

Oregon Sentinel

THE OFFICIAL NEWSLETTER OF THE OREGON NATIONAL GUARD

41 Infantry Brigade Combat Team • 142 Fighter Wing • 82 Brigade • 173 Fighter Wing • Joint-Force Headquarters • Combat Operations Group

Oregon officials honor servicemembers at state capitol

Annual Armed Forces Day showcases Oregon National Guard's equipment, personnel

Story by Tech. Sgt. Nick Choy,
Oregon Military Department
Public Affairs Office

SALEM, Ore. -- The Oregon National Guard celebrated Armed Forces Day at the State Capitol Mall on May 13 with a ceremony, a roar of fighter planes and a 21-gun cannon salute.

The annual celebration gives Oregonians an opportunity to see the Oregon Guard's capabilities and introduces them to the agencies that support the state and work with federal partners.

During the ceremony, Gov. Ted Kulongoski thanked Oregonians in uniform for their contributions and sacrifice.

A highlight of the event was a flyover by four Oregon Air National Guard F-15 Eagles from the 142nd Fighter Wing that broke through the clouds and flew in tight formation over the assembled crowd.

As a tribute to those in uniform, soldiers from the Oregon Army National Guard's Bravo Battery, 2nd Battalion, 218th Field Artillery, fired three 105mm Howitzer cannons, filling the Capitol Mall with smoke. Passersby paused to watch, as a thunderous echo reverberated off the buildings in the mall.

Oregon Guard soldiers and airmen were on hand to answer questions about the equipment they use and the jobs they perform. A steady rain forced Guard members and attendees to retreat under tents and canopies where displays and booths promoting different groups within the Guard were featured.



Photo by Staff Sgt. Kevin Hartman
Oregon Guardmembers with "The Governor's Own" Bravo Battery, 2nd Battalion, 218th Field Artillery, fire a cannon salute to commemorate Armed Forces Day at the Capitol Mall in Salem, Ore., May 13.

Army National Guard Staff Sgt. Kevin Maries, Logistics NCO for the Counterdrug Support Program, said the event is a chance for people to meet their fellow Oregonians in uniform, but more importantly, for young people to explore opportunities offered by the country's military services.

"Every member has a number of reasons for wanting to serve," he said while standing next to a light-armored vehicle (LAV). "Events like this help youngsters develop a sense of duty, loyalty and dedication."

The 24-year member of Oregon's Army Guard, Maries said the goal of Armed Forces Day is to not just promote the Guard, but to also help the public understand the benefit Guard members bring to their communities.

See ROTC on PAGE 4



Photos by Sgt. Eric A. Rutherford, Oregon Military Department

Four F-15 Eagle fighter jets fly over the Oregon State Capitol building in Salem, Ore., May 13. The jets, assigned to 142nd Fighter Wing in Portland, flew over the Capitol Mall in honor of Armed Forces Day.

Withycombe to get new Armed Forces Readiness center

Story by Tech. Sgt. Nick Choy,
Oregon Military Department
Public Affairs Office

CLACKAMAS, Ore.--The Oregon National Guard hosted a ceremony commemorating the construction of a new facility at Camp Withycombe in Clackamas, Ore., May 29.

The 41 Infantry Armed Forces Reserve Center, with a projected cost of more than \$74 million, will be the largest facility built by the Oregon National Guard.

The project will generate much needed jobs at a time when the state's unemployment numbers hover just over 12-percent. Planners say the project will create more than 800 direct construction as well as an additional 525 indirect jobs.

"This will give us 1,300 jobs," said Oregon Governor Ted Kulongoski. "We're putting people to work right now."

Kulongoski also highlighted the new building as a positive outcome to the Base Realignment and Closure (BRAC) process, which in 2005, threatened to close the Oregon Air National Guard's Portland Air Base.

"We need to thank the federal government, and especially Senator Ron Wyden for their work, because this is one of the good things to come out of BRAC," the governor said.

Majority of the cost for the project is funded through the federal government, with \$51 million coming from the Na-



Photo by Tech. Sgt. Nick Choy, Oregon Military Department

(From left to right) Clackamas County Commissioner Lynn Peterson; Oregon Governor Ted Kulongoski; Maj. Gen. Raymond F. Rees, Oregon National Guard Adjutant General; Oregon Senator Ron Wyden; and Brig. Gen. Frank Cipolla, Deputy Commander of the 88th Regional Readiness Command, U.S. Army Reserve, toss shovels full of ceremonial earth at a groundbreaking ceremony for the 41 Armed Forces Reserve Center.

tional Guard. This includes \$1.3 million in stimulus funds for storm water management and \$21 million from the U.S. Army Reserve. The State of Oregon will contribute another \$2.9 million.

Maj. Gen. Raymond F. Rees, The Adjutant General, Oregon National Guard, said the project has historical significance not only because of its dedication to the

famed WWII division, but also because it creates a tangible presence in the local community.

"As I've said in the past, we're not at Camp Swampy, we're on Main Street," Rees said. "It's important we have a presence that the community can appreciate."

See WYDEN on PAGE 4

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DEPARTMENT OF THE ARMY AND AIR FORCE
NATIONAL GUARD OF OREGON
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SALEM, OREGON 97309-5047
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The Oregon Sentinel is distributed to members of the Oregon Army and Air National Guard, and other interested persons by request, free of charge. Circulation: 12,500. The Oregon Sentinel is published by Eagle Web Press, a private firm in no way connected with the DoD, Departments of the Army or Air Force, or the State of Oregon, and is under exclusive written contract with the Oregon Military Department. The Oregon Sentinel is also distributed electronically, and can be found online at www.oregon.gov/OMD/AGPA/publications.shtml.

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COMMAND

New Withycombe facility a tribute to 41 IBCT's past, present, future



Maj. Gen.
Raymond F. Rees,
The Adjutant
General,
Oregon National
Guard

I had the pleasure in May to stand alongside heroes from World War II's famed 41st Infantry Division during the ground breaking ceremony for a new facility named in their honor.

Standing with us were members of today's Oregon National Guard who will serve in the new Armed Forces Reserve Center. These men and women represent our past and our future. This \$75 million project will cover 35 acres and dramatically change the face of Camp Withycombe.

It will be home to approxi-

mately 1,300 members of the Oregon National Guard and US Army Reserve. More than 140 full time soldiers will also perform their daily work in this complex.

Our success with this project typifies the professionalism of the Oregon Guard. The 2005 BRAC left us with the good news that a modern facility was authorized but the bad news that the project was funded at only 35 percent.

Col. Rock Chilton, our Chief of Installations, used his many years of experience and the energy and enthusiasm of his staff to pursue at every level the 65 percent needed to give our soldiers the outcome they deserve. The result is that we truly will have a 21st-Century center for 21st Century soldiers.

To cap this great experience,

one week later I traveled to Fort Stewart, Ga., to visit with the heirs of the 41st Infantry Division. Today's Jungleers of the 41st Infantry Brigade Combat Team are doing a magnificent job in their pre-mobilization training. Officer and NCO leadership have never been better. They are well on their way to make history during their deployment to Iraq. The brigade headquarters and the Special Troops Battalion will call the new AFRC their home.

The scope of this project is mammoth—it will take nearly two years to complete. Additional elements that will reside there are the 82 Brigade headquarters, 82 ROC, 234 Army band, 3670 Maintenance Company.

We will close the Tigard, Lake Oswego and Jackson Band Armories and convert the Clackamas Armory to the Oregon Military Museum.

This project could not have come at a better time to provide jobs in a bad economy, affirm

our support for deploying soldiers, and replace aged and inadequate facilities. Our profound thanks must go to our legislators and our congressional delegation for making this possible.

Let me close by making my annual appeal for each and everyone of you to recognize that with the fun and excitement of the "100 Days of Summer" comes increased risk and concern for safety.

You are professionals. Whether you are deploying, training, or enjoying a well deserved recreational event you must understand the inherent risk involved.

Use your safety training to make appropriate risk assessments and assure that you, your fellow soldiers and airmen and you families all have a safe, happy and fulfilling summer. Always ready, always there!

Raymond F. Rees

'Fit to Fight' body and mind requires discipline, research, work



Command Chief
Master Sgt.
Max A. White,
Command Chief
Master Sgt.,
142nd Fighter
Wing,
Oregon Air
National Guard

As the Command Chief of the 142nd Fighter Wing, I am concerned about the health of every airman in the Oregon National Guard. And if each airman would only focus on adopting habits to improve their health, then none of them would have to worry about passing their fitness test. The test would take care of itself.

Let me explain more fully why this is the case. At the Senior Enlisted Leaders' Summit that I recently attended in Alabama, Chief Master Sergeant of the Air Force Rodney J. McKinley, recommended one book for us to read. The book is entitled "Younger Next Year."

The three practices that will optimize a person's health, according to the authors, are the following: exercising with appropriate intensity six days a week; avoiding junk food like the plague; and connecting and committing—which I will explain later. To that list I would add a fourth positive of getting inspiration from the example of others.

So the first key to adding life to one's years is establishing the behavior of daily vigorous exercise. The appropriate intensity level for the work-outs can be established by wearing a heart monitor and regularly hitting 60-80 percent of one's maximum heart rate.

One needs to wear proper shoes, minimize running on hard surfaces, and lift weights at least twice a week. When one is getting in consistent 45 minute cardio work-outs, then the 1.5-mile fitness test distance does not present much of a challenge. Likewise if someone is lifting weights regularly and practicing calisthenics, a set of push-ups and crunches is hardly an ordeal.

On the nutrition front, it is clear that diets do not work. What does work is targeted eating. By scrupulously limiting the ingestion of trans-fats, saturated fats, sugars, and refined carbohydrates, each of us can fuel properly for vigorous activities. And the challenging work-outs combined with smart

dining make abdominal measurement or BMI seem like an easy hurdle to clear.

Connecting and committing make staying in shape all the more enjoyable. If airmen relish working out with others, they can join participants in the Seattle-to-Portland bicycle ride, the Hood-to-Coast relay, local running or triathlon events, or even group P.T. Joining others in physical activities is a great stress reliever and increases the likelihood of success of one's program.

Lastly, if one wants inspiration to be younger next year, one need look no farther than the Oregon National Guard Marathon Team. The joint Army and Air Guard team from our Beaver State competed recently in the National Guard Marathon Championship in Lincoln, Nebraska.

Our team always does well. But for the second year in a row, the Oregon team of Tim Vandervlugt, Seven Richmond, Sean Nixon, Greg Smith, and Ed King took first place on this 26.2-mile course. Each one of them sustained a pace that would have placed them in the highest category for the 1.5-mile or 2-mile Fitness Test for the duration on the marathon.

Kind of puts the running portion of the Fitness Test in perspective, doesn't it?

Reassuring families: sometimes 'adjusting fire' requires the right moment

It seems that I keep postponing specific warrant officer information in my columns. However, being in the military we have learned to "adjust fire" and take advantage of that special moment.

Last month I wrote about the importance of mobilization ceremonies. Now I feel the need to share and give some kudos to the families of soldiers who mobilized with Troop B, 1st Squadron, 82 Cavalry located in Woodburn, Ore.

I was asked to attend this event as both a parent and the state command chief warrant officer. When my wife and I arrived the armory was completely full of friends, community members, immediate family and parents of the deploying troopers.

The ceremony began by the commander recognizing me as the command chief warrant officer, among others. He also asked all other veterans to stand and be recognized. Looking around the armory I saw men, who proudly wore their Vietnam Veteran's baseball hat or T-Shirt, Korean War Vets and a few elderly gentlemen that obviously fought in World War II. The armory erupted with applause.

After the commander and first sergeant gave what I thought were very appropriate

comments directed to the families, reassuring spouses and parents that their common goal was the unit's mission and to bring all their loved ones home, there was a presentation by one of the community churches, then a short benediction. The Troop then came to attention proudly yelling, "Scouts Out!" You could feel their confidence and pride.

Following the ceremony, lunch was served by members of the troop's Family Readiness Group, coordinated by Kristy Ditto, wife of the commander. During the rest of the afternoon I saw tears, laughter and pride.

Soldiers never really had a chance to eat with their families because they wanted to introduce family members to one another and their immediate supervisors. The responses of these introductions seem to share a common thread; "I have heard so much about you," and; "Will you take care of my son or husband?" Of course the answer is always yes.

From the commander to the section sergeants all answers were positive and up beat. Those who attended the ceremony who were never in the military were able to see the bond and camaraderie that those of us in uniform share.

We as leaders have a solemn responsibil-



Chief Warrant
Officer 5
Michael Zagya,
Command Chief
Warrant Officer,
Oregon National
Guard

ity to ensure units such as Bravo Troop, 1st Squadron, 82nd Cavalry are successful in their missions. Almost the entire warrant officer corps; maintenance, ordinance, logistic, administration, and intelligence, play a significant role in their success. As "The Quiet Professionals" I know we will not let them down.

I believe what took place at this ceremony was mirrored across the state. We owe a great deal to the Family Support Groups that worked behind the scenes to ensure all went well at each event. As a proud parent and the Command Chief, job well done and thanks!

NEWS

State budget: Funding bill saves Oregon National Guard armories, Youth Challenge

Story by Kim L. Lippert,
Oregon Military Department
Public Affairs Office

SALEM, Ore.--In what the Deputy Director of the Oregon Military Department calls the tightest legislative session he's ever been through, the budget for the Oregon Military Department is expected to pass without feared armory closures.

"We've been able to work with the Oregon State Legislature to prevent the closures from happening, but all of this is predicated on revenue estimates that some consider rosy," said Brig. Gen. Mike Caldwell.

The current budget for the Oregon Military Department is 14 percent below the base budget passed two years ago. The department was able to avoid more significant cuts after the Oregon State Legislature passed legislation that increases tax revenue by raising corporate taxes and additional taxes on those making \$150,000 a year.

At one point, the Oregon State Legislature asked the department to come up with a 30-percent reduction proposal. Under that proposal, the Oregon National Guard could have closed as many as 20 armories and shut down the Oregon Youth Challenge program.

The cuts would have also severed funding for the Oregon National Guard Reintegration program along with staff positions throughout the agency.



Photo courtesy of the Oregon Military Department

The Oregon National Guard's Coos Bay Armory, which is currently undergoing an upgrade, was one of the facilities slated to close if the current legislative funding budget did not pass. Photo courtesy of Oregon Military Department.

"Much of the decision making came from legislators hearing the voices of support for keeping the armories open for the troops and their families," said Caldwell.

Under the current deal Caldwell said the Oregon Youth Challenge program will remain in place and funding for the Oregon National Guard Reintegration program is secure.

Caldwell praised those successes but quickly added that in any legislative session, things can change in an instant—a reality

even more evident with the state of the economy this year.

"We are still trying to pick up additional resources and we don't know what the outcome will be," said Caldwell.

The final legislative vote on the Oregon Military Department budget should come by the end of the month. We will have a complete synopsis of all the legislation impacting Oregon veterans and an update on the budget in the Summer issue of the Oregon Sentinel.

Emergency Relief Fund seeks donations

The Oregon National Guard Emergency Relief Fund is seeking donations which provide cash aid for Oregon National Guard Soldiers, Airmen and their Families.

The program is designed for soldiers and airmen of the Oregon National Guard and their immediate family members (spouse, surviving spouse, child, or stepchild) who are in need of emergency financial assistance.

The fund is tax-exempt under section 501(c) (3) of the Internal Revenue Service Code. Although sponsored by the Oregon National Guard, the Emergency Relief Fund receives no direct funding from the government.

Checks should be made payable to Oregon National Guard Emergency Relief Fund (or simply the letters "ORNGERF"). The online donation form can be found at: www.oregon.gov/OMD/ORNG_Emergency_Relief_Fund.shtml.

Contributions should be mailed to: Oregon Military Department, Oregon National Guard Emergency Relief Fund, Attn: DCSPER, P.O. Box 14350, Salem, OR 97309-5047, or via phone at: 503-584-3989 or 503-584-3939.

Homefront Heroes Kicks off new kids program in Salem

Story by Kim L. Lippert,
Oregon Military Department
Public Affairs Office

SALEM, Ore.--Military spouses and kids came together for a day of activities under sunny skies at North Salem High School Saturday, May 16, from 10 a.m. to 2 p.m.

At the first ever Homefront Heroes event, kids climbed an artificial rock wall, toured an OH-58 Helicopter, played video games like Guitar Hero, and even did arts and crafts.

"I just made a bracelet with my name on it," said 7 year old Jade Sparks.

Sparks' stepmother, Tamara Sparks said this event is just what Jade needed.

"She's been talking about it all week," said Sparks. "I thought it was important for her to know that there are other kids experiencing the same thing she is. We haven't had much contact with other military families so this is a big support for her and me."

Laura Conley, spouse of Oregon National Guard State Command Sgt. Maj. Brunk Conley came up with the idea after seeing her middle child struggle during her husband's deployment. Conley said she saw the need for her children to

connect with other kids their age, but at that time there was no program available to make that happen.

"As they were going through school there weren't other children in school going through the same thing they were going through when their dad was gone," said Conley.

To help fill the void, Conley came up with the idea of Homefront Heroes, a gathering for children of deployed servicemembers. At the event on Saturday, more than 70 children had the opportunity to meet other kids who share their struggles. For Lunetta Grimm, whose husband Sgt. Trent Grim is deployed to Iraq, the day was a much needed break.

"I have a four and two year old so we're hoping to meet some other kids that live close to us," said Grimm.

Kids enjoyed sports games, touring emergency vehicles, watching a police dog demonstration, and eating hot dogs and hamburgers. State Command Sgt. Maj. Brunk Conley said one of the more rewarding parts of the day was just seeing the bonds being formed.

"Being around kids is the best part, hopefully this will help them get through a rough time," he added.

The event was made possible with



support from various community organizations including the Boy Scouts of America, Salem Police and fire Departments, Salem Public Library, Salem Public Schools, North Salem High School Army Junior ROTC, Oregon State Police, American Red Cross, Operation Military Kids and the Association of the United States Army.

With the 41st Brigade Combat Team deploying to Iraq, and two other Oregon Guard aviation units already there, thousands of military kids in Oregon will be without a parent this summer. Conley plans on doing another Homefront Heroes event in the Portland area this August.

COMMENTARY

Dear General Rees,

I want to thank you for your leadership and service to the Guardsmen of Oregon during one of the most challenging and dynamic periods in the Guard's 372-year history. It has been a privilege to serve with you during my three years with the Army. And I thank you and your fellow Adjutants General for honoring me with the iconic "Concord Minuteman." That is something I will treasure always.

During these challenging times, you and your Guardsmen have been called upon to make many personal sacrifices to ensure the defense of our Nation and to respond to homeland contingencies. You and your men and women have met these challenges with determination and professionalism. Please pass along my thanks to your Guardsman for all they do for our Nation. Our country needs them at home and abroad and they are greatly appreciated by the American people.

Thank you for all you do to help keep our military strong. Best regards.

Sincerely,
Pete Geren,
Secretary of the Army,
Washington, D.C.

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Azuwur coming back to the Sentinel!

AZUWUR
Oregon National Guard

The Oregon Sentinel is bringing back the Azuwur!

Starting in the summer issue, a new section will be devoted to issues important to our retirees and veterans. It will be called the "Azuwur" as a tribute to the Oregon Sentinel's predecessor, and to the many citizen-soldiers and airmen who have sacrificed so much for the state of Oregon and our nation.

NEWS

Wyden: \$75 M construction project a 'positive outcome' to BRAC

CONTINUED FROM FRONT PAGE

"This building is a brick and mortar representation of what the National Guard is all about," he added.

The facility is dedicated to the memory of the 41 Infantry Division and its soldiers—a unit which gained recognition for their sacrifice and service during WWII.

Retired 41st Division member, and WWII veteran, Leland "Bud" Lewis, who trained at Withycombe for driver's school in the early part of WWII, said the building will carry on the memory of his unit long after the members are gone.

"Sometimes it's hard to see something you remember a certain way go into history," Lewis said about his old unit. "But this building will honor the division forever. I'm very proud and privileged to be a part of this."

Kulongoski said while he was happy to see all the planning and hard work come to fruition, he was saddened that the modern evolution of the 41st Infantry Division, the 41 Infantry Brigade Combat Team, couldn't be here for the ceremony.

"It's a little sad that they're not here because they're part of the legacy of the 41st Division," Kulongoski said. "But they're building upon that foundation."



Right: Some of the original members of the 41st Infantry Division, stand at attention during a groundbreaking ceremony for the 41 Armed Forces Reserve Center, held at Camp Withycombe in Clackamas, Ore., May 29. Photo by Tech. Sgt. Nick Choy. Above: An architectural rendering of the finished 41 Infantry Armed Forces Reserve Center. The building, which will house personnel from both the Oregon National Guard and U.S. Army Reserve, will be dedicated to the storied WWII unit that garnered recognition for their courage and determination during some of the fiercest battles of WWII.

Indeed, almost 2,600 Oregon soldiers are currently training at Fort Stewart, Ga., prior to a one-year deployment in Iraq.

When complete, the nearly 250,000 square foot facility will be home to more than 1,300 Oregon Army National Guard soldiers and the United States Army Reserve.



The Governor said partnerships between the National Guard and other organizations are increasingly important. He cited the new armory in Eugene, which is shared by Reserve units and the Marine Corps.

"I think it's a great way to bring the Reserve and National Guard together," he

said. "It's an investment in the readiness for both organizations."

Barrentine Bates Lee, of Lake Oswego, Ore., began the design work on March 24. Construction of the facility has been contracted with Hoffman Construction Co., of Portland, Ore., and is scheduled to be completed Aug 1, 2011.

ROTC cadets play integral role in Armed Forces Day event at state capitol



Photo by Sgt. Eric A. Rutherford, Oregon Military Department

Junior Reserve Officer Training Corps members from high schools across Oregon present the colors at the beginning of the Armed Forces Day ceremony at the Capitol Mall in Salem, Ore., May 13.

CONTINUED FROM FRONT PAGE

Two Air Guard air (traffic) control squadrons, the 116th ACS at Camp Rilea and the 270th ATCS from Klamath Falls, traveled a long distance to support the day's activities. The 125th Special Tactics Squadron, based at the Portland Air National Guard Base, displayed their combat controller equipment, including their dive recovery boat, while the Counterdrug Support

Several Junior ROTC Color Guard units from area high schools were in attendance, including an Army unit from Oregon City, a Navy unit from LaPine, and a Marine Corps unit from Redmond. Air Force Junior ROTC Cadet, Melinda Duran, a senior from Henley High School, near Klamath Falls, said the event recognizes military members for allowing Americans to enjoy freedom. She said in addition to thanking current military members for their sacrifices, veterans from yesteryear should always be recognized.

"I really appreciate all our armed forces for what they're doing for us," she said. "I would never be embarrassed to go up to a World War II or Korea War vet and shake his hand and thank them."

Navy cadet, Ray Graversen, from LaPine High School, just south of Bend, said events like this bolster the support of the nation's troops.

"People put flags in front of their house to show support, but anyone can put up a flag," he said. "This event is more proactive."

President Harry S. Truman led the effort to establish a single holiday for citizens to join together and thank military members for their patriotic service in support of the country. On Aug. 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy, Marine Corps and Air Force Days. The single-day celebration stemmed from the unification of the armed forces under the Department of Defense.

Oregon National Guard Counterdrug team completes inter-agency training

Story and photo by Tech. Sgt. Nick Choy,
Oregon Military Department Public Affairs Office

CAMP RILEA, Ore. -- Members of the Oregon National Guard's Counterdrug Support Program and the Salem Police's SWAT unit trained at the Rilea Training Site in Warrenton, May 5, in what organizers have called a successful inter-agency training event.

Oregon Guardmembers trained alongside Salem's tactical police unit, using the Oregon National Guard's two Light-Armored Vehicles, or LAVs.

While Oregon soldiers and airmen went through initial and refresher vehicle driver's training, law enforcement officers from Salem trained on tactical procedures related to the arrest and apprehension of high-risk offenders. The four Counterdrug trainees learned basic vehicle operations maintenance, and participated in some inter-agency training with members of the Salem SWAT team.

According to Master Sgt. Keith Moen, an Oregon National Guard Counterdrug NCO, the LAVs allow law enforcement access to high-risk offenders they might not otherwise have.

"A lot of law enforcement agencies cannot afford armored vehicles," Moen said. "We provide that service to them. Once drivers understand the basic operations of the eight-wheeled, armored

vehicle, driving it is much like operating a large truck."

Master Sgt. Chris Sewell, an Intelligence Analyst for the Counterdrug Support Program, and vehicle tactical commander, said the 24-ton LAV acts as a "force-multiplier," providing law enforcement with a very effective visual deterrent to high-risk individuals. While it looks like a tank, it's strictly a defensive vehicle, he said.

"It's there to provide protection and support to law enforcement," Sewell said. "But then again, it's very intimidating. You know it's going to be a bad day when this vehicle shows up on your property."

Sewell said there have been instances where dangerous suspects have simply given up as soon as the LAV moves onto their property, even with the SWAT members still inside.

Team Leader Sgt. Mike Johnson, a 16-year member of the Salem Police Department, said the ability for Oregon soldiers and airmen to train alongside local law enforcement officials is important to officers' safety.

"If we didn't have access to this equipment, we would be putting a lot of our guys at risk," Johnson said. "Moreover, the ongoing training has built



Members of the Oregon National Guard's Counterdrug Support Program put their light armored vehicle through its paces at the Rilea Training Site, in Warrenton, Ore., May 5. Soldiers and airmen trained on the LAV with members of the Salem Police during an inter-agency event.

a solid relationship between the agencies, because training time is so valuable, every minute counts.

"We understand each other's training regimen, so there's very little down-time," Johnson said. "Because we train together on a habitual basis, (the Guard) knows exactly what we need to accomplish."

The all-weather, all-terrain vehicles, were delivered to Oregon in 1996 at a cost of \$630,000 each. The two LAVs have been used in over 200 law enforcement-related missions. The vehicle can carry up to eight occupants, in addition to a driver and a tactical commander, or "TC".

NEWS

Oregon National Guard marathon team shows top numbers again



Photo courtesy of Nebraska National Guard Public Affairs Office

Sgt. 1st Class Timothy Vandervlugt passes an Army National Guard medic station on his way around the 26.2 mile marathon course in Lincoln, Neb. May 3. He finished the course in 2:47:19 and placed fourth overall with the best time for the Oregon National Guard Team.

Story by
Tech. Jefferson Thompson,
Oregon Military Department
Public Affairs Office

LINCOLN, Neb. -- The Oregon National Guard is once again sitting at the top of the National Guard running world.

Competing in the annual Lincoln/National Guard Marathon held May 3 in Lincoln, Neb., the Oregonians cruised through the 26.2 mile course under clear skies to win this year's team chase over the Utah National Guard Marathon Team by a margin of nearly 30 minutes.

Leading the way for Oregon was Sgt. 1st Class Timothy Vandervlugt, La Grande, Ore., 3rd Battalion, 116th Cavalry Regiment, who finished fourth overall with a time of 2:47:19. He trimmed nearly three minutes from his fifth place finish last year and moved up a notch in the final standings. Also placing for the Oregon team were 1st Sgt. Seven Richmond, Albany, Ore., who finished the race in 2:49:02, and Capt. Sean Nixon, Sunriver, Ore., who finished the race in 2:55:51.

According to Oregon team captain, Vandervlugt, "I wanted to go out on top and finish well

as an individual my last time out," he said. "My unit is scheduled to deploy and then I plan to retire after that." Vandervlugt has run this marathon 16 times during his career and has averages under 2:40 for all of them and has made the all-Guard team every year.

This year's National Guard Marathon team competition attracted 18 team entries from across the United States. The team match results are determined by combining the overall running times of the top three declared members of the team.

In winning the team race, the Oregon National Guard runners posted a combined time of 8:32:21, outdistancing Guard runners from Utah, who scored a combined time of 9:00:04 to take second place.

The Oregon Guard team consisted of Vandervlugt, Richmond, Nixon, Smith, and Edward King. Richmond was voted Guard Rookie of the Year by all team coordinators from the respective states as it was his first marathon.

Jeff Galloway, a former Olympian, author of books on running and the marathon's "guest instructor," told them each marathoner inspires 25 others to improve their physical fitness.

Many of the participating Guard members said they wanted to inspire Soldiers and Airmen to be more physically fit, thereby preparing them for deployment.

Master Sgt. Bill Kaemmer, a member of the repeat champion Oregon National Guard Marathon team, said deployed soldiers face a lot of discomfort but the rigors of preparing for a marathon also help prepare them for war.

"You can't train for a marathon and not be uncomfortable," Kaemmer said.

Five members of the team earned spots on the elite All Guard Marathon Team which takes the top 40 male runners and the top 15 female runners. Those runners are Nixon, King, Vandervlugt, Richmond, and Smith. The team is expected to compete in five to eight marathons across the United States during the upcoming running season. The selectees will alternate events that they attend.

Master Sgt. Bill Kaemmer is the official team coordinator and would like any soldiers interested in running for the Oregon Guard Marathon Team to contact him at: (503) 725-3512 or via e-mail at: kaemmerb@pdx.edu.

Innovative Readiness Team restores habitat



Photo by Spc. Catelyn Poli, Innovative Readiness Team

Spc. Eric Holloway of the 224th Engineer Company pushes sand up the beach using a Caterpillar D7 Bulldozer at the Oregon Dunes Innovative Readiness Training Project site Dec. 3.

This project was commissioned in order to remove non-native European Beach Grass planted 70 to 80 years ago to prevent sand from blowing over roads. Now this grass threatens protected Western Snowy Plover bird species habitat. The Innovative Training Program responded to the need and removed much of the grass, restoring the beach to its proper condition.

The IRT broke ground on another project in Independence, Ore., June 12.

Projects like this are designed to provide cities, towns, parks, schools, government agencies, and non-profit organizations a way to stretch their budgets and support their local National Guard units at the same time by allowing them to hone their skills in preparation for deployment.



Photo by Sgt. Eric Rutherford, Oregon Military Department

Snyder 'brings it' to soldier competition

Spc. Donald Snyder "low-crawls" under barbed wire during an obstacle course as part of the Region 6 Soldier of the Year Competition at Fort Lewis, Wash., May 16. Snyder, of Richland, Wash., is a medic with 1st. Detachment, Headquarters and Headquarters Company, 3rd. Battalion, 116th Cavalry Regiment. The weekend long competition consisted of an appearance board, PT test, weapons qualification, land navigation and several other soldier skill events. Snyder placed fourth overall in the competition, and said that even though he didn't win, it was great to compete with the best soldiers the National Guard had to offer. Snyder was named Oregon's 2009 Soldier of the Year in February.

OREGON NATIONAL GUARD POST DEPLOYMENT ASSISTANCE (Reintegration Program)

The Oregon National Guard wants to see you succeed, and is ready to help with employment, health care, college, or other matters.

Call toll-free: 1-888-688-2264, 24-hours, 7-days per week
visit our website at: www.orng-vet.org

OTHER CONTACTS FOR ASSISTANCE

- Suicide prevention hotline: 1-800-560-5535
- Oregon Military Department: 1-800-452-7500
- VA Hospital, Portland, Ore.: 1-800-949-1004
- VA Hospital, Walla Walla, WA: 1-888-687-8863
- VA Hospital, Boise, ID: 208-422-1000
- VA Hospital, Roseburg, Ore.: 541-440-1000
- Oregon Department of Veterans Affairs: 1-800-828-8801
- Veterans Administration: www.va.gov
- Military One Source: www.militaryonesource.com
or: 1-800-342-9647

FEATURES

Looking forward to the weekend never sounded so good



Story and photos by Tech. Sgt. Jefferson Thompson,
Oregon Military Department Public Affairs Office

Master Sgt. Rodney Galloway leads the band through a sound check as the band Almost Friday prepares to perform for rock n' roll fans at Duffy's Hangar April 24. Both he and drummer Sergeant Maj. Chuck Kovitch are full-time Oregon National Guard soldiers and members of the band.



Sgt. Maj. Charles Kovitch, drummer for Almost Friday tests his equipment during a sound check at Duffy's Hangar in Salem, Ore., Friday, April 24. The band was scheduled to play for five hours and would perform 44 songs that night.

For some people, joining the military provides a means to travel the world and enjoy a camaraderie unique to the armed forces.

Others join for the sense of adventure.

For two Oregon Army National Guard recruiters, their adventure begins every Friday night.

Recently, Sgt. Maj. Chuck Kovitch and Master Sgt. Rod Galloway unloaded one large case after another before a show at Duffy's Hangar in Salem.

On the cases, stenciled in large white letters, is the band's name; 'Almost Friday.' The words commemorate the way this rock'n roll band was formed.

For years the bandmembers would call, text or email each other with these same words, anticipating an opportunity to get together for a jam session.

"Hey, it's almost Friday," is what we would say to each other, because we were looking forward to rehearsal," said the band's front-man, Galloway.

The band consists of five members, three of whom have no affiliation with the military.

But the Oregon National Guard influence is undeniable. One song on the band's debut release, titled *On Point for the Nation*, extols the pride these soldiers take in their service.

"On point for the Nation--and proud to stand tall--this modern day militia will answer the call--" sings Galloway to the audience.

Kovitch said when the band played *On Point for the Nation* at the Rose Garden in Portland in front of 7,000 people during a Trailblazers' halftime show, the entire audience was "in synch" with the band.

"You could've heard a pin drop because the crowd was so in tune with us as soldiers singing that song—it was amazing," Kovitch said.

Kovitch said the best part about being in the band is being able to write songs about being a soldier with an "inside perspective."

"I take a lot of pride in that," he said.

Kovitch looks forward to playing the drums for the band wherever they tour and says that when he retires he'll be a full-time drummer and songwriter.

The band has recently released its first studio album and Galloway says he hopes to become what he calls a regional band with performance dates throughout Oregon, southern Washington and northern California.

For more information on the band please visit: www.almostfridaymusic.com.

Almost Friday: upcoming shows and information

Saturday, June 27
2:00 p.m.,
Hermiston Wal-Mart

FLW Western
Division Fishing
Tour
Hermiston, Oregon

Friday, July 10
4:00 p.m.
State Fair Grounds

Marion County Fair,
Main Stage, Salem,
Oregon

To send fan mail
or book a show,
contact:

Almost Friday
c/o RYFO
Productions

PO Box 5621
Salem, Oregon 97304
(503) 689-5504

You can also follow
Almost Friday
on MySpace and
Facebook

MySpace:
[www.myspace.com/
almostfridaymusic](http://www.myspace.com/almostfridaymusic)

Facebook:
[www.facebook.com/
pages/Almost-Friday/48660396830](http://www.facebook.com/pages/Almost-Friday/48660396830)

Portland moves Rose Festival kick-off, pays tribute to military on Memorial Day



Photo by Tech. Sgt. Nick Choy, Oregon National Guard Public Affairs Office

The Oregon National Guard Adjutant General's Honor Guard enters Tom McCall Waterfront Park as part of a commencement ceremony for the 102nd Annual Rose Festival in downtown Portland, May 25.

Various units from the Oregon National Guard participated in a parade down Front Avenue, ending at the Salmon Street Fountain, prior to the dedication and opening ceremony for the Rose Festival, which culminated in a 21-gun salute by the 2-218 Field Artillery, and an F-15 Eagle flyover by the Oregon Air National Guard's 142nd Fighter Wing.

Military members and their families were also treated to free admission to the Waterfront Village, where they enjoyed rides, games and food.

1249th Engineers summit Mount Hood



Above: Oregon Army National Guard members pose atop the 11,239-foot peak of Mount Hood.



Left: First Sgt. Michael Polley joins the "elite two-mile high reenlistment club," as Capt. Russ Gibson reads the enlistment oath atop Mount Hood. Polley signed up for another six years of service. 1249 EN BN Commander, Lt. Col. Kevin Dial said it was "a great day to be an Engineer with a superb view at the top of Oregon."

Photos by Staff Sgt. Benjamin Howell,
115th Mobile Public Affairs Detachment

NEWS

Oregon Soldier honored in Washington D.C. with national award



Photo courtesy of the U.S. Army

Gen. Douglas MacArthur Foundation representative Henry Harris III (center, applauding) welcomes Army Chief of Staff Gen. George W. Casey Jr. to the stage as MacArthur Leadership Award recipients gather on stage at the Pentagon Auditorium, May 8. Capt. Scot K. Caughran, of the Oregon Army National Guard is pictured in the front row, second from the left.

Story by
Tech. Sgt. Jefferson Thompson,
Oregon Military Department
Public Affairs Office

WASHINGTON, D.C. -- An Oregon National Guard officer was presented the Gen. Douglas MacArthur Leadership Award at a Pentagon ceremony, May 8.

Capt. Scot K. Caughran, who works with the Oregon National Guard Counter Drug Support Program, received the award along with 28 soldiers from active, Guard and Reserve components.

The program recognizes company grade officers who demonstrate the ideals for which General MacArthur stood: duty, honor, country.

During his remarks Army Chief of Staff Gen. George W. Casey Jr. recognized Army spouses in attendance and thanked the parents of the awardees for instilling the values, drive, and ideals that have made these young leaders the men and women that they are today.

"These award winners demonstrate the tremendous quality that we are privileged to have throughout our Army," Casey said. "These are top performers that have led in

the most difficult and dangerous missions and brought out the best in the men and women they led."

"You embody the spirit of service that our country will continue to draw upon in the challenging years ahead," Casey added.

"There are a lot of outstanding officers in the Oregon National Guard, so to be singled out and recognized I think is quite a compliment," Caughran said.

One highlight Caughran experienced while in the nation's capitol was the number of people who commented on his 41st Brigade patch.

"That definitely made me proud to be with 41st Brigade and have it be so highly thought of and that well recognized," he added.

Other awardees include; Maj. Benjamin T. Lampe, Iowa Army National Guard; Capt. David M. Haynes, Ohio Army National Guard; Capt. Melissa D. Lashbrook, Arkansas Army National Guard; Capt. Cliff A. Morales, Pennsylvania Army National Guard; Capt. David P. Santos Jr., Guam Army National Guard and Chief Warrant Officer David J. Storer, Utah Army National Guard.

Oregon's quick reaction force trains in Central Oregon

Story and photo by Spc. Kirby Rider
115th Mobile Public
Affairs Detachment

PRINEVILLE, Ore. -- When soldiers from the 1186th Military Police company, 82nd Brigade, Oregon Army National Guard, arrived for drill on April 3rd, all they knew was their mission would take them to Central Oregon for training and nothing about the hardship and stress that was to come starting early the next morning.

After a grueling five-hour drive in humvees through fog, ice and snow, the soldiers from the 1186th were given the order to sleep. This would be the only sleep they would get over the weekend and within the next hour they would be awakened to new orders as training began.

The chant "We want our money," echoed loudly through the armory's walls and woke many soldiers from their deep slumber as squad leaders and platoon leaders started shouting out orders and ensuring their troops would be ready for what was waiting for them outside. The chant came from "angry locals" who were upset that the Oregon National Guard received stimulus money. Many of these locals believed that the stimulus money belonged to them.

As the locals pushed their way into the armory, two platoons donned riot gear and confronted the locals who became unruly and were eventually taken into custody. Thankfully, the "angry locals" were

members of the 1186th acting as operational forces, or OPFOR, and posed no real threat to the armory or its occupants.

"The training consisted of [Quick Reaction Force] mission requirements, civil disturbance, convoys and convoy security," said First Lt. Rocky Kumlin, executive officer, 1186th MP Co. "I wish we could have had more time to train, to build and expand on the basics and throw in more scenarios during the mission itself, like reacting to IED's, treating and evacuating casualties, and reacting to a bomb threat."

Over the course of the weekend, the 1186th trained heavily in crowd-control tactics as well as convoy operations, both on the road and in a secure area at the Biak Training Facility, outside of Redmond. During the convoy training the soldiers received guidance on appropriate vehicle spacing while driving, proper security positions while the vehicles are moving and not moving, and how to call in suspicious items or individuals along the roadway.

The weekend's training was part of a re-validation process the 1186th is completing to keep their status as Oregon's Quick Reaction Force. As the QRF, they are responsible for assisting city and county police agencies when situations arise that an additional hand is required.

There are many tasks units need to be validated on to be certified as a QRF unit, including establishing checkpoints



Soldiers from the 1186th Military Police Company, 82nd Brigade, Oregon Army National Guard, tell instructors to "get back" by shouting out orders and using their protective shields to attract the attention of the "crowd" during riot training at the Prineville Armory, Prineville, Ore. April 4.

and roadblocks, conducting vehicle and personnel searches, providing perimeter security, conducting convoys, reacting to improvised explosive devices, treating and evaluating casualties, securing a facility, establishing and maintaining communications and riot control.

"Every drill we have new soldiers coming

into this unit, so a lot of them need to go through the re-validation," said Staff Sgt. Richard Hedges, QRF Non-Commissioned Officer In Charge, 1186th MP Co. "[The riot training] was a good training tool to see where our soldiers were at and what we need to work on in the future."

Oregon ESGR seeks Volunteer Chairman

Oregon's Employer Support of the Guard and Reserve (ESGR) is seeking to fill the volunteer position of: Oregon ESGR Committee Chairman.

The announcement seeks a Chairman Elect to be submitted to National ESGR Committee by Sept. 30, and enable the Chairman Elect to work with the current State Chairman for one year prior to taking office. The Chairman Elect will lead the Oregon ESGR Committee effective October 1, 2010.

Please submit questions to: Col. (Ret) Bob Elliott, Executive Director, Oregon ESGR Committee, 503-508-3362, or via email: robert.e.elliott1@ng.army.mil. Formal Position Description available upon request.

- The announcement is open starting 1 Jul, 2009.
- All resumes and cover letters must be postmarked by 15 Aug, 2009.
- Interviews for the top candidates will be held in the mid Sep 2009 timeframe at a location TBD.
- All interested candidates must submit a resume with cover letter stating why they would be an ideal candidate for this role.

All inquiries should be sent via hardcopy to:

Oregon National Guard Headquarters
ATTN: Oregon ESGR Office
Search Committee Chair
MG (Ret) Dan Hitchcock
PO Box 14350, Salem, OR 97309

Oregon Guard is looking for competitors in upcoming combatives tournament

What: level-one and level-two combatives tournament

Where: Anderson Readiness Center in Salem, Ore.

When: July 25

Who: Members of the Oregon Army National Guard and the Oregon Air National Guard are welcome to attend and participate in the competition

Winners of the competition will be sponsored by the Oregon National Guard, and move on to the All-Army National Competition at Fort Benning, Ga.

Deadline: Close of business on July 10. Inprocessing of competitors will begin at 7:30 a.m., July 25.

Any member of the Oregon National Guard who is interested in the event should contact:

Sgt. 1st Class David Hagen
503-409-2870
dave.hagen@us.army.mil

ORANG NEWS

Former WWII fighter pilot, retired Oregon Air Guard member, recalls his role during D-Day invasion 65 years ago

Always a fighter Pilot

The things he did would've made John Wayne jealous.

But unlike the venerable actor who appeared in many war films, WWII veteran Stanley P. Richardson Jr., didn't get a time-out, and there was no director to yell "CUT!"

"I wasn't scared," he said. "But there were times when I was frightened, like when the German fighter planes tried to kill me."

Story by Tech. Sgt. Nick Choy,
Oregon Military Department
Public Affairs Office

Sixty-five years ago, Richardson flew three sorties over the coast of Normandy, France. About 600 feet below his P-38 Lightning, more than 180,000 Allied troops came ashore in what became known as the "Longest Day."

He and his wingmen would fly six more sorties over the next two days, following the largest amphibious assault in modern warfare. They provided protective air cover as the ground troops made their way inland, paving the way for an eventual victory in the European theater during the waning years of WWII.

In spite of the six-and-half decades since that fateful day, Richardson's memories remain

vivid, as if it happened yesterday, he said.

"Thousands of men were attacking the beach and climbing the cliffs," he said. "I looked down from my plane and could see these men dying by the hundreds. That's a bad memory to have of D-Day."

As one of the special guests for the 142nd Fighter Wing's Young America Day at the Portland Air National Guard Base, Richardson spent the day meeting with the unit's airmen, visitors to the base, and youngsters with the Civil Air Patrol and local scout troops.

Many paused to ask Richardson questions, or to look at photos on display of the then 21-year old first lieutenant who flew fighter planes for the United States Army Air Corps' 338th Fighter Squadron.

"We had some good days and some bad days," Richardson recalled. "One day I remember we called 'Black Friday'. We mixed it up with the Germans and they shot down 11 of our guys—nine of them from my hut. When we got back, myself and one other guy were the only ones in our hut who returned."

Richardson said when he began flying missions in October 1943, the German Luftwaffe "owned the skies" over the continent.

"So many times there would



be 100-200 German planes against our 50 planes," he said.

But after D-Day, Richardson said there were no German planes to be seen.

"It was a gradual process, but we put more fighter units into the battle, and shot down the Germans," he said. "Soon, there were no German planes over the continent because we owned the skies."

After his discharge following the war, Richardson arrived in Portland, Oregon. He began flying again—this time commercial planes for Pan-American Airlines.

Richardson was recalled into the Air Force in 1949 for the Korean War, and underwent further training as a materiel officer, learning how to run aircraft maintenance operations at the fighter wing level. Because of his experience flying fighter aircraft in WWII, he was able to gain some experience in the F-86 Sabre, which the Air Force began using in Korea in early 1953.

In August 1953, Richardson returned to the Northwest, and was discharged from the Air Force. He went back to flying commercial planes. One day, while driving past the Oregon Air National Guard Base, he spied a flight line full of P-51 Mustangs.

"I thought I had died and gone to heaven," he said.

He soon joined the 123rd Fighter Squadron, and because he had flight time in the F-86 jets in Korea, Richardson was given the responsibility of instructing



Photo by Tech. Sgt. Nick Choy, Oregon Military Department

WWII and Korean War veteran, Stanley P. Richardson Jr., explains where he and his wingmen flew aerial support sorties in P-38 Lightnings over the coast of Normandy, France, on D-Day, June 6, 1944. Richardson was one of the special guests at the Oregon Air National Guard 142nd Fighter Wing's Young America Day, held at the Portland Air National Guard Base in Portland, Ore., on the 65th Anniversary of D-Day. Above left: First Lt. Stanley P. Richardson in 1944.

Oregon Air Guard pilots on the new jet.

"I served two years with the Oregon Air National Guard," Richardson said. "It was a wonderful time of my life."

Between civilian and military aircraft, Richardson has logged over 30,000 hours as a pilot. He volunteers at the Evergreen Aviation Museum in McMinnville, Ore., and at 86 years of age, still gets to fly airplanes—his most recent flight in a friend's P-51 Mustang about a month before.

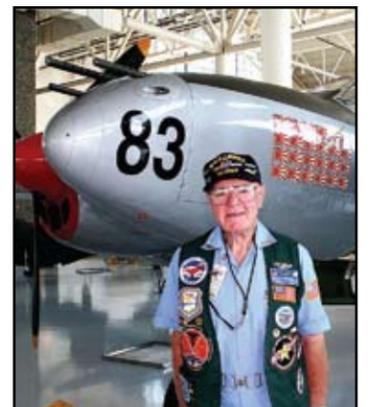
"I've been a pilot all my life," he said. "But I'm a fighter pilot, and that's what I want to be known as."

Richardson makes no distinction between his military service, and that of some 17 million others who served their country in WWII and Korea.

"They served because their country needed them," he said. "I signed on because my country needed me, and my country

taught me to fly, and gave me an airplane with 3,500 horsepower and five guns—life didn't get any better than that for a 20-year old kid.

"I'm very happy to have been a part of that," he added. "This country has been very, very good to me."



Retired U.S. Air Force Lt. Col. Stanley P. Richardson Jr. stands in front of a P-38 Lightning fighter aircraft, similar to the one he flew in WWII.



U.S. Army Air Corps First Lieutenant Stanley P. Richardson Jr. (second from left), with his flight crew and his P-38 Lightning, "Miss Mona" at RAF Wittering, England in 1944. Photo courtesy of Stanley P. Richardson.

Kingsley Field pilot reaches 4,000 flying hours in F-15 eagle

Story by Master Sgt. Jerry Bynum,
173rd Fighter Wing Public Affairs Office

GOWEN FIELD, Idaho – The commander of the 173rd Fighter Wing at Kingsley Field has become the third pilot to ever reach the 4,000 flight hour milestone in an F-15 Eagle fighter jet.

During a training mission at Gowen Field on May 5, Col. James Miller joined a small but elite club of fighter pilots who have also reached this mark.

"It's pretty good company to be with," said Miller, a command pilot who's been flying the F-15 since 1990.

The two other Air Force pilots with more than 4,000 flight hours in an F-15 include Col. Richard Kelly, also from Kingsley Field, and Col. Jon Kelk of Lambert Field, St. Louis, Mo.

Amassing 4,000 hours in the cockpit of any fighter aircraft is rare and even more so in one airframe.

"I like to think that there are some guys who have a 1,000 hours, and there are some guys who have one hour a 1,000 times. In my case, I have one hour 4,000 times," Miller said. "It is definitely a privilege to have been able to fly this airplane this long."

Miller has flown the F-15 for 19 of his 25 years as a pilot. He flew the T-37 Tweet during pilot training and has more than 5,000 hours combined in both jets.

While this is a significant milestone for Miller, who has been stationed at Kingsley Field since 1999, flying and instructing in the F-15 is something he says he values.

"I appreciate being able to do my part in producing the world's finest air-to-air combat pilot graduates," he said. "I'm very fortunate to have had a career allowing me to fly and instruct in the F-15 Eagle."

The 173rd FW will be conducting its regular training mission through October during Sentry Displacement. The deployment is in conjunction with runway construction and replacement at Kingsley Field.

The 173rd FW is a school-house which trains F-15 air-to-air combat pilots.



Photo by Tech. Sgt. Nick Choy, Oregon Military Department

Lt. Col. Chris Casson, 173rd FW Instructor Pilot, douses Col. James Miller with a fire hose following Miller's reaching 4,000 flight hours in the F-15 Eagle on May 5, 2008 at Gowen Field, Boise, Idaho. Above left: Col. James Miller from the 173rd Fighter Wing, Kingsley Field, Ore., receives his 4,000 Hour Eagle patch after reaching 4,000 flight hours in the F-15 Eagle on May 5, 2008 at Gowen Field, Boise, Idaho.