

GRIZZLY

Official Newsmagazine of the California National Guard



2008

2009



The Cal Guard ushers in a new year

4

Commander's corner

Breaking barriers a tradition for Armed Forces

Major General William H. Wade II



January 2009 will indeed be a historic month when the United States of America swears in its first African-American president. As it should, this singularly significant moment is capturing the attention of not only the people of this country, but also the attention of nearly every person around the globe.

Arguably, the interest in the president-elect surrounds his ethnic background as it might affect civil rights, integration and equality across the social fabric of this one-of-a-kind democracy called the United States of America. In one of those ironic coincidences that give the pundits something to talk about, the first African-American president will be sworn in the same month that the first presidential elections of this country were held – Jan. 7, 1789 – ushering in the concept that everyone was created equal.

More importantly, a look back in time will show that January has been historically significant on the subjects of individual rights, equality and integration. On Jan. 1, 1863, Abraham Lincoln's Emancipation

Proclamation, which he signed on Sept. 22, 1862, became federal military policy, prompting Secretary of the Navy Gideon Welles to describe it as "a broad step ... a landmark in history".

The edict transformed the Civil War into a war of African-American liberation. On New Year's Day, "all persons held as slaves within any State ... then ... in rebellion against the United States" became "thenceforward, and forever free." On Jan. 31, 1865, the 13th amendment to the Constitution of the United States abolished slavery, because Lincoln was concerned that the Emancipation Proclamation would be seen as a temporary war measure, and many supported the amendment as a means to guarantee the permanent abolition of slavery.

In 1947, the President's Advisory Commission on Universal Training gave the president a report in which they concluded "nothing could be more tragic for the future attitude of our people, and for the unity of our nation, than a program in which our federal government forced our

young manhood to live for a period of time in an atmosphere which emphasized or bred class or racial difference (referring to the existing segregationist policies within the military)."

As a result, in January 1948, President Harry Truman decided to end segregation in the U.S. military through an executive order – an administrative action rather than legislative. In Executive Order 9981 (which wasn't implemented until July 26, 1948), the president stated, "It is hereby declared to be the policy of the president that there shall be equality of treatment and opportunity for all persons in the Armed Forces without regard to race, color, religion or national origin." This executive order also established the President's Committee on Equality of Treatment and Opportunity in the Armed Forces (called the Fahy Committee, named after its chairman, Charles Fahy – a former solicitor general).

On Jan. 6, 1949, the new Air Force proposed opening all jobs to blacks based on the needs of the service

and individual qualifications. The Navy, despite the best efforts of Naval Secretary Francis Matthews that "all personnel be enlisted or appointed, trained, advanced or promoted, assigned and administered without regard to race, color, religion, or national origin" lagged behind in integrating its force. And, on Jan. 16, 1950, The Fahy Committee informed President Truman that it had approved the Army's integration plan, and the Army issued its new integration policy in Special Regulation No. 600-629-1, officially integrating America's Army – decidedly ahead of civilian society and the rest of the nation – and setting the stage for the total integration of all the armed services of the United States.

So, as you watch the historic events of the presidential inauguration of the first African-American president on Jan. 20, 2009, take pride in being part of the first group of Americans to fully embrace integration and racial equality – the Armed Forces of the United States.



2009: The Year of the Noncommissioned Officer

Command Sergeant Major William Clark Jr.

The Noncommissioned Officer Corps began in 1775 when the Continental Army blended traditions from the British, French and Prussian armies into an American institution. It has been the backbone of the Army ever since.

In 1778, during a hard, long winter, Inspector General Friedrich Von Steuben standardized the NCO duties and responsibilities in his Regulations for the Order and Discipline of Troops of the United States. The development of a strong NCO Corps sustained the Conti-

mental Army during the American Revolution, and as the Army continued to grow through the 1800s, 1900s and into the 21st century, so did the NCO Corps.

During the past seven years of persistent conflict, the noncommissioned officer has assumed the roles of leader, trainer, role model and mentor. It is our NCOs who have ensured that our Soldiers – as well as our Airmen – remain professional in all aspects of their duties, while simultaneously fighting two conflicts. The NCOs are the stan-

dardbearers, Soldiers and Airmen willing to lead from the front.

Secretary of the Army Pete Geren at the 2008 Association of the United States Army announced that 2009 will be "the Year of the Noncommissioned Officer." Army Chief of Staff Gen. George W. Casey added that the Noncommissioned Officer Corps is what holds the Army together. I wholeheartedly agree, and moreover, believe the NCO is the foundation not only of the Army, but the Air Force, as well. That is why the theme of the

California National Guard for 2009 will also be "The Year of the Noncommissioned Officer."

Throughout the year, the Grizzly will tell the story of a California Army or Air National Guard NCO who exemplifies what it means to be a noncommissioned officer. As the senior NCO for the California National Guard, it is my privilege to dedicate 2009 to all our Soldiers and Airmen who serve as the foundation of a successful Cal Guard.

Grizzly

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Publisher

Maj. Gen. William H. Wade II
The Adjutant General

Director of Communications

Lt. Col. Jon R. Siepmann

Chief Command Information

Maj. Mirtha Villarreal

Editor

2nd Lt. Will Martin

Editorial Staff

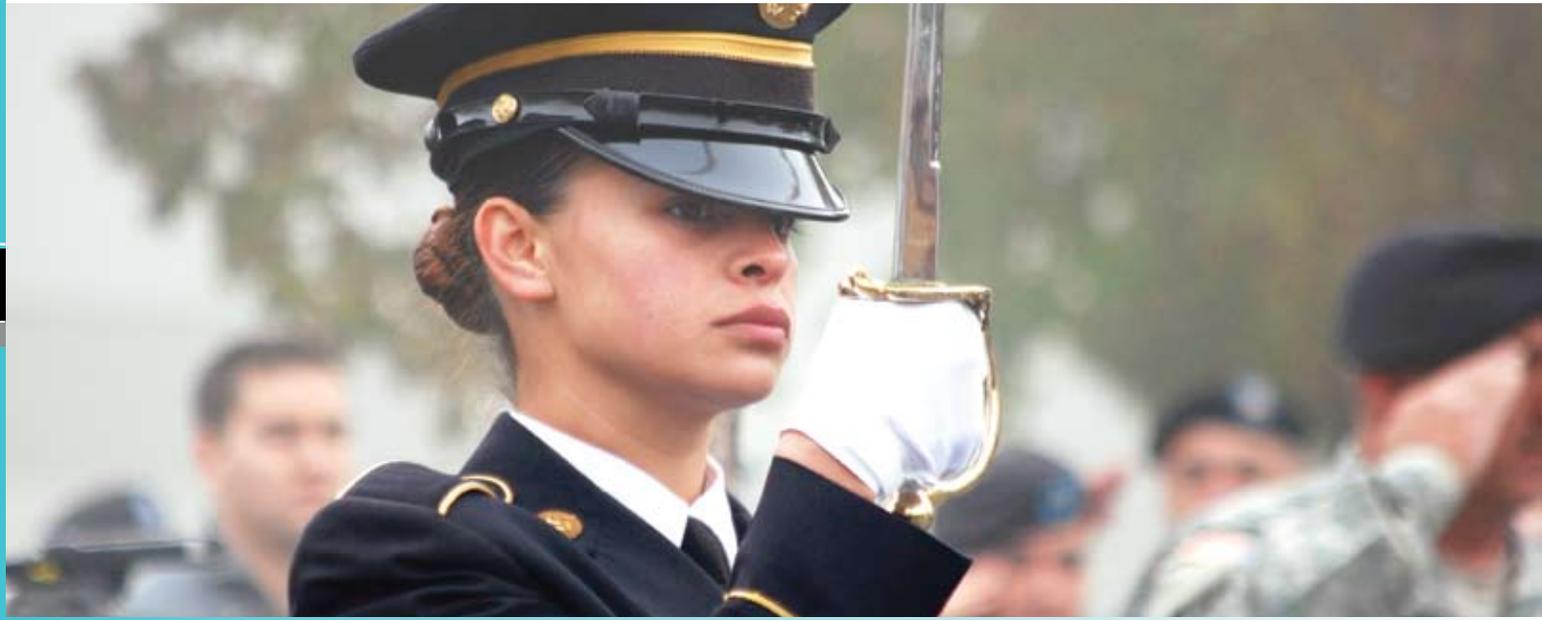
1st Lt. Theresa Chrystal
Jonathan Guibord

Photographers

Tech. Sgt. Joseph Prouse
Spc. Michael Amicy
Tech. Sgt. David Loeffler

Layout, Graphics, Photo Editing

Nida Chindalaksanalert



From the editor

The holiday season reminded us all that the National Guard is a historic force rooted in the communities it serves.

The National Guard celebrated a birthday in December, turning 372 (pictured above). The Cal Guard marked the milestone during a Dec. 12 ceremony at the state headquarters in Sacramento (**story, page 17**). The celebration was echoed across the nation - and the globe - as Guardsmen everywhere reflected on the beginnings of the Boston militias from which they were born. It was in 1636 that about 500 men from Massachusetts volunteered to defend their countrymen, becoming the nation's first Citizen Soldiers.

December also provided an opportunity for Cal Guardsmen to display their selflessness by participating in holiday outreach projects across the state. From Operation Christmas to community clothing drives, Soldiers and Airmen took special notice of the poor and oppressed during the Thanksgiving and December holidays.

In the same spirit, this month's Grizzly captures the benevolence of Air Guardsmen who performed humanitarian work aboard a naval vessel at sea (**story, page 13**), as well as California "PJs" who honed their skills at the nation's top search-and-rescue exercise (**story, page 12**).

May the selfless spirit that marks the holiday season and the history of the California National Guard increase among its members as a new year settles upon us.

Building bonds

California Army Guardsmen train alongside Indian allies in Hawaii.

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To the Rescue

The 129th's PJs take the lead at Angel Thunder exercise.

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Stress Factor

The Cal Guard offers some tips on dealing with the pressures of combat.

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Submissions

Articles:

- ★ 250 – 300 words for a half-page story, 600 - 800 words for a 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:

william.lee.martin@us.army.mil

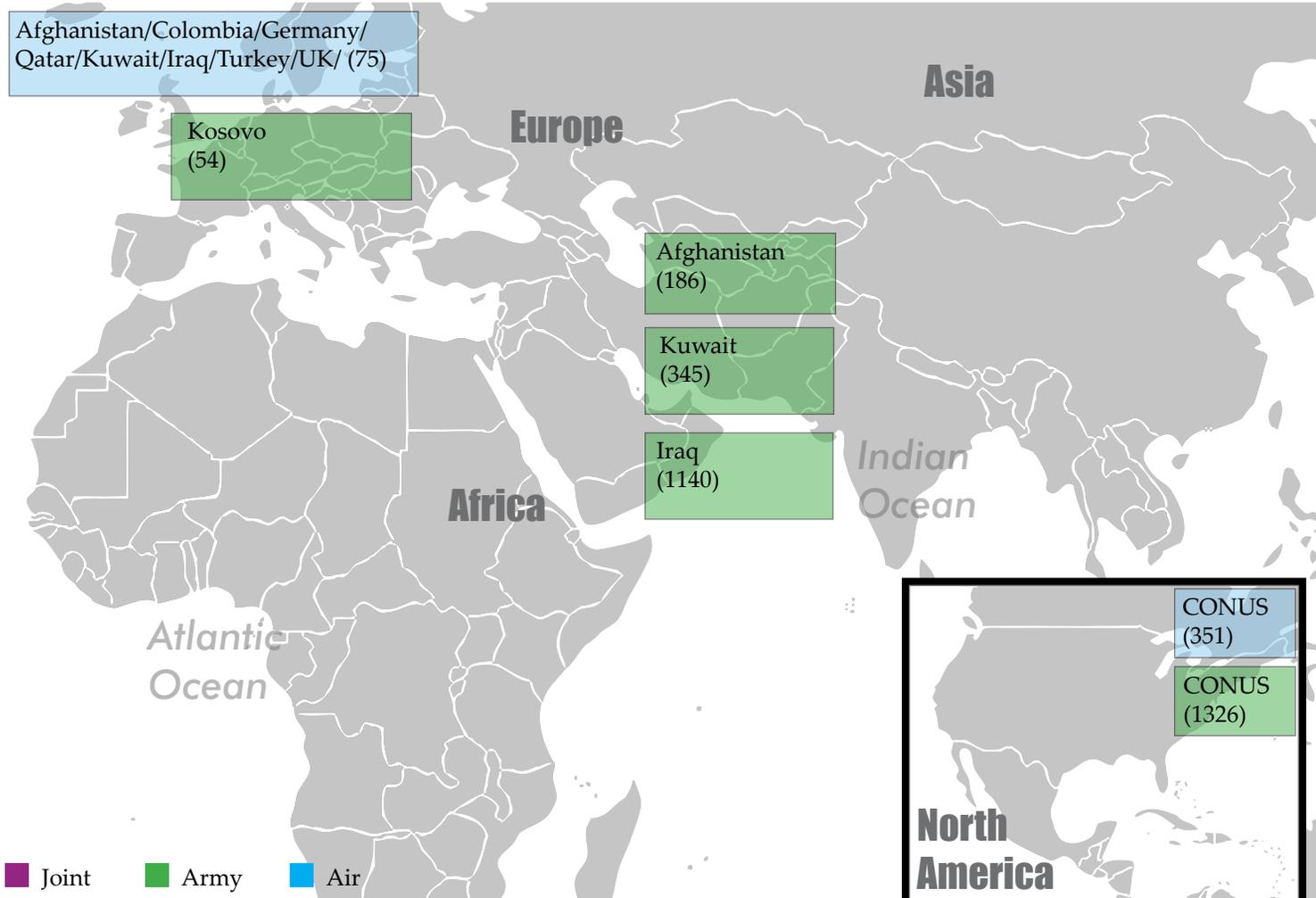
Cover Shot



Photo illustration by

Nida Chindalaksanalert

The California National Guard as of December 2008





January

Run-in-a-million Airman

In January, the Grizzly featured an Airman who battled body, mind and social stigmas to raise awareness about AIDS and HIV testing for black Americans by running from San Francisco to Los Angeles in 14 days.

Technical Sergeant Lejon Boudreaux, a California Air National Guard pararescueman from the 131st Rescue Squadron, covered about 26 miles – roughly the distance of a marathon – each day for two weeks. Through participation in “Run in a Million,” Bourdeaux helped publicize the AIDS epidemic as everyone’s problem. His goal was to encourage one million black Americans to be tested by June 27, 2009, which is National HIV Testing Day.

Counterdrug Guardsmen set standard

On Jan. 17, 2008, the President’s Office of National Drug Control Policy presented the California National Guard Counterdrug Task Force the Distinguished Service Award in recognition of Operation ALESIA, part of the National Marijuana Eradication Initiative, or NMEI.

During the Operation, the Guard Task Force joined the Shasta County Sheriff’s Office and a coalition of 18 federal, state and local agencies on a mission to remove existing marijuana and apprehend drug traffickers in Shasta County. The operation eradicated more marijuana in a three-week period than four other NMEI states accomplished during all of 2007.

February



Peak performance

On Feb. 13, Army Guardsman Maj. Kevin McMahan reached the Western Hemisphere’s highest point – Argentina’s 22,841-foot Mount Aconcagua. The climb was the second of what McMahan hopes will be seven, as he pursues each continent’s highest peak.

“It’s the same thing that would drive an endurance athlete to do an ultramarathon,” said McMahan, who works at the 40th Infantry Division’s headquarters in Los Alamitos. “It’s just the challenge.”

McMahan said Alaska’s Mount McKinley might be his next stop, but another team’s mission will come first: He deployed with the 40th ID to Kosovo this year, putting his mountaineering aspirations on hold.

“I’m in the Guard,” McMahan stated plainly when asked about his service, adding that while he doesn’t know how he’ll train while deployed, he still has an eye toward future climbs. “I’m looking forward to doing the four other peaks, but I don’t know about Everest.”

March

Networking with Nigeria

Airmen from the 129th Rescue Wing Maintenance Group put down their wrenches to help promote democracy and build relations with their Nigerian counterparts during an early March visit.

A five-person Nigerian delegation arrived in California for a week-long visit. During their stay, the officers interacted with personnel, toured maintenance and operations facilities and observed a squadron change-of-command ceremony.

“We are here as part of an aircraft maintenance familiarization workshop,” said Group Capt. Son 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 exchange was part of a California State Partnership Program, which brings Nigerian and Ukrainian officers to the United States to share information and assist their armed forces in restructuring, modernizing and strengthening the principles of democracy and free market economies.



146th launches new C-130s

On March 1, the 146th Airlift Wing dedicated its eight new J-model C-130s to individual cities in Ventura County. The C-130 Hercules aircraft were fresh off the Lockheed-Martin factory lines and boasted the latest in aerospace technology. Each aircraft bears the name of a city in Ventura County in recognition of the wing’s relationship with the surrounding communities.

“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.

“Receiving all of the C-130 J model aircraft is a real milestone for the California National Guard,” said Maj. Gen. William H. Wade II, adjutant general for the California National Guard. “It’s just another example of how prepared our National Guard is in California.”

GSAB heads to Afghanistan

About 80 Cal Guard Soldiers said goodbye to family and friends at a Feb. 24 farewell ceremony for the 1-126th General Support Aviation Battalion in Stockton. The Soldiers are performing combat and combat-support missions in support of Operation Enduring Freedom.

April

Operation Triangle

On April 29, members of the California National Guard's 9th Civil Support Team joined emergency responders from the L.A. Fire and Police departments, the Federal Bureau of Investigation and several other agencies at the Los Angeles Memorial Coliseum for Operation Triangle, a terrorist, mass-casualty exercise.

The coliseum, according to the scenario, was struck during a USC Trojans football game by a series of terrorist activities, to include the release of toxic substances into the arena's airspace.

Made up of Air and Army Guardsmen, the 9th CST, which specializes in responding to incidents involving weapons of mass destruction, spent the day navigating human suffering on a massive scale, as portrayed by USC student roleplayers.

LRSD and 1-143rd end OIF tours

More than 50 Soldiers of the 160th Long Range Surveillance Detachment celebrated their return from a 12-month combat tour in Iraq at an April 27 homecoming ceremony in Los Alamitos.

During their deployment, the Soldiers conducted security missions around Camp Slayer as Task Force Shield's Quick Reaction Force. They conducted presence patrols, search missions and civil military operations, while also supporting humanitarian care-package drops to the neighboring towns' local children.

Also returning in April were about 340 Soldiers from the 1-143rd Field Artillery Battalion, who made their way to several cities' airports throughout California after a nine-month deployment in support of Operation Iraqi Freedom. The remainder of the 820 Soldiers who deployed with the 1-143rd returned home throughout the year.

While in Iraq, the 1-143rd FA conducted a variety of missions, to include convoy security, detainee processing and operating checkpoints.

Smoking Guns deploy

Family members, friends and distinguished military members gathered April 6 at the Joint Forces Training Base, Los Alamitos, to say goodbye to the 40th Military Police "Smoking Guns."

The 175-member team departed for Iraq to support self-sustainment training for the Iraqi people.

"Every single one of you is going to make a difference in Iraq, from this private all the way to the company commander," said 40th Infantry Division Commander Maj. Gen. John S. Harrel. "The Iraqi people are ready and want to fight their own battles, they just have to be taught how to win."

May

Sidewinders come home

As the surge strategy continued to stabilize sectarian violence in Iraq, the men of the 1st Battalion, 160th Light Infantry, 40th Infantry Brigade Combat Team returned to California from their critical role in support of Operation Iraqi Freedom in May.

The battalion provided security escorts to convoys, and its Soldiers remained steadfast during their time in a combat zone. The majority of their missions were led by junior noncommissioned officers, which afforded them opportunities to make real-world decisions that in past conflicts were made by platoon sergeants and platoon leaders.

Building a cohesive war-fighting unit from the ground up proved challenging and rewarding. Most Soldiers did not know each other prior to mobilization; they were a mix of Soldiers from numerous military occupancy specializations from across the state.

June

Lightning strikes, the Guard strikes back

The annual fire season began for the Cal Guard in late June when Gov. Arnold Schwarzenegger called for air assistance in battling wildfires in Napa County. Numerous thunderstorms would soon cause more than 2,000 fires to break out across Northern and Central California, to which the Cal Guard responded by launching Operation Lightning Strike.

The fires would consume more than one million acres before being extinguished in early August. The Cal Guard's response included several waves of Army and Air Force aircraft that helped contain the fires by dropping more than four million gallons of retardant and water. On the ground, thousands of Cal Guardsmen worked the firelines alongside civilian emergency-response personnel, while servicemembers from California and several neighboring states performed supporting roles away from the flames. The California National Guard's Soldiers and Airmen also provided engineering and medical assistance in support of the mission.



Many happy returns

California Army National Guardsmen from the 1113th Transportation Company, the 19th Special Forces Group and the 223rd Military Intelligence Battalion returned from Middle East deployments as part of the Global War on Terrorism in June.

More than 30 223rd MI Soldiers returned to California following a nine-month deployment during which they worked all interrogation operations across Afghanistan. About 80 Special Forces Soldiers from the Cal Guard's Alpha Company, 5th Battalion, completed a yearlong combat tour in support of Operation Enduring Freedom. Lastly, more than 100 Soldiers from the 1113th returned from Kuwait, the host nation from which they executed 270 provision-transport missions in Iraq, covering 7.3 million miles of travel.

Border mission ends

The California National Guard's role in Operation Jump Start, the mission securing the Mexico-U.S. border, came to an end in June. The mission began in the summer of 2006 when about 6,000 Soldiers and Airmen from across the nation deployed to the four Southwest border states, 1,200 of those Guardsmen stationing in California.

Their mission was to support U.S. Customs and Border Protection personnel in their efforts to secure the nearly 2,000 miles that make up the U.S.-Mexico border and improve border infrastructure with roads, fences and drainage. By August 2006, more than 1,000 Cal Guardsmen were on active duty as part of the mission.



July

Back in Iraq

More than 300 Soldiers from the California Army National Guard's 1498th Transportation Company departed March Air Reserve Base July 22 for a yearlong deployment in Iraq. The company's Soldiers are presently conducting convoy security operations, and the deployment is the unit's second in support of Operation Iraqi Freedom.

September

Cobbs in command

Lieutenant Colonel Juanita E. Cobbs became the first Cal Guard officer to hold a permanent command of an element under direct responsibility of the Secretary of Defense when she assumed control of the Los Angeles Military Entrance Processing Station. The facility is the largest MEPS station in the nation and processes about 170 future servicemembers each day.

Calm amid the storms

Air National Guardsmen from the 129th Rescue Wing saved 34 people and 11 dogs in response to Hurricane Ike in mid-September. The Bay Area pilots and pararescuemen initially mobilized to Texas to confront the effects of Hurricane Gustav, but stayed on to rescue stranded residents as part of Task Force 129 after Ike struck the Galveston coast.

Simulator flies its last flight

The Cal Guard closed the doors on its historic UH-1 flight simulator during a Sept. 29 farewell ceremony on the Joint Forces Training Base in Los Alamitos. The simulator was dedicated on Sept. 3, 1992, and was utilized by both military and emergency-services pilots from California, Colorado, New Mexico, Arizona, Hawaii and the Kwajalein Islands.



August



Deploying compassion

Thirty-one members of the California Air National Guard's 163d Medical Group honed their skills while providing aid to more than 5,700 Guatemalans during a two-week Medical Readiness Training Exercise. The MEDRETE mission was conducted among Guatemala's most impoverished communities and often drew more than 500 patients in a given day.

Historic deployment

The California Army National Guard conducted its largest unit deployment since the Korean War in August. Close to 900 Soldiers from the 1st Battalion, 185th Armor said farewell at an August 21 ceremony in San Bernardino. The year-long deployment is the unit's second to Iraq, during which it's Soldiers are conducting convoy-security missions.

October

"Dust off" unit departs

Cal Guardsmen from Charlie Company, 1-168th General Support Aviation Battalion departed in mid-October for a yearlong medevac mission to Afghanistan. The "dust off" Soldiers of the 1-168th had stayed active throughout the year by conducting search and rescue, firefighting and relief missions across the Western United States. More than 70 Soldiers deployed with the unit in support of Operation Enduring Freedom.



November



Vigilant Guard '09

In mid-November, California National Guardsmen participated in Vigilant Guard '09, a weeklong disaster-preparedness exercise, as part of Golden Guardian, a larger statewide training event. The exercise included the largest earthquake drill in U.S. history, as Cal Guard Soldiers and Airmen worked alongside about 5,000 emergency-response professionals from more than 100 different civilian agencies in response to a notional 7.8-magnitude earthquake along the San Andreas fault.

Brigadier General Currier

Colonel Donald J. Currier, commander of the 49th Military Police Brigade in Fairfield, was promoted to brigadier general during a Nov. 21 ceremony in Sacramento. During his 32 years of service, Brig. Gen. Currier has served during Operation Desert Storm, the L.A. riots, and most recently, Operation Iraqi Freedom, where he earned the Bronze Star Medal and Combat Action Badge.



December



KFOR 11

More than 1,100 Cal Guard Soldiers began mobilizing for peacekeeping operations in Kosovo in December. The 40th Infantry Division and subordinate elements from across the state will lead and command Task Force Falcon as part of the NATO-led Kosovo Force. The mission marks the second time in four years that the 40th ID has commanded Task Force Falcon in Kosovo. U.S. Armed Forces have been part of the NATO peacekeeping forces since 1999.



Happy 372nd!!

The National Guard turned 372 years old on Dec. 13. Guardsmen in California and across the world marked the birthday with celebrations, to include a ceremony at the Cal Guard's Joint Force Headquarters in Sacramento (see story, page 17).



Soldiers from the Army Reserve's 9th Military Support Command, the California Army National Guard's 40th Infantry Brigade Combat Team and the Indian Army's 49th Brigade stand at attention awaiting the entrance of the Deputy Commander of the U.S. Army Reserve's U.S. Command Pacific Brig. Gen. John Y. H. Ma and Brig. Gen. Nareej Bali of the Indian Army's 49th Brigade during the opening ceremony of the joint-force exercise Yudh Abhyas on Oct. 24 in Hawaii.

Cal Guardsmen train, bond with Indian forces

Story and photos by Pfc. Nevada J. Smith
Special to the Grizzly

HONOLULU — More than a vacation hotspot, the islands of Hawaii might be helping the California Army National Guard further democracy.

Soldiers from the California Army National Guard's 40th Infantry Brigade Combat Team and the Army Reserve's 9th Mission Support Command joined the Indian Army's 49th Infantry Brigade in Exercise Yudh Abhyas, a United Nations Peace Support Operations exercise.

Yudh Abhyas, which translates from Hindi as "Warrior Training", is a mock U.N. peacekeeping mission and was held from Oct. 22 to Nov. 6 in Hawaii. It's the first exercise of its type to be conducted by National Guard and Reserve components at the brigade level.

"We are always looking for a friend or ally to work with us," said Brig. Gen. John Y. H. Ma, the deputy commander for the Army Reserve, U.S. Army Pacific. "That is why this exercise, where we have an opportunity to work with the Indian Army, is very important."

The Soldiers from both nations worked in a combined brigade and spent their first few days in Hawaii in several classes learning the U.N. methods of peacekeeping.

"We are here to learn from one another, to learn each other's tactics, techniques and procedures," said Ma. "This allows us to work together in a real world mission with minimum difficulty."

The exercise started with an opening ceremony Oct. 24, during which the commanding general for the Indian forces remarked on the benefits of training alongside U.S. forces.

"Each member of my 36-strong contingent is delighted to be on the side of a

nation that we, in India, universally admire," said Brig. Gen. Neeraj Bali, exercise officer in charge of the Indian Army contingent. He further stated that the Indian troops felt privileged to work with American forces, and that the U.S. work ethic had earned the respect of Indian soldiers while in Hawaii.

Just four days into the exercise, the combined brigade spent the day conducting some unorthodox training, a day of sports competition. The soldiers assembled in a gym at Fort Shafter Flatts, Hawaii, where they played volleyball and basketball.

The 40th IBCT Brigade Commander Col. David S. Baldwin said holding a sports day is important to the two nations: "This is the first opportunity we have had to form together as teams and to get to know each other and build bonds."

"This exercise has been an outstanding tool in bringing our cultures together and furthering our understanding of the similarities between our two armies," said Baldwin. "It is a great vehicle in preparing us in the event that we do have an opportunity to deploy and work together as a combined organization. This exercise will have well prepared us for that."

Soldiers from both the U.S. and Indian armies said winning was not a central concern, and proved it by building the teams with players from both nations.

"What we are doing here is a prime example of how far and how deep that friendship has grown in the past few days," Bali said.

By the end of October, the combined brigade was in full swing with the exercise and was work-

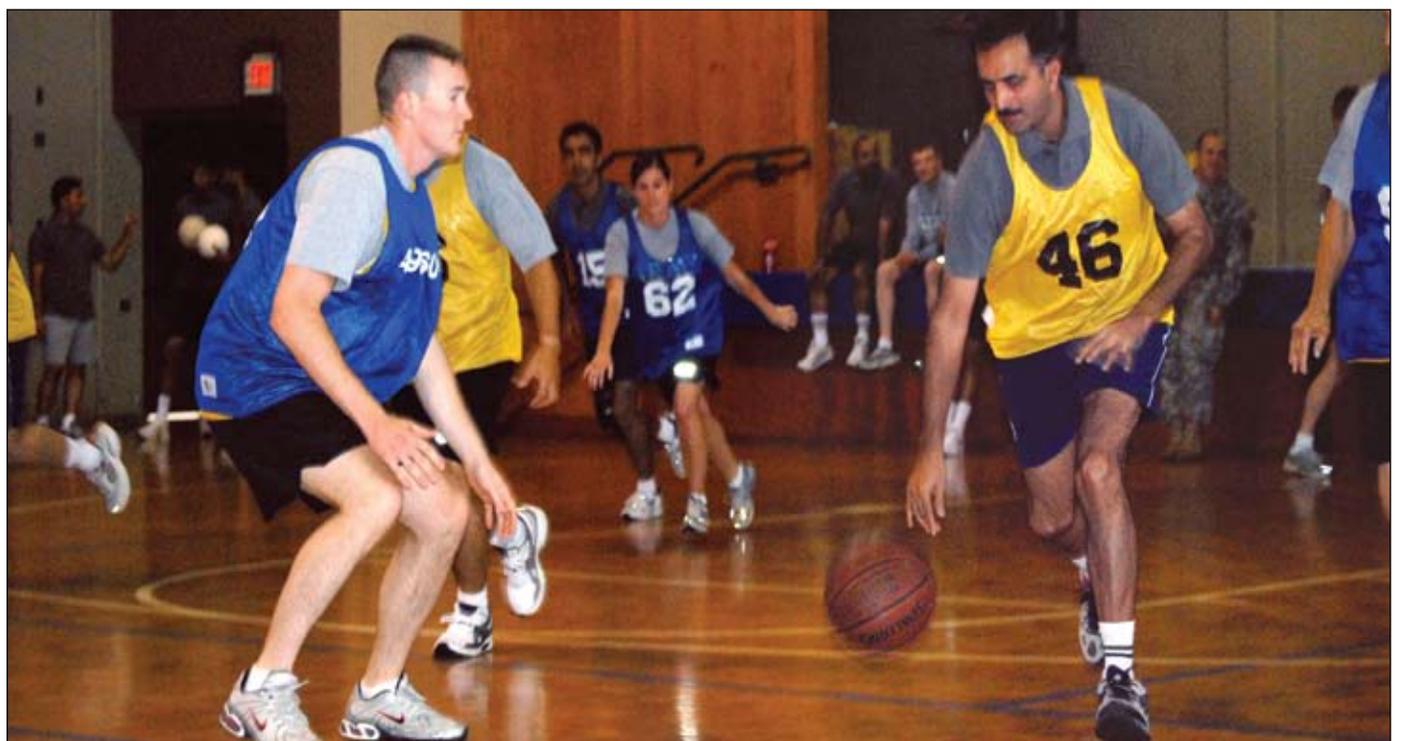
ing to liberate the fictitious country of Mojave, a previously unknown island in the Pacific.

"We share a common goal in bringing democracy to the oppressed," said India's Lt. Gen. J.P. Singh, while addressing the troops during a mock press conference.

Toward the end of the exercise, the combined troops took some personal time to visit the Arizona memorial at Pearl Harbor.

"It was a very solemn place," said India's Lt. Col. Sartaj Dhillon. "It was a very touching experience to stand where so many good men sacrificed so much."

The soldiers wrapped up the exercise with a closing ceremony that signified the end of the mission, but the beginning of a new friendship.



Soldiers from the Army Reserve, the California Army National Guard and the Indian Army go all out in a basketball game in a sports day at the Yudh Abhyas exercise.

Eagle Vision flies to the Rockies

Air Guard imagery system wows NorthCom leadership

By Lt. Col. Douglas Hire

Eagle Vision 3, California's newest mission and the only deployable commercial imagery ground station in California, spent Veterans Day deployed next to the Northern Command headquarters at Peterson Air Force Base, Colo., preparing for a demonstration of their satellite imagery capabilities.

At the invitation of Gen. C. Robert Kehler, commander of the Air Force Space Command at Peterson, the EV team - comprised of 10 California Air Guardsmen from the 147th Combat Communications Squadron in San Diego, an intelligence analyst and Airmen from Hawaii and South Carolina - packed their equipment in sunny Southern California and headed for the snow-capped Rocky Mountains at the base of Pikes Peak.

The team arrived at Peterson on Nov. 8, 2008, and immediately began preparations to showcase their wares over the coming week. The demonstration coincided with Space Command's Air Reserve Component Focus Days, a senior leaders conference designed to set priorities in facing the challenges in space for the years ahead.

Personnel attending the conference, as well as those stationed at NORTHCOM and AFSPC familiarized themselves with Eagle Vision's deployment capabilities and asked questions of the EV staff. Major General Dennis Lucas, commander, California Air National Guard, and Col. Steve Beck, commander, 162nd Communications Group, were both on hand for the open house demonstration.

James "Snake" Clark is Eagle Vision's creator and the director of Intelligence, Surveillance and Reconnaissance Innovations and Unmanned Aerial Systems Task Force, Deputy Chief of Staff, Intelligence, Surveillance and Reconnaissance for Headquarters Air Force, who maintains EV equipment within four Air National Guard units and one active-duty unit under the direction of Jerry Brooks. He and his staff have provided planning and mission support to combat operations since 1994, including, most recently, operations Allied Force, Enduring Freedom and Iraqi Freedom, as well as disaster-relief support during Hurricane Katrina and the Pacific tsunami in 2005.

Unlike classified national assets, Eagle Vision's commercial imagery is unclassified, making it releasable to allies, coalition partners, emergency first responders and non-DOD disaster response agencies.



Above: The California Air National Guard's Eagle Vision team's antenna sits near the Northern Command headquarters at Peterson Air Force Base, Colo., in mid-November. In the background is the famous Pikes Peak and the rest of the Rocky Mountains.



Left: Senior Master Sgt. Clyde Harshbarger, Eagle Vision 3 superintendent in San Diego, right, explains equipment capabilities to Gen. Gene Renuart, NorthCom commander, at Peterson Air Force Base, Colo., in mid-November.

National Guard to support Obama's inauguration

By Lt. Col. Ellen Krenke
National Guard Bureau

ARLINGTON, Va. - More than 4,000 Citizen-Soldiers and -Airmen from at least eight states will provide security, medical and other support during the Jan. 20 presidential inauguration, a National Guard official said in Dec. 18.

"We will be there to fill the gaps and help out the first responders," said Maj. Kenneth Napier, deputy director of the Deliberate Operations branch for the National Guard Bureau.

About half of the 4,000 will be dedicated to security, including crowd control, civil disturbance missions, manning traffic control points and assisting with the screening process.

"The states are planning and ready to support," Napier said. "Making sure that everyone is safe is the priority."

Gen. Gene Renuart, the commander of U.S. Northern Command, told reporters Dec. 17 that another contingent on alert would be able to respond to a chemical attack.

In addition to marching units, bands and other ceremonial support, the National Guard will provide communication, medical evacuation and explosive ordinance disposal assets.

National Guardmembers and re-enactors from the 54th Massachusetts Volunteer Regiment, which represents the all-black regiment that fought in the Civil War and was memorialized in the movie "Glory," has been invited to march in the parade. President-elect Barack Obama said in a statement Dec. 8: "These organizations embody the best of our nation's history, diversity and commitment to service. Vice President-elect Biden and I are proud to have them join us in the parade."

Earlier this year, the National Guard provided similar support to the Democratic and Republican national conventions, but only about 1,500 troops were involved in each of those missions.

The size and scope of this mission is much bigger. "I can't think of anything that we've done other than natural disasters that would be comparable to this operation," Napier said.



PHOTO BY STAFF SGT. DONALD H. VEITCH

Members of the 54th Massachusetts Volunteer Regiment, pictured here, will be among the thousands of National Guardsmen from across the nation who will support the the inauguration parade for President-elect Barack Obama on Jan. 20 in Washington, D.C.



Major General William H. Wade II, adjutant general of the California National Guard, and his wife, Leslie, joined scores of Cal Guardsmen, Gov. Arnold Schwarzenegger, First Lady Maria Shriver and residents from the Sacramento community Dec. 12 for the Christmas tree-lighting ceremony at the state Capitol in downtown Sacramento.

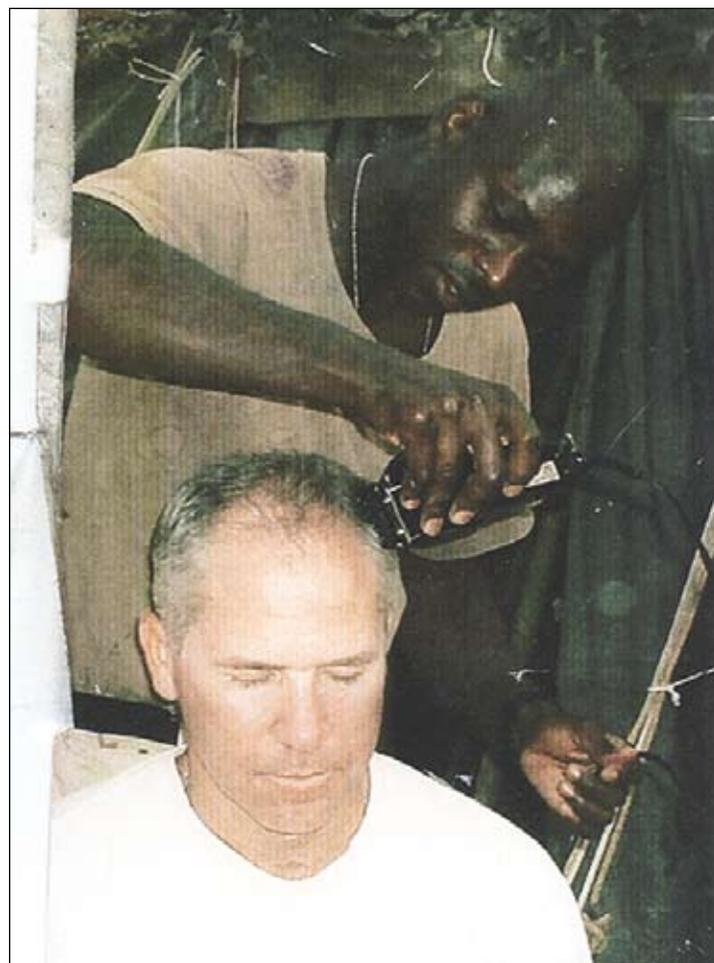
Photos by Tech. Sgt. Joseph Prouse



The California National Guard in conjunction with the National Guard Association of California presented the Charles Dick Medal of Merit to former Assemblywoman Nicole Parra of Hanford. Parra was presented the award for exceptional service on the California State Veteran's Affairs Committee, Assembly Budget Committee and the Joint Legislative Audit Committee, all of which contributed directly to the Cal Guard's ability to support the security and welfare of California citizens.

The Charles Dick Medal of Merit was established in 1988 to recognize contributions to the National Guard by elected representatives to legislative bodies at the state and national level, and is named after Maj. Gen. Charles Dick, Ohio Guardsman, president of the National Guard Association from 1902 to 1909 and former U.S. congressman and senator.

Photo by Sgt. 1st Class Jesse Flagg



Staff Sergeant Undra Shelton, of the California Army National Guard's 1-126th Aviation Regiment's Bravo Company, gives a haircut to then Maj. J. Holiday while deployed to Iraq. Shelton deployed overseas for the second time this year to Afghanistan in support of Operation Enduring Freedom. "Cutting hair is one of my hobbies; it always makes a person feel better about themselves," said Shelton. "It's like a fresh start."

Photo courtesy of Ladeana Shelton



Brigadier General Mary J. Kight, assistant adjutant general, speaks at the state Capitol during the kickoff of Operation Christmas for Our Troops and Their Families on Dec. 3. The program is a bipartisan, statewide effort sponsored by Yellow Ribbon America and the California State Capitol to benefit the families of deployed California National Guardsmen and reservists. Last year, the drive collected more than 157,000 toys, calling cards, care packages, gift cards and DVDs on behalf of military families.

Photo by Lt. Col. Jon Siepmann



Leadership from the command section of the California National Guard's Joint Force Headquarters volunteered Dec. 1 at the Sacramento Food Bank and Family Services. Brigadier General Mary J. Kight, assistant adjutant general, and Master Sgt. Krista Hudson help organize clothing along with the rest of the command staff.

Photo by Tech. Sgt. David Loeffler



The Army awarded Soldiers from the 1-185th Armor Battalion their combat patch on Nov. 27, 2008, for having reached their 30th day in a combat zone. Combat patches have been awarded to Soldiers since World War II, and are worn on the right sleeve to indicate the unit with which a Soldier saw combat.

"Receiving that patch during the ceremony was quite an experience," said Spc. Juan Rivas, battalion LAN manager. "I feel proud and honored because I will not only be going back home as a Soldier, but as a veteran. It is a rite of passage that I am very proud of, because it shows that I have been there."

Photo courtesy of Capt. Renato Rossignoli



On Oct. 25th, Brig. Gen. Kevin Ellsworth and Joint Staff leaders escorted Dan Wessel, military legislative assistant for U.S. Sen. Diane Feinstein, on a visit to Camp Roberts. Wessel was on site to obtain information on the conditions of Cal Guard facilities and to assess the needs of the California National Guard.

Photos by Spc. Michael Amicy

Angel Thunder

Air Guard's 129th grows, guides at premier combat search-and-rescue exercise

By Staff Sgt. Eric Hamilton

Angel Thunder, the largest, most complex Department of Defense personnel-recovery exercise, featured members of the 129th Rescue Wing for the first time this year from Dec. 1-12.

"Our involvement in Angel Thunder was driven by finding an exercise that could satisfy AEF (Air Expeditionary Force) spin up for deploying aircrews, operations and maintenance-support personnel," said Maj. David R. Bozzo, 129th Operations Support Flight Intelligence Officer. "It was our 'train-like-you-fight' preparation exercise."

"Angel Thunder is a CSAR-specific (Combat Search And Rescue) exercise that integrated active duty and Air National Guard rescue forces along with other government agencies in dedicated personnel recovery missions," said Col. Mark Sheehy, 129th Operations Group Commander. "The aircrew had the opportunity to perform missions in a desert environment much like our AEF-operating locations. The exercise integrated A-10 and AH-64 aircraft to provide rescue escort of our training missions."

While all of the wing's participants



PHOTO BY SENIOR AIRMAN NOAH R. JOHNSON

Two HH-60 Pavehawk helicopters land during personnel-recovery training exercise Angel Thunder 2008. More than 250 ground-recovery personnel took part in Angel Thunder.

were volunteers, the emphasis was on training the warfighter, Bozzo said.

"It was invaluable training that ensures our aircrews are well prepared for the upcoming AEF rotation this spring," Sheehy added.

In its third year, the exercise tested not only the pararescue, or "PJ" crews, but a new operational archi-

ture. Known as the Rescue Operations Center, or ROC, this new approach to communication was validated during the exercise. In theory, an ROC integrates all intelligence and information to provide an accurate, relevant summary from which the rescue crews can work.

Over the first week, the missions went from a traditional CSAR recovery mission of a single individual,

to more complex rescues involving two, then 10 people and a variety of complications, Bozzo said. "The next week, it elevates a bit and becomes a bit more intense," with the goal being to try out the ROC under pressure to see how it functions when overwhelmed.

The California Air National Guard shined when some of its senior pilots were asked to not only participate in the exercise, but to guide it.

In addition to staffing the ROC, Lt. Col. Taft Aujero, the 129th Operations Support Flight commander, Maj. Jose Agredano, the 129th Operations Support Flight chief of tactics, and Maj. Matt Wenthe, the 129th Rescue Squadron tactics officer, were all asked to assist in the White Cell, which provided input for the exercise.

"The unit's experience level was evident as three of our seasoned pilots were asked to contribute to the exercise by supporting the White Cell and the Rescue Operations Center in a leadership, advisory role," Bozzo said. "Their experience as senior pilots and Weapons Instructor School graduates help facilitate the execution and smooth flow of Angel Thunder."

1-185th CAB prepares for Kosovo

By Sgt. Sheila Holifield
Special to American Forces Press Service

CAMP SHELBY, Miss. - Nearly 100 California Army National Guardsmen are preparing for a deployment to Kosovo in the spring, where they will serve as the NATO Kosovo Force's quick-reaction force.

Members of the 1-185th Combined Arms Battalion from Bakersfield arrived here to train with their M2 Bradley fighting vehicles.

"Over 50 percent of our Soldiers have prior deployment experience to a combat zone doing this type of mission, so we know what to expect," said Capt. Michael Riley, commander of Company A, 1-185th CAB.

Riley said the Soldiers can draw from their prior deployment experiences when interacting with the local population.

"We understand cultural sensitivity," Riley said, "and no matter where you are being deployed to, that is important."

Although the unit's Soldiers are not new to the deployed environment, Riley said, this particular mission will be challenging in its own way.

"Our focus is to help our Soldiers understand current battlefield parameters and adhering to their current standards," Riley said. "It's not easy for an infantry Soldier to transition out of that mode and into a more 'friendly' role, and still be able to transition right back to being an infantryman."

Upon their arrival here in late November, the Soldiers focused on Bradley gunnery training.

"It's just like qualifying with an individual weapon, but we also have to qualify as a crew," Riley said.

Riley said 100 percent of his Soldiers qualified.

In mid-December, the 1-185th CAB traveled to Camp Atterbury, Ind., where they continued their mobilization training for the Kosovo deployment.



PHOTO COURTESY OF THE AMERICAN FORCES PRESS SERVICE

Captain Michael Riley, commander of Company C, 1-185th Combined Arms Battalion, and Army Brig. Gen. Keith Jones, assistant deputy adjutant general for California's Army National Guard, get a front-row view as they observe an M2 Bradley fighting vehicle live-fire exercise at Camp Shelby, Miss. The exercise was part of the training to ready the Cal Guard's 1-185th CAB for deployment to Kosovo.

Air Guard medics reflect on humanitarian mission

By James G. Pinsky
Special to the Grizzly

USS KEARSARGE – For America’s Air National Guard, the humanitarian/civic assistance mission Continuing Promise 2008 more than anything else proved one thing: A part-time job doesn’t come with a part-time heart.

Beginning Aug. 6, nine Air National Guard medical technicians from across the United States traded in their civilian creature comforts for the rigors of a four-month deployment aboard the USS Kearsarge, doing their part to make the world a better place.

“Helping people like we did on this mission was why I became a medic in the first place,” said Staff Sgt. Ladrew Price, of the California Air National Guard’s 146th Medical Group based at Channel Islands Air National Guard Station.

As a prior Navy hospital corpsman, Price is unique among his Air Guard brothers and sisters. He not only knows the Navy language, but is familiar with ship life having served aboard the USS Bohomme Richard, a ship of the same class, feel and capabilities as the Kearsarge.

“I knew what we were in for,” said Price, who joined the other Air Guardsmen aboard the Kearsarge, which departed Georgetown, Guyana, Nov. 22 to begin transit back to the ship’s homeport in Norfolk, Va.

Kearsarge itself forged the first, and for some, the most lasting memories for the Guardsmen: “You never forget sea duty once you’ve done it,” said Price.

The Guardsmen contributed to the Continuing Promise mission in Nicaragua and five other Caribbean islands through a variety of medical care, including de-worming, pharmacy, patient flow, triage, bandage and wound care.

“Nicaragua really set the benchmark for how things would be for us on this mission,” said Staff Sgt. Danae Eskridge, a medical technician assigned to 173rd Fighter Wing Medical Group at Kingsley Field, Ore. “The poverty where we were in Nicaragua was rampant, but people still showed up as well dressed as they could be. It was some of the saddest living conditions I have ever seen, but at the same time they were some of the most gracious people we met on the trip.”



Staff Sergeant Ladrew Price, of the California Air National Guard, provides medical care to residents of Las Calderas, Dominican Republic, on Oct. 5 as part of the Continuing Promise 2008 humanitarian mission. The Navy’s USS Kearsarge embarked members from all U.S. Armed Forces branches, along with medical personnel from the Canadian and Brazilian militaries and the Project Hope and International Aid relief agencies in an effort to provide humanitarian assistance to impoverished communities and medical training to participating personnel.

On the other end of the medical spectrum, the Guardsmen found Trinidad and Tobago’s people to be the easiest to relate to mostly because everyone there spoke English, but also because their health care needs seemed less dire.

“Trinidad and Tobago had a lot more resources than any other country that we visited,” said Price, “so the level of care we were able to give to them was vastly different than, say, the people of Nicaragua or Guyana. But I was glad we were able to help everyone in different ways.”

In addition to Nicaragua and Trinidad and Tobago, the Guardsmen made visits to Colombia, the Dominican Republic and Guyana, as well as two liberty ports in Puerto Rico and Curacao, before answering the call to provide disaster relief to Haiti after it was devastated by Hurricane Ike and several other tropical storms.

Eskridge, like many in the Air Guard, lives a full-time life away from her voluntary military service. The 24-year-old Oregonian is a full-time college student in the middle of a four-year nursing program at Sacramento State University

Eskridge is also a combat veteran who deployed to Camp Victory, Iraq, in 2004 and then again to Qatar early in 2008. Citing the Air Force value of service before self, Eskridge makes a point to always show her college friends back at Sacramento State a slide show of her travels.

“What I do and what I go through is such a life-changing experience that I want to share it with people and try to get them to join because what I learn is something that can only come from service,” said Eskridge. “If not in the military, then maybe in the Peace Corps or something where you’re giving humanitarian aid.”



Staff Sergeant Price interacts with a Las Calderas, Dominican Republic, resident during Continuing Promise 2008.

While medical care was one aspect of the Airmen’s mission, it wasn’t the only one. In August and September, Mother Nature lashed out at the population of Haiti with two hurricanes. Continuing Promise, with its nine Air National Guardsmen in tow, was at the tail end of its mission in Colombia when the call for help was heard.

“What we were able to do for the Haitian people was my fondest memory from this mission,” said Price. “Those people really needed our help. They had no food. They had no water.”

And like most things in life, seeing the aftermath of the storms destruction in Haiti could only be explained in person.

“When I came ashore on the first day of relief efforts, I saw tons of rice, and the impact it had on me was enormous,” said Price. “When you see things like that on television it just doesn’t do it justice. All I could think about was ‘how much rice could they really need?’ And they needed all of it and more.”

That was just Price’s first day in Haiti. His second was even more profound.

“The next day was even harder on me because we went in by landing craft versus helicopter, and we got to see the Haitian people up close and personal,” he said. “I saw boats flipped over, people starving, it was just total destruction. It made me so thankful to be an American.”

PHOTOS BY MASS COMMUNICATION SPECIALIST 2ND CLASS GINA WOLLMAN

Nip n' tuck

Sunburst Youth Academy looking good after major makeover

By Sgt. Gregory Solman
Special to the Grizzly

JOINT FORCES TRAINING BASE, Los Alamitos — Local dignitaries and military personnel joined the second graduating class of the Sunburst Youth Challenge Academy to christen the school's newly renovated facility here Dec. 6.

The \$6 million project — the first in a two-phase permanent-installation endeavor — represents an extensive ground-up renovation of a base building originally used by the Navy in the World War II era. The event served the dual purpose of celebrating phase one's conclusion, while also raising funds in support of a planned \$3.5-million renovation of an adjacent building.

The makeover of building 21, a two-story structure with a new earth-tone exterior, includes dormitory, administrative and medical areas for Sunburst's 150 students, said retired California National Guard Col. James L. Gabrielli, director of California National Guard Youth Programs.

In educating local youths who are in danger of dropping out of high school, the Cal Guard and teaching staff at Sunburst focus on eight core components: academic excellence,



Sunburst Youth Challenge Academy cadets at the Joint Forces Training Base approach the new building they will call home during a dedication ceremony in Los Alamitos on Dec. 6.

PHOTO COURTESY OF THE SUNBURST YOUTH CHALLENGE ACADEMY

leadership and followership, job and life skills, physical fitness, health and hygiene, citizenship and service to community.

The teachers, who are state certified, provide classroom instruction that allows students ages 16 to 19 who have dropped out of school to recover enough credits to graduate or transfer to another high school at the conclusion of an intense six-

month residency. Members of the California State Military Reserve, such as Sgt. 1st Class Michael Scott, the school's commandant, also undergird the nascent school's success.

Kelly Perdeu, former winner of NBC's "The Apprentice" and National Guard Youth Foundation spokesman, lamented the "silent epidemic" of some 3,000 high

school students who drop out each day nationwide and argued for the program's increased funding. Perdeu said demand for the school already requires turning away 60 percent of applicants.

Brigadier General James P. Combs, Joint Forces Training Base commander, lauded the efforts of the project's partners, calling them the "best leadership team in Southern California."

Among those partners on hand was U.S. Rep. Grace Napolitano, of Santa Fe Springs. She told the sun-splashed gathering that the academy is "changing the lives of young people forever." A tearful Napolitano further praised the program as "a godsend to my area."

Others participating in the ribbon-cutting ceremonies and luncheon included the Hon. Jennifer C. Buck, deputy assistant secretary of defense for reserve affairs, Lt. Col. Chad Vogelsang, Sunburst director; Los Alamitos Mayor Dean Grose; John Nelson, associate superintendent; and Ken Williams, Orange County Department of Education board member.

Save The Date

2009 California Military Ball

Date: Saturday, 18 April 2009

*Location: Marriott San Francisco Airport
Burlingame, California*



Additional information and invitation to follow.

'LET'S GO!'

THE 1-184TH INFANTRY BATTALION CONTINUES ITS LEGACY OF SERVICE

Story by 2nd Lt. Michael Anthony Rodriguez

The Global War on Terrorism often conjures up images of Soldiers patrolling the streets of Baghdad or engaging in fire-fights with the Taliban. In reality, however, the GWOT mission extends far beyond those descriptions. It includes the Soldier who watches over 'no man's land' in the Korean demilitarized zone, the Airman who brings humanitarian aid to Africa, and the joint effort to maintain peace in Kosovo.

Last month, 100 Soldiers from the 1-184th Infantry Battalion deployed to take part in a NATO peacekeeping mission in Kosovo as part of a 1,000-troop contingent.

This is one of many missions and deployments that make the 184th unique. The battlefields of World War II, in particular, were home to many historic events for the 184th's Soldiers.

The 184th Soldiers helped take the last of the Japanese-held territory on the island of Kiska in the Aleutian Islands, a task that gave the 184th the honor of being the only National Guard regiment to regain lost American territory from a foreign

enemy in World War II, the first since the War of 1812.

From there, the unit headed to the Marshall Islands and helped capture the Kwajalein Atoll, a Japanese possession, which gave the 184th the distinction of being the first National Guard unit to seize and hold territory that Japan held prior to the start of the war.

Pushing onward, they joined the liberation of the Philippines and then took part in the invasion of the Japanese island of Okinawa. Facing a determined adversary, a heavy toll was incurred as hundreds fell to the enemy.

The atomic bomb quickly brought about the war's end, and with it, the need for the invasion of the Japanese homeland. Still, the 184th IN fights on.

The unit's fighting spirit is reflected in their motto - "Let's Go!" - giving all California National Guardsmen another reason to be proud of their fellow Soldiers' continued service to the state and the nation.



The Aleutian Island of Kiska is where the California Army National Guard's 184th Infantry Battalion gained the honor of being the only National Guard regiment to regain lost American territory during World War II.

By the numbers

2 The number of songs played by the regimental band as the Cal Guard's 1-184th Infantry Battalion landed on the Island of Kiska. They played "California, Here I Come" and "The Maple Leaf Forever."

Fun Fact

The crest of the 184th IN is symbolic of their past missions. The battle axe was used by the Sarsfield Grenadiers, an early ancestor of the regiment. The giant cactus represents service on the Mexican border and the fleur-de-lis denotes time spent in World War I. The crest was approved June 3, 1927.



Pictured is the Atoll of Kwajalien in the Marshall Islands, the site where the California Army National Guard's 184th Infantry Battalion became the first National Guard unit to seize and hold territory that Japan held prior to the start of World War II.

"Patriotism consists not in waving the flag, but in striving that our country shall be righteous, as well as strong."

— James Bryce,
British historian and politician



The California Army National Guard's 184th Infantry Battalion Soldiers examine captured Japanese artillery on the island of Okinawa during World War II.



The California Army National Guard's 184th Infantry Battalion's crest.



Burick takes reins from Rosso at 1-160th Infantry

Story and photos by Staff Sgt. Jessica Inigo

The official party, led by Maj. Gen. John S. Harrel, commander of the 40th Infantry Division, stands at attention prior to the presentation of the colors at the 1st Battalion, 1-160th Infantry's change of command ceremony at the Joint Forces Training Base in Los Alamitos.

LOS ALAMITOS – Lt. Col. John E. Burick took control of the 1st Battalion, 160th Infantry (Light) under the full confidence of not only the outgoing commander, but from top leadership during a change of command ceremony on the Joint Forces Training Base parade field earlier this Fall.

Lt. Col. Andrew H. Rosso shared a final farewell with the six different companies under his command for the last time during the ceremony, saying he was proud of all their hard work and efforts.

Then the two commanders, flanked by their senior noncommissioned officer and superior officer, took to the field to uncase the colors to signify not only a command change, but to show their respect to tradition and esprit de corps.

During the ceremony Maj. Gen. John S. Harrel, commander, 40th Infantry Brigade, explained how this unit directly participated in every war and conflict beginning with World War I, to include overseas conflicts in Europe and Asia.

Their continued tradition, Harrel said, is reflected in Rosso as he prepares to move forward in his military career.

"He was the right man to lead this battalion," Harrel said about the battalion's recent return from the Global World on Terrorism, as well as their support in Homeland Security.

During his speech, Rosso said what was most important is that 1-160th does what it is required to do to accomplish the mission: "It's been an honor serving with you these past two years."

Rosso also remembered Soldiers who lost their lives during his command, offering his respect to not only them, but their families as well.

The newly assigned commander took the stage, encouraging the Soldiers on the field to prepare to shift gears as a more-ready reaction force. He left the troops with two promises: He'll not only talk the talk, but walk the walk; and that he'll never ask a Soldier to do something that he would not do himself.

These traits, Soldiers said, are exactly what they liked in Rosso and they were glad to see Burick possesses them, as well.

"He did what he had to do to make it back home as safely as we could. We lost some people, but not because our commander wasn't there," said Sgt. Richard Medina, a recruiting and retention NCO with the 1-160th. "He would actually go out and do missions with us."

Medina said he was part of a convoy security team that ran from Kuwait to Iraq, and said Rosso was an inspiration during the deployment.

After the ceremony, Command Sgt. Maj. Angel Rocha, the 1-160th's senior noncommissioned officer, agreed, adding that Rosso was "diligent in guiding us while we were in Iraq." "Right now the battalion is strong," said Rocha, "but with Burick, I have a feeling we're going to move on to bigger and better things."



Col. David S. Baldwin, commander of the 40th Infantry Brigade Combat Team, passes the guidon and responsibility for the 1st Battalion, 160th Infantry Regiment, to Lt. Col. John E. Burick, from Mission Viejo.

Cal Guard lifts Fall X training to new heights

By Lt. Col. John G. Cotter

FRESNO – Civilian medical personnel here needed a lift, and the Cal Guard was happy to oblige.

During a three-day, statewide disaster drill in mid-November, Army Guard instructor pilots chief warrant officers Dave Clark and Kipp Goding, along with crew chiefs Sgt. Kham Vang and Staff Sgt. Adam Creamer, all from the Fresno Army Aviation Flight Activity, helped validate the capabilities of the new Community Regional Medical Center's rooftop helipads.

The event helped train the aircrews in supporting Central California communities in use of the UH-60 Black Hawk helicopter. In the event of a natural disaster during which the California Army National Guard is called to assist the civilian medical community, this validation could prove invaluable.

During the exercise the team airlifted

passengers onto and off of the medical center rooftop helipads. While on top of the medical center with the aircraft shut down, the aircrew briefed emergency operations and clinical personnel on the capabilities and proper, safe movement techniques in and around the Black Hawk.

Jack Chubb, CEO of the medical center, called the first-ever landing of a Black Hawk on the center's rooftop a "spectacular accomplishment". The training, he said, would prove invaluable should the Cal Guard and civilian agencies need to partner together in response to a regional emergency or disaster.

Victor Collins, occupational safety officer at the medical center, described the planning and execution of the landings and departures as "an excellent example of teamwork between the military and civilian communities."

Clark lauded the professionalism of Goding and Vang, as well as their long hours spent in mission preparation and their ability to provide necessary training for the emergency department physicians and staff.

In the end, the exercise proved to be valuable interoperability training for the Cal Guard crewmembers and medical center personnel should they face natural disasters or Homeland Defense emergencies.



A California Army National Guard UH-60 Black Hawk helicopter hovers above Fresno's Community Regional Medical Center during the Fall X exercise on Nov. 13.

PHOTO COURTESY OF LT. COL. JOHN G. COTTER

'Always there' for 19 generations

California, nation celebrate National Guard's 372nd birthday

By Grizzly staff

On Dec. 13, 1636, 500 men from across Boston combined arms to form a three-regiment militia, America's first significant military presence. The three regiments still exist today as part of the Massachusetts National Guard, giving the Guard claim as America's oldest defense force.

For 19 generations and 372 years, National Guardsmen have served their nation as citizens in peace and Soldiers - and more recently, Airmen - in war. Cal Guardsmen and dignitaries gathered for a Dec. 13, 2008, birthday celebration at the state headquarters in Sacramento to honor America's deepest military lineage.

"California has a proud military legacy and a National Guard is a part of this tradition," said Gov. Arnold Schwarzenegger in a written statement read aloud at the ceremony.

"Time and again you have demonstrated your tireless devotion to both our state and our nation, jumping into action on a moment's notice, whether fighting overseas, combating wildfires or protecting our borders."

More than 150 members of the National Guard were on site for the ceremony, as were many of their families and friends, representatives from the governor's office and other civic agencies and several of the Cal Guard's newest enlistees, who took part in a swearing-in ceremony as part of the celebration.

"Anybody who has served in the National Guard of the United States, America's original and longest serving military force, (will tell you that) you now join a proud heritage that has existed since before our country," Maj. Gen. William H. Wade II, adjutant general of the Califor-



Major General William H. Wade II, adjutant general of the California National Guard, left, stands alongside the "Minuteman" and "Guard wife" before the National Guard 372nd birthday celebration in Sacramento.

PHOTOS BY 2ND LT. WILL MARTIN

nia National Guard told the new enlistees before swearing them into service. "After the initial colonists landed in 1630, they realized that they need to defend themselves,

thus, we became the repository of a community-based defense force. Clearly, 140 years before there was a United States Army, there was a National Guard force."

No mere drill

Squadron commander turns rescue 'wingman' en route to unit

By Staff Sgt. Eric Hamilton

MOFFETT FEDERAL AIRFIELD – In the early morning of Dec. 7, Lt. Col. Jack O'Neill, commander of the 130th Rescue Squadron of the California Air National Guard's 129th Rescue Wing, was driving from San Ramon for the second day of weekend drill at Moffett Federal Airfield.

Driving south on Interstate 680 near Mission Boulevard in Milpitas for what he thought would be another routine day of drill, O'Neill's attention was gripped by what he saw in his rearview mirror. He watched as a large bread van wandered off the right shoulder of the highway and ran head on into a leading edge of an overpass guardrail.

"The van became airborne with an immediate 30-foot fireball explosion," O'Neill said. "I was taken aback by the size of the explosion. The van landed on the driver's side with the undercarriage on fire. I pulled over to the shoulder, called 911 and then began backing up to render assistance. I thought to myself ... 'Self-aid buddy care training, don't fail me now!'"

A nearby semi-truck driver, named Matt, also saw the single-vehicle accident and pulled over to render assistance.

"Matt had yelled to the occupants to cover their faces, and had broken the windshield with his fire extinguisher," said O'Neill. "I became his wingman and assisted with opening the windshield to get the people out of the cab. We pulled one man and three women from the vehicle. We got them a safe distance and covered them with blankets that were pulled from the wreckage. Luckily, all of the individuals seemed to be okay."

Although Matt expended his fire extinguisher fighting the blaze, he was unable to put out the blaze. The fire department, police and ambulance soon arrived and took control of the situation, carrying two of the victims to the hospital on backboards.

The rescuers were lucky, too. Although both sustained bleeding cuts to their hands while working around shards of glass from the

windshield, and Matt had some eye discomfort, neither had major injuries.

"Matt did say he wished he'd put on gloves first," said O'Neill.

Displaying the courtesy and humility Air Guardsmen prize, O'Neill thanked Matt for his quick thinking and heroic life-saving efforts. There was no way those accident victims could have exited the van without assistance. Just starting his 12-hour workday, Matt had a long day ahead.

"It was very satisfying to be Matt's wingman and help get four people out of a terrible situation," O'Neill said.

"I never thought I would say this, but I'm thankful for the SABC training we received in preparation for the ORI. It gave me the confidence to be proactive and get involved. Luckily today, I did not have to use any of that knowledge," O'Neill said. "I think I will break out my AFMAN 10-100 for a little refresher training. I am also going to buy a few more



Lieutenant Colonel Jack O'Neill, commander of the 129th Rescue Wing's 130th Rescue Squadron, stands at Moffett Federal Airfield on Dec. 7 after rescuing victims of a vehicular accident during his early-morning drive to drill.

PHOTO BY MASTER SGT. DAN KACIR

fire extinguishers for my home and car, and keep a pair of gloves in the trunk. You never know when you might be needed to be a first-responder or wingman."

Heritage diverse, deep at former LRSD unit

By Sgt. Kara M. Greene

"Some of the most talented Soldiers the 40th Infantry Division had to offer graced our armory halls," said Sgt. 1st Class Rick Schirmer, detachment sergeant of the former 160th Long Range Surveillance Detachment at Joint Forces Training Base, Los Alamitos.

After more than two decades of service in the California Army National Guard, the 160th LRSD decommissioned September 2008 at a ceremony at the training base. The unit's retirement is just one of the changes taking place under the transformation of the California National Guard's force structure.

All LRSD units Armywide are due to decommission. Originally, there were seven National Guard LRSD units across the nation. Eventually, each one will be decommissioned, most having turned into reconnaissance, surveillance and target acquisition units. Soldiers have chosen to transfer to these RSTA units, said Staff Sgt. Staff Sgt. Raul Escobedo, the unit's supply sergeant.

"With all the electronic surveillance, human intelligence isn't needed as much. There's not the reason to put Soldiers in danger when we can use drones or unmanned aircraft," said Escobedo. "I'd rather an aircraft go down than a Soldier die."

Captain Mike Anderson, the unit's final detachment commander agrees: "Technology has evolved, which is great."

It seems it's still hard to say goodbye.

"We're disappointed. But there's a lot of units changing throughout the Army right now as part of the transformation process," said Anderson.

Memories of Soldiers coming and going, training and deployments tie members of the 160th LRSD with other California National Guard Soldiers who have served this great state. Soldiers watched hours melt into weeks of training at Camp Roberts and Fort Hunter Liggett, remembers Schirmer.

Members of the 160th LRSD were infantrymen and communication specialists. But these weren't your typical "line dog" infantry Soldiers, Schirmer insists. These Soldiers came to the 160th LRSD to join the ranks of approximately 60 men who, according to their job description listed in the unit's mission essential task list, pushed forward in combat past the

forward line of troops, conducted reconnaissance and surveillance and successfully wounded or eliminated the enemy through indirect fire or close air support. Finally, they relayed to their headquarters what damage the enemy in fact sustained in the onslaught.

Unfortunately, the competence of these scouts in their specialized field was never really tested. Not since the Korean War has the 40th ID used LRSD elements to their fullest potential, Schirmer said.

But this didn't stop the boys from training.

"We had to squelch the frustration of not being used as a LRS Detachment," Schirmer said. "The Soldiers felt dedication to one another and a commitment to accomplish whatever mission: 'That's my buddy. He's going; I'm going.'"

"Since I've come to the unit in 1997, it's been more than just 'point your weapon here', 'wait there', and 'move now,'" said Schirmer, who has been with the unit for 10 years. "We've constantly pushed to reach that next step."

Unit slots were designated as Airborne or Airborne Ranger. At the decommissioning ceremony, qualification badges of Pathfinder, Military Freefall, Rappel Masters and Jump Masters decorated uniforms like ornaments on a Christmas tree.

These badges and awards are more than just for show. They are a visual testament to the unit's two-decade-long history of service.

In April, 50 members of the 160th LRSD returned from a 12-month combat tour in Iraq. During their deployment, the Soldiers conducted security missions around Camp Slayer as Task Force Shield's Quick Reaction Force. True to the sentiments shared by the unit, members of the 160th LRSD accepted a mission outside of the traditional reconnaissance and surveillance parameters.

Along with four other National Guard companies from California, North Dakota and Iowa, Task Force Shield's Soldiers conducted presence patrols, search missions and civil military operations.

"Our mission evolved over the eight and a half months we were in Iraq," Anderson said.

The level of violence in the 160th LRSD area of operation was low. Anderson attributes this to the efforts of the Kentucky National Guard unit who were there before them.

"We continued to be part of the trend of declining violence and we were proud to hand off a very good situation off to our replacements," said Anderson.

They also supported humanitarian drops to the neighboring towns consisting of care packages contain

ing school supplies and soccer balls, which were well received by the local children in the area. Schirmer said there's a universal joy in giving, whether it's school supplies, shoes or candy.

"Kids are the same, no matter what's going on around them," Schirmer said. "If you give a kid a large cardboard box, they're all gonna play with it the same way."

Prior to their Iraq mission, members of the 160th LRSD deployed to Bosnia in support of NATO Sarajevo for 16 months from 2004 to 2006. Soldiers conducted presence patrols and searched for Hague-indicted war criminals or evidence leading to their capture.

Stateside, the unit mobilized during the 1992 Los Angeles riots and the Northridge Earthquake in 1994. With a few moves under their belt, the unit's final resting place from 2005 until August was under the 250th Military Intelligence Battalion (Tactical Exploitation).

Seven Soldiers spent 10 years or more in the unit. Escobedo, who has been in the unit since 2001, plans to maintain strong ties with his comrades.

"The Army LRSD community is very close. I know we'll all still keep in contact. Even though they're at other units, they're still my Soldiers. I took care of them for a long time and that won't change."

PHOTOS COURTESY OF 2ND LT. HEATHER HAGAN



Captain Mike Anderson, final commander for the 160th Long Range Surveillance Detachment, prepares to make one of the unit's final jumps before it decommissioned earlier this year.

Cal Guard bases tap new workforce

By Joe Irvin

Even when economic times turn sour and budgets shrink, the grass still needs cutting and restrooms still need cleaning. Some California National Guard bases are finding a way to keep their facilities ship-shape, while tapping into an underutilized segment of the workforce.

Proving that “disabled” does not mean unable, several bases throughout the state are hiring workers from nonprofit agencies that serve the rehabilitation industry.

At the Los Alamitos Army National Guard Joint Forces Training Base, four crews from the Lincoln Training Center are handling the lion’s share of groundskeeping tasks across the vast, four square-mile site, from mowing and sweeping to sprinkler repairs.

The crews - each with their own supervisor - represent varying degrees of disabilities, but all have been prescreened and trained to handle the jobs to which they’ve been assigned.

Walter Sharp, the base’s Chief of Public Works, said the crews have impressed everyone with their work ethic and improvement in the base’s appearance.

“This is a great success story,” said Sharp. “They made a complete turn-

around in less than two weeks (over the performance of the previous contractors). ... It’s an accomplishment for them, and they take great pride in that.”

Further north, Master Sgt. Michael DeAngelo oversees facility maintenance for the 129th Rescue Wing at Moffett Federal Airfield outside San Jose.

He contracted with Livermore-based Kainos Home and Training Center to provide custodial services for a hefty section of the base’s offices. Three teams - each with a job “coach” - clean restrooms, vacuum carpets, mop floors, wash windows and empty trash.

“We’re not locked into using them - it’s not about cost savings,” said DeAngelo. “But it is best for our community that people normally not in the regular workforce are able to be productive and get paid for it, and we are pleased with the job they are doing.”

Thanks to a state law in the Welfare and Institution Code 19403 (often referred to as “California state use” or “set aside”) that created a niche market to encourage employment for persons with disabilities, state agencies like the Cal Guard can bypass the usual advertised-bid process to con-



Employees from a disabled work program stand outside the 129th Rescue Wing’s facilities at Moffett Federal Airfield

PHOTO COURTESY OF KEITH YORK

tract for a variety of labor-intensive services and products.

Part of the impetus for such a law is the estimated unemployment rate among persons with disabilities of more than seventy percent. According to studies, 71 percent of those individuals want to work, but are not given the opportunity.

“For us, it’s about identifying what the tasks are, the level of independence needed, and the culture of the worksite,” said Bert Vergara, vocational services manager for Kainos, about the challenge of matching up clients with a job site. “It’s real impor-

tant to us to be able to meet expectations.”

To meet that expectation, Vergara said his mobile maintenance teams go through in-house training before being dispatched to the field: “For some, this was their first opportunity to work in the community. It’s a new culture and work environment - but given the opportunity, they’ve been able to show they can do the job.”

For more information contact Keith York at Cal-Partnerships for Set Aside Contracting at signature@starstream.net or (916) 797-4020.

Guard taking on sexual assault through education

By Army Staff Sgt. Jon Soucy
National Guard Bureau

As part of an overall Department of Defense policy, the National Guard is engaged in reducing acts of sexual assault and providing support for its victims.

First instituted in 2005, the Sexual Assault Prevention and Response, or SAPR, program has a two-pronged approach.

First, those who have been victims of a sexual assault are given a support mechanism to report the assault, said Jane Lux, program coordinator for the National Guard Bureau’s SAPR program.

That support channel comes through the sexual assault response coordinator, or SARC, and the victim advocate, two positions within each brigade on the Army Guard side and at the wing level in the Air Guard.

“The victim advocate ... provides that one-on-one support without question, without judgment, and gives that person the support they need and helps with referrals,” said Lux.

The SARC, Lux said, usually doesn’t meet face-to-face with the victim but works with the leadership to make sure they are aware of the procedures, the structure for reporting and how they can coordinate support for that victim.

Additionally, when reporting the incident, victims are given the option of keeping it confidential, or opening an investigation.

“The end result is we would like that victim to choose to inform their command and to inform the police, but until that victim is ready to do that, the victim is offered the oppor-

tunity to keep it totally restricted to just that SARC or victim advocate helping them.”

Decrease your chances

Secondly, the program aims to educate those in the Guard on ways that sexual assaults can be reduced and how Guardmembers can avoid becoming a victim.

One way this is accomplished is through scenario-based training presented through a video. Led by a SARC or victim advocate, the training teaches bystanders to recognize the indicators of offender behavior, said Lux, who added that offenders often target vulnerable victims.

“So if they pay attention to those signals, then military members, ... can learn how to intervene and prevent sexual assaults.”

Opening eyes

The program has had positive feedback, said Lux.

“We have had a lot of good responses from our (state) Joint Forces Headquarters’ SARCs and our victim advocates who are actually out there teaching it,” said Lux. “People are looking at sexual assault in a way that opens their eyes; that it’s not just those strangers in the ski masks who sexually assault, it’s people that we all know who oftentimes will continue to sexually assault without any kind of consequence because victims are embarrassed to come forward.”

For more information about the California National Guard’s SAPR program, contact Robert May, state Sexual Assault Response Coordinator, at 916-869-0787 or at robert.may7@us.army.mil.

EXECUTIVE COUNCIL RESULTS, FIRST QUARTER FY09

The primary mission of the Executive Personnel Councils is to recommend and select the servicemembers who are best qualified to fill existing and anticipated vacancies. The council informs the adjutant general of selections and/or recommendations on Army and Joint Staff Division promotions, assignments and reassignments to the grade of E-9, O-5 and O-6. In addition, the council makes recommendations on the selection of AGR officers and senior NCOs with regard to control grades. An Order of Merit list will be created from the selections/recommendations for the current applications to the War College and the Command and General Staff Officers Course.



Note: All officers must complete their respective pre-command course, or PCC, before they will be allowed to assume command.

Command

Lieutenant Colonel William C. Carter, commander 1-223rd Infantry Regiment, transferred to commander, 185th Military Police Battalion, effective Mar. 1, 2009.

Major Harry B. Hudick, executive officer, 1-160th Infantry, transferred to commander, 1-223rd Infantry Regiment, effective Mar. 1, 2009.

Staff

Lieutenant Colonel Julio L. Lima, Provost Marshal, 40th Infantry Division, reassigned to EOA officer, 40th Infantry Division, effective Dec. 1, 2008.

Lieutenant Colonel Ricardo J. Torres, executive officer, 100th Troop Command, transferred to provost marshal, 40th Infantry Division, effective Dec. 1, 2008, and deploy as part of Balkans 11.

Lieutenant Colonel Manuel A. Loscano, Airspace Management Officer, 40th Infantry Division, reassigned to aviation officer, 40th Infantry Division, effective Dec. 1, 2008.

Lieutenant Colonel Andrew H. Rosso, commander, 1-160th Infantry, transferred to operations officer, Detachment 1, TCP, 40th Infantry Division.

Lieutenant Colonel Peter B. Cross, commander, 185th Military Police Battalion, transferred to executive officer, 49th Military Police Brigade, effective Mar. 1, 2009.

Lieutenant Colonel Samuel R. Wallis, commander, 578th Engineering, transferred to operations officer, 224th Support Battalion, effective Jan. 1, 2009.

Lieutenant Colonel Jeffrey D. Smiley, commander, 40th Brigade Special Troops Battalion, transferred to chief, Military Support Branch (deputy 3), JFHQ, effective June 1, 2009.

Lieutenant Colonel David A. Schmith, military police LR plans officer, 49th Military Police Brigade, transferred to family programs manager, effective Dec. 1, 2008.

Lieutenant Colonel Maurice Williams Jr., aviation officer, TCP, 40th Infantry Division, transferred to comptroller, detachment 1, JFHQ-USPFO, effective Dec. 1, 2008.

Lieutenant Colonel Martha E. Reynolds, director, logistic (DOL), Camp Roberts, reassigned to director, resource management (DRM), Camp Roberts, effective Jan. 1, 2009.

Lieutenant Colonel Richard P. Martin, operations officer, 224th Support Battalion, transferred to director logistics (DOL), Camp Roberts, effective Jan. 1, 2009.

Lieutenant Colonel Thomas Tinti, SJA, 40th Infantry Brigade Combat Team, transferred to deputy SJA, 40th Infantry Division, effective Jan. 1, 2009.

Lieutenant Colonel John C. Wallace, deputy SJA, 40th Infantry Division, transferred to Chief International/Operations Law, TCP, 40th Infantry Division, Dec. 1, 2008.

Major Michael J. Wise, executive officer, 1-143rd Field Artillery, transferred to LNO, 40th Infantry Division, and promote, effective Dec. 1, 2008.

Major Bruce Malarky, S4, 40th Combat Aviation Brigade, transferred to Airspace Management Officer, TCP, 40th Infantry Division and promoter, effective Feb. 1, 2009.

Major Russell P. Javier, assistant fires officer, detachment 1TCP, 40th Infantry Division, reassigned to effects coordinator, detachment 1 TCP, 40th Infantry Division, and promote, effective Feb. 1, 2009.

Major Jeffrey D. Newman, plans officer (S5), 40th Infantry Brigade Combat Team, transferred to S2/S3, 100th Troop Command, and promote, effective Jan. 1, 2009.

Maj. Gary T. Elliot Jr., executive officer, 185th Military Police Battalion, transferred to MP LR plans officer, 49th Military Police Brigade, and promote, effective Feb. 1, 2009.

Warrant Officer Actions

Chief Warrant Officer 4 Thomas M. Murphy, HHC, 1-140th Aviation (AASLT), mandatory removal date extended from July 31, 2009, to Sept. 26, 2011, age 62 and two months.

AGR Control Grades

Captain Paul Badillo, allocated a 04 control grade.

Status of control grades

- a) 06/COL: REQ: 6 AUTH: 7 + 2 Temp CGs. ASGN: 9
- b) 07/LTC: REQ: 30 AUTH: 30 ASGN: 30 On OML: 2
- c) 04/MAJ: REQ: 91 AUTH: 69 ASGN: 59 AVAIL: 10
- d) E9/SGM: REQ: 24 AUTH: 23 ASGN: 25 On OML: 4
- e) E8/MSG: REQ: 85 AUTH: 93 ASGN: 80 On OML: 2
.AVAIL: 11

Vacancies

The projected date for the 2nd quarter FY09 Executive Personnel Council is Feb. 19, 2009. The following 11 LTC/05 positions are still vacant or projected to be vacant and will be considered:

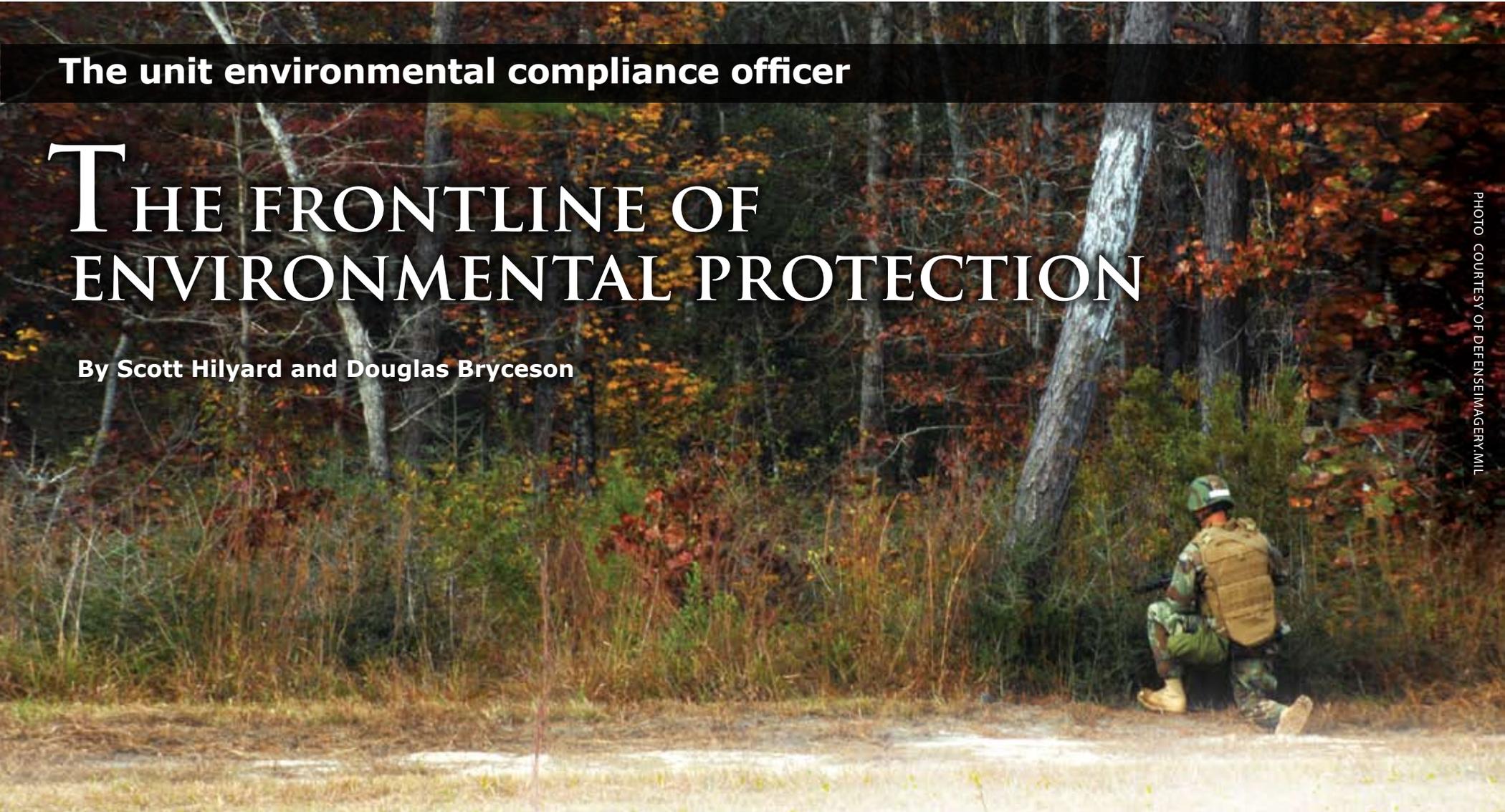
- Commander, 79th Brigade Special Troops Battalion
- Surgeon, 224th Support Battalion
- Chief, Military Support Branch (J3)
- Chief, Operations Branch, G3, JFHQ
- Selective Service Officer
- Chief, Evaluation Team (G3), JFHQ
- LNO, 40th Infantry Division
- Executive Officer, JFHQ Command Group
- Chief, Plans and Actions (Asst. G3), JFHQ
- Defense Movement Coordinator
- Counterdrug Coordinator

The unit environmental compliance officer

THE FRONTLINE OF ENVIRONMENTAL PROTECTION

By Scott Hilyard and Douglas Bryceson

PHOTO COURTESY OF DEFENSEIMAGERY.MIL



In the Guard, protecting the environment is everyone's responsibility. One of the key personnel meeting this requirement is the unit environmental compliance officer, or UECO. The UECOs are assigned to each unit in the California Army National Guard to ensure their unit complies with all environmental laws and regulations. They are the eyes and ears in the field, heading off environmental problems that could stop the mission.

Since most military personnel are not environmental experts, training is essential. This is where the Environmental Directorate comes in. Environmental education is among the Environmental Directorate's most important responsibilities, and UECO training is its highest profile training effort.

At the forefront of UECO training is Michael Holder. Should you attend UECO training, you will meet Holder, the main instructor and developer of the UECO course. He has worked in the Cal Guard's Environmental Directorate for seven years and brings a total of 18 years of professional environmental experience to the Guard. In addition to his environmental experience, Mike spent seven years in the Army Reserve as a field artillery officer. This combination of military and environmental experience makes Holder ideally suited to instruct the UECO training course.

Presented in a classroom format over two days, the UECO course contains eleven PowerPoint modules discussing the entire spectrum of environmental programs. Topics covered include hazardous waste, asbestos and lead-based paint, pollution prevention, emergency response, natural and cultural resources protection, record keeping, environmental inspections and other related topics. This depth of training ensures that the Cal Guard meets state and federal laws and regulations, as well as Army Regulation 200-1, which establishes the UECO training requirement.

During the past six years more than 800 students have been certified as UECOs. Each of these personnel are added to an electronic tracking system that is used to remind them of their recertification requirements. Two types of recertification are required, one yearly and one every three years.

The annual recertification is done through an online course. When the UECO completes the recertification and passes the course, the results are provided to the Environmental Directorate electronically and the UECO receives a recertification certificate. Every three years UECOs are required to recertify at the two-day classroom course.

The Environmental Directorate provides UECO training a minimum of four times each year regionally, and also provides additional training sessions when requested. This year's training schedule includes the following dates and locations:

- a. Jan. 21-22, Camp Roberts
- b. April 8-9, San Diego
- c. August 12-13, Mather Armory in Sacramento
- d. Nov. 4-5, Los Alamitos Joint Forces Training Base

Registration for the UECO course can be found on the CAJS-ENV portal under "Training" at: <https://portal.ca.ngb.army.mil/sites/caev/default.aspx>.

UECOs are the front line of environmental protection. Through their efforts and diligence the California Army National Guard will continue its record of environmental excellence and ensure that its military mission requirements are met now and into the future.



California National Guard employee Michael B. Holder conducts Unit Environmental Compliance Officer training in Mather, near Sacramento.

PHOTO BY CAPT. MARC ANDERSON

Managing combat stress – before, during and after deployment



BY MAJ. ERIC FRYE
Director, California National Guard Mental Health Service

In January, the California National Guard Mental Health Service is focusing its efforts on identifying, treating and managing Combat Stress. It's important to remember that wars produce psychological and physical injury. In addition, many of California's recent deployments have also focused on supporting Military Missions Other Than War, or MOOTW. Regardless of the mission parameters, these environments can create stressors that can adversely impact your military and personal lives.

The U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) defines stress as the "mobilization of the body and mind to counteract stressors. It involves the physiological reflexes that ready the body for fight or flight. It also involves mental reactions. Effects include decreased blood flow to the skin, muscles, and heart; increased sweating; adrenaline release for energy and alertness; muscle tension; and interference with sleep." These stressors in a combat environment are normal, predictable responses to abnormal and sometimes terrifying and horrible experiences.

And while it is important to remember that stress can be a positive process that increases combat performance and keeps us alive during potentially threatening situations, the psychological and emotional toll of maintaining that state of mind can become problematic if left unchecked. What follows is a primer for identifying combat and operational stress symptoms and seeking assistance in addressing such issues.

Combat stress control - in theater

Combat is more stressful than training could ever be. The very goal of the enemy is to stress and confuse you. Security and support operations can also involve heavy stress, even if no combat is involved. Mental and physical fitness will help you endure the stress of combat and military operations. Know the signs of combat and operational stress reactions, what to do for yourself and others and when to seek help. For more information, go to www.calcasa.org and type in your zip code.

Common Physical Signs

Tension: Aches, pains
 Jumpiness: Easily startled; fidgety, trembling
 Cold Sweats: Dry mouth, pale skin, eyes hard to focus
 Heart: Pounding; may feel dizzy or light-headed
 Breathing: Rapid, out-of-breath; fingers and toes tingle, cramps
 Stomach: Upset; may vomit
 Bowels: Diarrhea or constipation
 Bladder: Frequent urination, urgency
 Energy: Tired, drained, takes effort to move

Common Mental & Emotional Signs

Anxiety: Keyed up, worrying, expecting the worst
 Irritability: Complaining; easily bothered
 Attention: Poor; unable to focus or remember details
 Thinking: Unclear; trouble communicating

Common Mental & Emotional Signs (cont')

Sleep: Troubled; awakened by dreams
 Grief: Crying for dead or wounded
 Guilt: Self-blame for errors or what had to be done
 Anger: Feeling let down by leaders or others in unit
 Confidence: Low; loss of faith in self and unit

Here again, some or all of these signs can be normal reactions in a combat zone – and they are often needed to fight successfully and complete the mission. But these reactions become warning signs if they are prolonged, excessive or produce a sudden change from the Soldier's or Airman's usual behavior.

Warning Signs Requiring Quick Assistance

- Startles at any sound or movement
- Extreme restlessness
- Trembling or cowering
- Loss of feeling in limbs
- Memory Loss
- Spaced-out appearance or actions
- Very rapid speech
- Uncontrolled outbursts
- Reckless actions
- Poor hygiene
- Loss of muscle control (total or partial)
- Speech impaired or lost

Deployed Resources

- Behavioral Health Officers: Social Workers, Psychologists and Psychiatrists
- Enlisted Mental Health Specialists
- Unit Ministry Teams
- Battalion Aide Stations
- Air Force Combat Ministry Teams

Buddy/Leader Actions

- Check for injuries
- Remove soldier if their behavior endangers the mission
- Calm and reassure soldier/simplify assigned tasks
- Get soldier to a safe place
- Don't leave soldier alone
- Get a Medic's advice if there are signs of injury, drugs or disease
- Talk to the soldier about what happened
- Evacuate to aide station or other safe area to ensure safety
- Physically restrain only if necessary for safety
- Unload soldier's weapon only if unreliable

Controlling Resources Yourself

- Stay hydrated and physically fit
- Sleep at least 4 hours in a 24-hour period, 6-8 hours if possible
- Practice quick relaxation techniques
- Debrief after stressful events
- Gather facts and avoid rumors
- Maintain open communication

Controlling Resources Yourself (cont')

- Maintain self-discipline, follow regulations and set the example
- Know that COSR is normal part of the operational environment

Combat stress control - the homefront

Combat-stress reactions that continue after returning home can negatively impact your life. There is no reason to allow these symptoms to persist without effective mental health care. Counseling for these feelings can go a long way in improving relationships and mental health. It is important to remember that proper mental health care begins early in the process – do not wait until the situation becomes critical.

Combat Stress Resources

California Army Guard F.A.S.T. Line (Family and Soldier Tipline): 800-924-7782 916-854-3199; DSN 466-3199.

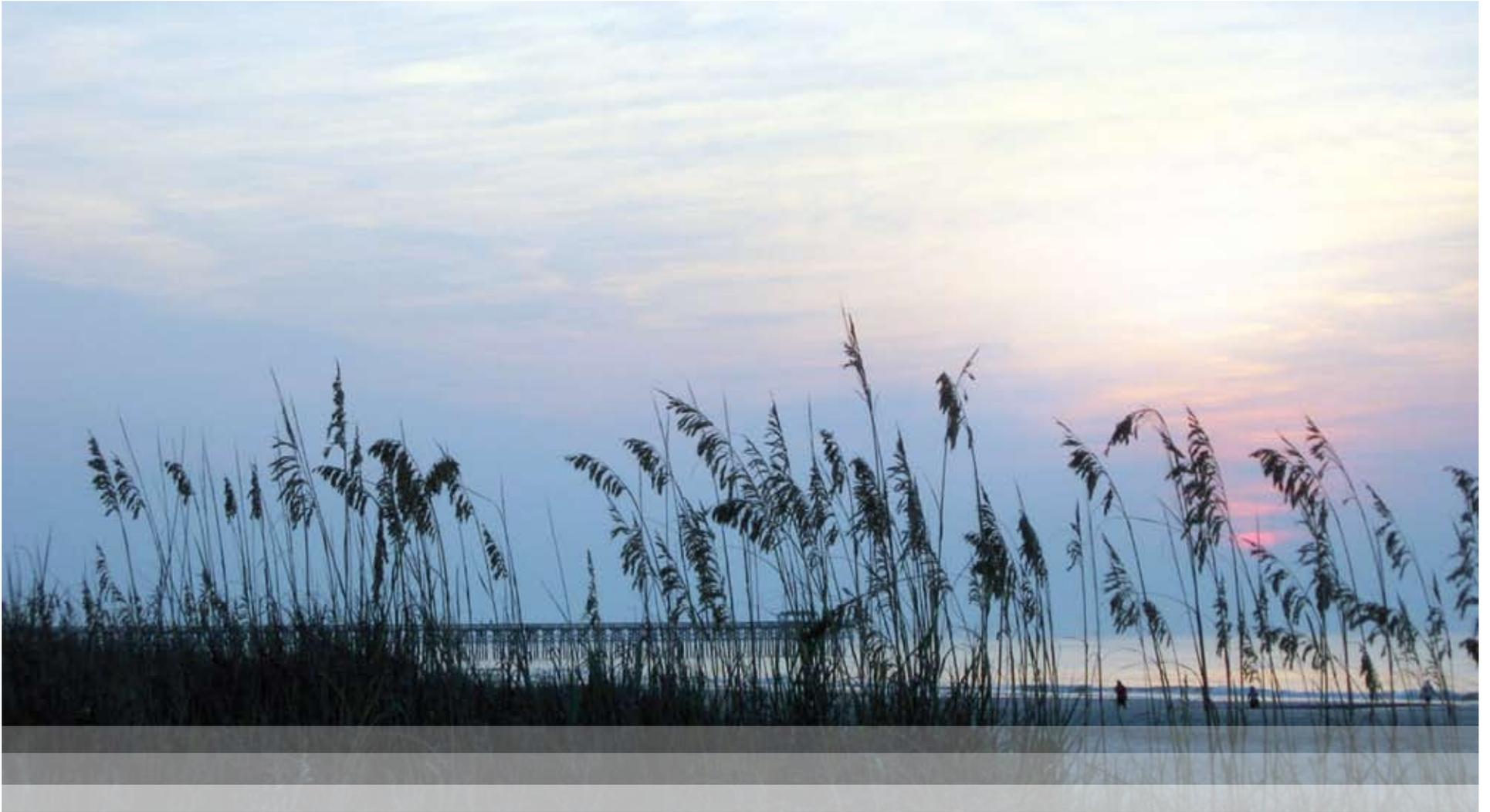
Military OneSource maintains a 24-hour Soldier and family lifeline at 1-800-342-9647. www.militaryonesource.com

Give an Hour is a nonprofit organization providing licensed professional counseling to individuals, couples and families. Their services include assistance and treatment with anxiety, PTSD, TBI, grief and loss counseling, child and adolescent assistance, depression, substance abuse and sexual health and intimacy concerns. www.giveanhour.org

TriCare 24-hour, seven-day-a-week Behavioral Crisis Line. They can be reached at 1-866-284-3743 or www.triwest.com

The **Veteran's Administration** also maintains a series of counseling centers for both brief and long-term counseling for redeployed Soldiers and Airmen and their families. Most counseling centers, or Vet Centers, are located in neighborhood malls and are easily accessible. The Vet Centers are designed for outpatient use only and have no accommodations for inpatient or emergent services. They are, however, an excellent resource after short- and long-term counseling. www.vetcenter.va.gov
 The VA also maintains a number of hospitals and medical centers staffed with a 24-hour emergency room, as well as mental health staff. These larger facilities are also equipped for inpatient mental health care, counseling, agency referral and medication management. Both the VA Medical Centers/Hospitals and the neighborhood VA Vet Centers can be accessed by calling 1-800-827-1000 or www.va.gov.

Community hospitals in your area also maintain 24-hour emergency rooms staffed with mental health clinicians which can assist servicemembers and families in crisis.



Fisher house scholarships

The Fisher House Foundation Inc. has asked for applicants for their Scholarships for Military Children Program, now in its ninth year. After eight years, more than \$6 million in scholarship grants has been awarded to 4,132 students.

The program is open to the children of active duty servicemembers, reservists and Guardsmen and retired military commissary customers. Recipients must be enrolled or planning to enroll full-time in a four-year undergraduate college or university with national accreditation. They must also have earned a minimum 3.0 grade point average on a 4.0 scale. For more information, please visit www.militaryscholar.org.

More for your mileage

Secretary of Veterans Affairs Dr. James B. Peake announced that travel reimbursement has increased from 28 cents per mile to 41.5 cents. The current deductible amounts applied to certain mileage reimbursements, however, will remain frozen at \$7.77 for a one-way trip, \$15.54 for a round trip and capped at a maximum of \$46.62 per calendar month. On Jan. 9, these deductibles will have decreased to \$3 for a one way trip, \$6 for a round trip, with a maximum of \$18 per calendar month.

TRICARE Reserve premiums drop

Guard personnel enrolled in TRICARE Reserve Select began paying 44 percent less each month for individual coverage and 29 percent less for families on Jan. 1. Premiums for individuals will fall to \$47.51 a month, down from \$81. Family coverage is \$180.17 instead of \$253. TriCare Reserve Select is available to all drilling Reservists and Guardsmen who are not enrolled in the Federal Employees Health Benefit Plan.

Disability ratings reviews

Servicemembers who were medically separated after Sept. 11, 2001, are eligible to have their disability ratings reviewed to for fair treatment and accuracy. To be eligible for review, members must have been medically separated with a combined disability rating of 20 percent or less, and not found eligible for retirement. Also, a rating cannot be lowered as a result of the review. To learn more, go to www.health.mil/pdbr or write to SAF/MRBR, 550 C Street West, Suite 41, Randolph AFB, Texas, 78150-4743.

DID YOU KNOW...

failure to attain or retain a security clearance can severely limit or possibly end your military career?

Personal finance issues are the most common cause of denial or withdrawal of security clearances. Failing to pay debts or live within one's means can be indicators of poor self-control, lack of judgment and unwillingness to follow rules and regulations. These indicators in turn raise questions about reliability, trustworthiness and ability to safeguard classified information. Other issues that impact security clearances are relationships with foreign governments or entities in foreign countries, personal conduct and certain psychological issues.

We are all assessed not just on what we do in our military capacity, but who we are and what we do in our personal lives. Proactively living the Army and Air Force Core Values is critical to ensuring attainment and retention of security clearances and our overall effectiveness as Soldiers and Airmen. See AR 380-67 and AFI 31-501 for more information.



Air Force pararescuemen fly aboard an HH-60 from the California Air National Guard's 129th Rescue Wing out of Moffett Federal Airfield during a rescue scenario at the Angel Thunder exercise. The Angel Thunder training took place at Davis-Monthan from Dec. 1-12 and is the largest personnel-recovery exercise in the world, designed to train a joint, interagency and international audience in effectively executing the personnel recovery mission. [See story, page 12.](#)

Photo by Greg Morehead

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