Many of us have seen the horrible images of war – U.S. service personnel killed or maimed by roadside bombs, with limbs blown to pieces in combat zones thousands of miles away. Less visible are the wounds many of us don’t see, but Soldiers must endure nonetheless, as they transition back to civilian life. Many of these mental scars, which experts say, left untreated, may lead to suicide.

I know what it’s like to wake up with cold sweats. I know what it’s like to cry for no reason, and to feel lonely,” said Patrick Silva, of Alpha Co., 1-186 Infantry Battalion. According to Oregon’s 2005 Violent Death Report, the suicide rate among male veterans is twice that of non-veteran males. The difference is largely driven by elevated rates of suicide in three age groups: 18-24, 35-44, and 45-54.

Silva, 25, was at risk for pushing those numbers a fraction higher.

See More people on PAGE 6

Soldiers save a life using training, latest technology

It was a case of being in the worst of conditions, but in the right place at the right time. A man, apparently suffering a heart attack, collapsed to the floor at the Anderson Readiness Center in Salem just before noon on Feb. 13, and soldiers of the Oregon Army National Guard saved his life.

Capt. Daryl Ottoway, the Occupational Health Nurse for the ORARNG, watched the man fall, and he immediately sprang into action. To the man’s good fortune, he was outside the ORARNG Medical Command. Suspecting a heart attack, Ottoway called out to fellow workers to bring an automated external defibrillator – or AED – as he checked for breathing and a pulse.

“The AED was on the wall outside my office,” said Staff Sgt. Richard Powell, a trained and experienced Army medic. He grabbed the gear and rushed to the scene. Powell had returned on Feb. 5 from a refresher course that made his training with the AED current.

Ottoway had already begun CPR when Powell and another soldier arrived at his side with the equipment – the AED and a medical kit with an oxygen tank. Sgt. 1st Class Bill Lowe, the health systems manager for the ORARNG ripped the man’s shirt open as Powell prepared the AED.

Several other soldiers who heard the commotion called 9-1-1.

Ottoway confirmed the man had stopped breathing, so the team followed the instructions on the AED and shocked him to restart his heart. The AED analyzed the victim, and Ottoway noted the man started breathing shallowly.

Ottoway continued to monitor the patient as Lowe and Powell set up an oxygen bottle taken from the medical kit. Powell noted that preparation for a worst-case situation helped the soldiers deal with what could otherwise have been a deadly situation.

“We had the right equipment at the right time,” said Powell. “There are lots of nice things to have, but for that man at that time the AED is what he needed to save his life.”

Powell said Army medical technicians are required to have a high degree of training that includes use of an AED.

As the three soldiers tended to their patient, Capt. Sharel Paradis and 1st Sgt. Donna Adams turned their attention to the man’s wife who had observed everything. She was distraught, and Paradis and Adams assured her the other soldiers would take care of her husband.

When firefighters arrived Ottaway, Lowe, and Powell transferred responsibility for the patient to them, but as they did so the man stopped breathing again.

Ottoway alerted the firefighters who administered another shock. The man started breathing again, and with the oxygen he began to become more coherent and responsive. Firefighters then put the man on a stretcher and transported him to Salem Hospital.

“In my 35 years of doing this I’ve never had anyone whose heart and breathing have stopped live,” said Powell. “It was like a miracle. I’d never seen it before, how he’d come back.”

AEDs are typically found in public places including corporate and government offices, shopping centers, airports, restaurants, hotels, sports stadiums, schools and many other locations where people may congregate. The Oregon National Guard has one each AED unit at the Military Department and Anderson Readiness Center.
The Oregon National Guard goes to Congress

Diversity should be a way of life for military members

It's our job to remain a reliable, ready, and relevant force in service to our nation and state. To do our job, it's important that we have the right resources.

I visited our Congressional delegation in Washington D.C. earlier this month to tell them what's important to the Oregon National Guard. We've had great fortune in elected officials in the Capitol, and I want you to be aware of what we're telling them so you can understand our priorities.

Our top legislative priorities for 2008 are F-22 procurement for the National Guard and establishing a Stryker Brigade.

It seems that budget constraints have driven the acquisition of the F-22, not the actual need. The Base Realignment and Closure Commission validated the need for the Air Oregon Alertivity Signal point at Portland Air National Guard Base, and the F-15 fleet is quickly losing the edge against developing threats while costing more and more to maintain. The prudent course of action is to fund the F-22 production line and bring the airframe into the Air National Guard. We need to establish another Stryker Brigade in the Army National Guard. Doing so keeps us relevant – it ensures our compatibility with the Army, increases our mobility, enhances communication capabilities, and improves our ability to support Homeland Security on the West Coast.

In addition to these top priorities, there are a number of initiatives we're working looking to Washington for support.

In Central Oregon we want the outsourced Air Force radar site at Christmas Valley to be turned over to the 173rd Fighter Wing for custodianship. This will enhance the training we can make available to F-15 pilots. Until the F-22 is in our inventory, we need to continue upgrading our F-15s. We need to focus on specific radar upgrades, computer upgrades, helmet systems that improve situations awareness and response, as well as engine upgrades.

We also asked our delegation to be aware of Retirement issues. We have the right resources.

We also want to see funding continue for the University of Oregon's College of the Air Force degree "so they could be promoted". We told them that the whole-person concept. This is a subject that continually comes up and thought I would head on as a diversified group. When you hear about diversity we typically think of it as ignoring our differences in our efforts to "get by" based on different differences. I challenge all of us to see diversity not as an initiative, but to see it as "a way of life".

 Rather than defining our differences, we should discover our differences. Rather than labeling our differences, we should respect and value them. And rather than categorizing these differences we should celebrate them.

I suggest we make diversity "a way of life" for two important reasons. First, this is a healthy approach that will improve the quality of life for each of us and for our society. Second, we live in a diverse society and if our workplace does not represent and honor our differences, we will struggle in our efforts to attract and retain the best Airman and Soldiers.

It is comfortable to associate with those who are like us, and respect and value the things we hold in common. I challenge all of us to take the time and energy to make diversity a "way of life".

So how do we do this? In life – we lead or make decisions, the often fall short because you are a role model and you need to be good on paper, but when it comes time to action, it is uncomfortable to associate with the military is to be associated with the Air Oregon National Guard. Where the bottom line was not profit, but freedom.

The Oregon Sentinel Staff

Let's take a little bit about diversity. When you hear about diversity we typically think of it as ignoring our differences in our efforts to "get by" based on different differences. I challenge all of us to see diversity not as an initiative, but to see it as "a way of life".

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Oregon Guardsmen strive to be ‘Champions of Diversity’

By Senior Master Sgt. Max White, 42nd Fighter Wing Human Resources Advisor

Oregon Guardsmen strive to be ‘Champions of Diversity’ during a life-changing three-day class in Columbus, Ohio, and yet I found in early November, 2007, in the Diversity Champions class I was challenged and my life changed. I became a Diversity Champion. Participants are now prepared to answer questions of why diversity is important, the role of the Oregon National Guard. Diversity is the right thing to do. From a moral standpoint it is essential we treat everyone in our organization with total equality, respect and dignity. That means not only acknowledging individuals’ worth as human beings, but also actively including and engaging them in the important mission of the Oregon National Guard.

Diversity is the law of the land and organizational policy. It is not an option to be out of compliance with that policy. The world is becoming more diverse. America’s changing demographics demand we embrace the philosophy of diversity in order to keep the Oregon National Guard viable. After one examines the changing demographics of our state and nation, it becomes evident that we need to not only recruit, but also retain a younger and more culturally diverse workforce. One of the keys to successful retention in the National Guard is our understanding of what’s important to soldiers and airmen of different age and cultural backgrounds. Diversity is about creating a safe and productive environment. Corporations which have not had such an appropriate atmosphere have suffered financially from lawsuits. Nor can it afford the loss of productivity resulting from losing the services of those who have been sued.

Diversity is a business imperative. Companies where CEOs cited diversity as a high priority experienced a 22 percent growth rate as compared to 500's who didn't. Moreover, ideas produced by diverse groups were rated 11 percent more effective. As Gel Griffin, Managing Director of Kom-Ferry’s Diversity Practice said, “Instituting diversity is not some ploy to win at public relations. It is to win a competitive bottom-line battle. Anyone who is doing diversity for do-goodism will fail.”

Diversity helps build highly effective performance teams. We can only accomplish our increasingly demanding missions if we form high-performance teams. That is what diversity is all about.

In future columns, I will cover different topics of diversity which are pertinent to our military, and why diversity is important to us as an organization.

Oregonians to celebrate 150 years of statehood

Event a chance for Guardsmen to shine

The conversations often go like this: “Sasquatch denial?” No. Sasquenential. “Some squid need denial?” NO. Sesquenential. “I give up.” It’s hard to pronounce, so let’s just call it Oregon’s 150th birthday for now. “It’s Oregon’s birthday?” Yes. Our great state will be 150 years old on Feb. 14 next year. “Oregon 150. Why didn’t you say so?”

If you hear about the sesqui…quiri-ski…ques-it’s even hard to type. So, let’s just call it Oregon’s 150 years of statehood – the sesquicentennial, just think of it as Oregon’s 150th birthday for now.

It’s hard to pronounce, so let’s just call it Oregon’s 150th birthday for now.

Maj. Michael S. Braibish, Stateside Editor, Oregon Military Department

You can then still enjoy every issue of the Oregon Sentinel online: www.oregon.gov/OMD/AGPA/publications.shtml

As always, your soldiers are making you proud. After 3 months, attitudes are as positive as day 1 and work ethics are even higher. We have found a true sense of accomplishment and are very proud of the work we have done thus far and excited to continue the repetition of the 150–23 companies and Army Fixed-Wing in Iraq. As ever, we look forward to reuniting with you and all are eager for that great day. Keep the lights on and the home fires burning.

I have attached some pictures. Take care and God Bless.

Maj. David R. Doran, Commander, A Company, 641 Aviation Regt. (CELTs) Oregon Army National Guard LSA Anaconda, Balad, Iraq

Army aviation unit half way through deployment, looks forward to homecoming

We are now at the midway point of this deployment and close to the midpoint for our time in Iraq. For most of us here, the time has gone by very quickly, thanks to our busy schedule.

We have begun preparations for our redeployment and anticipate that our deployment and close to the midpoint for our time in Iraq. For most of us here, the time has gone by very quickly, thanks to our busy schedule.

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### Oregon looks back at 150 years of statehood with tribute to state’s ‘first’ warriors

**Story by Warren Aney, Oregon Army National Guard Historian**

First Warriors

For thousands of years the people of what is now Oregon carried on a long tradition of conflict with the various tribes of the area. This tradition was based on a desire and need to protect family, community, territory and honor (and, in some cases, to acquire the goods of richer neighbors or to capture slaves).

There were many distinct cultures in this area. They called themselves Klamath, Paiute, Wasco, Umatilla, Walla Walla, Wasco, Walla, and many others. Their languages were unique to their area of conflict between the Great Basin Paiute and people of the Columbia Plateau.

Central Oregon veterans to benefit from new VA outpatient clinic

**Story by Bill Rautenstrauch, La Grande Observer**

Reprinted with permission

Several local contracting companies have stayed busy through this winter’s rain, sleet, hail and snow, braving it all to build the new VA outpatient clinic on 12th Street near Gekeler Lane.

It hasn’t been easy. There’s been plenty of stop and go.

“Leave it to me to try and do something like this in the winter,” developer Fred Bell said with a laugh.

Bell said some of the systems, including plumbing, heating, ventilation and cooling, and electrical, are complete or nearly so.

The walls are up, and there’s a covering over the top. But recent, persistent stormy weather has prevented crews from building the roof. That is causing a delay in other areas.

“We can’t do the sheetrock and insulation until we get the roof on,” said Bell. Earlier this year, the VA announced its plan to establish a community-based outpatient clinic to serve Northeast Oregon veterans. Currently, those enrolled in the VA system travel to the Jonathan M. Wainwright Memorial VA Medical Center in Walla Walla for care.

Following a series of meetings and public forums on health care access for veterans in Northeast Oregon, the VA announced it would establish a clinic in La Grande and issued a request for proposals for a building.

Bell proposed building the clinic on land he owns on 12th Street near Gekeler Lane, adjacent to the National Guard armory in the Blue Mountain Conference Center. He would lease the building to the VA.

The agency accepted his proposal. Construction began in late October.

Initially, the clinic will serve about 1,500 vets from the region. Clinic services will include primary health care, mental health, social services, laboratory and pharmacy, but not emergency care.

Local government leaders have touted the project not only because it will provide health care for veterans, but also because it will create an estimated 15 full-time, year-round jobs.

Jake Shaw, a public affairs officer at the Jonathan Wainwright VA hospital in Walla Walla, said immediate plans call for the hiring of eight people, with more to be added later.

“If we get enough patients enrolled, 15 employees is a good long-term estimate,” Shaw said.

He said the VA is already processing applications, including those for a medical nurse, a head technician, a psychiatrist, a social worker and either a medical doctor or a physician’s assistant. The VA said it is planning to add more staff as needed.

When the clinic opens, it will be able to provide primary care, mental health care, lab work and pharmacy services.

The entities are working out details for funding the $700,000 project. If all goes well, the clinic will be open for business in April.

“Wish the weather was better, but we’re progressing and we’ll get the job completed,” said Shaw.
Become an Oregon Army National Guard Officer!

Story by Capt. Jessica Dunn,
Oregon Army National Guard
Officer Recruiter

If you have what it takes to meet the challenge of becoming an Oregon Army National Guard officer, now is the time to act! Every year in March all major commissioning programs kick off!

Basic Officer eighteen month to three year commissioning program options include: Reserve Officer Training Corps (ROTC), Officer Candidate School (OCS), and Guard Officer Leadership Development (GOLD).

ROTC is taking applications for Guard Dedicated Scholarships, one to three year scholarship options, now at Oregon State University, Western, University of Oregon, and Portland State University.

The traditional first drill for OCS is March 15-16, 2008 in Monmouth, Ore. Accelerated OCS is an eight week program which is conducted twice yearly; January through March or June through August. There are three proceeding drills conducted prior to the course report date to ensure the candidate is given the tools to make them successful at the eight-week program in Fort McChinell, Ala.

First drill of the Summer Accelerated OCS is March 28-30, 2008 in Monmouth, Ore. Following drill dates are April 25-27 and May 16-18, with a report date of June 12 for the eight week program.

For more information, visit: http://al-gaurd.state.al.us/ocs.htm.

If you are interested in becoming a commissioned officer in a traditional or accelerated commissioning program, or have any questions about enrollment, contact Capt. Jessica Dunn at 541-602-2529, or via e-mail at jessica.dunn@or.ngb.army.mil.

Interests in Specialty Branch Commissioning Options include medical, attorney/Judge Advocate General, or the chaplain’s office. For more information, contact Capt. Amy Payton at 503-584-2290.

If you are interested in becoming a Warrant Officer contact Sgt. 1st Class Lenora Landwehr at 503-584 2886.

Basic Officer Commissioning Program Requirements:

- Age: Commission before age 42 (completed commissioning program and Federal Recognition Board by age 41). ROTC: not older than 38 at time of graduation, prior to age 30 for GRFD Scholarship eligibility.
- U.S. citizen (clean record; no or minor convictions)
- Passed physical fitness test within 12 months, with a score of 230-250
- Passed physical exam – Chapter 2 Commissioning Physical
- ASVAB GT Score of at least 110
- Completed Basic Training and Secret security clearance initiated
- 60 semester/90 quarter hours to enroll (can enroll earlier in ROTC)
- 90 Semester /135 quarter hours (Enroll into Accelerated OCS)
More people speaking out about suicide saves lives, experts say

Continued from FRONT PAGE

"I thought about it. I had to talk myself out of it," Silva said.

With professional help, Silva is dealing with the effects of combat stress which he developed after three tours overseas.

"When I came back from Iraq, I had Post Traumatic Stress Disorder," he said.

Silva enrolled in a program through the Department of Veterans Affairs which helps him cope with symptoms of PTSD.

Without treatment, Silva's story could have had a much different outcome. Many individuals with untreated PTSD end up taking their own lives.

Statistics show 30–70 percent of suicide victims suffer from major depression, post-traumatic stress disorder or bipolar depression.

"There is just a huge stigma out there that coming forward means you are not strong. And that is just not true," said Capt. Sharel Paradis, Assistant Deputy State Surgeon for the Oregon National Guard.

Silva said a lot of his problems are easier to overcome because more people are willing to talk.

"I got a lot of my problems coming back from Iraq have been solved because people have been speaking out," said Silva.

According to Oregon's 2005 Violent Death Report, younger military members seem to be at a greater risk for suicide.

"The reason remains unclear, though many researchers speculate it might be related to the experience of combat," Paradis said.

More people speaking out about suicide saves lives, experts say

Story by Sgt. Jasmine Chopra, 302nd Mobile Public Affairs Detachment

LSA ANACONDA, Iraq – Soldiers from the Oregon National Guard's 224th Engineer Company cleared an irrigation channel Jan. 9 for local Iraqis who use the channel for crop irrigation, said Sgt. Jeff Tomchak (left) as his spotter.

Silva enrolled in a program through the Oregon National Guard which helps him cope with symptoms of PTSD.

"When a National Guard Soldier comes home the best way I can describe it is taking a handful of Jacks and dropping them; they scatter," Paradis added.

Oregon is on the forefront of helping Soldiers who may be at risk of suicide. With an established Reintegration Team and a Medical Command focused on helping Soldiers with mental health issues, the Oregon National Guard is committed to doing everything it can to make sure personnel aren't overlooked.

"The military has been pushing really hard to destigmatize mental health," said Sordo of Portland VA Medical Center who works with veterans dealing with mental health issues.

"The military was being pushed really hard to destigmatize mental health," said Sordo. "The Oregon National Guard leadership keeps saying things like ‘you can talk down believes in making sure mental health is talked about and normalized,'" added Sordo.

In January, a number of Oregon National Guard Soldiers went through Applied Suicide Intervention Training (ASIST). The group of 30 Soldiers received training on suicide intervention.

"Every time you prevent an attempt you save someone’s life and give them another chance to live and give their families a chance to invest in them," Paradis said.

"Only 30 percent (of people) actually leave a suicide note. The rest of them just take their life. They are that deep in the hole," said Paradis.

A common misconception about suicide is that one would "know" if a loved one was suicidal. Many signs go unrecognized, experts say.

"There is helpful available. Members of the Oregon National Guard Reintegration Team are available 24 hours a day, and can help intervene on an attempt—something they have done more than a dozen times, according to team members. They can also help callers to any number of information and educational sources.

Other resources include the Department of Veterans Affairs suicide line, and the National Suicide Prevention hotline, which is staffed by trained crisis counselors. (Contact information for these groups is included at the end of this article).

"If you yourself needs assistance, or are aware of someone who does, contact the Oregon National Guard Reintegration Team at 1-888-688-2264, or call the VA Suicide Hotline at 1-888-273-8255.

For more information on suicide prevention, visit: www.afsp.org/index.

Oregon Engineers help Iraqi farmers

Story by Sgt. Jasmine Chopra, 302nd Mobile Public Affairs Detachment

Sgt. Devin Fields (right), an engineer with the Oregon Army National Guard's 224th Engineer Company, clears an irrigation channel Jan. 9 for local Iraqis who use the channel for crop irrigation, while Sgt. Jeff Tomchak (left) acts as his spotter.

According to Oregon's 2005 Violent Death Report, younger military members seem to be at a greater risk for suicide.

"A lot of my problems coming back from Iraq have been solved because people have been speaking out," said Silva.

According to experts, there are certain factors which put individuals at a higher risk for suicide. Those at risk may exhibit any of the following behaviors:

• Talking about wanting to hurt or kill oneself
• Previous suicide attempts, "mini-attempts"
• Development of suicidal plan
• Reckless behavior
• Explicit statements of suicidal ideation or feelings
• Verbal behavior that is ambiguous or indirect: "I'm going away on a very long trip," "You won't have to worry about me anymore."
• Isolation

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Source: American Foundation for Suicide Prevention

ATTENTION GUARD FAMILIES

Family Reintegration study

Are you a Guard member who has recently returned from the global war on terror? Or are you a family member of a Guard member who has recently returned from the global war on terror?

Join a study on Family Reintegration

Help us improve services for families who are dealing with issues related to post deployment.

All potential participants (18 years and older) are welcome. If you choose to take part in this research, you will be asked to participate in a focus group interview with a study investigator (if you prefer, you can elect to be interviewed in private). The interviews will last about one and one-half to two hours and you will be given a $20 gift certificate for your time.

For more information, please contact the research team at 503 494-7721 or famguard@ohsu.edu.

Principal investigator: Deborah Messer, R.N., Ph.D.

This research is sponsored by the Oregon Nursing Research Network, University of Oregon Health Sciences, University of Oregon's Clinical and Translational Research Institute, and the Oregon National Guard.

ODVA offering low interest home loans

SALEM, Ore. - The Oregon Department of Veterans' Affairs (ODVA) has announced they are currently offering home loan interest at 2.99 percent APR. By using the agency's ORVETS home loan program, qualified veterans may now get a fixed rate mortgage on a home. The Federal provi- de the interest from total pay to de- formed, and that helps you maximize the advantage of the program.

The new Basic Allowance for Housing (BAH) rates for 2008 have been released. Visit http://perdiem.hqda.pentagon.mil/ (BAH) rates for 2008 have been released. For more information, contact Sgt. 1st Class Timothy Vandervliet at 541-963- 4221, ext. 1531, or 541-660-6173.

MOAA offers $1,000 scholarships

The Military Officers Association of America is pleased to offer the Base/Post Tuition Assistance Scholarship for 2008. This MOAA program provides grants of $1,000 each to 25 dependent children of military personnel. MOAA's mission is to support military families by working closely with Family Support, PTSD, financial assistance, and other veterans' organizations. The MOAA Scholarship Program is part of MOAA's ongoing effort to assist young military and their families with the hope that military members and their dependents will take advantage of the program.

For more information and additional PDF documents about the program, visit www. mooa.org/scholarshipinfo or send questions to edassist@mooa.org.

Feds release new BAH rates

The new Basic Allowance for Housing (BAH) rates for 2008 have been released. Visit http://perdiem.hqda.pentagon.mil/ perdiem/bah.html to see the new rates.

To get your BAH rate, type the BASE ZIP Code in the ZIP Code box and choose your pay area. Then select your.com how much they’re eligible to subtract from their taxable income. Fortunately, said Pond, troops can do this in a few ways. First, you can compare copies of your Leave and Earnings Statements to your ac- tual income and subtract the amount of pay received,” said Pond. “Your orders will also tell you where the duty was per- formed, and you may be able to use the tax paperwork to figure out what they can subtract.

The Defense Finance and Accounting Service no longer separates active duty pay from pay on the W-2, so it’s up to Guardsmen to subtract all active duty pay earned overseas.

Pond noted that military pay personnel can assist troops with obtaining the BAH rates. The pay rates pro- cess is not tax experts.

For specific tax advice people need to contact a tax professional, not the military pay offices” Pond said. Information is also available on the Oregon Department of Revenue’s website www.oregon.gov/DFOR/ PERTAX/docs/101-657.pdf

Guardians eligible for hunting, fishing li- cense reimbursement

House Bill 1594, Sec. 11, passed in the 2005 Legislature, authorizes active duty, Guard and Reserve members of the military who live in or visit Oregon to receive license reimbursement for the cost of their Resident Hunting and Angling License.

Reimbursement, mem- bers must furnish a photocopy of the license and valid military ID to any Local National Guard recruiting station, who will enter the reimbursement form and forward it to the AGC Office of the Oregon Military Department.

You may also forward your photocop- ies and request for reimbursement to them please call P.O. Box 14350, Salem, Ore. 97309-5047.

Lincoln Marathon accepting runners

If you are interested in participating in the 2008 Lincoln Marathon, the National Guard is holding a workshop, May 2-5 in Lincoln, NE. The workshop times for the marathon must be equal to or faster than the qualifying times listed below. Veterans who qualify must also provide a signed form required to furnish proof of qualification. Open category (men under 40), mile pace: 6 minutes and 50 seconds per mile; time: 2:13:24; 5K: 18:45; 10K: 42 minutes, 30 minutes; marathon completion time: 3:19.

Qualifying times must be within 18 months prior to the 2008 Lincoln/National Guard Marathon.

Slots are limited and runners will be se- lected based on confirmed times. The final team roster will be submitted to the National Guard Bureau by April 10, 2008.

For more information, contact Sgt. 1st Class Timothy Vandervliet at 541-963-4221, ext. 1531, or 541-660-6173.

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You may also forward your photocop- ies and request for reimbursement to them please call P.O. Box 14350, Salem, Ore. 97309-5047.

Lincoln Marathon accepting runners

If you are interested in participating in the 2008 Lincoln Marathon, the National Guard is holding a workshop, May 2-5 in Lincoln, NE. The workshop times for the marathon must be equal to or faster than the qualifying times listed below. Veterans who qualify must also provide a signed form required to furnish proof of qualification. Open category (men under 40), mile pace: 6 minutes and 50 seconds per mile; time: 2:13:24; 5K: 18:45; 10K: 42 minutes, 30 minutes; marathon completion time: 3:19.

Qualifying times must be within 18 months prior to the 2008 Lincoln/National Guard Marathon.

Slots are limited and runners will be se- lected based on confirmed times. The final team roster will be submitted to the National Guard Bureau by April 10, 2008.

For more information, contact Sgt. 1st Class Timothy Vandervliet at 541-963-4221, ext. 1531, or 541-660-6173.

MOAA offers $1,000 scholarships

The Military Officers Association of America is pleased to offer the Base/Post Tuition Assistance Scholarship for 2008. This MOAA program provides grants of $1,000 each to 25 dependent children of military personnel. MOAA's mission is to support military families by working closely with Family Support, PTSD, financial assistance, and other veterans' organizations. The MOAA Scholarship Program is part of MOAA's ongoing effort to assist young military and their families with the hope that military members and their dependents will take advantage of the program.

For more information and additional PDF documents about the program, visit www. mooa.org/scholarshipinfo or send questions to edassist@mooa.org.
Oregon Guard honors state’s fallen veterans

Members of the Oregon National Guard Funerals Honors Team conduct a flag-folding ceremony during the “Mass Funeral Honors” event held at the Oregon National Guard base in Salem.

Story and photo by Tech. Sgt. Nick Chey, Oregon Military Department

SALEM, Ore. — The Oregon National Guard hosted a ceremony to pay respects to a number of veterans at the Salem Armory in Salem, Ore., on Feb. 6, 2008.

The Oregon National Guard Military Funeral Honors Team joined representatives from Veterans of Foreign Wars, the Oregon Department of Veterans Affairs, and leaders of the Oregon National Guard for the 30-minute, indoor ceremony.

The event was the first of several “mass-honors” ceremonies planned throughout Oregon to honor veterans who may have not received a full-military honors funeral at the time of their interments. Today’s ceremony in Salem honored 35 individuals, who were members of various branches of the military, including the U.S. Coast Guard, and Oregon National Guard.

The Salem event was attended by Brig. Gen. Charles Yrきた, Commandant of the 82 Brigade Troop Command, Oregon Army National Guard Chaplain, John Dinmore, 20 members of the Veterans of Foreign Wars, Post 3965 and Jim Willis, Director of the Oregon Department of Veterans Affairs.

Willis said the ceremonies are important because they not only honor the service and sacrifice of the military member, but also help bring closure to the families.

“This really says, especially to their families, to remember how long since the member’s passing, that they are not forgotten by their country and their fellow service members,” Willis said.

Future events will continue throughout the state in order to honor those who, for whatever reason, did not receive military honors at the time of their funeral, he added.

Willis explained that the idea for the ceremonies came as a result of increasing conversations family members had with Soldiers at the Oregon National Guard Funeral Honors Team.

“Geographically around the state we’re reaching out to people in all military branches, and letting them know how much we appreciate the service and sacrifice of their loved ones,” Willis said.

The Patriot Guard Riders, an organization which provides support and funeral escort duties for service members—many of whom are military veterans themselves—ranged the auditorium, holding American flags.

Member Dennis Reynolds, served three tours in Vietnam in the Marine Corps, said it’s gratifying to him to support military members, and being at the event was an honor.

“A lot of us are veterans, and we feel like others who have served our country deserve our respect,” Reynolds said. “This is our way to showing that respect.”

Authorization bill funds DoD, improves National Guard stature

Story compiled from DoD and NGAUS news services


“The act authorizes funding for the defense of the United States and its interests abroad, for military construction and for national security-related energy programs,” Bush stated.

Though the fiscal year began in October, delays and extensive debate in the House of Representatives and the Senate kept the bill from the President’s desk. In signing the NDAA, the President ended the uncertainty of the resolution authority and made the $696 billion budget.

Key provisions of the NDAA include a 3.5 percent pay raise for service members. There are also provisions in the act which describe the Wounded Warrior Assistance Act, which improves support for wounded troops and their families, including providing increased treatment closer to home rather than at the base from which the servicemember deployed.

The NDAA lowers the eligibility age for retirement by three months for each 90 days a Guard member serves on certain types of active duty. The active duty must be served after the NDAA was enacted, and eligibility can be reduced below 50 years of age.

In addition to funding the DoD, the NDAA heralded significant changes that raise the stature of the National Guard, many of which were introduced in the National Guard Empowerment Act of 2007.

Among the changes, the law increases the NGB chief to four-star general while formally making the position a principle advisor to the defense secretary. It also requires that a Guard officer be assigned as the deputy commanding general of U.S. Northern Command.

It also raises NGB from a joint board within the departments of the Army and Air Force to a joint activity in the Defense Department. “This law is historic,” said Maj. Gen. R. Martin Umbarger, chairman of the board for the National Guard Association of the U.S. “It sets in motion urgently needed reforms that will bolster the Guard’s ability to accomplish its mission, both here at home and abroad. Our over 455,000 soldiers and airmen—and those who will follow them—all benefit from this for years to come.”

Other key provisions favoring the National Guard include:

- Repeal of language in the Insurrection Act language that reduced state authority over the Guard in emergencies and disasters.
- A bipartisan council of governors advises the secretary of defense, the Department of Homeland Security and others on National Guard matters.
- The Chairman of the Joint Chiefs of Staff determines the feasibility of increasing the number of U.S. Northern Command reserve component members.
- It also obligates the defense secretary, in conjunction with the Department of Homeland Security, to identify and fund what the Guard needs to respond to a wide range of domestic emergencies, from natural disasters to terrorism.

Though the NDAA brought dramatic changes, a Congressionally authorized Committee on the National Guard and Reserve recently released a report based on nearly two years of studying Guard and Reserve issues. The CNGR report acknowledged the role of the National Guard as an operational reserve of the active duty and called for nearly 100 more reforms to improve how the DoD and Reserve components cooperate and support troops.

Oregon Airmen help rebuild in New Orleans

In January, members of the Oregon Air National Guard’s 123rd Weather Flight helped rebuild a city destroyed by Mother Nature.

It’s been more than two years since Hurricane Katrina devastated the Gulf Region, and yet the city of New Orleans is still recovering.

More than 75 Air Force meteorologists from all around the country descended upon Gulfport, Miss., to participate in a weather conference devoted to charting the course for weather support to the National Guard.

In a related event, more than 2,000 civilian meteorologists and weather enthusiasts converged on the city of New Orleans to attend the American Meteorological Society’s Annual Meeting.

For one day during the conference, several Guard members including several Oregon Airmen from the 123rd Weather Flight, and dozens of other civilian weathermen, joined forces to help Habitat for Humanity build houses in one of the hardest hit areas of New Orleans.

The “Musician’s Village” was started in December 2005 by New Orleans musicians Branford Marsalis and Harry Connick, Jr. The goal is to build 72 homes that will help qualified area musicians who lost their homes during the hurricane.

Teams cooperated to clean up construction debris, paint, and literally raise the roof on two of the homes that were previously begun by earlier volunteers.

Senior Master Sgt. Norm Olson took charge of his team using his extensive construction experience from previous jobs to help erect the structures that will become the roof for one very grateful New Orleans family.

“It was very overcast and after I felt like we’re making a meaningful contribution to others lives,” Olson said.

For more information about recovery efforts or to donate or volunteer, visit www.habitat-nola.org/