

GRIZZLY

Official Newsmagazine of the California National Guard



The Month of the Military Child

Artwork by Abbigail E. Collins, 9, whose father, Maj. James Collins, is deployed to Kuwait with the 142nd Chaplain Detachment.

pg.

12



Leadership Corner

Now is no time to relax

Major General David S. Baldwin



After more than a decade deploying Soldiers and Airmen at a feverish pace to support combat operations overseas, we now have fewer than 500 CNG troops in Afghanistan and Kuwait, and none in Iraq. It might seem we should breathe a collective sigh of relief as we return home and take off our boots, but now is not the time to relax.

For almost 165 years, the Cal Guard has protected this state from anyone or anything that threatened our communities, and in recent decades that has meant supporting firefighting operations on a near-annual basis. Fire season is now upon us once again, but this year it's different: The 2013 wildfire season never really ended.

California has experienced a crippling drought during the past several months, which has kept our interagency partners busy fighting wildland fires throughout the normally tame winter. Through April 12 of this year, the California Department of Forestry and Fire Protection (Cal Fire) had responded to 953 fires that had burned 2,372 acres. Both of those figures are more than double the average for the same period during the past five years.

Dry conditions mean the fuel for fires — leaves, branches, needles, dead plants and anything else that burns — sparks easily and burns quickly, spreading wildfires at a rapid pace. Cal Fire has already increased its staff in anticipation of a busy summer, and that means they will likely lean on us for help as well.

Last year our Soldiers and Airmen dropped more than 1.5 million gallons of water and fire retardant from planes and helicopters, provided medical evacuation support, established satellite communications and, for the first time, used a remotely piloted aircraft to relay real-time video of a wildfire and the crews fighting it. We also stand ready to bring bulldozers, heavy vehicles and thousands of hand crews to the fight to aid Cal Fire, the state Office of Emergency Services and the U.S. Forest Service.

If your unit has not been called up for fire duty in previous years, now is no time for complacency. Every California National Guard member must be poised and ready to deploy for emergency state active duty on a moment's notice.

Now is the time to ensure you are physically fit, tend to any paperwork needed to enable activation, and plan with your family and employer for the possibility of emergency duty. If you live in an area that may be threatened by wildfires, you should also craft an evacuation plan and create defensible space around your home (visit www.fire.ca.gov or www.readyforwildfire.org/defensible_space for info). And all Guard members should stay apprised of wildfire-related news and statewide fire risk.



Photo by Staff Sgt. (CA) Gene Ahiss

UH-60 Black Hawk helicopters and crews from the California Army National Guard's 1st Battalion, 140th Aviation Regiment, fill their 660-gallon buckets with water from Castaic Lake in Los Angeles County during joint wildfire training with the California Department of Forestry and Fire Protection on April 5. For more on the training, see page 6.

Our organization's No. 1 responsibility is to rapidly respond to state emergencies with a robust, coordinated force that has prepared for the situation it faces. This vital mission is what makes the National Guard unique among all Armed Forces components.

As the need for overseas deployments has slowed, our commanders throughout the state have refocused their efforts on preparing for domestic emergencies and coordinating with partners at every level of government. As it is in combat, readiness is central to the Defense Support of Civil Authorities (DSCA) mission, and I expect an exceptional level of mission-readiness, from Joint Force Headquarters down to each company and squadron. All units must devote increased time, training and resources to prepare for domestic events and ensure our emergency-response skills are sharp.

Our Soldiers and Airmen have proven themselves time and again in combat operations overseas, but the defin-

ing characteristic of the National Guard is our domestic-response capability. The National Guard is the defender of our homeland, just as it has been since 1636. That commitment to our communities is the reason many of us joined the Guard, and those of us who are called up for fire duty consider it a privilege to directly serve the people who depend on us in our home communities.

The DSCA mission is also central to the way ahead for the California National Guard. More than any other state, California is ripe with potential for natural and man-made emergencies, and the federal government is increasingly leaning on the Guard to shore up our nation's civil-response network. We must embrace these opportunities for domestic missions as our country moves toward times of peace.

The effort to prepare for domestic disasters is no less a fight than combating terror and tyranny abroad. Let us approach the upcoming fire season with the same vigor we would any other enemy.

“If your unit has not been called up for fire duty in previous years, now is no time for complacency. Every Guard member must be poised and ready to deploy for emergency state active duty on a moment's notice.”

- Maj. Gen. David S. Baldwin, The Adjutant General

Publisher

Maj. Gen. David S. Baldwin
The Adjutant General

Director of Public Affairs

Lt. Col. Thomas Keegan

Editor

Brandon Honig

Layout and design

Senior Airman Rosalie Cammarata

Submissions

Articles:

- ★ Articles range from 350 to 2,000 words. All articles should be accompanied by multiple high-resolution images.
- ★ Include first names, last names and military ranks. Always verify spelling.
- ★ Spell out acronyms, abbreviations and full unit designations on first reference.
- ★ Only submit articles that have been approved by your unit's public affairs officer.

Photographs:

- ★ Highest resolution possible: MB files, not KB.
- ★ No retouched photos, no special effects.
- ★ Include the photographer's name and rank, and a caption: what is happening in the photo, who is pictured and the date and location.

E-mail submissions and feedback to:
brandon.honig@us.army.mil



Cover by
Abigail E. Collins

Abigail E. Collins, 9, whose father, Maj. James Collins, is deployed to Kuwait with the 142nd Chaplain Detachment designed our cover in recognition of The Month of the Military Child. For more, see page 12.

TABLE OF CONTENTS

4 Heroic actions

Four Soldiers of the 132nd Multi-Role Bridge Company were recognized for outstanding service in Afghanistan

Air Guard unit takes over

The 146th Airlift Wing replaced a Rhode Island Guard unit providing overseas support to Operation Enduring Freedom

5 One brrrisk joint training mission

Cal Guard helicopter pilots teamed up with U.S. Marines and Kuwaiti Soldiers in the Sierra Nevada snow

6 Cal duo trains for wildfire duel

The California National Guard teamed up with Cal Fire to prepare for wildfire season

7 146th AW keeps it low and slow

Cal Guard airtanker pilots practiced low-flying water drops in anticipation of a busy fire season

Keeping the mission fueled and ready

Hardworking Cal Guard Soldiers literally fuel the success of airborne firefighting operations.

8 MPs train with El Cerrito's finest

Soldiers with the 870th Military Police Company gained valuable instruction from the El Cerrito Police Department

9 Brave medic's response saves a life

Sp. Leonardo Becerra used his Army training to treat a woman who had been stabbed in his apartment complex

Making metal masterpieces

Staff Sgt. Ted Stoops' sheet metal repair skills kept helicopters flying in Afghanistan in 2013

12 Pint-sized heroes

Children in military families endure unique struggles and show tremendous strength

Warranted promotion

Chief Warrant Officer 5 Christopher Trautwein is the California Army Guard's new command chief warrant officer

13 Two minutes for heroism

San Jose Sharks forward Brent Burns shows his gratitude for military service during and after every game

14 No gym necessary

Maj. Jonathan Shiroma interviewed former NFL player Forrest Vance about staying fit without weights or equipment

14 Big wheels keep on turnin'

The rough terrain container handler Spc. Jackie Tackett drives towers over her in Afghanistan

15 Keeping pace with a 12-year tradition

The 163rd Reconnaissance Wing Marathon Team fulfilled its annual duties at the L.A. Marathon

On the fast track to success

Senior Airman Matthew Klundt was the top male finisher in the Modesto Marathon, and that's just the beginning

16 Skiing outside their comfort zones

The newest members of the CNG Biathlon Team showed their toughness at the Chuck Lyda Memorial Biathlon

Honoring an Olympian and a Soldier

CNG athletes honored former Cal Guardsman and Olympian Chuck Lyda at the event that bears his name

17 Planning for the future

Personal financial counselor Bob Spinelli offers tips for creating a sound financial plan

No substitute for experience

Purple Heart recipient and retired Soldier Russ Pearlman trains troops for combat deployment at Camp Roberts

18 A proactive approach

The California Army National Guard has established a multi-faceted program for combating suicide in its ranks



Police assistance



In Every Issue

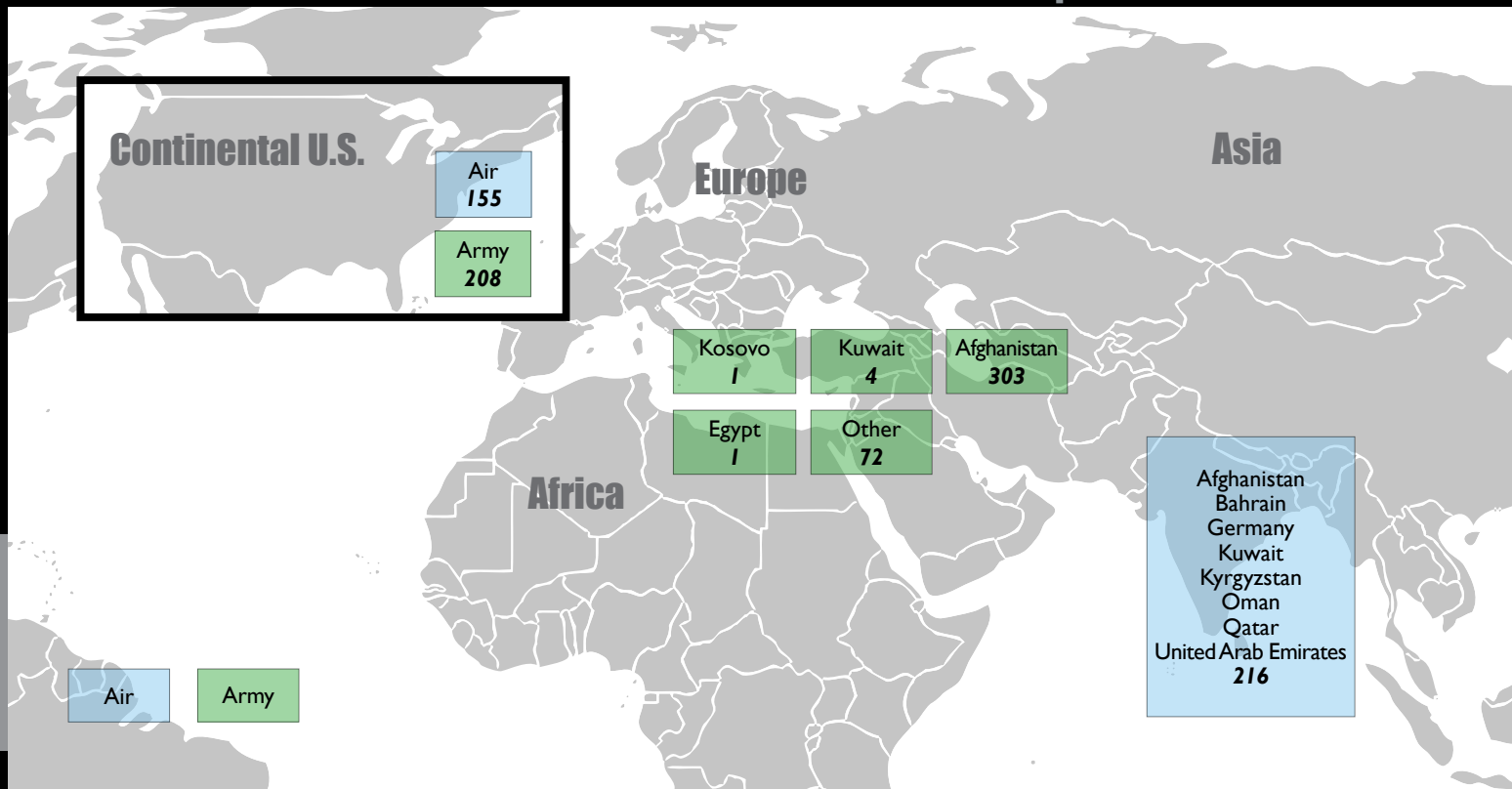
2 Leadership Corner

10 At a Glance

19 News & Benefits

19 Did You Know?

California National Guard mobilizations as of April 2014



132nd Soldiers recognized for heroism

Troops earned two Soldier's Medals and two Bronze Stars during Afghanistan tour in 2012

By **SGT. SUSAN WHOLE**
40th Infantry Division Operations Company

Four members of the 132nd Multi-Role Bridge Company received distinguished awards in March and April for service rendered during the unit's 2012 deployment to Afghanistan.

Sgt. Arturo Pacheco and Spc. Nathaniel Warvi each earned the Soldier's Medal for lifesaving actions in July 2012 at great risk to their own lives. The medal is the highest honor a Soldier can receive for valor in a non-combat situation.

While working on a bridge July 27, 2012, Pacheco and Warvi received a call to assist at the site of a nearby accident. They responded in a mine-resistant, ambush-protected (MRAP) recovery vehicle and found a 54-foot trailer and semi-truck had rolled over and trapped its driver.

While Pacheco and Warvi were using the MRAP's equipment to lift the overturned vehicle off its driver, the vehicle's batteries fell and stopped 18 inches above a pool of gasoline. Held only by connecting cables, the batteries posed a major threat of ignition to the driver and the rescuers.

After about 45 minutes of work, the man was finally freed and evacuated to receive medical care.

"When we pulled the truck off of that guy, we didn't even realize how dangerous it was," Warvi said March 1 in Eureka, Calif.,



Photo by Sgt. Susan Wohle

Spc. Nathaniel Warvi of the 132nd Multi-Role Bridge Company receives the Soldier's Medal from California Army National Guard Commander Maj. Gen. Lawrence A. Haskins on March 1 in Eureka, Calif. The medal, which Warvi earned for lifesaving actions in Afghanistan, is the highest award given for valor in a non-combat situation.

after receiving the Soldier's Medal. "I was in a combat zone more than 2 1/2 miles from any other human being that I've known in my life besides my co-driver, Sergeant Pacheco.

"When you are in the moment, you just do the best you can," he continued. "It all starts to sink in later when you realize, 'That was really hairy,' looking back at it."

Pacheco received his Soldier's Medal dur-

ing a separate ceremony April 18 in Galt, Calif., where he was graduating from the state's Basic Correctional Officer Academy.

During pre-deployment training, the 132nd had spent time at Camp Roberts, Calif., being tutored by the Cal Guard training element Task Force Warrior.

"In the seven years I've been in the Army, the best training I've ever received is from our own Soldiers at Task Force Warrior,"

Warvi said.

One of those Soldiers, Sgt. Jeffrey Johanson, accompanied Warvi to Afghanistan and later stood beside him March 1 in Eureka, Calif., to receive the Bronze Star.

Johanson's tactical experience gained through two previous deployments was instrumental during the unit's 2012 tour, when he served as a bridge crew chief. Johanson previously served on active duty, then had a 16-year break in service before joining the Guard.

Sgt. Michael Smith also earned a Bronze Star for his 2012 tour in Afghanistan, where he served as the primary build site reconnaissance and layout noncommissioned officer. Smith joined the Guard at age 17 and has been with the 132nd for 14 years, including three deployments.

A single father, Smith said March 1 that his 10-year-old son, Hunter, plans to follow in his father's "bootsteps."

"He thinks we're the good guys, and he wants to be one of the good guys," Smith said.

Smith added that he enjoys being in the military and is proud to serve his country.

"The award is a reflection of having a good squad," he said. "My guys worked their tails off. Without them I wouldn't have received this. My accomplishment is their accomplishment."

146th Airmen replace RI unit overseas

About 130 troops and four planes deployed for four months in support of Operation Enduring Freedom

By **SENIOR MASTER SGT. BURKE BAKER**
386th Air Expeditionary Wing Public Affairs

About 130 Airmen and four C-130J Super Hercules aircraft from the California Air National Guard's 146th Airlift Wing (AW) were deployed to an undisclosed location in Southwest Asia in March.

The Guard personnel, based at Channel Islands Air National Guard Station in Port Hueneme, Calif., are fulfilling a four-month air expeditionary force rotation providing air mobility support to the U.S. Central Command area of operations.

"We are excited to be here," said Lt. Col. Keith Chikasawa of the 146th, who will serve as commander of the 737th Expeditionary Airlift Squadron while deployed. "Our Airmen train continually to maintain a mission-ready status to ensure a seamless operation with our active duty counterparts.

"Our highly experienced Air National Guard force is ready to project tactical airlift power throughout the area of operations."

The 146th replaced the Rhode Island Air National Guard's 143rd Airlift Wing, which had been deployed in support of Operation Enduring Freedom since October. The Rhode Island Airmen completed more than 400 sorties, airlifted more than 1,900 tons of cargo, moved more than 3,300 personnel and maintained a 99 percent mission-completion rate, with one sortie canceled during their four-month tour.

"The bar is set, and California aims to break it," said Chief



ABOVE: Staff Sgt. Abdul Yaseen Khan of the 146th Airlift Wing hugs his mother, Marilyn Khan, on Feb. 24 at Channel Islands Air National Guard Station, Calif., before departing for a four-month deployment overseas. RIGHT: Family members and friends wave to a departing C-130J carrying deploying members from the 146th on Feb. 23.

Master Sgt. Troy Ballard, superintendent of the 386th Expeditionary Aircraft Maintenance Squadron. "Arriving just a few days ago, the California Air National Guard's 146th AW team hit the ground running and again demonstrated exceptional leadership through the generation of their first few sorties ... all without a hitch.

"We look forward to continued success with the C-130J, as well as helping our team from the Golden State," he said.



Photos by Senior Airman Nicholas Carzis

CNG, Marines team up for mountain exercise

Army Guard aviators join Marines, Kuwaiti Soldiers for joint high-altitude training

By **SGT. IAN M. KUMMER**
69th Public Affairs Detachment

Nothing quite says “teamwork” like more than 600 U.S. Marines and Kuwaiti Soldiers being airlifted by California Army National Guard helicopters to landing zones in the frigid Sierra Nevada mountains.

CH-47 Chinook crews from the California Guard’s Company B, 1st Battalion, 126th Aviation Regiment, based in Stockton, airlifted

Kuwaiti troops and Marines from the Hawaii-based 3rd Battalion, 3rd Marine Regiment, during an exercise at the Marine Corps Mountain Warfare Training Center (MWTC) near Bridgeport, Calif., on March 28. Throughout the day’s events, AH-64 Apache helicopters from the Utah National Guard flew escort missions for Bravo Company’s Chinooks, adding another realistic element to the training.

While an infantryman’s challenge

in a heliborne assault mission in the mountains is obvious — the Soldier may carry more than 80 pounds of gear in knee-deep snow and sub-zero temperatures while anticipating a long night ahead — an aviator’s mission is challenging as well. Safely transporting infantrymen to a landing zone while navigating the treacherous winds of the Sierra Nevada is an important skill to practice for even the most seasoned crew.

“Flying with a full load of 30 people up in the mountains pushes the aircraft more than usual, which is good training for the pilots,” said Master Sgt. Jon Schon, a flight engineer with Bravo Company.

The MWTC specializes in preparing units for combat operations and teaching survival skills for freezing, high-altitude conditions. With most of the Marine Corps’ aviation assets in California more than 400 miles away in San Diego, the California Guard frequently



plays a crucial role in supporting MWTC events.

Marines typically use the CH-53 Super Stallion helicopter or the V-22 Osprey, and they would be unfamiliar with the Chinook if not for training events like this.

“It’s great working with other military branches and their equipment and learning their capabilities,” said Sgt. Nicholas Embleton, a meteorology and oceanography forecaster with Detachment C, Marine Air Control Squadron 2.



The California Army National Guard’s Stockton-based Company B, 1st Battalion, 126th Aviation Regiment, trains with Marines in the Sierra Nevada mountains on March 28. Company B flew two CH-47 Chinook helicopters to the Marine Corps Mountain Warfare Training Center in Bridgeport, Calif., to participate in high-elevation training with more than 600 troops from the Hawaii-based 3rd Battalion, 3rd Marine Regiment, and the Kuwait Army. **Photos by Master Sgt. Paul Wade**

Teaming up to take on the Flames

Photo by Staff Sgt. (CA) Gene Arias

Cal Guard and Cal Fire team up for wildfire season

By SPC. BRIANNE ROUDEBUSH
69th Public Affairs Detachment

With the terrible drought California is currently facing and the apparent inevitability of large-scale wildfires, the upcoming fire season might seem daunting to anyone new to the California National Guard firefighting mission.

The Cal Guard and the California Department of Forestry and Fire Protection (Cal Fire) kicked off this year's highly anticipated fire season with their annual joint training event at the Cal Fire Training Academy in Ione on April 5.

For many, the training is a refresher course — an opportunity to reacquaint themselves with the equipment, expectations and standard operating procedures of the joint effort. For others, the training is an introduction to the world of firefighting.

"It has been good to see all the key players and work with [Cal Fire]," said Chief Warrant Officer 2 Ryan Booher, a CH-47 Chinook helicopter pilot with Company B, 1st Battalion, 126th Aviation Regiment. "We've been able to interact and mingle with these guys and see how they

do business."

Booher, who deployed to Afghanistan almost immediately after graduating from aviation school, is no stranger to flying. However, he said he has not flown with civilians on the crew before.

"There is a learning curve for both sides," Booher said. "Cal Fire follows the Federal Aviation Administration structure, while we are strictly military."

In order to function as a cohesive team, everyone needs to be on the same page. Cal Fire and the Cal Guard use different call signs and terminology, and Booher said this is where thorough briefs, planning and preparation become very important.

"The more we prepare ourselves before takeoff, the more effective we can be in the fire mission," he said. "It's good to have this training and see it all starting to come together."

Spc. Steven Hauger, a crew chief with Company A, 3rd Security and Support Battalion, 140th Aviation Regiment, said he has never participated in joint training before and was

surprised by how much Cal Fire knows about the Guard.

"They know exactly how we operate," he said. "They know rank, they know how the helicopters work. They seem to have thought of everything in the process."

The joint training emphasized communication and working together.

"There is a lot of teamwork involved, from crew chiefs to pilots to fuelers to mechanics, and we all have to be communicating for [the mission] to go off without any hiccups or problems," Hauger said. "Working with Cal Fire went off pretty flawlessly — much better than I expected. There were little hiccups here and there, but nothing we can't overcome."

The training helps build relationships between the agencies and provides a foundation for the firefighting mission.

"I think this type of training is a necessity to work with an outside entity who isn't trained like we are trained," Hauger said. "Without it, I don't think this type of program would be in place at all."



Photo by Brandon Hoing

TOP: A UH-60 Black Hawk helicopter crew from 1st Battalion, 140th Aviation Regiment, practices water bucket drops April 5 near Castaic Lake in Los Angeles County. ABOVE: Cal Guardsmen and Cal Fire staff discuss safety procedures for a CH-47 Chinook from Company B, 1st Battalion, 126th Aviation Regiment, on April 5 at the California Department of Forestry and Fire Protection (Cal Fire) Academy in Ione.

Taming the Flames

The CNG played a critical role in California's 2013 fire fight:

- **24:** hours required to mobilize aerial support
- **785:** firefighting hours flown by pilots
- **2,212:** water and fire retardant drops completed
- **1.5 million:** gallons of water and retardant dropped
- **MQ-1:** remotely piloted aircraft used to relay video of fires and hand crews for the first time in National Guard history

The predictable emergency

By **CAPT. WILL MARTIN**

California Military Department Public Affairs

Low, slow and heavy. That's not typically a pilot's preference for flying, but that's how the C-130J airtankers of the 146th Airlift Wing roll throughout wildfire season. And it takes practice.

"Flying is a perishable skill," said Lt. Col. Bill Wilson of the 146th. "We have to get [the pilots'] mindset to flying 100 feet off the ground again."

Wilson joined about two dozen 146th pilots and several U.S. Forest Service aviators April 6-12 for a week of annual wildfire flight training at the 146th's home, Channel Islands Air National Guard Base in Port Hueneme, Calif. Both agencies are part of the Modular Airborne Fire Fighting System (MAFFS) network, in which civilian and military agencies across the nation employ the MAFFS, a massive device that slides into the back of airtankers and enables them to drop 3,000 gallons of water or fire retardant on a wildfire in a single pass.

And like the rest of the nation's MAFFS airtanker units, the 146th hasn't lacked for business.

"Last year we were activated for 84 straight days," Wilson said. "[We participated in fighting] three or four dozen fires."

Wildfire experts expect an unusually active fire season in 2014, primarily because of the drought that has plagued California and much of the West. At present, the wildfire rate is about twice that of last year, and the 2013 wildfire season never really ended, as the dry winter allowed fires to burn into the new year.

"It's been a pretty dry year," Wilson said.

"We're anticipating a large fire season ... which generally ends [each fall] here in Southern California, though Mother Nature has her own ideas."

Because of the scope and magnitude of California wildfires, interagency cooperation is central to the effort to keep fires at bay. More than 100 personnel from the National Guard, Forest Service, California Department of Forestry and Fire Protection (Cal Fire) and other emergency-response agencies were in Port Hueneme to take part in the annual training in April.

"We love working with the military," said Doug Stefan, MAFFS liaison officer for the Forest Service and a former Marine Corps fighter pilot. "When it's time to get things done, these guys just get it done."

By training alongside one another year after year, Wilson said, the agencies develop relationships and familiarity that translates well when in the air.

"The interaction between multiple agencies helps solidify relationships. ... The training brings all these things together so that we can more readily respond," Wilson said. "When you're flying [over a wildfire] is a bad time to be reviewing your skills."

While critical and necessary for firefighting preparedness, April's training also took into account the challenges brought on by this year's drought. The need for water conservation that is on everyone's mind did not escape the 146th operators.

"The training itself allows us to saturate areas currently affected by the drought," said Maj. Kimberly Holman, 146th AW public affairs officer. "And the water dropped ultimately returns to its original watersheds, allowing us to conserve water."



Photo by Senior Airman Nicholas Carzis

A C-130J airtanker from the 146th Airlift Wing, equipped with the Modular Airborne Fire Fighting System II, drops water during annual firefighting training with U.S. Forest Service aviators near Channel Islands Air National Guard Base in Port Hueneme, Calif.

Fueling the Fight

By **SGT. IAN M. KUMMER**

69th Public Affairs Detachment

Unsung heroes of the aviation community swung into action April 5 and 6, literally fueling the success of an interagency training mission.

While California Army National Guard helicopters roared across the sky with "electric salmon-colored" numbers on their sides and "Bambi Buckets" swaying beneath them, petroleum supply specialists worked tirelessly to keep the powerful machines flying.

Six Cal Guard helicopter crews participated in firefighting training that weekend with the California Department of Forestry and Fire Protection (Cal Fire) at the Cal Fire Academy in Ione. While news reporters gathered for a glimpse of the helicopters and pilots in action, the fueling crews worked diligently on the sidelines to ensure each helicopter was properly fueled and ready for the next exercise.

A fueling crew is no place for those with a weak work ethic; in every aviation mission, crew members must be staged and ready before the aircraft take off, and can only go home after the last aircraft has



Photo by Master Sgt. Paul Wade

Staff Sgt. Nathan Saylor, a petroleum supply specialist with Company A, 3rd Security and Support Battalion, 140th Aviation Regiment, refuels a CH-47 Chinook helicopter during annual training with the California Department of Forestry and Fire Protection (Cal Fire) at the Cal Fire Academy in Ione on April 5.

finished. Depending on the mission or operational requirements, a refueling point may be open 24/7.

"We are the first ones up and the last ones down," said Sgt. Julieanne Myers, a fueling crew member with Company F, 2nd Battalion, 135th Aviation Regiment.

Every step in refueling a helicopter re-

quires care and diligence. Army helicopters use Jet Propellant 8, a highly combustible jet fuel that could damage equipment or cause serious injury if mishandled.

"You have to be safe and remember [standard operating procedures]," said Spc. At-eeq Afzal, Myers' teammate, who is a Sacramento resident. "Even a small mistake can have a serious impact on operations."

The mission of a fueling team doesn't begin or end at the fueling point. The day-to-day routine consists of a dizzying array of hazardous material, logistic and administrative procedures before a mission can take place. Even driving the fuel tanker, a Heavy Expanded Mobility Tactical Truck (HEMTT), to the operation requires great care, because many civilian motorists drive carelessly around the HEMTT.

"We have air brakes, and people don't understand that we are carrying a much heavier load and can't stop as fast," said Myers, a Sutter Creek, Calif., resident. "We have to watch for other cars that approach or cut us off on the road."

Each model of aircraft is unique, and proper fueling requires knowledge of the aircraft's specific safety considerations. For example the UH-72 Lakota has an open-port nozzle on the fuel tank, which means it must be filled more carefully than other aircraft because of the risk of spillage.

"No one knows these aircraft like we do," said Staff Sgt. Nathan Saylor, a fueling crew member from 3rd Security and Support Battalion, 140th Aviation Regiment, which owns the CNG's Lakota fleet. "They've been with us since [the CNG] first got them."

El Cerrito PD trains 870th MPs

By SPC. DANICA CHO
870th Military Police Company

"Stop! Military Police! Get your hands in the air!" barks an 870th Military Police (MP) Company Soldier, cautiously aiming his pistol at a hooded suspect rushing out of a building.

The robbery suspect surrenders, his arms in the air, and is ordered to lay face down on the ground. The MP re-holsters his pistol and crouches over the suspect to search for contraband, while cold rain relentlessly pelts the MP and his partner, mixing with warm droplets of sweat and fogging up his glasses.

The procedural search seems to go well, until all of a sudden — "Got a gun! Got a gun!" the MP shouts, grasping a pistol hidden in the suspect's pocket. The MP immediately secures the weapon, grabs the suspect's wrists and places him under arrest.

This was the scene Feb. 28, when Soldiers of the Pittsburg, Calif.-based 870th MP Company received civilian law enforcement training from the El Cerrito Police Department. The training included responding to a robbery-in-progress alarm, a high-risk pedestrian stop, a pedestrian encounter, a building alarm, a traffic stop and a high-risk vehicle stop.

The MPs partnered into teams and rotated through six scenarios throughout the day, tactically handling artificial pistols and rifles. Each scenario involved at least one suspect or bystander, and MPs utilized official El Cerrito PD patrol vehicles.

After each scenario, police instructors critiqued each team's response and demonstrated methods for improvement. Special emphasis was placed on following proper

safety procedures, such as how to avoid endangering a fellow officer while "clearing" an area. It was the kind of raw, adrenaline-pumping police training the 870th MPs eagerly anticipate.

The training event was also an avenue for improving collaboration and interoperability between 870th Soldiers and civilian police officers. Sgt. Flavio Meiorin of the 870th, who is also a 28-year veteran of the El Cerrito PD, coordinated the event.

"The strategic goal [of this training] is to develop a partnership with our local law enforcement agencies and provide them aid in the event of emergencies," said Capt. William L. Anderson, commander of the 870th MP Company. "It is important for our Soldiers to understand their roles as a support element to civil authorities. ... The interaction and additional training between us and police departments shows our involvement in our communities as a working team. This fosters a positive relationship which can help our quick reaction force operations."

The 870th MP Company has extensive experience as a quick reaction force. In 2011 the unit deployed to Eastern Afghanistan as the Quick Reaction Force for Khowst

province, with an emphasis on developing Afghan police. Currently the 870th MP Company is designated as the Quick Reaction Force for Northern California, providing emergency assistance in case of security threats, natural disasters and civil disturbances on short notice.

"The overarching intent is that we get to know each other before an emergency," said El Cerrito Police Chief Sylvia Moir. "I have a friend that often says, 'The worst time to hand out business cards and introduce yourself to someone is at a disaster.'"

"I think what you've seen is the very beginning of a relationship of training, collaboration and communication that is long overdue," she continued. "The training will not only help build our relationships, but make us all more proficient in the service that we provide. ... Supporting each other is absolutely essential."

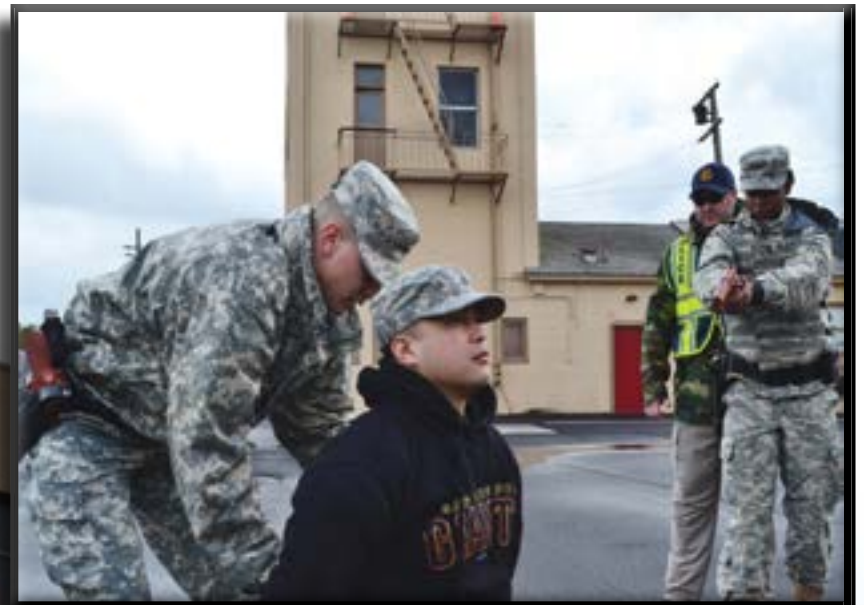
First Sergeant Brock Kelly, the 870th's senior noncommissioned officer, said one of the most crucial skills MPs need to im-

prove is garrison police operations.

"Training with several law enforcement agencies allows the Soldiers to have a mental and tactical toolbox of how to adapt and handle various situations on the streets," he said. "We have been in a wartime environment for well over a decade and have perfected our combat warcraft, but now we need to transition back to normal policing."

In addition to tactical lessons in law enforcement, the 870th Soldiers learned that policing is not just about busting down doors, storming into buildings and arresting perpetrators — it is about maintaining positive relations with the public. The Soldiers performed role-playing scenarios to improve communication skills, practicing social diplomacy, tact and professionalism.

"We all have to deal with people through the relationships that we have," emphasized El Cerrito PD Lt. Steve Bonini, "not only with each other, but with the citizens that we serve."



LEFT: Sgt. Aman Narayan of the 870th Military Police Company searches acting suspect Sgt. Louis Somers while Sp. Michael Jenkins covers him during a robbery-in-progress-alarm training scenario Feb. 28 in Contra Costa County under the direction of officers from the El Cerrito Police Department. ABOVE: El Cerrito Police Officer Alex Abetkov coaches Pvt. Aaysha Abdullah, who provides cover while a teammate arrests Pfc. Abe Losbanes during a high-risk-pedestrian-stop scenario Feb. 28. BELOW: Sp. Ramon Figueroa, left, and Sp. Chris Batangan participate in a high-risk-vehicle-stop scenario with Sp. Cameron Payne acting as a suspect. Photos by Spc. Danica Cho



CNG medic saves stabbing victim's life

Soldier runs outside in the middle of the night, at his own peril, to help a screaming neighbor

By **CAPT. JASON SWEENEY**
California Military Department Public Affairs

At 1 a.m. on March 11, Spc. Leonardo Becerra was studying with his girlfriend in his Chula Vista apartment when they heard someone outside yell for help.

"We heard cries of pain," said Becerra, a member of the 670th Military Police company who is studying to be a physician's assistant at Grossmont College in El Cajon. "I thought someone was being raped. I felt it was our job to

go out and scare the guy away."

Becerra told his girlfriend to be ready to call 911 and went outside to investigate. He found a naked 21-year-old woman covered in blood lying on the pavement in the parking lot. The woman was moaning and rolling from side to side in pain. Blood was pooling on both sides of her.

She cried out that she had been stabbed. A large, bloody kitchen knife lay on the pavement next to her.

The woman's boyfriend had apparently stabbed her after an argument and fled.

Becerra's training kicked in. "I immediately started thinking about what to do for a stab wound," said the Soldier, who deployed to Afghanistan as a medic in 2011 with the CNG's 756th Transportation Company.

He assessed the woman's injuries and found she had a minor stab wound to the stomach and a more serious wound in her chest where the knife had penetrated her lung.

Becerra ran back into his apartment and grabbed his medic bag while rattling off the nature of the victim's injuries to his girlfriend, who called 911.

He ran back outside with his bag. No one else had come out of their apartment, and Becerra said he felt vulnerable to attack as he was only wearing boxer shorts and had no idea where the perpetrator was.

"Luckily for you, I'm a medic in the U.S. Army," Becerra told the victim.

He went into the bag's trauma section and pulled out the combat gauze.

"As soon as she removed her hand from the wound, blood squirted out from her chest," he said. "That's when I realized that I really needed to stop the bleeding."

Becerra's girlfriend called out, saying the 911 dispatcher had said not to touch the victim. But Becerra knew from his training that he had to get the victim's bleeding under control or she could die.

Becerra lifted the lip of the woman's wound and saw that the blade had done a lot of damage. He stuffed gauze into the cavity to prevent the woman's lungs from filling with blood. He kept his hand on the gauze to staunch the bleeding.

"She told me it hurt, but I said, 'I don't care. I'm not going to let you die on me.'"

A police car arrived, and the officer found Becerra in his boxer shorts kneeling over the naked woman with blood on his hands and forearms. Becerra was able to convince the officer he was trying to help, and they started assisting the victim together.

Becerra talked to the victim until paramedics arrived and took her away in an ambulance.

"I just stepped back and thought, 'What just happened?'" Becerra said.

A television news crew was on the scene and asked Becerra for an interview. He went into his apartment, washed off the blood and put on his Army physical fitness shorts. Then, shirtless with his medic bag slung over his shoulder, he granted the interview.

A few days later, the victim's mother knocked on Becerra's door. She told him without emotion that a part of her daughter's lung had been removed.

The doctor had told the woman to say thank you to the Army medic. Blood and air had entered her daughter's lung the night of the stabbing, and Becerra's intervention slowed the bleeding and saved her life.

The victim's mother broke down and started crying. She gave Becerra a hug, squeezing him tightly.

Becerra's company commander, 1st Lt. James Stanfield, said he was impressed by what Becerra had done.

"He's a very competent, knowledgeable medic," Stanfield said. "What he did definitely gives me strong confidence knowing that he can take the proper actions to save lives in a high-stress environment."



Photo courtesy of Spc. Leonardo Becerra

Spc. Leonardo Becerra used the medical skills he learned in the California National Guard to save the life of a woman who had been stabbed at his apartment complex in Chula Vista in March. He deployed to Afghanistan as a medic in 2011 and is studying to become a physician's assistant.

Stoops named Army's top sheet metal artisan

1106th TASMG Soldier recognized by AAAA for contributions during 2013 deployment to Afghanistan

By **CAPT. CHRIS RENNER**
1106th TASMG

Watching Staff Sgt. Ted Stoops work a flat piece of unremarkable aluminum into an intricate part of one of the most formidable combat helicopters in the world is more akin to watching a sculptor than a mechanic.

On a typical summer morning last summer, Stoops and his fellow Soldiers of the California Army National Guard's Detachment 4, 1106th Theater Aviation Sustainment Maintenance Group, were beginning work on an HH-60L medical evacuation Black Hawk helicopter. As usual, the repairs were world class, and the presence of experts like Stoops and his team saved the U.S. Army the cost of shipping the helicopter to the United States for repair as well as the cost of shipping a replacement to Afghanistan.

Even more valuable, however, is that the aircraft quickly resumed duty performing medevac missions in Afghanistan, saving the lives of U.S. and Afghan troops.

In February 2013, Stoops and about 100 other Soldiers from the TASMG had deployed to Afghanistan and Kuwait for a nine-month tour. The Soldiers were assigned to provide

depot-level maintenance for two combat aviation brigades in the Afghanistan theater that were in command of about 400 aircraft.

In addition to being an adroit aircraft artisan, Stoops is an exceptional Soldier and leader. Stoops was the only depot-level sheet metal repairman at Mazar-i-Sharif, Afghanistan, during Detachment 4's tour.

During just the first three months of the unit's deployment, the detachment completed six major depot-level sheet metal repairs, fulfilled more than 100 work orders and saved the U.S. government more than \$3 million in parts, repairs and shipping.

In February, Stoops' attitude, work ethic and technical expertise were recognized in Huntsville, Ala., during the Army Aviation Association of America's National Functional and Material Readiness Awards Banquet.

Selected from a nationwide pool of talented Soldiers, Stoops was awarded the Donald F. Luce Depot Maintenance Artisan Award, which is bestowed upon the sheet metal artisan deemed to have made the greatest contribution to the readiness of the U.S. Army's helicopter fleet during 2013.



Photo courtesy of Staff Sgt. Ted Stoops

Staff Sgt. Ted Stoops, right, accepts the Donald F. Luce Depot Maintenance Artisan Award in Huntsville, Ala., in February. Presented by the Army Aviation Association of America, the award recognizes the sheet metal artisan who made the greatest contribution to the readiness of the U.S. Army fleet in 2013.



LEFT: Soldiers from the California Army National Guard's 142nd Chap where they are deployed in support of Operation Enduring Freedom. the 163rd Reconnaissance Wing works to establish a shelter during biv **163rd Reconnaissance Wing** TOP: Members of the 129th Rescue Wing p Hawaii on Oahu. **Photo by Staff Sgt. Kim Ramirez** The 144th Fighter W Base for a free open house April 12, giving people of all ages a chance t **Photo by 144th Fighter Wing**

At a Glance



Chaplain Detachment enjoy a Passover Seder at Camp Arifjan, Kuwait, Photo by 142nd Chaplain Detachment TOP LEFT: A member of the 142nd Chaplain Detachment performs underwater escape training at March Air Reserve Base, Calif., in April. Photo by 142nd Chaplain Detachment BOTTOM LEFT: A member of the 142nd Chaplain Detachment welcomes community members to Fresno Air National Guard Base to peer inside the cockpit of the wing's new F-15 Eagle fighter jets.



Sgt. Troy Lopez of the California Army National Guard Recruiting and Retention Battalion inspects JROTC cadets from the American Christian Military Academy of Excellence in Rancho Cucamonga, Calif., during the 2014 Golden Bear West Coast National Drill Meet at Joint Forces Training Base Los Alamitos. Photo by Lt. Col. (CA) Rick Lalor



LEFT: Recruiter Staff Sgt. Hoang Nguyen instructs a very motivated visitor on the correct way to use a punching bag in the Army National Guard booth at Auto Club Speedway during NASCAR race weekend in Fontana, Calif., in March. Photo by Lt. Col. (CA) Rick Lalor ABOVE: Army Guard Lt. Col. Ted Arlauskas, far left, and Air Guard Lt. Col. Douglas Hire pose with Los Angeles Dodger alumni Al Ferrera, Tommy Lasorda and Maury Wills after assembling care packages to be sent to troops overseas by nonprofit Operation Gratitude. Photo by Master Sgt. Julie Avey

Military kids: Young lives, BIG stories

The Department of Defense and the Cal Guard have recognized April as the Month of the Military Child since 1986. This is an opportunity to thank children for their support and recognize the importance of their role in maintaining the strength of the Guard. This year's theme, "Young Lives, BIG Stories," highlights military children's unique contributions and sacrifices for our nation.

The Grizzly holds an annual art contest for military children in April. This year's winners are Abigail E. Collins, 9, whose artwork is featured on the cover of this issue, and Benjamin Loeffler, 7, whose work is below.

We are also pleased to share with you a personal story from Jaclyn, a National Guard daughter in Bakersfield, whose touching story is emblematic of the struggles and strength of military children.



Benjamin Loeffler, age 7, won The Grizzly's annual art contest in the 3- to 7-year-old category. His father, Master Sgt. David J. Loeffler, is a member of the 144th Fighter Wing.

Hi, my name is Jaclyn. I am a military child and I am going to tell you my military story. First, you should know that being a military child is difficult. Military children are very strong children; we go through things civilians do not understand. Second, every story and situation is different. Personal stories may be similar, but I will never fully understand another military child's situation. And no one will fully understand mine. Third, be mindful this is my opinion; I do not mean to speak for anyone except myself.

My dad has been in the Army for almost 15 years now. He is currently in the National Guard. In fact, my dad's pay basis entry date is the day before my birthday in the same year as my birth. He has been deployed twice, both for one year each to Iraq in 2004-2005 and in 2007-2008. I was very young when he was deployed, but I do remember the little things.

I remember having a hole in my heart. I remember missing him so much I had a pit in my stomach 24/7. I remember trying to send him chocolate but my mom telling me not to, but doing it anyways. I remember my mom reading the letters he sent to me and showing me the pictures he also sent. I look back at them now, and they make me cry. I remember being angry at the military for taking my dad away from me. Now I realize how selfish I was. I remember struggling to focus and always having teachers telling my mom that I was not reaching my full potential in school.

I remember that feeling of heartwarming joy when I saw him after a whole year. I remember running and jumping into my dad's arms as a small child when he came to pick me up from day care after school. Or when he wasn't deployed but he worked out of town, I would get that feeling when I would see him on the weekends. It was a feeling of being safe and secure, of him being safe and secure. I remember that feeling so well because I feel it every time I see my dad. It's like a smell you never get tired of. It's like that pit at the bottom of your stomach is gone, like it just disappeared. It is the feeling of Wholeness, inside and out.

Jaclyn

Bakersfield, CA

"I remember having a hole in my heart. ... I remember being angry at the military for taking my dad away from me. Now I realize how selfish I was."

—Jaclyn, Bakersfield, CA

Trautwein named command chief warrant officer

Chief Warrant Officer 5 Christopher J. Trautwein has been selected to serve as the command chief warrant officer for the California Army National Guard, succeeding Chief Warrant Officer 5 Artavia Edwards. Trautwein will step into his new role July 1.

Trautwein recently served on back-to-back deployments and only returned to California in March. Before mobilizing, he served as the aviation safety officer for Headquarters and Headquarters Com-

pany, 40th Combat Aviation Brigade, in his traditional Guard role. In his full-time capacity, he was a flight instructor for the Guard at Joint Forces Training Base Los Alamitos.

"Chief Trautwein is a proven leader and an outstanding role model," Maj. Gen. Lawrence A. Haskins, commander of the California Army National Guard, wrote in a memo announcing the appointment. "One of his primary responsibilities will be to focus on the accession of quality in-

dividuals to fill our current warrant officer vacancies."

Edwards had served as the California Army National Guard's top warrant officer since August 2010.

"[Edwards] has represented the California Army National Guard in a most outstanding manner," Haskins wrote. "The Staff Judge Advocate Office has requested, and she has graciously accepted, an opportunity to return to her full-time position [there]."



Chief Warrant Officer 5 Christopher J. Trautwein, seen here in Iraq in 2011, is the new command chief warrant officer for the Cal Guard.



Sharks, Soldiers & suite seats

Hockey brings together Guardsmen, NHL supporters of armed forces

By **CAPT. WILL MARTIN**

California Military Department Public Affairs

Ask the San Jose faithful this night, and they'll tell you Brent Burns is a hero. But even with two goals to his credit in the Sharks' 5-3 win March 6 over the Pittsburgh Penguins, the towering right wing thinks heroes wear another uniform.

Flashing a gaping grin, he works his way around the VIP section outside the Sharks locker room after the win, shaking the hands of California Army National Guardsmen and their families, pausing for every picture as if it were his idea. But this is no well-orchestrated publicity junket; this is Burns' post-game routine after every San Jose home contest.

"I have so much respect for what the Soldiers and their families go through during training and deployment," Burns said. "There's risk involved during the whole thing, but they still go for it."

But Burns doesn't just want to thank service members; he wants to spoil them.

Since emerging as a National Hockey League star with the Minnesota Wild, Burns and his wife, Susan, have donated generously of their time and finances to the Armed Forces community. In fact, for the past several years, they have purchased a luxury suite for the entire season of home games, first with the Wild and now with the Sharks, inviting local service members, veterans and their families to enjoy the game as their honored guests.

On the night of the March 6 game, Susan hosted Sgt. 1st Class Wade Scott and a dozen of his friends and family, while Brent showed less hospitality to the Penguins on the ice below. Throughout the game Susan engaged each guest with enthusiasm, drawing from them their stories of service and sacrifice. Learning that Scott's wife, April, has endured three of her husband's combat tours — including a 2010-11 deployment to Afghanistan, where he suffered multiple gunshot wounds that required several surgeries — Susan appeared awestruck with gratitude.

"To give up your husband [for so long], I should be on my knees thanking you," Susan told April.

Their husbands actually have a good bit in common. Both grew up in Canada loving and playing hockey. Scott, an operations noncommissioned officer with the 330th Military Police Company in Ontario, Calif., learned to skate on the frozen Bow River in Calgary and played his first hockey on backyard rinks manufactured by his dad when he was only 3.

Burns learned to ply his trade in Canada's hockey-rich province of Ontario, where he

starred before being drafted by the Wild in 2003. Besides sharing a passion for the fastest game on ice, both grew up feeling a strong pull toward military service.

"I also always had a personal interest in joining and serving if hockey didn't work out for me as a career," said Burns, who at 6 feet 5 inches and 230 pounds would make an imposing Soldier. "To this day I am still fascinated by the military lifestyle and experience."

Scott's choice between hockey and military service was made clear when his family

moved to what he called "pre-Gretzky" Southern California at age 13. And while his sons both play organized hockey near Los Angeles with NHL dreams, he found it nearly impossible to keep up the sport. So he eventually turned his attention to the Army, where he honored his wife's desire to stay rooted in one place and bypassed active duty for the National Guard.

But Scott found an opportunity to merge his love of military and hockey when he met Shane Hudella, a friend he now shares in common with Burns. Hudella, a retired first sergeant with the Minnesota Army

National Guard, is the founder of Defending the Blue Line (DTBL). The idea for the nonprofit came about while Hudella was serving full-time with the Guard and worked on community projects involving Burns, then a player for the Wild.

"I did some research, and there wasn't another program like ours out there," Hudella said. "So I literally woke up one day shortly after and said, 'I think I'm going to start a nonprofit.'"

Though Hudella's initial intent was to secure sports supplies and coordinate camps for Guard families in hockey-mad Minnesota, DTBL grew into a national program that now enlists the charitable service of more than 40 professional athletes. In addition to partnering with hockey benefactors like Burns to support military families, it has given birth to sister programs for Major League Baseball and, soon, the National Football League.

In 2012, DTBL earned accolades from the White House, when it was selected by first lady Michelle Obama and second lady Jill Biden as a Joining Forces Community Challenge winner for providing thousands of military family members with hockey equipment, camps and NHL tickets.

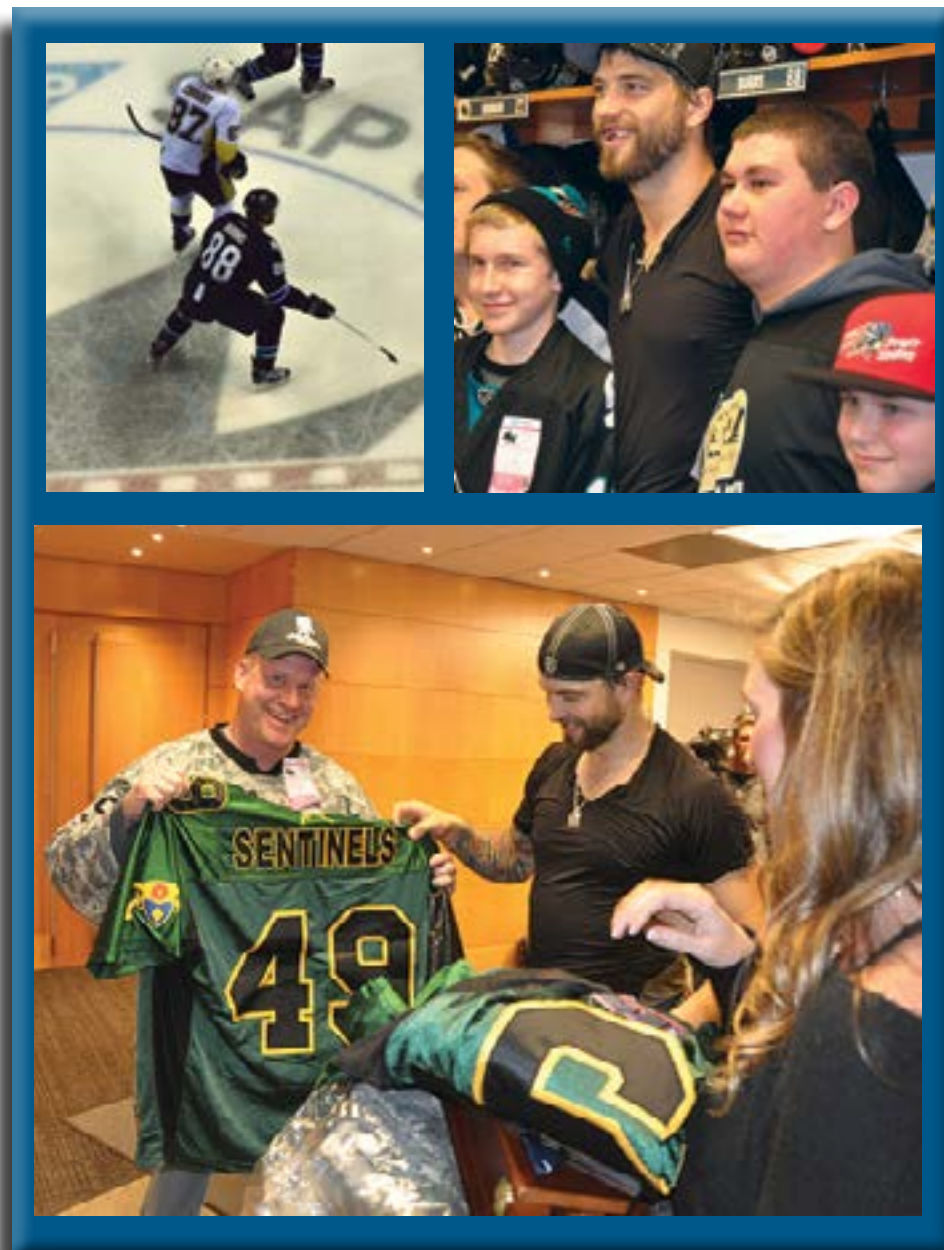
"I heard about DTBL from a wounded Marine," Scott said. "Through DTBL, we got grants [for youth hockey programs] while I was deployed and wounded. We in turn send them all our boys' used hockey gear as they grow out of it so other military kids can use it at no cost."

On Nov. 13, Hudella arranged for Scott to be the "Hometown Hero" for the Anaheim Ducks annual military appreciation night. There, he led a team of CNG Soldiers that defeated Marine and Air Force teams in a tug-o-war during intermission. Like Burns, however, Scott avoids talk of heroism, despite his victories and selfless service.

Hudella isn't surprised.

"Just an incredibly humble guy for the sacrifices he has made," Hudella said. "If I thought of a poster guy for the Army Values, it would be Wade."

For more about Defending the Blue Line, visit www.defendingtheblueline.org. To learn about the Burns family's partnership with DTBL, click "Our Team" at the top of the page, then "Players."



TOP LEFT: Brent Burns, a forward for the NHL's San Jose Sharks and a devoted supporter of the Armed Forces, skates en route to scoring two goals against the Pittsburgh Penguins on March 6 in San Jose. **TOP RIGHT:** Burns poses for photos with Sgt. 1st Class Wade Scott's family in the Sharks locker room following the game March 6. Burns has purchased a luxury suite at all Sharks home games for service members and their families. **BOTTOM:** Wade presents Burns and his wife, Susan, a 49th Military Police Brigade jersey and other California National Guard memorabilia. **Photos by Capt. Will Martin**



FIT to FIGHT

with MAJ. JONATHAN SHIROMA

Many of us travel several times a year, and if you're like me, the first thing you do when you check into your hotel is see what the fitness room has, find out whether your gym has a franchise location nearby or scope out a potential route to jog. Once in awhile, none of the above are available. So what do you do?

I sought some expert advice from Forest Vance, a former NFL football player who runs a fitness studio in Sacramento. Forest holds a master's degree in human movement, is a level II Russian Kettlebell Challenge certified instructor and has earned several other certifications from the American College of Sports Medicine and the National Academy of Sports Medicine.

Q: What advice do you have for someone who wants to work out but doesn't have access to a gym or weights?

Workouts that don't use any weights are extremely effective. In fact I would go as far as to say that body weight training

should be the foundation of all training.

If a person mastered all of the body weight exercise basics, they would get a much quicker start with other types of training modalities. That is because a person who has mastered body weight training has excellent control of their body.

You will therefore have a much easier time picking up all other athletic-type movements, like kettlebells or barbells or dumbbells — or whatever other athletic endeavors you might be involved in.

Q: What exercises do you recommend for someone who wants to get a good workout using just their body weight?

1. Double-leg and single-leg lower body exercises, like squats, lunges, step-ups and single-leg squats.

2. Upper body pushing exercises, from knee push-ups to one-arm push-ups, handstand push-ups and everything in between.

3. Upper body pulling moves, like pull-ups, chin-ups and inverted rows

4. Core-training movements like planks and "mountain climbers," all the way up to advanced exercises like hanging leg raises and different types of body levers.

Q: How effective is it to incorporate both body weight and free weights or kettlebells into your workout?

This is also effective, and we do this commonly at our boot camp sessions. For example, one could do a set of push-ups and then move on to a set of kettlebell swings with minimal rest. You get a lot of bang for your buck with that type of routine: resistance training for lean muscle gain and cardiovascular exercise for fat loss and conditioning all in one efficient circuit-style set up! I'm a big fan of structuring workouts this way.

Q: You have written several articles and fitness guides on body weight exercise. Why have you decided to focus so much on this topic?

Personally, I love lifting weights as much as I ever did, but over the years, a variety of factors — injuries, time constraints, just wanting an occasional break from the hard



training — motivated me to explore other modes of training that would enable me to gain functional, healthy strength.

Now I use this style of training a good percentage of the time both in my own workouts and with my clients. There is way more carryover from this style of training to many athletic activities than there is from other, more traditional methods.

The brain and the nervous system get "better acquainted" through these exercises, and your body awareness goes off the charts. It is also just a great "break" and change-up from other training methods, and it really saves the joints!

349th logistics Soldier thrives on big challenges

By SGT. 1ST CLASS JON CUPP
82nd Sustainment Brigade

Don't let her 5-foot-1-inch frame fool you; Spc. Jackie Tackett is just as comfortable behind the wheel of a huge, rough terrain container handler (RTCH) vehicle as she is behind the wheel of a sedan. Maneuvering around the retrosort yard at Kandahar Airfield, Afghanistan, Tackett easily handles a vehicle that many find intimidating, picking up huge containers of equipment and moving them to areas for processing.

"I like the fact that sometimes it takes a lot of ingenuity," the Paso Robles, Calif., native said. "You have to know your capabilities and the vehicle's capabilities. ... You have to find creative ways to sometimes get containers out."

At the start of a typical workday, Tackett performs maintenance checks and fuels vehicles. Along with being licensed on the RTCH, the 24-year-old is certified on forklifts, large military tractor-trailer trucks and a host of other vehicles.

When Tackett isn't driving, the automated logistics specialist for the CNG's 349th Quartermaster Company assists other troops in cleaning, preparing and logging items for use by troops in theater, shipment to other bases or transfer to Afghan troops.

"We'll load what needs to be loaded, check on the vehicles and try to get containers as quickly as possible," Tackett said. "Sometimes other units ... drive all night to get here, so we like to do a quick turnaround for them."

When difficult situations arise, Tackett's usually the first person to volunteer.

"Someone came up to me one day and asked, 'Is there any way you can get that out?'" Tackett recalled, referring to a group

of containers in a difficult-to-reach spot. "Challenge accepted! I told them to give me 30 seconds. It was a lot of fun."

In addition to her traditional part-time Guard role, Tackett works full-time for the Cal Guard as a shipping and receiving post office manager at the Camp Roberts training facility. Her civilian job, she said, is fairly similar to her role in Afghanistan.

"I'm currently the only person at my job on Camp Roberts, [in the Central Coast region], who's certified to drive the RTCH," said Tackett, who began her military career as an intelligence analyst. "So it's not that much different in some aspects from what I'm doing in the combat theater."

During her spare time in Afghanistan, Tackett plays soccer, watches movies, talks to family online or writes songs and plays guitar.

"I like to do open-mic nights at the USO or other places," she said. "I like acoustic indie music with influences from '90s grunge to Rag Roll and other music that some people might think is a little eclectic. People here look at my playlists and think some of the selections are obscure, but I tell them they're really not. They were all popular bands at one time."

Tackett's future goals include taking classes in general education at a community college until she decides on a career.

Having grown up in an Army family, Tackett said her parents have been very supportive of her time deployed to the combat zone. Her father was an Army Ranger, and Tackett spent her early years as a self-described Army brat until age 7, moving from bases like Schofield Barracks, Hawaii, to Fort Campbell, Ky.

"They're ready for me to be home, but they're extremely understanding," Tackett

said. "My mom's reaction was, 'That's so typical of Jackie to volunteer.'"

Tackett said a sense of pride led her to volunteer for the deployment.

"This was definitely on my to-do list. I feel really great about it and I believe that most people — most Soldiers — have a sense of duty, and every Soldier feels it's something they need to do," she said.

Tackett added that the experience she gained on the deployment will help her de-

velop the skills to lead a team as a noncommissioned officer one day.

As multiple bases in Afghanistan transform through deconstruction projects, Tackett said she understands the importance of the materiel-reduction mission.

"It's nice to know we're putting money back into the military system and ensuring troops are getting good equipment they need," she said. "It really keeps me motivated as I know we're actually accomplishing something."



Spc. Jackie Tackett of the Vallejo, Calif.-based 349th Quartermaster Company inspects a rough terrain container handler before putting on a hard hat and operating the vehicle March 23 at Kandahar Airfield, Afghanistan.

Photo by Sgt. 1st Class Jon Cupp

163rd RW, L.A. Marathon maintain long-running tradition

Air Guard team competes, acts as human chain at starting line for 12th year running

By **MASTER SGT. JULIE AVEY**
San Diego Regional Public Affairs

Is running a marathon on your "bucket list"? Only 1 percent of the U.S. population can say they have accomplished running a marathon, and that includes 28 members of the 163rd Reconnaissance Wing Marathon Team

Eleven Airmen from the 163rd were joined March 9 by two Sacramento-based California Army National Guard Soldiers and 15 friends and family members of Cal Guardsmen for the running of the Los Angeles Marathon. This was the 163rd team's 12th consecutive year running the L.A. Marathon.

The wing team also has acted as a human chain at the starting line each of those years, holding back the 25,000-person crowd until the race's official start. The chain of 163rd team members stands behind the marathon's elite runners, separating them from the thousands of runners in the general population.

"Looking ahead of you at the world class leaders and the handicapped bicyclist racers while being part of the human chain, and looking behind you at the L.A. community, was amazing," said Master Sgt. Robert Mejia of the 163rd. "I was really excited at the start of the race.

"The neighborhoods you run through really make it fantastic," Mejia added. "To see the community out there cheering by reading your names on your bib was fantastic."

Staff Sgt. Brittney Field of the 163rd encountered an unex-



Photos by Master Sgt. Julie Avey

pected delay early in the race but still finished in just over four hours.

"A girl passed out at around mile 3 or 4, and I was able to help load her onto a gurney," the Airman said. "It was early on in the race, and most of the medical staff was further down the course, so I stopped to help the medical staff."

Staff Sgt. Paul Barone of the 163rd said he was inspired to join the team by a friend who ran the L.A. Marathon two years ago.

"I approached him about it ... and he said, 'If you run it, I'll run it again,'" Barone remembered. "We ended up going across the finish line together. I carried him on my back for fun."

The inspiration to run 26.2 miles comes in different forms, but the runners agreed that mental strength is what enables one to finish.

"I put my mind to it from the beginning [that] I was going to finish, so I knew I was going to finish," Barone said. "Something did happen at mile 13 that motivated me to not stop: My commander passed me, and then I knew I was not going to stop."

Mejia said he was motivated to run the marathon to get involved in the L.A. community and also to improve his health.

"[Health concerns] pushed me to have my personal goal of finishing the L.A. Marathon. My goal was [to finish in]



ABOVE: The Blue Eagles Honor Guard presents the colors March 9 at the beginning of the Los Angeles Marathon. The honor guard comprises members of the Cal Guard's 163rd Reconnaissance Wing and active duty Airmen. **RIGHT:** Twenty-eight Cal Guard members, friends and relatives form a human chain to hold back the crowd of runners as the sun comes up before the start of the L.A. Marathon.

seven to eight hours, and I came in at 6 hours, 43 minutes.

"Training kept me going through the miles," he said. "I had a doctor's appointment three days after the race, and my heart rate had improved."



Racing for more than 1st place

Modesto Marathon winner has his sights set on the Olympics

By SENIOR MASTER SGT. CHRIS DRUDGE
144th Fighter Wing

Senior Airman Matthew Klundt of the 144th Fighter Wing Security Forces Squadron was the top male finisher in the Modesto Marathon in March, finishing the 26.2-mile race in 2 hours, 44 minutes, 27 seconds, and beating his personal best by 14 minutes.

"It took a lot of preparation and training to get ready for the Modesto run," Klundt said, "but it was all worth it."

A graduate of Hoover High

School in Fresno, Klundt joined the 144th in January 2013 after 4 1/2 years in the active duty Air Force. He said he loves to serve and plans to make a career in the military.

Klundt's athletic aspirations, however, don't stop at winning marathons; he hopes to compete in the Olympic trials and win a spot on the Olympic track and field team. His event of choice is the 3,000-meter steeplechase.

Klundt started running in the 3rd grade, ran cross-country and track throughout his middle and high school careers, and continued competing at Fresno City College. After joining the Air Force in September 2006, Klundt was chosen for the United States Air Forces in Europe (USAFE) Cross Country Team and competed in Belgium while stationed at Incirlik Air Base, Turkey.

After leaving active duty and joining the Guard, Klundt was selected for the Air Force Track and Field Team and traveled to Munich, Germany, to compete against the Bel-

gian, British, Dutch, German and Polish air forces.

Klundt's victory in the men's competition in Modesto on March 23 opened the door for him to achieve another long-time aspiration, as he is now automatically qualified for the prestigious Boston Marathon. "One of my all-time running goals is to compete in the Boston Marathon," Klundt said. "I plan to run it in 2015 now that I have qualified."

Though Klundt earned the men's championship in Modesto, he finished second overall to Anna Bretan, who successfully defended her women's crown from 2013.

"Senior Airman Klundt's personal dedication to excellence is clearly demonstrated in his victory at the Modesto Marathon," said Lt Col. Dave Johnston, 144th Security Forces Squadron commander. "What we all appreciate here is that he brings that same dedication to his duty and responsibilities as a security force professional. He's an outstanding Airman."

CNG Soldiers conquer biathlon

By SPC. BRIANNE ROUDEBUSH
69th Public Affairs Detachment

One hour and eight minutes after the race began, Staff Sgt. Darryl Moxley crossed the finish line, legs aching and lungs burning. Several minutes later, his teammate, Lt. Col. Dan Markert, also crossed the line. The two California National Guard Soldiers had spent Sunday morning, March 30, competing in the Chuck Lyda Memorial Biathlon at the Auburn Ski Club in Northern California.

The biathlon combines cross-country skiing and rifle marksmanship. It is a competition that requires a tremendous amount of stamina, endurance and technique.

"This is my first year on skis," Markert said. "I joined the

team because I wanted to prove something; I wanted to show you don't have to be a cross-country skier to do biathlon. You can develop the skills and endurance over time."

Neither Markert nor Moxley had skied cross-country before joining the five-person CNG Biathlon Team this year.

One lap into the five-lap race March 30, Markert, the chief of current operations at the CNG's Joint Force Headquarters, was already visibly exhausted, despite his excellent physical condition. Markert said he hadn't had time to properly acclimate to the altitude before the race.

The Auburn Ski Club sits at 7,200 feet, making breath-control difficult. Additionally, Markert said the fresh powder on the trail was hard to ski through.

"The great thing about biathlon is that every race has a new challenge, a new variable," Markert said. "Whether it's the snow, the temperature, the sun — I like seeing all the variables come into play with each race."

Moxley, who works full-time as the operations noncommissioned officer in charge for the CNG Veterans Honors Program and part-time as a musician with the 40th Infantry Division Band, is also a competitive cyclist. He decided to join the biathlon team in the hope that skiing would help rehabilitate an injury to his calf muscle.

"I've been watching my fitness improve after finally coming off that crazy injury," Moxley said. "I've gotten my range of motion back, so it's been really good for rehab."

Training in endurance sports like cycling carries over to biathlon because cross-country skiing is very anaerobic, Markert said.

"There is no comfort zone in biathlon whatsoever," he said. "Not even in downhill [sections]. When you go downhill, the body relaxes just enough for you to realize how exhausted you really are."

Another challenge for new biathletes is learning how to "skate ski," a type of cross-country skiing that takes a lot of practice to master.

"Even if you are in really good shape, you leak all that energy out if you don't have the [skate skiing] technique," Moxley said. "You can be as big and strong as you want, but without good technique, it's exhausting."



Photos by SPC. Brienne Roudebush

Staff Sgt. Leif Devemark, another member of the five-man team, has biathlon experience and has been instrumental in helping the other members of the team learn the skills required by the sport.

This is the first biathlon team California has had in many years, so the focus has been on learning, development and growth. Though neither Markert nor Moxley placed in the race, both saw big improvements in their skiing and marksmanship.

The team is part of the Military World Class Athlete Program, which is funded by Congress to support elite-level military athletes and create a pathway to make it to the top.

"We are just now resurrecting this program," Markert said. "Mobilizations had taken priority, and other training requirements took away people's time."

Earlier this year the team competed in the Western Regional Match in Alaska in January. Three of the team members, Markert, Moxley and Devemark, also went to the U.S. National Biathlon Championships in Vermont in March.

While those races were funded by the guard, Markert and Moxley participated in the Chuck Lyda Memorial Biathlon on their own time and at their own expense in honor of the late CNG Soldier.

"Our team spoke about it and wanted to show support for this event," Moxley said. "Chuck Lyda paved the way for Cal Guard Biathlon, and his wife still works at the Auburn Ski Club. We want to show our appreciation and respect."



TOP RIGHT: Lt. Col. Daniel Markert grits his way through the Chuck Lyda Memorial Biathlon on March 30 in Soda Springs, Calif. **ABOVE:** Staff Sgt. Darryl Moxley competes in the biathlon, which combines marksmanship and cross-country skiing.

Team remembers Olympian, Guardsman Lyda

By SPC. BRIANNE ROUDEBUSH
69th Public Affairs Detachment

Despite the terribly dry winter California has experienced this year, Lake Tahoe ski resorts were surprisingly white the last weekend in March. With fresh snow blanketing the mountains and few flurries floating toward the ground, Carol Schick-Lyda and the Auburn Ski Club could not have asked for better conditions for the Chuck Lyda Memorial Biathlon in Soda Springs, Calif.

Chuck Lyda was an Olympic and world champion kayaker. He also loved skiing and was the head coach of the U.S. Biathlon Team in the 1998 Winter Olympics. He served more than 20 years in the California National Guard, was head coach and assistant officer in charge of the Army's World Class Athlete Program Biathlon Team from 1995 to 2002, and was the first Nordic director for the Auburn Ski Club Training Center.

"We used to talk quite a bit about competing, training and the dedication needed to be at the top level in sports," said Staff Sgt. Darryl Moxley, a current member of the Cal Guard Biathlon Team, who knew Lyda through the Guard. "However, I never knew he was an Olympian and World Cup-level athlete. He was very humble."

Moxley said it meant a great deal to him to be able to

compete in the event in March.

"I have gained a great deal of respect and admiration for a man who accomplished so much athletically," Moxley said.

More than 50 professional, novice and youth biathletes competed in the race this year, including two members of the five-person California National Guard Biathlon Team, who participated to pay respect to the late athlete.

"We competed to honor the life of dedicated service Chuck had, not just to the California National Guard but also to the community and to the athletic legacy of California's youth," said Lt. Col. Dan Markert, a current member of the biathlon team who worked with Lyda coordinating troops in Iraq in 2005.

Lyda's wife, Carol, and the Auburn Ski Club started the memorial biathlon event in 2010 after Lyda passed away.

"I wanted to continue his legacy," Carol said. "Every year, the race is getting bigger, and I am very happy with the draw it has for the novice athlete."

Daniel Schnurrenberger, a former kayaking teammate, friend and colleague of Lyda's, said it's no surprise Lyda's name draws people to the annual event.

"He was a rock star," Schnurrenberger said. "Between work ethic and skill, he had such an incredible dedication that really impressed me. There was never a quit in him."



Photo by SPC. Brienne Roudebush

Lt. Col. Daniel Markert of the California Army National Guard celebrates completing the Chuck Lyda Memorial Biathlon on March 30 in Soda Springs, Calif.

Craft a sound financial plan

By **BOB SPINELLI**

Personal Financial Counselor, Central California

During income tax season, our attention is focused on the short-term details of filing on time and getting the maximum refund. It is also, however, the beginning of a new year and an excellent time to take a step back and look at the big picture of your current financial position.

It may be helpful to review your current circumstances against the first three of what I consider to be seven major elements of a sound financial plan. They are discussed below in order of priority.

A FORMAL BUDGET

If you don't know where you are, how can you know which direction you need to go? Good budgeting practices identify current spending patterns. Tracking your actual spending will show where your money is going. Once you have tracked your spending for several weeks, you will identify how "unconscious" purchases are draining your resources.

Preparing a written budget enables you to change your spending habits to balance short-term lifestyle spending against savings and establish an emergency fund, long-term savings for retirement and education, and medium-term savings for vehicle purchases, vacations and other large purchases.

AN ADEQUATE EMERGENCY FUND

The purpose of an emergency fund is to take care of unexpected expenses without disrupting normal spending and, more importantly, to avoid borrowing to

Personal Financial Counselors

Receive free consultations, referrals and training. Learn about credit management, budgeting, benefits, taxes, estate planning, mortgages and much more!

Northern California: 916-224-2925 or CA-JFSAP1@MFLC.Zeiders.com

Central California: 559-513-9423 or CA-JFSAP2@MFLC.Zeiders.com

Southern California: 323-333-6331 or CA-JFSAP3@MFLC.Zeiders.com



Bob Spinelli
Personal Financial Counselor
Central California

pay those expenses. Emergencies may include medical expenses, auto repairs, loss of a job or temporary loss of income due to injury.

Active duty personnel generally require a smaller emergency fund than civilian workers because medical expenses are covered and short-term loss of income does not apply. Generally one's fund should cover three to six months of living expenses, depending on your family circumstances. Typically this translates to a minimum of \$5,000 to \$20,000. Civilians should be closer to the high end, and active duty troops nearer the low end.

This fund is the first priority before any other savings goal. The fund should be segregated so there is less temptation to borrow the money for other purposes and then replenish the fund. It can be in a dedicated savings account, a money market account or, preferably, in certificates of deposit (CDs), which earn a higher return and are immediately available. Choose a CD that does not have a penalty for early withdrawal.

ADEQUATE REGULAR RETIREMENT SAVINGS

This is one of the most important elements in a good financial plan and also the most neglected; in some cases

it is non-existent. Even with active duty retirement pay or National Guard retirement pay and Social Security, you still need to save additional funds to maintain your lifestyle in retirement.

The Thrift Savings Plan is an ideal vehicle for these savings. It offers extremely low-cost access to index funds of government bonds, corporate bonds, United States equities and international equities.

Funds can be invested either tax-deferred or after-tax in the Roth option. In the case of government employees, the first 5 percent of savings is matched (the first 3 percent dollar-for-dollar and the next 2 percent at 50 cents on the dollar). Funds can be withdrawn or borrowed for hardships before age 59 1/2 with some penalties.

Saving 5 to 15 percent of your take-home pay can easily grow to hundreds of thousands of dollars over a 20-year period or longer. This can provide you with the opportunity to retire before reaching full retirement age.

So take a few minutes to reflect on how well you have implemented these first three elements of sound personal financial planning. For assistance in implementing your plan, contact your local personal financial counselor.

Civilian trainer brings combat experience

Purple Heart recipient seeks to 'prevent what happened to me from happening to someone else'

By **SGT. IAN M. KUMMER**

69th Public Affairs Detachment

Every combat veteran has one last responsibility before re-summing civilian life, and this is perhaps the most important responsibility of all: to prepare the Soldier who will be taking his place on the battlefield.

Russ Pearlman, a Los Angeles native residing in Paso Robles, Calif., isn't kicking in doors anymore, but he continues to fight the good fight and prepare Soldiers for battle as a technician at the California National Guard's Recon-

figurable Vehicle Tactical Trainer site at Camp Roberts. Though Pearlman's official role is mostly technical in nature, he and his co-workers at the RVTT serve as valuable mentors, sharing their experiences with warriors who may soon find themselves in similar situations.

"Russ and the other instructors are really knowledgeable, and they seemed very enthusiastic about the training here," said Staff Sgt. Alfred Burton, a noncommissioned officer (NCO) from the 746th Combat Sustainment Support Battalion who recently trained on the RVTT.

The instructors, who are almost all combat veterans, make it a point to establish themselves as reliable sources of information for units arriving for training.

"Russ has been there; he knows what he's talking about," said RVTT site lead Ty Walker.

Pearlman first enlisted in 2001, and he attended basic training less than a month after the Sept. 11 attacks. After completing his initial training in 2002, Pearlman joined Company B, 3505th Parachutist Infantry Regiment, 82nd Airborne Division, at Fort Bragg, N.C. Just a few weeks later, Pearlman deployed to Afghanistan for six months with Bravo Company, getting his first taste of real life combat operations — and much more.

"On that deployment, we did pretty much everything that we train to do," Pearlman said. "As soon as we got back from leave, we were right back out in the field."

In 2003, Pearlman deployed a second time with his unit, this time to Iraq. Three weeks after arriving in country, disaster struck.

While clearing an apartment complex in search of a sus-

pected improvised explosive device (IED) lab, Pearlman's company started taking small arms fire. They continued their mission, and Pearlman entered an apartment with his teammates. While moving to an adjoining room, six propane tanks detonated, injuring Pearlman and three other Soldiers.

As the casualties were being evacuated, the unit took fire again, and Pearlman was shot in the leg. Pearlman and the other injured Soldiers were protected by their comrades and, despite the odds, evacuated safely. Pearlman recalls in particular the remarkable skill his fellow Soldiers showed in handling the complex, high-pressure situation.

"The first sergeant was calling for fire and sending up a medevac request, which was incredible," he said.

After receiving medical treatment, Pearlman returned to Fort Bragg and received a Purple Heart in recognition of his wounds. While awaiting a medical discharge, Pearlman continued his work as a Soldier and leader, demonstrating the management skills expected of an NCO.

"I never had the rank [of sergeant], but I had the job," Pearlman said.

After earning an associate's degree in administration of justice at College of the Canyons in Valencia, Calif., Pearlman began working as a technician for the RVTT program in 2010.

Though he is now thousands of miles away from the combat zone he fought in, Pearlman still helps to save lives there.

"If I can prevent what happened to me from happening to someone else, I'm happy," he said.



Russ Pearlman, a technician at the California National Guard's Reconfigurable Vehicle Tactical Trainer site at Camp Roberts discusses the day's training events with a member of the CNG's 1072nd Transportation Company on Jan. 23. Pearlman is a former Airborne infantryman who received a Purple Heart for injuries sustained in support of Operation Iraqi Freedom in 2003.

Photo by Sgt. Ian M. Kummer

California Guard proactive in fight against suicide

Army suicide statistics paint mixed picture

By CAPT. JASON SWEENEY, California Military Department Public Affairs

The U.S. Army's rising suicide rate has been an unfolding tragedy for the past 13 years.

In what may seem like a ray of hope after a long upward trend, the overall number of Army suicides dropped from 325 in 2012 to 303 in 2013. But the numbers for the Army Guard and Army Reserve tell a different story. In the reserve component, the number of suicides increased from 140 to 152.

In the California Army National Guard, there have been 36 confirmed suicides since 2001, including 28 since 2007. The worst year was 2010 with seven confirmed suicides, followed by three, five and six.

In an effort to prepare leaders to step in and help at-risk troops, and to develop a mentality of resilience among Guard members, experts in the California Army Guard conduct suicide prevention training about once a week up and down the state.

"The Army used to be more reactive but now is becoming more proactive," said California Army Guard suicide prevention program manager 1st Lt. Herbert Campos.

Campos said Soldiers have a culture that values strength and not admitting weakness. That culture has prevented many from seeking help, he said, and changing that culture is part of what his classes teach.

"Stigma-reduction is huge," Campos said. "If you can take care of yourself, you can better take care of others. ... You're strong if you ask for help."

Fifteen of the 36 suicides in the California Army Guard since 2001 were committed by Soldiers who had deployed at some point in

their career, including three that occurred during a deployment and two that occurred while the Soldier was on transitional leave following a deployment. The other 10 all occurred at least one year after deployment.

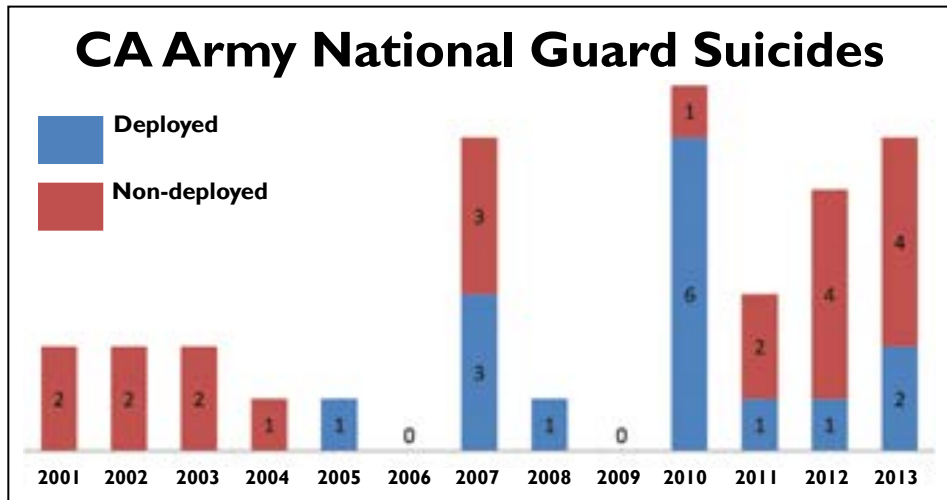
Deployments and combat exposure, however, are not a leading cause of suicides, according to Capt. Nathan Lavy, coordinator of the California Army Guard's Resilience, Risk Reduction and Suicide Prevention Program. National statistics cited by Lavy show that young Soldiers with deployment experience have historically been less likely to choose death by suicide than those who have never deployed. He noted that deployments provide camaraderie, friends and shared experiences, which typically decrease suicide risk.

The demographic group at greatest risk, according to the data, is white men aged 17 to 24 years who have experienced behavioral health issues. All but three of the California Army Guard suicides since 2001 were committed by men.

"Young Soldiers who haven't deployed, have not integrated entirely into the Army and lack coping and life skills, in general, are at higher risk," Lavy said.

Common factors among troops who consider suicide include relationship issues, financial problems, unemployment, legal issues and familiarity with suicide due to relatives having killed themselves. "Most of the time, it's a combination of factors," Lavy said.

Experts in the CNG teach Soldiers the Resilience Trainer Assistants Course; Applied Suicide Intervention Skills Training; Ask,



Care, Escort-Suicide Intervention; and Master Resilience Trainer Course. Each provides a different level of training to help members in every rank deal with adversity and assist others who may be at risk.

Air Force Lt. Col. Susan Pangelinan, the CNG behavioral health coordinator, said Guard members who experience psychological or emotional distress should visit the CNG webpage, www.calguard.ca.gov, and click the "Behavioral Health" link toward the bottom. That will provide contact information for behavioral health clinicians in every part of the state who can assist Guard members and direct them to resources to help them through tough times.

"For every challenge they are experiencing," she said, "there is an avenue for help."

Pangelinan added that a simple examination of suicide statistics does not necessarily indicate the true cause of a trend. For example, the high number of young, white men who have committed suicide could be reflective of that demographic group's large representation in the Army.

She added that the rise in military suicides in recent years is reflective of an overall trend in society. According to a report by the Centers for Disease Control and Prevention, the overall suicide rate in the U.S. population increased from 13.7 per 100,000 people in 1999 to 17.6 per 100,000 in 2010.

"We mirror the population that we draw our Soldiers from," Pangelinan said. "The social fabric is not as consistent, supportive and all-encompassing as before."

In the past, companies provided pensions,

good health care plans and more benefits for the duration of one's career, she said.

"What you have is a new generation that never had that level of support," she said, adding that young people today face challenges ranging from high student loan burdens to a shaky employment picture, and many have not developed the coping skills that come with age and experience.

Pangelinan also noted that the Army Guard and Army Reserve face several challenges that the active duty force does not when it comes to tracking and preventing suicides.

"When you're on active duty, they own you 24/7," she said. "In the Guard, because they don't belong to us 28 days a month, we may not always know that each death was caused by suicide versus accidental with the same fidelity that active forces know. ... We don't have the automatic infrastructure that you have on an active base with all of the support agencies in one location."

In response to the challenges of tracking and preventing suicides, the Cal Guard established a Community Health Promotion Council last year. The council, comprising 26 representatives from the various directorates in the California Military Department, meets quarterly to improve resilience, overall well-being and readiness within the Cal Guard through education, training and internal and external resources.

"This is another prong in our multi-faceted approach to combating suicide and improving behavioral health," Pangelinan said. "This is a fight that requires constant re-evaluation to remain effective, and we are committed to doing all we can."



Don't face it alone



CNG Behavioral Health Directorate

www.calguard.ca.gov/mh

<p>CNG Army Clinical Officer, Central CA 559-341-9001 daniel.l.burns31.mil@mail.mil</p>	<p>CNG Army Clinical Officer, San Diego 760-897-6164 jason.r.black5.mil@mail.mil</p>	<p>144th Fighter Wing Director of Psychological Health 559-260-5929 harvey.margulis.ctr@ang.af.mil</p>
<p>CNG Army Clinical Officer, Central Coast 805-540-4460 dustin.t.harris2.mil@mail.mil</p>	<p>CNG Army Clinical Officer, Southern CA 562-965-6563 michael.franc.nfg@mail.mil</p>	<p>146th Airlift Wing Director of Psychological Health 805-986-7549 kimberly.EvansLogie.ctr@ang.af.mil</p>
<p>CNG Army Clinical Officer, Northern CA 925-207-5367 cassandra.n.rush.mil@mail.mil</p>	<p>129th Rescue Wing Director of Psychological Health 650-793-7097 david.haley.l@ang.af.mil</p>	<p>163rd Reconnaissance Wing Director of Psychological Health 951-208-3125 dana.timmermans@ang.af.mil</p>



Staff Sgt. Flynn Arwen of the Redding, Calif.-based 132nd Multi-Role Bridge Company shouts instructions during a March 1 exercise aboard a boat on Humboldt Bay near Eureka, Calif. For more on the 132nd MRBC, see page 4. Photo by Sgt. Susan Wohle

Fisher House provides free lodging for families of vets undergoing treatment

Fisher House is a free “home away from home” for families of patients receiving medical care at a major military or Veterans Administration medical center. The 62 Fisher houses in the U.S. and Germany are typically located within walking distance of the treatment facility or have transportation available.

The Fisher House Foundation also operates the Hero Miles program, which uses donated frequent flyer miles to bring family members to the bedsides of injured service members, as well as the Hotels for Heroes program, which uses donated hotel points to enable family members to stay at hotels near medical centers without charge.

For more information, visit www.fisherhouse.org.

L.A. Fire Dept., IntelliCorp named finalists for ESGR Freedom Award

Two California employers are among the 30 finalists for the 2014 Secretary of Defense Employer Support Freedom Award, the highest Defense Department recognition given to employers for exceptional support of National Guard and Reserve employees.

IntelliCorp of Santa Clara and the Los Angeles Fire Department were selected as finalists from 2,864 nominations submitted by military members. Aerojet Rocketdyne of Canoga Park, Calif., was as one of 162 semi-finalists. The winners will be announced in September.

Jones succeeds Butow at 129th

Col. Gregory F. Jones was appointed commander of the 129th Rescue Wing on April 7, succeeding Col. Steven J. Butow. A change-of-command date has not been set.

Jones currently serves as a Defense Department liaison to the National Science Foundation. He previously served as deputy director of air, space and information operations for the Air National Guard and as interim commander of the Cal Guard’s 146th Airlift Wing. He has more than 6,000 flight hours in the C-130E and C-130J cargo planes and has flown in support of operations Desert Storm, Noble Eagle, Joint Forge, Enduring Freedom and Iraqi Freedom. He has also served as the deployed senior Air Force reserve component adviser to the commander of U.S. Air Forces Central Command.

Butow, who has served as 129th commander for nearly three years, will move to Joint Force Headquarters, where he will serve as vice chief of staff for the California Military Department Joint Staff.

“We are indeed fortunate to continue capitalizing on the experience and proven leadership of these two senior officers,” Maj. Gen. David S. Baldwin, adjutant general of the Cal Guard, wrote in a memo announcing the appointment. “Colonel Jones and Colonel Butow will bring a wealth of knowledge and fresh perspectives to their respective assignments.”

DID YOU KNOW...

Reprisal is the act of retaliating against an individual for initiating protected communication?

Retaliating against an individual because they contacted an inspector general, a member of Congress, a member of the chain of command or anyone else to help with an issue is known as reprisal. These types of contacts are protected communication.

Reprisal is usually in the form of an unfavorable personnel action (UPA) such as a bar to re-enlistment, reduction in grade, discharge, transfer to another place of duty or denial of a promotion or award. Reprisal is addressed in federal law, Defense Department directives and Army and Air Force regulations.

One of the most serious mandates of the Inspector General’s Office is to look into cases of reprisal because of the detrimental effect it can have on unit morale and cohesion, which ultimately undermines the effectiveness of the chain of command.

Before issuing a UPA, commanders and leaders should ensure the basis for taking action is reasonable and consistent, and should ensure processes and procedures are standardized so that each Airman or Soldier’s UPA is processed in the same manner. The process should be guided by procedural correctness and a very honest consideration of the motivating factor(s) leading to the UPA. This ensures the standard is met and overall unit discipline is maintained.

Before implementing a UPA, leaders should ask themselves: Do regulations and law support the action? Are my actions for this troop consistent with others who have failed to meet the same standards? Am I trying to maintain discipline and standards for my entire unit or am I targeting someone I don’t care for?

The most important lesson to be learned is that a UPA can still be considered reprisal even if the action is required by regulation and seems reasonable. If a leader is not consistent with their actions and lacks procedural correctness, the final determination in a reprisal investigation will usually come down to motive. It’s best to ensure decisions are based on objective criteria, not emotions.

The governing regulations which will help in this process are 10 U.S. Code 1034, Defense Department Directive 7050.6, Army Regulation (AR) 20-1, AR 600-20, Air Force Instruction (AFI) 1-1, AFI 36-2907 and AFI 90-301.



Public Affairs Directorate, California National Guard

9800 Goethe Road, Sacramento, CA 95827-3561



www.facebook.com/CaGuard
www.twitter.com/theCaGuard
www.flickr.com/CaGuard
www.youtube.com/CaNationalGuard

Smart phone users,
scan this QR Code:



The Grizzly Newsmagazine

Published by the Directorate of Communications, California National Guard. 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 Military Department. The Grizzly is an official publication authorized by Army Regulation 360-1 and Air Force Instruction 35-101.

Submissions and feedback: brandon.honig@us.army.mil

Address/subscription: CNG members must make changes through their unit. Retired members, email brandon.honig@us.army.mil.



Maj. Martin Younger, far left, Lt. Col. (CA) Darrin Bender, Col. Robert Spano, Brig. Gen. Matthew Beevers and Master Sgt. Brian Breaker cross the finish line of the "Walk a Mile in Her Shoes" event April 27 in Sacramento. The annual fundraiser, in which men wear high heels for a 1-mile walk, increases awareness of the causes and effects of sexualized violence. Photo by Tech. Sgt. Joseph Prouse

THE GRIZZLY NEWSMAGAZINE 2014

www.calguard.ca.gov/pa