

# 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

## Governor honored with Order of the Minuteman



Above: Oregon Gov. Ted Kulongoski is greeted by members of the Oregon Air and Army National Guard at the Order of the Minuteman Ceremony at the Oregon Convention Center in Portland, May 14. Kulongoski was inducted into the Order of the Minuteman for his support of service members over his tenure as the Governor of Oregon. Photo by Tech. Sgt. Nick Choy, Oregon Military Department Public Affairs.

Right: The Oregon National Guard Joint Color Guard leads Governor Ted Kulongoski, Maj. Gen. Raymond F. Rees, The Adjutant General, and a procession of enlisted members through the Oregon Convention Center prior to the Order of the Minuteman Ceremony, May 14. Photo by Staff Sgt. John Hughel, 142nd FW.



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

**PORTLAND, Ore.**—If the Governor of Oregon thought he was in good company as the commander in chief of the Oregon National Guard, the ceremony honoring him in Portland on May 14 puts him in even higher esteem.

Oregon National Guard soldiers and airmen, led by Maj. Gen. Raymond F. Rees, The Adjutant General, bestowed their highest honor on Ted Kulongoski, at an evening black-tie ceremony at the Oregon Convention Center in Portland.

Prior to the ceremony, Kulongoski led a procession of hundreds of Oregon's citizen-soldiers and citizen-airmen into the Oregon Ballroom.

"Oregon's Own" 234 Army Band played the University of Missouri "fight song" and the Marine Hymn. Kulongoski paused along the way to shake hands with the throngs of well-wishers and ceremony attendees.

The Order of the Minuteman Award was developed in 1985 to recognize leaders within the Oregon National Guard who have distinguished themselves with exemplary standards and leadership.

Kulongoski is the second recipient of the award who was not a member of the Oregon National Guard.

During his time in office, Kulongoski has made it a point to attend every mobilization and demobilization ceremony. He has often been seen at locations across the state, shaking hands with returning Soldiers and Airmen, passing out his Governor's coin, or chatting with service members' families.

"Governor Kulongoski, I could not be more delighted that our Non-Commissioned Officers have chosen to bestow this recognition on you," Rees said during his speech.

Rees also praised Kulongoski for his service as the longest war-time Governor in the history of the state.

"Your service as a war-time governor has exceeded by far any other occupant of this office in time alone," Rees said.

"But regardless of duration, it would be hard to match the depth of your commitment to our soldiers and airmen, in leadership and in legislation."

During his tenure as Governor, Kulongoski signed legislation helping Oregon veterans access medical and educational benefits.

He has also supported funding for the Oregon National Guard Reintegration Team, a nationally-recognized group of soldiers both currently serving and retired from the Oregon National Guard who are dedicated to helping soldiers and their families with any needs they may have during and after a deployment.

Oregon Senator Ron Wyden said Kulongoski passed more legislation to assist soldiers and veterans than any governor has since WWII—even in the face of financial opposition.

"When budgets were tight, somehow he found a way to carve out the money to address the National Guard's most pressing needs," Wyden said of the Governor.

Rees reiterated Wyden's sentiment by calling attention to bills which supported veterans' program funding and the modernization of Oregon National Guard Armories—two examples of many pieces of legislation which the Governor supported.

A former Marine, Kulongoski came from humble beginnings in rural Missouri. According to his official biography, he was raised in a Catholic boys home. After high school, he joined the Marines, and worked as a bricklayer and truck driver before using

See **GOVERNOR** on PAGE 7

## Oregon Airman key in national Air Force competition win

Story courtesy of  
173rd Fighter Wing Public Affairs

**KLAMATH FALLS, Ore.**—An Oregon Airman from the 173rd Fighter Wing at Kingsley Field helped secure an overall first place finish during a recent Air Force competition.

Tech. Sgt. Morgan Smith of the 173rd Fighter Wing, joined several other Airmen from other Air National Guard units for the 2010 competition.

The Air Force Chemical, Biological, Radiological, and Nuclear (CBRN) Challenge, held May 10-14 at the Center for National Response in Charleston, West Va., pitted Air Force CBRN teams against each other on a wide variety of scenarios.

They ranged from a chemical gas release on the Washington, D.C. subway system and a weapons cache in an Afghan mountain cave, to a disgruntled Airman's dorm room at Scott AFB, Ill.

Smith's teammates were Lt. Col. Bill Antoszewski and Tech. Sgt. Ann McCormick of the 180th Bioenvironmental Engineering office, Tech. Sergeants Jeff Sharpmack and Tim Booth of the Arkansas Air National Guard.

The Air Force CBRN Challenge is an annual competition intended to showcase the joint CBRN response strategic partnership of Air Force Bioenvironmental Engineering (BE) and Civil Engineering

Emergency Management (EM) Officers and technicians. Each of the major command teams were represented by one officer, and four technicians.

The Charleston facility is owned by the National Guard Bureau and operated by the West Virginia National Guard. It is the premier Department of Defense facility for CBRN response training.

The centerpiece of the CNR facility is a 3/4 mile-long mountain tunnel, formerly used as part of the West Virginia Turnpike.

Opened in 2000, the CNR Tunnel is an all-weather training facility that can be configured for any number of realistic exercises and scenarios. Training at the tunnel is enhanced by the controlled use of live chemical agents and radiological materials.

In each of the scenarios, team members were given three hours to work with an evaluator/controller "incident commander" and establish scene control, survey and identify CBRN hazards, develop health risk assessments, and provide recommendations for personnel protection and mitigation.

The Air National Guard team participated in a total of eight scenarios, and placed first in five of the seven major events, and second in the remaining two scenarios. Based on this scoring, Team ANG was named the overall Air Force CBRN Challenge 2010 winner.



Photo courtesy of Ohio National Guard

The Air National Guard Chemical, Biological, Radiological and Nuclear (CBRN) Challenge Team took first place overall in last week's Air Force-wide CBRN competition held at the Center for National Response in Charleston, W.V. Team members included from left to right: Tech Sgt. Tim Booth of the 188th Fighter Wing, Tech Sgt. Morgan Smith of the 173rd Fighter Wing, Lt. Col. Bill Antoszewski and Tech Sgt. Ann McCormick, both of the 180th Fighter Wing, and Tech Sgt. Jeff Sharpmack of the 189th Airlift Wing.

PRSRT STD  
US Postage  
PAID  
Permit #605  
Salem, OR

OFFICE OF THE STATE ADJUTANT GENERAL  
DEPARTMENT OF THE ARMY AND AIR FORCE  
NATIONAL GUARD OF OREGON  
P.O. BOX 14350  
SALEM, OREGON 97309-5047  
OFFICIAL BUSINESS

## The Oregon Military Department

State Commander in Chief  
Governor Theodore R. Kulongoski

The Adjutant General  
Maj. Gen. Raymond F. Rees

Deputy Director Oregon Military Dept.  
Brig. Gen. Mike Caldwell, OSD

Asst. Adjutant General, Army  
Brig. Gen. David B. Enyeart

Asst. Adjutant General, Air  
Brig. Gen. Steven D. Gregg

State Command Sergeant Major  
Command Sgt. Maj. Brunk Conley

State Command Chief  
Chief Master Sgt. Mark Russell

## Oregon Sentinel Editorial Staff

Interim State Public Affairs Officer  
Capt. Stephen S. Bomar  
stephen.s.bomar@mil.state.or.us

Editor & Social Media Manager  
Tech. Sgt. Nick Choy  
nick.r.choy@mil.state.or.us

Chief, Community Relations  
Kay F. Fristad  
kay.f.fristad@mil.state.or.us

General News Manager  
Sgt. Eric Rutherford  
eric.a.rutherford@mil.state.or.us

Contributing Writer  
Kim L. Lippert  
kimberly.l.lippert@mil.state.or.us

Contributing Photographer/Writer  
Sgt. 1st Class Kevin Hartman  
Kevin.C.Hartman@mil.state.or.us

Information Manager/Photographer  
Spc. Jason van Mourik  
jason.vanmourik@mil.state.or.us

Contributors  
115th Mobile Public Affairs Detachment  
142nd Fighter Wing Public Affairs  
173rd Fighter Wing Public Affairs  
Unit Public Affairs Representatives

Editorial Offices  
c/o Oregon Military Department  
Attn: Editor, Oregon Sentinel  
P.O. Box 14350  
Salem, OR 97309  
503-584-3917

The Oregon Sentinel is the official publication of the Oregon National Guard, authorized under the provisions of Army Regulation 360-1. It is designed and published by the Oregon Military Department's Public Affairs Office. The views and opinions expressed in the Oregon Sentinel are not necessarily those of the Departments of the Army and Air Force, or the Department of Defense.

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](http://www.oregon.gov/OMD/AGPA/publications.shtml).

Paid advertising is strictly prohibited in the Oregon Sentinel. However, announcements which benefit Oregon Guardsmen 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. The Public Affairs staff reserves the right to print or reprint submissions at any time. For publication schedules, or for any other questions, please see your unit's Public Affairs Representative, or contact the State Public Affairs Office or any of the Oregon Sentinel staff members listed above.

The Oregon Sentinel adheres to guidance found in DoD Instruction 5120.4, "Department of Defense Newspapers and Civilian Enterprise Publications." The Oregon Sentinel utilizes Times New Roman, Garamond Pro and fonts, and is designed using Adobe InDesign CS. Graphics are produced using Adobe Illustrator and PhotoShop, and are accomplished on a Macintosh G5 computer. Text files are edited using Microsoft Word.

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.

2010 Oregon Military Department  
All Rights Reserved

## COMMAND

## Military families the foundation of Oregon Guard's strength



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

This spring has been amazing and the support from our Oregon communities at an all-time high.

From 41 IBCT's return, to Armed Forces Day, all the way to Memorial Day, Oregon has made it a point to recognize our citizen-soldiers and airmen, and the sacrifices they have made.

Our Guard members' success is a direct reflection of the support they receive here at home from employers, communities and without a doubt, their families.

In 2009, Governor Kulongoski and the 75th State Legislature declared May 8 Military Family Appreciation Day. This

past month, our commander-in-chief again recognized the contributions of Oregon's military family members at the State Capitol, highlighting several military families.

This helped to bring attention to the sacrifices and dedication of family members who support not only Oregon's citizen-soldiers and airmen, but also all military families.

This month, we need to continue this commitment, and remember how important Oregon National Guard families are to our mission.

As 41 IBCT returned home and their demobilization ceremonies are now behind us, support of our Oregon Guard members becomes even more paramount.

No doubt these fine heroes will find comfort in the arms of their loved ones as they transition back home. Soldiers will begin returning to work, looking for work, pursuing their education and revisit volunteering in their communities once again.

We have a great resource at hand--the Oregon National Guard Reintegration Team, bolstered by the Fort Oregon website, which provides resources and information vital to their return back to Oregon.

There are job fairs, yellow ribbon and re-

integration events scheduled throughout the state for soldiers and their families to attend.

Every member of our organization needs to help our warriors and become familiar with these programs. I encourage each of you to talk about them, educate yourselves, each other, and your communities on what is available.

Right now, soldiers of 162 Engineers are in Afghanistan, and are over half way complete with their tour. This month we deployed members of Bravo 168 Aviation, who will join them there after training at their mobilization site in Fort Hood.

I wish these brave men and women God speed, and encourage them to focus on their mission, knowing that there is full support of their loved ones here at home and programs available to them upon their return.

They will be able to focus on their mission, knowing that there is full support of their loved ones here at home.

Rest assured your transition back to your communities, businesses and homes will be as smooth as possible, keeping you successful and, Always Ready, Always There!

## New Warrant Officers the key to Oregon Guard future

Last month Chief Warrant Officer Four Chuck Stewart and I attended the graduation ceremonies for Chief Warrant Officer 1 Jonathon Tygret at Fort Rucker, Ala.

There I had the privilege of participating in the promotion and pinning ceremony of all the Army Reserve and Army National Guard Warrant Officers. Out of a class of 50-plus, half of the new warrants were from the Reserve Component. As I administered the oath to these new technical experts, I could not help realize that a "torch" was being passed to this energetic generation of new warrant officers.

Graduates of the Warrant Officer Candidate Course are well-trained, physically fit, mentally alert and confident. New Warrant Officers will soon become commissioned officers with the implantation of the 2011 National Defense Act. They will join the ranks of the Chief Warrant Officers and Officers as full members of the commissioned corps. With that comes more responsibility and expectations, but with the training that they have received and mentorship they will rise to any challenge.

After the ceremony I visited with a number of Army Guard WO1s. Some were traditional guardsmen others full time—either as Federal Technicians or AGRs. The common denominator was an intrinsic desire to succeed and do what is right for their individual unit and state. They were proud to wear both the uniform and the single "dot" on their bar. They truly earned the right to wear it.

I came away with two important concepts: 1) it is imperative that the Command Chief Warrant Officer or his representative attend all WOCS graduations in which Oregon has candidates graduating, and: 2) The warrant officer corps is in pretty good shape. As much as we cringe when we hear the words, "Fort Rucker," the Warrant Officer Career Center does an excellent job.

This year, Recruiting Command will be hosting the second Officer/Warrant Officer Training Workshop in Welches, Ore., August 12-15. If you know of a potential candidate, make sure they register through their unit. Since February's workshop there have been three packets approved, six which are about



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

95 percent complete, and one approved via phone that is awaiting one more NCOER. You can't argue with success.

I would like to welcome into the warrant officer corps, WO1 Tygret. Congratulations to Sgt. 1st Class Stan Krupsky, our new Intelligence Electronic Systems Tech., whose packet was approved by the Military Intelligence Branch, and Warrant Officer Candidate Ross Rappe, who will be heading to WOCS. We should have one more soldier joining him as well, his packet is waiting for approval.

For the Corps!

## Events showcase true nature of Oregon's soldiers &amp; airmen

Command Sgt. Maj.  
Brunk W. Conley,  
State Command  
Sergeant Major,  
Oregon National Guard



I believe that every single attendee felt the sincerity of the governor as he spoke.

You can be very proud of every single task you have accomplished since his inauguration.

Over the rest of the weekend, we held the Joint Senior Enlisted Leader's Workshop. It was amazing to get all of our Senior NCOs in one location to discuss current programs and the way-ahead for our great organization. The speakers and presenters were phenomenal. It is always beneficial to touch base with your peers and solve the world's problems.

The following weekend we held the first ever combined Oregon Warrior Competition. All on the same day, we crowned our NCO and Soldier of the Year for the Army National Guard, the numerous winners of the Adjutant General's Marksmanship Matches, four Combatives Champions, and the Best Recruit Sustainment Squad.

Warrior Hall at Camp Rilea was packed as commanders, senior enlisted, mentors, support staff, family, friends and spectators attended the awards ceremony.

The top finishers received a wide variety of awards to including the Oregon Commendation Medal as rewards for great achievements.

Below you will see the winners in detail from each event. I would like to publicly thank all of the support staff that made this event such a success. In particular, I would like to thank the 1/249th Regional Training Institute and Camp Rilea for the major role they played in pulling off the events. I believe it is the model for the future. Begin planning and training now for next year's event!

As a leader, I find that these types of events are rejuvenating. They remind us of why we are successful; OUR PEOPLE!!!

## Oregon National Guard Best Warrior Challenge winners

## RSP Squad Challenge

Winners: "Southern Comfort" (Pvt. 1st Class Livingston, Pvt. 1st Class Bartlett, Pvt. 1st Class Greer, PV2 Rahimian, Pvt. Hunt). 2nd Place: "Area Deuce" (Spc. Van Landingham, Pvt. 1st Class Liebelt, PV2 Kim, PV2 Phelps, PV2 Quintana).

## Combatives

Welterweight: Pvt. 1st Class Adam Jordan; Middleweight: Staff Sgt. Jeremy Caver; 2nd Place: Pvt. 1st Class Brian Ha; Cruiserweight: Sgt. 1st Class Tommy Grajo; 2nd Place: Sgt. Jamal Mercado; Light Heavyweight: Sgt. Trevor Wesley, 2nd Place: Maj. Ed Winkler.

## Best Warrior Competition

NCO of the Year: Sgt. Robert Krause, 2/162. 41 IBCT Runner Up: Sgt. Joshua Morris, 3670 Maint., 82 BDE. Soldier of the Year: Sgt. Jared Berkham, 3/116, 82 BDE Runner Up: Spc. Eric McVay, 41 IBCT, A-Troop, 182 CAV.

## The Adjutant General's (TAG) Match

Individual Winner: Senior Master Sgt. Mike Shepherd, 173rd Fighter Wing.

## Overall Team Award

1: "Kingsley Eagles" (Staff Sgt. Buck Dugger; Senior Airman Daniel Gardner; Tech. Sgt. Jeffrey Jones; Senior Master Sgt. Mike Shepherd), 173rd Fighter Wing.

2: "Kingsley Phantoms" (Tech. Sgt. Michael Krouse; Master Sgt. Michael Loomis; Tech. Sgt. Isaac Nunn; Tech. Sgt. Daniel Silva), 173rd Fighter Wing.

## Unit Achievement Award

Col. Brent McTaggart, 173rd Fighter Wing.

## Open Category

1. Tech. Sgt. Jeffrey Jones, 173rd Fighter Wing; 2. Tech. Sgt. Daniel Silva, 173rd Fighter Wing.

## Novice Category

1. Cpl. Daryl Hager, 1-82 Cav, 41 IBCT; 2. Spc. Lee Sweet, Lee - 1186 Det, 82 BDE.

COMMENTARY

# Growing number of events geared toward military families

With the partnership of Family Programs, the Yellow Ribbon Reintegration Program, the Reintegration Team, and the Strong Bonds Chaplain Program, the number of events is growing every day.

Families of both Army and Air National Guard members are able to find the events being held around the state, with the assistance of the Joint Service Support website.

Here, families and service members can view upcoming event schedules and register right on the website. Some even offer childcare.

It is easy to create a user account and

registration is free. Stay in the know by registering for [www.jointservicesupport.org](http://www.jointservicesupport.org).

Another benefit of registration is the "Email Campaign" feature, which allows emails to be sent to a target audience. Want to know the deadline for the Oregon Teen Panel? Want to know the start time for the Pre-Deployment Family Briefing?

When you register for an event, the person organizing that particular event can send you a direct email with the specific information you require.

If you live outside Oregon, you can see

events closest to your home of residence, as every state individually lists their events. The useful links provided by the Joint Services Support website puts the power of information in the family's and service members' hands.

Another handy feature is the "Local Community Resource Finder", which lists the full-time staff in the areas of Family Programs, Yellow Ribbon Team, Director of Psychological Health, Sexual Assault Response and Prevention Coordinator, Transition Assistance Advisor, and Chaplains.

**Michelle Kochosky**,  
State Family Program  
Director



I hope you take the time to explore the website. It may provide you and your family with many benefits and resources.

## Asia-Pacific Islanders' focus on family based in cultural roots

The month of May celebrates Asian-Pacific American Heritage, and it is also the month which celebrated the sacrifice and support of military families.

I thought this would be a great opportunity to talk about both of these topics, as many times when I've asked someone who is of Asian or Pacific Islander decent, what their most important value is, I usually get a response of "family is our number one priority".

Most of their activities, jobs, and decisions are made with their family in mind. So it is fitting that these two observances would occur in the same month.

In 1978, President Jimmy Carter signed a Joint Resolution designating the annual celebration of Asian-Pacific Islander for one week in May. Twelve years later, President George H.W. Bush extended the week-long celebration to the entire month. In 1992, the official designation of May as Asian-Pacific American Heritage Month was signed into law.

May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Asia-Pacific encompasses all of the Asian continent and the Pacific Islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, The Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

Traditionally, the people of Asia and the Pacific Islands see their immediate family as a high priority, and often extend this importance to extended family members, including aunts, uncles, grandparents, cousins, and even those related by marriage alone.

Often, these close-knit communities

**Capt. Dawn Y. Choy**,  
State Equal  
Employment Manager



were formed as a basic survival technique, as resources were scarce on the tiny, remote islands of Micronesia, and individuals relied heavily on extended family members throughout the community. In modern times, these customs persist as traditions, with large families participating as a group in various events and holidays.

In many parts of Asia and the Pacific, families have grandparents and extended family members living under one roof. It creates an opportunity for young children to enjoy, and learn from the wisdom and experience of older generations--who not only serve as impromptu babysitters, but also as a wealth of oral history and a repository of important cultural information.

Furthermore, many elders in Asia and the Pacific stand as prominent pillars of their respective societies. Some are even named "living treasures" by their communities, serving as a critical bridge between community members, individuals within their immediate and extended family, and long-departed ancestors.

In May, as we thank our families for their support and sacrifice, let's also consider the diverse nature of all our families, regardless of their cultural or national origin, and appreciate the contributions brought forth by all members of our immediate, and extended families. This includes our National Guard family.

For more information on Asian and Pacific Islander Heritage observances, please visit the following websites:

- <http://www.asianpacificheritage.gov>
- <http://www.loc.gov/vets/stories/ex-war-asianpacific.html>
- <http://www.census.gov>

## Governor recognizes families



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

The Governor's Office recognized Oregon National Guard spouses and families during Family Appreciation Day at the State Capitol, May 7. A proclamation signed by Gov. Ted Kulongoski, honored the sacrifices of Oregon's military families. Pictured from left to right: Maj. Gen. Raymond F. Rees, The Adjutant General, Oregon; Paula Brown, Deputy Director, Oregon Department of Veterans Affairs; Mary Balakas, wife of Oregon Air National Guard Lt. Col. Martin Balakas of the 173 Fighter Wing; Ashley Lacer, wife of Oregon Army National Guard Sgt. Michael Lacer, who is deployed to Afghanistan with the 1-186 Infantry; and Mr. Fritz Graham, representing Oregon Sen. Ron Wyden. See related family story on Pages 4-5.

## Smoke and jets over Salem



Photo by Spc. Julie Trotter, 2-218 Field Artillery, Oregon Army National Guard



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

Above: Two F-15 Eagles from the 142 Fighter Wing fly over the State Capitol Mall in Salem, as smoke and flame billows from 105mm Howitzers of the Oregon Army National Guard's 2-218 Field Artillery, during Armed Forces Day May 13. The event featured Oregon National Guard static displays, and a color guard comprised of JROTC members from high schools across Oregon. Left: Portland radio station KUIK owner and general manager, Spencer Rubin (left) was recognized with the Oregon Commendation Medal, for his contributions to the Oregon National Guard Emergency Relief Fund.

OFFICER / WARRANT OFFICER  
TRAINING WORKSHOP

AUGUST 12-15, 2010  
THE RESORT AT THE MOUNTAIN, WELCHES, OR

The Recruiting and Retention Command is hosting an informative workshop for those enlisted soldiers and their spouses who are interested in becoming an officer or warrant officer. Presentations include: Avenues to Commissioning, Benefits, Civilian Education, Leadership 101, Life as an Officer/WO Candidate, and Life Cycle Management. Training will also include Area of Concentration (AOC), Military Occupation Specialty (MOS), Specific Career Opportunities and Potential Assignments. In addition, spouses will receive an introduction to the National Guard and training on pay, benefits, and Family Readiness Groups. Application packet processing will occur daily.

All interested applicants are asked to contact their respective Units/Battalion S1 for more information.

STEP FORWARD

## SPECIAL FEATURE

Three Guard couples offer advice for achieving post-deployment happiness

Story by Rachel Gladstone, *Foundations Magazine*  
Reprinted with permission

# The Journey Back

*Reconnecting with loved ones after a long deployment can be as challenging as it is rewarding, both for the Soldier who's returning and for the Family who welcomes the Soldier home.*

*Not only does it take courage and resilience to embrace the many inevitable changes, but it takes some preparation on everyone's part to make the transition work.*

*When Foundations spoke with the Trygstads, the Jarvises and the Russells last October, we found they each had a unique way of dealing with the challenges that come with this territory. It was not only their commitment to each other that ultimately got them through, but also their belief that putting Family first is job one.*

## Two Soldiers, One Family

**CPT Jayme and CPT Rebecca Trygstad, South Dakota National Guard**

Capt. Jayme Trygstad and Capt. Rebecca Trygstad met in officer candidate school and have two children: Skylar, 4, and Liberty, 1½.

Jayme served in Afghanistan for a year while Rebecca served at home. This gave Rebecca different perspectives on deployment and reintegration than many other spouses.

"As a Soldier myself, I understood that he wasn't going to be able to get on the Internet or call home all the time," Rebecca shared. "But when we did have connectivity, the webcam allowed him to not miss too much back here."

Communicating about his time away was another tough thing for this military couple. "Because she's a Soldier, it was hard for me not to tell her everything. But she's also my wife and the mother of our children, so there were certain items I had to keep quiet about. It took me a little longer to open up to her [when I returned] because of that," Jayme added.

### Ch-ch-changes

For Jayme, the biggest challenge about returning was the emotional quotient. "I'm not a very emotional guy, so actually, coming home scared me more than going over," he said. "Everybody talks about how much changes and you don't really know how to prepare yourself for that."

"I think the hardest thing for a Soldier to deal with is to come back and see how much [the spouse] has changed," Rebecca affirmed. "As a spouse, you have to teach yourself to be independent—that your kids come first and those types of things. And it's very hard for a Soldier to understand that when he comes back."

To help them communicate, Jayme and Rebecca sought counseling through Military OneSource.

***"As a spouse you have to teach yourself to be independent... and it's very hard for a Soldier to understand that when he comes back."***

"We just thought [it would help with] the whole reintegration thing," Jayme said.

"You can't be scared to ask for help," Rebecca added. "And another thing—you've got to know that things aren't going to go back to normal right away. It's going to take some time for the Soldier to get used to the way things have changed in the Family and for you to get used to how the Soldier has changed. He's got to get comfortable and get back into the swing of life before he'll open up to you. You have to be patient—give him time."

### Kids count

Keeping the kids in the loop was important to the whole Family.

"When Jayme was gone he could see the kids over the webcam and that helped

[them stay connected]," Rebecca explained.

The couple offered a few other powerful tips, including the importance of relying on family and friends during deployment. "My parents, my sister and my aunt were lifesavers when Jayme was deployed," recalled Rebecca.

And last but not least, she added, "Take advantage of the time you have together



The Trygstad family at home. Top: Rebecca Trygstad and Capt. Rebecca Trygstad.

could put them in the DVD player and our daughter could hear my voice, reading stories."

### Communication is key

"Communicating while I was gone was key to our reconnecting when I got back," Kevin said.

"Absolutely," Lindsay agreed. "I think a few weeks before [the unit] came home, [the spouses] had a briefing about what to expect, and we still thought, 'Oh, it'll be fine, they're not going to come back different.' And yet, things change when they get home."

Lindsay went on to share about reintegration and how it affected their Family. "There are a lot of different factors that play into that, and I think that having had communication was really helpful. Even if it was just a quick call for Kevin to say, 'I'm just letting you know I love you and I'm OK.' That was a good thing, especially for reintegration. Even just to send a few pictures. Any way you can communicate makes it easier to reconnect."

### The hardest part

Both Lindsay and Kevin expounded on the challenges they faced upon his return and how they overcame them.

"You almost have to re-learn each other's routines, each other's behaviors and each other's emotions—that's a challenge," Lindsay confided. "It's a work in progress. Any marriage may have its issues, and you throw in deployment and it becomes even more of a challenge."

"The hardest part [for me] about coming home was learning that you're not around Soldiers any more and realizing

— Rebecca Trygstad

when your spouse comes back. Maybe take those trips you've always wanted to go on. Make the best of every day. Because there are a lot of people out there who don't get to welcome their spouses home."

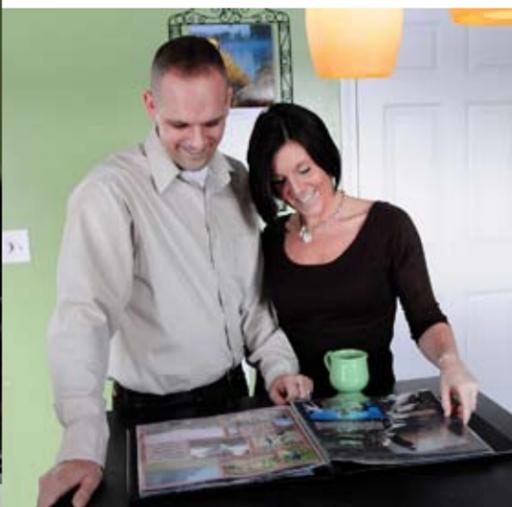
### Family Readiness

**SGT Kevin and Lindsay Jarvis, Vermont National Guard**

Lindsay Jarvis works for the National Guard's Family Readiness Program, which gives her a unique perspective.

When her husband of four years, SGT Kevin Jarvis, deployed to Iraq, Lindsay was pregnant with their first child, so the couple made plans so Kevin could connect with the baby when the time came.

"Before I deployed, we bought a video camera and I recorded myself on DVD reading I don't know how many stories," Kevin shared. "While I was gone, Lindsay



Left: Sgt. Kevin Jarvis, of the Vermont National Guard, and his wife Lindsay. Above and Right: The Jarvises at home with one of their children.

***"It's a work in progress. A marriage may have its issues, and you throw in deployment and it becomes even more of a challenge."***

— Lindsay Jarvis

MAY 2010

Business

Back



Photos by Greg Latza and Carolyn Bates

Home: Jayme Rebecca Trygstad, and their two children, Liberty, 18 months (left), and Skylar, 4 (right). Inset: Capt. Jayme Rebecca Trygstad, of the South Dakota National Guard. Left: Rebecca Trygstad with Liberty.

that the decisions you're making are not life or death." Kevin added. "You need to decompress a little bit and realize that your [spouse] is not a fellow Soldier. [It's easier when] you have a lot of two-way communication."

### Strong Bonds

With the help of Family Readiness Groups and other military spouses, Lindsay was able to quell her stress when it came to Kevin's deployment and reintegration.

"You can walk into the room [at a Family Readiness Program meeting] and everyone there knows exactly what you're going through," she said.

The couple also participated in a Strong Bonds retreat, where they got to get away with other military couples and just learn.

They also sought counseling when Kevin returned.

"We wanted to see if what we were going through [with all the aspects of his deployment] was 'normal.'

"We're a pretty good team, and it was very beneficial," Lindsay continued. Summing it up, she added, "We're a military Family and that is certainly something to be proud of. It's a heavy sacrifice to make, but at the same time, there's a lot of honor in it. So I tell him I'm proud of him, and when he comes back, I welcome him with open arms."

### The Way They Were

**SSG Jason and Jessica Russell, Arkansas National Guard**

SSG Jason Russell and his wife Jessica have been married for three years and have two daughters: Isabella, 2 and Trinity, nine months.

The fact that Jessica was pregnant with their first child when Jason deployed presented some challenges upon his return. Not only was he meeting his daughter for the first time, but they had also just moved.

"We bought a new house while I was gone, so that was all new to me, Jason told us. "But we just kind of went back to the way things were when I got home. The military prepares you for that."

He and Jessica explained how their involvement with Military OneSource programs helped them with Jason's reintegration.

"You'll have a day where you go to briefings and all kinds of stuff to bring your Family together," explained Jason. "At 60 days they put you up in a nice hotel for a weekend retreat. There, [they address] anything you need to talk about, like finances, jobs, emotional stuff, anything like that."

"It was really great," added Jessica. "The retreat made me feel a part of things."

### Patience is a virtue

It takes time to make the transition from being overseas to coming home.

"Be patient with the person who's coming home," Jessica said. "It's really different for them over there than it is over here. It's a huge wake-up call when they come back. It just takes a little while to get back in the groove."

This can be challenging, especially when it comes to communicating with your spouse, post-deployment.

"When he got home, our baby had just turned 1 and I wasn't used to asking him what he thought of stuff because I took care of everything when he was gone," Jessica recalled.

Jason concurred. "Overseas, you have a routine and have [your fellow Soldiers] around every day. When you come home, you have to leave that and get back with your Family," Jason added.

### Talk the talk

For Jason and Jessica, a successful post-deployment hinged on one thing: good old-fashioned communication.

"Talk," began Jason. "Make sure you always communicate. Tell [your spouse] everything you're feeling. Don't try to distance yourself and keep things secret, and don't be afraid to seek help if you need it either. When you get back, try to spend as much time with your Family as you can."

Jessica summed it up by adding: "Just communicate and stay patient, and try not to get mad at each other."

***"It's really different for them over there than it is over here. It's a huge wake-up call when they come back."***

— Jessica Russell



SSG Jason Russell of the Arkansas National Guard, and his wife Jessica, with their two children, Trinity, 9 months (center), and Isabella, 2 (right).

## Advice for families



A soldier with 1 Squadron, 82 Cavalry, 41 Infantry Brigade Combat Team, holds his daughter before a demobilization ceremony. (Photo by Sgt. Eric A. Rutherford, Oregon Military Dept. Public Affairs)

Contributed by Laura Moriarty,  
State Youth Coordinator  
and [www.zerotothree.org](http://www.zerotothree.org)

*Children are amazingly resourceful and resilient; they are able to adapt, grow and develop in amazing ways.*

*Separation from a parent or loved one for an extended period of time can elicit feelings and behaviors in children that are concerning, however it concurrently allows children and youth the opportunity to grow and develop new skills.*

*With the right support and attitudes children of all ages report benefits to the experience of deployment.*

*In order to facilitate a successful deployment and reunion, here are a few pointers from experienced military parents.*



Right: Oregon National Guard Sgt. Bassett hugs his daughter following the 41 Infantry Brigade Combat Team demobilization ceremony held at the University of Portland on April 21, 2010. (U.S. Air Force Photo by Staff Sgt. John Hughel, 142 Fighter Wing Public Affairs)

- Take care of yourself as a caregiver
- Set realistic and age appropriate expectations for your child
- Make a plan to stay connected during the separation
- Discuss the separation with prominent adults in your child(ren)'s life: teachers, day care provider's coaches etc.
- Make audiotapes or videos of your service member reading a story or telling your child how much they love him/her
- Talk about your service member often
- Give your child something tangible to hold that reminds them of your service member
- Keep your child(ren) active and participating in activities that allow them the opportunity to express his/her feelings in healthy and safe ways
- Set clear boundaries and keep schedules consistent
- Seek out resources to keep yourself informed and educated regarding parenting during deployment
- Answer child's questions honestly, but in an age appropriate manner
- Follow your child's lead when working through reunion
- Be patient with yourself, your service member and your child(ren) during reunion
- Keep your sense of humor

## NEWS

## Visitors to Joint-Service Open House meet real-world hero from Oregon

Story by Benjamin Newell,  
Joint Base Andrews Public Affairs  
Andrews AFB,

**JOINT BASE ANDREWS, Md.** -- Oregon National Guard Staff Sgt. Matthew Zedwick knows what it's like to be a real American soldier.

He earned a Silver Star for risking his own life to save fellow soldiers while deployed in Iraq in 2008 and is taking advantage of the Joint Service Open House at Joint Base Andrews to share his experience with guests.

Zedwick is an integral part of the Army's display at the Open House. Guests can train, deploy and fight as soldiers in the 'Virtual Army Experience' tent, and follow that experience up with a presentation from the hero himself.

"I finished up with the presentation, and after all the simulations, there was a real hero, right in front of me," said Jason Abot, 21 of Riverdale, Md. "It brought home that the simulations, and the weapons and the dog tags they give you at the end are just a small part of being an actual soldier. They are the heroes."

Zedwick's exploits are now part of army lore, and his physical appearance is im-

mortalized in an action figure distributed for free by recruiters. Fans of the online game "America's Army" might recognize the hero from a weapons training course during the early stages of the game. An avatar with Sergeant Zedwick's voice and appearance walks online soldiers through their weapons systems.

The sergeant joined the Army in 1998 at the age of 18.

"I really wanted to get out on my own and be independent at that point," Zedwick said.

During a 2004 deployment in Iraq, his battle buddies became dependent on his snap judgment after a Vehicular Improvised Explosive Device (VBIED) detonated next to his Humvee. His gunner was killed instantly, but Zedwick knew his squad leader was trapped in the burning vehicle.

Under enemy fire, he dragged the squad leader to safety, protecting him with his body and an armored door that detached from the disabled Humvee. He then helped establish a security perimeter and allowed his fellow soldiers to evacuate the supply route North of Baghdad that his unit had been traversing. His actions earned him the Silver Star.



Photo by Air Force Staff Sgt. Christopher A. Marasky, Joint Base Andrews Public Affairs  
Army Staff Sgt. Matthew Zedwick, 2-162 Infantry, Oregon National Guard, gives a briefing to guests who have completed the Virtual Army Experience during the Joint Service Open House here May 14. Zedwick was awarded the Silver Star for his actions during his most recent Iraq deployment. JSOH allows members of the public an excellent opportunity to meet and interact with the men and women of the Armed Forces and to show them America's skilled military.

## Oregon National Guard members help build Scappoose little league ball park

Story by Capt. Robert Earhart,  
Oregon Military Department  
Innovative Readiness Training Program

**SCAPPOOSE, Ore.** -- The Oregon National Guard was recognized for its contribution to the completion of Veterans Park in Scappoose in a dedication ceremony held April 3.

It was a cool, damp morning, but the weather did not diminish the attitudes of the hundreds of Little League players, high school athletes, coaches, parents, National Guard members, veterans, and others present for the event.



A small procession winds its way through Scappoose to the Veterans Park dedication ceremony, April 3.

Led by a Scappoose Police Department patrol car and two Humvees from the 224th Engineer Company, a small parade began at Scappoose Middle School and traveled about four blocks to the park where a pavilion had been set up for the ceremony.

The color guard consisted of Veterans from VFW Post 4362 who marched ahead of about eight teams of T-ball players, Farm Girls, Minor Girls and Boys, Major Boys, Junior Boys, and high school baseball players.

Tim Lohman, president of the Scappoose Little League Board of Directors, organized the parade and hosted the dedication ceremony.

Sgt. 1st Class Shawn DeSanto, Staff Sgt. Robert Gill, Spc. Stephanie Dompier, and Spc. Christopher Troy represented the 224th Engineer Company, standing next to the VFW color guard.

The dedication kicked off with the national anthem sung by students from the Scappoose High School choir. The pledge of allegiance was led by the commander of VFW Post 4362, with members of the gathered teams reciting the Little League Pledge.

Lohman related the history of the park and its development, and then recognized several people and groups for their contributions in the development of the park. Those recognized included Scott Burge, Mayor of Scappoose, Oregon State Sen. Betsy Johnson, VFW Post 4362, the Oregon National Guard's Innovative Readiness Training program, the 224th Engineer Company, and the Seinfeld family.

Lohman presented DeSanto a plaque for the contributions of the National Guard. The ceremony concluded with pictures, handshakes, and a hotdog lunch for all the Little Leaguers.

The park's history began over 50 years ago when the city acquired 9.5 acres of farmland and planned to develop it into a park. The land sat empty until recently when City Manager Jon Hanken and the Scappoose Little League joined forces to develop the new ball fields. The City of Scappoose contributed \$625,000 of its own money and \$500,000 in grant money.

Hanken contacted the Oregon National Guard's Innovative Readiness Training office and requested engineer assistance to aid the construction of the park. The National Guard Bureau approved the training project and provided additional funding for Soldier support and logistics.

Construction at Veteran's Park began in June 2007 when 23 Soldiers from the 224th Engineer Company in Albany, Ore., performed earthmoving operations to create the park and ball fields during the unit's two-week annual training.

The unit moved thousands of cubic yards of earth in both cutting and filling operations, and the construction of a parking lot and Captain Roger Kucera Way, a new road that cut through the park. Soldiers used scrapers, graders, bulldozers, vibratory drum rollers, and water distributors to get the job done, and received exceptional training in equipment operation, surveying, interpreting plans, project management and troop leading.

Following the 224th's annual training, eight Soldiers, under the direction of the Innovative Readiness Training program, continued work for an additional three weeks until the city's needs and expectations were met.



Photos courtesy of Oregon National Guard IRT Program  
Oregon National Guard soldiers with the Innovative Readiness Training Program, stand next to Scappoose Little League players, during the Veterans Park dedication ceremony in Scappoose, Ore., April 3.

### Oregon Soldier places 17th in Vegas 9-Ball tourney



Photo courtesy of Golf Troop, Oregon Army National Guard

Oregon Army National Guard Spc. Dana Sharman of Golf Troop, in Forest Grove, recently returned from Las Vegas, Nev., where he competed in the APA National Nine-Ball Shootout held at the Riviera Hotel and Casino April 29 through May 1. Sharman placed 17th out of 122 players in the Black Tier (top 9-ball Level), and won \$500 in cash and prizes.

"I learned a lot, it was a great experience and I look forward to returning next year for the win," he said.

Sharman said his next step is to compete in the preliminary round of the U.S. Amateur Championships in September, which is the most prestigious amateur event of the year, with the winner receiving a spot on the national pro tour.

## NEWS

# AZUWUR

## OREGON NATIONAL GUARD

### Free dental care available to Oregon soldiers

Story by Kim Lippert,  
Oregon Military Department Public Affairs

A new grant makes it possible for Oregon National Guard soldiers to receive free dental care. The Army Selected Reserve Dental Readiness System (ASDRS) provides dental treatment for Class 3 and 4 soldiers, and annual exams for all soldiers outside of mobilization.

"We used to only have funding when a soldier was in deployable window, now this allows us to provide dental care for those soldiers that are not even alerted yet," said Col. Michael Dunn, Deputy State Surgeon for the Oregon National Guard.

Dunn said this grant is significant because the Oregon Guard used to only have funding when soldier was in deployable window, now dental care is available for soldiers that haven't even been alerted yet.

"If you look at dental health it's vital," said Dunn. "Soldiers can prevent further issues with regular screenings and care and this gives them the opportunity."

The amount of care available to each soldier is dependant on which class the soldier is in. Class 1 and 2 soldiers are eligible for a free dental exam if it has been at least 10 months since their last exam. Class 3 and 4 soldiers are eligible for free dental treatment which can include fillings and crowns.

Dunn said problems with dental health can prevent a soldier from being able to deploy, so it is imperative to keep those issues in check. Soldiers are encouraged to call their unit readiness non commissioned officer for information on how to take advantage of this free dental care.

### ODVA announces second vets' home location

Story by Oregon Department of Veterans Affairs

**LEBANON, Ore.** - The Director of the Oregon Department of Veterans' Affairs announced on April 15 that the agency will build a second Veterans' Home in Linn County at a site in Lebanon contingent upon local matching funds.

Originally slated to be a 250-bed facility, the site evaluation committee recommended that the second veterans' home be 100-150 beds.

"The site evaluation committee did painstaking work, visiting each of the five sites and reviewing the excellent proposals that were submitted," Director Jim Willis said. "While all the sites were outstanding, Linn County's proposal rose to the top and we are excited to work with the community to build the second veterans' home."

The site evaluation committee, consisting of ODVA employees and outside experts, considered a variety of criteria for locating the new home. When reviewing Oregon's veteran population demographics, the committee recognized the need to adjust its original plan by right-sizing the second veterans' home and planning for a third in Roseburg to cover Oregon's southwestern region.

"I believe the committee's proposal is the best plan to meet veterans' needs," Willis said. "We will begin working with the Legislature immediately to gain approval for a third home."

The ODVA also received proposals from Douglas County, Jackson County, Klamath County and Coquille.



Photo by Nicole Hoeft, ODVA

The Director of the Oregon Department of Veterans' Affairs, Jim Willis, announces the building of the state's second veterans home in Lebanon.

### Governor calls award "a true honor"



Photo by Staff Sgt. John Hughel, 142 Fighter Wing Public Affairs

Oregon Gov. Ted Kulongoski is flanked by State Command Sgt. Maj. Brunk W. Conley (left), and State Command Chief Master Sgt. Mark D. Russell (right), at the Order of the Minuteman Ceremony at the Oregon Convention Center in Portland, May 14. The governor wore a bandage on his left eye following a surgical procedure the week before.

#### CONTINUED FROM FRONT PAGE

the GI Bill to attend, and graduate from, the University of Missouri and law school.

Kulongoski first took office as governor in 2003. Oregon faced the largest budget deficit since the Great Depression. Kulongoski responded by changing Oregon's budget with investments in economic development, and workforce training and transportation infrastructure. During his first term, Kulongoski helped create more than 150,000 jobs, and attracted over a dozen new employers to the state.

He was re-elected in 2006. The Governor spent most of his second term leading record investments in primary and post-secondary education, building the largest financial aid system in the state's history. He also created the state's first Rainy Day Fund—a system which would prove invaluable during the global economic recession which started in 2008.

Kulongoski is the only Oregon governor to have served in all three branches of the state's government.

Rees said the governor's experience as a Marine enables his job as The Adjutant General because he understands the experiences and challenges faced by men and women in uniform.

"Governor Ted Kulongoski has provided strong, understanding leadership," Rees said. "His ability to relate to soldiers and their families during both good times and bad, rings with sincerity because he has worn this suit of armor of our nation's military."

Rees conjured up the Marine motto of "Semper Fidelis", which means Always Faithful.

"Duty, Honor, Country," Rees said. "I believe these words are engrained in Governor Kulongoski's inner heart."

The two highest-ranking enlisted persons on the Oregon National Guard—State

Command Sgt. Maj. Brunk Conley, and Command Chief Master Sgt. Mark Russell, presented the award. Conley recognized Kulongoski for his attending the funerals of Oregon National Guard members killed in battle since Sept. 11, 2001.

"There are not enough awards in the world to thank you for what you do for our fallen warriors," Conley told the governor during his speech. "Sir, thank you."

Kulongoski set aside his prepared notes, and spoke directly to the crowd. He said as he nears the end of his second term in office and looks back over his life, nothing brings him more pride and satisfaction than having served as the commander in chief of the Oregon National Guard.

"This is difficult for me because the word duty is just a part of our lives," Kulongoski said, as he addressed the crowd. "And when we do our duty, we never expect to be recognized."

"Why this is so special is because the National Guard is a family," he continued. "Those who never serve may never know the binds which make us brothers and sisters. This is extremely personal to me because I am you, and you are me."

Kulongoski said nothing is more important than duty, honor and country.

"It is a value that you have, and that I have," he said. "The award you have given me tonight is a reflection of who you are. I want everyone of you to know this night will forever be in my memory."

The presentation of the award to the governor kicked off the Oregon National Guard's Senior Enlisted Conference at the convention center, held there May 15-16.

The conference was a chance for senior Non-Commissioned Officers throughout the Oregon Army and Air National Guard to network, collaborate, and share ideas, as well as develop a strategic plan for the enlisted force structure.

**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](http://www.orng-vet.org)**

**OTHER CONTACTS FOR ASSISTANCE**

- Suicide Prevention Hotline: 1-800-273-TALK (8255)
- 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](http://www.va.gov)
- Military One Source: [www.militaryonesource.com](http://www.militaryonesource.com)  
or: 1-800-342-9647

## NEWS

## Klamath Falls Airmen train alongside Alaska first-responders



Photo by Tech. Sgt. Brian E. Christiansen, 173FW Public Affairs

Oregon Air National Guard Airman 1st Class Matthew Taylor, of the 173rd Security Forces Squadron, looks at his target hits on the small weapons range at Fort Richardson, Alaska, April 28, during the Vigilant Guard Exercise. Taylor participated in the exercise along with Alaska first responders.

Story by Tech. Sgt. Jennfier Shirar,  
173rd Fighter Wing Public Affairs

**ANCHORAGE, Alaska** – Nine members of the 173rd Fighter Wing Security Forces Squadron, Oregon Air National Guard, participated in the annual exercise known as Vigilant Guard, held in Anchorage, Alaska in April.

They joined with 50 other state and federal organizations to take part in this disaster-based training scenario that tests the coordination of these disaster preparedness organizations.

One of the main objectives of this exercise was to reinforce the bond between the National Guard and local first responders so that should an actual large-scale disaster or emergency occur, these organizations will have a better understanding of how to work with each other.

“It reinforces those relationships that we said, and I’ve always professed, are critical if we are going to be successful in a large-scale response,” said Army Maj. Gen. Thomas H. Katkus, The Adjutant General for Alaska.

The mission of the 173rd SFS was that of a Quick Reaction Force in the National Guard Reaction Force system,

responding to civil disturbances, community policing and joint operations with civil law enforcement.

“We received some good joint operations experience. We were also designated as trainers for Alaska and Idaho QRF personnel. We trained and acted as subject matter experts for the exercise scenarios,” said Master Sgt. Cody Pemberton, the exercise Non-Commissioned Officer in Charge of the 173rd SFS.

The members who participated in this exercise demonstrated the level of excellence and professionalism that has become standard for the 173rd Fighter Wing.

“You know we are doing a good job, when those in the leadership positions looked to the 173rd and 142nd SFS every time there was a need to get a job done or the need for advice,” added Pemberton.

Airman 1st Class William Griffith and Martin Monty, 173rd SFS members, were recognized by Brig. Gen. Bruce W. Prunk, Assistant Adjutant General, Oregon Air Guard, for their outstanding performance during the exercise.

“The 173rd Security Forces did an outstanding job, they represented ORANG and the 173rd Fighter Wing with professionalism and excellence,” said Pemberton.

## 2010 Best Warrior Challenge a ‘model’ for future competitions



Photo by Spc. Kirby Rider, 115 Mobile Public Affairs Detachment, Oregon National Guard

Oregon Army National Guard Pfc. Matthew Fry (left), an infantryman with Headquarters and Headquarters Company, 41st Special Troops Battalion, 41st Infantry Brigade Combat Team, plots his points for the Land Navigation course, while Spc. Matthew Kunze (right), his mentor, also of HHC, 41 IBCT, looks on and gives coaching when needed. The pair attended the Best Warrior Competition, which was part of the Oregon National Guard Warrior Challenge at Camp Rilea, Ore., May 22.

Please look for the full story and a picture essay in the June 2010 issue of the *Oregon Sentinel*. To see the complete list of this year’s winners, see Page 2.

## Haiti earthquake recovery volunteer thanks City of Wilsonville for support



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

Oregon Air National Guard Lt. Mark Gibson, of the 123 Weather Flight, Portland Air National Guard Base, presents Wilsonville Mayor Tim Knapp, with the Employer Support of the Guard and Reserve Patriot Award at the Wilsonville City Hall, May 3. Gibson nominated Knapp and the City of Wilsonville for the award, for their support of Gibson’s deployment to Haiti in January 2010, following the devastating earthquake there. Gibson, who works for the city of Wilsonville as a water quality analyst in his civilian job, spent about 30 days at the Port-au-Prince Airport with three other Airmen from his unit setting up a weather station as part of a joint-force rescue and recovery effort, then participated in the relief and recovery effort themselves.

## Oregon Commissary Case-Lot Sales

**June 18-19**

**9am-5pm**

Douglas County  
Fairgrounds  
Roseburg, Ore.

**June 25-26**

**9am-5pm**

Deschutes County  
Fairgrounds  
Bend, Ore.

**July 16-17**

**9am-5pm**

Coast Guard Station  
Coos Bay  
Coos Bay, Ore.

**Aug 6-7**

**9am-5pm**

Kingsley Field  
Air National Guard Base  
Klamath Falls, Ore.

## Retired Oregon general sponsors local wine commemorating 41 IBCT

Story by Kimberly Lippert,  
Oregon Military Dept. Public Affairs

The former commander of the 41 Infantry Brigade has helped create a special wine label commemorating members of the 41 Infantry Combat Team, who recently returned from a deployment to Iraq.

Retired Oregon Army National Guard Brig. Gen. Cam Crawford, a shareholder with Ankeny Vineyards located in Salem, Ore., has named a special blended red wine “Ankeny Sunset,” as a tribute to Oregon Soldiers recently returned from Iraq.

Ankeny’s owner and wine grape grower, Joe Olexa is a veteran and former Marine. Crawford said as a supporter of the Oregon National Guard, Olexa directed that a portion of the proceeds from the sale of Ankeny Sunset go to the Oregon National Guard Emergency Relief Fund.

The wine is 100 percent estate grown and bottled on the vineyard property and is a blend of 84 percent Pinot Noir and 16 percent Marechal Foch. The wine is available at the vineyard tasting room, or by calling the vineyard.



**41ST BRIGADE  
OREGON ARMY  
NATIONAL GUARD**

This Special Edition wine, **Ankeny Sunset**, commemorates the “Jungleers” of the 41st Infantry Brigade Combat Team of the Oregon Army National Guard. The “Jungleers” trace their lineage to the famed 41st Infantry Division, with its distinctive Sunset Patch, who served in the Pacific in WWII. In 2009, the IBCT deployed to Operation Iraqi Freedom. During the Brigade’s year-long mobilization, it provided convoy security and force protection during the planned withdrawal of coalition forces and transfer of authority to the Iraqi government. Operating out of six major bases, thirty-three hundred IBCT soldiers drove over seven million miles, endured improvised explosive devices, indirect fire and small arms attacks while safely escorting over six thousand logistical convoys across Iraq. This vintage, a blend of 84% Pinot Noir and 16% Marechal Foch grapes, honors their accomplishments.

Produced and Bottled by  
Ankeny Vineyard Winery • 503-378-1498  
2565 Riverside Rd. South, Salem, OR 97306

The reverse label for Ankeny Vineyard’s Ankeny Sunset, a tribute to the Soldiers of the 41 IBCT.

For more information, visit the Ankeny Vineyards website at: [www.ankenynineyard.com](http://www.ankenynineyard.com), or call 503-378-1498.