

GRIZZLY

2008
June
Vol. 3 No.6

www.calguard.ca.gov/publicaffairs



Operation Triangle | P.4

11th ACR Redlegs | P.9

At a Glance | P.10-11

ARMY BIRTHDAY

Major General William H. Wade II



In T. R. Ferenbach's book, "This Kind of War," he wrote, "You may fly over a land forever; you may bomb it, atomize it, pulverize it, and wipe it clean of life – but if you desire to defend it, protect it, and keep it for civilization, you must do this on the ground, the way Roman legions did, by putting your young men into the mud."

First and foremost, the Army is Soldiers. No matter how much the tools of warfare improve, it is Soldiers who use them to accomplish their mission. Soldiers committed to selfless service to the nation are the centerpiece of Army organizations. Everything the Army does for the nation is done by Soldiers who are supported by Army civilians and family members. Only with quality Soldiers answering the noble call to serve freedom, can the Army ensure the victories required on the battlefields of today and the future.

The Army, a long-trusted institution, exists to serve the nation. As part of the joint force, the Army supports and defends America's constitution and way of life against all enemies, foreign and domestic. The Army protects national security interests – including forces, possessions, citizens, allies, and friends. It

prepares for and delivers decisive action in all operations. Above all, the Army provides combatant commanders with versatile land forces ready to fight and win the nation's wars.

The Army gains, sustains, and exploits control over land, resources, and people by threat, force, or occupation; in order to impose the nation's will, to establish and maintain a stable environment in order to set the conditions for a lasting peace, to restore infrastructure and reestablish basic civil services as a consequence of catastrophic events, and provide a base from which other armed forces can influence and dominate the air and sea dimensions of the joint operational area.

Army forces provide the combatant commanders the means to deter potential adversaries and shape the strategic environment. Army forces are ready, well led, well trained, and well equipped – prepared to deploy immediately anywhere in the world to protect forces, manage crises, and sustain land operations.

What you have just read are the opening paragraphs of Chapter one of Field Manual #1, The Army, published on June 14, 2005, the Army's 230th birthday. It defines – succinct-

ly – the essence of what America's Army is, what it can do, and what it is expected to do. As America's oldest and longest serving active duty armed service, the United States Army continues to evolve and transition to the service of choice and need.

Since June 17th, 1775, when 2,200 British regulars assailed an American fortified position atop Breed's Hill in Charleston, South Carolina and started the American War of Independence, through the War of 1812, the fight for Texas independence, the American Civil War, the Spanish-American War, World Wars I and II, the Korean War, the Vietnam War, the Gulf War of 1991, and now the Global War on Terrorism, America's Army has been the backbone of democracy and freedom world-wide.

It takes a special person to be a Soldier to submit their heart and soul – their entire being – to that of soldiering. So, on this 230th anniversary of the birthday of America's Army, I honor all of you who wear, or have worn, the uniform of the United States Army with the words from Charles de Gaulle's book, "The Edge of the Sword"

"Men who adopt the profession of

arms submit, of their own free will, to a law of perpetual constraint. Of their own accord, they reject the right to live where they choose, to say what they think, to dress as they like. From the moment they become Soldiers, it needs but an order to settle them in this place, to move them to that, to separate them from their families and dislocate their normal lives. On the word of command they must rise, march, run, endure bad weather, go without sleep or food, be isolated in some distant post, and work till they drop. They have ceased to be the masters of their fate. If they drop in their tracks, if their ashes are scattered to the four winds, that is all part and parcel of their job."

It is the Soldier that makes America's Army great, that makes it the premiere military power in the world, that makes others want to be just like us.

Thanks for all you do. God Bless you and your families for your selfless service, dedication, and sacrifice. Happy Birthday and GO ARMY!



Command Sergeant Major William Clark Jr.

On June 14th, the United States Army will celebrate its 232nd birthday. On June 15, 1775, Congress chose General George Washington as the commander and chief of the new Continental Army. As we celebrate the Army's birthday we must reflect on the challenges of our Soldiers, communities and country. In the past two hundred and thirty two years we have evolved into the most professional and revered military force in the world.

On June 14, 1775, Congress adopted the American Continental Army. Congress began to raise ten companies of riflemen, and appointed a committee of George Washington and Philip Schuyler to draft the rules and regulations for the government of the Army. Since the start of the American War of Independence, War of 1812, the fight of Texas independence, the American Civil War, the Spanish-American War, World war one and two, the Korean War, the Vietnam War, the

Gulf War and now the Global War on Terrorism, the American Army has been the lynchpin of democracy and freedom throughout the world.

On this historic day, Soldiers deployed throughout the world will celebrate the Army's birthday. It takes a special person to be a Soldier and commit themselves to the service of their country. Our Soldiers and their families continue to face challenges with deployments

courageously. The vast majority of our communities continue to support service members and their families and our citizens continue to join America's Army to defend and protect the constitution of the United States.

As you reflect on this day remember those Soldiers that have paved the way for you throughout the history of the United States Army. Thanks for all you do and God bless you and your families.

Grizzly

The Official Newsletter of the
California National Guard

Vol 3. No.6

June 2008

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

Maj. Mirtha Villarreal

Editorial Staff

1st Lt. Theresa Chrystal

Sgt. William Martin

Jonathan Guibord

Photographers

Tech. Sgt. Joseph Prouse

Spc. Michael Amicy

Tech. Sgt. David Loeffler

Layout, Graphics, Photo Editing

Nida Chindalaksanalert



FROM THE EDITOR

The Grizzly magazine is mailed out monthly to more than 22,000 Soldiers, Airmen, and Family members. The mailing list is not maintained by the Public Affairs office but Administrative Services. The mailing list is derived from the DEERS and SIDPERS data base. If you have recently moved, you must ensure that you update your address at the unit level. Our office will update requests sent to the PAO office direct, but it will not necessarily ensure delivery of the Grizzly as the mailing list is sent directly by Admin Services to our vendor for mailing.

Soldiers from the 160th Range Reconnaissance Detachment and 143rd Field Artillery returned this month from deployments in Iraq. During the deployment they conducted presence patrols, convoy security, detainee processing, and operated various enemy checkpoints. Welcome home!

SUBMISSIONS

Articles:

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

Photographs:

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

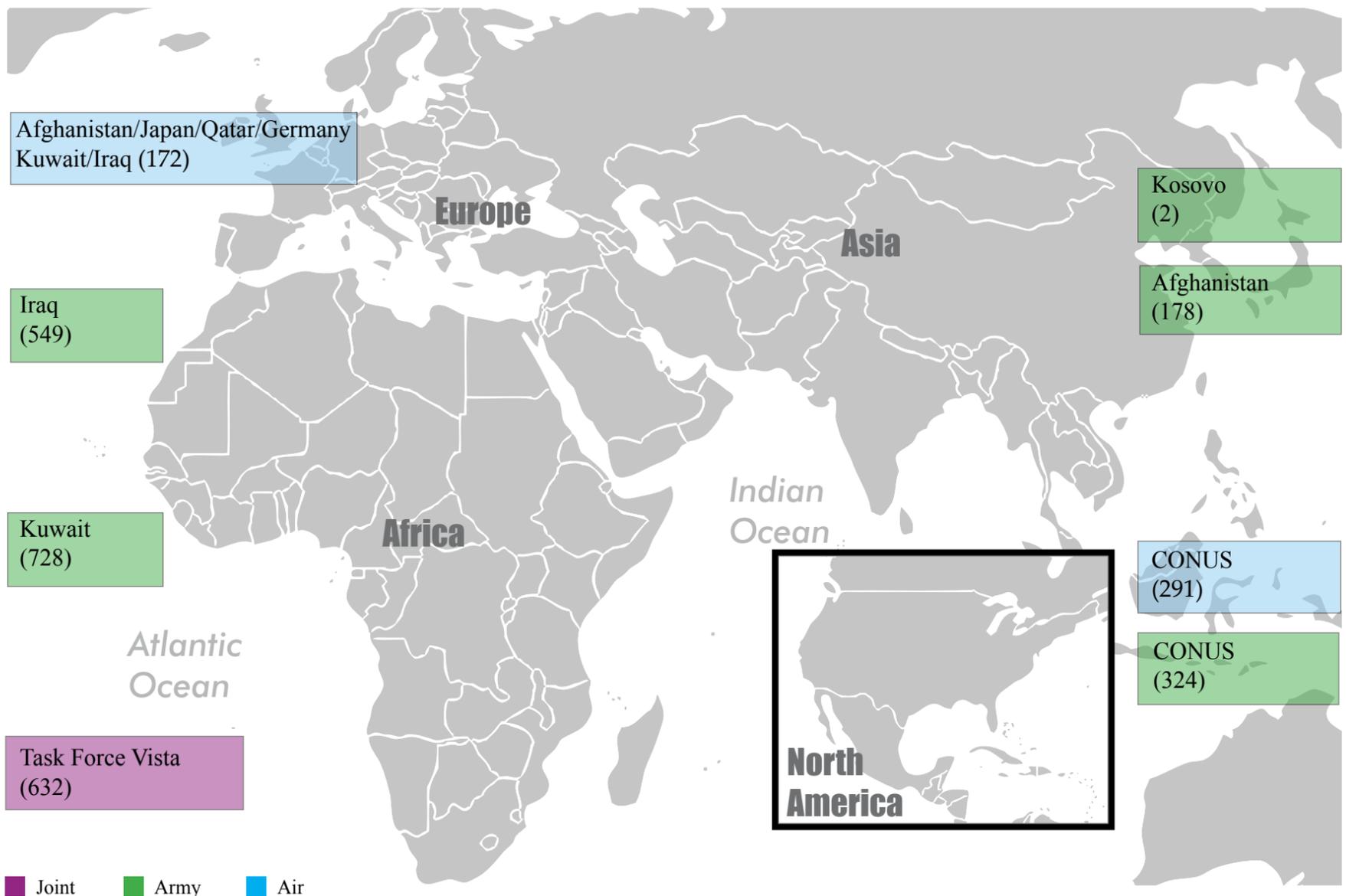
Email story submissions by the
15th of every month to:

mirtha.villarreal@us.army.mil

COVER PHOTO BY MITCH RIDDER

Where We Are

THE CALIFORNIA NATIONAL GUARD AS OF JUNE 2008



OPERATION TRIANGLE

STORY AND PHOTOS BY SGT. WILL MARTIN

LOS ANGELES, Calif. – The Los Angeles Memorial Coliseum has earned its fame as the site of two Summer Olympic Games and home to the University of Southern California's football team. But in late April, the stadium took a dark step – albeit simulated – closer to infamy.

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 on April 29 at the coliseum for Operation Triangle, a terrorist, mass-casualty exercise.

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 mass human suffering, portrayed by scores of USC student volunteers.



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

Designed to support civil authorities during a WMD attack, the 9th CST instead spent much of the day taking the lead in addressing the simulated crisis. Team members suited up in imposing – and fatiguing – blue garb, attire necessary to protect the CST from toxic agents.

The CST members were deployed in two-man waves, marching toward the stadium and into the Southern California heat. Once in the stadium, teammates began to “train as they fight,” utilizing equipment that can identify and measure airborne agents, data that assists civil agencies in determining a course of action.

Operation Triangle was one exercise in a three-event series designed to increase terrorism-preparedness and cooperation among Southern California agencies.

The exercise, said L.A. Fire Department spokesman Capt. Rick Godinez, was intended to “task our emergency responders to work together in a command and tactical capacity,” as well as testing the “readiness of the Los Angeles Coliseum’s emergency plan.”

The 9th CST is comprised of 22 full-time Guardsmen, each trained specifically for WMD attacks, chemical or otherwise. Each member must be certified as hazardous material technicians by state and federal authorizing agencies.

As FBI agents and L.A. Police secured the area, 9th CST personnel calculated the dispersion of the airborne agent, which had spread well beyond the coliseum. The growing, poisonous plume served as further training, as CST and other agency members were forced to create an exclusion zone and establish treatment and casualty sites throughout the city.

While the stadium seemed relatively bare – it drew more than 115,000 fans for a recent Dodgers game – the scene did garner plenty of media attention, as well as visits from local dignitaries, including representatives from L.A. Mayor Antonio Villaraigosa's office.

As the nation's second largest city, L.A. officials and residents are aware that they are not immune to the terrors that struck New York, and of the need for capable response agencies, such as the Cal Guard's own 9th CST.





PHOTO BY 2ND LT. (SMR) HEATHER HAGEN

160TH LRSD SOLDIERS

RETURN FROM YEAR-LONG DEPLOYMENT IN IRAQ



LOS ALAMITOS, Calif. - More than 50 Soldiers of the 160th Long Range Surveillance Detachment celebrated their return from a 12-month combat tour in Iraq at a homecoming ceremony April 27, 2008, at the Joint Forces Training Base, Los Alamitos, Calif.

During their deployment, the Soldiers conducted security missions around Camp Slayer as Task Force Shield's Quick Reaction Force. Additionally, they conducted presence patrols, search missions and civil military operations. They also supported humanitarian drops to the neighboring towns consisting of care packages containing school supplies and soccer balls, which were well received by the local children in the area. Task Force Shield, consisted of five companies of National Guard units from California, North Dakota, and Iowa.

The welcome home ceremony was held at the Joint Forces Training Base's Liberty Theater in building six. The Soldiers from the 160th LRSD recognized their Family Readiness Group for their coordination in keeping friends and family in contact with the Soldiers.



WATERBUCKET TRAINING

STORY AND PHOTOS BY SGT. WILL MARTIN

IONE, Calif. – “This year’s fire season has already begun,” said Gov. Arnold Schwarzenegger, in a public statement. May 9, 2008 “We need every firefighting resource and tool on ready alert, so we can spring to action when disaster strikes.”

Always alert, UH-60 Black Hawk pilots from across the California Army National Guard left Mather Field two weeks earlier for the Cal Fire Academy in Ione, Calif. where they participated in an interagency exercise utilizing the waterbucket firefighting system.

Cal Fire, or the Department of Forestry and Fire Protection, hosted the April 26-27 training event as part of a preemptive effort to increase coordination between local, state and federal firefighting assets.

If a particular wildfire should exhaust Cal Fire’s resources – as it did in Southern California last year - an agreement with the state’s Military Department assures California residents that the National Guard will offer its assistance.

The interagency training required to prepare for such efforts extends well beyond waterbucket systems, and includes incorporating the Air National Guard’s C-130 Modular Airborne Firefighting System (MAFFS), ground support personnel and communications resources.

But on this particular weekend, the waterbucket took center stage, as several Black Hawks, which can carry approximately 800 gallons of water, scattered the skies over the

so the buckets collect several hundreds of gallons of water, and fly back over a forest fire, releasing the water in the hope of dousing the flames.



Sierra Nevada foothills, repeatedly soaking simulated fires ravaging the forests below. They were joined in their effort by their Cal Fire counterpart, the UH-1H “Super Huey,” which can carry more than 300 gallons of water and fly at 110 knots.

The waterbuckets are liquid-dispersal firefighting systems attached to the bottom of National Guard and Cal Fire helicopters. The pilots simply fly to a nearby water source, lower the aircraft

According to Cal Fire authorities, California’s hot, dry summers combine with topography and vegetation that make for “world class” fires. From 2002-06, an average of 5,674 fires and about 170,000 acres burned in each year in California. The blazes, they said, are inevitable.

“Fire remains a major natural force in California,” states the Cal Fire Web site. “It is not a matter of ‘if’ a fire will burn, it is ‘when.’”

As residents encroach into the state’s natural habitats – more than 8 million Californians own homes or businesses in the state’s wildland areas – the challenge of protecting lives and property from fire damage has steadily grown.

In an effort to remedy the growing threat, Cal Fire has pushed more citizen education. This year’s theme – “Defensible Space is Your Responsibility” – reminds residents of the need to clear a swath of land free of dead vegetation around their wildland homes.

“Cal Fire is making a significant effort to ensure that Californians ... create 100 feet of defensible space around their homes,” said Cal Fire Director Chief Ruben Grijalva.

Despite Cal Fire’s efforts, however, the fires still come, almost always in an unpredictable manner. And when they do come, they threaten lives and consume hundreds of millions of dollars.

Two things, then, seem certain: Fires will rage, and the California National Guard will be there.



UH-60 Black Hawk drops water during training exercise



PHOTO BY SGT. 1ST CLASS JOSEPH C. BARKER

143RD FA SOLDIERS

RETURN TO CALIFORNIA FROM IRAQ DEPLOYMENT



Approximately 340 Soldiers from the California Army National Guard's (CNG) 1-143rd Field Artillery (FA) Battalion returned to various cities' airports throughout California after a nine-month-long deployment in support of Operation Iraqi Freedom.

The 1-143rd Field Artillery has a rich history of answering the call to duty for the state and our nation. The unit has deployed to almost every major conflict dating back over the last century. The 1-143rd Field Artillery served with distinction during the Spanish-American War, on the Mexican border in 1916, in France, the South Pacific and Aleutian Islands during WWII, and in the Korean War. Since 11 September 2001, units of the 1-143rd Field Artillery have served in Afghanistan and Guantanamo Bay, Cuba. The battalion also has served in several security missions here at home since 9-11 including Airport Security Missions and Critical Infrastructure Security.

These Soldiers are from the FA battalion's Alpha, Bravo, and Headquarters batteries. The remainder of the 820 Soldiers who deployed, largest CNG deployment since the Korean War, have either already returned or will return this summer.

While in Iraq, the 1-143rd FA conducted various missions to ensure stability in their area of operations. These missions included convoy security, detainee processing, and operating various enemy checkpoints.



DON'T WORRY... BE HAPPY!!!

BY MAJ. STEVEN KEIHL



People worry too much! This is not just a catchy phrase that could be used in a catchy Reggae song (Don't Worry, Be Happy), it is also the truth. And worry can be a big problem for individuals and the people they love. Excessive worry can lead to a host of emotional, psychological, or even physical struggles and problems. Unfortunately, some people just can't seem to get control of their worry. No matter how hard they try, they worry, worry, and worry some more!

A growing number of people in the United States are struggling with a disorder known as Generalized Anxiety Disorder (GAD). GAD is characterized by six months or more of chronic, exaggerated worry and anxiety. In case you didn't

get the point yet, excessive worrying for six months is a problem! An individual struggling with GAD worries over unfounded fears and such anxiety is highly exaggerated. In other words, they stress over situations that don't exist, circumstances that are highly unlikely to occur, and problems that are both catastrophic and unrealistic. Additionally, such stress and anxiety is expressed in manners much more elevated than most people. I was talking with an individual who honestly shared his struggle with GAD and he told me that he used to worry about worrying! Yikes!

Do you know someone who worries too much? Are their fears legitimate or unfounded? Do they generally expect the worse case scenario in just about every situa-

tion? If so, it is possible that this person is struggling with GAD. If the same individual is unable to relax, suffers from insomnia, seems fatigued often, suffers from chronic headaches, and demonstrates irritability or moodiness, chances are they are more likely struggling with GAD. The above symptoms are the most common with individuals struggling with GAD.

Researchers are not positive what causes GAD. Some suggest that it may be hereditary and manifests during times of stress. Others claim that GAD is a result of failed stress management efforts. Whatever the cause, GAD is a serious problem that can become even more dangerous if untreated. GAD can contribute to substance abuse problems, severe depres-

sion, or even suicidal ideology. Like I said... People worry too much!!!!

The good news is that we do NOT have to live with GAD or struggle with our worries alone! There is help! There is treatment available! A mental health professional can provide various intervention measures to include medication, therapy, or a combination of both. With proper attention, GAD is a fixable problem! We can overcome our struggles with anxiety, illegitimate worry, and overactive stress! If you or someone you know is struggling with the symptoms listed in this article, you should visit your family doctor or a mental health professional. Help is available!

Don't worry.... Be happy!!!!

Mental Health Update

The Mental Health Team had the opportunity to attend the Department of Defense Suicide Prevention Conference in San Diego last month. The Conference provided the team with many wonderful resources and programs across the various services and nations being used to help address the issue of suicide prevention. Representatives from the Army, Navy, Air Force, Marine Corps, and Coast Guard shared and joined together to address this critical issue! The NGB is in the process of creating an updated Suicide Prevention Program. All States recently appointed Suicide Prevention Program Managers to attempt to provide additional resources and emphasis. This is a critical issue that we must take seriously, resource appropriately, and take action!

Contacting the Mental Health Task Force

Office – 916-854-3019

DSN – 466-3019

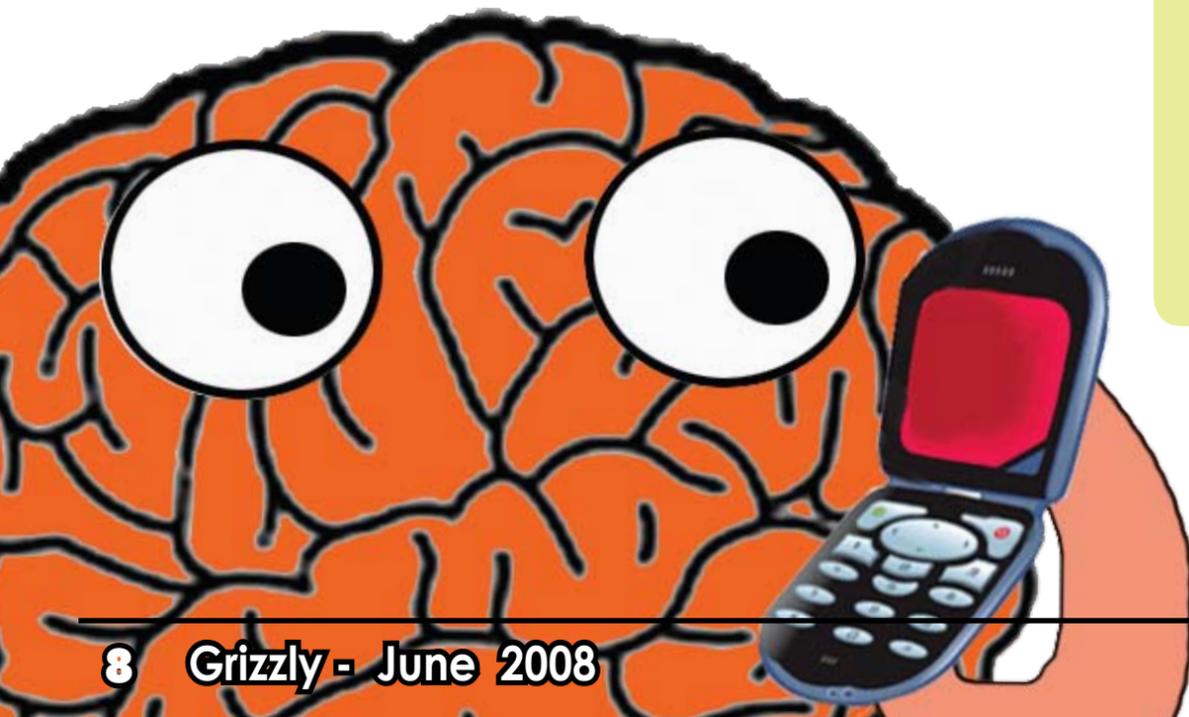
Cell – 916-240-3477

Email – mental.healthca@ng.army.mil

Website - www.calguard.ca.gov/mhtf

Featured Mental Health Resource

Check out the self assessment section on Military One-source (www.militaryonesource.com) Go to the home page and look for the box and links on the right hand side of the page. Currently, you can complete a number of self assessments including debt problems, traumatic events and stress, and communication styles. These self assessments help you understand yourself and others better! Check it out!



CALIFORNIA REDLEGS EARN THEIR PLACE IN THE 11TH ACR

BY MAJ. ROBERT T. WOOLDRIDGE

This past October, the California Army National Guard's 1st Battalion, 144th Field Artillery Battalion came under the operational control of the famed 11th Armored Cavalry Regiment (ACR) at Fort Irwin, Calif.

With the addition of the 1-144th FA and the 1-221st Armored Reconnaissance Squadron from the Nevada ARNG, the 11th ACR became the only heavy brigade combat team (HBCT) in the Army to have both active duty and National Guard Soldiers assigned to it.

Organized in 1901, the 11th ACR's proud history includes service in the Philippines, General Pershing's Punitive Expedition to Mexico in 1916, Guarding the West German border during the Cold War, and combat service in Vietnam, Desert Storm, and the Iraq War. The regiment's two active maneuver battalions and support squadron help fulfill the National Training Center's mission by playing the "opposing force" or "enemy" in rigorous and stressful field exercises. These exercises are intended to closely replicate real combat for units that are scheduled to deploy to the Middle East.

The 11th ACR works hard to balance its opposing force mission with maintaining its core warfighting competencies. To keep its infantry, armor, and support Soldiers well trained, the regiment conducted Annual Training alongside its National Guard Soldiers from 29 March to 12 April 2008, culminating in a Combined Arms Live Fire Exercise, or CALFEX. This training event brought three battalions (2nd Squadron, 1-221st ARS, and 1-144th FA) together at the same time in the



(from L-R) Staff Sgt. Enrique Luna (far left), Sgt. Rayman Bailes and Spc. Leif Campbell, the crew of Gun #5, B/1-144th FA, verify firing data before firing a 155mm High Explosive projectile during the CALFEX.

PHOTO BY MAJ. ROB WOOLDRIDGE

rounds over the advancing vehicles. Maj. Joe Clark, S3 for 2nd Squadron 11th ACR, said, "It was amazing driving across the valley floor and watching artillery rounds pounding the same objective we were shooting our tanks at. It was definitely worth all the preparation."

"This was the first time we've used the Paladin as it is supposed to be employed: shooting and moving, not stuck in one place," echoed Weber.

The commander of 1-144th FA, Lt. Col. David Brady, was pleased that his artillerymen come so far in such a short amount of time.

"It was like sprinkling 'Miracle Grow' on the battalion and watching everyone improve dramatically from our first day until the CALFEX nine days later," Brady said.

"Initially, it took so long for the howitzers to stop moving and get ready to fire that we didn't even time them. Once we began to measure our progress, we saw great improvement in a very short time frame. By the day of the CALFEX, we met active duty time standards for occupying our firing positions."

After the operation, the regimental commander, Col. Mark Calvert, took an opportunity to praise the 1-144th artillerymen as an important addition to the 11th ACR's combat power. "You put on the 11th ACR shoulder patch back in October, but you earned it today," he said.



Staff Sgt. Patrick Torres, Paladin Section Chief of B/1-144th FA, checks his Paladin before departing for the CALFEX.

PHOTO BY MITCH RIDDER

same battlespace. As the Bravo Battery commander, Capt. Rob Weber, said, "this CALFEX was a rare opportunity to work with our active duty counterparts in a great scenario that tested our wartime mission."

During the CALFEX, Bradley Fighting Vehicles and Abrams Tanks engaged full size pop-up targets with direct fire 120mm and 25mm cannons while the 1-144th FA's M109A6 Paladins shot 155mm artillery

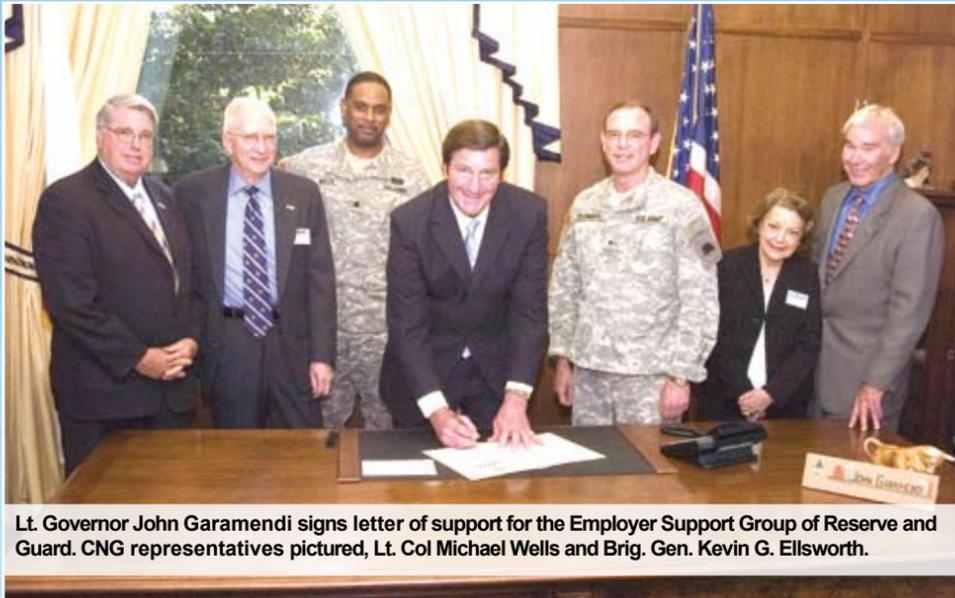
Paladins and Ammunition Carriers from A/1-144 FA depart for the maneuver training area at National Training Center, Fort Irwin, CA.

PHOTO BY MITCH RIDDER





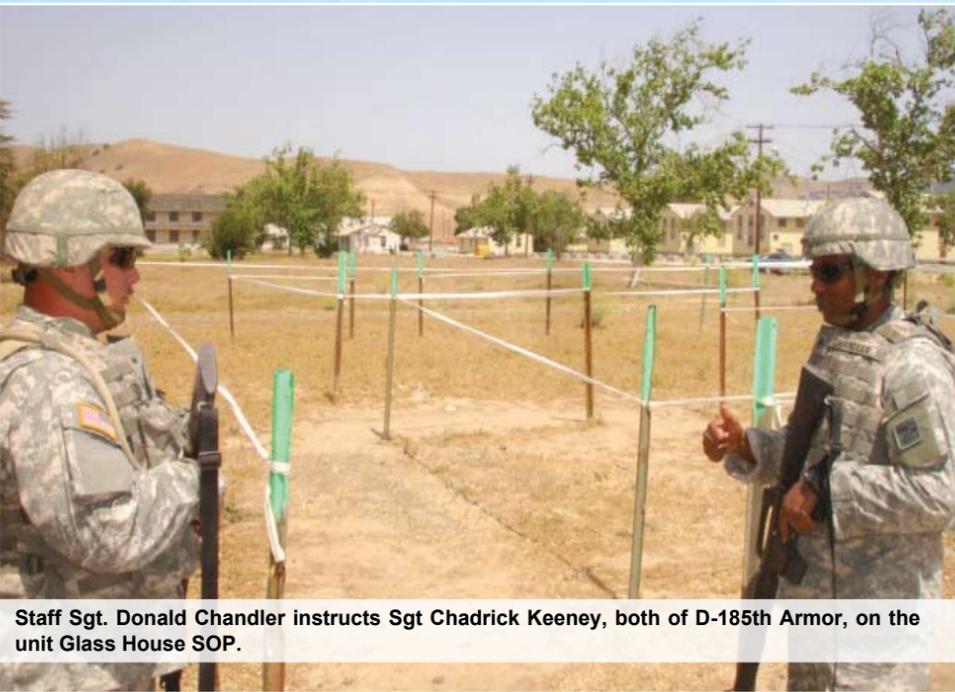
Col. Kelly Fisher receives the guidon from Brig. Gen. Louis Antonetti, during the 223rd Infantry Regiment change of command ceremony, as outgoing commander Col. Sylvia Crockett looks on.



Lt. Governor John Garamendi signs letter of support for the Employer Support Group of Reserve and Guard. CNG representatives pictured, Lt. Col Michael Wells and Brig. Gen. Kevin G. Ellsworth.



Members of the CNG decontaminate a victim who was exposed to chemical agents during the 2008 CERFP (CBRNE Enhanced Response Force Package) exercise which took place at Camp San Luis Obispo on May 1, 2008. The joint services exercise brought together National Guardsmen and civilian emergency response teams from throughout the state to train in rescue, recovery and decontamination techniques.



Staff Sgt. Donald Chandler instructs Sgt Chadrick Keeney, both of D-185th Armor, on the unit Glass House SOP.



Brig. Gen. Mary Kight poses by a display honoring women in the military at the California State Capitol.



Officer Candidate School Class 08' takes a group photograph at their annual dining-out.



CNG Color Guard presented the colors during the Eagle Scout Annual Recognition Dinner for outstanding young men, they also took time out to have dinner with the young men and provide insight for those interested in pursuing a military career.

AT A GLANCE

CONTRIBUTORS | TECH. SGT. JOSEPH B. PROUSE | SGT. 1ST CLASS STEPHEN PAYER | TECH SGT. DAVID J. LOEFFLER
MAJ. ROB T. WOOLDRIDGE | 1ST LT. THERESA CHRYSTAL | CAPT. MARTIN YOUNGER



Major William H. Wade II stands with Governor Arnold Schwarzenegger during the announcement of an executive order for fire season preparedness.



Capt. George Burchuk (left), Fire Direction Officer for 1-144th FA, is awarded the Army Commendation medal by the 1-144th's commander, Lt. Col. David Brady.



Sgt. Miguel Enriquez, Sgt 1st Class Robert Garcia, Pfc. Bryan Tyler, and Staff Sgt. Edward Ruvacalva of the ammunition section from 11th Forward Support Company, 1-144th FA, prepare pallets of high explosive projectiles for delivery to the battalion's howitzers.

Members of the meteorological section in Headquarters Battery, 1-144th FA, launch a weather balloon to record atmospheric conditions, which can affect the trajectory of a projectile after it is fired from a howitzer.



129TH AIRMEN PARTICIPATE IN FULL-SCALE LOCAL EXERCISE

BY CAPT. ALYSON M. TEETER



Tech. Sergeant Michael Bendle (left) repels with an FBI agent (right) from an HH-60G Pave Hawk to the USNS Algot during a combined field-training exercise April 17 at Alameda Point, Calif. Airmen from the 129th Rescue Wing airlifted FBI, U.S. Customs, and Army National Guard Civil Support Team personnel as part of BAYEX 2008.

PHOTO BY CHIEF WARRANT OFFICER (SMR) JON-NOLAN PARESA

On a clear spring day with San Francisco set as the backdrop, an HH-60G Pave Hawk hovered over the USNS Algot at Alameda Point, Calif.

Tech. Sgt. Michael Bendle, a 129th Rescue Wing pararescueman of the 131st Rescue Squadron, grabbed federal agents and guardsmen in the helicopter one-by-one to drop them off on to the deck of the ship as part of a scenario that simulated the potential use of a radiological dispersal device or nuclear weapon.

129th Rescue Wing personnel participated April 16-20 in BAYEX 2008, a full-scale exercise designed to test the ability of Oakland, California, and federal agencies to conduct a coordinated response to a major emergency. Field and support personnel from the nearly two dozen participating agencies tested their abilities to share intelligence and respond to three scenarios.

According to the Governor's Office of Emergency Services (OES), scenarios included terrorism-generated chemical, explosives, and ra-

diological events. It also included one terrorism-related BART derailment, and a maritime interdiction operation against a U.S. Maritime Administration Ready Reserve Fleet ship (USNS Algot) that was used as a platform for a fictitious containerized cargo ship.

"The Air Force and Air National Guard implemented the Air Force Incident Management System, a method of response that is the equivalent to that of civilian agencies," said Master Sgt. Kkoby Griffin, 129th Emergency Management

Program Manager. "We needed an opportunity to implement the new process and the BAYEX was a perfect opportunity."

The wing's Emergency Operations Center, or EOC, was activated once the exercise commenced. The exercise gave full-time wing personnel an opportunity to iron out emergency response procedures and put interagency coordination into practice.

"We were able to perform the response piece, which was the request by OES, and we were able to recall and deploy personnel while completing the required paperwork for the state," Sergeant Griffin said. "This exercise allowed us to pull all the pieces together and identify our shortfalls."

Wing medical personnel also functioned as role players and exercise observers during the rail derailment and terrorist attack scenarios.

"All the opportunities for experience in observation and operations with civilian first responders is extremely valuable to us, as we take all the information we learn and use it in our planning for future responses," said Capt. Brett Bruderer, 129th Medical Group administrative officer and BAYEX 2008 participant. "The type of data we were able to gather assists us with seamlessly integrating with our civilian counterparts, and prepares us for when the need for medical assistance from the Air National Guard arises."

TRAIN "DERAILS" IN INTER-AGENCY EXERCISE

STORY AND PHOTO BY PFC. DENAE J. DAVIS

Soldiers in moulage gathered around the West Oakland Bay Area Rapid Transit station preparing to simulate victims of a train derailment April 19 during BAYEX 08.

During the five day exercise Soldiers in the Recruitment Sustainment Program from multiple cities in Northern and Central California, Oakland Police and Fire departments, BART safety, Emergency Medical Teams, Alameda County Bomb Squad and other homeland security worked together to simulate a real time reaction to terrorist infractions, said Maj. Michael Sather, a Deputy Commander with the Air National Guard.

In an FBI controlled environment, one of the BART trains "derailed" in a tunnel requiring safety officials to take charge in evacuating the victims. Each Soldier was given a different list of symptoms and

acted very well according to their list. Covered in fake wounds, or "moulage," 50 Soldiers were quickly either directed or carried off the train and lead to safety outside of the tunnel where they were sorted by wounds and treated like a real life triage. The "wounds" included broken ribs, fractures, post-traumatic stress, contusions, broken ribs and other wounds related to a train derailment, said John McPartland with safety operations.

The BAYEX simulated radiological, biological and chemical explosions as well as bombs, booby traps, detonators and terrorist invasion throughout different parts in Oakland.

Other aspects of the exercise included help from the U.S. Coast Guard with use of different vessels transporting multiple large storage containers full of radiological warfare.



An Oakland Emergency Medical Team member sorts and evaluates the "injuries" sustained by Soldiers in the simulated triage after the train derailment.

During the BAYEX troops and homeland security worked together in what has to be one of the "biggest inter-agency operations," said Sather, a member of the exercise's planning team. "It took a year and a

half and approximately 37 agencies to develop the mass casualty, multi-lane training exercise." Overall the BAYEX was a successful event with only simulated injuries.

MODULAR AIRBORNE FIREFIGHTING SYSTEM

STORY COURTESY OF THE NORTH CAROLINA NATIONAL GUARD HEADQUARTERS PUBLIC AFFAIRS OFFICE

Port Hueneme, Calif. - Expect a lot of aerial firefighting on the part of the California and others states' National Guard forces this year, according to Neal Hitchcock, Deputy Operations Director of Fire and Aviation with the United States Forest Service.

Hitchcock spoke Monday on predictors of forest fire conditions to commanders and flight crews from federal and state organizations, including the California National Guard, at the welcome session of the 2008 Modular Airborne Firefighting System (MAFFS) training at Channel Islands Air National Guard Station, near Ventura, Calif. His comments indicate firefighting crews might begin fighting actual fires earlier, more often and for longer periods than in previous years.

This week's MAFFS program provided training and qualification of military navigators, pilots, loadmasters and ground crews that might be called upon to fly firefighting missions around the nation this year.

Several media outlets from California and Colorado participated in a May 8 media day. The event began with a morning briefing by the California Air Guard's Master Sgt. Michael Drake on the MAFFS system and its part in the firefighting mission, and also featured tours of static displays of the MAFFS systems, a C-130 J-model aircraft and a U.S. Forest Service lead plane; and a live MAFFS water-drop demonstration. Media were also granted several interviews with civilian and military Subject Matter Experts concerning the MAFFS system and the interagency and interstate cooperation involved in firefighting missions.

Distinguished visitors were also present, to include the Maj. Gen. William H. Wade II, adjutant general of California, and his coun-

terpart from the Nevada National Guard, Maj. Gen. Cynthia Kirkland. Representatives from several U.S. congressman's offices were also in attendance, as were National Guard Bureau dignitaries.

Personnel from a variety of federal and state agencies, including Cal Fire, Air National Guard and Reserve units from Wyoming, North Carolina, Colorado and California, the U.S. Forest Service and the National Interagency Firefighting Center joined the men and women of Channel Islands' 145th Air Wing in the MAFFS mission, now in its 35th year. The operation has continued with an unblemished safety record and constantly improving technology, which leaders hope will increase the operation's effectiveness.

MAFFS was created in 1974 as a response to devastating forest fires which ravaged Southern California and much of the Southwestern United States. The concerted effort of several states' firefighting agencies and National Guard units led to the flying of C-130 aircraft equipped with special apparatus designed for the aerial delivery of flame retardant, a program that has proved successful in addressing large-scale forest fires.

Hitchcock says ocean temperature, precipitation anomalies and mountain snowpack are among the factors considered in predicting the dryness and flammability of forest regions throughout the nation.

"We're setting new records for heat intensity," Hitchcock said of the most recent fires, adding that there exists potential for 2008 resulting in a very active firefighting year, based on those indicators.

That's why the crews are here in Southern California, says Kathy Allred, MAFFS 2008 training director. Allred said by conducting



PHOTO BY SENIOR MASTER SGT KIM ALLAIN

A C-130 Hercules H3 aircraft pulls into a parking spot at Channel Islands Air National Guard Station in Camarillo, Calif.

training that simulates the drop of flame retardant over seven areas covering the Los Padres and Angeles forests, they are preparing for any interagency, real-world response to the upcoming fire season.

While Allred states the training is for development of proficiency, the classroom and flight training will not specifically emphasize lessons learned.

"Every fire is different," said Chief Master Sgt. Mike Annas.

Annas, who leads the enlisted MAFFS component for the 145th FW, maintains that crews can become more proficient at what they do, but due to variations in winds, conditions, topography and a variety of other factors distinguishing each and every fire, it is always necessary to make "corrections".

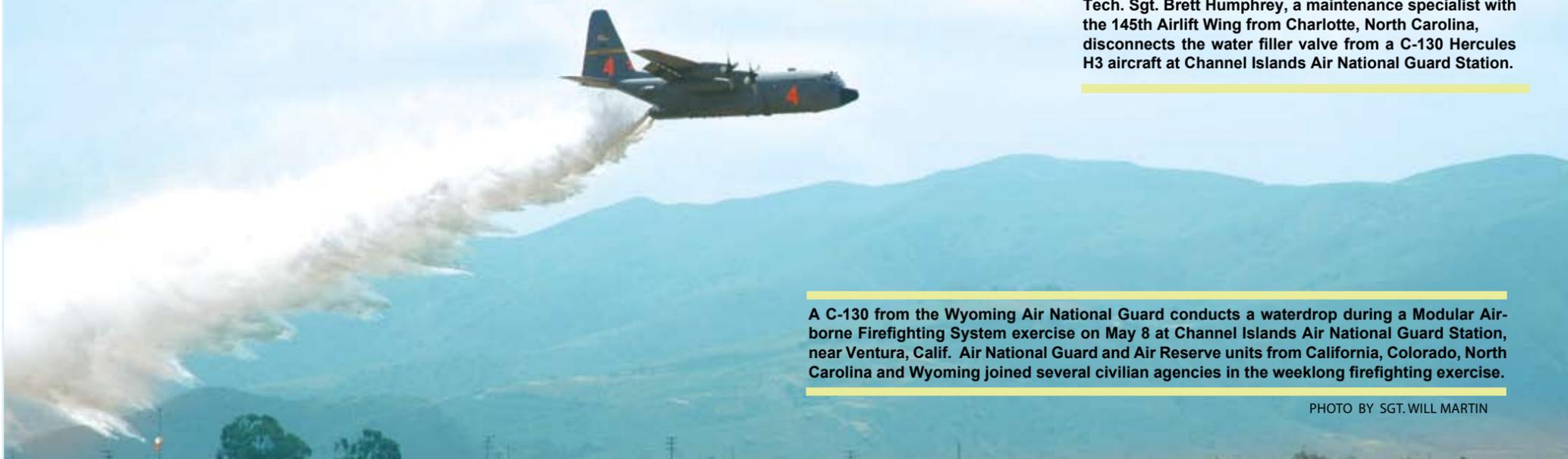
MAFFS leaders say the aim of the training operation is to encourage or seek the best operational procedures in accomplishing the firefighting mission with concern for economy, efficiency and safety.

This year's forest fire season begins June 1 and end Dec. 1.



PHOTO BY SENIOR MASTER SGT KIM ALLAIN

Tech. Sgt. Brett Humphrey, a maintenance specialist with the 145th Airlift Wing from Charlotte, North Carolina, disconnects the water filler valve from a C-130 Hercules H3 aircraft at Channel Islands Air National Guard Station.



A C-130 from the Wyoming Air National Guard conducts a waterdrop during a Modular Airborne Firefighting System exercise on May 8 at Channel Islands Air National Guard Station, near Ventura, Calif. Air National Guard and Air Reserve units from California, Colorado, North Carolina and Wyoming joined several civilian agencies in the weeklong firefighting exercise.

PHOTO BY SGT. WILL MARTIN

STAYING IN TOUCH

WHEN A FAMILY MEMBER HAS BEEN DEPLOYED

CONTENT PROVIDED BY MILITARY ONESOURCE

PHOTO BY CHIEF WARRANT OFFICER (SMR) ROBERT KARLESKINT



Overview

Ideas and advice for staying in touch with a family member who has been deployed.

- **Communicating through the mail and the Internet**
- **Ways children can communicate with a deployed family member**

When a family member has been deployed, communication can become difficult. But the military has worked hard to set up communication channels such as e-mail and mail systems to make sure that service members and their families can stay in touch. The efforts you make to communicate with each other during a deployment can help both of you cope with the separation.

Communicating through the mail and the Internet

If you'll be communicating with your family member through the mail, be sure you have the correct address so that letters and packages will get there quickly. Learn about any guidelines for military mail, such as how and where to pick up mail, what you can and cannot send, and how long it may take for a letter or package to reach your family member. The same advice holds for e-mail, too: Be sure you have the exact address, and find out about any rules for sending messages or attachments.

Try to write to your family member as often as you can, but don't be disappointed or worried if you don't always get quick responses. There may be times when your family member is in places where mail cannot go or he or she may be too busy to respond right away.

Here are some things you should think about when you're writing to a family member:

- Be honest. You don't have to hide things or pretend that you're feeling fine when you're not. Your family member may be able to tell that there's something you're not saying and worry.
- Let your family member know how much you appreciate his or her response. Tell him how much it means for you and other members of your family when you get a letter or e-mail.
- Answer any questions he or she asked in an earlier message. If you ignore questions, your family member may spend time wondering and worrying why you didn't respond.
- Try to express yourself clearly. Remember that you won't be there in person to explain what you mean when your family member reads your letter, so try not to leave any doubt about exactly what you're saying.
- Keep some addressed and stamped envelopes on hand, ready to mail. This may make it easier to write a quick note. You can also pass out addressed and stamped envelopes or postcards to friends and family members to encourage them to write.
- Don't try to read between the lines of letters or notes that you receive. Try not to make assumptions or judgments based on just a single sentence or the overall tone of a letter. If you have a question or don't understand something, ask your questions in your next letter or phone call rather than wasting time wondering and worrying.
- Consider numbering letters that you send and receive so that you and your family member can easily keep them in order.
- If you send a package, try to remember that your family member may not have a lot of space. Send small, funny presents, like souvenirs or a favorite section of the Sunday paper, or personal items, such as soap or toothpaste. If you plan on sending food items, take care with packaging. Always check to make sure that any package you send fits with regulations.
- Be creative. Letters and e-mails are wonderful, but there are lots of ways you can make them even better. You can send a message in the form of a tape recording or a video. If you have children, send artwork, school papers, or even a photocopy of their handprints. You can send clippings from the local paper or tape recordings of a family gathering, a child reading, singing, or playing music, or even just the sounds of your home. You may come up with your own ideas that have special meaning for your family member.
- Use the Internet for more than e-mail. If you can use the Internet to stay in touch, there are lots of things you can do beyond sending e-mail messages. You can set up a Web page with pictures and news -- or find a service that hosts Web pages -- or you can "talk" with your family member in chatrooms. You can also send digital pictures or

use a scanner to send newspaper clippings, artwork, or a child's report card or school papers.

- Send photos. Pictures of loved ones can be very comforting when a family is separated. Just as you like to look at photos of your family member who has been deployed, he or she will enjoy seeing photos of people at home. You don't have to send professional pictures or photographs of special events. Send photos of your pets, your neighbors, your child's sporting event, a recital, or another occasion. You can also send photos of your home and other places that are special to you and your family member. Some families document a normal day in photos and send them as a kind of "picture story."

Tips for communicating with e-mail

E-mail is convenient, fast, and inexpensive, which makes it a great way to communicate during a deployment. But because e-mail is instantaneous, it's also possible to click the "send" button and send something you wish you could recall. If dashing off an e-mail makes you feel better when you're upset or mad, go ahead -- just wait before you send it. Come back a few hours later or the next day and review what you wrote to see if you still want to send it.

Ways children can communicate with a deployed family member

It's important for children to feel like they are keeping in touch with a deployed parent or family member instead of hearing news or greetings secondhand. Encourage your child to send artwork or write letters, and make sure that the family member who has been deployed sends e-mail or letters addressed and mailed directly to the child. This may help a child understand that her family member is thinking about and missing her. Here are some other ways to help children keep a sense of connection with a deployed family member:

- Let children find a way to communicate that works for them. Some children may like to use a tape recorder to exchange spoken messages, while others may like to write letters or send e-mail. Others, especially younger children, like to communicate with pictures. Help your child explore all of the different ways she can communicate. Encourage the deployed family member to follow the child's cues -- by responding with a recorded message, for example, or by drawing a picture of where he sleeps or a typical meal.
- Give your child his own stack of pre-addressed and stamped envelopes and paper to make it easy to write on the spur of the moment.
- Help children think of things that their family member may like to know about. Sometimes children have trouble starting a letter or knowing what to say. Help children understand that their deployed family member is interested in anything that's going on in their life.

CAPITAL AIR SHOW

STORY AND PHOTO BY PFC. DARRIEL J. SWATTS

The crowd waits in anticipation for the 2008 California Capital Air Show, held on Mather Field, to begin. All eyes are turned toward the run way as the first of several performers starts to take off. The plane rockets off the runway and immediately starts doing tricks such as barrel rolls, flying upside down, and flying sideways. "I have always enjoyed seeing air planes push the limits of flight," said Jim Swatts a spectator from Cotati, California. "It is just pure fun".

More than one thousand people gathered from all over the greater Sacramento area to see the air show. The crowd enjoyed watching the performers and cheered every time they performed one of their many stunts. The performers consisted of Bill Stein flying an Edge 540, Tim Decker flying a Pitts S-2B, Sean Tucker flying an EA-300L; also, performances by Dan Buchanan a stunt hang glider who is paralyzed from the waist down, the U.S. Army's Screaming Eagles Parachute Demonstration Team, U.S. Air Force's Viper West Demo Team: F-16

West Coast Demonstration Team, a flight by a U.S. Marine Corp's Harrier Jet, and a demonstration of a Medical Evacuation by the 1/168th GSAB, Army National Guard, and of course the Navy's Blue Angels.

Spectators also enjoyed the static displays from all the various services including an HH-60 Blackhawk, OH-58 Kiowa, and an UH-1 Huey from the Army National Guard; as well as an F-16 Fighting Falcon, KC-135R Stratotanker, MH-60R Pave Hawk, T-1 Jay Hawk, and a MC-130 Combat Shadow by the Air National Guard. Pamphlets and promotional material were handed out by both services to all who visited their booths, and if some wanted, they could buy shirts and other memorabilia for a small price.

At the end of the day, the crowd left the California Capital Air Show with smiling faces and high hopes of seeing yet another spectacular performance next year. Will you be there?



The Blue Angels fly in a close formation to show their excellent airmanship at the California Capital Air Show 2008 held at Mather Field, California. The Blue Angels soon broke formation and continued doing aerial acrobatics.

NEW HELICOPTER BLADE SOFTWARE IMPROVES SAFETY

BY 129TH AIRCRAFT MAINTENANCE SQUADRON

The 129th Rescue Wing's HH-60G flightline hosted a team of engineers April 5-10 from the Air National Guard and Air Force Reserve Test Center's Maintenance Test and Logistics Division, headquartered at Davis-Monthan Air Force Base, Ariz.

The goal of the visit was to introduce new track and balance software designed to reduce rotor system track and balance labor hours by up to 90 percent (including flight crew requirements).

"Initially, we had quite a few naysayers who proclaimed, 'There is no way this new software will provide rotor track and balance solutions that will lower vibration levels down to the .00 range with just one or two flights,'" said Lt. Col. James Henderson, commander of the 129th Aircraft Maintenance Squadron.

After one day of classroom training with HH-60G mechanics and select propulsion mem-

bers familiar with the MC-130P and HH-60G systems, maintenance personnel requested an HH-60G functional check flight crew from operations and got down to business.

"Sure enough as advertised, the software, called Magic by its users, provided a balance solution consisting of a single trim tab adjustment and the addition of balance weight on one of the main blades," Henderson said. "Our flight crew took to the air and was amazed by the results. In two flights, vibration levels were down to .003. The standard with the older balance technology was 2.0."

This technology will be utilized during the next deployment cycle and has a variety of applications to include spectrum analysis, which determines material failures long before a catastrophic event could occur during flight.



PHOTO COURTESY OF 129TH RW

FAMILIES SEND SPECIAL GIFTS TO IRAQ, COURTESY OF CALIFORNIA PHOTOGRAPHERS AND ONE SOLDIER'S DETERMINED MOTHER

BY 1ST LT. ROBERT C. J. PARRY

Like any mother, when Kathi Corder's son, Sgt. 1st Class Toby Corder, an active duty member of California National Guard's Drug Demand Reduction Team, received orders to deploy to Iraq, she felt a gamut of emotions. She was proud of him, but equally feared the dangers he and his platoon would face while deployed.

In those emotions, Kathi Corder found a project that became both an outlet for her tension and a gift to her son's soldiers from Walnut Creek, California-based, Headquarters and Headquarters Battery, 1st Battalion, 143rd Field Artillery.

As professional photographer from the small Eastern-Sierra town of MacArthur, Calif., she has more than two decades experience capturing emotion: the love of a newly wed couple, a child's admiration for a parent, or the anticipation of a sports team's new season are all things she regularly captures through her lens. Therefore, says Kathi, she could think of no better way to support her son and his troops than to send their family's emotions to them for Christmas.

Her idea was simple, yet powerful: to capture each of her son's soldiers' families on film, and send the custom portraits to Iraq for Christmas. It would be a uniquely personal gift born of love and formed with her unique talents.

"My idea was to create images that showed support to keep up the moral of these men and women," Kathi said, explaining that she knew her son cared as much about his troops as he did himself.

Shortly after Toby mobilized, Kathi began working with him via email to collect contact information on his platoon so she could arrange the photographs. It was an idea her soldier son immediately supported. "It thought it wa a great idea," he recently emailed from Iraq, "it made me very proud of her."

As good as it seemed in concept, Kathi says challenges were discovered almost immediately. First, it was difficult to contact and coordinate with other families who were spread throughout the state. Second, the tightly knit families of the HHB 1-143 Family Readiness Group were dependent upon each

other. It would be hard to take photos of some, and not the others, multiplying the size of the task far beyond Toby's platoon.

Moreover, the soldiers themselves were soon to be on the other side of the world. The 1-143 is assigned to Force Protection and ECP Operations at Camp Taji, Iraq, a logistics hub that supports operations throughout the theater, SFC Corder explained. It would be very hard to coordinate the required activities with their busy schedules even if they weren't on the other side of the globe.

But, Kathi Corder was not dissuaded.

The second problem was easily solved: She simply extended the offer to any soldier's family, multiplying the work load but also multiplying its benefits. The first problem seemed a much greater challenge, potentially insurmountable, she says. "How do I get photographs of families in Los Angeles when I'm in the Sierras?"

But, she says, it disappeared with a single email.

Kathi emailed her colleagues in the Professional Photographers of California, a professional organization, asking if any of them would donate their time, effort and supplies to creating something special for families who were giving of themselves for their country.

The response was instantaneous. Seconds after she clicked send on the e-mail, she began receiving responses from all over California as her friends and colleagues stepped forward to support her and the effort of the deployed soldiers.

"It was overwhelming," says Kathi, "one of the most emotional parts of the whole experience."

Over the course of several weeks during the fall, all 144 families of the HHB 1-143rd FRG were contacted, and sessions were arranged for each to sit with a professional photographer, with prints sent to the 1-143rd troops at Camp Taji. The project was organized by cities, with the local photographers making the final arrangements with families in their areas.

The photos featured a variety of settings and poses, each tailored to the tastes and style of the families. The project involved photographers from the Pacific to the Sierras, and from San Diego to as far north as Oregon, where one 1-143rd Soldier actually lived. In November, Kathi began shipping boxes of photographs to Camp Taji, each a moment captured in time, an emotion transmitted around the world.

"It was a great project and I really enjoyed pulling it all together, said

Kathi. "I was amazed at how many professional photographers volunteered their time and their good will to this."

Perhaps most importantly, the deployed troops of the 1-143rd got a tremendous morale booster, says Sgt 1st Class Corder, who noted that most of the Soldiers had their photos in time for Christmas. "All of the Soldiers were very impressed with how great the photos were and very thankful to the photographers who volunteered their time to do this."



PHOTO BY KATHI CORDER

Shanna Corder and her son Cameron Cunningham

ASA AWARD

STORY AND PHOTO BY STAFF SGT. CHARLES VAUGHN



Col. Flaucher commander of the 144th Fighter Wing Fresno Calif. accepts the 1st Air Force Air Sovereignty Unit of the Year award from Lt. General Charlie Bouchard deputy commander of NORAD

Fresno ANG Base, Calif. - The 144th Fighter Wing was recognized at the 2008 1st Air Force (Air Forces Northern), Continental United States NORAD Region and 601st Air and Space Operations Command annual award banquet April 24.

Colonel Jonathan S. Flaucher commander of the 144th FW, accepted the Air Sovereignty Alert Unit of the Year award on behalf of the unit, which was recognized in part due to its ability to set up a third detachment and protect the entire west coast after the grounding of

the F-15s in November 2007.

"It was a distinct pleasure to accept the First Air Force Outstanding ASA Unit of the Year award! Thanks for your continued outstanding professionalism," said Flaucher.

The award ceremony was attended by Col. Flaucher, Col. Christopher Bricker 144th Maintenance Group Commander, 144th FW Command Chief Master Sgt. Michael McNiff, and Tech. Sgt. Cynthia Lortie, an Assistant Engine Manager for the 144th Maintenance Operations Flight.

"It was a great honor and a source of pride to represent the unit at this event," said McNiff.

It takes the entire base working as a team to accomplish the mission and to receive this type of recognition, he added.

The award actually came as a surprise, McNiff said, as the reason for attending the banquet was to watch Lortie receive her award for First Air Force NCO of the Year.

The awards banquet was held at Tyndall AFB, Fla. and was attended by representatives from both the U.S. and Canada's major military commands.

AIRMAN OF THE YEAR

#1 SENIOR NON-COMMISSIONED OFFICER OUT OF 106,000 AIR NATIONAL GUARD MEMBERS

BY CHIEF MASTER SGT. ANDREW DUENAS

Senior Master Sergeant Goodno was selected as the 2008 Senior Non-Commissioned Officer (SNCO) of the Year for the Air National Guard. She will compete at the Air Force level later this year for the 2008 Twelve Outstanding Airmen of the Year.

Throughout Sgt. Goodno's career she has continually excelled in duty performance and leadership. In past years she has won Non-Commissioned Officer of the Year for the 435th TAW in Germany 1990, Non-Commissioned Officer of the Year for the 147th Combat Communications Squadron in 1997 and SNCO of the Year for the State of California in 2000.

In 2007 Sgt. Goodno volunteered to deploy to Baghdad International Airport (BIAP), Iraq from January through May. She was assigned as the Maintenance Superintendent for the 447th Expeditionary Communications Squadron at Sather Air Base where she was in charge of 27 personnel, five work centers and over 17 million in assets. Throughout her deployment she was directly responsible for finding many communication

discrepancies and wasted no time in getting those issues corrected. During her final month, Sgt. Goodno was given a short notice tasking to provide vital air traffic command and control communications to the 2500 personnel and the 150 helicopters to one of the Army's Combat Air Brigades that was forward deploying to BIAP. The impacts of these types of projects were significant in getting the Iraqi people one step closer to freedom.

Not only is Sgt. Goodno a hard working dedicated Senior Non-Commissioned Officer who gets the mission done, she also ensures those around her are taken care of. Sgt. Goodno took the time to mentor and assist her personnel at being their best, continually set expectations for them, thus contributing to 12 of the 16 monthly awards being won by her flight members. In addition, numerous flight personnel were coined for excellence by the many Distinguished Visitors who traveled through BIAP. She was also voted in as Top Three President by her peers. As the Top Three President, she provided exemplary esprit-de-corps,

planning and executing many first-ever morale boosting events, and assisted with mentoring Rising Six personnel. She participated in several Patriot details, ensuring Operation Iraq Freedom's fallen military and civilians were sent home with honor and dignity.

Off-duty she pursued her civilian education and graduated with an Associate Science in Business Administration with a 3.7 grade point average in June of 2007. She also received two Community of the Air Force degrees; one in Computer Information Systems Technology the other in Information Management System Technology. Sgt. Goodno was just accepted at San Diego State University where she will continue her education in Business Management in the fall of 2008. Sgt. Goodno is currently part of the 162nd Combat Communications Group and works at the 147th Combat Communications Squadron in San Diego, Calif. as the Superintendent of Mission Support. She sets the example for others to follow in everything she does.



SPOUSAL SUPPORT KEY IN

POST-TRAUMATIC STRESS DISORDER RECOVERY

FALLS CHURCH, VA.— Post-traumatic stress disorder (PTSD) is an issue for many service members. It can be hard on the family too. PTSD may interfere with relationships and change family life, but with knowledge and understanding, the spouse of a service member suffering from PTSD can help him or her recover.

Knowing how PTSD affects people may help a spouse in understanding what a member is going through.

PTSD is an anxiety disorder that can occur after one experiences a traumatic event. A traumatic event is a life-threatening occurrence such as military combat, natural disasters, terrorist incident, serious accident or violent personal assault.

For most people, PTSD starts within three months of the traumatic event. For others, signs don't show up until years later. Acute

PTSD lasts less than three months and chronic PTSD lasts more than three months. With delayed PTSD, symptoms first occur six or more months following the trauma. Some people get better within six months, while others may have the illness for much longer.

Many people who go through a traumatic event don't get PTSD and it isn't clear why some people develop PTSD and others don't. How likely someone is to get PTSD depends on many things, such as the intensity of the trauma; if they lost a loved one or were injured; how close they were to the event; or how much they felt in control of events.

People who suffer from PTSD often have nightmares and flashbacks reliving the experience. Other symptoms include:

- Feeling afraid
- Feeling a loss of control
- Difficulty sleeping
- Feeling detached or withdrawn
- Substance abuse
- Memory problems

PTSD symptoms can be complicated and occur with related disorders such as depression.

The symptoms can become severe enough to significantly impair daily life. The person may lose the ability to function normally in society or family environments. But, there are many ways a spouse can help a member deal with PTSD.

Offer to go to doctor visits and volunteer to help keep track of medicine and therapy. Be there for support.

Encourage him or her to talk about the trauma and be understanding if he or she doesn't feel like talking.

- Give them space, but tell him or her that help is there when they need it. This is also critical in maintaining one's own psychological health.
- Plan activities together: take a walk, go for a bike ride, or do some other physical activity together. Exercise is important for health and helps clear the mind.
- Encourage contact with family and close friends. A support system will help the family get through stressful times.

With proper treatment, PTSD effects can be minimized or eliminated. Today, there are several treatments available for PTSD. Medications may be effective; they are typically the same medications that are prescribed for depression. Get more information about PTSD treatment from a Military Treatment Facility (MTF) or by contacting a local VA hospital or Vet Center. Active duty military should seek help for PTSD from a MTF. TRICARE beneficiaries needing help making behavioral health appointments the toll-free numbers are: West Region, 1-866-651-4970; North Region, 1-877-747-9579; and

in the South Region the number is 1-877-298-3514. Hours vary according to region. The Military One Source Web site at www.militaryonesource.com is also useful for resources and information on PTSD and behavioral health.

California maintains a comprehensive mental health program for Soldiers and Airmen. We care about your psychological and emotional well-being and take proactive measures to assist both service members and their families in dealing with such issues. The CNG Mental Health Task Force is comprised of a FULL TIME Director, State Social Work Officer, State Psychologist, and a Mental Health Specialist. The Mental Health Task Force maintains full-time operations at JFHQ in Sacramento and part-time operations at both Los Alamitos Joint Force Training Base and Fort Irwin. Additionally, the CNG Mental Health Task Force is continually building a team of CNG and SMR mental health personnel serving as Psychiatrists, Psychologists, Social Workers, and Licensed Marriage and Family Therapists on a part-time basis.

For additional information California National Guard members and their Families can also contact the CNG Mental Health Task Force at 916-854-3019 or log on to www.calguard.ca.gov/mhtf.



VET CENTERS

WWW.VETCENTERS.VA.GOV

Vet Centers provide readjustment counseling and outreach services to all veterans who served in any combat zone. Services are also available for their family members for military related issues. Veterans have earned these benefits through their service and all are provided at no cost to the veteran or family.

The 207 community based Vet Centers are located in all fifty states, District of Columbia, Guam, Puerto Rico and the US Virgin Islands.

The Department of Veterans Affairs Vet Center program operates a system of 207 community based counseling centers. The Vet Centers are staffed by small multidisciplinary teams of dedicated providers, many of which are combat veterans themselves. Vet Center staff are available toll free during normal business hours at 1-800-905-4675 (Eastern) and 1-866-496-8838 (Pacific).

Services

What is readjustment counseling?

Readjustment counseling is wide range of services provided to combat veterans in the effort to make a satisfying transition from military to civilian life. Services include individual counseling, group counseling, marital and family counseling, bereavement counseling, medical referrals, assistance in applying for VA Benefits, employment counseling, guidance and referral. alcohol/drug assessments. information and referral to community resources, military sexual trauma counseling & referral, outreach and community education.

Does VA have readjustment counseling for family members?

Family members of combat veterans have been eligible for Vet Center readjustment counseling services for military related issues since 1979.



Am I eligible for Vet Center readjustment counseling?

If you, or a family member, served in any combat zone and received a military campaign ribbon (Vietnam, Southwest Asia, OEF, OIF, etc.) you are eligible for Vet Center services.

Where is counseling offered?

VA's readjustment counseling is provided at community-based Vet Centers located near veterans and their families. There is no cost for Vet Center readjustment counseling. Contact your nearest Vet Center through information provided in the Vet Center Directory or listings in your local blue pages. Vet Center staff are available toll free during normal business hours at 1-800-905-4675 (Eastern) and 1-866-496-8838 (Pacific).

NEWS & BENEFITS

Commissaries Offer Online Dietician

The Defense Commissary Agency's (DeCA) dietitian is available to help the retiree community lose weight, get in shape and maintain good health. Maj. Karen Fauber offers a weekly online column, "The Dietitian's Voice," and a discussion forum, "Ask the DeCA Dietitian" on the DeCA website at www.commissary.com. Just click on the "Healthy Living" tab in the top navigation bar to find the link to the DeCA Dietitian page. Visitors to the site will find suggestions for eating healthy, such as a variety of nutrition tips and meal choices. People can also submit questions to the major, and participate in an online forum to discuss healthy eating and shopping ideas.

Building a Lending Library for Troops

The organization "Operation: A Bit of Home" is encouraging people to send their unwanted DVDs to troops stationed overseas. With the help of "Operation: A Bit of Home," troops in Iraq now have their own DVD lending library. Now, the organization along with the Army's Morale, Welfare and Recreation (MWR) staff are hoping to complete two more lending libraries. DVDs and DVD players may be sent directly to MWR staff in Iraq or to Operation: A Bit of Home. For more information, including mailing addresses, visit the Operation: Bit of Home's website at <http://www.operationabitohome.com/>

VA Seeks More Volunteers

The Department of Veterans Affairs is encouraging more Americans to join its corps of 85,000 volunteers. The volunteers are involved in helping VA medical staff in hospices, outpatient clinics and home-based programs. Volunteers are also active at many of the 125 national cemeteries managed by the VA, where they place flags on gravesites, provide military honors and help with landscaping. Volunteers are also important in programs that reach out to homeless veterans, including annual "stand downs" held in many communities to provide health check ups, clothing, and benefits assistance to the homeless. To become a volunteer, contact your nearest VA facility, or complete a form at the VA Voluntary Service webpage at www1.va.gov/volunteer/.

DVDs Help Kids Cope With Deployment

The U.S. Army Medical Command and the American Academy of Pediatrics produced "Military Youth Coping with Separation: When Family Members Deploy," a DVD developed to address a variety of deployment-related concerns for teens. For elementary age children there is a, "Mr. Poe and Friends Discuss Reunion After Deployment" DVD. The animated host, Mr. Poe, mentors and provides guidance to children and family members as they discuss deployment. Both videos are available for online viewing on the American Academy of Pediatrics Deployment Support Website. They are also available for ordering, in DVD format, through Military One Source at 1-800-342-9647.

Air Force Campaign Stars Available

The Afghanistan and Iraq campaign stars recognize servicemembers for participating in designated campaign phases. If an individual's period of deployment overlaps with one or more of the campaign phases, the Airman will be entitled to the appropriate number of campaign stars. Active-duty members, Guard, Reserve and veterans who have qualified for either of these awards can report to their military personnel element career enhancement section and have their campaign entitlements updated to their records. Individuals with questions should address them to their local MPEs. More information can be found at the Air Force Personnel Center website at <http://ask.afpc.randolph.af.mil/> or by calling 1-800-616-3775.

Army Issues Combat Handbooks

The Center for Army Lessons Learned (CALL) is producing a series of handbooks that help leaders and Soldiers accomplish the mission and survive the first 100 days in combat. The first handbook, CALL Soldiers' Handbook No.07-15, The First 100 Days, focuses on Soldier-level skills. The First 100 Days Transition Team Handbook will be available in spring 2008. CALL will continue to support the warfighter by collecting and disseminating lessons learned from current operations and training events. The handbooks are designed to fit into the cargo pocket of the Army combat uniform and are available at the CALL website. at <http://call.army.mil/>

Did you know?

That cool tattoo you just had inked may cost you a few more extra dollars than you planned for when you have to get it removed?

Authorized tattoos for Air National Guard members cannot cover more than 25% of the entire exposed body part and cannot detract from an appropriate professional image while in uniform. Definitions for authorized tattoos and exposed body part can be found in ANGI 36-2002. Installation or higher commanders may impose more restrictive standards for tattoos, on or off duty, in those locations where Air Force-wide standards may not be adequate to address cultural sensitivities (ie., overseas) or mission requirements (ie., basic training environments). Members who receive tattoos not meeting the standards are required to initiate tattoo removal at their own expense, and may not use Air Force Medical Centers for removal, upon notification by their Commander. Members not complying with these requirements will be subject to disciplinary action for failure to comply with Air Force Standards and may be involuntarily separated.

Soldiers can have tattoos on their hands and neck provided the tattoos are not "extremist, indecent, sexist or racist". The definitions of these terms can be found in AR-670. The 'back' of the neck is defined as being just under the ear lobe and across the back of the head and behind an imaginary line straight down and back of the jawbone. Soldiers may not cover tattoos in order to comply with the tattoo policy. Female soldiers are allowed to wear make-up 'tattoos' such as permanent eye-liner, eyebrows and make-up applied to fill in lips; however it must be conservative and complement the uniform and not be trendy. If a Soldier has tattoos that are not IAW AR-670, Commanders will counsel Soldiers on medical options for removal, but may not order the Soldier to have the tattoos removed; however, this could also result in a Soldier being discharged.

REFERENCES:

ANGI 36-2002
Army Regulation 670-1, para 1-8 (e)
ALARACT 017/2006

ALPHA COMPANY 1-160TH INFANTRY



Photo Submitted by Capt. Edwin Rodriguez

Grizzly Newsletter

is published by the Directorate of Communications

California National Guard 9800 Goethe Road Sacramento CA 95827.

Views and opinions expressed in this publication are not necessarily those of the Department of the Army, the Department of the Air Force or the California State Military Department.

Grizzly Newsletter is an official publication authorized under the provisions of AR 360-1 and AFI 35-101.

Grizzly Newsletter welcomes manuscripts photographs and feedback.

All such items should be sent to:

Editor *Grizzly Newsletter* California National Guard Directorate of Communications 9800 Goethe Road Sacramento CA 95827.

FAX: (916) 854-3630 or e-mail comments to: mirtha.villarreal@us.army.mil

Grizzly Newsletter

Public Affairs Directorate
California National Guard
9800 Goethe Road
Sacramento CA 95827-3561

