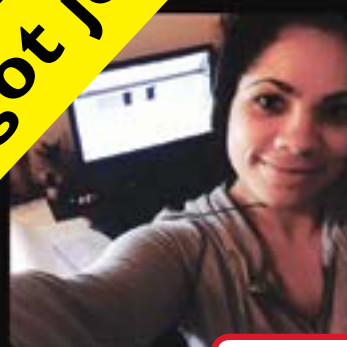
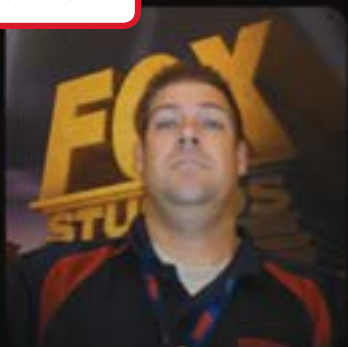


GRIZZLY

Official Newsmagazine of the California National Guard



WORK FOR WARRIORS
HELPING CALIFORNIA'S HEROES GET HIRED



2400 jobs in 24 months ^{pg. 5}

CA Military Department employment initiative marks 2-year anniversary

129th Rescue Wing saves baby at sea **8**

Leadership Corner

Back to basics: Rely on yourself

Major General David S. Baldwin



National Guardsmen are trained to do three things above all else: shoot, move and communicate. Our members seem eager to practice shooting, but many have become so reliant on technology that they can't seem to move or communicate without Siri telling them how.

Warriors don't need a GPS device to find their destination and they don't need a cell phone to contact other members of their unit. Every Soldier or Airman must be able to perform their job in a contested, degraded environment that may not offer the conveniences to which you've become accustomed.

Our military's technological capabilities are unparalleled around the globe, giving us an enormous edge on our adversaries. And our enemies know that. Right now they are scheming to deny us full capability and take away that edge the next time we engage on the battlefield.

We must stop cutting corners in our training. Assuming that you and your unit will always have maximum capability is foolish, and assuming you can rely on unpracticed skills when you need them is a recipe for disaster.

We need to leverage digital capabilities and master the technology avail-

Every Soldier or Airman must be able to perform their job in a contested, degraded environment. ... If we cannot be effective when cut off from networks and data links, our enemies will turn the tables on us and take the advantage.

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

able to us, but we also must maintain our traditional skills so we won't be crippled when devices are non-operational. A warrior who neglects either the digital world or the world in which our predecessors fought is not fit to fight.

If you lost connectivity, could you find multiple routes to your armory? Could your wing launch its aircraft? Could our maintainers do their job? What would you do in a state emergency if you couldn't

reach your unit by phone?

The past decade has been among the busiest in Cal Guard history, with thousands of combat deployments in addition to our domestic responsibilities. Apart from brief periods of traditional warfare, however, our troops have been engaged in counterinsurgency operations that required different skills than traditional military fieldcraft. As a result we have shifted our training focus in recent years, and many

of our young troops may have never practiced the basic skills associated with occupying a piece of land and defending a perimeter, for example.

With the pace of deployments slowing down, it is time for us to return to those traditional skills, refocus on the basics and ensure we are living up to Army and Air Force standards. As we execute this transition, our noncommissioned officers will set the tone, enforcing rigorous guidelines that must be met every single day. Only relentless attention to detail will ensure we meet or exceed the standard in everything we do.

There must never be a question that the Cal Guard's land power and airpower will be where it needs to be, when it needs to be, and that its members will complete their mission. If we cannot be effective when cut off from networks and data links, our enemies will turn the tables on us and take the advantage. Our renewed focus on the basics, combined with a strong grasp of technology, will prepare us for whatever type of conflict may arise in the future.

If you are headed to the field and don't have a good old fashioned 1:50,000 map of where you are going, or you have one and don't know how to use it, you are in the wrong. Get back to basics.

New is bright and shiny; old is tried and true

Command Sergeant Major William Clark Jr.



I am sure most of you have heard the muffled — or in some cases a bit louder — grumbings of a Soldier cursing their shiny new smart phone or GPS device in the field, usually because their battery died or their charger broke. I can't tell you how many times I have asked a young Soldier or noncommissioned officer (NCO) to show me where we are on a map, and they break out a GPS or phone or tablet and spend time trying to get a signal — or find out the device is out of juice.

As Maj. Gen. Baldwin stated in his column this month, we can't ignore the importance of having a backup when technology fails, because it will fail, and often at the worst time. It's important to know how to use a Blue Force Tracker, but you must also have skill with a map, compass and protractor. You should also be able to turn on a radio and send a message regardless of your military occupational specialties.

Troops look to NCOs first to set the standard in all areas — not just in garrison but in our day-to-day lives and in all missions, including field duty. Fieldcraft is becoming a lost

art in our ranks and requires attention at all levels. Soldiers and Airmen need to understand the issues that can arise when living in an austere environment.

The California Army National Guard's upcoming annual training (AT) period is a great time to empower our young NCOs to address this issue and to develop classes on tasks many of us have not practiced for years. Soldiers need to understand how to emplace a defensive perimeter with overlapping fields of fire. They need to understand why a particular route into and out of an area of operations is best for both foot and vehicle traffic, and why we combat-park vehicles. Medics should give classes on field hygiene and sanitation. Those are just a few topics that could be covered during AT, and I am sure you can all think of many others.

The key to our success is ensuring this training is done to standard — the Army or Air Force standard. As NCOs we enforce the standard, and our No. 1 job is to train Soldiers.

The written standards are available but require us to do a

little research in preparation for the training. Set your junior leaders up for success and give them the necessary lead time to develop a memorandum of instruction or letter of instruction, and then have them present that class to their first sergeant or command sergeant major.

I encourage NCOs and leaders at all levels to break out those dusty lensatic compasses and raid the supply facility at Camp Roberts for protractors and maps so all our Soldiers can learn or refresh a very perishable skill. The Command Post of the Future (CPOF) is a great tool, but you must have an analog backup in your command posts and challenge Soldiers to get outside and build a large-scale terrain model of your area of operations. Digging may be an issue in some areas, but this should not prevent the establishment of well-laid-in defensive positions using natural camouflage and construction materials.

If your command is up for the challenge, pick a time to plan and conduct a day or two of missions that do not involve all the hi-tech gear to which we have become accustomed.

Publisher
Maj. Gen. David S. Baldwin
The Adjutant General

Director of Public Affairs
Lt. Col. Peter B. Cross

Editor
Capt. Jason Sweeney

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:
jason.b.sweeney2.mil@mail.mil

TABLE OF CONTENTS

4 Counterdrug gets personal

The Cal Guard's Counterdrug Task Force Civil Operations Team combats drugs by working with community leaders

146th AW's band of brothers

Three brothers in the 146th Air Expeditionary Wing have each other's backs during an overseas deployment

5 WFW is getting you hired

Work for Warriors celebrates two years of finding employment for California National Guard and reserve members

6 Warfighter tests MP brigade's skills

The 49th Military Police Brigade is put through the paces at a recent Warfighter exercise at Fort Bragg, N.C.

7 The Air ride there

The 49th Military Police Brigade gets to a Warfighter exercise with help from the Air Guard and Air Force

Preparing for success

The 224th Sustainment Brigade practices the military decision-making process before a June Warfighter exercise

8 129th flies to the rescue

Airmen from the 129th Rescue Wing swing into action to rescue a sick baby stranded on a sailboat off the coast of Mexico

Obama meets and greets the 129th

President Barack Obama congratulates the 129th for its rescue operations during a recent visit to the Bay Area

9 Training the Hawaiian way

The state of Hawaii offers Airmen from the 129th a multitude of tropical training opportunities

12 Building bridges

The California National Guard's 132nd Multi-Role Bridge Company is at home on land and in the water

13 Return of the 349th

The 349th Quartermaster Company returns home to smiling faces and big hugs after an Afghanistan tour

Getting ready for AT

Cal Guard leaders convene at Camp Roberts to prepare for the largest annual training event in more than a decade

14 Jumping for joy, overcoming fears

California Military Department members observe Sexual Assault Awareness month by jumping out of an airplane

'Start by Believing'

A series of events marks Sexual Assault Awareness Month

15 A new and improved Camp Bob

Facilities open for business at Camp Roberts, giving the California National Guard new capabilities

16 MP saves baby

Staff Sgt. Max Valderrama lives up to the Military Police Corps' regimental motto of "Assist, Protect, Defend"

Train at the cellular level to stay fit

Lt. Col. Daniel Markert discusses conditioning from the neuroendocrine system up

17 Marching to remember

Capt. Danielle Flores participates in the 25th Annual Bataan Memorial Death March in honor of her grandfather who survived the real thing

Three cheers for the chief

Chief Warrant Officer 2 (CA) Suzy Shimonishi wins her age group in the 25th Annual Bataan Memorial Death March

18 WMD no match for 9th CST

The Cal Guard's 9th Civil Support Team keeps it real in realistic active shooter training exercise

Save now, play later

Personal financial counselor Patricia Maxwell discusses the importance of starting early when saving for retirement



In Every Issue

2 | Leadership Corner

10 | At a Glance

19 | News & Benefits

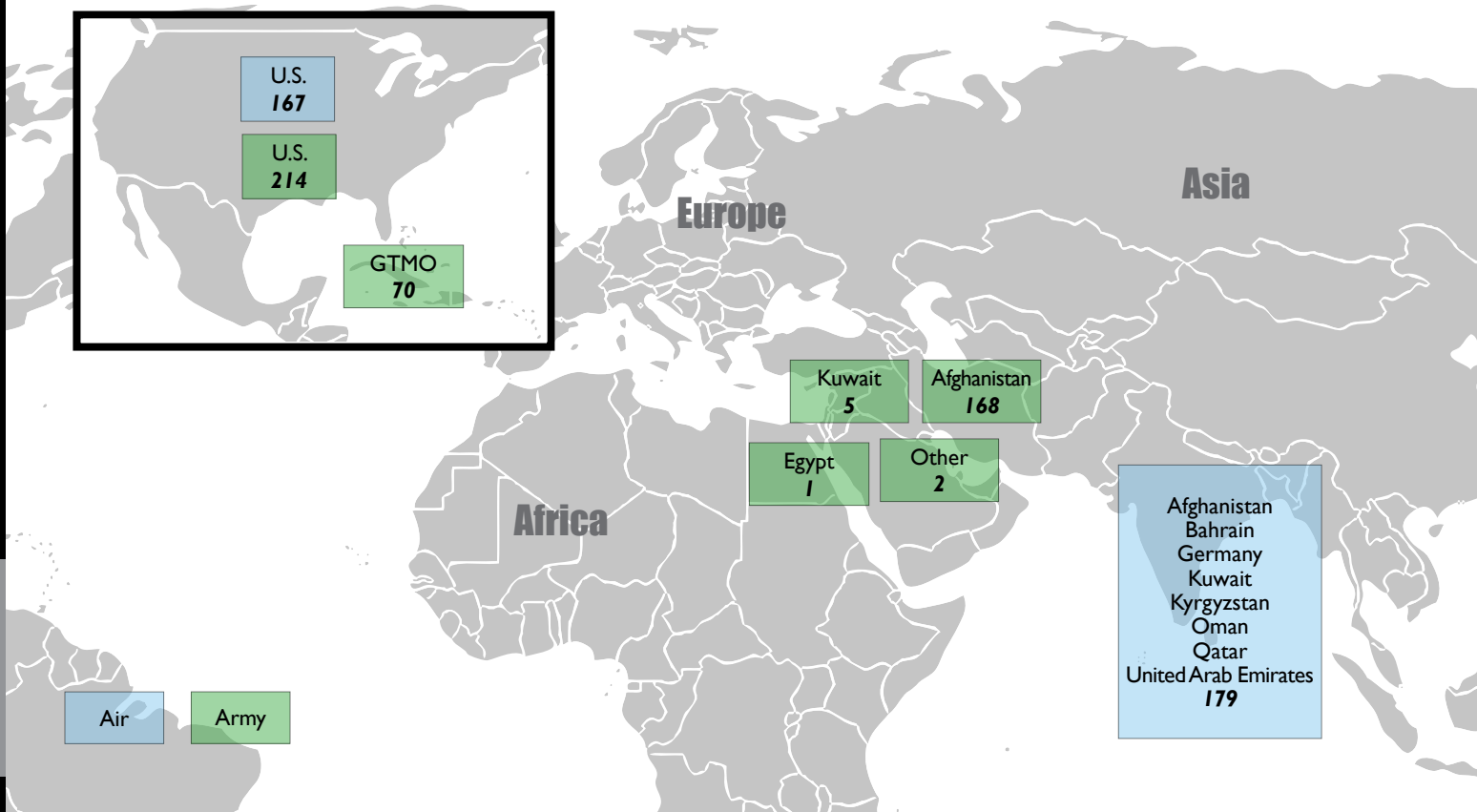
19 | Did You Know?

California National Guard mobilizations as of May 2014



Cover design by
Master Sgt. Paul Wade

The California National Guard's Work for Warriors program has assisted more than 2,400 Guard members in finding full-time employment. Some of those Guard members sent in photos of themselves at work for May's Grizzly cover. For more on Work for Warriors, see page 5.



Civil Operations Team combats local drug threats

California National Guard's Counterdrug Task Force works in communities to reduce demand for drugs

By **CAPT. KARA SIEPMANN**
CNG Counterdrug Task Force

Civil Operations Team members from the CNG Counterdrug Task Force are experts at advising community coalitions on how to best combat local drug threats. The team mentors community leaders to develop efficient and effective anti-drug coalitions and teaches them a modified version of the military decision-making process.

Counterdrug members work with school administrators, law enforcement agencies, health advocates, nonprofits and other anti-drug programs. They attend regular coalition meetings, provide a framework for addressing issues and coach coalition members to work with their city councils on ordinances to fight drug threats.

"The best ideas are coming from the community," said Army Capt. Sabino Martinez, a civil operations officer in the Fresno region. "I have a relationship with the sheriff, and the Counterdrug Task Force has done great things in this community for decades. ... We get plenty of training to work with prevention programs."

The results are a community-wide reduction in demand for illegal drugs and a society reinforced against the influence of drug traffickers.

"I intimately understand these threats," said Martinez, who has worked in the Fresno area for 13 years. "Fresno is home to me. If I'm going to make a difference in a community, in any environment, I love that it's also my family's community."

Many communities struggle with traditional threats from drugs like marijuana and alcohol. In urban areas, though, ecstasy and other "club" drugs are also prevalent. And still other communities are battling emerging trends like increased abuse of prescription drugs and "bath salts."

The Civil Operations Team addresses local drug threats by positively affecting communities with a cost-effective strategy. When replicated in communities nationwide, this strategy helps reduce drug trafficking organizations' revenue and disrupt their business operations.



Capt. Sabino Martinez and Tech. Sgt. Diana Garcia participate in a coalition meeting, Bringing Broken Neighborhoods Back to Life, in Fresno. Photo by Capt. Kara Siepmann

All in the family: California ANG brothers serve together

The 146th Air Expeditionary Wing's Morales Talento brothers stick together during overseas deployment

By **SENIOR AIRMAN DESIREE MOYE**
386th Air Expeditionary Wing

Regardless of what drove them to service, one benefit of having family in the military is the rare opportunity that allows them to serve with one another in a deployed location.

This benefit has been a major comfort to three California personnel assigned to the 386th Air Expeditionary Wing. The Morales Talento brothers are deployed from the 146th Airlift Wing, Channel Island Air National Guard Station, Calif.

Tech. Sgt. Luis Morales Talento is a supply specialist from the 386th Expeditionary Maintenance Group. His little brothers, Senior Airman Walter Morales Talento, maintenance operations center controller, and Airman 1st Class Guido Morales Talento, a crew chief, both from the 386th Expeditionary Aircraft Maintenance Squadron, have been close since growing up in Oxnard, Calif.

Luis and Walter immigrated with their parents to the United States from Guatemala in 1992 when they were 8 and 4. They believe that they are living out their late father's dream of serving in the U.S. Air Force.

"I'm really proud that we have fulfilled a lifelong dream our father had for himself and for his boys," said Walter.

Raised in a household that was both humble and authoritarian at times, their father was always supportive of the military. They remember him taking them to air shows each year, igniting a fire of patriotism in each of them.

"Every time we saw an American flag, my dad continuously reminded us and never failed to proclaim, 'That's your flag, boys.' I did not connect the dots until I joined the Air Force and understood the powerful meaning behind the pride our flag solidified," shared Luis.

Many years after those memories, each brother decided to serve his nation by enlisting in the military. Out of five siblings, Luis, the oldest, stepped up and joined in 2004, but never lost hope that Guido and Walter would follow suit.

Before Walter enlisted, he admired Luis' amazing contributions for their state and for the nation. After hearing so many positive stories about the military, he made his decision.

"I just became inspired to follow in his footsteps. I chose the [Air National Guard] over active duty because it allowed me to finish school, be able to live close to my family, and more importantly, serve with both of my brothers on the same base," Walter said.

Guido, the youngest brother, required a bit more finessing before finally "crossing into the blue" and enlisting. To help make his decision, Walter and Luis voiced some unknown opportunities that Guido couldn't find on a recruiter brochure—their individual perspectives.

"After my first brother joined, I was sad because he had never been away [from me]. I definitely have a strong sense of pride in my country, but did not want to leave home. Essentially it was my oldest brother, Luis, that recruited me by taking me to the base, showing me around and showing me what I could accomplish," said Guido. "It further encouraged me to join when Walter did."

Being able to talk about like-minded issues and share similar comforts from home while in a deployed location is perfect for growing resilient bonds. Though they work different shifts, they make it a priority to check up on one another as often as possible and participate in activities together.

"I really feel blessed to have both of them here with me during my first deployment overseas. I love the fact that we hang out, enjoy meals together, work out, and even joined the Base Honor Guard together," said Walter.

Luis constantly reminds his brothers of little things that can help them be the best Airmen possible and Guido pushes them all to stay physically motivated.

"I am proud to say that each of us has won first place in different events here around the base. We hope to come in first place in the half-marathon coming up later this month," Walter stated.



Tech. Sgt. Luis Morales Talento, left, is a supply specialist from the 386th Expeditionary Maintenance Group. His little brothers, Senior Airman Walter Morales Talento, center, maintenance operations center controller, and Airman 1st Class Guido Morales Talento, a crew chief, both from the 386th Expeditionary Aircraft Maintenance Squadron, have been close since growing up in Oxnard, Calif. The Morales Talento brothers are deployed together from the 146th Airlift Wing, Channel Island Air National Guard Station, Calif.

One of the biggest advantages of being deployed with family is taking care of and looking out for each other. That same ethos runs through all the Airmen deployed with the 386th.

"We just want to thank our unit back home who allowed us to deploy together," Luis Morales Talento said. "It's an honor to serve our country, our state of California and to be a part of this rich ... tradition along with my brothers."

Photos by Senior Airman Desiree W. Moye

2400 jobs in 24 months

Work for Warriors employment program celebrates two-year anniversary

By **CAPT. WILL MARTIN**

California Military Department Public Affairs

While unemployment among U.S. veterans has finally begun to decline, it remains significantly higher than the rest of the nation. Among National Guardsmen, joblessness is downright dire, estimated to be twice that of other post-9/11 veterans by the Office of the Secretary of Defense in 2012.

It was this stark reality that drove California Military Department (CMD) leaders to partner with State Assembly Speaker John Pérez in seeking a solution. Empowered by funding secured by Pérez, the CMD in March 2012 launched Work for Warriors (WFW), a Guard-specific employment program. Its goal: reduce unemployment and underemployment across the Cal Guard by 25 percent in one year.

On March 27, 2014, Pérez hosted civic, business and Military Department leaders at his state Capitol offices to not only mark the program's anniversary, but to celebrate its incredible success: Not only did Work for Warriors eclipse its one-year goal, but its staff secured 2,400 jobs for the state's Guardsmen and reservists in just 24 months.

"The program has definitely surpassed our original goals," said Maj. Fritz Roggow, WFW director. "But our early successes have only raised our expectations. Our goal now is to extend our reach across the armed forces community."

Having secured additional funding with the help of Pérez and the National Guard Bureau, WFW has expanded its services to include California reservists from other armed forces components. Pérez said the impact of a Guardsman or reservist landing a job extends far beyond the service



ABOVE: Brig. Gen. Matthew Beevers addresses attendees of a two-year anniversary ceremony for the California National Guard's Work for Warriors employment program March 27 at the state Capitol building in Sacramento. Assembly Speaker John Pérez is to Beevers' right. **LEFT:** Beevers and Pérez cut a cake celebrating the two-year anniversary of the California National Guard's Work for Warriors program. **BELOW:** Members of the Work for Warriors team pose with Pérez, center, on the California State Assembly floor.



member and their family.

"Work for Warriors benefits not just their families but also our communities that rely on these individuals during natural disasters and other major emergencies," Pérez said in a press release.

Perhaps most impressive about WFW is

the minimal cost at which its success has been accomplished. While the average military-employment program costs taxpayers about \$10,000 to place one veteran in a job, WFW spends an average of only \$625 to put a service member back to work.

The efficiency and success of the program didn't go unnoticed by the State Assembly,



Scan this QR code for a video about WFW.

which issued a proclamation to Maj. Ty Shepard, who spearheaded the program before handing the reins to Roggow. During Shepard's tenure, WFW established relationships with some of the state's leading employers, including JP Morgan Chase, PG&E, Science Applications International Corporation, Dollar General, Safeway, Securitas and Solar City.

"The California Guard is a community-based force and relies on the support of California's civic and business leaders," said Maj. Gen. David S. Baldwin, adjutant general for the CMD. "Without the support of Speaker Pérez and supportive employers, thousands of our Guardsmen might still be out of work."

In some respects, Shepard and Roggow have had an easy sell. Due to their Armed Forces experience, Guardsmen embody the traits employers long for in a hire. They tend to be healthier and more disciplined and mission-oriented than many of their civilian counterparts. And, of course, they show up on time, ready to work.

"When you've spent years enduring zero-dark-thirty formations, showing up at the office at 8 a.m. comes pretty easy," Roggow said. "In many respects, military experience is the best job training program out there. After all, an irate boss or tight project deadline doesn't compare to combat."

To learn more about Work for Warriors, visit www.calguard.ca.gov/WFW or call (916) 854-4426. To watch a video about the program, visit tinyurl.com/ms39pwb.



Photos by Jeff Walters

49th MP Brigade steps it up at Warfighter

Cal Guard participates in Warfighter Exercise led by 82nd Airborne Division at Fort Bragg, N.C.

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

Go big or go home.

Those motivational words were spoken by Army Chaplain Capt. Joseph Caldwell to the Soldiers of the California National Guard's 49th Military Police Brigade during a Warfighter Exercise (WFX) which took place at Fort Bragg, N.C., over 11 days of 24-hour operations April 7 to 17.

The 49th MPs went big at the WFX and demonstrated their ability to successfully complete every mission tasked to them.

Warfighters are mission command exercises that simulate scenarios leaders might encounter in war. The exercises are designed to challenge commanders and their staffs to be both tactical and academic in their approach to wartime decision making.

The action for the WFX unfolded on computer screens as commanders made decisions in tactical operation centers, essentially large tents crammed full of computers and communications equipment, where Soldiers provided command and control for battalions and companies on the virtual battlefield.

About 125 Soldiers from the 49th MP Brigade's Fairfield, Calif.-based Headquarters and Headquarters Company participated in the WFX, which was led by the 82nd Airborne Division and included command elements from 10 brigades. Active duty, Army Reserve and Army Guard components took part as well as brigade command elements from Canada and the United Kingdom.

"The opportunity for the 49th MP Brigade to plug into an active component Warfighter Exercise that was multinational was tremendous for us, and we performed exceptionally well," 49th MP Brigade Commander Col. Kelly Fisher said. "Our Soldiers have a great attitude and they're eager to take on anything asked of them without question."

The scenario for the WFX involved a border dispute over oil rights and ethnic tensions between the fictional nations of Ariana and Atropia. The dispute came to a head when Ariana launched a large-scale military invasion of Atropia. In response to the act of aggression, the Atropian government requested help from the international community.

As Atropian forces were being overrun, Combined Joint Task Force 82 (CJTF-82), led by the 82nd Airborne Division, came to the rescue. CJTF-82 was an international coalition tasked to repel the Arianian attack and re-establish the sovereignty of Atropia.

While the battle raged to the south, the 49th MP Brigade entered Atropia from the west with the North Carolina National Guard's 130th Maneuver Enhancement Brigade. As part of the task force, the 49th MPs were responsible for the security of Atropia's main highway. The brigade was also tasked to conduct detainee operations — a sensitive mission due to intense scrutiny from international human rights organizations and the media.

"Working in joint operations with the 82nd Airborne Division, the 130th Maneuver Enhancement Brigade and the Canadians, to name a few, was a highlight in this exercise," said Spc. Jennifer Munn, who worked 12-hour night shifts as a battle desk noncommissioned officer (NCO). "During the Warfighter Exercise, I learned the operations process for mission command warfighting. I also learned what it takes to maintain mission operational control of forces."

The 49th MPs were challenged by a variety of simulated events, from refugees flooding the roadways to attacks by insurgent forces, blown bridges, threats to a hydroelectric dam, downed helicopters, rescue missions and allegations of detainee abuse.

Capt. Amber Lerma served as the detainee operations officer responsible for establishing procedures and facilities for enemy combatant detainees.



TOP LEFT: Spc. Juan Mora, left, and Master Sgt. John Otten, of the California National Guard's 49th Military Police Brigade, coordinate operations from the battle desk during a Warfighter Exercise April 7-17 at Fort Bragg, N.C. **Photo by Capt. Jason Sweeney** **RIGHT:** Soldiers from the 49th Military Police Brigade conduct a "rock drill" rehearsal during a Warfighter Exercise. **Photo by Capt. Jason Sweeney** **LOWER LEFT:** First Lieutenant Graham Wintzer, front, and 1st Lt. William Courchesne are seen in front of the 49th Military Police Brigade's tactical operations center at Fort Bragg, N.C., in April. **Photo by Staff Sgt. Bernie Lagasca**

"The pre-planning that's necessary prior to this type of mission is very detailed and involved and requires coordination with multiple echelons," she said.

Role players acting as Atropian police and military met with task force commanders to test their ability to work with host nation leadership. Media engagements were also part of the exercise, with commanders and their staffs participating in print and television interviews that were posted daily in realistic media reports about the unfolding conflict.

During an after-action review at the completion of the exercise, Army Chief of Staff Gen. Ray Odierno told the commanders and Soldiers who participated that the future of warfare is increasingly uncertain, ambiguous and complex, and he added that multi-component, multinational op-

erations are the way of the future. Many more Warfighter exercises are in the works to prepare for that future, he said.

"The opportunity to be a part of an exercise of this magnitude allows the brigade to raise performance and capability tremendously," 49th MP Brigade Command Sgt. Maj. Joseph Menard said. "We came here with our brigade objectives and we were able to meet them while still supporting the 82nd Airborne Division's objectives for the Warfighter. All of that will hold us in good stead as the Homeland Response Force command and control element for [Federal Emergency Management Agency] Region IX."

As of late, the 49th MP Brigade has concentrated its training efforts on its Homeland Response Force mission of responding to domestic disasters. The brigade completed a two-week high-operations-tempo exercise in August in which it was recertified to continue its domestic mission as the main element and headquarters for the FEMA Region IX Homeland Response Force.

"For the past four years, we've been strictly civil support-focused," said Sgt. 1st Class Clinton Bayoneta, who served as the NCO in charge of the brigade's operations section for WFX 14-04. "This is the first time in that timeframe that we've refocused on unified land operations — actual warfighting skills — what we may face in future operations. It's been challenging but great training for everyone here."

Maj. Bill Zielinski, an observer, controller and trainer with Mission Command Training Program Operations Group B from Fort Leavenworth, Kan., was on an evaluator team that shadowed the 49th MP Brigade during WFX 14-04.

"Overall, I think that the 49th MP Brigade has a dynamic staff with very good working relationships, a good work ethic and high esprit de corps," he said. "You guys are going to take this and do something with it afterwards."



Col. Kelly Fisher, commander of the 49th MP Brigade, is interviewed by role players acting as reporters during a Warfighter Exercise which took place April 7-17 at Fort Bragg, N.C. **Photo by Staff Sgt. Bernie Lagasca**

MPs hitch a ride to Warfighter with the Air Guard

Soldiers from the 49th Military Police Brigade fly to Fort Bragg, N.C., via military air

By **CAPT. JASON SWEENEY**

California Military Department Public Affairs

Moving the 49th Military Police Brigade Headquarters and Headquarters Company to a recent Warfighter exercise was a multi-state, multi-aircraft effort.

Five states and three types of aircraft, as well as Airmen from the U.S. Air Force at Travis Air Force Base, Calif., and Pope Airfield, N.C., were involved in the movement from California to North Carolina and back again.

Early on the morning of April 2, nearly 100 Soldiers from the headquarters company were bused from their armory in Fairfield, Calif., to Travis Air Force Base right next door. The Soldiers loaded onto two aircraft: a KC-135 Stratotanker refueler from the Alabama Air National Guard's 117th Air Refueling Wing and a C-17 Globemaster III heavy lifter from the New York Air National Guard's 105th Airlift Wing.

The aircraft flew to Fort Bragg's Pope Field in North Carolina, where the Soldiers jumped right into a 10-brigade Warfighter exercise led by the 82nd Airborne Division.

Two weeks later when the exercise ended, it was back to Pope Field for the ride home. This time, the rides were provided by a KC-135 from the Utah Air National Guard's 151st Air Refueling Wing, another KC-135 from the Maine Air National Guard's 101st Air Refueling Wing and a C-130 Hercules cargo aircraft from the Kentucky Air National Guard's 123rd Airlift Wing. A third aircraft was required for the ride home because of the 49th's advance party returning with the main body of troops.

"It was a huge deal and a feather in the brigade's cap to move using different airframes from so many different



Soldiers from the California National Guard's 49th Military Police Brigade were flown to Fort Bragg, N.C., for a Warfighter Exercise on April 2 in a C-17 from the New York Air National Guard. Photo by Capt. Jason Sweeney

states," said Master Sgt. Gerald Davis, one of the lead planners for the movement.

Davis said the Air Guard enabled the Soldiers to fly straight to their destination instead of scheduling multiple civilian airline flights with different arrival times.

In addition to its warfighting mission, the 49th MP Brigade is the lead element for the Federal Emergency Management Agency (FEMA) Region IX Homeland Response Force and is responsible for responding to domestic disasters. Davis said safely and efficiently moving the headquarters company to Pope Field for the Warfighter exercise demonstrated a process that would occur if the unit was called up to respond to a large-scale domestic disaster.

"The Air Guard is an important partner in both our Homeland Response Force and warfighting training requirements," 49th MP Brigade Commander Col. Kelly Fisher said. "We truly appreciate their support. We can always count on them when we need them."

In addition to the 49th MP Brigade, the Air Guard has flown or will fly California Army National Guard units to Alaska, Hawaii, Kansas and Utah in 2014, said Jerry Issel, the California Military Department airlift manager at Joint Force Headquarters in Sacramento. The collaborations occur because of relationships that have been established between the two branches, she said.

"Everything went smoothly," Issel said of the 49th's movement to and from Pope Field. "It's great to have all these Air wings around the country helping us out. They're doing us a great favor. The Air Guard doesn't have to help the Army National Guard, but they do."

Maj. Nathan Jordan, from the Maine Air National Guard's 101st Air Refueling Wing, was a planner for the 49th's return flight from Pope to Travis. He said the flights are picked up as operations, personnel and aircraft allow.

"There's definitely a training value for us. It allows us to go to unfamiliar airfields and work the planning and logistics for different missions," he said of transporting Soldiers around the country.

"We definitely benefit greatly from being able to move people around," Jordan said. "There is also an issue of pride in being able to do the mission to the highest standards and provide our fellow service members an expeditious and comfortable ride to their mission and back home."

224th Sustainment Brigade prepares for Warfighter

Leadership practices the military decision-making process in Long Beach before June exercise

By **2ND LT. JAMES PALLARES** and

STAFF SGT. TINA VILLALOBOS

224th Sustainment Brigade

In preparation for its upcoming Warfighter exercise in June, more than 75 Soldiers of the 224th Sustainment Brigade, 40th Infantry Division, completed a Mission Command Training seminar March 6-9 at the 224th's armory in Long Beach.

The seminar, which was hosted by Soldiers from the Mission Command Training Program at Fort Leavenworth, Kan., covered the latest doctrine and procedures for staff integration and orders production. The cross-functional training included 21 workshops and breakout sessions, a senior leader luncheon and an executive breakout session in which the staff organized into warfighting functions.

Each day, the 224th staff practiced using the military decision-making process and concurrent planning efforts in coordination with personnel outside the 224th. Staff from the 224th said they feel significantly better-prepared to execute their mission during the upcoming Warfighter at Fort Riley, Kan., because of the recent training.

"In my 25 years of service, this was the best training I have received," said Col. David Ceniti, deputy commander of the 224th. "I was blown away by the first class on day one, and that continued the remainder of the week. My staff made great progress this week, and we'll be ready for [Warfighter] in June."

The weekend included training on information management, knowledge management, developing running es-



224th Sustainment Brigade Commander Col. David Ceniti, left front, and 40th Infantry Division Commander Maj. Gen. Keith Jones, right front, attend a Mission Command Training seminar prior to an upcoming Warfighter exercise. Photo by Staff Sgt. Tina Villalobos

timates, and developing a common operating picture to provide 360-degree visibility of logistical capabilities and statuses throughout the brigade. The seminars enabled the entire brigade headquarters staff, including the noncommissioned officers and enlisted personnel, to be engaged in the overall picture of the brigade's upcoming Warfighter exercise, said Command Sgt. Maj. Adam Walker of the 224th.

"The training was intense, with a lot of information, but very well put together and easy to digest and understand," said 1st Sgt. Victor Oliveros of the 224th. "Understanding what your role will be as an individual in the exercise, and

how your experiences and knowledge that you'll bring to the table fit together with the expectations of your role, will help you to understand and accomplish the goals."

Maj. Gen. Keith Jones, commander of the 40th Infantry Division, said the training teaches military staffs to help their commander make timely and smart decisions regarding a wide range of combat and civil support operations. In particular, he said, it will improve how Soldiers gather and interpret data, and how they process information to achieve an understanding of the situation and the needs of the organization.

"Anything you learn as a unit benefits the Army as a whole. It doesn't matter if you're Guard or not," said Col. J.P. Silverstein, leader of the Mission Command Training Program mobile training team that conducted the seminar. "You guys are an invaluable force to [the U.S. Army], and I think given the past 14 years of war, we don't have the zone of separation between active duty, Guard and Reserve that we may have thought was there in the early '80s. We have one Army; that's the way we need to train."

Ceniti said the 224th will benefit from the seminar in the short term as well as long after it has completed the Warfighter exercise.

"The training we've been given is core to our ability to function as a staff at the brigade level, and it is enduring," he said. "So, even after we come back from the Warfighter, as we move into the next training year, we can build off of that experience and continue to grow and develop and become a better staff."

Operation Rebel Heart – 129th RQW flies to the rescue

Pararescuemen provide assistance to sick 1-year-old girl on sailboat off coast of Mexico

By 2ND LT. RODERICK BERSAMINA
129th Rescue Wing Public Affairs

The morning of Thursday, April 3, began like any other at the 129th Rescue Wing. In the shadows of tech industry giants lay Moffett Federal Airfield, with a full-time force of about 300 California Air National Guardsmen going about their usual business. The start of this day would set the stage for a dramatic, complex, over-water rescue mission that captured international media attention.

The mission began after the U.S. Coast Guard received a distress call concerning a seriously ill 1-year-old girl aboard a 36-foot sailing vessel, Rebel Heart. Shortly afterward, all communication with the sailboat was lost.

“The sea state was pretty rough [with] high winds,” a 129th pararescueman later said. “They were three weeks out with favorable winds. Turning around and heading back to shore with [their] sick daughter would have taken too long.”

The Coast Guard contacted the 129th Rescue Wing for assistance. The infant required treatment beyond the capabilities of those on board Rebel Heart, and because of the vessel’s remote location in the Pacific Ocean and the dire need for medical care, the 129th accepted the mission. The wing’s Airmen spun up almost instantly, creating a flexible game plan to reach Rebel Heart.

“The 129th Rescue Wing always stands ready to answer the call, and saving lives beyond the capability of others is what we do best,” said Col Steven J. Butow, 129th Rescue Wing commander.

Within hours of accepting the mission, the 129th launched an MC-130P Combat Shadow plane with three pararescuemen and one combat rescue officer aboard. Their destination: somewhere about 900 nautical miles off the coast of Cabo San Lucas, Mexico.

As the Combat Shadow flew to Rebel Heart’s last known location, performing an electronic search for its emergency locator beacon, the 129th was moving at a feverish pace to send a second Combat Shadow to



TOP: Pararescuemen assigned to the 131st Rescue Squadron, Moffett Federal Airfield, Calif., prepare to jump from an MC-130P Combat Shadow aircraft during an over-water rescue operation to save the life of a seriously ill 1-year-old aboard a 36-foot sailing vessel, Rebel Heart, 900 nautical miles off the coast of Cabo San Lucas, Mexico, on April 3. **Photo by 129th Rescue Wing** **BOTTOM RIGHT:** Sailors from the U.S. Navy's USS Vandegrift assist in the rescue of a family with a sick baby April 6. **Photo by U.S. Coast Guard** **BOTTOM LEFT:** Loadmasters assigned to the 130th Rescue Squadron, Moffett Federal Airfield, prepare to drop a container filled with medical supplies and equipment, as well as additional food and water, during the rescue operation April 3. **Photo by 129th Rescue Wing**

Cabo San Lucas along with HH-60G Pave Hawk helicopters, which would stay on alert in case the infant needed immediate transportation to a hospital.

Shortly before sunset Thursday, 129th pilots located Rebel Heart, and the four rescue personnel parachuted into the ocean with an inflatable boat and 500 pounds of medical supplies. Once the pararescuemen boarded Rebel Heart and stabilized the patient, it became abundantly clear to them that the entire family required rescue: The sailboat was adrift and taking on water

whenever the engine was engaged.

“Once we boarded, we started immediately treating the youngest daughter,” a pararescueman later said. “She was pretty lethargic and out of it. She was going down the ‘sickness spiral’ as we like to call it. [She] wasn’t quite on death’s door yet, but a couple more days and she would have been. I’m glad they called us when they did.”

It was determined the safest and most expeditious way to get the family off the sailboat was to seek transport from any avail-

able ship in the area. The U.S. Navy frigate USS Vandegrift and its crew of more than 200 was less than a day away from its home port of San Diego when it turned back toward the open ocean to help bring the stranded family back to land.

The Vandegrift recovered the pararescue team and the Rebel Heart family early Sunday morning and headed back to port. The 129th Airmen did not leave the family’s side until they reached a medical facility in San Diego six days after the pararescue jumpers boarded Rebel Heart.

This complex mission involved more than just pilots and pararescuemen from the 129th. When the wing answered the call, a massive supporting cast sprang into action.

Airmen from the 129th Maintenance Group ensured the aircraft involved with the rescue were in perfect working order and were serviced with fuel, hydraulic fluid and liquid oxygen.

Members of the 129th Logistics Readiness Squadron stayed after hours to pack supply kits for the mission, while others deployed to Mexico to assemble kits and maintain accountability of the assets.

The 129th Medical Group ensured all unit members were medically qualified to perform their duties. Without the Medical Group, the pararescuemen and other members would not have been able to deploy.

One individual from the Medical Group, Lt. Col. Kathryn Hodge, a drill-status flight surgeon and a full-time physician at Sutter Eden Medical Center in Castro Valley, Calif., deployed with the first MC-130P and was an integral part of the mission. She stayed on board the aircraft to give immediate medical advice to the Airmen, who established a line of communication with Hodge as soon as they boarded Rebel Heart.

“We exist to save lives,” Butow said. “The nearly 1,000 Airmen of the 129th Rescue Wing all played a part to save the lives of the family of four, which brings our total number of saves [since 1977] to 1,007. I could not be prouder to be a part of such an amazing organization.”

Commander in chief congratulates 129th



By 2ND LT. RODERICK BERSAMINA
129th Rescue Wing Public Affairs

President Barack Obama arrived in Air Force One at Moffett Federal Airfield, Calif., on May 8 for a two-day visit to Silicon Valley.

Before leaving the airfield, the president took a moment to recognize members of the 129th Rescue Wing for recently reaching an impressive total of 1,007 rescues in wing history.

The commander in chief shook hands with a number of men and women from the 129th, thanking them for their service and for rising to the occasion during the recent Rebel Heart mission in which they helped rescue a sick 1-year-old girl and her parents who were adrift on a sailboat off the coast of Mexico.

Members of the wing took the opportunity to snap a few pics on their cell phones of the president and Air Force One.



Photos by Staff Sgt. Kim Ramirez

129th Rescue Wing trains Hawaiian style



By **AIRMAN 1ST CLASS JULIA BATES**
129th Rescue Wing Public Affairs

The month of April proved eventful for California Air National Guardsmen from the 129th Rescue Wing. It began with a complex rescue mission 900 nautical miles off the coast of Mexico and ended with the successful completion of personnel recovery training in Hawaii.

Training Aloha style

On April 21 and 22, more than 130 California Air National Guardsmen equipped with HH-60G Pave Hawk helicopters and MC-130P Combat Shadow refueling planes arrived at Marine Corps Base Hawaii to participate in an extensive two-week exercise. The citizen-Airmen successfully completed a full spectrum of integrated personnel recovery training missions by incorporating island- and jungle-based training, water objectives and other training situations not achievable in California.

The exercise helped maintain the wing's readiness for real-world search-and-rescue missions and prepared the unit for personnel-recovery support during future deployments.

The operationally focused training allowed 129th teams to simulate real-world scenarios in a degraded environment. The ability to use pyrotechnics and smoke, land on different airfields and practice core jumping skills, carrier deck landings, air drops and underwater navigation make Marine Corps Base Hawaii an ideal location for integrated personnel-recovery training. The hot, humid climate and exotic terrain create a realistic training environment that members of the 129th are not accustomed to at home.

"It's a ton of training which is very applica-

ble to the real world, because when you go into theater, there's a lot of objectives going on," said Maj. Michael Wagle, a Combat Shadow pilot with the 129th Rescue Wing.

Exercise, exercise, exercise

Exercise coordinators built scenarios modeled after real-world situations, ranging from recovering injured civilian personnel from downed aircraft to countering an improvised explosive device. The scenarios included local role-players who participated as villagers, speaking in their native tongue while wearing makeup to simulate injuries. The lifelike scenario also included sound machines and smell machines that simulated the hustle and bustle of an actual town and the odors associated with a compact, urban warfare environment.

Execution of the exercise required thorough preparation and training, including using a Modular Amphibious Egress Trainer, an underwater escape training apparatus that simulates an aircraft and provides opportunities for amphibious, cockpit and cabin escapes. The egress trainer is also known as a "dunker," which is lowered into a pool and inverted.

The dunker's objective is to anchor and find a reference point to escape. A reference point is key to survival, as a downed aircraft can create confusion and panic if one is not prepared. Training participants were blindfolded and went through the dunker six times to help instill muscle memory.

Egress certification is required every three years for personnel engaged in long-range over-water flights.

The first week in Hawaii also included a beach landing with air support from P-3 Orion and C-17 Globemaster III aircraft, a hoisting operation in the middle of the Pa-

cific Ocean, a helicopter air-to-air refueling mission, surf-zone operations and pararescuer insertion and extraction in a jungle environment.

Ohana Apri

The Navy and Marine Corps were integral to the exercise's success.

"Just the planning process leads to success, because you learn how to get involved with all the agencies here. It's not as simple as showing up, dropping guys out and air-refueling," Wagle said. "This is obviously someone else's facility, so we have to coor-

dinate times, locations and de-conflictions from other entities that are using the same training area that we are."

The primary mission of the 129th RQW is to perform its wartime mission of personnel recovery anywhere in the world. Equipped with MC-130-P Combat Shadow aircraft and HH-60-G Pave Hawk rescue helicopters, the 129th RQW has performed a wide variety of civilian-personnel recovery missions, including the rescue of distressed persons aboard ships and lost or injured hikers, and disaster response. To date, the 129th RQW is credited with rescuing 1,007 people.



TOP AND ABOVE LEFT: Pararescuemen assigned to the 129th Rescue Wing's 131st Rescue Squadron begin extracting role-players to a hovering HH60-G Pave Hawk rescue helicopter at Marine Corps Training Area Bellows, Waimanalo, Hawaii, April 28. The objective for the training mission assigned to the 129th Rescue Wing, Moffett Federal Airfield, Calif., was the recovery of civilian personnel from a downed aircraft. **ABOVE RIGHT:** Members of the 129th Rescue Wing perform shallow water egress training in a Modular Amphibious Egress Trainer, which simulates an aircraft and provides opportunities for amphibious, cockpit and cabin escapes, at Marine Corps Base Hawaii, Kaneohe, on April 23. **BELOW RIGHT:** Pararescuemen, assigned to the 131st Rescue Squadron conduct over-the-beach surf zone operations at Marine Corps Training Area Bellows, April 24. **Photos by Sgt. Kim Ramirez**

RIGHT: Chief Warrant Officer 4 Robert Metoyer of 1st Battalion, 140th Aviation Regiment, participates in the joint, multi-agency disaster-preparedness exercise Patriot Hook on April 25 in California. **Photo by Staff Sgt. Heather Cozad** **BELOW:** A member of the Clovis Police Department SWAT team practices at a pistol range run by the CNG's Fresno-based 1072nd Transportation Company in January. The 1072nd and the SWAT team conducted joint training on marksmanship, mounted security patrols and driving mine-resistant ambush-protected vehicles. **Photo by Spc. Jason Beal**



ABOVE: A CNG color guard presents the colors during an April 5 ceremony renaming the Guard's Moreno Valley readiness center in honor of retired CNG officer and National Guard Bureau Chief Lt. Gen. Herbert Temple Jr. **Photo by Senior Airman Krista Hair** **ABOVE RIGHT:** The CNG's 40th Infantry Division Band marches May 17 in the Armed Forces Day Parade in Torrance, Calif., which hosts an annual three-day celebration of the Armed Forces each May. **Photo by Sgt. 1st Class Benjamin M. Cossel** **RIGHT:** Retired CNG Sgt. Richard Campos poses with youngsters at a refugee camp in Iraqi Kurdistan in March. Campos, who served in Iraq in 2003, traveled to Kurdistan to deliver \$500,000 worth of medical treatments donated by the nonprofit Giving Children Hope. **Photo by Giving Children Hope**

At a Glance



ABOVE: Members of the 163rd Reconnaissance Wing participate in Operation Medical Base, which simulated a 9.2-magnitude earthquake requiring Airmen to perform medical evacuation and treatment duties in support of civil authorities. **Photo by Senior Airman Michael Quiboloy** **LEFT:** Children of National Guard members enjoy the Military Children's Appreciation Ball at Joint Forces Training Base Los Alamitos on April 12. During the federally recognized Month of the Military Child, the Cal Guard held balls and fun activities throughout the state to celebrate the heroism, courage and resilience of military kids. **Photo by Brandon Penn**



Airmen from the 144th Fighter Wing welcome home World War II veterans at Fresno Yosemite International Airport on April 30 following a trip to the WWII Memorial in Washington, D.C., that was sponsored for the veterans by the nonprofit Honor Flight Network. **Photo by 144th Fighter Wing**



A 27-foot bridge erection boat has its twin diesel engines, with jet drives, put to full throttle along Humboldt Bay's waterways
Photo by Master Sgt. Paul Wade.

Bridge and boat company expands its reach

By **MASTER SGT. PAUL WADE**
 California Military Department Public Affairs

Military units use a variety of mascots and icons to embolden their fighting spirit or symbolize their purpose in today's fighting force. Some are spot-on, like the Marines' bulldog and the Air Force's falcon. Some will have you scratching your head, even after you learn the back stories, like the Naval Academy's Bill the Goat or the Joint Space Operations Center's Kool-Aid man with the motto "Resistance is futile."

In the California National Guard we have Gladiators, Grizzlies, Sentinels, Wardawgs, Blackjacks, the Jolly Green Giant and even a soothing Delta Schooner, just to name a few. The 132nd Multi-Role Bridge Company (MRBC), headquartered in Redding with detachments in Mount Shasta and Eureka, has aptly adopted the name the River Rats.

Eureka-based Detachment 2's Soldiers, however, decided they needed something other than a rat to embrace, and associated their identity with a more mythical creature: a Bridge Troll. These fairytale, often ugly, dark-dwelling creatures are best known for their slow-wittedness and fondness for blocking passage across bridges. Luckily, the MRBC unit is the antithesis of its adopted namesake.

The engineer-driven unit's primary mis-



LEFT: Soldiers from the 132nd Multi-Role Bridge Company's Eureka detachment showcase their deployment experience to California Army National Guard leadership while training new troops in March. Photo by Master Sgt. Paul Wade **ABOVE RIGHT: Bridge crewmen ease their bridge erection boats toward the Samoa Bridge in Humboldt Bay. Photo by Sgt. Susan Wohle** **BOTTOM RIGHT: An improved ribbon bridge (IRB) piece splashes into Humboldt Bay. The IRB opens and links to other pieces to create a floating bridge. Photo by Master Sgt. Paul Wade**

sion is to build, repair or remove bridges that provide access to key areas and routes at home during a state emergency or overseas in a theater of war.

The company was built up in Massachusetts in the thick of World War II and broken down in Japan in 1946. It emerged from the ashes in 1973 as a California Army National Guard engineer battalion and since then, most notably, restored order in the city of Los Angeles during the 1992 riots, helped on reconstruction projects in parts of Panama in 1996, stood guard at California airports after the 9/11 attacks and most recently, after evolving into a bridge company in 2008, deployed to Afghanistan from February 2012 to January 2013.

"Around 180 of us deployed and built bridges [and] replaced, repaired or removed broken ones hit by mortar rounds or explosive devices," said Capt. Jesse Bulaong, the company commander. "We even dealt with bridges that had been damaged by wash-off from flooding."

As the only Army bridging unit in Afghanistan during their tour, the 132nd Soldiers kept very busy, sometimes tackling two to three bridge projects in a day. At one point the team completed an epic 55-hour project on the largest span their equipment was designed to manage.



who have deployed in support of the wars in Iraq and Afghanistan. The Soldier's Medal is the highest Army award given for valor in a non-combat situation.

After the March ceremony, the members dusted off their equipment and set up shop, of all places, under a bridge in Humboldt Bay. They employed an Improved Ribbon Bridge with an Interior Bay Model — essentially a floating raft that can be expanded with interlinked rafts. Twenty-seven-foot Bridge Erection Boats, expertly guided by the Bridge Trolls, assembled the pieces as many local residents looked on.

In Afghanistan the company had access to every bridge variety, from fixed to floating and wet- to dry-gap expansion.

"As a bridge engineer, we need to be able to master six different bridge systems," said 1st Sgt. Duane Stacher, the company's first sergeant.

The 132nd does not have a bridge system that can stretch across dry gaps, but that is about to change.

"We are getting four sets of an Army bridging system called a Dry Support Bridge. Each set can span a 160-foot gap," Bulaong said.

California's severe ongoing drought presents a major concern for all Guard units, which are mindful of their duty to conserve. But Bulaong said the drought and the resulting reduced water levels in state lakes and rivers won't affect the 132nd's training.

"We certainly would enjoy taking our boats on more waterways around the state, but here in Eureka we have the Arcata Bay or we can even use the Pacific Ocean. In Redding we have the Keswick Reservoir, which controls the Sacramento River, and it always has water," said Bulaong, who works in the master planning section in the California Military Department's Facilities and Engineering Office in Sacramento. "With our new Dry Support Bridge, we will obviously expand our capabilities in all weather and terrain conditions."

As the California National Guard's only MRBC, the 132nd provides a unique value to the Golden State, which is gearing up for wildfire season. The MRBC can transport firefighting equipment and vehicles across water to battle inaccessible blazes, and it has bulldozers, cranes and excavators to move earth and cut fire breaks or build weapons ranges.



Sgt. Michael Smith receives the Bronze Star Medal from Maj. Gen. Lawrence Haskins for his performance in Afghanistan.

349th Quartermasters come home

130 Soldiers from the 349th Quartermaster Company return from Afghanistan

By **CAPT. WILL MARTIN**

California Military Department Public Affairs

Just as he was departing for Afghanistan, Sgt. Gene Gilliam of the 349th Quartermaster Company learned he was a father to a new son. It'd be another 10 months, however, before he'd hold little De'Jarie for the first time, when his unit flew into Oakland International Airport on May 13.

"This is actually my first time seeing my son, so he started crying when I first grabbed him," Gilliam said. "But I started singing to him, and it was a song I sang over Skype to him, so he started recognizing it and he calmed down. He realized it's his daddy."

Gilliam joined about 130 other Soldiers from the 349th who returned to airports across the state in mid-May after completing an overseas mission that proved critical in saving both U.S. lives and money.

Arriving in Afghanistan in August 2013, the 349th positioned personnel at six locations across the nation to conduct a materiel-dispersal program. The process would prove foundational to the downsizing of the U.S. military presence in Afghanistan.

Each site was a logistics hub charged with deciding what U.S. military materiel would be shipped home and what would be destroyed on site. By reducing the amount of equipment that needed to be transported across land-locked Afghanistan and shipped to the States, the 349th Soldiers drastically decreased the need for convoys across the terrorist-rich Afghan countryside. The result: less expense and fewer lives placed at risk.



ABOVE: Sgt. Gene Gilliam holds his 9-month-old son De'Jarie for the first time on May 13, 2014, at Oakland International Airport, after a 10-month deployment to Afghanistan. Gilliam was one of about 130 soldiers from the 349th who returned to airports across California in mid-May. **Photo by Capt. Will Martin**
LEFT: Spc. Julian Cesneros, of the 349th Quartermaster Company, hugs his daughter, Olivia, after surprising her at St. Hedwig Catholic School in Los Alamitos, Calif. on May 14. **Photo by Sgt. Matthew Wright**

But the energetic gathering of family and friends at Oakland International Airport on May 13 cared less about the accomplishments than those who had done the accomplishing.

Prior to the 349th Soldiers' arrival, Markeesha Williams waited anxiously as those

around her received seemingly constant travel updates via their smart phones. Just before he departed for Afghanistan, her boyfriend, Spc. Kyle Williams, had surprised her with a marriage proposal. Now, with Kyle's mother Valarie at her side, Markeesha was eager to embrace her fiancé and get started on their marriage

plans.

"I didn't expect [the proposal]," gushed Markeesha. "[The marriage date] remains to be seen."

In short fashion, Kyle and about 90 other Soldiers began making their way down the terminal escalator, greeted by a gauntlet of flag-bearing Patriot Guard Riders and a raucous but joyful crowd. The troops were quickly engulfed by a sea of tears, embraces and small children hoisted on shoulders. "I'm trying not to cry right now," Kyle Williams said, "but it's been an emotional ride."

Less exuberant but no less moving was an intimate homecoming the next day in Southern California for the 349th's Spc. Julian Cesneros.

As the students of St. Hedwig Parish School gathered for prayer and the Pledge of Allegiance as they do each morning, the school's principal called on third-grader Olivia Cesneros, supposedly to recognize her for her recent fundraising efforts. To her surprise, Olivia was congratulated not by the principal, but by her father, Julian, whom she hadn't seen for nearly a year. Their long embrace drew tears from Julian and Olivia and applause from the student body.

The tour was Cesneros' second to Afghanistan, one of nearly 41,000 post-9/11 deployments across the world by California Guardsmen. His combat tour, however, should prove to be one of the last for the state's Guardsmen as the U.S. presence in Afghanistan nears its end and the California Guard refocuses on its domestic role as citizen-Soldiers.

Rehearsing for a big AT

Commanders convene at Camp Roberts in preparation for largest annual training event in 12 years

By **CAPT. CODY GALLO**

79th Infantry Brigade Combat Team Public Affairs

California Army National Guard officers and senior noncommissioned officers from across the state met at Camp Roberts, Calif., from April 25 through 27 to conduct a combined arms rehearsal for the unit's upcoming annual training in June.

"You are all here so you get situational awareness, so you'll understand what you're doing and how big of an operation this is and how your unit can impact all the units involved," said Maj. Gen. Lawrence A. Haskins, commander of the California Army National Guard, during his opening remarks for the rehearsal. "Because of the size of this operation, by its nature, it's complex with many moving pieces and parts."

In the Camp Roberts main gym, con-

voy commanders populated a basketball court-sized map with unit icons to visualize the movements to and from armories. The icons represented more than 60 convoys comprising 1,100 vehicles and 3,800 Soldiers.

The California Army National Guard will hold a consolidated annual training in June, bringing together the majority of California Army Guard forces for a massive exercise. The exercise will involve the 79th Infantry Brigade Combat Team, headquartered in San Diego; the 40th Combat Aviation Brigade, headquartered in Fresno; and the 115th Regional Support Group, based out of Roseville.

An annual training of this size has not been held in more than 12 years, as the California Army Guard has consistently been occupied supporting the wars in Iraq and Afghanistan.

In his opening remarks, Maj. Gen.



ABOVE: Maj. Gen. Lawrence A. Haskins, Commander of the California Army National Guard, gives his opening remarks to officers and senior non-commissioned officers of the 40th Infantry Division to kick off the Division Combined Arms Rehearsal for Annual Training 2014. "You are all here so you get situational awareness, so you'll understand what you're doing and how big of an operation this is and how your unit can impact all the units involved," Haskins said in the main gym at Camp Roberts, Calif. on April 26, 2014. **Photo by Capt. Cody Gallo**

Keith D. Jones, commander of the 40th Infantry Division, emphasized safety as his No. 1 priority during an operation of this size.

"I expect to see some pretty extraordinary efforts and thoughtful effort put against mitigating the risk to our Soldiers," he said.



LEFT: First Lieutenant Antonia Ambriz comes in for a landing at Fall for the C.A.U.S.E. (Combating Assaults and Unwanted Sexual Encounters) on May 9 in Lincoln, Calif. Photo by Staff Sgt. Salli Curchin **RIGHT: Cal Guardsmen, California Military Department civilian employees and friends and family jump together during Fall for the C.A.U.S.E. Photo by Master Sgt. David Loeffler** **BELOW RIGHT: Jessica Hoefling, a friend of the 185th Military Police Company, jumps during Fall for the C.A.U.S.E. Photo by Master Sgt. David Loeffler**



Jumping for a C.A.U.S.E.

Cal Guardsmen take to the sky for Sexual Assault Awareness Month

By STAFF SGT. SALLI CURCHIN
California Military Department Public Affairs

More than 20 California Military Department members took to the sky May 9 and courageously accepted the challenge to Fall for the C.A.U.S.E., or Combating Assaults and Unwanted Sexual Encounters, just one of many Cal Guard activities recognizing Sexual Assault Awareness Month.

Sexual Assault Awareness Month is observed by the California National Guard every April. The skydiving event was rescheduled to May 9 because of inclement weather on its scheduled date in April.

Fall for the C.A.U.S.E. is part of a national movement started by rape survivor Kelley Greene, founder of Speaking Out About Rape. Greene wanted to turn the anniversary of her assault into an emotionally healing experience while also raising money and awareness to prevent sexualized violence.

"It takes courage to jump from a plane, and it takes courage to intervene in a possible sexual assault you might witness,"

CNG sexual assault response coordinator Jennifer Lucero said May 9 during Fall for the C.A.U.S.E.

Lucero works at Joint Force Headquarters in Sacramento with two victim advocate coordinators, who manage more than 120 victim advocates throughout the state.

"Our primary job is taking care of assault victims," Lucero said. "We ensure they have the resources, support and assistance they need to get through their trauma."

Lucero also works with the Military Department's Office of State Policy and Liaison to pass legislation that addresses military sexual assault issues.

"This is a good event and a good cause," said Sgt. 1st Class Anna Berber-Giddings of the 185th Military Police (MP) Battalion, who had just jumped for the C.A.U.S.E. for the second year in a row. "Stuff ... is happening that shouldn't be happening. We can have a role in changing it."

First Sgt. Brock C. Kelly of the 870th MP Company said raising awareness of sexual assault and sexual harassment can change

everything.

"As a male with almost 20 years of service, I come from an infantry, all-male background. As guys, there is a lot of joking like a pro NFL team," he said. "But once you integrate with females, you definitely need to change behaviors, be more professional."

Kelly moved into an MP unit four years ago, resulting in his integration with a mixed-gender force. He said he supports company leaders in pushing intervention ideas and practices to the lowest level to prevent potential military sexual assaults.

"People are out here [at Fall for the C.A.U.S.E.] facing fears, and facing fears takes courage," Kelly said. "With the [CNG's Sexual Harassment/Assault Response Prevention] program, you can overcome the fear of talking about your problems."

This was the second year the Cal Guard has held a skydiving event to raise awareness of sexual harassment and assault. The event is open to Guard members as well as their families, friends and other sup-

porters of sexual assault or harassment victims. Lucero said the event has grown year-over-year, and she expects an even better turnout next year.

"I'd like to ask that you have the courage to jump today and the courage to do the right thing in preventing sexual assault,"



Sexual Assault Awareness Month observed with series of events

By STAFF SGT. SALLI CURCHIN
California Military Department Public Affairs

April was Sexual Assault Awareness Month and was observed by the California Military Department (CMD) through the launch of a new campaign called "Start by Believing," which focused on the initial response to a sexual assault report.

"As leaders, supervisors and co-workers, our initial response to a victim of sexual assault is critical," said state sexual assault response coordinator (SARC) Jennifer Lucero. "A positive, supportive response is the first step in the path to justice and healing and creates a climate of trust in the organization. On the other hand, a negative response can worsen the trauma and foster an environment where sexual assault predators face zero

consequences for their crimes. "To encourage victims to come forward, we must start by believing the victim," Lucero continued. "The first words out of our mouths must be non-judgmental and supportive. A positive response will help establish a climate of trust, which will encourage more victims to come forward."

Sexual assault in the military has been in the public eye recently. The California Military Department takes a strong stand on the issue which is evident by the many events aimed at increasing awareness and educating others about this issue.

The Oscar-nominated documentary "The Invisible War" about rape in the military was shown April 18 at Joint Force Headquarters in Sacramento. Tia Christopher, a military assault survivor featured in the movie, spoke after the showing about her

experiences reporting, surviving and testifying before Congress. California National Guardsmen wore jeans to work on April 23 for Denim Day, an international movement that began in Italy after a rape conviction was overturned by a higher court. The judge overturned the conviction because he believed a rape could not occur when the young woman was wearing tight jeans. The movement to wear denim enables anyone to protest destructive attitudes about sexual violence.

On April 27, over 600 men, including California National Guard key senior leaders, accepted the challenge to walk in high-heeled shoes through downtown Sacramento for the "Walk a Mile in her Shoes" event that seeks to raise awareness and change the way we talk about sexual violence in our community. The event allows men to further understand challenges that

women face. It also benefits the nonprofit organization Women Escaping A Violent Environment, which supports abused women in transition. "Walking a mile in high-heeled shoes to support victims of domestic violence is a profound reminder that everyone and anyone can make a difference by offering to support this important cause," said CNG Joint Staff Director Col. Robert A. Spano.

Finally on May 9, rescheduled from a rainy day in April, Guard members, friends and families were invited to participate in a tandem jump from 13,000 feet above Lincoln, Calif., in addition to learning more about sexual assault prevention during an event called Fall for the C.A.U.S.E. (Combating Assaults and Unwanted Sexual Encounters).

Photo by Vance Jacobs, GK Magazine



Photo by Master Sgt. Julie Avey

LEFT: Spc. Martin Rebollo, Spc. Cesar Gonzalez and Spc. Andrew Radtke train with the Shadow remotely piloted aircraft system on Feb. 6 at the new Tactical Unmanned Aircraft System (TUAS) facility that recently opened at Camp Roberts, Calif. **ABOVE:** Maj. Gen. Lawrence A. Haskins, commander of the California Army National Guard; U.S. Rep. Sam Farr; Col. John N. Haramalis, Camp Roberts commander; and Col. Jeffrey D. Smiley, 79th Infantry Brigade Combat Team commander, unveil the new TUAS facility at Camp Roberts on May 13. **BELOW:** A new world class Combined Arms Collective Training Facility (CACTF), which includes a simulated chapel, was unveiled at Camp Roberts on May 13. The urban training complex is designed to support a broad array of military exercises.

New era dawns at Camp Bob

Camp Roberts debuts three world class facilities in May ceremony

By **IST LT. JAN BENDER**
California Military Department Public Affairs

Military leaders and elected officials from across the state gathered at Camp Roberts, Calif., on May 13 to witness the unveiling of three new California Army National Guard facilities — the Combined Arms Collective Training Facility (CACTF), the Tactical Unmanned Aircraft System (TUAS) facility and a consolidated dining facility (DFAC).

These projects are part of the 42,768-acre, historic post's ongoing five-year, \$102 million renovation, which aims to maintain Camp Roberts as a premier training facility for Guard, reserve and active duty military forces.

"Our state and federal governments are rediscovering Camp Roberts and all its capabilities," said U.S. Rep. Sam Farr from California's Central Coast, who has been a long-time advocate for Camp Roberts and attended the May 13 event. "Now we have to ask how they can ally themselves with other entities and make the most of this great training facility."

One of the first stops for the group was the CACTF, a world-class, urban training complex designed to provide a full-scale municipal training environment for a broad array of military exercises. Composed of 14 structures laid out like a small town, the site includes a mock church, cemetery, hotel, town hall, jail and several walled compounds.

What can't be seen at first glance is a vast network of tunnels that connects the structures and adds a layer of subterranean complexity for warfighters and role players alike. To give leadership teams a front seat for all the action, more than 170 cameras are wired throughout the structures to capture training as it unfolds, day or night, maximizing their ability to review and critique troops' performance.

To add to the realism, the training area is

integrated with audio and smoke systems that simulate a broad array of sounds and smells, further enhancing the intensity of the experience. Whether a training scenario requires a call to prayer from a mosque, the smell of an open air market or rampant machine gun chatter and the stench of rotting corpses, the CACTF can accommodate.

"This facility gives us a great capability we've never had before," said Maj. Gen. Lawrence A. Haskins, commander of the California Army National Guard. "Now we can also offer the capability to our local law enforcement partners, so they can take advantage of everything that's here."

The construction of the \$11 million CACTF was completed in February; to date the facility has hosted several units, including troops from Special Operations Command and the 1st Marine Division.

"We're working toward our goal of becoming designated as the Western Combat Training Center. There's actually an initiative by the [Department of the Army] that would leverage assets at both Camp Roberts and the [Army Reserve's] Fort Hunter Liggett to form a training center," said Haskins. "We would each retain our posts, but we would work together to offer a capability that currently doesn't exist in this part of the country."

The debut of the TUAS facility was also a highlight of the day. The facility will be home for the 79th Infantry Brigade Combat Team's (IBCT's) remotely piloted aircraft (RPA) platoon which specializes in operating the RQ-7B 200 Shadow and RQ-11B Raven.

The \$4.7 million, three-structure complex comprises an operations building, an RPA hangar and a covered outdoor area to house aircraft or conduct maintenance. This environmentally sound complex has earned a Leadership in Energy & Environmental Design-New Construction Silver certifica-

tion from the U.S. Green Building Council. "Camp Roberts really provides the ideal setting for a facility like this," said Staff Sgt. Scott Boatwright, a platoon sergeant with the 79th IBCT's RPA platoon. "Our pilots have to log a certain number of flight hours per month to stay relevant. ... Here we have consistent weather patterns that are good for flying, combined with plenty of wide open space, plus the post is centrally located, so operators from all over the state can come here and train."

The site is strategically placed to take advantage of Camp Roberts' restricted military airspace and was designed to streamline RPA launch, recovery, maintenance and flight operations.

"This facility not only allows us to support both our Shadow and Raven RPA operations, but even more significant is the fact that now we can combine this capability with ground maneuver forces to conduct enhanced training regularly," said Col. Jeff Smiley, commander of the 79th IBCT. "Integrating those two components is something we've not been able to achieve up until now. It will be a game-changer."

Smiley predicted this unique facility will generate interest well outside of California.

"Long range, we think this facility has everything necessary to become an RPA center of excellence," he said. "It will be a draw for operators from across the country."

Attendees also toured the newly opened 8,600-square-foot dining hall on the post's main side. This \$2.6 million DFAC seats more than 300 people, is equipped with the latest in kitchen equipment and will eventually serve the entire post.

One of the most highly anticipated projects of the Camp Roberts overhaul — the demolition of more than 250 World War II-era

barracks — was completed in early 2014, and more than 100 similar structures will be turned to rubble and hauled off before the end of the year.

By design the military construction process is deliberate and methodical and requires long-range planning; the funding for most of these projects was approved by Congress prior to 2007. The remainder of the Camp Roberts revitalization will focus on building renovations, new firearms ranges, full-scope utilities upgrades and resurfacing of the post's roads and runway.

"The ongoing modernization of Camp Roberts is an investment that will not only support the future needs of the military, but also greatly enhance the security and safety of the civilian community by ensuring exceptional training opportunities for our first responder community," said Col. John Haramalis, Camp Roberts garrison commander.

Reflecting on the closure of Monterey County's Fort Ord in 1994, Farr said his constituents learned a vital lesson about military facilities in their community.

"What has started here since the base closure is that we've reassessed the value of the military in our community," said Farr. "If we want to keep it around, we've got to resource it."



Photo by Master Sgt. Julie Avey

MP pulls baby from burning vehicle

Staff Sgt. Max Valderrama puts military training to good use after witnessing a car crash on his way to work

By **SGT. 1ST CLASS JESSAMYN SOBECKIENGLE**

California Military Department Public Affairs

On the morning of May 12, Staff Sgt. Max Valderrama was driving to his duty station at the 185th Military Police Battalion's armory in Pittsburg, Calif., when he witnessed a vehicle crash in front of him.

A sedan in the fast lane of eastbound Highway 4 struck the center divider and then violently swerved across four lanes of traffic, striking a minivan in an adjacent lane before settling onto the shoulder.

Valderrama immediately pulled over and ran to the two damaged vehicles. Upon reaching the sedan he noticed the airbags had deployed and a large amount of smoke was pouring out of the engine compartment.

The woman who had been driving was seriously injured. An infant was strapped in the car seat and crying.

Valderrama immediately verbally checked on the woman's well-being as he opened the rear driver's side door to assess the infant. He attempted to remove the car seat in order to keep the baby mobilized, but the seatbelt was jammed. Noticing more

smoke entering the passenger compartment, and worried about the infant's well-being, Valderrama un-clicked the baby boy from the car seat and safely pulled him from the vehicle.

Conducting a visual assessment, Valderrama saw that the baby had no major injuries or signs of trauma. He cradled the baby in his arms and the child immediately stopped crying.

An off-duty Pittsburg Police officer arrived on the scene and began providing aid to the injured driver who had suffered serious trauma to the head, neck and lower extremities. However, she appeared to be reassured knowing that Valderrama was securely holding her grandchild in his arms.

When firefighters and Emergency Medical Services personnel arrived on scene, they assessed the smoking vehicle and tended to the injured driver as Valderrama continued to cradle the infant. He held the infant for the duration of the emergency response, calming the child in his arms as the baby's grandmother was loaded into an ambulance. He handed off the baby to the medics and headed into work.

"I only did what I thought anyone in my



Staff Sgt. Max Valderrama is seen here at the 185th Military Police Battalion's Sean M. Walsh Armory in Pittsburg, Calif. Photo by Sgt. 1st Class Jessamyn Sobekiengle

position would do," Valderrama said. "Being in the Army isn't a prerequisite to stopping and assisting someone at the scene of an accident. It does, however, better prepare you to respond to such incidents in that you rely on your training and doing what you've been taught, and I believe that is the right thing to do."

"I didn't fully grasp Staff Sergeant Valderrama's actions after the accident," said Maj. Anthony Bangloy, the battalion's operations officer. "He came in late and told me about the accident like it was no big deal. Little did I know how critical he was to the situation. He was very humble about the whole experience, just like everything he does. He is so selfless that I think helping at the accident

was a natural reaction for him."

Valderrama has served in the California Army National Guard since 2007 as a combat engineer and a military policeman and has deployed to Iraq and Afghanistan. He is currently the full-time battalion training non-commissioned officer for the 185th.

"Assist, Protect, Defend."

Military Police Corps regimental motto

FIT to FIGHT

with **LT. COL. DANIEL MARKERT**

In my last article, I wrote about the importance of defining your purpose for training in order to set meaningful goals and achieve better compliance. This article will dive deeper into the purpose of military fitness.

My civilian work with Scott Sonnon's TACFIT exposed me to research into the job-related requirements of tactical tasks, which can be summarized in two primary aspects of a troop's duty fitness needs.

First and foremost we need to condition the neuroendocrine system to recover faster from stress that pushes us to our maximum heart rate. This is the biological base of resilience, which the Army has recently made such a priority.

Physical preparation for the high intensity of combat needs to be measurable, trackable and progressive. It must demonstrate improved access to the troop's tactics, techniques, tools and technologies — what we call The Four 'T's. This includes the development of a structurally sound shooting platform, a strong

force-delivery and absorption platform, the mobility to transition between these, and the ability to navigate and recover from obstacles with efficiency and economy.

The second primary aspect of duty fitness is compensating for the physical adaptations of occupational movement, postures and stress, as well as for a sedentary off-duty lifestyle. A service member needs to compensate for the hyper-vigilance of combat duty in order to prevent injury, illness and disease. Without these compensations, no matter what their physical capacity, the service member will eventually be unfit for duty, as he or she will not be able to access their skills because of debilitating external physical adaptations and chronic internal arousal.

Research demonstrates that fine and complex motor skills deteriorate at about 65 percent of one's maximum heart rate, and cognitive function and critical decision-making skills deteriorate when above 80 percent. As a person approaches 100 percent of their maximum heart

rate, he or she experiences the psychotropic effects of fight-or-flight arousal: tunnel vision, auditory exclusion, short-term memory loss, decline in decision-making skills, time distortion, fumbling, speech pattern interruption, etc.

We can use exercise to condition stress-arousal hormones and the nervous system by varying — or waving — the intensity of each workout as well as waving the intensity within each workout. Much like Pavlov's dogs were conditioned to salivate in response to a bell, we can condition the human mind to recover from stress by inducing stress through the exercise of tactical movements. Psychologists call it operant conditioning; we can call it stimulus and response.

It may take 60 to 90 days to ingrain a response to stimulus, and it requires a sustained, rigorous exercise program uninterrupted by injury or illness. The program varies workout intensity throughout each week, with no-intensity days, low-intensity days, moderate-intensity days, and high-intensity days. Intensity is measured by heart rate.

High-intensity stress pushes you to 80 to 100 percent of your maximum heart rate; moderate intensity is 60 to 80 percent; low intensity is 40 to 60 percent; and no intensity is less than 40 percent



(but obviously greater than zero). This intensity-waving takes the body to peak performance every fourth day; resets the stress-arousal system back to baseline; and allows for enough active recovery to keep joints and connective tissue healthy.

The stimulus and response of resilience conditioning is induced by waving the intensity within workouts on the moderate- and high-intensity days. This regimen forces the body and mind to adapt to rapid heart-rate recovery and rapid stress-hormone recovery.

You can contact me with fitness questions at daniel.t.markert.mil@mail.mil or dan.markert@warfightersedge.org.

Commemorating Bataan

Soldier marches in Bataan Memorial Death March in honor of her veteran grandfather

By **CAPT. DANIELLE FLORES**
CNG Joint Force Headquarters

With a crucifix for which my grandfather had traded a pack of cigarettes and an Army prayer book he had used to teach Catholicism to a fellow warrior, I was set to start a 26.2-mile trek through white sands in honor of thousands who died while captives of the Empire of Japan.

The mementos I carried were my way of honoring my grandfather's sacrifice as a prisoner of war and survivor of the Bataan Death March. For years I had been learning about the history and politics surrounding the events that led to the surrender of American troops in the Philippines during World War II, including my grandfather, Ruben Flores.

A marathon through the famous gypsum sands of White Sands Missile Range in New Mexico draws hundreds of participants each year to memorialize one of the greatest tragedies in American military history. This year two California Army National Guard teams — my team from the Soldier Incentives Assistance Center in Northern California and a 40th Infantry Division team from Southern California — participated in memory of those who died during the infamous forced march.

I knew, personally, the march would be both physically and emotionally taxing. While I felt that honoring my grandfather's service was important, the bigger truth pushing me toward the finish line could be summed up in one word: remembrance.

Somewhere along the line of trying to understand my family history — of which every descendent of my grandfather is undoubtedly proud — I had gained a new



LEFT: First Lt. Kristi Carr carries the Soldier Incentives Assistance Center (S.I.A.C.) guidon at the 25th Annual Bataan Memorial Death March at White Sands Missile Range, N.M. Photo by Capt. Danielle Flores ABOVE: The S.I.A.C. team poses for the camera. From left are Capt. Danielle Flores, Sgt. Angelique Hernandez, 1st Lt. Kristi Carr, Spc. Willy Tjhia and Sgt. Paul Quesada. Photo by Freda Flores

goal. More than reaching back and connecting with my grandfather, this endeavor had become about ensuring that I was able to understand and speak about the importance of the sacrifices these men made.

In a large grassy area at the starting line at White Sands Missile Range, civilians, veterans and military members mixed freely in a way that spoke to me about how Americans, even today, maintain a measure of gratitude for the men and women who have served their country.

Watching the survivors and their family members gather to shake our hands along the route, and hearing them thank us as we walked to memorialize the historic event, it solidified for me the extraordinary impor-

tance of embracing what it means to serve one's country. I understood our veterans are living history books, a resource that can educate while never letting us forget that humanity was an essential element in the stories that make up our shared history.

From my grandfather's personal memoir, I learned of the great reserve of strength, faith and perseverance he used to survive, and I read stories about the lives and resilience of other men who had been caught up in the march.

Forced to walk more than 60 miles in intense heat, those servicemen who survived were then held in harsh conditions in prisoner camps overseen by the Japanese military. My grandfather talked about waking

up in the morning and checking to see who was still alive; he said one could wake up to find he was the only one left alive in his group.

During the last 15 months of the war, my grandfather was shipped out to Japan. Prisoners were transported on unmarked Japanese cargo ships, later identified as "hell ships" to perform forced labor.

In his memoir, my grandfather wrote about the horrific conditions he experienced while crammed like sardines on one of four hell ships that left the prison camps together. The ships were not marked as prisoner-of-war ships, he wrote, and Allied submarines and aircrafts therefore sunk three of the four. It was heartbreaking to imagine the relief and guilt my grandfather must have felt upon learning that he was on the only surviving ship during his transport.

While pushing through the 26.2 miles, I imagined the level of perseverance and the strength of will it took after the Bataan Death March to come back to America, where no one could understand the sheer ordeal of it all. In comparison it seemed like little effort at all to push through the exhaustion that settled in toward the end of the 26.2-mile march in New Mexico.

Watching my teammates help each other through the march, I felt forever grateful to my grandfather for lighting that spark inside me, piquing my curiosity and inspiring me to educate others. I am also eternally grateful to my teammates and all the other participants who have taken the initiative to ensure the honor, service and sacrifice of those on the Bataan Death March is not forgotten.

California State Military Reservist places 1st in age group in memorial march



Chief Warrant Officer 2 (CA) Suzy Shimonishi crosses the finish line at the 25th Annual Bataan Memorial Death March at White Sands, N.M., March 23. Photo by Marathonfoto

By California State Military Reserve

Nearly 6,200 marchers participated in the 25th annual Bataan Memorial Death March at White Sands Missile Range, N.M., on March 23. The event is a living history lesson held to honor and remember the thousands of American and Filipino military service members who surrendered to Japanese forces and experienced a horrific forced march to prisoner of war camps in 1942. Many thousands did not survive.

The annual event in New Mexico is a full marathon march that has been called one of the most historical and physically challenging marathons in the U.S.

Seventy-one years have passed since the Bataan Death March, and only a few of the survivors remain. Thirteen survivors attended the 2014 march in New Mexico, and if a marcher was fortunate, he or she

could shake a survivor's hand at the starting line in the brisk morning air.

Chief Warrant Officer 2 (CA) Suzy Shimonishi of the California State Military Reserve was one of the fortunate marchers who had the honor of a handshake from a survivor as she started the 26.2-mile trek.

"The sight of these heroes seeing me off made me stand a little taller under the weight of my 40-pound pack as I went by," she said.

This year's march marked the third time Shimonishi has participated in the event and the second time for her husband, Jack.

"He's the greatest training partner ever," Shimonishi said. "We spent a lot of hours hiking and walking with our heavy packs in preparation for the event."

Chief Shimonishi beat her previous best by finishing in 7 hours, 42 minutes and 13 seconds, which gained her distinction as the fastest marcher in her age division. She finished 12th among all women in the heavy weight division, which requires marchers carry a 35-pound pack.

This year's first place finish was the second time Shimonishi has finished first in her age group, to go with a second place finish in 2009. She and her husband Jack finished 3 minutes apart this year.

"My goal is to continue to attend the 'Death March' every year as long as there are survivors willing to make the trip," Shimonishi said. "It is a very emotional opening ceremony when the roll is called and the survivors in attendance call out 'here.' After that there is a bell toll for each survivor that has passed in the year since the last memorial march."

Looks like mustard gas, tastes like vanilla

Simulated chemical agent released in 9th Civil Support Team multi-agency active shooter training scenario

By **SGT. 1ST CLASS BENJAMIN COSSEL**
Los Angeles Regional Public Affairs

When planners at Naval Weapons Station Seal Beach, Calif., included a weapon of mass destruction (WMD) scenario in their annual active shooter drill Feb. 25, they might have gotten more than they bargained for.

"When we first started talking to the planners about the scope of this exercise, and they said they wanted to include a chemical agent into the scenario, I immediately realized this was going to be a whole lot larger than initially expected," said Lt. Joe Balicki of the Orange County Sheriff's Department.

Bases across the U.S. Navy participated in an active shooter scenario during the last week of February. The exercise was designed to stress an installation's security forces and, in many cases, leverage memoranda of agreement with civilian authorities.

"We realize no military installation exists in a bubble," said Naval Weapons Station Seal Beach public affairs officer Greg Smith. "This drill was designed to require the support of outside agencies and meant to enhance agreements with outside agencies."

The scenario began with an active shooter rampaging in a building on the southern portion of the base. Nearly as soon as the active shooter was apprehended, the scenario twisted: Hostages had been taken in a building on the northern portion of the base.

After Sheriff's Department SWAT Team

elements and Navy security forces positioned themselves outside the building on the north side, a scream was heard.

"I'll shoot everyone in here!" the voice said, followed by a slight pause, and then, "My buddy is outside the building in a truck. ... He's bleeding from his eyes and ears!"

The SWAT team scanned the area and found a pickup truck toward the rear of the building with a door open and a slouched body visible inside. An unidentified white powder was spotted in the truck and on the ground near the open door, and dead birds surrounded the vehicle.

A typical active shooter scenario would involve regular law enforcement and possibly elements of a SWAT team, Balicki said. Throw the possibility of a dangerous chemical agent into the mix, he said, and you have what is known in Orange County law enforcement parlance as a JHAT scenario.

The acronym stands for Joint Hazards Assessment Team and includes elements of local fire departments, the Orange County Health Department, the SWAT Team Hazardous Devices Section, a crisis negotiation team, a tactical apprehension team and the California National Guard's 9th Civil Support Team (CST).

Located just across Interstate-405 from the Naval Weapons Station, the 9th CST calls Joint Forces Training Base Los Alamitos home. A specialized unit within the National Guard, the CST's 22 Soldiers and Airmen are experts at identifying and analyzing hazardous materials.

"We're constantly working on our hazard-



Sgt. 1st Class Jeremy Brunette is decontaminated following his examination of a suspected weapon of mass destruction site Feb. 25 during an active shooter exercise at Naval Weapons Station Seal Beach, Calif. Photo by Sgt. 1st Class Benjamin Cossel

ous materials training as part of our everyday mission," said Army Capt. Fernando Perez, deputy commander of the 9th CST. "But it's a perishable skill, and we help increase the level of expertise with our law enforcement partners."

In addition to added expertise, Perez said the CST provides civil authorities with specialized equipment and resources they might otherwise not have. If needed the CST can provide models of a chemical agent, how it would disperse with current wind conditions, optimal evacuation areas and much more.

"The more familiar they are with us and the equipment we can bring to the fight, the more comfortable they are calling us out," Perez said.

Once the CST members, working with the SWAT Team Hazardous Devices Section, received word that the potentially contaminated area was clear, they got to work. The team quickly set up remotely controlled robots and deployed them to the truck. The robots were equipped with a variety of detectors that sent information to CST ana-

lysts in a nearby truck.

The analysts determined the area was safe enough to deploy human inspectors and sent in Sgt. 1st Class James Brunette of the CST and a member of the Sheriff's Department. Safely ensconced in protective suits, the pair made their way to the truck to perform further analysis.

A good half-hour later, the two returned with samples and detailed reports of what the team was facing. Then they made their way to a decontamination area, where they were scrubbed to remove any potentially harmful chemicals.

Having completed the decontamination process, Brunette began the arduous process of taking off his protective suit.

"What do you think it was?" one of his teammates yelled over to him.

"Well, the trainers told us it was mustard gas," Brunette said, sort of chuckling as he removed his helmet and pushed the protective suit down to his waist. "But if I had to guess, I'd say it was vanilla protein shake."

The power of compounding

By **PATRICIA MAXWELL**
Personal Financial Counselor, Central California

We often hear that it is important to save for retirement as early as possible. Very few people take this advice. Often we live in the here and now, with a mantra of "you only live once" or "life is short."

It is not until we are older and looking at that retirement horizon in the not too distant future that we gulp and wish we had prepared sooner.

The sooner we begin to save, the quicker we can take advantage of time and interest. This interest has a major impact on how much we will end up with and is one of the most underestimated assets by most people. Here are three reasons to start early:

Reason # 1: The primary reason that you want to start saving early is the miracle of compound interest. Albert Einstein is said to have called compound interest "the most powerful force in the universe." Whether or not he actually said that does not negate the fact that compound interest has the potential for astronomical

Personal Financial Counselors

Receive free consultations, referrals and training.

Northern California: 916-224-2925 or CA-JFSAPI@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



Patricia Maxwell
Personal Financial Counselor
Northern California

growth. If you save \$100 a month for 10 years between the ages of 20 and 30, you would actually end up with more savings than if you saved \$100 a month between the ages of 30 and 60, assuming that you got the same interest rate. This is the point that needs to be understood: Compound interest makes a huge impact and the longer your money earns interest the more you will have.

Reason # 2: In addition, the earlier you start saving, the less you'll have to save in order to meet your retirement goals. Again this comes back to compound interest. Starting early also makes it easier to save and that makes it more likely that you will reach your financial goals.

Reason # 3: Saving early makes saving easier to do. As you go through the stages of life, you will likely earn more money, but you are also likely to have more financial responsibilities, especially when you have

a family. If you create the habit of saving, you start putting away money that you would have otherwise incorporated into your everyday living expenses. And should it arise that you can no longer add to your savings, you would still be taking advantage of time and interest on the money you have already saved.

You can position yourself to reach your financial goals for retirement by making an effort to save, even if it is just a small amount. You can start by participating in your Thrift Savings Plan (TSP). Although the small amount of money that grows in the early years may seem hardly worthwhile, once that compounding kicks in it really starts to grow quickly. If you get a 10 percent interest rate, your money will double every seven years—that can add up to a nice bundle of cash.

Remember to pay yourself first! For more information on setting up a TSP or for any other financial questions, contact your local personal finance counselor.



Sgt. Lennox Armstrong, left, and Spc. Christopher Martinez, center, unmanned aircraft system operators from the California Army National Guard's 578th Engineer Battalion, train on the Shadow remotely piloted aircraft with Sgt. David Anderson, an instructor operator from the Minnesota Army National Guard, on Feb. 6 at Camp Roberts, Calif. Photo by Vance Jacobs, GX Magazine

Sallie Mae to pay \$96.6 million for violating service member rights

Sallie Mae, the nation's largest servicer of federal and private student loans, has been ordered to pay \$96.6 million by the Justice Department for violating service members' rights.

A 2012 report by the federal Consumer Financial Protection Bureau (CFPB) found that service members had faced serious hurdles in accessing their loan benefits, including provisions of the Servicemembers Civil Relief Act, which caps the interest rate on pre-existing student loans and other credit products at 6 percent while a member is on active duty.

The CFPB said some military borrowers were denied interest-rate protections because they failed to resubmit unnecessary paperwork. Sallie Mae also reportedly failed to provide military members with clear and accurate information about loan repayment options.

For info about student loan rights, visit www.consumerfinance.gov/students. To file a complaint about a violation, visit www.consumerfinance.gov/complaint or call 855-411-2372.

USC, CNG partnership yields data on post-deployment challenges

The University of Southern California Center for Innovation and Research on Veterans & Military Families received \$100,000 from Science Applications International Corp. to develop manuscripts and a report on the Reintegration Partnership Project, USC reported in a press release. The project provided reintegration skills training to California Army National Guard members and their spouses, and found that Guard and reserve members face unique transitional challenges following combat tours.

The project provided online or in-person training to spouses and members of 1st Battalion, 140th Aviation Brigade, as they were transitioning from a deployment to Iraq. The program also collected data related to physical and mental health, social relationships, economic distress, reintegration goals and stress. Results suggested Guard and reserve members are twice as likely to meet screening criteria for mental health issues than active duty personnel.

The news release noted that Guard members and reservists are generally older than active duty members when they deploy and are frequently pulled from established civilian lives with careers and families. Furthermore, upon their return, reserve component members do not have access to the same support services active-duty service members receive. The study also showed an increase in post-traumatic stress, depression and anxiety symptoms at nine months post-deployment. The researchers recommended the military take efforts to reduce the stigma associated with seeking help.

Veterans Philanthropy Exchange

First lady Michelle Obama announced the creation of the Veterans Philanthropy Exchange in April and said that more than 30 organizations have pledged \$102 million in new funding for military families over the next five years. The exchange will enable philanthropic groups to share best practices, create new resources and recruit more donors to support military families, Obama said. For more information, visit exchange.cof.org/veterans.

PG&E signs ESGR statement of support

Pacific Gas & Electric reaffirmed its endorsement of employees who serve in the National Guard and reserves in May by signing a Statement of Support for Defense Department agency Employer Support of the Guard and Reserve. "[Veterans] bring three essential skills — leadership, discipline and teamwork — which help us deliver safe, reliable and affordable energy to our customers," said PG&E CEO and President Tony Earley.

DID YOU KNOW...

only a commander can suspend favorable personnel actions for a service member?

In the Army, favorable personnel actions are suspended if a Soldier's status changes from favorable to unfavorable. Examples of favorable actions include, but are not limited to, promotions, awards, transfers, attendance of military schools, tuition assistance and orders to active duty. Only a commander can suspend favorable personnel actions for a Soldier, which is also known as initiating a flag.

A flag is not punishment; it's an administrative tool. Guard Soldiers must be counseled in writing before the end of the first training period after the initiation of a flag. Soldiers on active duty must be counseled within two working days unless notification would compromise an investigation.

Counseling related to a flag should include the reason for the flag, the actions prohibited by the flag and the requirements that must be fulfilled for the flag to be removed. Failure to counsel a Soldier within the prescribed timeframe does not invalidate the flag. The Soldier should receive a copy of Department of the Army Form 268 when the Flag is initiated and when it is removed.

The system used by the active duty Air Force to manage Airmen in an unfavorable status is not mandatory for the Air National Guard. Authority over Airmen in unfavorable status, and the requirement to establish systems to manage the process, rests with Air Guard commanders. Commanders are also responsible for reviewing unfavorable information that could directly impact the security clearance of an individual under their command.

Soldiers and Airmen above the grade of E-6 have a responsibility to self-report any criminal convictions to their immediate commander within 30 days of the conviction if in reserve status and within 15 days if on active duty.

References: Army Regulation (AR) 600-8-2, National Guard Supplement 1 to AR 600-8-2, Air Force Instruction (AFI) 10-403, AFI 31-501, AFI 36-2803, AFI 36-2501 and Air National Guard Instruction 33-2607.



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



Army Sgt. Michael Beatty of the CNG's 1st Battalion, 140th Aviation Regiment, directs members of a Los Angeles-based FBI SWAT team onto a UH-60 Black Hawk helicopter from the 1-140th during the Patriot Hook disaster-response exercise April 25 in California. Photo by Staff Sgt. Heather Cozad


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: jason.b.sweeney2.mil@mail.mil
Address/subscription: CNG members must make changes through their unit.
Retired members, email jason.b.sweeney2.mil@mail.mil.



www.facebook.com/CAGuard
www.twitter.com/theCAGuard
www.flickr.com/photos/CAGuard
www.youtube.com/CAnationalguard

Smart phone users,
scan this QR Code: 

THE GRIZZLY NEWSMAGAZINE 2014

www.calguard.ca.gov/pa