



**GUARDME**

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# The Adjutant General

Brigadier General James D. Campbell assumed duties as the 39th Adjutant General of the Maine National Guard & Commissioner of the Maine Department of Defense, Veterans, and Emergency Management on August 11, 2012. General Campbell was commissioned as an Army Infantry Officer through the University of Maine ROTC program upon graduation from Colby College in 1986. General Campbell was the Officer Distinguished Honor Graduate of his US Army Ranger School class, and served in several Infantry command and staff positions in Hawaii and Germany.

His final assignment before joining the Maine Army National Guard in 1995, was as an Assistant Professor of Military Science at the Massachusetts Institute of Technology. After joining the Maine Army National Guard, General Campbell served in a variety of assignments, including command of Company B, 3rd Battalion 172nd Infantry Regiment (Mountain), and command of the 11th Civil Support Team (WMD) from 2003 to 2005.

He subsequently served as a senior plans officer for the Combined Joint Special Operations Task Force-Afghanistan. In 2007, General Campbell was assigned as the Deputy Director of Operations for the Maine Army National Guard, and then served as Brigade Executive Officer at the 52d Troop Command. In 2011 he was selected to serve as the Deputy Chief, Operations Plans Division, US Central Command at MacDill Air Force Base in Tampa, Florida. General Campbell is a qualified 59A, Army Strategist, and has a Ph.D. in British History from the University of Maine, Orono.



*"I am grateful for the chance to serve the citizens of Maine in this important role, and am confident that the Soldiers, Airmen and civilians of the Department are more than prepared to continue our traditions of excellence,"*  
*-Brig. Gen. James Campbell, Sept 7 2012*

# From the Command Sgt. Major



Soldiers,

As your State Command Sergeant Major know that I am here to help you discharge your duties and responsibilities effectively. My priorities are straight forward and I expect all of you to support the Command as we will support you. With that we will continue to develop and maintain the great reputation of the Maine Army National Guard. I fully understand the numerous duties and responsibilities that we are all tasked with in today's times. With your knowledge, I expect each of you to uphold and enforce standards. I expect you to seek out problem areas and take corrective action, instill discipline, and set the example by being a doer as well as an advisor to those that you impact.

Leadership is the key to maintaining esprit de corps and discipline, focusing on areas of dress, military bearing, and conduct of enlisted members in the organization. I expect our leaders to develop programs that help troops prepare for the Warrior Leader Course and other leader developing schools. To ensure the proper development of our junior NCOs and young Soldiers, we must foster a non-threatening environment that allows them to learn and grow.

Training is the most important action our units undertake. As trainers in our organization, you must be fully involved on all aspects of training; this includes planning, coordinating, executing and inspecting. We must enforce high standards within the NCO Corps for our Soldiers' training. We will develop and execute strategies to improve our overall APFT, MOSQ, Weapons Qualification, and Warrior Tasks. These areas are critical to our continued success not only during times of peace, but survivability during times of war.

Safety is an area that is vital to me. I expect you to make strict enforcement of safety procedures a personal interest as well. I expect you will have zero tolerance in this critical area. Off-duty vehicle accidents kill too many Soldiers. Leaders need to get involved. Let's work together to keep our Soldiers alive.

NCO Initiative is why we as American Soldiers stand among the best. We must ensure our NCO's understand they have the freedom to use their own initiative in decision making, training, and other aspects of duties. Tempered with our own experience, they will become credible leaders when they know and understand the commander's intent and have the necessary tools and resources.

I consider every Soldier my eyes and ears, and you will be the Soldiers in the organization who will be able to influence change. I expect you to offer your advice, guidance, and counsel on a regular basis. I expect you to keep me informed on what is going on, both good and bad, and to be honest with me all times, as I will be with you.

Bayonets, Forward!  
RICHARD L. HANNIBAL  
State Command Sergeant Major

## The Chaplain's Word

*A man went into the Doctor's office. "Doc, I broke my leg in two places; what should I do?" The Doctor replied, "Never go to those two places again."*

*Even when we have bad experiences, sometimes we keep going back there out of habit. Habits don't feel like habits all the time, but often they control us rather than our controlling them. Because of the wars overseas, we have gotten into the habit of constantly training for mobilization. This is not a bad thing, for we have consistently sent excellent units and excellent troops into the fray and have had incredible successes.*

*However, when emphasis is placed in one area, others now fall behind. All of our Maine Religious Support Teams (RSTs) have gone well beyond the call to support the men and women of the Guard and their families over the last 12 years. Countless hours have been spent counseling, training, supporting, and answering midnight calls. Now our RSTs are resetting to meet the future needs of the Maine Guard. We will be returning to more training in our or job field and we will be returning to a more regular Armory circulation during Drill and during ATs. We started out on Friday, September 6th by joining together to conduct joint training with our Air Guard brothers and sisters.*

*As any good training day, we started with NCO lead PT, and then we had training and discussion in such varied topics as Religious Accommodation, the overturning of the Defense of Marriage Act and what it means to the chaplaincy, how we as spiritual leaders can provide the most comprehensive support in the coming years of financial austerity, and how we can best provide for all of the needs of our respective flocks.*

*It was a great day, and I can tell you that you can be proud of your Chaplains and Chaplain Assistants, and that each and every one will go the extra mile to help you get where you need to be.*

*God Bless You,  
CH Andy Gibson  
Joint Forces, Headquarters – Maine  
Chaplain*



# Maine Unit Recognized for Valor

Story by Sgt. Angela Parady, photos courtesy of Staff Sgt. Nathaniel McCray

Between April 1 and August 31 of 2010, the 3rd Brigade Combat Team, 101st Airborne Division conducted combat operations in support of Operation Enduring Freedom in the Ghazni, Paktua, Paktika and Khowst Provinces in Eastern Afghanistan. The units that deployed with the 101st are being recognized for their actions, and their ability to go beyond the call of duty during that five month period.

Bravo Company, 3rd Battalion, 172nd Infantry Regiment (Mountain), Maine Army National Guard is one of the units that served under the 101st during that time period. At a ceremony at the Brewer Armory, Sunday Sept. 9, the soldiers were officially recognized for their role in earning the Valorous Unit Award, the second highest unit decoration that a U.S.

The Valorous Unit Award is a prestigious recognition of extraordinary heroism in action against an armed enemy of the U.S. while engaged in military operations involving conflict with an opposing foreign force. A caveat to this is that the unit must have done this while under difficult and hazardous conditions in accomplishing its mission. Brig. Gen. James Campbell, The Adjutant General for Maine emphasized the importance of this award during the ceremony.

"The Valorous Unit Award is given to an organization that performs activities in combat that would earn an individual a Silver Star," he said. "The company is the first unit in the Maine National Guard to ever get this award."

from 1996-1998 as his first significant assignment in the Maine Army National Guard, and they have since held a special place in his heart.

*"Bravo Company has matured since its inception in the mid 1980's," he said. "They bring a unique mountain warfare capability to the fight."*

Staff Sgt. Nathaniel McCray deployed with Bravo Company during that time. The infantryman, from Augusta, and about 150 soldiers from the Maine Army National Guard occupied a small combat outpost in the Paktika province, between 200 and 400 meters from the Pakistan border.

The company was located on a major supply route that connected some of the major cities in Pakistan to Kabul.

"We were strategically placed there to disrupt any major supply routes and to disrupt any fighters coming from Pakistan, who were trying to bring any arms, munitions or personnel through the area" said McCray. "The enemies were trying to get to Kabul so they could continue to disrupt the American and the International Security

Assistance Force that were trying to conduct business there, we acted as a roadblock."

Capt. Paul Bosse served as the Bravo Company commander during their time in Afghanistan. The remote location they operated in meant longer days for the soldiers, and very little downtime.

"We were out in the battle space on a daily basis, not just running patrols from the combat outpost, but we were actually running an observation post that was really austere and could come under attack at any time," said Bosse, a native of Auburn.

The soldiers worked on a rotating schedule where they spent two weeks at the combat outpost, then two weeks guarding the observation tower, and then rotated to the mission platoon that conducted operations in the area on a daily basis.

"They never really had any downtime so to speak," he said. "They earned this award, every bit as much as any other company."

McCray said he is proud to be part of a company that earned this award, not just because of its reflection on the unit, but because it was earned as a collective group effort.

"I think it is absolutely outstanding, there is no greater award than a unit award," said McCray. "You can get awards, a lot of

people do great things and get awarded for their individual efforts, but to be awarded the Valorous Unit Award for working together as a team and accomplishing a mission as a team, is so much more rewarding. When we deploy, we aren't doing things for ourselves, but for everyone else that is with us, our teammates. Its very rewarding, and just a great feeling to know that we not only did what we were

but he sincerely hopes that everyone hears about this award. He said he is very thankful that these men are being formally recognized for something he knew all along.

"I feel like I deployed with a really strong team, and this award is just them being recognized by the Army, and our country for something that I knew already," said Bosse. "They were a valorous unit and they fought every bit as hard if not



supposed to do, but we did it extraordinarily and as a team and now everyone gets to reap the benefits of it, not just one person. "

Bosse said he is very proud of the soldiers he served with. New soldiers have come into the unit, others have changed units or left the National Guard,

harder than their active duty counterparts. I think that the people of Maine should be really proud of the group of guys that went to serve in 2010 in Dand Wa Patan, Afghanistan."





***The 133rd Engineering Battalion  
Receives a Hero's Send Off as  
they set off for Afghanistan,  
Portland Exposition Building,  
August 10, 2013.***



# Training Center Keeps Maine Money in State

Story and Photos by Sgt. Angela Parady



Soldiers from Maine and New York are learning how to build a house, from the cement foundation, to the shingles on the roof. Not only are the students being tested, but the instructors themselves are being graded. If the instructors are successful, more classes can be brought to this state of the art facility, bringing more money to the local economy, and keeping Maine Guard soldiers closer to home.

The Regional Training Institute located in Bangor, Maine was completed in October 2012. It has the ability to house nearly 100

students. Currently, the carpentry and masonry courses which are U.S. Army Training and Doctrine Command courses, as well as combat medic classes and combat lifesaver courses are being taught there.

"TRADOC is the higher headquarters for any accredited training school," said Master Sgt. Anthony Romano, course manager at the school. "In the army there is a lot of horsepower behind TRADOC. The biggest thing is, it takes time. It takes strategic vision to see where the state is going, to see what we are going need. People need to understand our mission, we are a federal facility that's primary mission is to train soldiers in qualifying schools."

Spc. Rachel Ellis, unit administrator for the 136th Engineering Company in Skowhegan is attending the carpentry and masonry course because she couldn't get into the same school elsewhere in order to get her qualified for her new job with the engineers.

The Newport resident is happy learning more about the how-tos of what her coworkers do on a daily basis, and more importantly, the school is close to home. Instead of being away

from her family and loved ones, she is able to sleep in her own bed at night and commutes to class. In addition to the skills she is learning, she said she is just amazed at the quality of the building.

"This is a huge new facility" said Ellis. *"It's going to give a lot of people jobs, which we need here in Maine.* Not just National Guard people, but cooks, cleaning people, audio visual people. It is going to open doors for the Guardsmen as well, instructors, full-time staff for the building, there are just a lot of opportunities right here. It will also save the Maine National Guard money too, I think. There has to be a lot of benefit to sending soldiers to school here, rather than out of the state, which is what we typically do."

Getting the school accredited has been a lengthy process. It is no longer just a quick process as TRADOC wants to make sure that soldiers are receiving the highest quality of training possible. There is no difference for active duty, National Guard or Reserve components. It is all one standard.

Romano, who lives in Sanford, said that in order for the school to be accredited they are graded in three categories, conduct training, training support, and proponent functions. Romano and the rest of the staff at the RTI are hopeful that the course will earn the facility accreditation. It doesn't matter what course they start with, just so long as they have qualified instructors, a facility to instruct in, and a need for the course.

This course was selected because of the availability of qualified soldiers who have the skill and could become certified instructors. The engineering battalions support the state in a variety of ways, and getting more soldiers qualified to work in this field, helps Maine maintain its capability to respond in domestic and international emergencies, said Romano.

These soldiers have responded to floods, ice storms, hurricanes, every major emergency on the east coast. Not only that, but engineers build things. They help maintain the training sites that all of the units in the state use. They maintain the buildings that they use. That ability to do stuff saves the state money, its crucial to

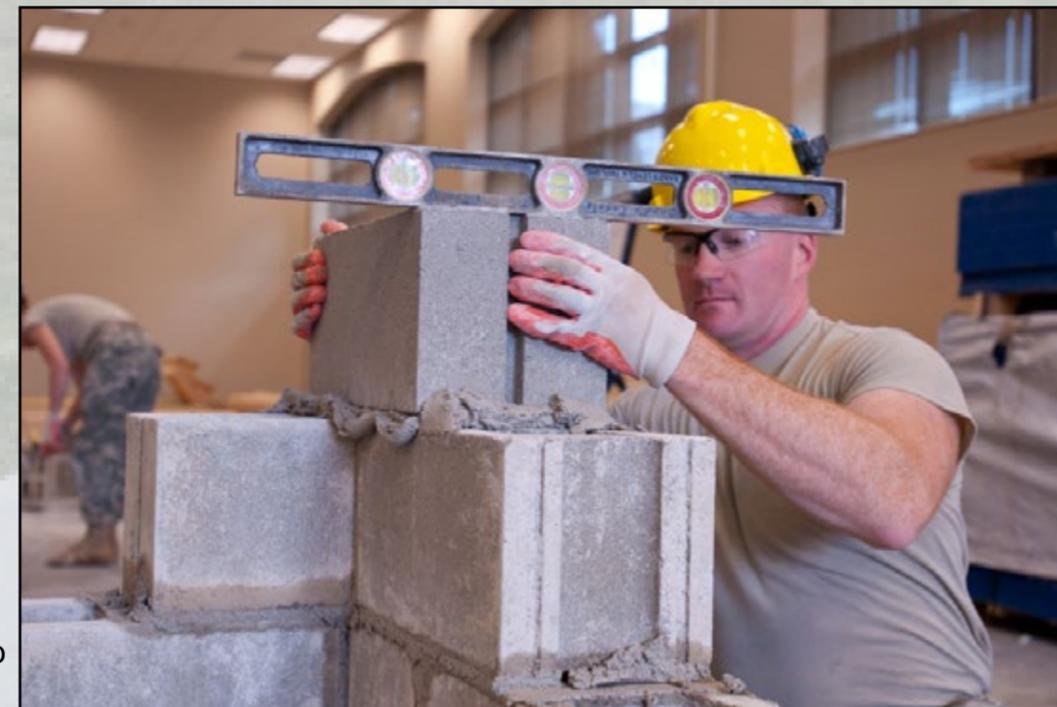
maintaining their skills. They also work on civilian property, helping local towns with parks and schools, he said.

"Accreditation is what brings the Army Training Requirements and Resources System approved schools to the facility, that's how you get your funding. You have to get your foot in the door with a course. It doesn't matter what course, just a course. Then you can start getting more courses. With the courses, comes the funding. Funding for instructors, for course material, and that course material is purchased locally so it pumps money back into the Maine economy."

For Maine, it's a win-win situation. The state is

able to save money on the transportation costs to get soldiers training. We are able to offer better in-state training opportunities, and we can hire soldiers to teach the courses. Not only that, but the effects spread to the local economy, much like having a small military base here, said Romano.

"We become an economic engine," he said. "The airplanes coming into Bangor have a few more people, a few more seats on planes coming into Bangor, then taxi services, shuttle services, people going out to eat, buying on the local economy. Anytime we can stimulate local economies, it's good for everyone. "



# Police Family Welcome Soldier Home

Story and Photos by Sgt. Angela Parady

The Augusta Police Department is happy to be welcoming one of their own investigative patrol officers and the commander of the 488th Military Police Company back to work Monday morning after a year-long deployment to Afghanistan with the Maine Army National Guard.

Capt. Eric Dos Santos, said he felt like a kid on the first day of school, as he was greeted with hugs and welcoming smiles as he returned to his office. Jared Mills, Deputy Chief of the Augusta Police Department removed the blue star from the Augusta Police Department sign and gave it to Dos Santos and his family. The star was hung in December as a symbol of unity with the deployed servicemember who is also part of the police department family.

Sgt. Christian Behr, a patrol officer for Augusta and retired Maine Army National Guard soldier, said that hanging the star outside was their way of saying, that similar to the mind-set of the military, it is family first and then everything else.

"The family orientation of the blue star is in line with

the fact that we try to adhere to a rule of family first," said Behr, who lives in Winthrop. "We have many people who have served that work here now, and have been deployed. It is a cooperative effort between the city of Augusta, and the Guard."

Dos Santos, who is a resident of Augusta, said that knowing the department was supportive of him, gave him added reassurance during his time overseas.

"To me it reaffirmed that this isn't just a place to work, it is a community within a community," said Dos Santos about the blue star. "These are men and women I can rely on, I can trust. If I have an issue at home, even though I am away, I need taken care of, they can help too. It made me feel more comfortable being away knowing that I had all my brothers and sisters here to help me."

Similarly, knowing he had a job waiting for him, one that was very accommodating to his service also helped ease some of the transitional stress as he returned stateside.

"Knowing that you have stable employment when you

return is very reassuring for you and for your family," he said. "I knew there would be



no change. This is actually my second deployment since I have been with Augusta, so they have now put up with two tours in Afghanistan, and they aren't fatiguing at all. They have been fantastic, very supportive."

While it is a legal requirement that an employer hold your job while you serve military time, it is not always easy for the employee or

the employer to fulfill that obligation.

Behr was Dos Santos' 1st Sgt. when the 286th Combat Sustainment Battalion deployed to Afghanistan in 2009, and is familiar with how the city departments and the Guard work together. He said that in recent years, with more and more National Guard soldiers deploying, employers have become more familiar with the process and the system.

"It was an older model of thinking that if I hire this person they may leave," said Behr about hiring soldiers. "Today, especially since Sept. 11, it is just a way of doing business. It is expected that today that will happen. The person working for you could possibly be taken away from you for deployment or training purposes."

However, as deployments for the National Guard became more frequent, the public education about the rights of servicemembers became much more talked about, said Behr.

"There is also more education these days in the rules governing the rights of servicemembers and how that is applied at work," said Behr. "So over the lessons learned and education and experience with doing this for 12 years, we have gotten better at it."

For the police department, the experience the men and women bring back, is invaluable.

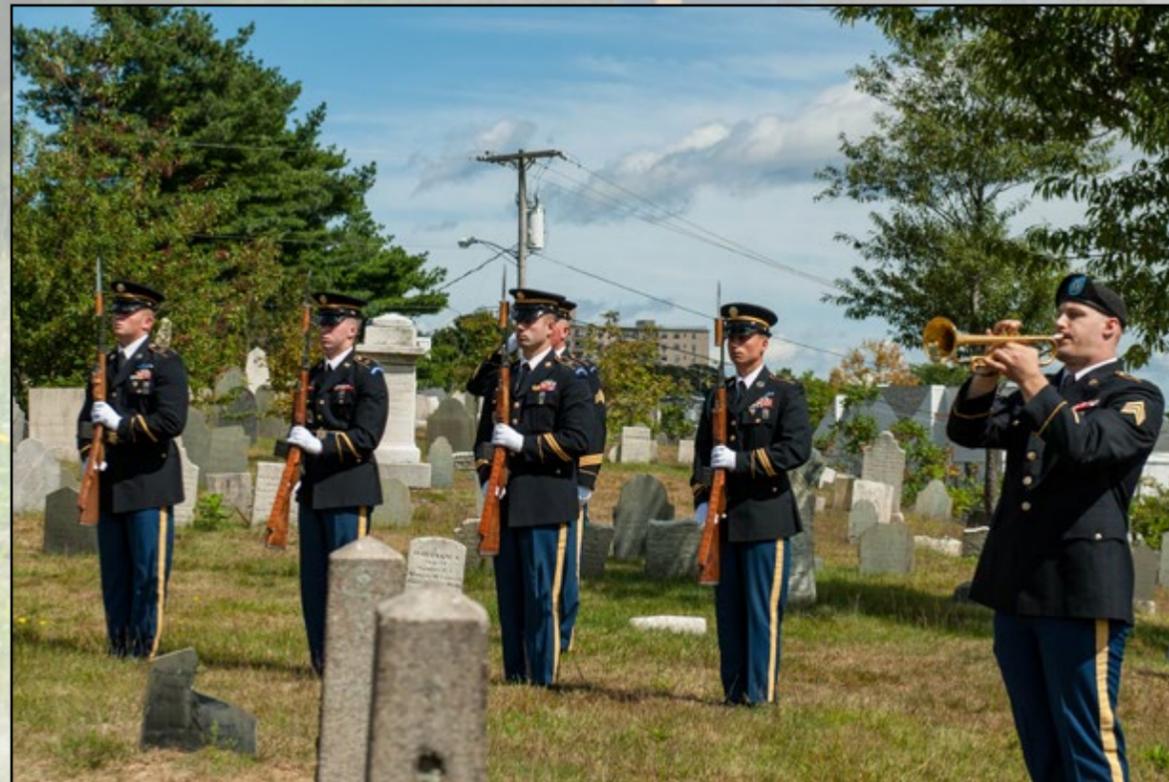
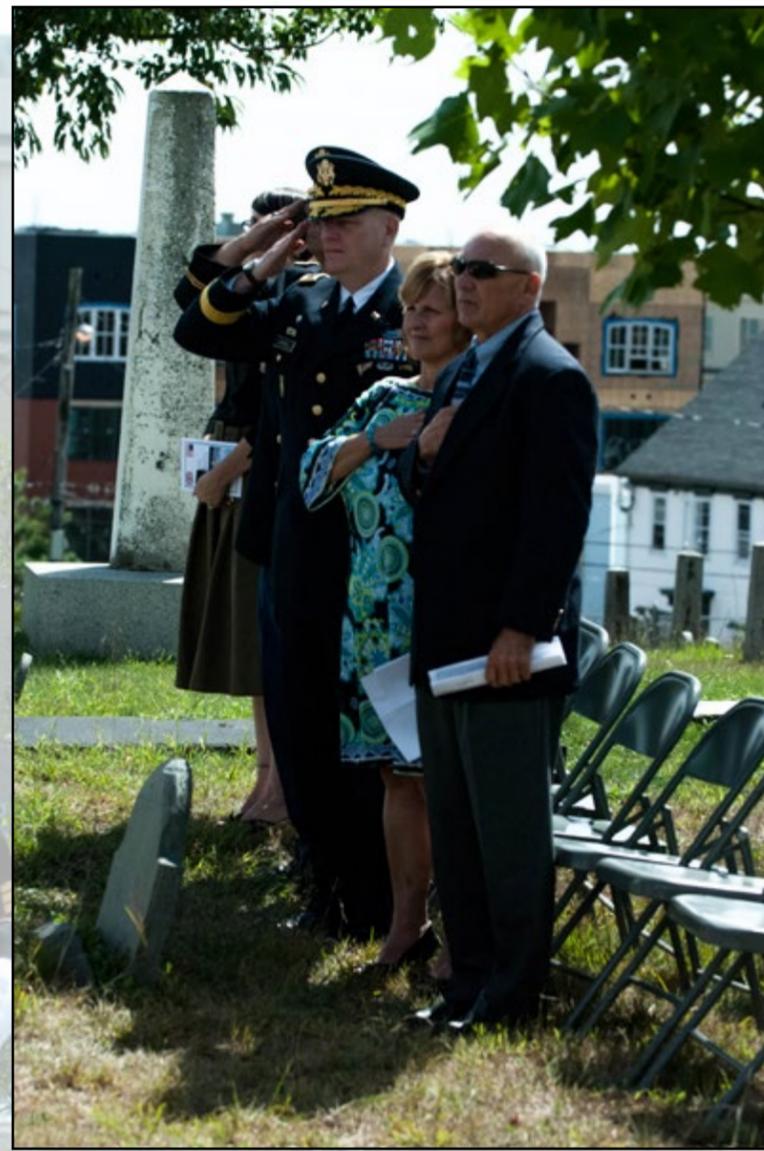
"They bring a level of maturity," said Behr. "Going to a deployment zone, or a hostile fire danger area can really open your mind to some of the realities of the

world. Officers that have that experience will sometimes be able to impart to the younger officers, the living conditions of where they were deployed, and what they have seen."

When they come back to Augusta, or any city for that matter, there may be some areas that aren't as developed as other areas, but now they know it's not the worst conditions either. They can share that information with those officers who haven't seen actual poverty or poor conditions, said Behr. Dos Santos said he agreed. He and his soldiers came back more mature and more responsible.

"They have a broader set of life experiences that they can draw upon when making decisions for their employers," said Dos Santos. "It is not that we bring back an acquired skill that we can teach others, our skills are intangible. But our experience, our broadened horizons, these are valuable and we need to share them and have them recognized."

***On the 200th anniversary of the battle between the USS Enterprise and the HMS Boxer, Maine Governor Paul LePage signed a proclamation naming Sept. 5, 2013 as HMS Boxer and USS Enterprise Day.***





***3rd Battalion  
142nd Aviation Regiment  
flying high in Bangor***



# Maine Aviation Regiment Always Ready

Story and Photos by Sgt. Angela Parady



Maine Army National Guard Soldiers with 3rd Battalion, 142nd Aviation Regiment conducted multi-ship and sling load operations training in Bangor Saturday, Sept. 14.

A multi-ship flight is two or more aircraft flying together in a formation, and sling loading is attaching heavy

equipment to the aircraft for transport. Both are necessary tools for today's military and National Guard objectives.

"Anytime you are flying overseas now, it's a multi-ship mission," said Chief Warrant Officer 2 Eric Willett. "Just for security purposes, if one goes down, you have

another one there. For air assault purposes, you want to get the maximum number of troops to the landing zone in the shortest amount of time possible, so you go together, instead of as one."

Pilots and crew chiefs from the 142nd use training time, such as drill weekend to prepare themselves should they be called upon to serve their state, or country. The 142nd is trained to conduct missions for air assaults, air movement operations, transport, and response to state and local disasters.

They also utilize additional flight training periods throughout the week because of all of the training objectives the flight crews have to meet. Drill periods are typically reserved for training specific tasks and maintaining unit readiness.

"We proceeded to do sling loads, which consisted of hooking up to a 4000 pound block and then flying around for a bit to get used to it, and get comfortable with the weight," said Willett. "The sling load is used to move equipment or fuel or anything like that from one point to another, through the air, rather than on the ground, a lot quicker, a lot safer."

1st Lt. Peter LaVay said that

a number of things have to happen for a successful sling load.

"The flight crews need to make sure that the helicopter has the power to lift the load and that it meets weight and balance requirements," he said. "We also need to run tests with the cargo hook in the helicopter to make sure it can transport the load. The sling load then has to be hooked up and certified air worthy by the crew chiefs. There is a lot of planning and attention to detail that must be met before we can actually lift the load."

Sling loads are often called upon to transport heavy equipment to difficult terrain, and quickly. They can also be put into play using bambi buckets, specialized canvas buckets developed to hold between 72 to 2,600 gallons water and attach to helicopters for aerial firefighting in order to respond to state and local emergencies.

Willett, who served in the Maine Army National Guard's 152nd Field Artillery Battalion before it disbanded in 2006, said that he enjoys the camaraderie and teamwork he finds within the aviation unit.

"It's a great group of guys," he said. The additional flight periods they have to satisfy in order to stay current means they are working more than just one weekend

a month, two weeks a year. "We work hard, we train hard, and we get each other. It's what happens when you spend a lot of time together."



# Sapper STAKES Solidifies Skills

Story and Photos by Spc. Adam Simmler

The robot's arm extends slowly toward the unidentified object, lining up its gripper claw to pick up the golf ball sized explosive. With one last adjustment, the gripper closes, lifting the object out of the sand and securing it for travel.



Pvt. 1st Class Christopher Ardaudin from Saco, Maine, a combat engineer with the 251st Engineer Company, is takes his turn on the robotics obstacle course at the unit's annual "Sapper Stakes" Saturday, Sept. 7 at Mount Apatite in Auburn.

"Sapper Stakes is a competition that promotes squad cohesion, esprit de corps, and it's based on things we've been training on over the past year," explains Sgt. Christopher Edgecomb, a combat engineer with the unit and a supervisor for the competition.

During the three-day competition, which kicked off Friday, Sept. 7, squads from three platoons are going head to head in a range of events to test their knowledge and proficiency on skills they've been learning all year. The events on the first day included a push-up contest, Army combatives and a written demolitions exam. Each winning squad was awarded points depending on how well they performed.

"It is a competition, so everyone wants to be the best," said Spc. Timothy Aguilar, a combat engineer in 1st Platoon, 2nd Squad from Orono, Maine. "But it shows each squad what they're weak in, and what needs more training."

On Saturday, the squads rotated through three stations where they were presented with another set of challenges to test their endurance and proficiency.

Soldiers participated in the hardest event of the day while wearing body armor, carrying weapons and dragging a 130 pound stretcher up a one mile hill. Along the way they stopped at three stations to test their proficiency in disassembling and reassembling weapons, calling for artillery fire, and calling in a medical evacuation request. After the last station, the squads turned around to make the one mile trip back down the trail to the finish line.

Edgecomb was in charge of the weapons station, where Soldiers were timed while breaking down and reassembling the M16 rifle, and the M249 and 240B machine guns.

"It's good to watch these guys, as National Guard Soldiers it shows a lot about how good they really are, especially with the weapons," Edgecomb continued, "Not only are they testing themselves as a squad, but they're learning things they'll need down the road."

Other events included a knot tying quiz, and the robotics obstacle course where six Soldiers from each squad use remote-controlled robots to navigate ditches, logs and tunnels in order

to retrieve golf balls spread across the course.

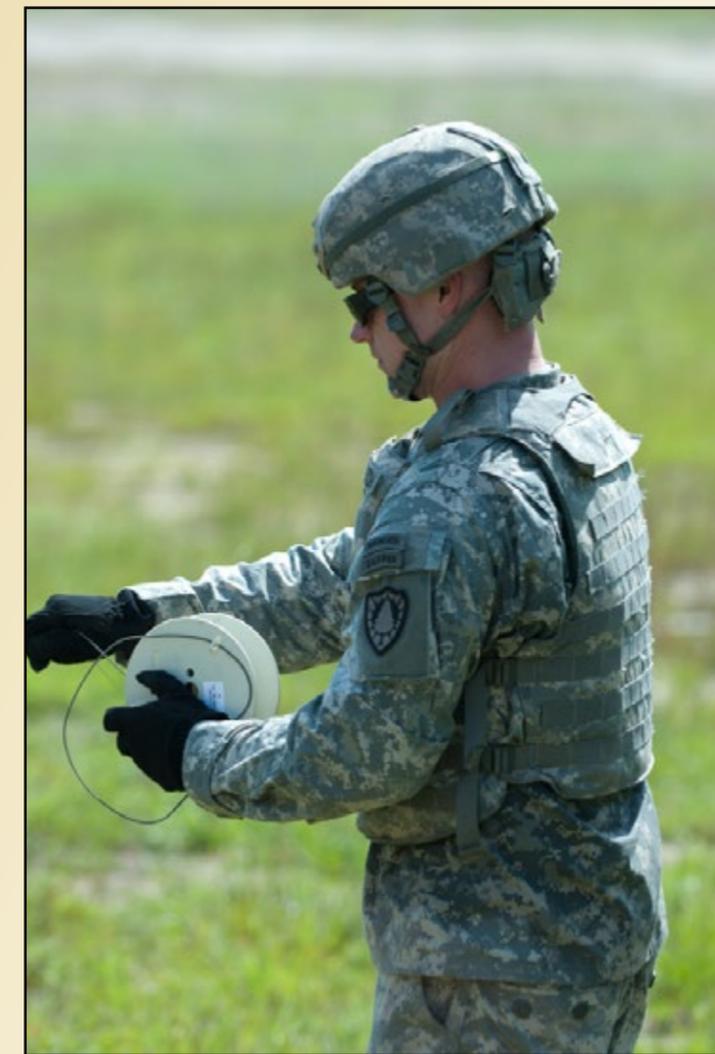
The Soldiers could choose from two robots, the TALON or the iRobot PackBot, each one designed to look for, and secure, suspected improvised explosive devices.

"[This competition] really keeps you practicing year-round, it keeps you engaged, and you're learning," said Spc. Jeffrey Shock, a combat engineer in 2nd Platoon, 1st Squad from West Paris, Maine. "It's cool to actually be able to apply the training we've received all year."

On Sunday, the squads from the 251st completed a 10km ruck-march and an engineer recon mission as a culmination of the competition events. 1st Squad of 1st Platoon lead by Staff Sgt. Justin Middleton won the overall event .

Araaudin was pleased with the event. "Everyone's in good spirits and working together as a team, it's a great atmosphere. We're always learning something new, we're competing against each other now, but together we all get along and I'm proud to be part of the 251st Engineer Company."





# 251st Combat Engineering Company (SAPPER) train as they fight.

Photos by Sgt. Angela Parady and Spc. Adam Simmler

# SAPPER Team Shakes the Field

Photos and Story by Sgt. Angela Parady

"Fire in the hole," the soldier shouts. "Fire in the hole! Fire in the hole!" From the shelter of a cement bunker, the soldier pushes a button on the detonator; with a deafening boom the explosives shoot dust, dirt and rocks hundreds of feet into the air.

When the dust settles, soldiers from the 251st Engineering Company, (SAPPERS) walk back to the field to reset their equipment, familiarizing themselves with the explosives in a hands-on environment.

The SAPPERS shook the fields at Fort Devens this weekend as they conducted demolitions training using line and ring mains attached to blocks of C4 explosive. The training reinforced the soldier's skills in removing defensive obstacles and safe handling of the explosives. It also tested the squad leaders' ability to plan and execute fundamental demolition tasks.

The SAPPERS are tasked with performing route reconnaissance and route clearance missions in deployed environments. Training like this is essential to their job.

"When you go overseas the Army is short on explosive



ordnance disposal personnel," said Sgt. Paul Simoneau, a team leader from Winthrop.

"They can't be there every time we need them; they

are very busy doing their own jobs. Routes still need to be cleared and as combat engineers that is our primary mission: route clearance and route reconnaissance. It is

crucial for us to be able to reduce our own munitions overseas and get the mission accomplished."

Simoneau deployed in 2009 with the 20th Engineering Brigade, 27th Engineer Battalion, Fort Bragg as a combat engineer whose primary mission was route clearance. Combat engineers are trained to set off explosives in place to clear the way, but unlike trained EOD personnel, they cannot render an explosive 'safe.'

Looking back on his own experiences, Simoneau said the training Maine Guardsmen are receiving is very realistic.

"We like to train as we fight," he said. "You want to be as realistic as possible so that when you go overseas, it isn't a culture shock. You are doing the same thing. You have the added threat of an ever present enemy but there is security added too."

A veteran of Operation Iraqi Freedom, Simoneau came to the Maine National Guard two years ago. He beams with pride when he shares his experience as a combat engineer with the SAPPERS, a newer unit that got its start three years ago. Improvised Explosive Devices were a large threat then as well, and his unit became

very adept at clearing munitions in place. He says the noncommissioned officers and officers he worked with helped shape him into the soldier he is today.

"The leadership was outstanding," said Simoneau. "They really trained us on our skills, and shared what they learned in their schools." Similarly, he found the 251st to be just as outstanding as his active duty unit.

"They are very well prepared, very knowledgeable for such a young combat engineer unit," he said of the SAPPERS. "We have sent a lot of people to a lot of schools in preparation for mobilization, so we have a lot of knowledge for a young company."

Spc. Jeffrey Shock agreed, he joined the Maine Army National Guard in 2010, and has been with the SAPPER Company since its beginning. He described the SAPPERS as a hybrid of an engineer and an infantryman. "We are trained in infantry, but it is secondary," said Shock, who lives in West Paris, Maine. "Our primary mission is explosives, route clearance, and route reconnaissance. We are trained in survivability, mobility and counter mobility."

Being so close to explosives could make anyone a little nervous, but the men of the 251st SAPPER Company are confident in their leadership, their training, and their fellow soldiers.

"I don't know if we could ask for better leadership," said Shock. "They really know how to adapt to situations and make things work and they understand it."

The 251st SAPPERS were on track to deploy earlier this year, until the deployment was cancelled with the follow up of the reduction of troops going to Afghanistan. Even then, the SAPPERS felt ready and prepared.

*"We couldn't have asked for better training," said Shock. "We went to all the best schools you could possibly go to, best training available and it was kind of a letdown when we got the call saying we weren't going. But we are able to respond to anything right off the bat. We are very versatile, can adapt to any situation. When Maine needs us again, or the country needs us again, we will be ready."*



# Your Education Benefits

with Staff Sgt. Michael Field

1. What benefits are available to me, as a soldier who has signed on for a 6 year contract and has successfully arrived at my unit after completing Basic Training and AIT? What do those benefits cover?

1. For a soldier just out of AIT, there are two ways one can pay for school.

a. **Chapter 1606 Selected Reserve (MGIB-SR) GI Bill.** To be eligible for this benefit, you must have a six-year obligation to serve in the Selected Reserve signed after June 30, 1985. If you are an officer, you must have agreed to serve six years in addition to your original obligation. For some types of training, it is necessary to have a six-year commitment that begins after September 30, 1990;

b. Complete your initial active duty for training (IADT);

c. Meet the requirement to receive a high school diploma or equivalency certificate before completing IADT. You may not use 12 hours toward

a college degree to meet this requirement;

d. Remain in good standing while serving in an active Selected Reserve unit. You will also retain MGIB - SR eligibility if you were discharged from Selected Reserve service due to a disability that was not caused by misconduct. Your eligibility period may be extended if you are ordered to active duty.

e. Payments go directly to the soldier based on the current course load. For full time students the 2013/2014 pay rate is \$362.00 a month for 36 months. For students attending  $\frac{3}{4}$  time the pay rate is at \$270.00 a month for 36 months,  $\frac{1}{2}$  time is \$179.00 a month, and for anything less than  $\frac{1}{2}$  time is \$90.50 a month. The soldier has a total of 36 months of benefit regardless of which GI Bill they intend to use. As a new soldier who has never deployed straight out of AIT, the Chapter 1606 is the only GI Bill they rate unless prior service.

f. You may use this education assistance program for degree programs, certificate



or correspondence courses, cooperative training, independent study programs, apprenticeship/on-the-job training, and vocational flight training programs. Remedial, refresher and deficiency training are available under certain circumstances.

g. **For more information regarding the Chapter 1606 go to [www.gibill.va.gov](http://www.gibill.va.gov)**

2. The second option and yes it can be used simultaneously with the **Chapter 1606, is Federal Tuition Assistance.**

a. FTA allows you up to \$4500.00 a fiscal year to use towards an undergraduate degree. FTA will pay depending on the cost per credit hour 100% of tuition at an accredited VA certified University or College. Most Universities and Community Colleges in Maine are VA certified. FTA will pay up to \$250.00 a credit hour for graduate courses, usually with graduate courses the soldier ends up paying the remaining balance themselves, or uses the GI Bill to pay the remaining. FTA is paid directly to the soldier's school of choice, not to the soldier.

b. To qualify for FTA, the soldier must keep at least a 2.0 GPA, and cannot be flagged for height and weight, or APFT failure. If the soldier has already started courses, and becomes flagged, they will be able to finish the rest of the

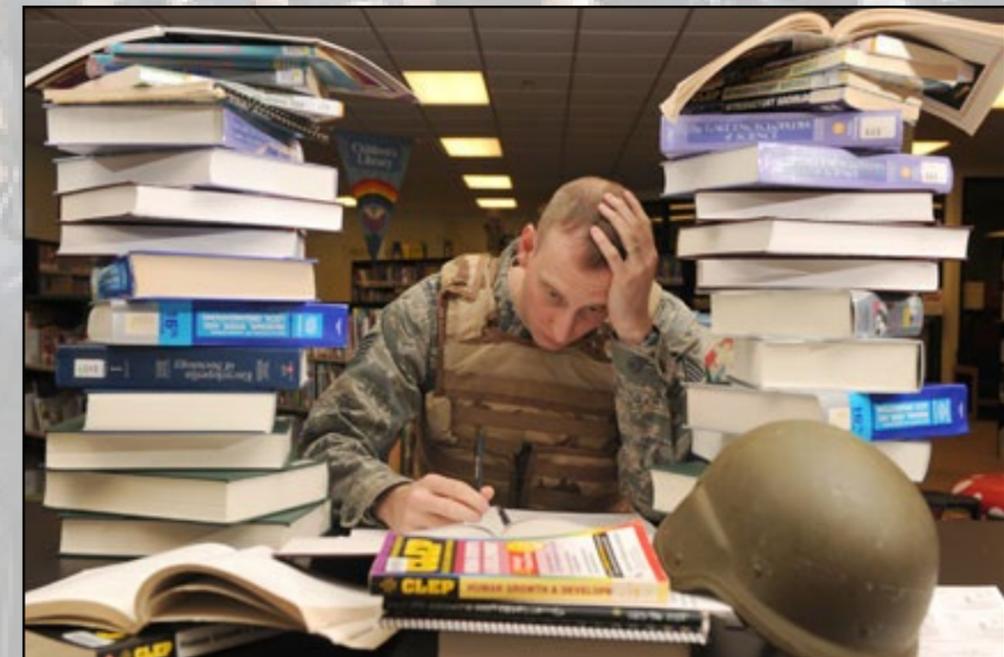
semester using FTA, but will not be able to apply for future FTA until flags are lifted.

c. **For more information about FTA go to [www.goarmy.com](http://www.goarmy.com)**

2. How do my benefits changed if I have been deployed?

1. Depending on accumulated title 10 time there are two more options a soldier may be entitled to once have been deployed.

a. **The Chapter 1607 Reserve Educational Assistance Program (REAP),** is a Department of Defense education benefit program designed to provide educational assistance to members of the Reserve components called or ordered to active duty in response to a war or national emergency (contingency operation) as declared by the President or Congress. This program makes certain reservists who were activated for at least 90 days after September 11, 2001 either eligible for education benefits or eligible



# EDUCATION CONTINUED...

for increased benefits.

b. For more information on the Chapter 1607 go to [www.gibill.va.gov](http://www.gibill.va.gov)

## 2. The Chapter 33 (Post 9-11 GI Bill).

a. The Post-9/11 GI Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service after September 10, 2001, or individuals discharged with a service-connected disability after 30 days. You must have received an honorable discharge to be eligible for the Post-9/11 GI Bill.

b. The Post 9-11 GI Bill in short provides a monthly housing allowance at the rate of E-5 with dependents, based on the percentage the soldier is awarded from title 10 time after September 10 2001. The Post 9-11 also provides an annual books and supplies stipend. The stipend is also based off the total amount of title 10 time, and is calculated at a rate of \$41.67 per credit hour taken, this rate is based off the soldier being at a 100% of the benefit, and attending courses in an actual in classroom setting. For online courses and rates below 100% of the benefit information, please visit the GI Bill website to determine eligibility.

c. For further information regarding Post 9-11, go to [www.gibill.va.gov](http://www.gibill.va.gov)

3. How do I find out how I can use these benefits, which ones are best for my needs?

a. Information regarding GI Bill can be found on the GI Bill website, this site gives all the eligibility qualifications along with links to VA accredited schools. POC here in Augusta is SSG Field at 207-430-5918 ([www.gibill.va.gov](http://www.gibill.va.gov))

b. For FTA, you can contact the education office here in Augusta. Mr. Tom Bolin (207-430-6220) is the POC for FTA. The website is [www.goarmyed.com](http://www.goarmyed.com) to apply.

4. What sort of programs can I use my benefits towards? Associates? Bachelors? Masters? Classes only?

a. These benefits can be used for Associates, Bachelors, and Masters. There are some certificate courses as well, along with flight training. Each benefit has its own stipulations as to what it will pay for each type of course. This is where one has to do the research on the websites I have provided to figure out the best benefit to utilize. The GI Bill depending on which one you are eligible for, will pay depending on the course load that one is taking that semester. There are full, 3/4, 1/2, and 1/4 time rates for each GI Bill. Each GI Bills also have individual stipulations that apply when taking strictly online courses.

5. I don't want to go to school, or have already completed my degree. How do I transfer these benefits to my children or my spouse?

a. The Post 9-11 (Chapter 33) is the only benefit at this time that is transferable to dependents. To transfer your Chapter 33 to your Spouse, the service member must have at least 6 years time in service, and 10 years time in service in order to transfer to dependent children (Must be in DEERS).

b. As of August 01 2013, a service member requesting a transfer of education benefits, will be required to have no less than 4 years existing on his/her contract at the date of transfer.

Those who have less than 4 years can at any time extend for the purpose of TEB. The service member does not have to be in their year window to extend if for transfer purposes.

c. Once service member is determined eligible for transfer, service member with then initiate the transfer via milconnect website.

[https://www.dmdc.osd.mil/milconnect/faces/index.jspx?\\_](https://www.dmdc.osd.mil/milconnect/faces/index.jspx?_)

Once logged onto milconnect, click on the education tab, select transfer of education benefits (TEB) and then choose which dependent you want to give months of benefit too, submit the request and from there the VA should contact you via email or mail. The service member will then sign and fill out a Statement of Understanding (SOU) which will need to be sent to NGB either by scan and email, fax, or snail mail. Email is the preferred method. The VA will then determine the service member eligible or ineligible. If eligible, the VA will send the service member a Letter of Eligibility in which the individual attending school will have to bring to the VA Rep at the school of choice.

## 6. Who can I contact if I have further questions?

**a. GI Bill- SSG Field,  
Michael.w.field.mil@mail.mil,  
207-430-5918**

**b. FTA- Mr. Tom Bolin,  
Thomas.r.bolin2.civ@mail.mil,  
207-430-6220**



From the Bill and Miranda Gates Foundation:

**FACT:** By 2018, 63% of all US jobs will require some form of post-high school education.

**FACT:** Over the last 30 years, 4-year college tuition fees have jumped more than 235%. We must make college affordable

**FACT:** Nontraditional is the new majority. 75% of college students juggle families, jobs, and school.

**FACT:** Struggles for college students are starting in high school. 41% of students are unprepared for college-level work.

**FACT:** We must transform college to fit today's student with new, faster, shorter pathways to a degree.

**FACT:** In 2008, adults with an AA or BA degree earned anywhere from 20-80% more than high school graduates.

**FACT:** We need to help more students reach the finish line. Only half of all students who enter college ever graduate.

**FACT:** One-year career and technical certificates can offer big economic rewards. We must ensure these are counted.

**FACT:** Time is the enemy of college completion. The longer it takes, the more life gets in the way of success.

# Fit for Life

Photos by Spc. Adam Simmler

COMPONENTS OF FITNESS  
*the cornerstones to a fit soldier*

**Physical fitness, which is important for a successful career in the Army, is defined as the ability to function effectively in physical work, training, and other activities, while still having enough energy left over to handle any emergencies that may arise.**

To improve your level of fitness you should focus on the following components of physical fitness; Cardio Respiratory Endurance (CR), Muscular Strength and Endurance, Flexibility, and Body Composition.

CR is the efficiency with which the body delivers oxygen and nutrients needed for muscular activity and eliminates waste products from the cells. In order to improve fitness it is important to reach your bodies Target Heart Rate, or training heart rate. The THR is a desired range of heart rate reached during aerobic

exercise, which enables your heart and lungs to receive the most benefit from a workout. In turn, this will improve your endurance.

Experts recommend that you monitor your heart rate during your exercise routine—the goal is to stay in the zone of 50 to 85 percent of your THR.



**STRENGTH AND ENDURANCE**  
*What It Takes For A Soldier To Keep Going*

*Muscular Strength and Endurance means how hard a muscle or muscle group can work in a single effort, and the ability of a muscle or muscle group to perform repeated movements for extended periods of time.*

Progressively working against resistance will produce gains

in both of these areas. Before starting a resistance-training program, you should choose exercises that work several muscle groups and try to avoid those that isolate single muscle groups. This will help train a greater number of muscles in a given time, help balance the body's development, and avoid injury.

Strength training falls under three different areas:

**Weight training:** Weight and resistance training are popular methods of strength training, which use gravity and weights or hydraulic resistance to oppose muscle contraction.

**Resistance training:** A form of strength training in which each effort is performed against a specific opposing

force generated by resistance from pushing, bending, squeezing or stretching. Exercises are isotonic if a body part is moving against the force.

**Isometric training:** Isometric exercise, or "isometrics," is a type of strength training in which the joint angle and muscle length do not change during contraction. Isometric exercises means a body part is holding still against the force.

**FLEXIBILITY**  
Helping Prevent Injury

*Flexibility is the range of movement of a joint, or series of joints, and their associated muscles.*

Stretching during your warm-up and cool-down helps you maintain overall flexibility—it should not be painful but should cause some discomfort because the muscles are being stretched beyond their normal length.

**BODY COMPOSITION**  
Fat vs. Muscle

Body Composition is the amount of body fat a Soldier has in comparison to their total body mass.

Failure to maintain these standards can lead to flagging, repercussions, and potentially lead to your separation from the service.

Improving your CR and muscle stamina will have a positive impact on your body's composition and will result in less fat.

Excessive body fat detracts from the other fitness components, reduces performance, and negatively affects your health. But a person's body fat depends on many factors, including body type, and you should not compare your body fat to someone else's.

Good body composition is best gained through proper diet and exercise. Examples of poor body composition are underdeveloped muscle groups, or excessive body fat. Poor body composition causes problems for the Army and the individual Soldier.

For example, Soldiers with inadequate muscle development cannot perform

as well as those with proper development. When a Soldier is overweight, his or her physical ability to perform declines and the risk of developing disease and injury increases. Also, Soldiers with high percentages of body fat often have lower APFT scores than those with lower percentages.

Poor body composition, especially obesity, has a negative effect on appearance, self-esteem, and negatively influences attitude and morale.

<http://www.goarmy.com/soldier-life/fitness-and-nutrition.html>

[www.goarmy.com](http://www.goarmy.com)



# Stateside Team Preps Soldiers for Mobilization

Story and Photos by Sgt. Angela Parady

The war in Iraq is officially over and NATO's combat mission in Afghanistan is set to end next year, according to U.S. officials, but soldiers are still being deployed in great numbers. Just this month, nearly 150 Maine Army National Guard Soldiers from the 133rd Engineering Battalion and 1035th Survey and Design Team left for a deployment to Afghanistan.

National Guard soldiers, often called the 'citizen soldier' because of their dual missions, were once thought of as the last line of defense, but now a high percentage are combat veterans and will likely deploy.

The Maine National Guard works hard to make sure their soldiers are not only well trained for deployments, but that they have the support staff in place, both at home and overseas.

Known as the White Cell a team of support personnel that is not a part of the mobilizing unit works with the deploying soldiers from the first notification, until the soldiers return home. Chief Warrant Officer 4 Kevin Doody, Deputy Administrative Officer said that the support staff in the White Cell works with the

mobilization training site for processing, medical, dental and personnel files.

The White Cell makes sure that the soldier records are all in compliance with the requirements of the station. They also act as a liaison between the unit, and the home station to resolve any conflicts. They are, in effect, an advocate for the soldier, to make sure the troops are taken care of.

Not all states are set up to conduct pre-mobilization screening. "In Maine, the Deputy Chief of Staff Personnel is the lead in the manning piece of a deployment," said Doody. "We coordinate all events between the mobilizing unit chain of command and outside agencies required to conduct the in-state checks, both initial and final."

Maine wants to take a proactive stance towards deployments and ensure there are no surprises when the soldier gets to their final records review at mobilization station.

Capt. Lisa Sessions, Battalion Administrative Officer for the 133rd, felt as though the state did an excellent job of getting them ready for this deployment. "We had the opportunity to go to all of the schools we

needed to attend to make sure we were well prepared," she said. "I think

everyone was at least given the option to go to a school to increase their skill set. On top of that, we spent time at



Camp Ethan Allen Training Site (Vermont) during our annual

training on the range, and enhancing our overall unit cohesiveness."

Chief Warrant Officer 3 Kartika Wright is the property book officer for the 52nd Troop Command, Maine Army National Guard and one of the handpicked soldiers that actively work to prepare those deploying.

"We work hard to make sure that the unit is the best trained and the best equipped they can possibly be before they leave for deployment," said Wright, a resident of Readfield. "We make sure that the units have all of the proper equipment, and training as well as providing administrative and sustainment support throughout the process."

The White Cell will arrive ahead of the troops to make sure things are in order, and that the unit has an operations and support staff there to support them as they go through the required trainings.

"There are many tasks, especially on the logistics/maintenance side that take precious time and some of

those coordinating tasks can be done by us, the white cell, to alleviate some of the workload on the soldiers. We troubleshoot issues, we run errands, we don't have a set list of tasks."

Wright said her job is not an easy one, and it is tough to see Maine soldiers preparing to deploy, especially when they are soldiers she has known for years.

"However, I am so proud to be part of the team that helps make things go smoother when they are on their way out the door," she said. "I have a fantastic job, thanks to our units, they are the reason I am employed. Being away from home, the kitties, and my husband is difficult, but nowhere near as difficult as what lies ahead for our deploying units. After 10 years of being involved, in some degree, it does not get easier, and every deployment is different. "

Doody agrees. He said that at the end of the day, the long hours, days, and travels are worth it. "Knowing our soldiers arrive being the best prepared of any soldiers in the Army National Guard and returning home knowing we did everything within our power to ensure their success, makes it worthwhile."

# YOUR MONEY MATTERS

## SAVING ON ENERGY EXPENSES

Although there's not much you can do about the price of fuel, there are ways to use less energy and lower your heating bills. And some of these changes may entitle you to federal tax credits that can add to your savings.

### Paying for fuel

The most obvious way to save on home heating costs is to shop around for the best price on fuel. Here are a few tips:

- If possible, lock in a lower rate when buying heating oil. Some companies allow customers to lock in a low rate in exchange for paying for all of their fuel up-front.
- If you're concerned about your ability to pay heating bills, contact your gas and other utility companies. You may be able to get "level billing," which stretches your heating bills throughout the entire year rather than just the winter season.

### Improving the overall energy efficiency of your home

Although it makes sense to look for good fuel prices, the very best way to save money on heating costs is to simply use less heat.

- An energy audit will show you how much you use and pinpoint ways to improve efficiency. Find out if your utility provider can do a free or low-cost home energy audit.
- Service your heating system.
- Install a programmable thermostat..
- Make sure your attic and ceilings are adequately insulated. Heat rises, and if it's not stopped by insulation, it will escape through your roof.
- Make sure that furniture isn't blocking floor vents

or radiators.

- Heat only the rooms that you use. Close off rooms that you don't use, such as extra bedrooms.
- Consider replacing an old furnace or boiler. Newer models are more efficient and will save you money in the long term.

### Improving the energy efficiency of windows and doors

Windows and doors can raise your heating costs if not properly maintained. Here are some ways to make them more energy efficient.

- Seal up drafts by adding weather stripping to doors and covering windows with plastic. These are easy and inexpensive ways to conserve energy because they help keep warm air in and cool air out.
- Repair or replace broken or cracked window and door glass so that drafts can't get through.
- Install storm doors and windows. This can decrease heat loss by up to fifty percent.
- Keep curtains and blinds open during the day to allow warm sunlight into your home. Then close them at night to keep the warm air in.

### Saving money on heating your hot water

You use heat every time you take a bath or shower or use the dishwasher or washing machine. Here are some ways to reduce how much you use:

- Insulate your water heater.
- Run the dishwasher or washing machine only when you have a full load. Turning on either machine to wash just a few things wastes hot water.
- Wash clothes in cold water, using a cold-water detergent when possible. About ninety percent of the energy used for washing clothes comes from heating the water.

- Use a clothes dryer efficiently. Clean the lint filter after each use so that it will function efficiently.

### Weatherization Assistance Program

While the benefits of making home energy improvements are clear, many families find it difficult to pay for the improvements. Fortunately, the Department of Energy's Weatherization Assistance Program allows low-income families to reduce their heating bills by an average of thirty-two percent by making their homes more energy efficient. To be eligible for the program, you must meet certain income requirements and your home must not have been weatherized more recently than 1995.

For more information go to:

<http://www1.eere.energy.gov/wip/wap.html>  
[http://www.militaryonesource.mil/pfm?content\\_id=269353](http://www.militaryonesource.mil/pfm?content_id=269353)  
[www.energymaine.com](http://www.energymaine.com)

# YOUR MONEY MATTERS

## FINANCIAL PLANNING IN YOUR 20'S & 30'S

Financial planning is different at different stages of life. If you are nearing retirement, you are most likely focused on planning for a comfortable retirement. People far from retirement age often want to plan for multiple situations: immediate goals, like a car or vacation; foreseeable future events like children's educations and home ownership; and later goals, like retirement. To ensure that you reach all your goals, it's important to start early and follow a financial plan.

As a younger person, you're in a great position to succeed in reaching your financial goals. You have a lot of time to save and invest for your future, but you'll only be successful if you develop a concrete plan.

Financial plans are easier to make than they are to follow. It's tempting to ignore a budget or your long-term goals when there's something you really want or need right now. But if you develop a financial plan that's realistic and easy to follow, you'll be more likely to stick with it.

### Managing your existing debt

Reducing or eliminating your unsecured debt should be a priority in any financial plan. Paying off your debt is even more important than setting aside savings because debt typically grows at a rate that far outstrips the growth rate of savings.

Get your credit cards under control. Try to pay the full balance on each of your credit cards each month. If you can't do that, focus on never missing a payment and paying more than

the minimum balance each month. You should also work toward paying off your highest interest cards first because those are costing you the most every month.

- Consider consolidating your student loans. It'll be easier to pay all your student loans each month if they're consolidated into just one loan.
- Pay bills right away. To avoid late fees, open mail as soon as it arrives and make the payment as soon as possible. Even better, pay your bills online.
- Be patient. Depending on how much debt you have, paying it off may take some time, but it is worth having the relief of being out of debt.

### Saving for financial security

Financial advisors recommend that everyone sets up an emergency fund to help with an unforeseeable financial disaster, such as job loss, illness, an unexpected tax bill, or anything else that could pull the rug out from under you. Experts recommend that people save enough to cover at least three months' worth of expenses.

You can set an emergency savings goal by looking at your fixed monthly expenses, such as rent and health insurance, and other necessary expenses, such as utilities, food and gas. Multiply this figure by three and you'll know how much you need to save. Don't feel overwhelmed by your total savings goal; you don't have to build an emergency fund overnight. Just keep adding to it as often as you can.

### Saving and investing for long-

### term goals

Retirement savings should be your next priority, followed by saving for college if you have children. It's estimated that while a comfortable retirement now requires \$1 million in savings, when today's 20- to 30-year-olds retire, the cost will be closer to \$2 million - an amount that may seem unreachable, but is probably within your grasp if you start planning for it today.

### Here are some investment options for retirement savings:

- Retirement savings. The Thrift Savings Plan provides retirement income to service members and other federal employees. Your contributions are tax-deferred, which means that you won't pay federal taxes on the contributions until you withdraw them.
- A traditional IRA. This is a personal retirement account that gives you tax advantages for saving for retirement. Contributions to a traditional IRA may be tax deductible, depending on your income.
- A Roth IRA. Unlike a traditional IRA, contributions to a Roth IRA are not tax deductible. However, while distributions (including earnings) from a traditional IRA may be included in income, with a Roth IRA, if you satisfy certain requirements, the distributions (including earnings on your contributions) are not included in income and are potentially tax-free if you meet certain requirements.
- Mutual funds. This is a common vehicle for saving for retirement. With a mutual fund, you buy shares in a fund managed by an investment firm,

which in turn buys stocks, bonds and other investments.

### Staying on track

A financial plan only works if you stick to it. The following tips can help you stay on track:

- Make it automatic. When it comes to saving, "out of sight, out of mind" is a good rule to follow. If money that's earmarked for savings goes directly from your paycheck into an account that's not easily accessible, it'll be much harder to spend it.
- Put it in writing. Keep a list of your goals and a written plan that you can refer to.
- Consider setting up separate savings accounts for specific goals. Most people do have separate college savings vehicles and retirement accounts. But you might also consider having separate savings accounts for goals such as a vacation, car or down payment on a house.
- Put "found money" into savings. "Found money" might be a bonus, tax refund, the amount of a raise or monetary gifts you receive. Don't treat these windfalls as an invitation to spend. Treat them as an invitation to save.
- Protect against future debt. Once you've figured out what to save for and how to reach those financial goals, you'll need to keep yourself on track to get where you want to go. That means controlling your spending to avoid being sidetracked by additional unnecessary debt. Prepare a budget or spending plan so you know where your money is going.

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.

# Army Lineage: Where the National Guard Always Wins

Photos and Story by 1st Lt. Jonathan Bratten

I believe most military personnel would agree when I say that competition is at the heart of the American military. We love it. Just look at the Army-Navy football game every year and you get a slight taste of it. Each arm of the services tries to outdo the other. Every branch of the Army competes vigorously for bragging rights.

When I was in the Infantry, I was told that the pecking order went Special Forces, Rangers, Infantry, and then everyone else was on the bottom, looking up. Now that I'm in the Engineers, I am told that we rule the roost because we shape the battlefield, everyone else just gives in to it. My MP friends tell me that they're the best because, well, they're MPs and that's how they roll. Even the different components (Active, Guard, and Reserve) all battle each other for pride of place.

***Long and short of it is, the whole Army is one big competition to prove who has the best unit, branch, and component.***

It produces a healthy rivalry that drives unit cohesion and fosters pride of ownership.

As a member of the National Guard, I have noticed that we often come down on the losing side of many of these fights. It is an accepted downside of being a force that doesn't do this job full-time. Yet there is one aspect where we win, and win big. And the best part is, we will always win. Lineage.

Unit lineage and honors descends from the British tradition of keeping the memory of regiments active even after those regiments have been disbanded or renumbered. The oldest British unit still in existence is the Honourable Artillery Company, which dates to 1537. Under this regimental system, units celebrate their heritage by having traditional colors, holding the battle honors of their fore bearers, and foster fierce loyalty to their regiment.

The US Army first began on a regimental system but abandoned it in the 20th century. In 1957, the Combat Arms Regimental System, later followed by the United States Army Regimental System in 1981, was put in place to build esprit de corps and celebrate the history of the Army.

***Consequently, everything these units do, both good and bad, adds to the heritage of the unit. Thus, Soldiers are encouraged to act in accordance with their unit's history and add to the honors already accumulated.***



So how does the National Guard always win? Well, the Active Duty component of the Army does not, despite popular belief, date back to the American Revolution. Rather, it dates from the first organization of the US Army after independence. The oldest unit in the Active component is the 3rd Infantry, which dates to 1784, when it was organized as the First American Regiment. All other Active Duty units are post-1784. The



National Guard, on the other hand, gets to date its foundation back to the mustering of the first militias. Arguably (and I say arguably because Guardsmen will always argue who came first in this), the 181st Infantry and 101st Field Artillery, both of Massachusetts, are the oldest units in the Army, dating from 1636. However, the Virginia Army National Guard claims that it has the first units, given that the musters in Jamestown took place in 1607, a full 29 years before Plymouth.

***Be that as it may, the National Guard pre-dates the Active component by more than a hundred years.***

It's nice to get a win.



# Ready, Resilient, and Reassured

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress -- such as family and relationship problems, serious health problems, or workplace and financial stressors. It means "bouncing back" from difficult experiences.

Research has shown that resilience is ordinary, not extraordinary. People commonly demonstrate resilience.

Being resilient does not mean that a person doesn't experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone.

## 10 ways to build resilience

- Make connections. Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.
- Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.
- Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
- Move toward your goals. Develop some realistic goals. Do something regularly -- even if it seems like a small accomplishment -- that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"
- Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.
- Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life.
- Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
  - Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.
  - Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.
  - Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

# GUARDME

