

# 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

## OR Airmen travel to Haiti, assist in relief efforts

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

**PORTLAND, Ore.** -- Early on a Tuesday morning, Mark Gibson did what many travelers do before boarding their flight—he kissed his wife Leah goodbye, then walked through the security checkpoint. But instead of removing his shoes for the security check, he took off his combat boots.

2nd Lt. Mark Gibson is part of a four-man team from the 123rd Weather Flight—a tenant unit of Oregon Air National Guard's 142nd Fighter Wing, and an integral part of the Combat Operations Group.

The team left for Port-au-Prince, Haiti, Feb. 2, to help with the ongoing relief efforts there. They will spend six months providing weather operations support for the Joint Task Force already in place.

"It (the mission) shows we always have to be prepared," Gibson said.

Team leader, Master Sgt. Ken Campbell said it took a while to get the necessary clearances for the team to enter Haiti, but he credited the help of key individuals who expedited the mission request—especially Maj. Gen. Raymond F. Rees, The Adjutant General, Oregon National Guard.

"General Rees approved the request

within five minutes of it landing on his desk," Campbell said. "The person who made this all come together was Master Sgt. Pam Pitman."

Pitman, who works full-time at the Portland Air National Guard Base, handled the logistical planning for the team, put together their orders, and obtained the necessary country clearances.

"Without her, we wouldn't be leaving today," Campbell said.

While Campbell coordinated checking in the gear boxes and luggage, Gibson waited for his boarding pass at the United Airlines ticket gate. The two other team members; Tech. Sgt. Michael Fischer and Staff Sgt. Matt Jenkins, readied their equipment. They hefted large gear boxes onto the scales, while United Airlines employees watched.

While the Task Force in Haiti is already assisting with post-earthquake relief efforts, an official weather base has yet to be set up, Campbell said. The Oregon airmen will link up with the Air Expeditionary Group, which will soon be established.

"We will meet with the Joint Meteorological Officer already there to get our tasking," Campbell said.

Campbell said while individuals from the 123rd Weather Flight deploy all the time, this is the first time they have responded to an international disaster.



Photo courtesy, Master Sgt. Ken Campbell

Four airmen of the Oregon Air National Guard, after arriving at the Port-au-Prince Airport in Haiti. From left to right: Master Sgt. Ken Campbell, Tech. Sgt. Michael Fischer, Staff Sgt. Matt Jenkins, and 2nd Lt. Mark Gibson.

As the airmen made their way to the airport security check point, Gibson's wife Leah said even though this particular deployment came unexpectedly, she hopes her husband and the rest of the team members can help make a differ-

ence in Haiti.

"It's going to be beneficial to everyone," she said. "I hope they can get a lot accomplished."

See also, **OREGON** on PAGE 5

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## Oregonians welcome home aviation unit

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

**SALEM, Ore.** -- The Oregon Army National Guard welcomed members of one of their aviation units home during an official demobilization ceremony Jan. 25, 2010, in Salem, Ore.

More than 100 soldiers of Charlie Company, 7-158 Aviation were present for the ceremony held at the Army Aviation Support Facility, after spending nearly a year in Iraq flying MEDEVAC missions.

Oregon's Governor, Theodore R. Kulongoski, and Maj. Gen. Raymond F. Rees, The Adjutant General, Oregon National Guard, presided over the ceremony, attended by more than 300 friends, family members and fellow Oregon Guard members.

"On behalf of the people of the State of Oregon, and as commander-in-chief of the Oregon National Guard, I want to say to the soldiers of 'Big Charlie,' welcome home!"

Kulongoski went on to thank the soldiers for their service and sacrifice, "There is no higher calling than to risk your lives so that others may live," Kulongoski said, referring to the units' 375 life saving missions, which moved over 800 patients who needed medical care.

The Governor and Rees personally thanked each soldier following the official ceremony and presented each soldier with the Governor's coin and the



Photo by Sgt. Eric A. Rutherford, Oregon Military Department Public Affairs Office

Family members join Oregon National Guard members at the Army Aviation Support Facility in Salem, Ore., to welcome home more than 100 soldiers of the Oregon Army National Guard's Charlie Company, 7-158 Aviation unit, who deployed to Iraq for one year.

See **DEMOBILIZATION** on PAGE 5

## The Oregon Military Department

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## COMMAND

## TAG: Oregon airman epitomizes the complete citizen-soldier



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

As we recently welcomed home our Army Guard Charlie Company, 7-158 Aviation, from a successful deployment supporting Operation Iraqi Freedom, members from the Air Guard mobilized to provide support in Haiti.

Citizen-soldiers and airmen continually live the motto when we are needed, we are there. Just as we have in the past.

In January, we said goodbye to an amazing individual, Brig. Gen. Fred Rosenbaum.

I have often been moved to quote General George Patton who said after hearing of casualties in WWII - "It is wrong to grieve that these men died, rather we should thank God that such men lived."

As I reflect on this quote, I thank God that

such a man as Fred Rosenbaum lived.

It is hard to condense or encapsulate such a rich and giving life.

In a few words this man fled from Nazi persecution, became a citizen of the United States, enthusiastically embraced the opportunity to serve first in the Army in WWII, then in the Oregon Army National Guard, and finally in the Oregon Air National Guard where he finished his career.

He went on to serve our nation and state in uniform for 42 years, while also working to better our Oregon communities.

I am confident many individuals have stories about Fred Rosenbaum and how their lives were touched or enriched because of his energy, his vision, his compassion, and his genuine and desire to make our community, state and Nation better every day.

Let me talk about this in terms of the citizen-soldier ideal that really is at the heart of our National Guard.

You have often seen statues of the minuteman, a colonial militia man in a tri-corner hat with a musket in hand, but what many do not see is that the other hand rests on a plow.

This is the citizen who turns from his civilian obligations and responds to the alarm - to the needs of his community, and volunteers his service, to defend the liberty and freedom of all.

It is really a fundamental concept of this great democracy, a responsibility of its citizens to defend and work for the mutual good of all.

Fred Rosenbaum helped us all perfect this image.

The image of the successful and effective citizen-soldier!

The complete citizen-soldier!

The one who knows that at the heart of a great democracy, and in order to sustain a great democracy, there must be those good men and good women who serve the community and our Nation-- those who give back for the blessing of life, liberty and the pursuit of happiness.

Fred Rosenbaum lived this whole-heartedly.

Today, we have soldiers and airmen doing this very thing, around the world and in our own back yards.

No matter what their responsibilities, these great men and women today are following in the footsteps of heroes that have gone before.

I am proud to be apart of our amazing organization, and I am proud to serve along side you, citizen-soldiers and airmen.

You are, Always Ready! Always There!

*Raymond F. Rees*

## Leadership: a good description of ORNG Warrant Officers

Prior to working full time at the Military Department I was a middle school principal. Since retiring from the school district I became an adjunct professor at a Portland university. I was contacted last week to teach some online courses, one being, "The Ethics and Character of Leadership". I readily accepted. The curriculum reminded me that the basics of leadership are essentially the same no matter the profession. The military is a "top down" organization. Our culture is designed to be one of direct action, clear mission focus and an appreciation for the work of our soldiers.

If you study successful military leaders, many common traits emerge. They include: confidence in their decisions, vision, regard for the good of the organization over that of themselves, and support of subordinates with the ability to take input and recommendations from subject matter experts. Granted, there are many more traits, but this

should be the basic description of all supervisors.

What we can do is make sure it describes the warrant officer corps in Oregon. The ethics and character of our leadership abilities need to be stellar. The leadership face of the Oregon Army National Guard Warrant Officer is changing.

We now have more applicants than positions in some branches. At last count we had 33 soldiers signed up for the Officer/Warrant Officer workshop in February. We have a target goal of 20 new warrants for this year. Based on the names and numbers we are tracking we will reach, if not surpass that goal.

With the help of retired Chief Warrant Officer 5 Floyd Bard, the "Oregon Trail" Chapter of the US Warrant Officer Association (USWOA) is now activated. More warrants are seeing the need and benefit of both joining the National Guard Association of the United States along with USWOA. Our chief warrant

officer 5s are taking charge, actively mentoring and engaging younger warrants. Our warrants understand that we are not non-commissioned officers and are staying out of their lane. The term "just a warrant" is inappropriate and shows a clear of lack of understanding regarding the warrant officer corps. For example, aviation warrant officers are the primary pilots within an aviation unit. Senior warrants will have more flight time than their commanders. They are rated as instructional pilots, safety officers, standardization pilots and maintenance test pilots. We wear "dual hats". We are the technical experts of the Army and commissioned officers. We must maintain the standard of leadership and "esprit de corps" of warrant officers.

For the next nine weeks Warrant Officer 1 Landwehr, will be at the Warrant Officer Basic



**Chief Warrant Officer 5 Michael Zagyva,**  
Command Chief Warrant Officer,  
Oregon National Guard

Course. Former Command Chief Warrant Officer 5 Jim Powell has been hired to replace her for that time period. Welcome back Mr. Powell and good luck Ms. Landwehr!

We would like to welcome into the Oregon Guard our newest aviation warrant officer, Chief Warrant Officer 3 Connor Whitehead. Sgt. 1st Class Ross Rappe' has been approved by branch as Electronic Systems Maintenance Warrant and will attend Warrant Office Course along with Warrant Officer Candidates Jonathan Trygret and Tom Golden this spring. Best of Luck to all!

## Polar Plunge presents Portland wing with charity opportunity



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

It was cold and drizzly as a massive group of Redhawks from the 142nd Fighter Wing plunged into the frigid water of the Columbia River Jan. 30. But none of us were feeling any pain or discomfort, as we were following through on a noble promise.

In return for jumping in, sponsors had pledged money for the Oregon Special Olympics.

Last year was the initial year for this so-called Polar Plunge. And through the encouragement of Staff Sgt. Jarrod Johnson

and Master Sgt. Matt Kochosky, about 15 of us from the Wing were brave enough to submerge ourselves into the icy river.

This year, with Kochosky off at Senior NCO Academy, Johnson redoubled his recruiting efforts. As a result, close to 50 of us took part.

Moreover, the Redhawk team collected almost \$12,000 in pledges, more than any other team.

Most significantly, this Polar Plunge fits right in with the core values of the Air Force and the priorities of our Oregon Air Guard Commander, Brig. Gen. Bruce Prunk.

The second core value is Service before Self and we were certainly thinking of others before ourselves. Otherwise, emerging from the Columbia with skin the color of a cooked lobster would have felt less than invigorating.

Our Commander, Gen. Prunk, has impressed upon us on numerous occasions that our organization needs to focus on People, Readiness, and Community Service.

The Polar Plunge is clearly one of the visible ways that we take care of our communi-

ties.

Other examples include our work with the Sunshine Division in Portland, our involvement in the Hood-to-Coast Relay (a fundraiser for the American Cancer Society), and our commitment to Camp Rosenbaum. The latter, thanks to the vision of retired and recently deceased Brig. Gen. Fred Rosenbaum, will be celebrating its 40th anniversary this year of bringing 165 disadvantaged kids to the Oregon Coast for a week of character education and fun.

Certainly, raising money for the Special Olympics is the right thing to do. But I would maintain that it also a blast. Jumping into the chilly channel creates a bond with the other folks on your team. And this camaraderie carries over into the military workplace.

With the next Polar Plunge coming up in just eleven months, I am looking for our participation trend to continue. If we once again triple the number of Redhawks taking part, we will have close to 150 who step up to the challenge next year. I, for one, have already signed up. I am all in! Bring it on!

NEWS

**Many resources for Guard member education**

Commentary by Chief Warrant Officer Diane Beach,  
Oregon Military Department Education Services Officer

**SALEM, Ore.** -- Before you attend college, you need to be proactive in applying for your college benefits, such as your MGIB, Federal Tuition Assistance, grants and scholarships- the benefits don't just happen automatically. In the case of the MGIB, many soldiers are eligible for more than one program, but you can only use one at a time, so you need to decide which MGIB will provide the maximum benefit to you before you apply.

Soldiers just starting college often do not know which MGIB they are eligible for or how to apply. The VA website at [www.gibill.va.gov](http://www.gibill.va.gov) does a great job of explaining the various MGIB programs, but does not cover the advantages or disadvantages when used in combination with Federal Tuition Assistance.

Many of you have completed at least one deployment since September 2001 while serving in the ARNG which makes you eligible for at least two MGIB programs, the Chapter 33, also known as the Post 9/11 and the Chapter 1607, also known as REAP, both of which are based on the total number of months deployed. Some of you are also eligible for the Chapter 30 MGIB if you ever served on active duty and paid the \$1,200 to accept the benefit. Those that have not completed a deployment or served on Title 10 orders, but incurred a 6 year obligation in the ARNG and completed IADT are eligible for the Chapter 1606 MGIB.

Each MGIB is good for 36 months of full time benefit. You can use more than one MGIB, but not at the same time and not for more than a total of 48 months. For soldiers that are eligible for both the Chapter 1607 and Chapter 33 MGIB programs and plan on attending a community college, I suggest you apply for the Chapter 1607 MGIB instead of the Chapter 33. Soldiers are paid direct deposit for the Chapter 1607, and if requested, can also receive Federal Tuition Assistance to cover tuition and fees. Soldiers attending a trade school must apply for the Chapter 1607 or Chapter 1606 since the Chapter 33 does not cover trade schools, only degree granting colleges.

Given the choice between Chapter 1607 and Chapter 33 when attending a state or a private college, you will receive more benefit by applying for the Chapter 33 MGIB.

Many of you do not have 100 percent of the Chapter 33 MGIB since you don't have a total of 3 years qualifying active duty time, but you can supplement with Federal Tuition Assistance. The Chapter 33 pays the school directly for the tuition and fees, but no more than the highest state tuition rate for your state at the undergraduate level. In most cases, soldiers that request Federal Tuition Assistance cap out after two terms, so that with the Chapter 33 you can ensure that most of your tuition and fees are covered throughout the year. The college cannot receive duplicate payment from both Chapter 33 and Federal Tuition Assistance, but they can take one or the other. With the Chapter 33, you also receive a book stipend and an E5 housing allowance, depending on the total number of qualifying months of active duty. Once you elect the Chapter 33 MGIB, you cannot switch back to a different MGIB, so you need to know what you are doing before you apply for the Chapter 33 MGIB.

In most cases, soldiers that have the Chapter 30 MGIB should first use all 36 months of the Chapter 30, and only apply for the Chapter 33 for the additional 12 months. Soldiers with the Chapter 30 receive the MGIB payments direct deposit, and if requested can also receive Federal Tuition Assistance to cover their tuition and fees if not on active duty status. Apply for your MGIB by submitting a VA 22-1990 through the VA website at [www.gibill.va.gov](http://www.gibill.va.gov) at least two months before the term begins. Also, be sure and meet with the VA Certifying Official at your school prior to the term starting. Submit an online request for Federal Tuition Assistance through the ARNG website at <https://minuteman.ngb.army.mil/benefits/>. TA is not a contracted benefit, it is based on funds available, so you should request early. You can request TA as early as 3 months before the term begins but no later than 30 days after the term begins. Federal Tuition Assistance provides 100 percent of tuition costs up to \$250 per semester hour or \$167 per quarter hour, but no more than \$4,500 per fiscal year including fees.

If you have questions concerning your education benefits, contact me at: [diane.beach@us.army.mil](mailto:diane.beach@us.army.mil)



Photo courtesy Army.mil

**Education: Priorities critical to success**

Sgt. 1st Class Jeffery Lopez M.S.,  
82 Support Detachment Readiness NCO



**SALEM, Ore.** -- Let me take a moment to thank all of you who have written, called or stopped me with your encouragement and thoughts surrounding this monthly article. I am pleased to hear it is becoming a tool to assist in making your educational decisions.

The following article has equal value in helping one think about why making a decision to attend college is an important life goal and not a monetary goal.

College is work, and like many jobs it pays dividends when completed. When making your decision to attend college, ask yourself why? Is it for a better future for myself and family? Perhaps to set yourself up for better opportunities in the work force? Ask yourself why you chose a particular school. You must determine if it will meet your needs. Does it offer the degree plan or area of study to wish to focus on? After all you will most likely be attending that institutional for a minimum of two years or up to four years depending on the degree you are pursuing.

I would like take this opportunity to address another reason why this focus I've been writing about is so important. Many veterans are using their new Post 9/11 GI Bill without due consideration. They enter a degree plan seemingly more for the stipends than for the education, and seem to forget there is a tremendous amount of work associated with a earning your degree. When they are unable to complete the work many of the students are forced to drop out, and this often requires them to repay entirely, the money paid them by the VA.

When you read this article please keep in mind I reference it to make sure vets are ready and focused before they head to school.

Thousands of veterans have headed to school. Many have never considered college before the advent of the Post-9/11 GI Bill. On balance, this is a great thing -- if they are going to school for the right reasons.

There has been a somewhat alarming trend happening --

veterans going to school lured by the promise of great benefits and cash in their pockets -- not for the promise of an education. Who can blame them, some veterans are being offered as much as \$2,800 a month for attending traditional classroom studies.

The concern is that vets, motivated to go to school for the stipends, may find pursuing a college degree more demanding than they expect and realize they've gotten in over their heads. The fact is, some schools have already seen a number of veteran students drop classes. The downside of this is that when they drop classes, or worse, drop out entirely, they find themselves in debt to the VA and even the school.

For more information please visit <http://military-education.military.com/2009/11/vets-need-to-keep-the-real-prize-in-mind/#more-9>

Vets should take advantage of the Post-9/11 GI Bill, or any GI Bill program for that matter, but they need to assess their motives. Going to school for the living stipend may lead to choosing a school that doesn't fit their needs. To get the living stipend vets must take traditional college courses, unlike online or distance learning, traditional classroom courses don't offer the flexibility some veterans need.

If veterans select a school based on their needs instead of the cash incentive, many could see a greater chance of success.

Veterans who want to improve their employment opportunities, open new doors, or improve their lives through education, need to select the degree, school, and program that best fits their needs. Vets that do this may not find the school or program that "maximizes" their cash benefit, but maximizes their chances of success.

My advice -- don't use the GI Bill for the immediate cash benefit, use it to pay for the college degree.

**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)  
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## NEWS



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Story and photo courtesy,  
ARNG Dental Portal,  
National Guard Bureau

WASHINGTON -- Green is an action color, usually meaning "Go!" - traffic lights, ready lights for speakers, getting the "green light" from your boss. The Army has a need for soldiers to "go green" when it comes to readiness. That includes gaining and maintaining Dental Fitness Class (DFC) 1 or 2, which is the absence of DFC 3 conditions that could cause a dental emergency within a year. Emergency conditions can compromise mission accomplishment and negatively impact overall health while causing pain and discomfort. Dental fitness is a key force protection initiative!

Class 1: Worldwide Deployable with no further treatment required.

Class 2: Worldwide Deployable with need for non-urgent routine treatment.

Class 3: Nondeployable without treatment for urgent conditions that likely will cause a dental emergency within 12 months.

Class 4: Nondeployable with no examination documented within the past 12 months.

\* A Synopsis of Reference: DoD Health Affairs: Policy 02-011 on Standardization of Oral Health and Readiness Classifications, June 4, 2004

To assist Selected Reserve (SELRES)-drilling Army National Guard, US Army Reserve, and Individual Mobilization Augmentee soldiers--in attaining "go" (green) status the ARMY SELRES Dental Readiness System (ASDRS) has been established.

ASDRS allows SELRES soldiers to receive examination and treatment of DFC 3 conditions outside of alert status at no cost to the soldier. The intent is to prevent the need for examination and DFC 3 treatment when the unit is alerted and arrives at the mobilization station.

The ASDRS program is an important adjunct to other dental health promotion initiatives. The TRICARE Dental Program (TDP) provides SELRES soldiers the opportunity to purchase low cost dental insurance to facilitate comprehensive dental care.

Through the TDP soldiers can achieve Class 1 dental fitness status and the absence of dental disease. Visit [www.tricare dentalprogram.com/tdptws/enrollees/eligibility/reserveguard.jsp](http://www.tricare dentalprogram.com/tdptws/enrollees/eligibility/reserveguard.jsp) for National Guard-specific TRICARE Dental Program information. Free oral health education outreach provided by ARNG Dental Bytes electronic newsletters is available 24/7 to all USAR/ARNG soldiers and their families at [www.arngdentalbytes.com](http://www.arngdentalbytes.com) year round.

These electronic newsletters provide a collection of news items and helpful information to assist soldiers and their families in making wise choices on diet, dental hygiene practices, regular professional care, and avoidance of harmful habits. The combination of ASDRS, TDP, and ARNG Dental Bytes fostered by concerned leaders and members of the Army Dental Care System of all components is creating the highest level of dental fitness in SELRES soldiers ever. ARNG soldiers can receive more information on ASDRS by contacting their Unit Readiness NCO, or their Brigade or Battalion Medical Readiness NCO.

## Tricare says 'thank you' during National Doctors Day



Story courtesy,  
TriWest Healthcare Alliance

PHOENIX, Ariz. -- In honor of National Doctors' Day on March 30, TriWest is offering an opportunity for service members and their families to say "thanks" to the TRICARE doctors who've made a positive difference in their lives by visiting [www.triwest.com/DrDay](http://www.triwest.com/DrDay) or the Facebook page, "Salute Your TRICARE Doctor 2010."

TriWest is accepting submissions through March 12, 2010.

From annual exams and immunizations, to surgical care and condition management, TriWest Healthcare Alliance's network of more than 150,000 doctors provide 2.7 million TRICARE West Region service members, retirees and their families with exceptional health care.

As the nation prepares to commemorate Doctors' Day on Tuesday, March 30, TriWest joins its TRICARE beneficiaries in thanking and showing appreciation to the men and women who don scrubs or white coats to care for our military community.

"Soldiers, sailors, airmen and Marines can remain focused on their job at hand because they trust that TRICARE providers stand ready to take care of their families and loved ones," TriWest President and CEO David J. McIntyre, Jr. said. "Doctors' Day is a great opportunity to show appreciation for those who care for the families of those who defend our nation. They are truly heroes serving heroes!"

TRICARE providers must undergo stringent credentialing to ensure beneficiaries receive the highest quality of care they are entitled to receive.

This also means more flexibility for beneficiaries in receiving the care when and where they need it and an exceptional level of care and customer service.

Doctors' Day was first observed March 30, 1933, the anniversary of the first use of a general anesthetic in surgery. In 1991, President George H.W. Bush signed legislation establishing National Doctors' Day.

About TriWest:

TriWest Healthcare Alliance partners with the Department of Defense to do "Whatever It Takes" to support the healthcare needs of 2.7 million members of America's military family. A Phoenix-based corporation, TriWest provides access to cost-effective, high-quality health care in the 21-state TRICARE West Region. The Department of Defense recently presented TriWest with the 2009 national Employer Support of the Guard and Reserve (ESGR) Freedom Award—the highest recognition given to employers for their support of their employees who also serve in the National Guard and Reserve. Visit [www.triwest.com](http://www.triwest.com) for more information.

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## NEWS

## Demobilization welcomes OR soldiers home

CONTINUED FROM  
FRONT PAGE

Adjutant General's coin.

Nine soldiers received the Order of Saint Michael—named after two military saints; Saints Michael and George. Recipients must have demonstrated significant contributions in support of an Army aviation unit.

During deployment, Charlie Company, 7-158 Aviation, flew 375 life saving missions, moving over 800 patients and flying 125 blood transport missions to hospitals in need.

Additionally, they flew 240 training, administrative and maintenance test flights, and logged a total of more than 3,000 flight hours.

While in Iraq, the unit assisted several units in Tallil and Joint Base Balad. The flight medics conducted MEDEVAC 101, which provided training for approximately 370 soldiers and Marines in Al Asad, 150 soldiers at Forward Operating Base Normandy, and 400 at Joint Base Balad.

This training led to three joint training exercises, two of which were in Balad, and one in Al Asad with the 41 Infantry Brigade Combat Team. Additionally, 10 Iraqi Army flight medics were trained in MEDEVAC familiarization.



Photo by Sgt. Eric A. Rutherford, Oregon Military Dept. Public Affairs

Oregon Governor Theodore R. Kulongoski shakes the hand of Maj. Geoffrey Vallee, Commander Charlie Company, 7-158 Aviation, during a demobilization ceremony commemorating the return of the unit following a nearly year-long deployment to Iraq. The ceremony was held in Salem, Ore. Jan. 25, 2010, at the Army Aviation Facility. Both the Governor and Maj. Gen. Raymond F. Rees (left), The Adjutant General, Oregon, presided over the ceremony.

## Looking back: a day in the life of 'Big Charlie' in Iraq

Story and photo by Staff Sgt. Jeff Lowry,  
Task Force 38 Public Affairs

**JOINT BASE BALAD, Iraq** -- Sometimes what's calm on the surface hides an underlying intensity that may spring forth at a moments notice.

The daily life for soldiers with Task Force 38's medevac unit, Charlie Company, 7th Battalion, 158th Aviation Regiment is like that, calm on the surface.

One of the missions the unit routinely conducts are contingency aeromedical staging facility flights.

"CASF missions, most of the time, are not urgent; they are routine in nature," said Sgt. 1st Class Patrick Casha, a Tualatin, Ore., flight medic and platoon sergeant with Charlie Company.

Those missions pick up patients, medical supplies, doctors and nurses from outlying bases and bring them here to Joint Base Balad. According to medevac soldiers, the patients typically need additional medical care, and it's Air Force medical personnel who determine if they do or if further treatment is required.

"Basically it's an Air Force mission, and they stage patients here for the next higher echelon of care," said Casha. "That care could be an MRI, surgery, or any procedures they can't handle here."

Higher echelon care centers are located at Landstuhl Regional Medical Center in Germany and in some cases U.S. hospitals.

The CASF mission was also something specific to Joint Base Balad.

"It's unique to Balad, that's why we're going out to pick them (patients) up and bring them here," said Chief Warrant Officer 4 Rod Comstock, Salem, Ore., and a standardization instructor pilot with the unit. "The other places don't have a CASF mission."

Since CASF flights are scheduled, pilots and crewmembers can better prepare for them.

"With CASF missions we have much more time for detailed flight planning," said Comstock.

Fellow Charlie Company soldier and UH-60 Blackhawk pilot, Chief Warrant Officer 2 Joe Zeiner, agreed.

"We know what to expect and have more time to plan for it," said Zeiner.

And while the CASF flights can be well thought out and well planned, the other mission, medevac flights, cannot.

Intensity springs forth

What was scheduled to be a normal, routine CASF flight Thursday night changed in an instant.

"Medevac, medevac, medevac," sounded across the hand-held radios, and a quiet barbecue dinner celebrating Veterans Day, a day late, with pork ribs, pork and beans, macaroni salad, and fellowship with other soldiers, suddenly turned serious and bustling as crewmembers ran toward the flight line.

"Can you take care of this?" Casha asked one of his fellow soldiers as he motioned to his plate of half eaten food.

No longer were the crews leisurely readying themselves for a CASF flight, now it was time to go, even if dinner wasn't finished.

"The real difference between the two (missions) is one (CASF) we have time to plan, and with the other, medevac missions, we don't know where we're going to go," said Zeiner.

Yet within minutes the pilots were in the cockpits, knew where they were they going and knew their mission - to deliver blood to another base. The medevac soldiers learned where they were going, and they also learned to prepare for the spontaneity of their mission.

"You have to keep yourself physically and mentally ready all the time," Zeiner said.

One of his fellow soldiers agreed. "I never know what to expect. You never know when the mission is going to come down. It keeps things interesting," said Sgt. Zach Holden, Portland, Ore., a Company C crew chief. "You expect to expect the unexpected."

To make sure the crewmembers have



Oregon National Guard Chief Warrant Officer 2 Joe Zeiner, a pilot with Charlie Company, 7 Battalion, 158 Aviation checks the tail rotor of a UH-60 Blackhawk helicopter prior to a contingency aeromedical staging facility flight while in Iraq Joint Base Balad, Iraq. The CASF flight later turned into a MEDEVAC flight as blood had to be transported to an outlying base. The Oregon Guard company conducted CASF flights and MEDEVAC flights in support of Operation Iraqi Freedom.

everything thing needed for a flight mission, and at a moment's notice, also took a seemingly incongruous technique.

"I hurry with a purpose; I slow down to make sure I don't miss anything," said Holden.

Yet the pilots and crew didn't dawdle Thursday. The Army standard is that for within 15 minutes of receiving a medevac call, the helicopters must be airborne.

Whether a calm CASF flight or an intense medevac flight, the Charlie Company soldiers were all about transporting troops and medical supplies.

"We jump in the helicopter and go get people; that's what we do," said Zeiner.

## Oregon Airmen in Haiti

Excerpted Letter from  
Master Sgt. Ken Campbell  
123rd Weather Flight NCOIC

**PORT-AU-PRINCE, Haiti** -- As we leave the airport for the first time since arriving in Haiti two weeks ago, we see the devastation everywhere. Words and pictures just can't convey the extent of the damage. Every building shows visible damage; from cracks, or to the more severe- a pile of twisted metal and concrete. The damage appears completely random, with one building completely intact, while the next is a total ruin. An occasional goat or pig can be seen eating piles of garbage and there is no evidence of sanitation services. We passed numerous refugee camps, some being in U.N. compounds with orderly white tents, while others were random tent cities with multi colored tents, or tarps and sheets, providing the only shelter and color in the area.

We arrived at the foot of the hill where the Hotel Montana was located and began hiking towards the worksite.

I was totally caught off guard. There was no indication that this site had been a hotel, let alone a luxury hotel because all that existed were mountains of concrete, rebar, and general rubble. I thought of the photos of the World Trade Center. Most ominous was the overwhelming smell of death that was everywhere. Even with masks the smell is impossible to ignore and quickly permeates our uniforms, gear, and equipment.

There are dozens of pieces of heavy equipment and dump trucks operating non-stop.

Each time the excavator collected a bucket full of rubble, I would watch to see if there was anything exposed as it lifted away, and other members of the team would study the dirt and debris as it was dumped nearby.

We were searching for less than 40 minutes when the excavator operator stopped what he was doing and began motioning towards the excavation pit. I climbed down 30 feet of rubble into the pit and began looking under and around bowling ball sized pieces of concrete.

It's important to look closely so you don't overlook anything, but we find it easier to pinpoint human remains using our sense of smell.

After moving pieces of concrete, we found the remains of a male employee. His employee badge was nearby, making identification easier. Someone sounded an air horn.

One blast of the air horn brought all of the heavy equipment and workers to an abrupt halt to observe a momentary memorial, two blasts from the air horn signaled the resumption of the recovery effort.

All of the military members working here are volunteers and are doing this work on top of 12-hour work days. The volunteers include members of the Air Force, Army, Navy, Canadian military, and of course, us, representing the Oregon National Guard.

We worked for 12 hours with a 20-minute break. We found a total of five people and it was both one of the most rewarding and heart-breaking days of my military career.

I will be going back to the Hotel Montana for another shift, and I hope that we can continue to find those lost, loved ones so that they can go home to their families one last time.

## NEWS

## Salem-Based Kettle Foods makes donation to support deployed troops in Afghanistan

# Kettle foods "chips in"

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

**SALEM, Ore.** -- One Oregon business is working to make Oregon National Guard troops deployed to Afghanistan feel more at home.

Kettle Chips is sending 10 boxes of assorted potato chips to members of the 162 Engineer Company over the next ten months.

When Lt. Col. Kevin Dial, 1249 Engineer Battalion Commander, ran into company president Tim Fallon, who he knew from his days as an executive delivery driver, it was natural for them to discuss the Oregon National Guard, said According to the Jim Green, the official Kettle Foods Ambassador.

When Fallon learned of the 162 Engineer Co.'s deployment to Afghanistan, he decided that Kettle Foods would send them a

taste of home, Green added.

"Those guys are over there doing some pretty rough duty and we think this is the least we can do," Green said.

"We're born and raised in Salem, since 1978 and we just feel like this city has been really good to us," Green continued. "So we spend a lot of time giving back to our community and this is part of it."

The company originally planned to send one large shipment to Oregon soldiers in Afghanistan, but after Dial warned Green about "overloading the system", Kettle Chips decided to break up the shipment over the next ten months.

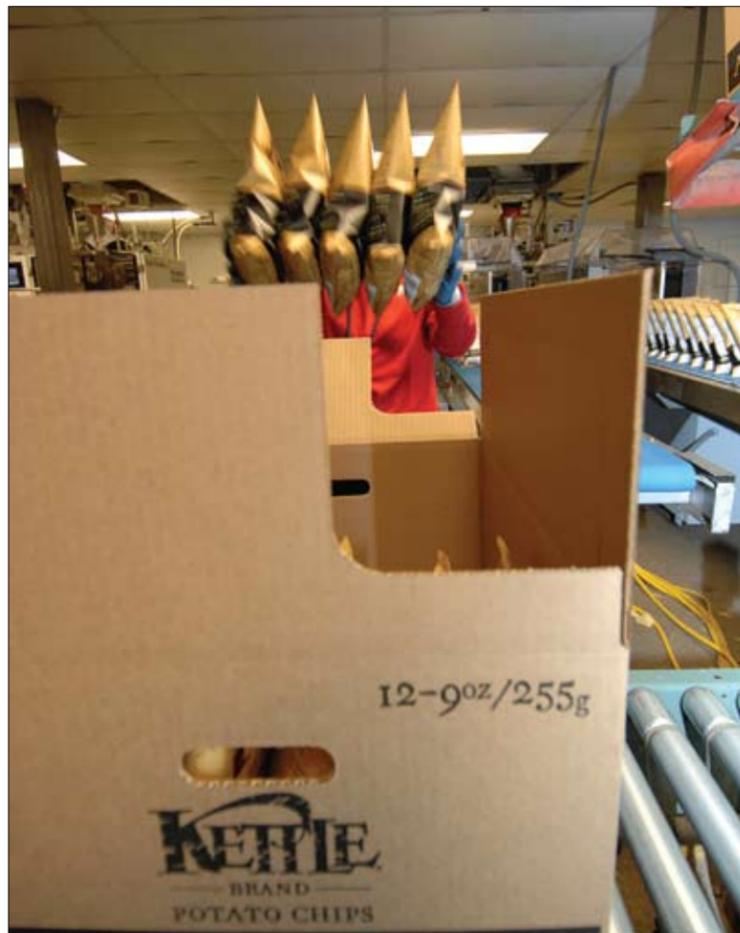
The first shipment left Salem, Ore. Feb. 3, bound for Oregon soldiers deployed to Afghanistan.

The 162 Engineer Company is tasked with route clearance in Afghanistan, and is scheduled to return to Oregon in early 2011.



**Above:** Potatoes, fresh from a scrubber, trundle along a conveyer belt on their way to a slicer and then into hot oil where they become crispy. Kettle Foods has decided to donate as many as 10 shipments of their signature chips to troops deployed with 162 Engineer Company in Afghanistan. The first of those shipments left Feb. 3, 2010.

**Right:** A worker packs bags of Kettle Chips into a shipping box, several of which were sent to the troops of 162 Engineer Company this very day, Feb. 3, 2010. The shipment is the first of 10 or so planned in 2010.



## OR National Guard receives environmental award

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

**SALEM, Ore.** -- The National Guard Bureau recognized the Oregon National Guard for its leadership in environmental stewardship. Camp Withycombe in Clackamas, Ore. was selected as the Environmental Restoration, Installation recipient. This award recognizes efforts to protect human health and the environment by cleaning up identified sites in a timely, cost efficient and responsive manner.

"It's very rewarding to have the Oregon National Guard

recognized by receiving this award," said Jim Arnold, who oversaw the project for the Oregon Military Department.

Camp Withycombe is the site of the Oregon Army National Guard's largest restoration project, involving the remediation of six former small arms training ranges in preparation for a major Oregon Department of Transportation highway development project.

The Oregon Guard implemented a cleanup strategy that used natural resources and energy efficiently, thus reducing negative impacts on the environment, minimizing or eliminating pollution at its source and reducing waste to

the greatest possible extent.

"One of the big factors for the award was that we took equipment from the gravel and mining industry and the waste water treatment industry and reengineered it to fit into our treatment system," said Arnold. "It was hugely successful."

He added that there were 30,000 tons of hazardous waste soil and they were able to successfully treat over 99 percent of, for a total cost savings of five million dollars.

He said the project at Camp Withycombe now serves as a model for the nation.

"We are working with others in the military community

to transfer the technology," said Arnold.

The Secretary of the Army said the Army Environmental Awards represent the highest honor in the field of environmental science and sustainability conferred by the Army.

"The Army recognizes successes that demonstrate mission driven solutions that protect the environment at installations here and overseas.

Whatever we do needs to revolve around supporting the mission, taking care of our soldiers, civilians, and families," said Tad Davis, deputy assistant secretary of the Army for the Environment, Safety and Occupational Health.

## Eight Oregon soldiers re-enlist in Iraq

Story by  
Spc. Anita VanderMolen,  
41 Infantry Brigade  
Combat Team

**TALLIL, Iraq** -- Eight soldiers of 2-162 Infantry, 41 Infantry Brigade Combat Team, Oregon Army National Guard, took re-enlistment vows on the steps of the Ziggurat of Ur, Jan. 30, at Camp Adder in Tallil, Iraq.

1st Sgt. George Gordon of Portland, 1st Sgt. Allen Holland, of Portland, 1st Sgt. Geoff Miotke, of Cottage Grove, Staff Sgt. Jason Becker of Corvallis, Sgt. 1st Class Samuel Comer of Portland, Sgt. Michael Fox of Portland, Sgt. Joey Shellhart, of Corvallis, and Spc. Steven Stark of Corvallis, stood on the steps of the ancient structure, more than 4000 years old, and promised to serve Oregon and the United States in the future.

Lt. Col. William Edwards, the Battalion Commander, conducted the ceremony.

Stationed in Tallil, TF Volunteer's mission is convoy security and base defense.



Photo by 1st Lt. Kyle Morgan, Task Force Volunteer

## TRICARE provides healthcare options to servicemembers



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

**SALEM, Ore.** -- Tricare provides health care to military service members and their families through a variety of health care plans.

The various options include TRICARE Prime Remote, TRICARE Standard and Extra, TRICARE Reserve Select, and TRICARE Prime.

Expanded access to services is available for TRICARE enrolled Soldiers. However, there may be additional out-of-pocket expenses for Soldiers using non-network providers.

It's important to note that cost of service may differ based on whether you see a participating or non-participating provider.

According to the Tricare website [www.tricare.mil](http://www.tricare.mil) participating providers have agreed to file claims for you, to accept payment directly from TRICARE and to accept the TRICARE allowable charge, less any applicable cost shares paid to you, as payment in full for their services.

Non-participating providers have not agreed to accept the TRICARE allowable charge or file your claims.

Non-participating providers may charge up to 15 percent above the TRICARE allowable charge for services, in addition to your regular cost shares.

This amount is your responsibility and will not be shared by TRICARE. Lastly, you may have to pay the provider first and file a claim with TRICARE for reimbursement.

Be sure to check with the provider to see if he or she is a participating or non-participating provide. They may decide to participate on a claim-by-claim basis.

## NEWS



## MOAA looking to boost membership

The Willamette Chapter of the Military Officers Association of America (MOAA) invites you to join a local chapter and get involved with fellow MOAA officers and other veterans group members in a variety of activities and events.

Chapter members can connect with other members who are making a difference in their communities. Activities can include:

- Shaping and supporting legislation
- Scheduling speakers
- Funding local JROTC scholarships
- Supporting North Salem High School's JROTC Color Guard
- Participate in Salem Toys for Kids/Salvation Army Christmas Toy Drive
- Conventions and conferences

For more information about joining MOAA, please contact Willamette Chapter, MOAA, PO Box 2004 Salem, OR 97308-2004.

## Free website for military members

WASHINGTON -- Military families now have free access to an online network of quality caregivers who can assist with everything from babysitting to dog walking. Sittercity is the nation's largest online source for local babysitters, nannies, elder care providers, dog walkers, housekeepers and tutors, and contains more than a million caregiver profiles, officials said.

The Sittercity Corporate Program, funded by the Defense Department, offers military families -- including active duty, Guard and Reserve --

with a paid membership to the site.

"We believe that access to Sittercity's nationwide network of quality care providers will be highly beneficial to our servicemembers and their families," said Tommy T. Thomas, deputy undersecretary of defense for military community and family policy. The paid membership enables military families entry to a custom-built Defense Department Web site portal where they can match up caregivers to their situation; gain instant access to caregiver profiles including background checks, references and reviews; and find military-certified and subsidized care.

The site will help meet the unique needs of military families as they face deployments, long hours at work and assignments to remote locations, Thomas said.

"Because of the mobile nature of military life, trusted community resources are often difficult to identify and locate," he acknowledged. "These online tools will help service and family members attain the best match between resource and need."

Thomas said servicemembers and their families can rest assured that they're being provided with top-notch care. The site "links military family members with somebody that the Department of Defense says, 'We've entrusted you to provide this service to our people,'" Thomas said.

"If that military member is out on the front line knowing that the family back home has a sense of ease and comfort, life is good for everybody," he added.

While the membership is free, servicemembers will be responsible for the hiring and payment of caregivers, officials said.

Military members and their families can activate their membership by going to [www.sittercity.com/dod](http://www.sittercity.com/dod).

## Oregon Guard partners with AFGE Local 2986

Commentary compiled by CW3 Dale Williams, ORNG & John Peterson, President  
American Federation of Government Employees Local 2986

SALEM, Ore. -- The Oregon National Guard is an organization deeply rooted in tradition. Some traditions are time honored, and known to practically everyone others are not as well known. For instance, during a change of command, the passing of the guidon symbolizes the relinquishing of the outgoing commander's tenure of command and the assumption of command for the new commander. Other traditions may be less acknowledged among the members of an organization but they continue to gain recognition.

The Oregon National Guard's Labor Management Partnership is one tradition that is increasingly being recognized inside and outside our organization. It has gradually and methodically become better known and practiced throughout all corners of the Oregon National Guard Technician workforce.

In October 1993 U.S. President William J. Clinton signed Executive Order (EO) 12871 mandating the establishment of Labor-Management Partnership Councils (LMPC). These councils were to be established at all levels of the executive branch of the Federal Government. Furthermore, EO 12871 directed management and their labor representatives to;

a- Create labor-management partnerships by forming labor-management committees or councils at appropriate levels...to help reform government.

b- Involve employees and their union representatives as full partners with management representatives to identify problems and craft solutions to better serve the agency's customers and mission.

c- Provide systematic training of appropriate agency employees (including line managers, first line supervisors, and union representatives who are Federal employees) in consensual methods of dispute resolution, such as alternative dispute resolution techniques and interest-based bargaining approaches.

d- Negotiate over the subjects set forth in 5 U.S.C. 7106(b)(1), (the numbers, types, and grades of employees or positions assigned to any organizational subdivision, work project, or tour of duty, or on the technology, methods, and means of performing work) and instruct subordinate officials to do the same.

e- Evaluate progress and improvements in organizational performance resulting from the labor-management partnerships.

Following the signing of this executive order, the Oregon National Guard began working with the American Federation of Government Employees (AFGE) Local 2986 to facilitate the formation of our first partnership. In February 1995 Adjutant General, MG Raymond F. Rees and AFGE Local President, Terry S. Swartwout, signed the first State Labor-Management Partnership Council agreement. Partnership continues to evolve and grow throughout the state.

Although President George W. Bush revoked EO 12871 in February 2001, thus eliminating the mandate to form and utilize partner-

ship councils, the Oregon National Guard's experience had proven very successful in utilizing the partnership process at all levels of the organization. Therefore, Maj. Gen. Alexander H. Burgin, then Oregon Adjutant General and AFGE Local President, Mark Buteau signed a "renewed" partnership agreement electing to continue the partnership process. In August of 2005, Maj. Gen. Raymond F. Rees, the current Oregon Adjutant General and current AFGE Local President, John Peterson renewed the partnership agreement for the third time, electing to continue a process that has been very successful for the ORNG. With the December 2009 signing and publishing of EO 13522 Creating Labor-Management Forums to Improve the Delivery of Government Services, the Oregon National Guard and AFGE Local 2986 are poised to remain well ahead of the power curve implementing the new Partnership EO.

Oregon's Labor Management Partnership Councils have expanded from the original "State" LMPC in 1995 to include eleven "Local" LMPC locations that cover the vast majority of the state. LMPC's tackle many work related issues at the local level attempting to co-develop solutions to workplace challenges. At the same time helping to prevent these issues from escalating and becoming larger more adversarial issues. The state and local Labor Management Partnership Councils continue to partner on issues covering a multitude of topics. The topics range from negotiating the Collective Bargaining Agreement (CBA) to the developing the Merit Placement Plan, our agency's procedural guidance when selecting and promoting employees.

The "Partnership" approach has been applied successfully outside of the actual formal LMPC process as well. The Monday Blue Uniform policy for the Air National Guard is one instance where the Partnership approach was applied with great success. The issue was initially raised as a grievance (per the CBA) and evolved into a chance to partner to achieve a win-win situation for the ORNG. The Air Force policy required all personnel to wear the class B blue uniform each Monday.

That policy was modified through Partnership to account for maintenance personnel and other employees engaged in activities which would have been limited by the class B uniform or detrimental to the class B uniform itself.

In this instance and many others the cooperative ability and shared responsibility among everyone involved has successfully achieved a better outcome for the Oregon National Guard, and our federal employees.

Labor Management Partnership has evolved from a mandate in 1993 to a mature, mutually beneficial tradition in the ORNG.

For the good of the organization and its employees we will continue the partnership process into the future. It has worked exceptionally well for Oregon. It is the right thing to do!

## Blazers honor veterans of four wars



From left to right: Garner Poole, WWII; Les Schmidt, Korea; Gene Peery, Vietnam and Jake Truex, representing modern conflicts including those in Iraq and Afghanistan.

Story and photo courtesy,  
Oregon Dept. of Veterans Affairs

PORTLAND, Ore. -- Amid a 30-point blow-out victory over the Minnesota Timberwolves, the Portland Trail Blazers took time to honor all veterans, current active duty, Guard and Reserve members as well as their families and friends, Nov. 21, 2009, at the Rose Garden.

During the half-time festivities, the Blazers' organization held a special ceremony entitled "Generations of Honor."

The ceremony featured four veterans representing four separate service eras. Each stood at half-court and received a standing

ovation from the crowd for their service, as well as that of their peers.

The four included: Garner Poole, WWII; Les Schmidt, Korea; Gene Peery, Vietnam and Jake Truex, representing modern conflicts including those in Iraq and Afghanistan.

All military personnel were encouraged to attend and wear their uniforms. Ticket prices were reduced in honor of the event.

The festivities also included a pre-game swearing-in ceremony of new Oregon Army National Guard recruits, a Color Guard presentation, and special presentations and messages to and from veterans and the military throughout the game.

## NEWS

# Oregon Air Guard "Redhawks" raise the bar with 2010 Polar Plunge

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

**PORTLAND, Ore.** -- Braving frigid waters and cool air temperatures, members from the Oregon Air National Guard's 142nd Fighter Wing "Redhawks" made a difference in a local charity event in Portland today.

Fifty-two airmen from the Portland Air National Guard Base took part in today's Polar Plunge—an event which benefits the Special Olympics.

In 2009, a group of Oregon airmen came to the event, but only 15 Redhawks made the plunge. This year, thanks in part to the effort of Oregon Air Guard member, and plunge team captain, Staff Sgt. Jared Johnson, the number of plungers tripled, while the amount of donations doubled.

"It was pretty easy to recruit plungers," Johnson said. "A lot of people are community service oriented, so it wasn't too hard to get them to jump in a freezing river."

Oregon Air National Guard Staff Sgt. Jared Johnson, of the 142nd Security Forces Squadron, following his 'plunge' to benefit Special Olympics. Johnson got involved with Special Olympics when he helped hand out medals to the athletes years ago. He said the experience changed him forever.

"It's very humbling seeing the athletes and their parents and the level of dedication (they have)," he said. "It changes your perspective on a lot of things."

Near the Columbia River, under gray skies, the large crowd of 'plungers' and their supporters made their way to Broughton Beach, located just off NE Marine Drive, near NE 33rd Ave. The event took on a festive nature, in spite of the light rain, overcast skies, and 40-degree air temperatures.

Rescue swimmers patrolled the river next to a Multnomah County Sheriff's rescue boat, next to a floating boundary located about 30 feet from the water's edge. A Portland Fire Department fire boat sprayed water from its hoses out in the shipping channel.

Local news celebrity, Drew Carney, hosted the event from the main stage set up under a large white tent. He introduced each of the teams as they approached the water's edge. Many were dressed in costumes, or wore brightly colored hats.

Portland Police Chief Rosie Sizer (right), leads her team mates, made up of Portland Police officers and members

of the Multnomah County Sheriff's office, for their 'plunge' into the Columbia River as part of the Special Olympics Polar Plunge event.

The first team to enter the Columbia was made up of the Portland Police Department and the Multnomah County Sheriff's office. Led by Portland Police Chief Rosie Sizer, the large group, dressed in police working uniforms, charged the water with reckless abandon. Some made their way out to their colleagues in the deeper water.

The airmen were next.

Wearing various types of shirts, the Redhawk team was easily distinguished by their Airmen Battle Uniform pants. As Carney introduced the team, another cheer arose from the crowd of onlookers. Photographers snapped pictures as the countdown began.

"Three... Two... One!" Carney screamed into his microphone.

In a flurry of yelling, flying sand, and splashing water, the airmen sprinted into the freezing Columbia as a group. Some made it only to waist-level, while others negotiated the sandy bottom to make it out to the rescue swimmers near the boat. They wanted to meet the challenge issued by the previous group of plungers.

When it was all said and done, Tech. Sgt. Misty Gremaud said she wished she had not worn her ABU pants.

"They got really heavy and it was hard to move," she said with a laugh. "Next year, I'm wearing shorts!"

Oregon Air National Guard Chief Master Sgt. Max White, 142nd Fighter Wing Command Chief, makes his way out of the frigid Columbia River, following the "Redhawk" team's Polar Plunge, an event which benefits the Special Olympics, at Broughton Beach, Jan. 30.



**Top:** Oregon Air National Guard "Redhawks" team members prepare to take the 'plunge' into the frigid waters of the Columbia River, as part of the 2010 Polar Plunge—an event which benefits the Special Olympics. The event took place at Broughton Beach in north Portland, Jan. 30. The team raised over \$11,000.

**Right:** Oregon Air National Guard's 142nd Fighter Wing Command Chief Master Sgt. Max White wades out of the frigid waters of the Columbia River near Portland, Ore., following the Polar Plunge, Jan. 30. Moments later as he towed off he remarked "sign me up right now for next year," with a broad grin on his face.



Chief Master Sgt. Max White, 142nd Fighter Wing Command Chief, said the 40-degree waters of the Columbia River didn't really seem that cold.

"In Germany, they would say the water was 'frisch!'," he said.

White said the camaraderie made the event all the more worth the effort, but he gave special thanks to Johnson who helped motivate other airmen to join in the plunge.

"I'd like to thank the Redhawks from the 142 FW who plunged into the Columbia today to raise money for Special Olympics," White said.

Gremaud said she was looking forward to next year's plunge.

"It was very exciting," she said. "I loved the frenzy of it all!"

Johnson, who serves on the Law Enforcement Torch Run Executive Council, said he hopes to see an even bigger turnout next year.

"The (fighter) wing gets involved because of Security Forces being involved and the connections to law enforcement," Johnson said. "But I really think the entire fighter wing needs to get involved in the future."

Johnson hopes to see 100 or more

plungers representing the fighter wing next year, in addition to all the supervisors and commanders providing support. One thing is for sure—White will be there. With the water from this year's plunge still wet on his body, he's already started planning for next year.

"Sign me up right now for next year," White said as he towed off.

Just over \$11,000 was raised by the Oregon Air National Guard members for Special Olympics, Johnson said.

*For more information on the Special Olympics Polar Plunge, visit: [www.soor.org/plunge/](http://www.soor.org/plunge/)*

## Commissary Case-Lot Sale Returns to Roseburg

### On-Site Case Lot Sale

Sponsored by the Beale AFB Commissary

March 12 & 13, 2010  
9 a.m.- 4 p.m.

Douglas County Fairgrounds  
Roseburg, Ore.

Sale open to all military ID cardholders  
both active and retired

In an effort to bring the commissary benefit to Guard and Reserve units who do not have commissary facilities nearby, DeCA is bringing the benefit to you. The sale is scheduled for September 18-19 and will feature a variety of staples and dry goods including meat and vegetables. The sale is open to all veterans, active, Guard, Reservists, and retirees.

## 173rd FW member appointed to Circuit Court



Photo by Tech. Sgt. Jennifer Shirar, 173rd Fighter Wing Public Affairs

**KLAMATH FALLS, Ore.** -- Lt. Col. Dan Bunch, 173rd Fighter Wing Staff Judge Advocate, was recently sworn in as the newest member of the Circuit Court for Klamath County, Jan. 29, 2010, at the Klamath County Court House. His wife and his sister help him don his judicial robe for the first time. Bunch is a practicing attorney for Klamath County and a traditional Guard member for the Oregon Air National Guard.