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Oregon Sentinel

THE OFFICIAL NEWSLETTER OF THE OREGON NATIONAL GUARD

Oregon's 1249 Engineer Company deploys to Afghanistan

Unit will provide command and control, support for ongoing construction missions there

Story by Sentinel Staff

SALEM, Ore.--Soldiers from the Oregon Army National Guard's 1249th Engineer Battalion participated in a mobilization ceremony at the Oregon State Fairgrounds, December 3.

Approximately 175 Soldiers from throughout Oregon will soon deploy to Afghanistan, supporting Operation Enduring Freedom. The unit's primary role will be to act as command and control while providing support for Task Force Gridley.

The battalion will include approximately 850 Soldiers from other units in California, Connecticut, Georgia, Michigan, Mississippi, and Nebraska.

"As the battalion commander, it is with great pride that I have been given the privilege of leading this amazing group of men and women in this very important mission," said Lt. Col. Kevin Dial, 1249th Engineer Battalion Commander.

TF Gridley will provide support to construction missions in an area roughly the size of Oregon. They will first complete pre-deployment training at Fort McCoy, Wis., as part of the 400-day mobilization.

See **ENGINEERS** on PAGE 4



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

Soldiers of the Oregon Army National Guard's 1249th Engineer Battalion stand in formation at the Oregon State Fairgrounds in Salem, Ore., Dec. 3, during their mobilization ceremony. The Oregon Soldiers will join other Soldiers from six other states to Afghanistan supporting Operation Enduring Freedom. The unit's primary role will be to act as command and control while providing support for Task Force Gridley.

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OFFICIAL BUSINESS

Kulongoski attends last JFHQ function as Governor

Story by Sentinel Staff

SALEM, Ore. -- Oregon Governor Ted Kulongoski attended the Oregon Military Department's holiday luncheon held at the Anderson Readiness Center, Dec. 14.

Preceding the luncheon, Maj. Gen. Raymond F. Rees, The Adjutant General, bestowed upon Kulongoski the Oregon Distinguished Service Award for his service to the Oregon National Guard.

The Governor thanked those in attendance, saying his tenure as the organizations Commander-in-Chief was the best experience of his career in the state's highest office.

"You truly are the best, and I'll always remember my time as your Commander-in-Chief as the best part about being Governor," Kulongoski said.

Kulongoski, who is term-limited, will leave office in January 2011.

Kulongoski, a former Marine, attended many official Oregon National Guard ceremonies, including mobilizations, demobilizations and funerals.



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

Oregon Gov. Ted Kulongoski (left), cuts the ceremonial cake prior to the holiday luncheon, along with Pvt. 1st Class Vanessa Valderrama (center), and Maj. Gen. Raymond F. Rees, The Adjutant General, Oregon, at the Anderson Readiness Center in Salem, Ore., Dec. 14.

The Oregon Military Department

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The Adjutant General
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Paid advertising is prohibited in the Oregon Sentinel by AR 360-1. However, announcements which benefit Oregon Guard members and their families is allowed, at the discretion of the editorial staff.

Oregon National Guard members and their families are encouraged to submit articles and story ideas. Stories from any source, military or civilian, are accepted. Letters to the editor are also welcome. All submissions must include the author's name, mailing address and daytime phone number. Names may be withheld in print upon request. All submissions are subject to editing prior to publication, and the Public Affairs staff reserves the right to print or reprint submissions at any time.

The Oregon Sentinel adheres to guidance found in DoD Instruction 5120.4, "Department of Defense Newspapers and Civilian Enterprise Publications."

Story files must be submitted in Microsoft Word format, with all formatting turned off. Photos must be high-resolution color JPEG files, and must be accompanied by caption information containing the following: full name, rank, and unit of person(s) depicted in the photo, along with a short description of what is happening in the photo. This caption can be a part of the overall story file. All hard-copy files submitted to the Oregon Sentinel become the property of the Oregon Military Department unless prior arrangements are made with the Public Affairs staff. Stories and photos appearing in the Oregon Sentinel may be reprinted with permission.

Electronic submissions, story ideas or questions to: Sentinel-Editor@mil.state.or.us. Hard copy submissions can be sent via U.S. Mail to: Oregon Sentinel Editor, P.O. Box 14350, Salem, OR, 97309.

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COMMAND

The Oregon National Guard: A great deal for Oregon and America

The Oregon National Guard has responded in an unprecedented way to the War on Terrorism.

Since 9/11 more than 13,000 Oregon National Guard Soldiers and Airmen have deployed overseas, many on multiple deployments.

Their mission has not come without sacrifice to them or their families. The stress of deployment impacts everyone, but stress doesn't just solely affect those who have mobilized.

The Army has launched an initiative focused on building resilience in our force. Master Resilience Training was developed in collaboration with the University of Pennsylvania and focuses on teaching how to build mental toughness, character, strength, and strong relationships.

The resiliency techniques, which will be taught in the program, aim to help prevent the stigma associated with anger, depression and related behaviors from these emotions.

We are implementing this program in the Oregon National Guard. In January, Master Resiliency Trainers will meet with leadership on how to implement the program. See page 6 for two articles related to this important issue.

Our goal is to have every Guard member go through the training. Our goal is to have every Guard member go through the training. Although linked, mental fitness is just as

important as physical fitness.

Today in Oregon our unemployment rate is approximately 10 percent, with some counties rating more than 15 percent. These are challenging times. As an Oregon Guard member we need to rise up to these challenging times, and continue to be a part of the solution.

If you are having a tough time or you know a fellow Soldier or Airman who is having a rough go, stop and look around and have them take stock in the fact they are an Oregon fighting man or woman. A member of one of the highest regarded organizations in the state and our nation.

It is almost impossible to be in uniform and in a restaurant, or around town and not have someone come up and say, "Thank you for your service." If that kind of atmosphere, inside and outside an organization doesn't get you charged up, nothing will!

I am thankful every day that I am a member of the Oregon National Guard. I am surrounded by Soldiers and Airmen who exude competence, confidence, courage and commitment.

You, the Soldiers and Airmen of the Oregon National Guard have proven time and time again, you are amazing professionals.

Whether it is full time duty supporting global operations overseas or responding to domestic emergencies, the Oregon National



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

Guard truly leads the way.

Only a small percentage of Oregonian's have had the privilege to call themselves Guard members. You are amongst the men and women who can say; I am a part of the Guard; the backbone on the United States military. You have every right to stand up, square your shoulders and say, 'Bring it on!'

You are ready to answer the call to help both here at home or overseas. We are a part of the solution for our economy. We are a part of the Oregon National Guard and together we can remain focused, resilient, and ready to take on every challenge put before us.

Just as we were in 2010 we will be Always Ready Always There, in 2011. Happy New Year.

New Warrant Officers the key to Oregon National Guard future

This time of year we tend to think of immediate and extended family and friends. Those who have never worn a uniform do not understand that our "extended" family can encompass over 6500 members.

Even more foreign is the bond shared by those with whom we celebrate the holidays instead of our spouse and/or children.

As I put these thoughts on paper it is clear that helping and supporting all our "extended" family members is what we do naturally and is a part of our culture. People join organizations; they stay in those organizations because of the people.

It has been a while since I was in a combat zone for Christmas. I still remember the bunker and mortar rounds like it was yesterday. I also know what it is like as a parent when our youngest was in Operation Iraqi Freedom I, and the support we gave to our daughter-in-law and the newest grandson.

Whether you celebrate the holiday or holy day it is important to not only to remember

our brothers and sisters in harm's way but the families here at home. There is not much we can do to make up for the absences of a loved one. Even so, the little things and camaraderie will help.

The holidays can be a very lonely time. It is time to reach out and take time to help that family at home or send a care package down range. Look for that Soldier or family who needs it the most.

This month we are saying farewell to CW4 Dave Willis. His expertise and years of dedication will be surly missed. We are planning on sending two potential Warrant Officer Candidates to the Federal Recognition Board in January. Best of Luck to all.

The Officer and Warrant Officer Symposium is schedule February 11-12 in Newport, Ore. These events have been extremely successful in the past. If you or you know any Soldier who has what it takes to earn the title of Warrant Officer make sure they contact their unit or our Warrant Officer Strength



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

Manager, CW3 Rob Karnes at; 503-584-2886.

Finally, this has been an exciting year. We continue to grow in numbers and responsibility. It could not have happened without the ground work of all the former Command Chief Warrant Officers, Senior Chief Warrant Officer 5s and the entire Warrant Officer Corps of Oregon.

Thank you and from my family to all of yours we wish you a very Merry Christmas and a Happy New Year.

For the Corps!

Membership in professional military organizations helps us all

Story by Lt. Col. Marshall L. Wilde
142 FW Judge Advocate General
Special to the Oregon Sentinel

Most of us have heard of NGAUS, EANGUS and perhaps ROA, but what are they and what do they do?

These groups are called professional military associations. They have existed for decades, but are not "official" parts of the military. Membership is not required. These organizations provide representation of the interests of National Guard members before Congress and other benefits for their members.

The National Guard Association of the United States, or NGAUS, is an organization consisting of National Guard commissioned and warrant officers established in 1878. It seeks to provide the states and members with unified representation before Congress and various benefits, and conducts various charitable functions.

NGAUS also has an annual meeting and conducts various educational programs for its members. Through lobbying and communications, it educates members of Congress and the public about the role of the National Guard in the United States, as well as current issues impacting the Guard.

Established in 1970, the Enlisted Association of the National Guard of the United States, or EANGUS, provides the same services for enlisted members as NGAUS does for officers. EANGUS also holds an annual meeting, conducts training, lobbies Congress, and provides benefits and services for its members. Like the other professional military associations, it provides scholarships through its charitable arm.

The Reserve Officers Association of the United States, or ROA, is a congressionally-chartered organization formed in 1922, "to support and promote the development and execution of a military policy for the United States that will provide adequate national security."

Like its sister organizations, ROA has an annual conference, officers at various levels, and various charitable and educational functions. Despite being a "Reserve" organization, ROA also seeks to promote the National Guard, since all Guard members hold Reserve status. Its website has updates on various issues of legislative interest, as well as a "Law Review" section addressing issues related to service in the Reserves.

National Guard members cannot be required to join these organizations. However, strong membership has allowed these organizations to lobby effectively for the interests of Guard members, especially before Congress. DoD tends to view the budgeting process in Congress as a zero-sum game, often trading off between the interests of the active and reserve components.

By contrast, the professional military associations seek to increase the size of the budgetary "pie" or point out how such tradeoffs hurt the Guard.

They have had notable successes in recent years, including; Annual military pay raises routinely exceeding those requested by the President and DoD; Early military retirement eligibility for Guardsmen who have deployed; Increased retirement point credit for Guardsman; TRICARE Select Health coverage for National Guard members.

Professional military associations use the strength of their membership to attempt to influence military policy to benefit the Guard and its members.

While the chain of command also does this, our form of government limits the official actions of senior military officers to ensure civilian control of the military.

Professional military associations therefore provide a voice for their members outside of the formal chain of command to address these matters.

Whether or not you choose to join an association is a personal choice and will not be used for or against you in your military career.

OPINION

Gossip: not good for your workplace, not good for your career

Capt. Dawn Choy,
State Equal Employment
Manager



As employees of the Oregon Military Department and Oregon National Guard, we must be mindful of the damage that gossip can do to an employee's credibility.

Gossip is passing along a rumor that reveals information of an emotional or private nature, and is one of the oldest and most common means of sharing information and views to others.

However, gossip is based on perception, assumptions and more often false or unfounded statements; not facts.

Gossip tends to be vindictive and malicious. If you hear others gossip

about someone, take a minute to think about getting the correct facts from the source and not from the "gossipers."

While on the surface, gossip looks like sharing of information, it disrupts the workplace and spreads errors which causes harm to others.

Gossiping presents some negative consequences in the workplace:

- Lost productivity and wasted time.
- Erosion of trust, morale and work cohesion.
- Increased anxiety and stress among employees.
- Growing divisiveness among employees as people "take sides".
- Hurt feelings, damaged reputations and undermined authority.
- Jeopardized chances for the gossipers' advancement as they are perceived as unprofessional.
- Attrition, as good employees leave the company due to the unhealthy or hostile work environment.

Stopping gossip may not be so easy. Sometimes it just seem so irresistible. Stopping is a matter of self-examination and making a decision that gossip is not going to be a part of your life.

People often need to criticize in order to feel good about themselves. Gossip allows them a false sense of fulfillment and well-being or a feeling of being part of a group.

When presented with the opportunity to gossip about someone or a situation, ask yourself these questions... "Would I say the same thing to the person's face?" or "Will this really help solve or help anything by gossiping?"

If the answers are no, then the discussion does not belong in the workplace.

Also ask yourself if you really want to be involved in the discussion. Your answer may surprise you.

Here are some tips to handle situations with inappropriate topics:

- Rise above the gossip
 - Understand what causes or fuels the gossip
 - Do not participate in workplace gossip
 - Allow for the gossip to go away on its own and not add to it
 - If gossip persists, gather facts and seek help
 - Set an example for others to follow
- If you feel you are a victim of gossip and it has created a hostile or offensive work environment, try to solve the issue at the lowest level, with the person(s) involved or with your supervisor.

To obtain further information, or to learn about your options for resolution or mediation, contact the Equal Employment Opportunity (EEO) office or the Labor Relations (LR) office.

For more information on how gossip can cause problems in your workplace, contact Capt. Dawn Choy, call 503-584-3842, or send an e-mail to: dawn.y.choy@us.army.mil.

What is the difference between sexual assault and sexual harassment?

Story by
Judith Watson,
JFHQ Sexual Assault Resource Coordinator
Capt. Dawn Choy,
State Equal Employment Manager

There are many differences between sexual harassment and sexual assault, though distinguishing between them can be confusing. In every case, both can diminish the respect, morale and mission readiness of military members.

Sexual Harassment is a form of gender discrimination that involves unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature. It can be either Quid Pro Quo (this for that) where it affects your job, pay or career; or a hostile situation which interferes with your work performance or environment.

Sexual Assault is defined by the Department of Defense (DoD) as intentional sexual contact characterized by use of force, threats, intimidation, abuse of authority, or when the victim does not or cannot consent. It includes rape,

sodomy, unwanted sexual contact that is abusive and any attempts to commit these acts.

What's the difference between these two definitions? Usually, degree of physical contact, and the victim's reaction and state of mind determine whether it falls under the purview of the State Equal Employment Manager's (SEEM), or the Sexual Assault Response Coordinator's (SARC).

A study entitled 'Factors Associated with Women's Risk of Rape in the Military Environment,' by Sadler et. al., 2003, found that; "work and living environments where unwanted sexual behaviors occurred were associated with increased odds of rape. Officer leadership played an important role in the military environment and safety of women."

The study also found that the risk of harassment and assault is heightened for women in male-dominated occupations, such as the military. In this study, more than three-fourths of the participants experienced sexual harassment and one-third experienced one or more completed or attempted rapes during their military service. Women reporting hostile work environments had approximately

six-fold greater odds of rape.

The report also found that if ranking officers or immediate supervisors engaged in harassment, female Soldiers stood a three- to four-fold increase in the likelihood of being raped.

"Leadership behaviors are a powerful risk factor for violence towards servicewomen. Behaviors included making sexually demeaning comments or gestures, thus providing an implicit sexualized environment," the report concluded.

Leaders can make a difference. They need to ensure that sexually-demeaning conduct is not tolerated and there will be demonstrable disciplinary action if it does occur. Improving prevention, providing victims' support and holding offenders accountable are paramount.

If leaders model this behavior, the workplace and the military should be a safer and more professional environment for all military personnel.

For more information on this subject, contact: the State Equal Employment Manager (SEEM) at 503-584-3842, or the Sexual Assault Response Coordinator (SARC) at 503-584-3844.

What can Military OneSource do for you?

Meloni Beauchamp is the Joint Family Support Assistance Program Military One Source (JFSAP MOS) Consultant for Oregon. She is available for questions or presentations at military and community events.

You may call her at 503-583-0324, or via e-mail at: meloni.beauchamp@militaryonesource.com.

Military OneSource is a free 24/7 information and referral service available by toll-free telephone and the Web to active duty, Guard, and Reserve (regardless of activation status) members and their families.

The program is especially helpful to those who live at a distance from installation services or who can't easily seek assistance during traditional working hours.

Our goal is to improve the quality of life of military families and the overall effectiveness of the military community.

- Calls to Military OneSource are answered live by trained master's-level consultants. Support includes personalized consultations on issues such as deployment, relocation, parenting, education, special needs, and finances, as well as customized research describing community resources and appropriate military referrals. We also offer personalized online and telephonic health coaching for stress management, weight loss, and cardiovascular health; and a program for teens that provides health coaching to support weight management.

- Military OneSource also provides referrals for face-to-face counseling (up to twelve sessions per issue) in the local community to service members and their families.

- Service members in remote locations and overseas are eligible for non-medical, short-term, solution-focused telephonic (STSF-T) consultation.

- Our interactive Web site at www.MilitaryOneSource.com includes search and decision tools, locators for education and child care, educational materials, recordings, links to military and community resources, financial calculators, live online workshops, podcasts, discussion boards, e-newsletters, "E-mail a consultant," and, during tax season, online preparation and filing federal and state tax returns.

- Our expertly prepared educational materials (booklets, CDs, DVDs, and electronic downloads) can be ordered by phone or online. Topics include parenting and childcare; deployment, return and reunion; education; finances; elder care; health and wellness; crisis support, and relocation. Materials and shipping are free to service members and families. Simultaneous language interpretation and document translation are also available.

All Military OneSource services and materials are available at no cost to service members and their families.



How to be an effective leader

In today's "resource-constrained" military, we must look to everyone to help accomplish the mission efficiently and effectively.

I would like to share with you some valuable lessons I gained while reading John C. Maxwell's "360 degree Leadership" (2005).

Whether a front-line supervisor, flight chief or senior enlisted, we must attempt to lighten the load on our leaders and look for leadership opportunities within ourselves. Below are seven useful ideas that we should all reflect upon from time to time.

1. Do your own job well FIRST! We must always remember that excellence is one of the Air Forces Core Values. You cannot be excellent some of the time; you must be excellent ALL of the time.

2. When you find a problem, provide a solution. Henry Ford use to say "Don't find a fault, find a remedy!" As a good follower or leader within your own sphere of influence, work hard at providing your boss with awareness of the problem and three proposed solutions. Trust me; he will appreciate you for that.

3. Tell leaders what the need to hear, not what they want to hear. Leaders always view things with a leadership bias (which is a good thing). However, in order to see the fine print they need to seek information from the people in the trenches. So as a leader in the middle of your organization your job is to funnel, not filter. Good leaders want the truth, even if it hurts.

4. Go the extra mile. Zig Ziglar once said "there are no traffic jams on the extra mile". Work hard at a "whatever it takes for the organization" attitude. It will take extra effort, thinking and responsibility,

Chief Master Sgt.
James Hotaling,
Senior Enlisted Advisor,
JFHQ/Combat
Operations Group



but the return on investment is well worth it.

5. Stand up for your leader whenever you can. Collin Powell once said "When we are debating an issue, loyalty means giving me your honest opinion, whether you think I'll like it or not. But once a decision has been made, the debate ends. From that point on, loyalty means executing the decision as if it was your own".

6. Stand in for your leader whenever you can. You work hard at representing your organization; why not work at standing in for your leader? Represent them well (at meetings, events, conferences, etc) and your personal leadership will grow.

7. Ask your leader how you can lift their load. Almost all leaders would be delighted if you asked to help. The first step needs to be yours!

You don't have to feel like you're hampered by your circumstances or current position. You do not have to be the Chief or a Commander to be a leader.

Learn to develop your influence where ever you are in the organization and help carry the load. Learn to lead up to your bosses, lead across to your peers and lead down to your subordinates.

Airmen of the Oregon Air National Guard, Aim High! Fly-Fight-Win!

FEATURES

Oregon Air Guard first unit to respond following Pearl Harbor attack

Story by
Lt. Col. Terrence G. Popravak, Jr.,
USAF (Ret),
special to the Oregon Sentinel

On Dec. 7, 1941 the Oregon National Guard launched one of the first missions flown from a U.S. base in defense of the West Coast.

When news of the devastating attack on Hawaii reached the west coast of the United States, the Oregon National Guard's 123rd Observation Squadron, founding unit of today's Oregon Air National Guard, was on duty at Gray Army Airfield near Tacoma, Wash.

Today, almost seventy years later, the 142nd Fighter Wing assumes the role of standing alert over the Northern Air Defense sector of the United States.

Only weeks before the attack on Pearl Harbor, the 123rd Observation Squadron was activated into federal service as the storm clouds of World War II gathered. In response to the attack on Pearl Harbor, the 123rd Observation Squadron was almost immediately involved in the war effort.

When the news arrived at Gray Field, members of the 123 Obs. Sq. took to their duty stations. Those not scheduled to report for duty that Sunday reported anyway. At first some thought it was a joke, but it was soon clear that it was not a laughing matter.

The 123 Obs. Sq. operated the North American O-47, a three-place aircraft with capabilities for gunnery, observation

and aerial photography, and sent an O-47 with pilot, observer and gunner on coastal patrol on the orders of the 9th Corps Area Command.

On Dec. 7, 1941, a 123 Obs. Sq. crew was given the assignment to fly out to the west to detect any enemy forces threatening Washington and Oregon. As the mission turned out, it was an uneventful observation flight over the coast and the O-47 and crew returned to base.

Subsequently, the squadron was assigned regular shore and off-shore patrols. But regular wasn't always routine.

In the week before Christmas, 1941, a spate of Japanese submarine attacks hit the west coast of the United States. Eight American merchant vessels were attacked, with two sunk and two more damaged. As a finale to the week of attacks, eight Japanese submarines patrolling off the west coast were to surface and shell select targets as a deadly Christmas present, then return to Japanese bases.

With the ongoing submarine attacks, the patrols of the 123rd took on even more importance. Imperial Japanese Navy submarine I-25 was assigned duty to patrol off the mouth of the Columbia River, and on December 24, was detected by a 123rd Obs. Sq. crew.

After the crew radioed back to base, a B-25 Mitchell bomber from McChord Field, flown by E.W. Holstrom (who would later become one of the Doolittle Raiders), was dispatched to intercept the submarine.



Photo courtesy of Oregon Military Museum

The Oregon National Guard's 123rd Observation Squadron flew the North American O-47, similar to the aircraft pictured above, during the early days of WWII.

"We saw the sub on the surface under a rain squall," wrote Brig. Gen Holstrom, USAF (Ret). "Our top turret gunner reported a hit on our second attack. On turning around we saw some oil and debris in the water."

Although there is no confirmation that any Japanese submarine was lost during the skirmish, officials later said the success of the Army Air Force Observation and Bombardment teamwork may have contributed to the Japanese fleet command's decision to refrain from continued coastal submarine patrols.

Information obtained after the war from Japanese records indicated that activities by U.S. anti-submarine forces on the west coast had become "very severe," and the shelling campaign was therefore cancelled.

Today, the Oregon Air National Guard is tasked with the Air Sovereignty Alert mission, which protects the entire Pacific Northwest. Like their predecessors during the opening days of WWII, Oregon Airmen defend their state and nation. The Oregon Air National Guard is truly Always Ready, Always There!

New Withycombe sculpture pays tribute to 41st Inf. Div., WWII

Story by
Lt. Col. Alisha Hamel,
Oregon Military Museum

On a very cold, wet Saturday morning in November, three Oregon Soldiers stood stock still, rifles at the ready, while cameras captured the moment.

This wasn't an HBO documentary, and while Camp Withycombe is far from Hollywood, the three Oregonians were now a part of history, as sculptor Rebecca Clark prepared to cast their likeness in a series of bronze statues commemorating the service and sacrifice of 41st Infantry Division.

The proposed oversized statues will greet visitors to the new 41st Infantry Division Readiness Center, scheduled to open at the post in Clackamas, Ore., in September 2011. They will be a part of a memorial quad in front of the new facility.

Clark, a world-renowned sculptor, was joined by a group of WWII history buffs to photograph Sgt. Jason Kramer, Spc. Owen Baumann, Sgt. Robert Krause and Sgt. Michael Fox, who are all Soldiers with the Oregon Army National Guard's Charlie Co., 2-162 Infantry Battalion, based in Gresham, Ore.

The trio wore period-correct WWII uniforms, and carried the associated gear and weapons of their predecessors from the 41st Division.

Despite the biting cold and the thin material of their uniforms, no one muttered a complaint as Clark took picture after picture over several hours.

The 41st Infantry Division has a long and storied history. The infantrymen of WWII fought against the Japanese for 45 months, in some of the most austere locales across the globe, including the jungles of New Guinea and Biak, and into the Philippines. These men were even scheduled to be part of the first wave during the proposed attack on the mainland of Japan.

Oregon's 41st Infantry Brigade Combat Team carries on that legacy with the multiple combat deployments involving most of Oregon's citizen-Soldiers.

The Soldiers who participated in the photo shoot are combat infantry veterans of Iraq and/or Afghanistan.

The 41st Infantry Division was created at the beginning of WWI, comprising militia members from Oregon, Washington, Idaho

and Montana.

But after their deployment to France, the unit was designated as a replacement division, and was piecemealed out to other divisions. The unit never had the chance to fight as a cohesive group.

During WWII, the 41st Infantry Division was one of the first four National Guard Infantry Divisions which were called up in September 1940—over a year before the attack at Pearl Harbor. The unit had a reputation as one of the best infantry divisions in the United States.

After the attack at Pearl Harbor, the 41st Division's first mission was shoreline defense in Oregon and Washington. Then they were sent overseas for a crash course in jungle warfare in Australia.

Soldiers of the 41st Division were sent to fight in the jungles of New Guinea, becoming one of the first U.S. infantry divisions to meet the Japanese in offensive operations.

They fought through New Guinea, advancing fairly unopposed, finally landing on the island of Biak on May 27, 1944. The relative calm would not continue, as intelligence sources told of 2,000 Japanese defenders, when in fact there were 10,000 well-trained Japanese infantrymen who were entrenched in coral caves, backed up by an additional 2,000 Japanese soldiers.

The Soldiers of the 41st first encountered the enemy as they were moving to take Moker Airfield, and consequently, experienced their longest and bloodiest battle.

Biak Training Area in central part of the state is named in honor of Oregon's participation in WWII's Pacific Theater, and the sculptures which will grace the entrance to the new facility at Camp Withycombe will honor 41st Division Soldiers who gave their lives during some of the bloodiest battles in WWII.

The 41st Infantry Division Association is also planning to have their annual reunion in Portland in September 2011. More information will be provided in advance of the event.

If you want to help make the statue and the 41st Infantry Division WWII Memorial a reality, please send your tax deductible donation to the Historical Outreach Foundation, 2253 NE 164th Ave., Portland, OR 97230, or visit their website at; www.historicaloutreach.com.

The Historical Outreach Foundation is a 501(c)3 non-profit organization which pro-



Photo courtesy of Oregon Military Museum

Oregon Army National Guard Soldiers pose as WWII Soldiers fighting on the island of Biak, for sculptor Rebecca Clark, who will use their likeness to sculpt a series of bronze statues commemorating the 41st Infantry Division during WWII, which will be placed in front of the new Readiness Center at Camp Withycombe. From right to left are; (CPT) Sgt. Jason Kramer, (PV1) Sgt. Owen Baumann, (CPL) Sgt. Robert Krause and (PV1) Sgt. Michael Fox.

vides educational outreach to schools, raises money to open and maintain the Oregon Military Museum, and gathers visual information from veterans of all U.S. conflicts to be digitized and placed on a web site for free access for students and educators.

The Historical Outreach Foundation is also an Oregon Cultural Trust partner so matching funds donated to the Oregon Cultural Trust can be used as a tax credit toward the donors' Oregon state taxes.

Engineers to support ongoing construction projects in Afghanistan

CONTINUED FROM FRONT PAGE

As part of the continuing stability operations in Afghanistan, the work done by these citizen-Soldiers will focus on building critical infrastructure, which supports the country's ability to project power and defend itself.

"This is definitely more than just a job, it is service with my extended guard family, working to change a small part of Afghanistan," Dial said.

The battalion was mobilized in 2003, supporting Operation Noble Eagle, providing Homeland Security missions in both Washington and Oregon. This will be the first overseas mobilization for the unit, and its forward support companies.

FEATURES

Oregon's Counter-Drug Program supports Red Ribbon Week

Oregon National Guard team visits local schools to educate students on dangers of drug abuse



Left: Oregon National Guard Counterdrug Support Program team member, Tech. Sgt. Robert Vickery speaks to students at Mulino Elementary School in Mulino, Ore., Oct. 29. The team visited the school as part of Red Ribbon Week observances, promoting drug awareness and a drug-free lifestyle. The Oregon National Guard's Counterdrug Support Program offers drug awareness education and training to Oregon's elementary and middle schools at no cost to the community or the school.

Above: Oregon National Guard Counterdrug Support Program team members, Vickery (left), and Sgt. Nathan Long, strategize on their speech to students at Mulino Elementary School in Mulino, Ore., Oct. 29.

Story and photos by Tech. Sgt. Nick Choy,

Oregon Military Department Public Affairs

MOLLALA, Ore. — “What do we tell people when they offer us drugs?” said Oregon Air National Guard Tech. Sgt. Robert Vickery to the auditorium full of children.

The reply from the hundred or so young voices reverberated through the building; “WE PLEDGE TO BE DRUG FREE!”

In October, Vickery, along with the rest of the Oregon National Guard Counterdrug Support Team, visited two elementary schools as part of Red Ribbon Week events in Oregon.

The team spent time with kindergarten through fifth grade students at Mulino Elementary School and Rural Dell Elementary School, providing drug awareness information to students and school administration during their visits.

The visit to Mulino Elementary School was the brainchild of school counselor Michelle Lowe, who is also a Technical Sergeant in the Oregon Air National Guard's 116th Air Control Squadron, based at Camp Rilea on Oregon's northern coast.

Lowe said drug awareness takes more

than just a single voice.

“I think it's a community effort,” she said. “We need to talk to kids continually about resisting the bad things, and showing them there are better things to do.”

Rural Dell Elementary Principal, Michael Nickless, said drug awareness programs are increasingly important because of mainstream acceptance of medical and recreational drug use.

“States are increasingly legalizing drugs, so the only defense we have is to teach our kids to say no,” Nickless said. “Education and awareness are going to be our only defense.”

However, many schools are cutting programs due to budgetary constraints. And while Lowe doesn't agree with certain cuts, programs such as the Oregon National Guard's Counterdrug Support Program help convey an important message, she said.

“I think it's wrong to cut sports or extra-curricular programs that keep kids away from drugs and alcohol,” Lowe said. “We need to give them more to do to keep away from the bad things.”

Other programs, such as D.A.R.E. have also been cut. Lowe said the Counterdrug Support Program is available to schools

throughout the year.

“I think drug education needs to be a continuous message, not just one time. We talk about it during Red Ribbon Week, but we also talk about it all the time, teaching the kids on how to make good choices,” she said.

Lowe added that in addition to teaching kids drug awareness messages, school administrators and teachers take a holistic approach to helping students make good choices in a variety of areas.

“(This) is not just about resisting drugs, but also about being kind to others and making the right choices for yourself,” she said.

Oregon Air National Guard Col. Stephen Deptula, Coordinator for the Oregon National Guard's Counterdrug Program, said the elementary school visits build an important foundation for kids before they reach middle and high school, where peer pressure and media exposure place a spotlight on drugs and drug abuse.

“The most important thing we're trying to do is get kids to make good decisions early in their lives,” Deptula said.

“By the time kids get into junior high school and high school they've already formulated a lot of these decisions, and if we reach them at an early age, they'll likely make good decisions for the rest of their lives,” he said.

Deptula explained that two important programs his team uses are the Stay on Track Program, which was developed for sixth, seventh and eighth graders to increase drug awareness, and the Guard Adventure Program, which utilizes an interactive, experiential-based curriculum, and is aimed at 12-18 year olds.

“The Guard Adventure Program provides a curriculum that's based on scientific and evidence-based concepts, and brings that into the schools,” Deptula said. “This program has a positive and lasting influence on the kids.”

At Rural Dell Elementary, the Soldiers and Airmen walked through the school's hallways, followed by orderly lines of students, many of whom were dressed in their Halloween costumes.

Like modern-day pied pipers, the Oregon Guardsmen led both teachers and students to the playground, where a HMMWV (Hum-

vee) and other Counterdrug equipment were on display for the children.

“The kids are so invigorated and so energetic when our Guardsmen in uniform show up,” Deptula said proudly. “They literally love the uniform.”

Lowe said members of the National Guard are perfect spokespersons for the anti-drug messages because of how prominent the military has been in the news and on television.

“It's good for the kids to be exposed to the military in a way that's not war-fighting,” she said. That's only a small part of what we do. Sharing messages about Red Ribbon Week is a positive thing.”

For Deptula, getting through to one child is worth it, but not enough, he said.

“If we help just one child, we've made a difference,” Deptula said. “But I personally think we have helped more than just one.”

“Our goal is to educate and inspire young people to make the right choice when faced with these tough decisions,” Deptula added.

The Red Ribbon Week was started as a drug awareness campaign, established in 1988 by the National Family Partnership.

The goal of the program is to increase drug awareness and educate the public on the dangers of drug abuse.

Supporters wear red ribbon pins as a symbol of solidarity, and pledge to live a drug-free lifestyle. This year, the event was observed Oct. 25-29.

The week is also a tribute to Drug Enforcement Agency Special Agent Enrique “Kiki” Camarena, an 11-year veteran of the DEA assigned to Guadalajara, Mexico, who was kidnapped, tortured and killed by Mexican drug traffickers in 1985.

The mission of the Oregon National Guard's Drug Demand Reduction (DDR) program is to organize and expand community efforts, which reduce substance abuse in Oregon. The team's primary focus is youth mentoring, and experiential learning, and life skills training for Oregon's youth.

For more information on the Red Ribbon Campaign, visit the DEA website at: http://www.justice.gov/dea/ongoing/redribbon_factsheet.html.

For more information on Oregon's CounterDrug Program, contact 1SG Brenda Harris at 503-584-3340, or via e-mail: brenda.k.harris@us.army.mil.



Sgt. Nathan Long talks to students at Rural Dell Elementary School in Molalla, Ore., Oct. 29. Long wore his sunglasses during the presentation as a way to show students he was “too cool for drugs.”

NEWS

Army Guard top enlisted leader says asking for help is the “New Norm”

Story by
Sgt. 1st Class Jon Soucy,
National Guard Bureau Public Affairs

ARLINGTON, Va. -- Soldiers who faced mental health issues in the past may have been hesitant to ask for help, because of a fear of being stigmatized or suffering from other adverse effects, such as not being promoted or being blocked from leadership positions.

Soldiers in the Army National Guard now must adopt the “New Norm,” which makes asking for assistance a priority, Command Sgt. Maj. Richard Burch, the command sergeant major of the Army National Guard, said in a memorandum to first-line leaders dated Nov. 19.

“The New Norm is the expectation that our Soldiers, families and employers speak up and ask for assistance when they face a challenge that they cannot resolve themselves,” he said.

The policy seeks to counteract negative stereotypes that some may have toward those who seek help.

“The failure to seek or provide assistance is unacceptable,” said Burch. “Seeking and providing it is what we expect and

encourage.”

Burch likened it to having a flat tire on the highway. While most are able to change the flat tire for the spare tire on their own, he said, that is a temporary solution.

To fix the flat tire itself, the help of a professional is needed.

“Very few are able to fix the flat tire without assistance from a professional, the service department employee trained to patch and repair flat tires,” said Burch. “It is not a sign of weakness (to ask for that help). We should know our limitations and seek assistance when we have exceeded our abilities.”

Burch also encouraged Soldiers to use the Buddy-to-Buddy or Peer-to-Peer programs in addition to professional services.

The goal is for Soldiers to ask for help rather than try and work through problems on their own.

“When reaching out to a buddy or peer and seeking out the professionals becomes the norm, we can proclaim success,” said Burch.

“The ultimate goal is to find an acceptable solution before an issue becomes a problem.”

The “New Norm” policy is also something that ties in directly with the Army’s Warrior

Ethos of mission first, never quitting or accepting defeat and helping other warriors when they need it, said Burch.

Embracing the policy as part of the Warrior Ethos is one of the ways leaders can ensure the “New Norm” becomes just that.

“We must establish that not seeking help is a behavior that is unacceptable,” said Burch.

“We value each member of the (team) too much to leave them stranded beside the road. Most of all, we will not tolerate any mistreatment of those who seek help. The Warrior Ethos demonstrates every facet of this expectation.”

Burch said the more leaders engage with and know those under their command, the better prepared the entire team will be to provide help if needed.

“We expect all (leaders) ... to be engaged in knowing their team, reaching out to the team, helping when we can, and guiding each other to the professionals that are available through the resources available in our network of providers,” said Burch.

And that starts with the senior leadership of the Army Guard, he said.

“The leadership of the A-Team (Army Guard Soldiers, their families and



Photo by Tech. Sgt. John Orrell, National Guard Bureau Public Affairs

Army National Guard Command Sgt. Maj. Richard J. Burch briefs participants at the 2010 Association of the U.S. Army annual meeting and exposition in Washington D.C., Oct. 25, 2010. He issued a memorandum on Nov. 19, 2010 about the “New Norm,” which makes asking for assistance a priority.

employers) is committed to moving forward with this expectation as the ‘New Norm,’” said Burch.

Gen Casey: mental fitness just as important as physical fitness

Story by Kimberly Lippert,
Oregon Military Department Public Affairs

Many Oregon National Guard Soldiers and Airmen have gone on multiple deployments to Iraq and Afghanistan in the last seven years.

According to a U.S. Army report, Soldiers who are deployed more than twice face an increased risk of acute stress symptoms upon their return.

Last year the U.S. Army launched Comprehensive Soldier Fitness, a program focused on fostering resilience in army personnel.

“We need to arm and equip them to deal with problems they may encounter and how to teach them how to deal with adversity,” said Command Sgt. Major Brunk Conley.

October 1, 2010 marked the one year anniversary of the launch of Comprehensive Soldier Fitness, a program developed to track and Soldier’s mental fitness and help them develop resilience.

“This is the largest study ever done of the effects of psychological fitness on high performance and physical health,” said Martin Seligman, Professor of Psychology who developed the Resilience program for the U.S. Army.

“This is a turning point in psychology if this works in the army this will be a model in civilian life teaching our children the skills of resilience,” he added.

The resiliency training is being implemented at every level throughout the Oregon National Guard. Conley said the resilience training is an extremely important part of overall Soldier health.

“We all come to points in our life when we get overwhelmed with events,” said Conley. “There are all kinds of stressors and it’s okay to have adversity in your life – it’s unavoidable but its how you handle the adversity that is the important part,” he added.

Since Oct. 1, more than 850,000 Soldiers have taken the Global Assessment Tool (GAT), a 105-item questionnaire used

to measure resilience “fitness” in four dimensions; family, social, spiritual, and emotional.

Scores are confidential. Soldiers may voluntarily share them but they cannot be compelled to do so. After completing the GAT, Soldiers take a series of online training modules that teach initial resilience skills. For instance; how to develop a strong social network, find greater meaning in work, and strengthen spousal relationships.

“An accident, divorce or death is what it is,” said Brig. Gen. Rhonda Cornum, Comprehensive Soldier Fitness director. “But it is how we come out of that event that can determine how we make ourselves a better person.”

Beginning in 2011, resilience training will be offered at every level of the Army’s education system, beginning when a private arrives at basic training and continuing through the senior leader capstone course a Soldier takes after becoming a Brigadier General.

Army Gen. George Casey Jr., Chief of Staff of the Army admits that developing a way to measure the success of the program is still a work in progress.

“This is something that we’re wrestling with very hard right now,” he said. “You can look at outcomes. Ideally, we’d like to see things like divorces and suicides go down, but it’s hard to make a direct correlation between (Comprehensive Soldier Fitness) and those events.”

Casey hopes Comprehensive Soldier Fitness will eventually lead to a culture in the Army which approaches physical and mental fitness with the same vigor.

“My expectation for this is that it’s gradually embraced by the Army and becomes part of our culture,” Casey said.

“Just like we talk about physical fitness and maintaining an appropriate level of physical fitness, I expect our discussions about mental fitness to be open and frank and to contribute to our definition of what success is.”

Conley said with these new tools Soldiers



Photo by Susanne Kappler, Fort Jackson Leader

Brig. Gen. Rhonda Cornum, director of the Comprehensive Soldier Fitness program, (center), discusses the program with Gen. George Casey, Army chief of staff, during their visit to Fort Jackson in July.

hopefully have better methods at their disposal to deal with whatever situations may arise.

“You will never let events overwhelm your ability to respond, and to overcome them,” said Conley. “There is no shame in asking for help,” he added.

Maj. Brian Knutson, Chaplain with the 142nd Fighter Wing is currently deployed at Landstuhl Regional Medical Center in Germany.

He sees injured Soldiers on a daily basis and believes learning resilience can help the injured remain hopeful.

“Hope is a verb, an action word,” said Knutson. “Hope is life, energy, a sense of

tomorrow – hope is always the thing which provides new and fresh energy,” he added.

Knutson said the ratio of chaplains to Soldiers at Landstuhl is 1 to 500 so he cannot see every Soldier or spend a great deal of time with each one. However, he did say there are some who are certainly tapping their inner resources to overcome the obstacles set before them.

“There are people out there who are enduring, who are succeeding, who are striving to live and to overcome,” Knutson said. “There are resilient people who see hospital staff giving one-thousand percent and they give it right back. There is hope in the face of trauma.”

Oregon’s Retiree Service Office can help you!

Office:
Anderson Readiness Center
3225 State Street
Salem, OR 97309

Phone:
503-584-2891, or
1-800-452-7500, ext. 2891

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Tuesdays, 10:00 a.m. - 2:00 p.m.

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NEWS

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OREGON NATIONAL GUARD

Director Cannon retires after 33 years

SALEM – Leaving a legacy of 33 years of service to Oregon veterans, Ron Cannon is retiring from his post as the director of the United States Department of Labor's Veterans Employment and Training Service Division. More than 60 people gathered on November 29 to wish Cannon well in his retirement.

A Vietnam combat veteran, Cannon lost a leg below the knee after stepping on a land mine in 1968. After his recovery, Cannon returned to Oregon and became the state's first Disabled Veterans Outreach Program (DVOP) staff member with the Oregon Employment Department. ODVA donated \$100 to the Vietnam Veterans of Oregon Memorial Fund in Cannon's name, a project Cannon has been deeply supported.

Cannon received recognition and awards from the U.S. Department of Labor, the Oregon Military Department, Employer Support of the Guard and Reserve (ESGR), Oregon Departments of Veterans' Affairs, Employment, and Labor, and Central City Concern.

"Veteran" designation to be available on Oregon driver's license

Starting in January, Oregon veterans can have the word "Veteran" put on their driver's license. The voluntary designation will allow veterans to prove their veteran status without presenting additional documentation.

The original idea was conceived during the Governor's Task Force on Veterans' Services in 2008. Numerous veterans had asked if there was a veteran identification card that could prove their veteran status. Without such a card, veterans would have to bring their DD-214 to Oregon retailers offering veteran discounts.

"By placing the word veteran on their driver license, a veteran can prove his or her veteran status simply and easily," Oregon Department of Veterans' Affairs Director Jim Willis explained.

To get the designation, simply bring your DD-214 to your local Department of Motor Vehicles office and ask for the designation to be placed on your license. Also remember to bring proof of citizenship (Social Security number and full legal name). All DMV costs will apply.

Assistance available: Military Helpline

Veterans who are experiencing military stress and need someone to talk to are encouraged to call the Military Helpline, operated by Oregon Partnership. A trained team of specialists are available to talk 24 hours a day. All of the specialists are trained in crisis prevention, and most are veterans themselves.

"These people understand military mindset, and have extensive training including sessions on military specific issues," said Tom Parker, Communications Director for the Oregon Partnership.

Parker said the conversations on the military help line are completely confidential. He said in the past veterans have been reluctant to report any mental health issues they may be experiencing because they are worried about repercussions on their career, the military helpline can offer veterans help without going through their chain of command.

The military helpline is 1-888-457-4838 or 1-888-HLP-4-VET.

Retiree luncheon set for April 15, 2011

The next Semi-Annual Retiree Luncheon is scheduled for April 15, 2011, at the Salem Eagles Lodge #2081, 2771 Pence Loop, SE, Salem, Ore.

The Retiree's gather starting at 11:00 am for social time and lunch is served at 12:00 noon. All retirees and former state and federal employees of the Oregon Military Department are welcome.

All attendees must RSVP so the committee can provide the Eagles Club with an accurate headcount.

For more information, or to RSVP, contact CW5 (Ret.) Lee Ashwill at (503) 393-9320 or via e-mail: leebarbiashwill@comcast.net.

Womens Overseas Service League is offering scholarships for 2011

The Women's Overseas Service League is awarding academic scholarships for the 2011 scholastic year.

Scholarships average \$500.00 to \$1000.00 annually and may be renewed for a second year if the recipient maintains and reports satisfactory progress as delineated in the scholarship award criteria.

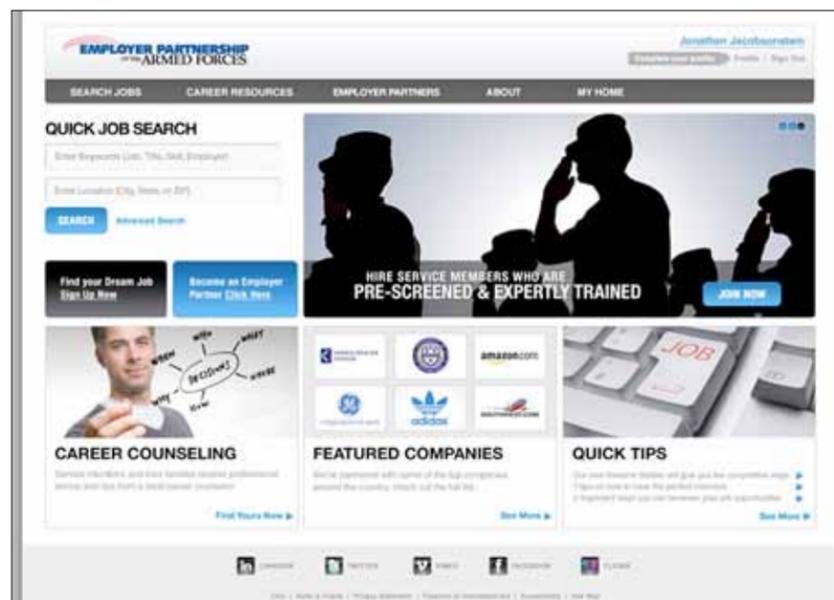
Scholarship awards are based upon the decisions of the Scholarship Committee of the Women's Overseas Service League Board of Directors. Scholarship awards may be granted to women who are committed to advancement in military or other public service careers, and have demonstrated such commitment through life experiences.

Applicants must also have successfully completed a minimum of 12 semester (or 18 quarter) hours of study in any institution of higher education with a minimum 2.5 grade point average, and should be admitted for study in an institution of higher learning in a program leading to an academic degree (Associate Degree or higher). The program may be professional or technical in nature.

They must also agree to enroll for a minimum of six semester (or nine quarter) hours of study each academic period, and agree to maintain academic standards.

For more information, or to download an application form, visit <http://www.wosl.org/scholarships.htm>.

Employer Partnership of America launches new employment website



Graphic courtesy of Employer Partnership of the Armed Forces

Compiled by Sentinel Staff

On Veteran's Day, the Employer Partnership of the Armed Forces launched its new, state-of-the-art job search portal.

The portal's tools offer National Guard members and Reservists, their families, Wounded Warriors, and veterans increased capabilities when seeking employment opportunities. The portal also vastly improves our Employer Partner's access to skilled candidates.

The Employer Partnership of the Armed Forces is a no-fee program which connects Service members, their Families and veterans with employment opportunities. The program has more than 1,150 military-friendly employer partners across the nation.

Users may now set-up a personal profile so that he or she is able to save searches, search parameters and individual job announcements within their own "dashboard". By activating the alert option, seekers will be provided with a notification whenever a desired position is posted.

Employers can now enter position vacancies directly into the system and track those jobs, applications and views through their company dashboard. They can also reach in to the system and locate the resumes of qualified candidates who may not have had the chance to apply themselves.

For more information, or to see the new web features, visit; www.EmployerPartnership.org.

Veterans through time immortalized on #39 NASCAR Chevrolet

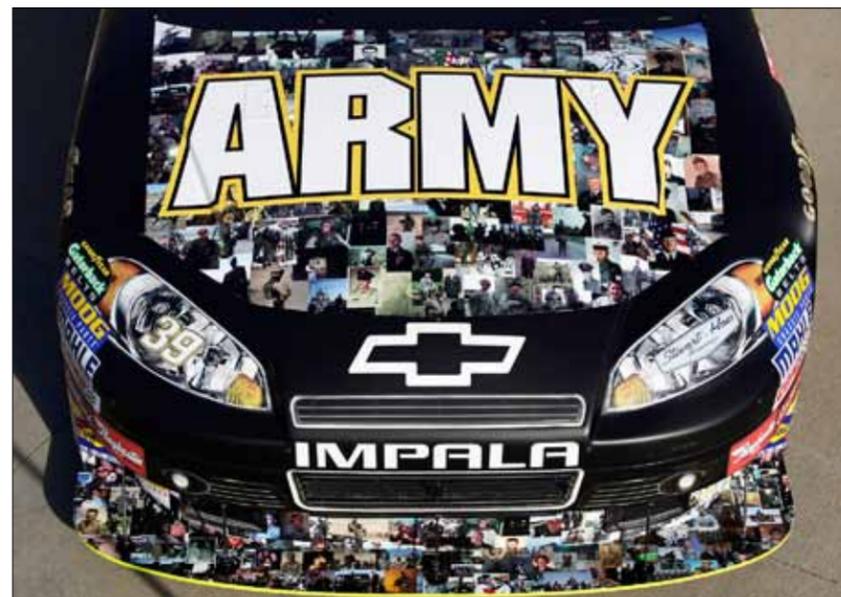


Photo courtesy of National Guard Bureau

More than 500 faces of military veterans graced Ryan Newman's No. 39 U.S. Army Chevrolet during the recent Kobalt Tools 500 Sprint Cup race at Phoenix International Raceway, in Phoenix, Ariz. The special paint scheme serves as an extension of Veterans Day, an annual United States holiday honoring military veterans.

"What a cool way for us to say 'thank you' and honor the veterans who have served our country and fought for our freedom," said Newman, who won the April race in Phoenix. "This is the Soldiers' car and having the faces of these brave men and women will be a great inspiration and powerful reminder of what it means to be Army Strong."

The 500 plus faces on Newman's Veterans Day car represent multiple generations of men and women who embraced the call of duty, dating back to the World War I era.

Among the photos submitted through www.goarmy.com was from World War II veteran and Arizona resident Luis Rodriguez Jr. who attended the Kobalt Tools race as a guest of the U.S. Army race team. Rodriguez, 85, served in the U.S. Army and was a member of the 118th General Hospital, a U.S. Army military hospital located in New South Wales, Australia. He is a resident of Sahuarita, Ariz.

The race was televised on ESPN.

AIR NATIONAL GUARD NEWS

142 FW Medical Group participates in large-scale exercise

Photo courtesy of 142 Medical Group

Airmen from the 142 Medical Group, Oregon Air National Guard, join members of the 181 Medical Group and medics from Canada during a Combat Lifesaver's Course at Volk Field, July 12, 2010. The Airmen are taking part in a joint force exercise, Patriot-10, at Volk Field, Wisconsin, July 10-24, 2010, which will help train and hone their aeromedical skills, and prepare them for wartime situations.

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

PORTLAND, Ore.—This past summer, Airmen from the 142 Medical Group, Oregon Air National Guard, participated in a multi-national, joint force exercise at Volk Field, Wisconsin, July 10-24.

The exercise, known as Patriot 2010, is the only annual joint training event sponsored by the National Guard Bureau.

The reality-based scenarios provided a joint training environment where participants had a chance to collaborate, and share tactics and training on emergency response, aeromedical operations and equipment.

Oregon Air National Guard Col. Clee Lloyd, commander of the 142 Medical Group, who also served as the commander for all medical personnel during the exercise, said the training prepares participants for deployments to the Middle East.

"We duplicated the environment one would find in Afghanistan or Iraq," Lloyd said.

Chief Master Sgt. Julie Eddings, 142 Medical Group Section Chief, said the realistic scenarios gave unit members the confidence they need for overseas deployments.

"It (the exercise) is about as close as we would get to the real thing," she said. "I think this gave us a lot of confidence because we had a lot of skill rehearsal evaluation."

Participants practiced in Weapons of Mass Destruction scenarios, Aeromedical Evacuation, 24-hour operations, use of computer mannequins and field testing of new equipment for the Air Force Evaluation Support Activity. Most scenarios were important preparation for Operational Readiness Inspections planned at the 142 FW in 2011.

"The command and control, as well as medical portion of the exercise would be exactly what we could encounter in a Phase II ORI situation, in addition to what we would

find on active duty," Lloyd said.

Over 1,000 personnel participated in the exercise. Staffing included 250 military medical personnel from across the United States, including international participants from The Netherlands and Canada.

Members of the CERFP (CBRNE Enhanced Response Force Package) Team from Mississippi, who are trained in medical response involving chemical, biological, radiological and nuclear incidents, also participated in the exercise. Personnel from the United States Coast Guard and U.S. Army National Guard provided helicopter response, rounding out the total-force, realistic medical training scenarios.

"This training offered an opportunity to work in a joint environment with medical personnel both from the United States and foreign countries," Lloyd said.

Lloyd said it was a learning experience for Oregon Airmen to work alongside Canadian and Dutch physicians, and to see their perspective in managing medical issues and how they used their own medical equipment.

"It was interesting to be put together with another unit and come up with an active game plan within 24 hours of arrival," Lloyd added. "Blending both units together to make an effective force so that within one week we had seamless, 24-hour a day operation."

The exercise also readied individual participants for domestic emergency response, should a major natural or man-made disaster take place in the United States, he added.

"From a wing standpoint, besides the medical training which is extremely beneficial from Homeland Defense and for military operations, the esprit de corps and great improvement in morale comes back to benefit the wing in increased production and a happier work force," he said.

According to Lloyd, in one instance the exercise took on a decidedly serious tone. Four members of the Mississippi CERFP team suffered from heat stroke and required immediate medical attention. The exercise was halted while their medical needs were addressed, and the patients were stabilized and transported to a medical facility. Lloyd said the seamless transition between exercise and real-world response was a good lesson for all those involved.

"It kind of fit within the overall scenario in many respects," Lloyd said. "In terms of interacting with our own unit being set up as an E-MEDS and if we do get a CERFP team, it would be a good interface for the state in a disaster in that we have the first responders in the field backed up by the second responders with the full-up medical capability."

Eddings said in past exercises a lot of scenarios simply 'stopped at the door'. Medical personnel would respond to, and treat patients, but anything beyond initial response and care was simulated, including medical evacuation.

"In past exercises, there are a lot of notional things that would happen," Eddings said. "Patriot allowed us to actually see our contribution to an airlift by actually putting people on an aircraft and watching them fly away to more definitive care."

Lloyd said the program is a great opportunity to train, but also allows Airmen to demonstrate their skills.

"It was a good experience in demonstrating that we can effectively exercise our medical training pretty much on demand," he said.

Lloyd added that participation in the Patriot 2010 exercise not only highlights the 142 Medical Group's skills, but also places the unit in a better position to deploy in future overseas humanitarian missions.

"(We may be) eligible for an overseas humanitarian deployment hopefully in 2012," Lloyd said. "An overseas deployment like that would exercise not only Phase I, but also Phase II ORI preparation. It also puts us on the national stage as being a group that is willing to step up and participate in this kind of exercise."

The exercise was part of the Oregon Citizen-Airmen's annual training period. Of the 34 participants from Oregon, two were from the 116 Air Control Squadron based at Camp Rilea in Warrenton, Ore., and two were from the 173 Fighter Wing at Kingsley Field in Klamath Falls, Ore.

Joining them were three Airmen from the Washington Air National Guard's 194 Medical Group, based at Camp Murray, Wash., and 23 personnel from the 181 Medical Group, Indiana Air National Guard.

Operation Kids builds Hero Packs

Photo courtesy of Port of Portland

Above: The Transportation Security Administration's Carol Marinos helps assemble Hero Packs at Portland International Airport that will serve as tokens of appreciation to children of deployed military parents. Port of Portland employees donated stuffed animals to include in the packs, and traveling children wrote letters.

Operation: Military Kids, which sponsors the program, held three separate events at the airport in mid-December, soliciting donations from travelers.

Oregon Redhawks train during night flights

Photo Air Force photo/ Staff Sgt. J.G. Buzanowski

OVER THE PACIFIC NORTHWEST. -- An F-15C Eagle from the 142nd Fighter Wing approaches an Air Force Reserve KC-135 Stratotanker from Fairchild Air Force Base in Spokane, Wash., during a night refueling mission Nov. 18, 2010. The Oregon Air National Guard pilots conducted night training missions the week of Nov. 18. "While we're deployed it's 24-hour operations, so training at night here helps over there," said Staff Sgt. Brendan Balko, 92nd Air Refueling Squadron boom operator instructor. "We support troops on the ground and we need to refuel the fighters out there so they can continue their missions."