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**BAYONET**



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The Massachusetts Bay colonial militia assembled for the first time on a brisk December morning in 1636 and set in motion America's time honored tradition of service as Citizen Soldiers. The farmers, shop keepers, carpenters and blacksmiths of Salem formed ranks on the village green, organized and began training to provide protection from the growing hostility of the Pequot Indians, which would result in war by the next year. Given the austere nature of the rugged new frontier and its inherent dangers, the value of the early National Guard became an institution of vital necessity upon its inception.

Over the past 377 years, America has preserved the integrity of its militia nation. Even before its statehood was granted in 1820, Maine has set the standard for its commitment to the common defense of our homeland and preserved the promise of freedom for countless masses around the world. Our tradition of valor and selfless service in answering every call to arms has earned the affinity of our fellow service members and our nation's citizens alike. Each generation of Maine Citizen Soldiers has distinguished itself by excelling in the face of great danger and hardship in closing with and destroying the enemies of our nation and defending the lives and property of our citizens. Our currently serving soldiers of the Maine Army National Guard are no exception.

This year of operations has carried our soldiers from their homes to foreign lands in Afghanistan, Kosovo, El Salvador, Pakistan, Montenegro, Canada, Kuwait, Bosnia, Germany, and virtually every corner of the United States. Never has the Maine Army National Guard performed at a higher level of readiness or as a more professional force than in 2013. Our proficiency in manning, equipping and training our units for mobilizations and regional contingencies continues to be the envy of the nation.

In closing, the leadership team of the Maine Army National Guard wishes to express its deepest gratitude to our soldiers, families and employers for the dedication and sacrifice you continue to demonstrate. Like the early colonialists that carved a nation from the cold and desolate wilderness, the indomitable spirit of the Militia Nation is alive and inextinguishable in Maine. May the New Year bring each of you blessings of peace and prosperity and thank you again for your service in America's oldest living institution.

Bayonets Forward!

Colonel J.R. Mosher  
Chief of Staff

## ***From the Chief of Staff***



## The Chaplain's Word

*"God has yet more light and truth to break forth out of His Holy Word."  
John Robinson, Pastor to "The Pilgrims"*

*A group of scientists came before God and said, "we no longer need you, God; we have discovered how to create life." God answered, "very well, but of course I won't just leave it to you without some proof that this is true."*

*"Way ahead of you God; we have learned how to take the very soil of the planet and break it down into its base atomic structure and then build it up again as a full-grown human being." "Okay," said God, "let's see you do it." With that, the lead scientist bent down and grabbed a handful of soil; but, before he could do anything with it, God said, "Whoa, Whoa, Whoa! You have to use your own dirt!"*

*Sometimes we may think we have all the answers only to find out that there was so much we didn't know in the first place. I have often said, "I don't think anything could surprise me anymore" and I am always proven wrong!*

*The Christian Holiday of Epiphany is just at the close of Christmas, the darkest point of the year, and yet, it is a celebration of light. This is not by mistake! Every day from 24 December on, the days get slowly but surely brighter and brighter. I always like looking at the almanac to measure the days when I am feeling the darkness too much it really makes a difference! In other words, what is true today about the darkness, will change tomorrow – there is always something new!*

*As we go through the winter months, seek out the light in all things; count your blessings, and watch the light break forth!*

*God Bless You,*

CH Andy Gibson

Joint Forces, Headquarters – Maine

Chaplain



# Maine Guard Works to Reduce Suicide Statistics

By Sgt. Angela Parady, 121st Public Affairs Detachment

***In 2012, 349 U.S. servicemembers committed suicide. 295 were killed during combat in Afghanistan. That number, shows that the biggest threat may be the enemy we can't always see, and some are afraid to talk about.***

The Maine Army National Guard is taking an aggressive stance to try and reduce these numbers within their reach, and is committed to expanding their suicide intervention and prevention capabilities.

Between 2006 and 2010 suicide rates in the ARNG increased, exceeding those of the active duty component, the Army Reserve, and civilian rates. In 2012, the ARNG suicide rate increased to 30.75 per 100,000 soldiers, from 27.28 per 100,000 in 2011.

"Intervention is the best form of prevention we have right now," said Col. Andrew

Gibson, the Chaplain for the Maine Army National Guard. One of the biggest issues he said, is making suicide and depression things that are acceptable to talk about.

Gibson and three other trainers conducted a two-day workshop at Camp Keyes, Augusta in November to help develop suicide-prevention and intervention skills, and working together to learn how to put individual attitudes and beliefs on hold.

The only person who matters in a crisis, is the person at risk. The course is called Applied Suicide Intervention Skills Training, or ASIST and is produced by the Canadian company, Living Works Education, Inc.

The Adjutant General for Maine, Brig. Gen. James Campbell stressed the importance of developing a culture of understanding.

"The Maine National Guard continues to work towards fostering an environment where it's not only okay to ask for help if you have a problem it's encouraged,"

he also noted. "Mental health issues or anxiety or depression, is curable. For me, that's the key. Not only can you recover, you can build on it. In my mind, people who get help can be stronger and better afterwards. So we have to change the culture at the lowest level."

The ASSIST workshops is for any person in the Maine National Guard who is in a position of trust, to include professionals, senior and junior leaders, support staff, medical personnel, youth workers, and volunteers among others.

Elizabeth Munsey, the Suicide Prevention Program Manager and native of Brunswick, emphasized the importance of life saving measures.

"Crisis intervention training programs, like ASIST, equip people to respond knowledgeably and competently to persons at risk of suicide," continued Elizabeth Munsey, the Suicide Prevention Program Manager and native of

Brunswick. "Just as CPR skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. This workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide."

Gibson, who works with soldiers in a confidential environment said the course provides the opportunity to better understand the needs of a person at risk of suicide and learn how to use suicide "first aid" to connect, understand and assist with persons at risk, identify invitations for help, and listen to reasons for living. This can be as valuable in saving someone's life as a first responder during a medical emergency.

***"Every soldier is taught basic combat lifesaving skills and CPR as soon as they get to basic training," said Gibson. "They are taught to save a life in the physical***

***sense, so why are we not teaching them how to step in to help a fellow soldier who may be giving off signals that, yes, suicide is a thought for them."***

Maine first implemented the ASSIST program in December 2003. Since then, 288 individuals have completed the class, and 73 of those individuals were in the last calendar year, said Munsey. The most recent class was filled to capacity, and then some.

"The increased number of attendees shows that the MEARNG is committed to increasing the number of ASSIST trained soldiers within the guard," said Munsey. "The hope is that these soldiers will recognize suicidal invitations and provide care until a trained professional can arrive on the scene. The increased interest shows that our soldiers want to have this knowledge base to help save a life, if needed."

# ***Risk Factors***

Men are 4 times more likely than women to die from suicide. However, 3 times more women than men attempt suicide. In addition, suicide rates are high among young people and those over age 65.

Several factors can put a person at risk for attempting or committing suicide, but having these risk factors does not always mean that suicide will occur.

- Prior suicide attempt
- Family history of mental disorder
- Alcohol or other substance abuse
- Family history of suicide
- Family violence, including physical or sexual abuse
- Firearms in the home, the method used in more than half of suicides

## ***Need Help? Call:***

Emergency - 911

Military Crisis Line - 1-800-273-TALK (8255) - Press 1

National Suicide Prevention Lifeline - 1-800-273-TALK (8255)

Military One Source - 1-800-342-9647

The Defense Center of Excellence (DCoE) - 1-866-966-1020

Wounded Soldier and Family Hotline - 1-800-984-8523

CONUS DSN: 421-3700 OCONUS DSN: 312-421-3700

# ***Warning Signs***

Thinking about suicide and making suicide plans are the most serious signs and require immediate assistance. These include:

- Talking about, threatening, or wanting to hurt/kill self
- Obtaining means to kill/hurt self (e.g., obtaining firearm, pills)
- Conveying thoughts of death (e.g., such as “others being better off without me”, “never wanting to wake up again”)

Other warning signs include:

- Increase in alcohol or other substance use
- Hopelessness (e.g., does not see way the situation will change)
- Helplessness (e.g., feeling trapped, “there is no way out of this”)
- Worthlessness (e.g., feeling that he/she is not valued, “no one would miss me”)
- Withdrawal (e.g., from hobbies, family, friends, job)
- Irritability, anger

# Task Force Maine: Mainers in the Green Mountains

By 1st Lt. Jonathan Bratten, 133rd Engineering Battalion, Photos by Sgt. Angela Parady, 121st Public Affairs Det.

When Tropical Storm Irene blew through New England, I was driving back to Maine from Canada. That should already show the faith I have that the weather forecasts will always be wrong. Aside from the gusts of wind that took a few power lines down in the road and the torrential downpour that we hit in northern Maine, the trip was fairly uneventful.

By the time we reached Portland, the rain had stopped and the storm showed signs of leaving for good. I once again chalked up a win for stubborn Mainers who refused to be put out by a small thing like a hurricane. But Maine is not Vermont. And Irene was no joke for Vermont.

It was the Thursday after Irene came through that I received the phone call notifying me to be at the armory with my platoon in 14 hours. 36 hours later we had a convoy of over 70 vehicles rolling out of Maine. My unit, the 262d Engineer Company, was tasked as the lead element of the operation, with other units of our battalion sending detachments.

All told, almost 200 Maine Guardsmen made the long haul from Maine to Vermont. As a brand new platoon leader, this was to be my first convoy. Not only that, but I was assigned the lead chalk. It was an eye-opening experience: planning

and executing that kind of movement with little time to plan showed me just what the Guard is capable of.

We rolled into Rutland, VT close to midnight that night, forced to take a very long route because so many of the roads were out. Even at that late hour, people still came out to line the street and wave at us as we drove in, beginning a trend of generous local support that would continue to the very end.

***Irene had caused massive infrastructural damage to Vermont's transportation system: roads, bridges, and railways were simply gone in some places. Continued rain caused even more flooding.***

Soon after we were on the ground, we were given mission assignments. Some units went off to repair roads, others cleaned out washed out buildings. My platoon was sent out for debris removal. I didn't understand what this meant until I saw the debris. And just how much of it there was.

Trees from further upstream had been torn out by the roots and pulled down river by the torrent. Silt beds four feet high had gathered in some places. As long as the river was clogged, more rain would mean

more flooding.

My platoon hit the ground running on Monday morning, eager to start work. In their typical good humor, they had designated the name of our assignment "Operation Vermonty Python." This sort of humor could also be seen from the locals. On an area of the road that had been filled with river silt, someone had placed a beach chair, beach umbrella, a six pack of Corona, and a sign that read "Vermont Beach."

Our days became fairly routine: cut up the timber, haul away the stumps and garbage, repeat. My soldiers were honestly an inspiration to watch. Even in the worst kind of weather they were in good spirits. I attribute part of this to the massive amounts of food that we were being given by the locals. Almost daily, someone would drop off pizza, doughnuts, or cookies, in addition to the great food we were getting at our billets.

Our job site had the added wrinkle of being the new VT Route 7, as the original one had washed out. Over 7,000 cars would go through our work area in just one day. Honks, waves, and thumbs up made us realize just how appreciative the locals were.

Local school kids made hundreds of cards for us, thanking us for our work.

Honestly, that alone made the job worthwhile.

Our mission lasted two weeks. As a historian, I can't help but look at all the numbers and statistics of the mission: my platoon hauled 237 5-ton dump truck loads of debris. They cleared almost six acres of land. They worked with National Guardsmen from three other states as well as local civilian contractors. But for me, the statistics don't do it. For me, seeing people's faces light up when they would see our vehicles made it all worthwhile. To see kids waving in the school buses that went by every day. As corny as it sounds, that really is why I joined the National Guard, to be able to respond to disasters and bring relief to those in my own country.

When we got home, we cleaned up our vehicles, put away our equipment, and went back to our regular jobs. And that's the amazing thing about the National Guard. In 36 hours you can go from being a regular civilian (having what he thinks is a day off, which was what I was doing when the call came) to rolling down the road in a convoy bringing aid to a disaster area. Just as quickly, you can go right back into the civilian world. I continue to be amazed at soldiers' ability to adapt.



# The Maine Army National Guard's First Responders- The 11th Civil Support Team

Photos and Story by Spc. Adam Simmler, 121st Public Affairs Detachment

The soldiers of Maine's 11th Civil Support Team are ready to respond to any threat, training as part of Maine's Vigilant Guard.

Tensions were high on the morning of Nov. 7, when two shipping containers at the Port of Portland were identified as containing an unknown harmful substance. As one of the final exercises of Maine's week long Vigilant Guard emergency preparedness drill, this was one of the more realistic scenarios. Troops from the Maine and New Jersey National Guards were called in to handle the situation.

***"This training can be stressful, we train as we fight," said Staff Sgt.***

***Joshua A. Way,*** survey team chief for the 11th Civil Support Team - Weapons of Mass Destruction. "We like to train harder than what the real-life would be like so we make it as hard as we possibly can. We come in with our game faces on, get through it, and are prepared for when the real stuff happens."

The joint-service CST is the military's subject matter in the field of WMD-type events. Each team is equipped to handle most situations with a mobile lab, communications array, command post, and equipment for hazardous material response and decontamination. With these tools, the team is ready to respond to a number of threats, including chemical, biological, radiological, nuclear, and explosive dangers.

On Thursday, the 11th CST from Maine and the 21st CST from New Jersey were ready to respond to the simulated threat in Portland. The teams boarded ships from the U.S. Coast Guard and Portland Fire Department to cross the

over the channel to where the suspicious containers were located.

"This is going to test our maritime capabilities, our tactical procedures and at an upper level, it will test our communications with other agencies," said Way.

Staff Sgt. Larry C, Misiaszek, a Maine Air Guardsman and member of the CST explains the process. "We need to do an area monitor, set up a safe zone so that we can decontaminate any individuals that have been contaminated with whatever chemicals we find."

This training isn't unusual for the CST. According to Way, Guardsmen who join the unit spend most of their first year at school, learning all the practices and safety procedures involved in the mission, and continue to train after they arrive.

All this training is needed to be prepared to respond to a real-life threat that requires team members to coordinate and respond quickly. In March of 2012, the 11th was called to a real threat.

"We had a case in Fort Kent, a 'white powder' incident as we call them," explains Misiaszek. "It was coordinated really

well. We traveled to Bangor and boarded helicopters to fly north." The team was able to respond to the call within five hours. After securing and transporting the suspicious package to a lab for testing, the "threat" turned out to be corn starch.

Every member of the team contributes in a large way, said Capt. Michael Gary, operations officer of the 11th CST. "It's a unique thing about this full-time unit, he said. "You get that variety of operational specialties; mechanics, engineers, so that when you get on the road and something breaks, you have guys who know how to fix it. This helps us to drive on with our mission."

It's a challenge because they're a small unit, said Misiaszek. "You're always learning new stuff, there are new obstacles every day. You never know when you're going to get a call, so you have to be ready at any moment."

In just a matter of hours, the teams from Maine and New Jersey neutralized the threats in Portland and boarded the ships to return to their operations center on the other side. Marking the last full day of Maine's Vigilant Guard exercise, both CST

teams return home after the successful mission.

"We're on call 24/7," said

Way. "We're here to support our country and our state at a moment's notice."





*Maine Soldiers deployed to Afghanistan with the 133rd Engineering Company and 1035th Survey and Design Team took some time off from removing bases there, to take part in a soldier skills competition.*

*The soldiers had to complete a relay race, perform combat first aid on a casualty, call a medevac, and assemble a M-249 saw as part of the tasks.*

*The soldiers are working to consolidate and downsize the bases throughout Afghanistan as the drawdown continues.*

*Photos courtesy of 133rd Engineering Battalion.*



# Brothers Motivate, Encourage, Challenge Each Other on Path to Warrant Officer

Story by Sgt. Angela Parady, 121st Public Affairs Detachment. Photos courtesy of the Emery family.

***"I think it is awesome," said Joseph. "I can't wait until I get pilot in command so I can fly with him. It is pretty cool. Not many people have the opportunity to fly side by side with their brother, so I consider myself pretty blessed for this."***

from flight school, he will be able to fly. His brother is more than happy to share his experiences with Nick, but at the same time, a bit worried his brother might do better than him.

"My brother and I, we are very competitive," said Joseph. "I am sure that whatever I did in warrant officer candidate school, he will try to one up me. It's good for him, a challenge. But I am going to have to dig

up all my old grades, just to make sure. It's just part of who we are."

Joseph didn't start out wanting to fly. He enlisted 11 years ago as a cook. Then after his first deployment, he requested a transfer to an infantry unit. After his second deployment, he decided he might want to be a pilot.

"The decision to go from infantry to pilot, was based on my experience with the



Being deployed with the 126th meant Nick had a lot of time to spend with current warrant officers and pilots. Before Kuwait, he had thought about it, but had never really pursued it. There, he started actively looking into the program requirements.

"I realized, I really wanted to fly," said Nick. "I have always had a passion for flight. Just seeing them take off is a really cool thing, but I want to do it. I want to be in the cockpit and I want to fly. I never thought I could actually be a pilot, but then I checked the standards, I got all of the information, and realized, hey I can really do this."

Both brothers, who grew up in Whitefield, chose to go into the warrant officer program because of their reputation as being experts in their field. They both wanted to be experts at flying. Because of the unique structure of the program which works through levels of expertise through assignments, training and education, aviation warrants tend to be able to spend more time in a helicopter training other pilots as they progress, rather than having to give up flight time for other duties.

Chief Warrant Officer 2 Joseph Emery is a pilot with Charlie Company, 1/126 Aviation Regiment. His younger brother, Warrant Officer Candidate Nick Emery left for Fort Rucker in early November so that he too could take the first step in becoming a pilot. Nick, who said he had always looked up to his big brother, first joined the Maine National guard six years ago. At that time, he needed something more fulfilling in his life than he was getting from his college classes.

Nick has been working on the electronic systems on the UH-60 Blackhawk helicopters for Charlie Company. When he returns



last deployment and working with the helicopters," said Joseph. "Not working on them, but having them bring us places, drop things off for us and provide cover for us, I really got to see their role in the mission. It has definitely been an evolution for me, deploying as a cook and seeing the infantrymen and saying, wow that's awesome, I want to do that! Then I went as infantry and I saw what the pilots did and said, wow that's cool, I want to do that! I think that's it for me though, I don't want to do anything else except fly helicopters."

That passion for flying seems to have influenced his brother Nick as well.

Nick enlisted as a heavy construction equipment operator, joining the 262nd Engineer Company in Belfast. When the 126th was preparing to deploy, he made the transfer in order to go with them.

"I really love being in this unit. The people are awesome, we all get along," he said about his first experiences with Charlie Company. "I love working on helicopters. Think about it, I get to work on helicopters as part of my normal job. That's not a normal job, that's cool! I have that enthusiasm. I mean it's so cool being around the helicopters, working on them all the time."

## Thinking about becoming a Warrant Officer?

### General requirements:

- US Citizenship
- General Technical (GT) score of 110 or higher
- High school graduate
- Secret or Top Secret Security Clearance
- Pass the chapter 2 commissioning physical (technical warrants) or the class 1 flight physical (aviation warrants).
- Age Requirements: 46 (technical warrants) 33 (aviation warrants)
- \* in addition all Warrant Officer applicants must meet MOS specific requirements which vary based upon the specific MOS being pursued. Probably too numerous to list but you can review requirements by MOS at [http://www.usarec.army.mil/hq/warrant/WOgeninfo\\_mos.shtml](http://www.usarec.army.mil/hq/warrant/WOgeninfo_mos.shtml)

### MEARNG Warrant Officer Positions

#### Aviation

- 153D UH-60 Blackhawk Pilot
- 153L UH-72 Lakota Pilot
- 155E C-12 Huron Pilot

#### Quartermaster

- 920A Property Accounting Tech
- 920B Supply Systems Tech
- 922A Feed Service Tech

#### Signal

- 255N Network Management Tech
- 255A Information System Tech

#### Engineer

- 120A Construction Engineering Tech

#### Ordnance

- 913A Armament Tech
- 915A Automotive Maint Tech
- 9191A Engineer Equipment Tech

#### Transportation

- 882A Mobility Officer

#### Judge Advocate

- 270A Legal Administrator

brother for some advice on how to tackle school.

"He told me to take charge when I got there," said Nick. "He said it's not just a course you can slide through. You can't keep your head down and go through the motions or you will get called on it. Be active and take on responsibility."

Nick looks up to his older brother and is thankful to have him as a sounding board.

"He has been my role model for a long time. I have looked up to him in more ways than just the military. We have always been there for each other. He has always been there for me. We trust each other, kind of rare these days. But we can be completely honest with each other, and we have each other's back. It is a pretty

cool relationship we have because we are brothers, we are flight brothers, and soon, we will both be pilots and warrant officers. I think that's pretty cool."

While the two are looking forward to the opportunities ahead, Nick still has to complete warrant officer school. He carries around the Warrant Officer 1 patch in his wallet to remind him of what he's working for. Which is to not only complete the course, but graduate with a better overall ranking than his brother.

"I have to destroy him in school," said Nick. "I have to always one up in everything. He set the standard pretty high in school, so it will make beating him that much sweeter."

To obtain an aviation warrant, any candidate must have proof of U.S. citizenship, a 110 on the general technical testing, high school graduate, secret to top secret security clearance, pass the flight physical and be no older than 33 years of age. Technical warrants must be no older than 46. After retaking the test and completing the flight physical, Nick worked with Chief Warrant Officer 2 Carlo Paratore and Chief Warrant Officer 5 Darryl Stevens to complete the packet.

"Chief Paratore and Mr. Stevens are phenomenal at their job," he said. "They did an outstanding job making sure we were well prepared and we had everything we needed."

While they did that, Nick relied on his older



# 2014 Best Warrior Competition

Photos by Spc. Adam Simmler, 121st Public Affairs Detachment

I serve the people of the United States and I uphold the Army Values.

Nov. 1 and 2, the 286th Combat Support Sustainment Battalion held a Best Warrior Competition to gear up for the state competition in late March. Each soldier had to complete a strenuous 6 mile ruck march, a physical training test, land navigation, weapons qualification, and make a board appearance. These soldiers were all selected to represent their units, and 4 soldiers will be moving forward. Dec. 4 and 5, 5th Troop Command completed their battalion level competition.

## *286th Combat Support Sustainment Battalion*

Spc. Tyler Blakney, 488th Military Police Company  
Spc. Theodore Phadungthin, 152nd Component Repair Company  
Spc. Jeffrey Rossignol, 286th Combat Support Sustainment Battalion  
Sgt. Steven Pagels, 1136th Transportation Company  
Staff Sgt. Phillip Dow, 152nd Component Repair Company  
Sgt. Leah Badger, 286th Combat Support Sustainment Battalion  
Sgt Zachary Straubel, 488th Military Police Company

## *52nd Troop Command*

Private 1st Class Michael Cayia, 136th Engineering Company  
Spc. Jason Smith, 185th Engineer Support Company  
Spc. Stefan Emery, 251st Engineer Company (SAPPER)  
Spc. Anthony Plourde, 262 Engineer Company  
Spc. Melissa Weymouth, 52nd Troop Command

Sgt. Jeremy Tarpen, 136th Engineer Company  
Sgt. Christopher Edgecomb, 251st Engineer Company (SAPPER)  
Sgt. Theresa Rainey, 262nd Engineer Company  
Sgt. Angela Parady, 121st Public Affairs Detachment

Spc. Tyler Blakney and Staff Sgt. Phillip Dow were determined to be the winners for the 286th competition. Private 1st Class Jason Smith and Sgt. Christopher Edgecomb won for the 52nd. All four will advance to the state level competition which will be held in late March, along with those selected from the 521st CBRNE Enhanced Response Force Package, and Joint Force Headquarters.



# Maine Military Funeral Honors Program Recognized for Excellence by Governor

Story and Photos by Sgt. Angela Parady, 121st Public Affairs Detachment



***"Every day is unique, like a tumbleweed from the old wild west movies," said Jason. "You just don't know what way the wind will blow."***

Private 1st Class Jason Smith, along with 16 other members of the Maine Military Honors Funeral Program, was honored Wed, Dec. 4 with a luncheon at the Blaine House with Maine Governor Paul R. LePage, and First Lady Ann LePage.

The service members were invited to meet with the Governor to recognize the significance of completing the rendering of honors for 10,000 funerals in Maine since 2003, when the program first began. Smith, a construction engineer for the 262nd Engineer Company in Westbrook, enlisted in the National Guard just over a year ago. When he returned to Maine from basic training his platoon sergeant asked him if he might be interested in the Honor Guard program. What began as a part time job eight months ago has become

something Smith never wants to give up.

Smith currently resides in Springfield, and said he is rewarded with the leadership and training he receives as part of his role, making him ready to give 100 percent at all services, and always ready for anything.

"These men and women stand in all weather conditions, unable to break their composure for an hour or more to give honors to fallen soldiers and their family," said Smith. "We are often that family's lasting impression of their loved one, and we bear these conditions for them. These families are suffering. Their loved one is gone. To be able to give them a flag, with a few words of comfort in recognition for their loved ones service, is worth it all."

Smith said he felt the personal recognition from the Governor and First Lady helped give encouragement and bring visibility to the work of the men and women who volunteer their time for this program.

LePage thanked the service members for their admirable work, their dedication, and for representing the state

well during all of their events. He said Maine's profound dedication and service to the country means that Maine has a large population of veterans.

***"Our brave men and women, and their families have shouldered the price, and all too often the ultimate sacrifice is made," said LePage.***

"I have written too many letters of condolence to the families of the fallen. It is, by far, the most difficult part of my job. What I do hope families take from these words, however, is how deeply appreciative I am for their sacrifice. They have fought for us, and died for us, and it is our duty to show that we are grateful for all of our fallen heroes."

The Maine Military Honors Funeral Program also participates in community events, presentation of the colors at major league sports and school functions, and dedications for veterans, such as a 21 gun salute.



Lt. Col. Aaron King, hikes through Baffin Island, August 2011, in northern Canada's icy Nunavut region. The Inuits, an indigenous group in Canada, have traditionally but sparsely populated this remote island. For an island so close to the Arctic, Baffin Island offers extraordinary trails and views for experienced hikers. King along with several Maine Army National Guard Soldiers were selected to hike the unique Arctic trail along with a group of Canadian Soldiers. Staying fit through the year allowed him the ability to complete the grueling expedition, said King. (Photo by Sgt. 1st Class Pete Morrison, 121st Public Affairs Detachment)

## Improve your ruck march in just 4 months

Why would someone need to follow a specific program for something that seems so simple? It's necessary for adaptation. Your bones, connective tissue and muscles need to get used to the load you're carrying on your back.

If you do not follow a program, the body does not adapt properly and problems occur.

But if you follow this program, you can avoid that fate. Here's what you need to do:

1. Make sure your kit fits and that you are wearing it properly.
2. Do two marches per week — a slow march and a fast march — separated by two to three days. Monday and Friday would work.
3. Your pace for the slow march should allow you to hold a steady conversation through the march.
4. During your fast march, the pace should limit you to speaking in quick bursts, and you should be just out of breath the entire time. You should not be marching

as fast as you can — you have to build load-bearing capacity first.

5. Make sure you're getting at least eight hours of sleep and eating plenty of carbohydrates. No creatine or protein powder — just lots of organic carbs and water.

6. Wear uncushioned boots — cushion causes joint instability and will cause severe microtrauma and fatigue.

7. Do not alter the body weight percentages outlined in the accompanying chart. Stick to the plan.

8. Do not exceed 40 percent of your body weight.

9. After completing this plan, do one march per week with 40 percent of body weight for at least 10 miles to maintain your conditioning. High-repetition swings with a dumbbell will reduce this requirement.

16-week program  
Here's a chart that will take you through 16 weeks of twice-a-week ruck marches:

Week % of BW Miles Daily  
pace

1 20 5 Slow/fast

2 20 5 Fast/slow

3 25 5 Slow/fast

4 25 5 Fast/slow

5 30 5 Slow/fast

6 30 5 Fast/slow

7 35 5 Slow/fast

8 35 5 Fast/slow

9 40 5 Slow/fast

10 40 5 Fast/slow

11 40 6 Slow/fast

12 40 8 Slow/fast

13 40 10 Slow/fast

14 40 12 Slow/fast

15 40 14 Slow/fast

16 40 16 Slow/fast

Courtesy of the Army Times



### **More Reasons to Stay Guard...**

For those who qualify for contract extension, the Extend to Defend Program is a great reward opportunity. This retention program is only the most recent way the Maine Army National Guard supports its troops and encourages soldiers to continue to reach their potential. Unit leaders or recruiters are available to answer questions about qualifications. In addition to financial incentives, those who extend for three or six years also receive commemorative mementoes for themselves and their significant other (if married).

Extend to Defend Memento Packages are presented to extending soldiers at Drill Weekends after the necessary paperwork has been completed. Recently, packages have even been shipped off to extending, deployed Maine soldiers in Afghanistan with the 133rd Engineer Battalion. The backpacks, t-shirts and other mementoes are making their way across land and sea, to thank soldiers for re-committing to their dual mission of Community and Country service.

### **Recruiter of the Year**



Staff Sergeant Austin Churchill was named the 2013 Maine Recruiting & Retention NCO of the Year. Staff Sergeant Churchill was voluntarily reassigned from a recruiting area in Southern Maine to Northern Aroostook County at the beginning of fiscal year 2013. He quickly established himself in his assigned high schools and communities.

With Churchill's support, the High School ASVAB program in Northern Maine enjoyed great success, despite funding cuts. Churchill was instrumental in establishing a store-front recruiting office in Presque Isle, and this new location vastly improved the visibility of the Maine Army National Guard in Aroostook County. Churchill achieved a dominant market share, as he enlisted 42% of those joining all branches of the military from his assigned area. He achieved 191% of his assigned recruiting mission for fiscal year 2013 and shipped 91% to IADT.

This honor is given to the RRNCO with the greatest overall contribution to the State's recruiting and retention mission. Churchill's support of the Recruit Sustainment Program contributed to the State of Maine's high ranking in the national metrics. Churchill's outstanding performance and dedication to duty contributed greatly to the State of Maine's success in meeting its end-strength goal.

# 7 Ways to Keep Your Family Fit Through the Holiday Season

**"Health and cheerfulness naturally beget each other." -- Joseph Addison**

I love the holiday season. It's the perfect time to give some extra love and attention to the people we care about. It's the time when kind wishes are abundantly flying around and homes are being warmed by families and friends who gather for meaningful conversations and good food.

Interestingly enough, there always seems to be some tension between "spending good times" and staying healthy and happy. This is ever so visible during those first weeks of the new year when many people feel rather depressed, while we actually have all the ingredients there to kick-start into the new year.

So how do we start using

that opportunity to its fullest? The key is beautifully wrapped in Joseph Addison's quote: if we stay healthy, we will also stay happy. Sounds simple, but we all know it's pretty challenging when our tables are set with large quantities of delicious snacks and meals.

1. Fill the house with healthy snacks

You can't fire a weapon without bullets. If the majority of food in your cabinet and refrigerator consists of healthy whole grain breads, all-natural meats and cheeses, fruits and vegetables, and all-natural juices, it's going to be pretty difficult to ingest sugars and carbohydrates that cause unhealthy spikes in blood sugar which increase the chances of binge eating.

2. Enjoy what you eat (and limit your food intake)

Did you know that it takes

about 20 minutes for your stomach to tell your brain that you're full? Taking the time to really taste what you are eating will thus not only help you to limit your food intake, it will also help you to enjoy your food more. How? Feel the structure of your food, feel how your teeth need to work to chew it and determine its taste: is it sour, salty, bitter or sweet? Also make a note to yourself whether the taste is pleasant, unpleasant or neutral. Your kids will love doing this as well. Ask them questions like: Can they describe what their food taste like? How many times do they need to chew if they want to make it really really tiny? How do they feel their stomach is full?

3. Help your kids to make healthier choices (and control their portions)

Don't let your kids pick up their own plates at family and social gatherings, but

guide them so they can make healthier choices. Kids mostly reach for things that are sweet like cakes, pies, rice and sweet potatoes. It is imperative that you, as the parents, help kids make smart, healthy choices on what to put on their plates. Kids also have a tendency for their eyes to be bigger than their stomachs. They put way too much food on their plate at one time and end up dumping the rest of it in the trash. Helping children understand and appreciate food will lead to better eating habits.

4. Observe the what, when, why and how methodology of eating

Each question plays a pivotal role in the amount of weight gained during the holiday season. Keep a string focus on the "what" and "when." Meals should be consumed early, with the majority of calories being consumed during the morning meal

because that's when our bodies need energy for the rest of the day.

5. Spend time outside: enjoy nature and give your body some exercise!

Set rest breaks from just being in the house, television, gaming and gadgetry in the form of bodily exercise. Whether it's going outside for a walk, bike ride, throwing a Frisbee or football around, make sure you and your kids get at least 1-2 hours full body activity a day. Exercise has a positive side effect of increasing serotonin levels and endorphins. These chemicals help to improve mood and affect, which can lead to fewer periods of depression and emotional eating.

6. Limit the amount of processed foods

Try to eliminate processed foods from the equation.

These guys carry chemicals that slow the body's natural digestive system and this in turn lowers the metabolism. You feel sluggish because your body is caught in a chemical fire fight from within, not knowing how to break down foods properly. The only option it has is to store the extra calories as fat.

7. Make cooking itself FAMILY TIME!

The process of cooking is such a great moment to work together as a family. So, have your kids join in on cooking: peeling potatoes, shucking corn and popping string beans can go a long way. Not to mention it's exercise. You can also have your kids make some table decorations In any case: save the canned stuff for the summer. This is the seasons to have the family go "all in" as a team!

*from the Huffington Post*

# YOUR MONEY MATTERS

## MAKING A BUDGET

### 10 steps to making a financial budget

#### 1. Budgets are a necessary evil.

They're the only practical way to get a grip on your spending - and to make sure your money is being used the way you want it to be used.

#### 2. Creating a budget generally requires three steps.

- Identify how you're spending money now.
- Evaluate your current spending and set goals that take into account your long-term financial objectives.
- Track your spending to make sure it stays within those guidelines.

#### 3. Use software to save grief.

If you use a personal-finance program such as Quicken or Microsoft Money, the built-in budget-making tools can create your budget for you.

#### 4. Don't drive yourself nuts.

One drawback of monitoring your spending by computer is that it encourages overzealous attention to detail. Once you determine which categories of spending can and should be cut (or expanded), concentrate on those categories and worry less about other aspects of your spending.

#### 5. Watch out for cash leakage.

If withdrawals from the ATM machine evaporate from your pocket without apparent explanation, it's time to keep better records. In general, if you find yourself returning to the ATM more than once a

week or so, you need to examine where that cash is going.

#### 6. Spending beyond your limits is dangerous.

But if you do, you've got plenty of company. Government figures show that many households with total income of \$50,000 or less are spending more than they bring in. This doesn't make you an automatic candidate for bankruptcy - but it's definitely a sign you need to make some serious spending cuts.

#### 7. Beware of luxuries dressed up as necessities.

If your income doesn't cover your costs, then some of your spending is probably for luxuries - even if you've been considering them to be filling a real need.

#### 8. Tithe yourself.

Aim to spend no more than 90% of your income. That way, you'll have the other 10% left to save for your big-picture items.

#### 9. Don't count on windfalls.

When projecting the amount of money you can live on, don't include dollars that you can't be sure you'll receive, such as year-end bonuses, tax refunds or investment gains.

#### 10. Beware of spending creep.

As your annual income climbs from raises, promotions and smart investing, don't start spending for luxuries until you're sure that you're staying ahead of inflation. It's better to use those income increases as an excuse to save more.

Military OneSource Consultants provide information and make referrals on a wide range of issues, including personal financial management. Free face-to-face counseling sessions (and their equivalent by phone or online) are also available. Call 1-800-342-9647 or go to [www.militaryonesource.mil](http://www.militaryonesource.mil) to learn more.

VeteransPlus provides free, confidential financial education counseling to service members and veterans. Their resources can help you better manage your finances, get control of any debt that you may have and learn how to save and invest for your future. For more information: [www.veteransplus.org](http://www.veteransplus.org) or call 888-488-8767.

# YOUR MONEY MATTERS

## MANAGING HOLIDAY SPENDING

**The average American spends more than \$1,000 during the holiday season. And much of that spending is on credit cards, which means that many people face big bills in the New Year.**

The key to keeping holiday spending (or almost any other kind of spending!) under control is planning and sticking to a budget.

By planning your holiday spending carefully, you can save money and still keep the holidays happy.

Ways to spend less.

Many people blow their holiday budgets because they get carried away by the excitement of the season. Try to focus on the true spirit of the season rather than the more commercial aspects. Also, don't give in to pressure to give expensive gifts. The best gifts are those chosen with an eye toward what's personal and meaningful to the recipient, and they don't

have to cost a lot.

Here are some more ways to save money during the holidays:

- Set expectations with friends and family. If you're worried about your finances this holiday season, talk about it with friends and family. They might be just as relieved as you are to set limits on spending or skip gift-giving entirely. This is especially important for children, who often have unrealistic expectations about gifts and don't fully understand the costs.

- Look for ways to cut back on the number of gifts you buy. There are many ways to shorten your gift list. If you have a large family or group of friends, ask if they'd like to draw names out of a hat and give one gift per person. Or give family gifts rather than individual gifts.

- Consider homemade gifts. Many heartfelt, thoughtful gifts don't come with a sales receipt. You could cook some treats; put together a photo album; make a themed gift basket full of smaller items, like tea, paperback books or gardening tools; or make

homemade certificates for child care, cleaning, providing a heat-and-eat dinner for the family, etc.

- Make a shopping plan. Don't head out to the mall without a specific list of gift ideas. This is how you end up spending more than you budgeted for. Develop a list before you even set foot in a store.

- Look for bargains. Buying several gifts from one catalog or website helps save on shipping, or better yet, look for sites that offer free shipping. Also, at large chain discount stores, you can get quality, brand-name items at a fraction of their retail cost. You can also save on websites that provide deeply discounted limited-time special offers on dining and other services and products.

- Brainstorm for ways to cut entertaining costs. For example, invite friends and neighbors over for a cookie swap rather than baking batches to give away. Or host "potluck" holiday meals with friends or family instead of supplying all the food yourself.

- Make careful travel plans. If your holiday plans include a trip, thoroughly investigate

your options as early as possible.

- Keep it simple. Focus on enjoying the simple pleasures of the holiday season, like spending time with friends and family or taking a walk with a to-go mug of hot chocolate to see the holiday decorations in your neighborhood. Take a driving tour of best-decorated houses in your area. These kinds of activities often capture the spirit of the season better than expensive gifts or elaborate celebrations.

- Use your credit card wisely. Finally, think before you use your credit card to pay for holiday expenses. Don't use it unless you know you can pay it off right away. Remember, by buying a sweater on sale with a credit card but only making the minimum monthly payments on the card, you could end up paying double the sweater's sale price.

A Happy New Year does not start with huge credit card bills!

Information courtesy of  
Military OneSource



## ***Season's Greetings***

*During this holiday season, we want to say thank you to all of our soldiers around the world and in our great nation, and those that are there to support them while they do the tough missions they've been asked to do; their families.*

*Family is very important to us. We have been in the guard since 1986. We also have two sons in the guard, a captain and a pfc serving in the Oregon National Guard.*

*We know we can't do what we do without the support of our families. So we know you cant do what you asked to do without the support of your families.*

*So this holiday season we want you to say thanks for each other. Have a joyous holiday season, and come back to us safe, so you can be always ready, always there.*

*Happy Holidays.*

*Command Sergeant Major Army National Guard and Mrs. Brunk Conley*

*10th Command Sergeant Major of the Army National Guard*



# NCO's in the Business World

*This article is from Forbes Magazine and is by Col. David Sutherland (Ret.), who commanded a combat brigade in Iraq, has served as special assistant to the chairman of the Joint Chiefs of Staff, and is co-founder and chairman of Dixon Center for Military and Veterans Community Services, an enterprise of Easter Seals Easter Seals.*

When I speak to corporate leaders I explain that the difference between a master sergeant and an MBA is that the master sergeant has been doing it for 20 years.

Companies that hire MBAs planned to take on an average of 14.6 of them in 2013, up from 11.4 in 2012, according to a Graduate Management Admission Council survey of corporate recruiters. But why do consulting firms, financial

service corporations, and energy giants look to hire more than 100,000 newly-minted MBAs when more than 1,000 soldiers leave the military every day and bring as good, if not better, skills to the table?

The GMAC survey said that U.S.-based companies planning to hire MBAs are focused on both growth and efficiency. But you won't find anyone more qualified and with more experience than a non-commissioned officer. These are senior enlisted personnel, truly the backbone of the U.S. military, including master sergeants and chief petty officers, and they typically have a minimum of eight years of experience under their belt. NCOs know how to problem-solve, under deadlines and often in the throes of crises. They have managed large teams of varying ages and skills while

ensuring that multi-million dollar equipment stays in fighting order.

Here's what NCOs bring to a business through hard-fought experience:

- As an extension of senior leaders, they ensure that the job gets done. An NCO ensures that the officer's commands are carried out correctly. My brigade command sergeant major in Iraq, Don Felt, expanded my decision-making ability and command in the field. He got the job done before he was ever told to do so.

- They are a vital link between top leadership and the factory floor. Regardless of the commander's physical location, the NCO makes sure work is done to the standards prescribed and that resources are available.

A master sergeant holds

responsibility for thousands of people and serves as an essential mentor. How many recently graduated MBAs can say as much?

- They ensure a solutions-driven approach. The NCO serves as a senior adviser to the commander, determining the causes of the obstacles between the present problem and the desired outcome. The NCO then comes up with the solution to achieve the desired result. I have witnessed NCOs in Iraq and Afghanistan, including the sergeant for whom my nonprofit is named, uncovering intelligence and taking action to protect the force. Often this means putting themselves at risk, saving another's life while giving their own. What other employee in the world guarantees their job with their life? And what CEO wouldn't prize a manager

with such critical thinking and loyalty?

- They provide feedback that translates into opportunities. The dreaded annual performance review in the private sector is an everyday responsibility for an NCO, who is responsible for developing subordinates to take his or her place on the battlefield. NCOs are the ones who develop the bench of future on-the-ground leaders.

- They are motivated by incentives beyond money and instill the same motivation in others. In both the private sector and in the Army, gone are the days of bonuses or performance-based compensation. What, then, motivates a person to show up for work? In the military, it's a commitment to the team and a loyalty that has been ingrained in the organization by the

NCO. Regardless of the means, the NCO knows how to boost morale beyond monetary compensation.

***The Army NCO creed begins with the line, "No one is more professional than I."***

It's not just talk. It's living. To all hiring managers considering an MBA, I ask that you consider an NCO. Don't fall into the trap of tossing aside a résumé because the service member lacks the pedigree of an MBA. There is a powerful case for hiring NCOs like CSM Felt. And there is no better day to start than today.

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