the BAYONET

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The Bayonet is produced for personnel of the Maine Army National Guard, and is an authorized publication for members of the Department of Defense.

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Adjutant General of Maine
Brig. Gen. James D. Campbell

Command Sergeant Major
Command Sgt. Maj. Richard Hannibal

Public Affairs Officer
Maj. Michael Steinbuchel

121st Public Affairs Detachment

Sgt. 1st Class Pete Morrison, NCOIC
Managing Editor

Sgt. Angela Parady, Photojournalist
Layout & Design

Spc. Adam Simmler, Photojournalist
Contributing Journalist

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Front Cover by Sgt. Angela Parady
Back Cover by Sgt. 1st Class Pete Morrison

Sgt. 1st Class Tenney Noyes and Col. Hamilton Richards were both recognized as "Coach of the Year" for the Kennebec Valley Athletic Conference in their respective wrestling classes. Both Richards and Noyes are full-time members of the Guard that have taken initiative in being active members of their community and serve as positive role models for student athletes. In addition to being recognized for his coaching, Noyes's Skowhegan High School wrestling team won the Class A team title. (U.S. Army National Guard photo by Chief Warrant Officer 4 Mark Houdlette.)

From Command Chief Warrant Officer Darrell Stevens...

Be proud of your accomplishments. You have earned each and every one of them.

Wow, we sure have seen some changes over the past year.

As the military transitions from 12 years of war we now find ourselves nationally fighting for the future of the Guard with an undecided outcome. The decisions made in DC this year will determine what the Guard looks like for foreseeable future. As the military starts it's drawdown we must continue to stay unified in making sure we display the excellence our Maine soldiers have always been known for. The units in Maine have a great reputation in being the best at what they do and deployment after deployment you have continued to display your professionalism to the world.

Maine is graded on many metrics that will determine our future force structure, units as well as manning and we need your help in getting the number right. We can all do our part in making sure the data points that Maine is judged on will be the best our state can put forward. Things like MOSQ, Medical/Dental, OERs/NCOERs are all reviewed and graded.

Work with your units to take care of your requirements and keep them up to date. All of these play a big part in what our future will be, but nothing is more important than meeting our end strength goal.

Can you help the state finish strong?
Do you know someone who would make a great soldier that could fill the vacancy in your unit?
Can you see them serving to your left or right? Have you spoken to them about the benefits of being part of the Guard?

Remember, there is nobody better than a Maine soldier to talk up the Guard and help fill our ranks. If every soldier provided one lead to a recruiter it would push Maine over the top in making our end strength mission. 69% of you joined since 2001 for a reason. Don't wait any longer; share your experiences with your friends, neighbors and family. Together we can make a difference.

Thanks for your service,
Bayonets Forward!
CW5 Darrell Stevens
Command Chief Warrant Officer

Chief Warrant Officer Five Darrell A. Stevens was appointed as the Command Chief Warrant Officer (CCWO) of the Maine Army National Guard on 1 April 2008 by Major General John W. Libby, Adjutant General for Maine. As the CCWO, he serves under the general direction of The Adjutant General (TAG) to address warrant officer management, education, development and to improve the strength management of the Warrant Officer Corps. He serves as warrant officer advisor to TAG and as a member of TAG's primary staff.

Born in Portland, Maine, CW5 Stevens enlisted in the Army in June of 1980 as an aircraft mechanic. His assignments included Schofield Barracks, Hawaii; Camp Casey, Korea; and Ft. Devens, Massachusetts. Upon completion of a six year Active duty tour, CW5 Stevens enlisted in the Maine Army National Guard in 1986 as a Utility Helicopter mechanic in the 112th Medical Company "Air Ambulance" and attained the rank of SGT/E-5.

He was selected in 1987 to attend the Initial Entry rotary course and was appointed as a warrant officer aviator after completing the UH-1 (Huey) pilot track in June 1988. Units of assignment include the following: 112th Medical CO. (AA), C CO 1/137th AVN, DET 14 OSACOM, Counterdrug Recon Air Interdiction Detachment and Joint Forces Head Quarters.

From the Inspector General

General George S. Patton famously said, "A typical IG is a man past middle age, spare, wrinkled, cold, passive, non-committal, with eyes of a codfish, polite in contact, but at the same time unresponsive, calm, and damnably composed as a concrete post or a plaster of paris cast, a human petrification with a heart of feldspar and without charm or friendly germ, minus bowels, passion, or a sense of humor. Happily, they never reproduce and all of them finally go to hell."

This, of course, is not true; in fact, I think you'll find that your State IG does have a sense of humor and is a proud father of three!

The perception of the Inspector General, as a ruthless investigator and heartless inspector who is out to find fault with leaders and their units, hopefully, has been gradually erased over the years. Today's Inspector General is trained to provide four key functions for the command: Conduct Investigations, Conduct/Supervise Inspections, Provide Assistance and Teach and Train.

The IG does conduct formal and informal inquires and investigations when appropriate. Different than Command Investigations, they only result in "Substantiated" or "Not Substantiated" findings; the IG cannot recommend any adverse action as a result of an investigation. If during the course of the IG preliminary analysis, it appears as thought substantiation is likely, and adverse actions may be appropriate, the IG will typically refer to another form of investigation and use the final command product to resolve the allegation in the IG system.

IG inspections are typically less frequent than Command Inspections. As most know, our command teams from company up to brigade are routinely inspecting parts of their organizations: CSDP, Training, Safety, Climate, etc, so the calendar is usually quite full. IG inspections are generally used to focus on larger, systemic issues, that involve multiple or statewide units where a policy may require an adjustment, training or enforcement.

Most of the IGs job begins with a phone call, an email or an office visit. Anyone, no matter their status, component, or affiliation with the service, both military and civilian, can (and should) contact the IG if they feel they have an issue they cannot get resolved. The IG will receive the complaint and determine if the complaint is appropriate.

For some issues, there are existing methods of redress that should be used to fix the problem (i.e. appeal process for evaluations, SHARP, EO). In many cases issues are best fixed at the lowest level by Commanders and First Sergeants. Those that are appropriate for the IG will be analyzed and commonly addressed through an inquiry with the appropriate agency; other times issues can be solved through teaching and training personnel or units on the appropriate "standard" to which a system, process or task should be performed. Repeated complaints or issues could also generate the need for an inspection or investigation as described above.

The bottom line is that unlike the past perception of the IG, today's IG is truly "here to help."

For more information about the State IG office and on how to make a complaint, go to http://www.me.ngb.army.mil/ig/filing-a-complaint.aspx, email: ng.me.mearng.list.staff-ig@mail.mil, or call 207-430-6068. You can also visit the office on the second floor, west corner of Building 7, Camp Keyes, Augusta, Maine 04096.

dir**IG**o!
LTC John Beatty

Chaplain's Corner

Then out of the storm the Lord spoke to Job: Who are you to question my wisdom with your ignorant, empty words? Now stand up straight and answer the questions I ask you. Were you there when I made the world? If you know so much, tell me about it. Who decided how large it would be? Who stretched the measuring line over it? Do you know all the answers? What holds up the pillars that support the earth? Who laid the cornerstone of the world? In the dawn of that day the stars sang together and the heavenly beings shouted for joy. Who closed the gates to hold back the sea when it burst from the womb of the earth? It was I who covered the sea with clouds and wrapped it in darkness. I marked a boundary for the sea and kept it behind bolted gates. I told it, "So far and no farther! Here you powerful waves must stop. Job, have you ever in all your life commanded a day to dawn? Have you ordered the dawn to seize the earth and shake the wicked form their hiding places? (Job 38:1-13)

"The patience of Job" is a common expression to refer to a person who puts up with a lot of pain, and yet still believes. It may be surprising to read that Job was in fact yelling at God by the end of the story! He had lost everything and even his friends were criticizing him about his faith. Job called God to task and implied, arrogantly, that he could run the world better than God. The above is only a small part of God's answer.

We all have most sincere, powerful, and personal ideas of justice. We are pretty well clear about what is right and wrong and how people ought to be treated and ought to treat others; and yet, so often it seems that the just perish and the evil survive. This is because we have a very limited view of time. We only see a slice, and we want justice now; we want the right to prevail, now; we want the bad guys to be eliminated, now. God sees differently.

Like the person on the hill who can see what those in the valley cannot, God looks into the future and knows how all things will resolve themselves. His justice is complete and ultimate. He was here before all things were made, and He will be here long after this time comes to an end. We are called to trust Him that has made all things, that He will do what is right for all time and for all people. It is hard, no doubt, but it is just that faith that will bring a peace to our hearts. God is not merely a "Super" person. He is above nature and above this world. Believe when your eyes tell you differently. Trust when you are at your lowest (and at your highest). Give when all others are taking; love when you see nothing but hate.

CH Andy Gibson
JFHQ-ME Chaplain

Maine National Guard Biathletes Compete in Vermont

Story and Photos by Sgt. Angela Parady

The Maine Army National Guard fielded a biathlon team to compete for the second time in over twenty years at the Eastern Region Biathlon in Jericho, Vt. January 24 and 25. Four members represented the nine-person team, which placed third overall.

The Vermont Army National Guard was tasked with taking over the Biathlon Training program in 1973. The first Chief of the National Guard Bureau Biathlon Championship was held in 1975, and seven states participated. Now, over 30 states participate, and the events are held at the Ethan Allen Firing Range, in Jericho, or in Camp Riley, Minnesota. The National Guard Biathlon program is the only Department of Defense organization that consistently sends soldiers to the Olympics according to their website.

Lt. Col. Aaron King, who lives in Augusta, was recruited to the team last year, and used his experience as a coach for the athletes this year

"Last year, they asked me if I had any interest in this program. Just so happened, that I didn't really have any other winter sports, so I said why not. And we got it started again. It spread through word of mouth; we got 6-7 people to join us. We had borrowed equipment from Pineland Farms to help us train once or twice."

The owner of Pineland Farms is a former biathlete, and his wife, a two time Olympic biathlete. They were excited to hear that Maine was trying to start this program up again, and helped get together space and training time for King and his team. The outpouring of support from within the biathlon community in Maine was overwhelming and helped King push for more support from within the Guard after that first year.

Last year, not one member of the team was an avid skier, and they had only tested out a biathlon course once or twice before. They had little experience with the weapons they were expected to use before they showed up at Camp Ethan Allen for the competition.

"It was tough," said King. "We had absolutely no experience whatsoever. The rifles we used were borrowed from the air guard, leftovers from the 1990's when the biathlon team went defunct. These rifles were 1970's antiques. When we brought them out to the equipment check they chuckled, because they were so vintage. But it's what we had and what we worked with."

King found that this program is more than just people participating in sport. It challenges the individual on so many levels. When he competed last year, the 10K biathlon was the toughest race he had ever competed in. He went back to the Guard and rallied for support for the newly developed team. He argued that for Maine to have a competitive team, they needed updated equipment. But it wasn't just about getting them ready for a sport, the soldiers who participate become more physically fit, better marksmen, and they help develop the sense of camaraderie that should be at the core of the National Guard.

"The fitness that is required for this, it can only make soldiers better," he said. "The marksmanship, you are hitting a 1.8 inch target at 50 meters, after just skiing three and half km as fast as you can. No one is shooting at you, but that is still combat conditions. You are up, you are moving around, and you have to engage targets with precision. That is excellent training, and cross training for the Army side. There is a transfer of skills from the sport to actual combat readiness."

2nd Lt. Jon Hobbs, the assistant operations officer for the 142nd Aviation Regiment, was an officer candidate at the time and happened to be in the right place at the right time when we found out about the team. He had just returned from basic training when he heard others talking about it. He saw it as a challenge, and something to try out.

"For newer soldiers to the guard, such as myself, it was a great program where it was able to bring people from so many backgrounds together," said Hobbs, who lives in Portland. "It has been an outstanding experience. Seeing people come together for a common cause, forces people together through something we all enjoy. We can converse about things not related to skiing or the guard. It provides a lot of opportunity for professional development."

Each skier is timed as an individual, and the top scores are taken into consideration for the overall team score. Some National Guard units train full time to earn their spot here. King has tried to maintain a balance in the training so as to keep it a fun program for the soldiers, and trying to make a competitive team.

The group meets roughly once a month, usually at a range to practice their marksmanship skills and conduct some physical

training. King is weary of scheduling the training times on weekends as guard duties also often take place on weekends. A lot of the training is left to the individual, but as the group has come together, more athletes are taking advantage of local races and inviting their teammates to come out to various events.

"There is a lot of teamwork," said Hobbs. "If someone has an issue or a question, they bring it up and we all kind of chime in with our experience levels. We have people who are outstanding marksmen, people with a lot of Nordic experience, but not much rifle experience, and people who have neither. It isn't just people coming together and working together in a training aspect, but we also cover down on each other in the barracks. We make sure everyone is taken care of, the gear is set, and making sure everyone will be warm enough. We all bring extra clothes to make sure everyone is warm. Just in case someone brings the wrong thing, or just isn't used to this sort of cold, we want to make sure everyone is taken care of."

Maine's team placed third after the two events, and will return in March for the next round of competition. As the team continues to grow in future years, King and Hobbs both have high hopes. Hobbs hopes to be able to place higher than the year before each event, and King, wants to see Maine have a thriving biathlon team again.

"The full-time trainers, the ones that do this year round, say it take three years of full time training to be competitive," said King. "So how long does it take a recreational athlete? We will be realistic on what we can expect. But we are still going to get out there, represent Maine well, and have fun."

2014 INTERNATIONAL MILITARY, POLICE, FIRE WINTER GAMES-

PHOTO COURTESY OF CHRIS ROY

MAINE AIR GUARD 4- MAINE ARMY GUARD 3

A Freedom Salute ceremony was held in Bangor, Maine on Sunday, February 2 for the soldiers of Detachment 14, Operational Support Airlift Command. In February of 2013, Det. 14 OSACOM deployed to Bagram Airfield, Afghanistan, as part of Bravo Company 306th Military Intelligence Battalion. Their mission was to provide intelligence, surveillance, and reconnaissance support to the International Security Assistance Forces. On Veteran's day of 2013, all eight members of the unit returned home safely. Freedom Salutes provide warm receptions for civilian and military leaders to publicly acknowledge Maine Army National Guard Soldiers as well as those who have supported them throughout many operations.

Photos by Spc. Adam Simmler.

Do you know what your State Award Means?

Awards and decorations of the National Guard are presented to members of the United States National Guard and sometimes to members of the state defense forces in addition to regular United States military decorations. Each of the state governments of the United States maintains a series of military decorations for issuance to members of the National Guard, with such awards presented under the authority of the various state adjutants general.

Those National Guard soldiers who subsequently serve in the active or reserve federal forces of the United States Army, Navy, Marine Corps, Coast Guard, or United States Air Force (i.e., as active duty or reserve members of the Army, Navy, Air Force, Marine Corps, or Coast Guard) may not continue to wear and display such decorations on a military uniform, unless such activation is under Title 32 status. Active duty regulations allow federal soldiers to accept but not to wear state awards.

Maine Distinguished Service Award (Discontinued)

Maine Meritorious Service Award (Discontinued)

Maine Commendation Award (Discontinued)

Maine Adjutant General Award

Maine Achievement Award

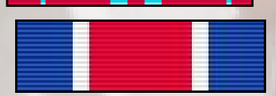
Maine Commander's Award

Maine Army National Guard Sergeant Major/NCO/Soldier of the Year Award

Maine Outstanding Airman of the Year Award

Maine Recruiting Award

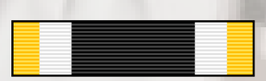
Maine Physical Fitness Award



Maine Good Conduct Award (Discontinued)

Maine Basic Training Award (Discontinued)

Maine National Emergency Service Award



Maine State Emergency Service Award (Discontinued)

Maine Honorable Service Award

Maine Ice Guard 98 (no longer awarded)

Noncommissioned Officer/ Soldier of the Year Update!

Feb 1 &2 the 521st Troop Command Batallion 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 2 soldiers will move forward..

Staff Sgt. Sean Keefe and Spc. Brittany Carter won the overall competition. They will advance to the state level competition which will be held iMarch 28- April 4 at Camp Ethan Allen, Jericho, Vt. There they will be joined with the winners from 286th Combat Support Batallion and 52nd Troop Command.

Photos courtesy of Staff Sgt. Sean Keefe

The Bigger Picture

This is an essay from 2nd Lt. Jon Bratten, written in April 2011. The link to Sec. Gates speech is included at the end.

One of the things that our Professor of Military Science always tells cadets to encourage them to stay in the program is that at least when they graduate they will have jobs. With the economy looking like a racehorse reluctant to leave the stable, this is always a good recruiting and retention point. And then Sec. Gates gave his West Point speech back in February that made people who had decided to go Guard/Reserve happier with their career choice.

The most oft-quoted line from this speech is: "But in my opinion, any future defense secretary who advises the president to again send a big American land army into Asia or into the Middle East or Africa should "have his head examined," as General MacArthur so delicately put it." Taken separately from the rest of the speech, this sentence does have a panic-inducing quality to it, especially for a soon-to-be 2LT.

However, while Sec. Gates does speak of reducing the size and bulkiness of the Army, he also talks of reducing the beaurocracy in the Army, making promotion merit-based, and encouraging more professional development. All of these things speak to a more competative and professional officer corps, which appeals to me.

Sec. Gates other panic-inducing statement was, "Looking ahead, though, in the competition for tight defense dollars within and between the services, the Army also must confront the reality that the most plausible, high-end scenarios for the U.S. military are primarily naval and air engagements – whether in Asia, the Persian Gulf, or elsewhere." Sec. Gates' speech is part of a much larger conversation about the role of the Army in the 21st century.

Those of you who have been in the Army much longer than I can probably attest to the number of times that you have seen the Army restructured, whether it was after the fall of the Soviet Union or during OIF. But if I may, from my newbie position, I would like to offer some hope to those future officers/soldiers out there who are banging their heads against the computer screen and thinking that they should have just gotten a job with Apple.

Succinctly put, no matter what anyone says, there is always going to be a need for ground troops. To illustrate my point, let me borrow some of Tom Barnett's ideas. With all due respect to our comrades in arms, the Air Force and Navy do not have the capability to fight a war to the conclusion. Don't get me wrong, air superiority and CAS is awesome and provides a serious combat multiplier. But our fighter pilots have not faced a serious air-to-air threat since Vietnam. As Tom Barnett says, the last fighter pilot to shoot down an enemy jet in air-to-air combat is now a brigadier general. Similarly, our Navy does not have an equal in the world. The Air Force and the Navy are so good that no one wants to engage them. Which means that all future combat geared towards victory is going to have to be fought with a ground contingent.

Looking at the situation in Libya, it is clear that even with awesome air superiority, NATO cannot totally defeat the Libyan forces. The only way to do that is with boots on the ground. But as Sec. Gates noted, the Army is stretched thin from two wars and from being in persistent conflict for a decade. Kids who were eight on 9/11 are now in the military.

The conflict runs the risk of becoming generational, for both sides. The Air Force and Navy, as Sec. Gates said, are a more attractive outlet for the government to provide funding to. They fight the kind of wars America loves to see: overwhelming and precise firepower, without having to get involved in a messy ground war. But this does not win wars. Limited strategic bombing in Korea and Vietnam was not enough to win the war.

Even in Persian Gulf I, where allied aircraft ran wild all over Saddam's installations and military, a ground invasion was needed. Air and sea power are essential America's military superiority but alone they cannot bring victory. As our recent conflcts in Iraq and Afghanistan have shown, ground troops, especially infantry, in large numbers are essential.

The Army needs more trigger pullers. They need better weapons, more efficient gear, stronger body armor, and vehicle systems specific to the environment (MRAPS=good for Iraq, not so great in Afghanistan). And if, as Sec. Gates says, more and more missions will be the odd mix of warfighting and humanitarian aid, then would it not be of greater benefit to give more money to the branch that will be providing the ground forces for that mission?

I offer this, then, as my conclusion to what has probably been a very rambling discussion of one of the most complex questions in our day: If our Air Force and Navy can outfight the next best two of their counterparts in the world (which I believe they can), then why not expand funding for the Army and Marines?

http://www.dennismansfield.com/business/2011/02/sec-robert-gates-address-to-west-point-today-february-25th-2011.html

Training to Teach- Course Opens Doors to Soldiers

Story by Sgt. Angela Parady, Photos Courtesy of Regional Training Institute

The Army National Guard Regional Training Institute is more than just a place for soldiers to go and attend monthly required trainings and annual briefings. The facility was completed in 2012 and allows for more training and education of students within Maine.

In 2013, nearly 80 Maine soldiers attended courses here, saving the National Guard over $62,000 in travel costs. They have conducted courses specializing in combat lifesaver programs, carpentry and masonry skills, pre-officer candidate school, and instructor training courses.

This January nearly 50 Maine National Guard soldiers attended either the Army Basic Instructor Course or the Small Group Leader Instruction Training Courses. Sgt. Zach Phillips, is one of the instructors who was trained to teach the course that is available only to those soldiers who are staff sergeants and above.

"The Army Basic Instructor course teaches students the techniques that focus on the adult learning process, conference methods of instruction, operational environment application, how to understand classroom management and the evaluation of instructors," said Phillips.

The small group leader provides the soldier's special skills to use methods that help achieve their objectives, such as brainstorming, topic discussion, incident process case discussion and role playing.

Once the soldier successfully completes the ABIC, they have earned an additional skill identifier. In this case, it means that they can go on to teach courses in which they are knowledgeable.

Typically this would be a course within their specialty occupation, said Master Sgt. Steve Craig, quality assurance operations noncommissioned officer for the 240th Regional Training Institute. In Maine, we have utilized these individuals for a 68W course, where the ABIC certified teach the combat medic training, and a 12W course in which individuals are taught the skills necessary to become qualified as a carpentry and masonry specialist.

These instructors are not limited to teaching just subjects in their current field of expertise, said Craig, who lives in Etna. Many go on to noncommissioned officer schools where they receive additional certifications to instruct in these schools.

"It just opens more doors for these individuals," said Craig. "Eventually they can become an operations sergeant for quality control. That's what I do. I make sure everyone is doing what they should. I sit and watch and critique."

Craig is tasked with ensuring that instructors cover everything that are supposed to for their chosen lessons, going over the good points and where someone may need some improvement.

It is his job to track the development of these instructors, and counsel, mentor and coach in order to improve them.

So far a total of 68 students have successfully graduated from the ABIC course, and are now able to instruct others and help continue to improve the training structure of the Maine National Guard.

Safety First

Batteries Causing More and More Home Fires....

If you are storing loose 9 volt or AA or other batteries in a kitchen drawer or a "junk" drawer in your home, watch how you store them. Above all don't store them loose and rolling around with other metal, glues and more of the lovely mix of things we keep in our junk drawers.

All you need to have happen is for a metal object like steel wool or a paper clip short out across the top of a 9 volt battery and ignite paper or other easily ignited materials and you'll have a potential disaster in your home. it doesn't take much to heat a metallic object or cause a spark in order to start a fire.

A 9 volt battery is a fire hazard because the positive and negative posts are on top, right next to one another. If this comes in contact with anything metal (aluminum foil, brillo, etc…) it will spark, and if there is a fuel for this spark you will have a fire. (fire needs heat, fuel and oxygen to burn) To test this theory, put a 9 volt battery or a couple of AA batteries in your pocket with some loose change or your key chain full of keys, (use common sense) this will bring on a whole new meaning to the words, Hot Pants.

When you dispose of this type of battery (positive and negative on top) Make sure it is safely wrapped in electrical tape or something to keep it separated from anything else that may come in contact with it. A small box or ziplock bag if kept in a junk drawer should suffice. I have seen in some stores now that the manufacturers are now packaging them with plastic caps. If you need to purchase a 9 volt battery try to find those that are packaged in this manner.

Try to be just as diligent with AA or AAA batteries. Keep them in their original packaging if stored in a "junk drawer". Don't let them roll around freely with all the other wonderful miscellaneous items we unknowingly toss in the drawer and don't think twice about it.

RICHARD H. BERTHIAUME
CW3, QM, ARNGUS
Safety & Occupational Health Manager

1900: A Look Back

Walking through the aisles of the Maine Military Museum at Camp Keyes, I found myself looking through old scrapbooks, and pieces of history, that have been all but forgotten. Here is a look back at a summer training of the 1st Regiment Maine, August 2013. I can't tell what paper the article came from, but it is written here exactly as I found it, with the photographs taken directly from the scrapbook itself.

"History is the witness that testifies to the passing of time; it illuminates reality, vitalizes memory, provides guidance in daily life, and brings us tidings of antiquity"- Cicero

BOYS ARE HERE

First Regiment Goes Into Camp, Saturday Afternoon

This week will be devoted to Solid Work only

Regiment and Signal Corps Both to Undertake Field Practice.

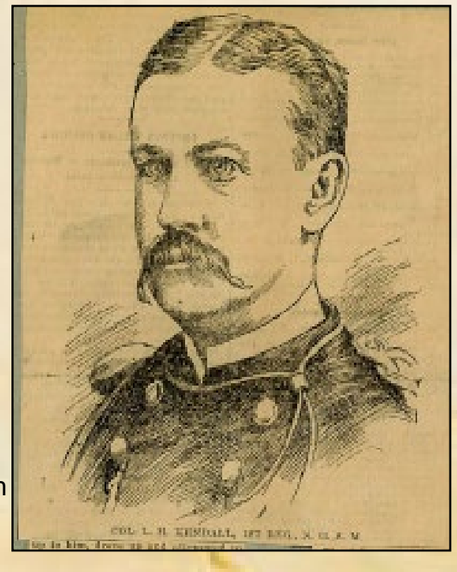
The 1st Regiment, N.G.S.M. is in camp, and the city, especially that part on the heights is in the possession of the boys in blue, many of whom met Saturday for the first time since their life in Chickamauga, when they fully expected to go Cuba and take part in the Spanish American War. Every where in the city, Saturday evening and Sunday, there were evidences of the boys having arrived, and the incidents of two years ago, when the 1st Regiment was last here, were brought forcibly to mind.

The first detachment of the troops arrived in town, on train 19, at about 3:40. The train was due earlier, but was a little late on account of the heavy rain and making connections.

By 3 o'clock there was a crowd at the station. Men, women and children who had made pleasant acquaintances among the troops a short ago were there to give the boys a cordial welcome. At 3:30 there was a shout of "Here she comes," and children stood in imminent danger of being struck by the engine, but the train was brought to a standstill without accident to anyone.

Train 19 had two extra cars containing Companies H and K, from Rockland and Brunswick. The first company left home at 8 o'clock in the morning and was, therefore, the first to start. Though a long time on the road, the men were in remarkably good shape when they arrived here, and no one would realize they had passed through such a siege of heat. The Rockland boys were joined at Brunswick by the Company K.

These two companies had over an hour to wait before the remainder of the regiment arrived and after they had been drawn up in Commercial street for a short time the ranks were broken and the men given permission to leave, with the understanding that they should return inside of an hour.



Faithful to their trust the men returned and in a short time, just before 5, the special train that left Portland at about 2 o'clock arrived.

In an instant Commercial street was transformed into a military rendezvous. Team, people and everything else were cleared from the square. An idea of how thoroughly the men had possession of the city may be gained from a little incident of the afternoon.

A cab driver who has had a certain stand so long that everyone has given up to him, drove up and attempted to move one of the companies. The men stood immovable. Then the driver attempted to drive his horses over the company, only to find that half a dozen musket butts were staring the horses in the face in such a soldier and formidable manner that the driver came to the conclusion that he was slightly out of place there.

The work of disembarking went on until within a short space of time a hollow square of companies filled Haymarket square, with Chandler's Military Band fronting on Water street and Companies G and I stationed along the railroad track in the background. A little after 5 o'clock the bugle call rang out and with a "right forward, fours right," the regiment moved up Water street to Bridge, up Bridge to State, State to Western avenue, and then up Western avenue to the muster grounds where the companies broke ranks and the work of assignment to the different tents began. No one envied the men on the march on account of the heat, which was terrific.

Every one was in heavy marching order. The man on the sidewalk had a thin negligee shirt, and a straw hat, and a light pair of trousers. The men in the line wore thick heavily padded blouses, and military trousers, high collars, and on top of all was a heavy blanket roll and canteen, with a rifle over his shoulder.

Anticipating that some of the men might be overcome by the heat, Col. Kendall ordered the ambulance corps to be on hand and everything was arranged so that the men might be given the best of care in case of a casualty, and with that care that he always shows in handling his men, Col. Kendall ordered several halts on the way up to the muster field.
The Hospital and Ambulance Corps is in command of 2nd Lieut. Warren E. Riker of Lewiston. The Signal Corps is in charge of 2d Lieut. George W. Butler of Portland.

The duties of the medical department at the camp are as follows: Major and Surgeon B.G. Bradley has general supervision of the medical department and looks after the sanitary conditions of the camp; Captain and Assistant Surgeon J. B. O'Neill has charge of the hospital and hospital stores, and give daily lectures to the Ambulance Corps. First Lieutenant and Assistant Surgeon G. M. Elliott has charge of the Ambulance Corps and also attends sick call and the sick in quarters.

With everything arranged the men began the life of a soldier for a week. When taps had been sounded, Saturday night, there was almost no necessity for the signal for lights out, as the men could not bear the thought of a light or anything else that would generate heat. When they went to bed it was to simply throw themselves on their beds and try to obtain a

ON THE RANGE—THE TEAM THAT MADE SUCH A GOOD RECORD AT THE NATIONAL MATCH AT SEAGHNT.

were hunting for bed clothes while the guards were out in heavy overcoats trying to keep warm. It was a sudden change but it well suited the men. As the result, yesterday was an ideal day at Camp Powers.

A part of the regular duties were done away with and all that was necessary was for the men to carry out simply routine matters. Divine service was held in the afternoon, at 2:30, being conducted by Chaplain C.S.

During the day there was a steady stream of visitors at the camp, but the people were for the most part residents of Augusta, although a few came in from out of town.

The real work will begin, this morning. It is the intention of Col. Kendall to give the men real solid work. There will not be a Governor's day as in the past. "This," said Adjutant General Richards, :takes up too much time. We want the men here for military a day and a half to get ready and carry through the exercises. Everything will be on strict military lines."

Col. Kendall has entered heartily into the spirit of the work and is arranging for a night's bivouac in some spot several miles from town. A guard will be left in camp. Then the regiments with shelter tents will start out and spend the night at the place selected. This will give the hospital corps the necessary practice and will work to the advantage of every one concerned.

The Signal Corps, too, is to be given most practical work. One idea will be carried out which has never been done in this State. It is to use the heliograph. The corps will be split into two detachments and one will be sent off for six or eight miles. The one will then try to locate the other and in this means the men will be given as good work as though they were in a campaign. A part of this work will not be new to the boys in the Signal Corps for they have seen a great deal of active service, and such service that they have received well merited words of praise from headquarters at Washington.

It is a notable thing that Co F has of its 45 men, 29 who have seen service in the South. They are not all men who were members of Co. F at the time they went away, but some were in other companies but have been glad to re-enlist in the service of the State. Many of the men who were at Post Powers a few years ago, are now among the number who have pitched camp never to be summoned at the bugle call. These are held in fond remembrance by their comrades who are now in the State's service and a memorial service is being planned by Col. Kendall, probably some evening, as the days are so well filled up that no other time is available.

Of all who were welcomed back in camp none received a more cordial welcome than Blarney. Blarney is simply a goat but he has seen active service at Chickamauga and knows many of the bugle calls as well as any member of the regiment.

The rifle practice will begin, today. Col. Farrington has completed every detail and the prizes for the rifle shooting are displayed in Quimby's window on Water street. The badges for the inspector's shooting and that for the best marksman in the regiment are jewels and are watched with envying eyes by the men in the companies. Pictures all framed and which will make suitable additions to the walls of the armories are on exhibition also, and several companies have made up their minds that the pictures will go their way.

There is general regret among the members of the regiment that Liut. W. E. Ricker is not in his usual health. He has been confined to his home for some time and although he is at the camp and able to attend to his duties with the ambulance corps he is not that picture of health that he was, two years ago, but for all that he is the same genial "Cap" and as much as a favorite as ever.

A large number of visitors were at the camp to witness dress parade, among them being many ladies. At the first call for parade, the men began to get together in companies and assembled in the company streets where they were inspected by the company officers. The first adjutant's call was then given and the companies formed into battalions, after which the regimental line was formed on the parade ground.

While the regiment was in this formation, the sunset gun was fired and Old Glory was lowered from the staff before headquarters. The troops then marched around the ground, headed by the 1st Regimental Band, followed by the 1st, 2d and 3d Battalions and lastly the Signal Corps.

The maneuvers were very well executed when the fact is taken into consideration that it was the first time the regiment had formed for dress parade since the Spanish war when the troops were at Chickamauga Park. It was very well done but each day will see a great improvement and by the last of the week the men will be able to go through parade without a flaw in the precision and uniformity of their movements. The excellent work of the 1st Regimental Band of Portland, of 25 members, Charles M. Brooks, leader, was very noticeable and admired by the spectators. Co. F of Augusta made a good appearance. All the men have not as yet reported, but will do so, today.

Cos I, E and L attended high mass at St. Mary's church, at 10:30 A.M. yesterday. The services were in honor of the

late Rt. Rev. Bishop Healy. Cos. E and L guarded the remains while they were lying in state at Portland.

The men of Company E refused to go on dress parade, last evening, because they were dissatisfied with their rations for supper, complaining that there was not enough to go around. Just before the call for parade they ran from the camp. Capt. Siteman was charged with neglect of duty in allowing the men to go and was under arrest in his tent, last night.

Adjutant General Richards has received the resignation of Lieut. Col. Eugene F. Smith of Norway, 1st Regiment. Just who will take his place is not stated but is rumored among the men in camp that Maj. Charles Collins of Portland, will be his successor.

The officers of the regiments will have regular campaign suits for their work, this year, the first having arrived, Saturday morning. It was the intention of Adjutant General Richards to have all the men equipped with the uniforms if possible, but owing to their not being funds enough this was not possible, and instead only those for the officers have been ordered.

Had Gen. Richards been able to procure the suits a most desirable uniform would have been furnished. They are cool, light and yet strong and serviceable. Better still they can be washed when soiled and when they have gone through the cleaning process they are as good as new.

It was the intention of the commander-in-chief to have the men use these uniforms when policing the camp and doing other similar work, while the uniforms would be

CAPTAIN BUTLER'S SIGNAL CORPS

The Daily Routine

First Call.....5:25AM
Reveille.....5:30AM
Assembly, for roll call.....5:35AM
Sick call.....6:00AM
Mess call (breakfast).....6:30AM
Guard mount.....7:45AM
Assembly.....7:50AM
Adjutant's call.....8:00AM
Drill call.....8:45AM
Assembly.....8:50AM
Adjutant's call.....9:00AM
Recall.....11:00AM
First sergeant's call.....11:30AM
Mess call (dinner).....12:00M
Officer's call.....2:00PM
Drill call.....2:45PM
Assembly.....2:50PM
Adjutant's call.....3:00PM
Recall.....4:45PM
Mess call (supper).....5:30PM
First call\ for [parade 35 minutes before sunset.
Assembly 30 minutes before sunset.
Adjutant's call form battalions 20 minutes before sunset.
Retreat.....sunset
Tattoo.....10:00PM
Taps.....10:30PM

Your Benefits

Soldiiers from the 133rd Engineer Batallion administer annual flu shots, even while deployed to Afghanistan. (Photo courtesy of the 133rd Batallion.)

Tricare Reserve Select

Tricare Reserve Select is a premium based health plan that National Guard and Reserve members may purchase. The health care coverage meets and exceeds the requirements of the Affordable Care Act and has no pre-existing medical condition clauses. TRS provides coverage for most medically necessary out-patient and in-patient care, annual routine eye exam, preventative services, well child care, pharmacy and emergency services.

To qualify, the service member must be actively drilling and not eligible to enroll in a Federal Employee Health Benefits (FEHP) program.

TRS has open enrollment throughout the year with no minimum service commitment.
What will it cost? The monthly premium for the service member is $51.68. A family enrollment is $204.29 per month.

A service member may enroll by completing the on-line enrollment at https://www.dmdc.osd.mil/appj/trs/operatorconsent?continueToUrl=/appj/trs/operator/index.jsp and paying the first two months premium by check, money order, or credit card. All future payments must be made by some form of electronic payment (debit card, credit card, electronic funds transfer). Failure to pay the premiums on time or having insufficient funds when a payment is withdrawn will case disenrollment and lockout period of 12 months.

If you need assistance with an enrollment or have other questions, please contact Wendy Moody, Transition Assistance Advisor, at 207-430-5778.

Remembering our Past- Maine's Armed Forces Museum

Story and Photos by Sgt. Angela Parady

There they sit, shelf after shelf of dusty books amongst framed black and white photographs. Helmets, and military uniforms, some dating back to the civil war stand on metal racks, waiting to be noticed, and for their story to be told. Artifacts from a long past era, stories of triumph and tragedy, of camaraderie and shared struggles wait here, rescued from an attic somewhere, waiting to once again be remarkable.

The shelves are located in the upstairs of the Maine Armed Forces Museum (formerly the Maine Military Museum), located on Camp Keyes in Augusta. Donations could reveal personal insights of state history, but collect dust on shelves waiting for volunteers to come to their rescue. The museum is happy to have such a large collection, but is overwhelmed by a lack of resources and space to display such vibrant military history.

Run on donations and volunteer efforts, the space is loaned from the Maine National Guard who sponsors and supports the not-for profit organization's mission. Despite their best efforts, the museum has not been able to keep up with the amount of donated items.

Dave Googins, Chairman of the Board of Directors for the museum said that the volunteer effort just isn't enough, either to sort through the collections, or to garner more community interest. Currently, the museum is only open to the public on the first Sunday of each month and by appointment.

"There is talk about making a full-time position here," said Googins. "That person would be here every day, and they could start working to recruit people to help them sort out the artifacts upstairs, and begin to fully catalogue what we have."

The museum's goal is to tell the full narration of Maine's role in the military to as many people as possible. While the collection seems massive, Googins knows there are still some blank spaces.

"We have periods missing, there is nothing on the Indian Wars, where Maine was greatly involved," he said. "We have stuff from the Revolutionary War, but nothing on the bombardment of Portland, or the burning of Falmouth. We don't have anything that speaks to Benedict Arnold's trek through Maine on his way to Quebec. The massive shipbuilding efforts that helped win the battle of the Atlantic. In more recent history, there is nothing on the ice storm of 1998. There is a lot to navigate, document, and portray." The museum is owned and operated by the Maine Military Historical Society which is not affiliated with the Maine National Guard.

The entities, through Googins and The Adjutant General of Maine, Brig. Gen. James D. Campbell, work together, but neither can directly influence the other.

Campbell has been working with Googins and the Maine State Museums program to try to find new cooperative ideas to work together. His concern with the museum has existed since before he became the adjutant general.

Part of his frustration is knowing that the museum houses a phenomenal collection, that isn't being used, he said.

Bernard Fishman, museum director for the Maine State Museum, and Kate McBrien, the State Museum's curator of historical collections, talk with Dave Googins, Chairman of the Board of Directors for the Maine Military Historical Society met Thursday, Jan. 2 at the Maine Armed Forces Museum located on Camp Keyes. The trio met there to discuss potential future relationships between the state museum and the military museum to try to connect more Maine residents with the rich military history of their predecessors. (U.S. Army National Guard photo by Sgt. Angela Parady)

Col.Michael McLaughlin laughs with a Maine veteran during a service celebrating the National Guard birthday in 2010. The museum works with the historical society to try to increase interest in Maine's rich military history.

Another example is this 2011 Portland Heritage Tour. Open to the public, the Museum organized a trip that visited important historical sites throughout Portland. Look to the organizations web page for information on upcoming trips.

The Adjutant General for Maine, Brig. Gen. James D. Campbell addresses attendees at the bicentennial remembrance day held at Portland's Eastern Cemetery,

"First of all, they don't have adequate space to house everything they have, they also don't have enough people to help them manage this collection, and they also don't have enough money to do the kind of things they need to do to preserve it and display it appropriately," said Campbell. "The reason we have this stuff, is because we want people to see it. We want people in Maine to know the history of the military in Maine."

Campbell earned his Ph. D. in British history at University of Maine in Orono, is passionate about, and a strong advocate for understanding the past, especially as it pertains to the military.

"One of the things that sets us apart from any other job, is that as a military profession, we have these traditions," he said. "In some senses the military is defined by its traditions, which are in turn derived from our history. The fact that we wear the uniforms we wear, how we stand in a formation, the salute, everything we do, is part of this tradition and history. Without understanding or having any connection to that, the average soldier or airman is losing out on this deeply important part of our profession."

He pointed specifically to the 133rd Engineer Battalion that is currently deployed to Afghanistan. The lineage of that battalion traces back to the Cumberland Regiment of Militia in the 1760s.

"They aren't just a group of people from Maine downrange doing a job, there is so much more that they represent in those traditions and that history that are incredibly important. It helps create pride in what you do, espirit de corps. People want to be something larger than themselves, and that history and tradition we have is part of that. I think it's really important that we capture what we do, and preserve it. Being in the military, we make history every day. "

Googins is working with Campbell, and the Director of Maine State Museums to come up with some cooperative efforts to revive the museum.

Both Googins and Campbell share a similar vision for the museum in the near future. The short term goal is to have updated displays that can be changed out to remain pertinent with the ongoing events in Maine, more visitors, and more eyes on the artifacts. Even just getting National Guard soldiers who are drilling to go through the museum and take some time to learn about their own history, generate interest in their past.

Googins has worked with the museum for the last four years, says they have everything from muskets to machine guns, tunics to body armor.

"It is always important to remember history," he said. "It's nice when a soldier can come in today and look at what we had in the past, the weapons, the uniforms, the c-rations. When you see the equipment we used to have, and what we have now, a soldier can really appreciate that. It is nice to be able to see the progressing technology, it's important to remember history."

More information on this museum can be found at www.mainemilmuseum.org

Operation Community Support teamed up with Author Stephen King to bring the World Series Trophy to Orono, and secure the first hour of viewing for military families only on 26 January 2014.During the event, limited commemorative T-shirts autographed by author Stephen King were available for military families. Your family readiness groups work hard to bring these events to you, keep an eye out for the monthly Stall Talk updates, and check your newsletters to see which events are available!

Get ready to spring forward with these better sleep tips from WebMD

When we spring forward to daylight saving time, we lose an hour of sleep. Most of us feel the effect for just a few days afterward. But for others, lack of sleep is a chronic problem worsened by the time transition.

Here are 10 sleep tips to help you spring forward easily, and sleep better all year long.

1. Gradually Transition Into the Time Change

To minimize the impact of the switch to daylight saving time, make gradual adjustments. Go to bed and put your children to bed 15 minutes early, starting several days before the change. Make an extra effort to be well-rested the week before the time change.

2. Give Yourself a Sleep Break After the Time Change

If you feel sleepy after the change to daylight saving time, take a short nap in the afternoon – not too close to bedtime. Avoid sleeping in an hour longer in the mornings. Your internal clock will soon adjust on its own in several days.

3. Know How Much Sleep You Need

Not everyone requires the same amount of sleep to be well-rested, and sleep requirements can change with age. To find your ideal number of hours, sleep without an alarm on weekends and see when you wake up naturally.

4. Keep Regular Sleep Hours

Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep. If possible, try to wake up at the same time on the weekends, too, which makes Monday mornings easier to bear. You can also see how a nap affects your sleep quality. For some, napping can make it harder to sleep, but for others, a short nap (20 minutes) can be revitalizing, without ruining their night's sleep.

5. Get Some Exercise During the Day

Even moderate exercise, such as walking, can help you sleep better. Aim for at least 30 minutes of moderate exercise, three times a week or more. But avoid exercise within three hours of bedtime.

6. Avoid Stimulating Substances

Alcohol and caffeine (found in coffee, tea, chocolate, and some pain relievers) can interfere with sleep habits. If you have trouble sleeping, avoid alcohol and caffeine for four to six hours before bedtime. Smokers should also avoid tobacco, another stimulant, too close to bedtime.

7. Eat Light at Night

Indigestion from spicy and fatty food or having too much food on your stomach can cause insomnia. For a better night's sleep, eat light, simple foods several hours before bed. If you get hungry, have a snack of easy-to-digest food such as carbohydrates or dairy. Also, avoid too much liquid before bed so that you don't have to wake up to go to the toilet.

8. Relax Before Bed

Stress and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead.

Worry can increase the production of the hormone cortisol, which increases alertness. If anxiety keeps you awake, write out your schedule for the following day before going to bed, including possible solutions to challenges you may face. If you’re worried about hitting a deadline the next day, go to bed early and wake up early to work. Don’t work late into the night. Most minds are fresher in the morning; you may even need less time to finish your work.

9. Create a Sleep-Friendly Environment

There’s a reason why some animals sleep in caves; there’s no denying the relaxing mixture of darkness and quiet. Whether you try sleep shades, ear plugs, a white-noise machine, or all three, there are plenty of tools available to help block out stimulation and bring on slumber.

Temperature helps too -- an even 60-75 degrees -- is considered the most comfortable. And don’t forget the importance of comfort in the equation. Invest in a good mattress and you’ll be repaid in sweet dreams

If you have restless or snoring pets who wake you up during the night, keep them out of your room, along with all electronics, including your television, computer, DVD player, and stereo. Isolating your activities to sleep and other bed-related activities is a good way to keep the bedroom focused on its restful purpose.

10. Get Up If You Can’t Sleep

We’ve all had those nights when we can’t fall asleep or we wake up and can’t get our minds to shut to down. Avoid watching the clock, which can create more anxiety. If you’ve been awake more than 20 minutes, get up, go to another room, and do something relaxing to help you get drowsy. Keep the lights low, have some warm milk, read a book, or write about whatever may be on your mind until your eyelids get heavy.

Interview with a Recruiter

You remember your recruiter, right? Your recruiter is often the first person you meet as you begin the crazy, amazing and serious process that could change the rest of your life. Everyone has a story about their recruiter- the good, the bad, and the just plain memorable.

The National Guard Regulation 601 describes RRNCOs as "the backbone of the Recruiting and Retention organization." The Maine Army National Guard would not be where it is today without RRNCOs who are dedicated to their mission. Recruiters have a three-pronged mission of recruiting, retention and attrition management. With varying priorities, ever-changing incentive programs, and a target audience that often doesn't know what they want for dinner (never mind for the next few years of their life) - Recruiters have their job cut out for them!

In the past, Soldiers tended to interact with a Recruiter at Enlistment, the Recruit Sustainment Program Training and Re-Enlistment. Recruiters now make additional efforts to connect with their assigned units, get to know the Soldiers, and connect with them on military career goals and satisfaction.
We believe that knowing how Recruiters spend their day, what they are looking for in an applicant and the challenges they face in completing their mission is important for all Soldiers. It's just one way Maine Army National Guard Soldiers can understand how each and every Soldier can assist in reaching our state readiness goals.

We decided to sit down and chat with Sgt. 1st Class Galen Thompson about where he came from, how he got here, and how he hopes to improve the Maine Army National Guard from his position.

How did you get hooked into the National Guard?
Thompson: I was leaving Active duty after 4 years at Fort Polk, Louisiana. I knew that I loved wearing the uniform, and serving with my brothers & sisters. I knew I wanted to keep that going in some capacity. So, I joined the Maine Guard.

What was your path to becoming a recruiter? What MOS(s) did you have before this?
Thompson: I was a 15Q (Air Traffic Controller) in a small unit in Bangor. After three deployments the unit was being deactivated due to downsizing, I had to "Adapt and Overcome" to find a new home in the Maine Guard. Luckily, I found a home with the Recruit Sustainment Program. After just a few drills, I was interviewing for a recruiting position and haven't looked back since.

Take me through an average day of a Recruiter in Bangor, Maine.
Thompson: I generally start out with PT from 0630 to 0730. Personal hygiene (of course) and then it's off to the races. I may start with a couple hours of paperwork details, ie: preparing and reviewing packets for the next applicant going to MEPS. Getting paperwork right is a tedious, grueling and important part of the job. You won't make any friends at MEPS with a messed-up enlistment packet! Later on in the day,

I may have an appointment for a table display or school presentation. Talking to students about the importance of education and how the Maine Army National Guard can help them achieve their goals isn't a bad way to spend a day. Afterward, I might go out to a local family's home to chat with them about how their son or daughter can serve while attending the local college.

How do you present yourself to a prospective applicant, to differentiate yourself and the Guard from other branches?
Thompson: Both the National Guard and I, are

branches in the same way, FAMILY. I really enjoy spending as much time with my family as I can, and the Guard is an extension of my family. When I'm talking to people, I believe I'm welcoming not only the applicant into the Guard family, but his/her family as well. What a great feeling!

Which one National Guard program do you think has the potential to get you more inquiries and leads than any other?
Thompson: Without a doubt, the H.E.A.R. Program (Helping Everyone Achieve Respect- Anti-Bullying and Cruelty Program) has the most potential.
I've taught all the school programs and usually I adjust or rework them to fit me, but the first time I saw this program I didn't change a thing. When I'm presenting this program, I'm opening a corridor that's allowing the bully to be heard, the bullied to have a voice and the community to feel safe.

We talk openly about why people bully or get bullied, and we show them how the Army National Guard Values can help them all act respectfully and also be respected. I really think it has a top-down message allowing the student to rule their school. It helps them realize they have the power to make a difference by helping a student with disabilities get to class, or choosing to eat lunch with a new student, or to STOP a situation of bullying they may see in the hallway. It can engender school pride, which will eventually evolve into community pride.

What do you usually say to parents or loved ones when they express concerns about an applicant enlisting in the Guard?
Thompson: Honestly, I try to preempt any concerns before they even occur to the parent by answering any and all questions that they have about the process. My standard procedure is to invite them into the decision process from the very start, with that initial interview and all the way through inviting them to MEPS to watch their loved one enlist in the ceremony room. The Guard is a family unit and involving an applicant's family from day one, really solidifies the family tie and eases many concerns.

What do you most enjoy about being a recruiter?
Thompson: No question: The People. I've been around the world and wherever I go I'm always looking to find out about the people. Where they come from, what they like to do and the culture they live by. Everyone has a goal and I want to know how I can help them on their path.

What do you find most challenging about being a recruiter?
Thompson: Stereotypes. There are so many people who have the wrong idea about military recruiting. And EVERYONE has a bad story about recruiters. I really strive to overcome those stereotypes every time I make a connection with an applicant.

I pride myself on being upfront and honest and every time I hear these stories, I cringe.

YOUR MONEY MATTERS

TRACKING SPENDING AND EXPENSES

There are three steps to creating a budget:

1) Identify how your money is currently being spent.

2) Evaluate that spending to see if it meets the financial priorities you specified in Lesson 1.

3) Track your ongoing spending to make sure it stays within those guidelines (or to understand how your budget needs to be revised).

If you happen to use Quicken, Microsoft Money or other such software, you're in luck. These programs generally make it easy to draw up a budget.

In Quicken, for example, every time you make a deposit, write a check, pay a credit card bill or dispatch an electronic payment you are asked to assign it to a particular category, such as "salary," "clothing," "groceries," "child care" or "health insurance."

You can also create subcategories, dividing "auto" expenses into "fuel," "insurance" and "service." The program comes with a set of categories that handle most of the basics. You can edit the list to create categories that make better sense for your particular household.

The drawback, of course, is that entering and categorizing all of your income and outflow is a tedious chore.

You can reduce the tedium by judiciously selecting categories. Let's say you are only worried about tracking your spending for recreation and leisure pursuits. You could create categories that cover those types of expenses, and let everything else accumulate under "miscellaneous revenue" or "miscellaneous expense."

The problem with that approach is that you forgo the opportunity to spot problems in other spending areas that you may not even be aware of.

A better solution is to track expenses using electronic banking. That way, you can download your payments and deposits directly from the bank, rather than having to enter them by hand.
The downloaded banking transactions generally show up without any categorization - meaning you'll have to add the categories by hand. But if you use a credit card that is issued by a bank that permits electronic access, then the downloaded charges from your card sometimes do come with categories attached (they aren't always right, so check them).

Either way, once you've got your spending tracked by category, drawing up a report requires only a few clicks of the mouse. Even better, such programs often have an automatic budget-creation feature that scans your spending in the past in order to estimate how much you'll spend going forward.

If your finances aren't wired, you can still get a good handle on your spending the old-fashioned way. Start by getting all your records together from the past 12 months, including pay stubs, loan proceeds, withdrawal slips, canceled checks and itemized credit-card statements. Then go through them and compile totals for your income and expenses in a set of categories that makes sense for you.

At the end of this exercise, you may still have a sizable lump of spending that's undocumented - typically, the money you withdraw in cash and then spend on day-to-day needs. If this portion of your budget seems to be getting out of hand, keep a journal for the next four weeks in which you record every nickel you spend. You can use those results to extrapolate how your cash is being spent throughout the year.

Now that you've got a good picture of where your money is going, you can proceed to evaluate which parts of that spending should be raised or lowered

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 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 or call 888-488-8767.

the BAYONET