not to think positively about the future contributions women will make to the U.S. military and society as a whole.



Brig. Gen. Mary Kight and Col. Charlotte Miller enjoy lunch with former Women’s Auxiliary Corps members.

# IRAQI TRAINERS

## LEARN RULES OF THE ROAD

STORY AND PHOTO BY SPC. ANDREA MERRIT

driving instruction, self-recovery lessons, off-road driving instruction, and they also learn how to conduct preventative maintenance checks and services on the vehicles.

"It's progressing better than expected. Several of these guys show a lot of promise. They will be great instructors," said Sgt. Brandon Monk, supply sergeant with 377th Transportation Company, 1103rd Combat Sustainment Service Support Battalion, 1st Sustainment Brigade, who is one of the instructors for the drivers training course.

Many of the U.S. Soldiers who are teaching the Iraqi instructors are truck drivers and mechanics who come from different units within the 1st SB.

"They're not only familiar with the vehicle from a maintenance standpoint, but an operational standpoint as well," Barclay added.

One of the biggest challenges that the Soldiers faced while teaching the course to the instructors was the language barrier.

"The language barrier has been difficult so far, but they're learning pretty well with the cooperation of the interpreters," said Cpl. Jeffery Schmeltz, a mechanic with Headquarters Battery, 1st Battalion, 143rd Field Artillery, 1st SB.

Although working past the language barrier has been an adjustment for everyone, the Iraqi instructors are doing well in the class.

"The (Iraqi) instructors have picked up on the classes pretty well, very quickly. Of course, the instructors that we have are already seasoned instructors. They have been teaching over at the basic training for a while. All they had to do was get the equipment specific information and run with it, which they're prepared to do," Barclay said.

"We've given them all the material and trained them up on the equipment. Now, we've turned it around and they're actually teaching the Coalition the class so that they can get practice at instructing the course," Barclay stated.

Once the instructors complete the course, they will be able to take their new-found knowledge to their troops. It will be one small step toward the bigger focus of making an independent Iraqi Army.



Cpl. Jeffery Schmeltz, a mechanic with, teaches Iraqi Army instructors the basics of operating a HMMWV with the help of an interpreter during the new drivers training course at the Iraqi Army Service Support Institute on Taji.

CAMP TAJI, Iraq – The Iraqi Army Service Support Institute on Taji is comparable to a U.S. Soldier's advanced individual training school, where Iraqi soldiers can learn their jobs to better serve their army.

The school offers thirty different service support courses that range from food service, maintenance and transportation to supply.

In addition to those courses, the institution recently added a drivers training program to their agenda.

During the class, U.S. Soldiers teach Iraqi instructors the basics of operating the HMMWV so they can teach the drivers training course to their own soldiers.

"It's like new equipment training. They need to get oriented with the vehicle so they get classes on the controls and indicators that are specific to the HMMWV," said Chief Warrant Officer Daniel Barclay, the officer in charge of the maintenance section at IASSI. "This is all tied in with the HMMWV fielding initia-

tive, in which we're going to be fielding several thousand HMMWVs to the Iraqi Army."

U.S. Army units are trading in their HMMWVs for the new mine-resistant, ambush-protected vehicles. The old HMMWVs are then given to Foreign Military Sales and sold to the Iraqi Army to help them increase their maneuverability.

While in the course, the Iraqi instructors receive basic driving instruction, roll over training, night-

# FOREIGN LANGUAGE PROFICIENCY PAY

## LANGUAGE OPPORTUNITIES IN THE CALIFORNIA ARMY NATIONAL GUARD

STORY BY LT. COL. DANIEL T. MONAGHAN

Foreign Language Proficiency Pay or (FLPP, pronounced flip) is a monthly bonus available to all soldiers who can demonstrate proficiency in a foreign language the Army considers essential to mission support. This cash bonus can be as much as \$1,000.00 a month for multiple language proficiencies.

The Army categorizes languages as Dominate and Non-Dominate. This distinction is akin to supply and demand; a Dominate language is one the Army needs but has a sufficient supply of proficiency in the force. A Non-Dominate language is one the Army needs but does not have a sufficient supply of proficiency in the force.

Any Soldier who can demonstrate proficiency in a Non-Dominate language regardless of rank or current assignment is eligible for the FLPP bonus. Dominate language proficiency will qualify for the FLPP bonus only if the Soldier is MOSQ'd in a language coded slot, these slots are available in both the 250th MI BN (BfSB) and the 223rd MI BN (Linguist).

Proficiency in a foreign language is demonstrated by the Soldier's individual performance on the Defense Language Proficiency Test (DLPT). The test measures the Soldier's proficiency in reading and listening. A Soldier must score a two in each category in order to be eligible for the incentive pay. Any Soldier in the California Army National Guard can be administered the DLPT.

The actual bonus amount a Soldier can receive is determined on a variable scale based the soldiers' level of proficiency and the specific language. A Soldier with multiple language proficiency can receive multiple bonus amounts up to \$1,000.00 a month.

The following languages are classified as Non-Dominant languages. Soldiers who demonstrate proficiency in any of these languages are eligible to receive from \$125.00 - \$400.00, dollars extra a month in FLPP bonus, regardless of Rank/Grade, MOS or current paragraph and line assignment:

- Languages eligible for up to a \$400.00 monthly bonus are: Arabic, Chinese, Hindi, Indonesian, Japanese, Korean, Persian Farsi, Persian Dari, Punjabi, Pushtu, Turkish, Tagalog, and Urdu.

- Languages eligible to receive up to \$300.00 in monthly bonus are: Azeri, Bengali, Cambodian, Hausa, Kazakh, Kurdish, Malay, Serbo-Croatian, Somali, Swahili, Thai, Uyghur, Uzbek, Vietnamese, Albanian, Kyrgyz, and Tajik.

- Languages eligible to receive up to a \$275.00 monthly bonus are: Amharic, Armenian, Chechen, Georgian, Haitian-Creole, Hebrew, Kikongo, Lingala, and Tigrinya.

Spanish, Russian, French, and Portuguese are classified as Dominant

languages. Soldiers who demonstrate proficiency in any of these languages are eligible to receive up to \$400.00 dollars extra a month in FLPP bonus, as long as he or she is in a language coded paragraph and line assignment and has completed DMOS training for that slot.

Soldiers who believe themselves to be proficient in any of the languages listed above and are interested in receiving the FLPP Bonus should contact their unit's respective Command Language Pro-

gram Manager (CLPM). If your unit does not have such a person, please contact Sgt. Cloyde Umali, CLPM for the 250th MI BN(BfSB), [cloyde.g.umali@us.army.mil](mailto:cloyde.g.umali@us.army.mil) or at 562-594-1859. The 223rd MI BN POC is Staff Sgt. Jonathon Milton, [jonathon.milton@us.army.mil](mailto:jonathon.milton@us.army.mil) or via telephone at 415-681-3794



PHOTO BY SPC. MICHAEL AMICY

1st Lt. Luis Cardenas and Sgt. Chris Ruiz meet local villager at a simulated exercise for the 223rd Military Intelligence Battalion.

### Title 10 Language Tour Opportunities with California Duty Locations

The Reach Language Support Program (RLSP) is the Document Exploitation (DOCEX) program of the National Ground Intelligence Center. The RLSP is currently seeking translation support in Arabic, Farsi and Chinese Mandarin languages. Duty locations are flexible and can be in Camp Parks, Los Alamitos or San Diego. Soldiers accepted to the program will have at least a Secret clearance, demonstrated language proficiency and will agree to maintain their M-Day position throughout the tour. If interested, please email Lt. Col. Monaghan at [Daniel.monaghan@us.army.mil](mailto:Daniel.monaghan@us.army.mil) for more information on the program.

### Opportunities to attend the Defense Language Institute

The Defense Language Institute or DLI located at the Presidio of Monterey has the mission to provide culturally based foreign language education to support the missions of the Department of Defense (DoD). A totally immersive program producing fluent proficiency in the languages important to the DoD. The California Army National Guard has many Military Intelligence (MI) positions requiring language proficiency. Any soldier interested in pursuing language training in the MI Career field can contact Sgt. Umali, Command Language Program Manager for the 250th MI BN (BfSB) [cloyde.g.umali@us.army.mil](mailto:cloyde.g.umali@us.army.mil) or via telephone at 562-584-1859. The 223rd MI BN point is Staff Sgt. Jonathon Milton, [jonathon.milton@us.army.mil](mailto:jonathon.milton@us.army.mil) or via telephone at 415-681-3794

To learn more about the DLI check their web page at [www.dliflc.edu](http://www.dliflc.edu)

# GREEN STORY

STORY BY SGT. KARA M. GREENE

SACRAMENTO, Calif. – The California National Guard (CNG) has been nominated for top Army and Department of Defense environmental honors for multiple projects at Camp San Luis Obispo (SLO) that integrate environmental management with military training.

The CNG was presented with the 2007 Environmental Security Award from the National Guard Bureau and the Department of the Army in the Natural Resources Conservation Small Installation Division.

For the CNG's efforts with the Dairy Creek erosion project, they were also recognized with the Governor's Environmental and Economic Leadership Award (GEELA).

The Dairy Creek erosion project, which stabilized and restored degraded was completed last year. Its control measures have decreased sediment delivery into our local streams, said Maj. Nicole Balliet, Camp SLO commander.

The Dairy Creek project improved the habitat for several species, including two endangered species: the Steelhead Trout and the California Red-Legged Frog.

"We're trying to be socially responsible here," said Michael Holder, of the CNG's Environmental Program's office. "If we fill up the waterway with dirt, there's no place for fish to live. Sediment will cover their eggs and their survival is threatened."

The 5,612-acre training area on the central coast has undergone several improvements with the help of the CNG's environmental office. The improvements benefit the CNG, the community and the environment.



**Before**

Gully formation eventually deposited sediment directly into Dairy Creek and later into the Morro Bay National Estuary. Dairy creek is habitat for two federally listed species; the southern steelhead trout and the California Red-legged frog.

PHOTO COURTESY OF CAMP SAN LUIS OBISPO

Developed to comply with regulations imposed by presidential executive order, the CNG's Directorate of Environmental Programs developed a management system to consider how operations affect the environment.

habitat for endangered species, the environmental office was able to substitute their INRMP so that Soldier's could use the installation to continue their missions.

"These projects have enhanced access to valuable training lands," said Balliet. "It's improved overall water quality within the watershed and the Morro Bay National Estuary."

Cattle grazing and crop leases have helped to reduce fire hazard and wildfire fuel loads and created open pasturelands, said Balliet. She hopes this collaborative effort will serve as a model for future projects throughout the National Guard.

"We recently completed the first of two workshops which are developing long term goals in sustainability that we will incorporate into the CNG strategic plan," said Moorman. "The goal is to protect our valuable resources and training lands which will allow the California National Guard to train for generation to come."

Water conservation and erosion and sediment control are critical, not only for the environment, but to ensure environmental concerns do not interrupt the troop's training at Camp SLO.

"We want to clean up the environment in the area that we can control," said Col. John Moorman, Director of Environmental Programs. "We also want to ensure Camp San Luis Obispo remains a training base for the California National Guard."

"We're proactive in our planning," said Moorman. The CNG has an Intergrated Natural Resources Management Plan that protects federally-listed species such as the red-legged frog, while allowing continued military training.

Because Camp San Luis Obispo's ecosystem is so fragile, seemingly small environmental issues can quickly become large impediments to training, said Holder. When the U.S. Fish and Wildlife Service proposed Camp SLO as a critical

"Our goal is a visible finish line," said Holder. "You have to have something to work your way toward. If you don't get there soon, that's fine, just keep working toward it."

The DoD award nominees are currently under consideration

**After**



In addition to gully repair several measures were employed along an existing unimproved road adjacent to Dairy Creek. Sections of the road were out sloped at a 3% slope. As a secondary measure rolling dips were placed at select locations with rock armored spill ways. Both measures act to move water off the road to prevent accelerated runoff from running down the road forming ripples and eventually gullies.

# APRIL IS SEXUAL ASSAULT AWARENESS MONTH (SAAM)



**MR. ROBERT MAY**

WORK: 916-854-3448 | CELL: 916-869-0787

If you have questions regarding this program or the required annual training, please contact the California State Sexual Assault Response Coordinator (SARC) at [ROBERT.MAY7@US.ARMY.MIL](mailto:ROBERT.MAY7@US.ARMY.MIL)

The 2008 DoD SAAM theme, "Prevent Sexual Assault: Ask! Act! Intervene!" focuses on the ability of every Servicemember to prevent sexual assault by taking an active role in looking out for the welfare of friends and co-workers. Go to: [www.sapr.mil](http://www.sapr.mil) for more information about SAAM activities and information.

The National Guard Bureau's Joint Force Sexual Assault Prevention and Response Program has developed a DVD titled, "Bystander Intervention Training" which has been sent to all the California National Guard's Brigades and Wings. If you haven't seen this informative DVD for your required annual training on Sexual Awareness, contact your Brigade or Wing SARC.

To find the closest Rape Crisis Center in California, go to: [www.calcasa.org](http://www.calcasa.org) and type in your zip code.

## What Constitutes Sexual Assault? The Department of Defense (DoD) Definition

Sexual assault is a crime punishable under the Uniform Code of Military Justice. It violates Military Core Values.

Sexual Assault is defined as intentional sexual contact, characterized by use of force, physical threat, or abuse of authority, or when the victim does not or cannot consent.

Sexual assault includes:

- Rape,
- Nonconsensual sodomy (oral or anal sex),
- Indecent assault (unwanted, inappropriate sexual contact or fondling), or
- Attempts to commit these acts.

Sexual assault can occur without regard to gender or spousal relationship or age of victim.

"Consent" shall not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a person uses force, threat of force, coercion, or when the victim is asleep, incapacitated, or unconscious.

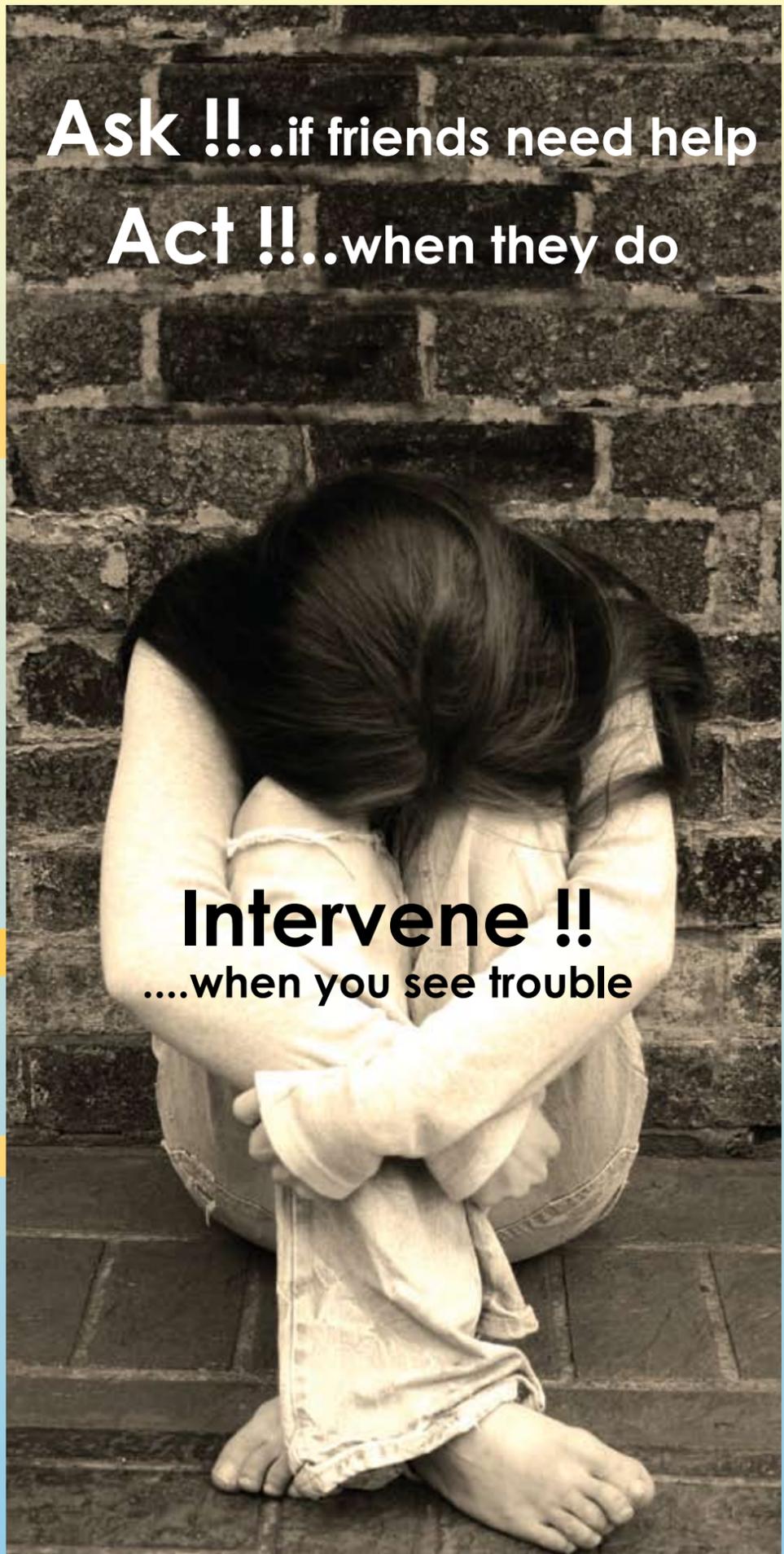
## Why Report your Assault

Sexual Assault survivors who do report often feel stronger knowing they are taking action to stop the assailant.

You acknowledge what happened to you was wrong, not your fault, and your report may help to prevent future assaults.

## Statistics

- 1 in 4 girls and 1 in 6 boys have been sexually assaulted by age 18 (Finkelhor, et al., 1990)
- 1 rape/sexual assault takes place every 53 minutes in California and every 2 minutes nationwide. (CA Attorney General Crime Clock, 2003)
- 1 in 6 women & 1 in 33 men will be sexually assaulted in their lifetime. (Rape, Abuse & Incest National Network-RAINN)
- Chances that a woman will develop post-traumatic stress disorder (PTSD) after being raped are between 50% and 95%. (Population Information Program, 1999)
- 17.7 million American women have been victims of attempted or completed rape. (RAINN)
- Over 75% of sexual assault victims know their perpetrator(s). (US Dept. of Justice, 2003)



**Ask !!..if friends need help  
Act !!..when they do**

**Intervene !!  
....when you see trouble**

## Tax Rebate Letters Coming

The Internal Revenue Service will send a special mailing to some recipients of Social Security and Veterans Affairs benefits in late March 2008. Those benefits are typically nontaxable and recipients do not have to file tax returns. Disabled veterans and others who do not normally file a tax return will have to file a federal return for 2007 in order to take advantage of the rebate checks that will be mailed later this year. For more information, visit the IRS' Economic Stimulus Payments Information Center at [www.irs.gov](http://www.irs.gov).

Starting in May, the Treasury will begin sending economic stimulus payments to more than 130 million households. To receive a payment, taxpayers must have a valid Social Security number, \$3,000 of income and file a 2007 federal tax return. IRS will take care of the rest. Eligible people will receive up to \$600 (\$1,200 for married couples), and parents will receive an additional \$300 for each eligible child younger than 17. Millions of retirees, disabled veterans and low-wage workers who usually are exempt from filing a tax return must do so this year in order to receive a stimulus payment.

## Free SAT-ACT Software for Military Families

For the second year, a group of NFL, NFL Europe, AFL and CFL football players have sponsored several million dollars worth of \$199 SAT and ACT test prep programs to every family in the U.S. Military (all branches-active or retired). Specifically, the sponsorship allows any military person (active or retired) to request as many programs as they need for the students in their lives. The Department of Defense has created a secure website to quickly confirm a person's military status. Personnel can access the confirmation and request pages through several military related associations and organizations, including: Military Home Front website at [www.militaryhomefront.dod.mil/](http://www.militaryhomefront.dod.mil/) for families, offers access to the forms to confirm military status and process the order. Programs ship to domestic U.S. addresses and APO addresses. The sponsorship covers the regular purchase price of \$199 and the family pays only the S&H. To learn more about the program and the NFL/CFL players who are providing this offer visit: [eknowledge.com](http://eknowledge.com).

## Website Provides Tax Assistance

The Military OneSource website offers assistance for filing taxes through the website's Military OneSource Tax Preparation Services. On the website, H&R Block offers free tax preparation and filing through TaxCut Basic Online for servicemembers and their families. The website has multiple links to assist servicemembers with their financial quests. Whether it's help with child care, personal finances or emotional support during deployments, Military OneSource provides resources for military personnel and their families 24 hours a day. The DoD provides this free service for all servicemembers and their families. For more information, contact the Military OneSource help center at 800-342-9647

## Commissaries Redesign Website

The Defense Commissary Agency's (DeCA's) new and improved website at [commissaries.com](http://commissaries.com) is a great way for commissary shoppers to discover their benefit and stay connected to what's happening in their commissary wherever they are stationed. The website includes a new section that promotes health and wellness and an "Ask the DeCA Dietitian" section where customers can exchange comments with the DeCA dietitian and other users. The website also lists what is on sale in the "Savings Aisle" under the "Shopping" tab. Customers can print a list of all items on sale at their local commissary and find Internet coupons on the "Links" page. The "Kay's Kitchen" section also provides lots of quick, easy and nutritional recipes.

## Group Helps Servicemembers Buy Homes

A nonprofit organization, the Military Housing Assistance Fund (MHAF), is offering a solution for our servicemembers who want to buy a home, but cannot afford the down payment or closing costs. Every dollar the MHAF receives is gifted to servicemembers to assist them in purchasing their own homes or to those serving in combat zones that are unable to make their monthly mortgage payments. For more information, visit the Military Housing Assistance Fund website at [www.militaryhousingassistancefund.org/](http://www.militaryhousingassistancefund.org/)

## Did you know?

### Your personal health issues may need to be checked BEFORE starting AT(Annual Training)?

Soldiers that exhibit signs of an obvious physical, psychiatric, or dental condition that is likely to interfere with or be aggravated by Annual Training (AT) is required to be evaluated by a military medical officer, to include the completion of a new Periodic Health Assessment (PHA) before being allowed to perform AT.

IAW AR 40-501, para 10-14, Soldiers must report any significant incident affecting their health to the unit commander or first sergeant at the earliest possible opportunity and in all cases, before initiating the next period of training. This includes any hospitalization, significant illness, or disease that occurs when not on duty. IAW para 10-15, it is the individual Soldier's responsibility to report any medical problems immediately to the chain of command and to comply with medical restrictions. Commanders will honor a private physician's recommendation until the Soldier is evaluated by a military provider. Any recommendation for restricted activity that has been made by a private physician will be reported in writing before performing any duty.

IAW AR 40-501, para 10-27.c, Commander's will certify in the remarks section of the unit's DA Form 1379, that physical screening of unit personnel took place before unit annual training. This statement will read: "I, the (Commander) of (Unit) performed a physical inspection of each Soldier present and attending annual training on (Date), prior to departing for unit annual training."

This screening will normally be done within 72 hours prior to departure for AT and will consist of: 1. Confirmation that a current(within 12 mos)PHA is on file for each Soldier scheduled to attend AT and 2. Physical observation for any outward signs of existing injury or disease, including bandages, splints, casts, use of crutches, braces, or other orthopedic devices.



photo Courtesy of 40<sup>th</sup> IBCT

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