Portland, Ore. — The partnership between the Oregon National Guard and Bangladesh is an opportunity to develop a relationship that will benefit both entities in the long run, the chief of the National Guard Bureau, said today.

“This will be an enduring partnership for developing security, prosperity and the rule of law and democracy in the region,” Gen. Craig R. McKinley told an audience at the State Partnership Program Workshop. “This is vitally important.”

The Oregon Guard hosted military and civilian leaders from Bangladesh during a workshop held March 8-11. It was designed to foster mutual interests and establish long-term relationships between individual states and territories, National Guard units and foreign countries.

Some of the topics covered during the workshop were airport and maritime port security, higher education and the rule of law and democracy in the region,” Moriarty added.

Lt. Col. Lance Englert, commander of the 102 Civil Support Team of the Oregon National Guard, left, briefs Bangladeshi Maj. Gen. Abdul Wadud, principle staff officer for the Armed Forces Division of Bangladesh, on the capabilities and mission of his unit, outside the Anderson Readiness Center, in Salem, Ore., March 7, 2010 as Maj. Gen. Raymond F. Rees, the adjutant general of the Oregon Guard, right, looks on. Members of the Bangladesh military visited the Anderson Readiness Center and the Oregon Military Department prior to the kick off of the State Partnership Program, March 8-10, in Portland, Ore.

Some of the topics covered during the workshop were airport and maritime port security, higher education and business opportunities.

James F. Moriarty, the U.S. ambassador to Bangladesh, said the State Partnership Program creates a broad synergy between the National Guard and individual countries.

“This partnership brings a tremendous amount of skills to bilateral relationships,” he said. “And the National Guard represents the broadest skill set you can imagine.”

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

Chief: Oregon, Bangladesh partnership “vital”

Oregon National Guard, worked to remove any IEDs on Route “Cowboys,” in Garmisir District, Helmand province, Afghanistan, Feb. 14-16. Route “Cowboys” is a road that runs from north to south inside of 2nd Battalion, 2nd Marine Regiment’s area of operation. It has been known for a multitude of roadside bombs, making it an unsafe road to travel.

Normally, a route clearance platoon from 2nd Combat Engineer Battalion would do the job. However, with Operation Moshtarak in full swing the 162 Engineer Company was brought in to take their place from their normal area of operations near Kandahar Air Base.

For three days the soldiers moved at a pace of six to seven kilometers a day, meticulously checking for any indicators for IEDs or unexploded ordnance. They started at Patrol Base Amir, cleared all the way to the town of Laki and then all the way back to Combat Outpost Sher, covering approximately 19 kilometers of road over their three-day operation.

“We go so slow because we’re interrogating anything that looks suspicious,” said Sgt. Robert B. Bertilson, a squad leader with 162 Engineer Company.

The trip through Route “Cowboys” turned up one IED found by Fox Company, while providence engineer team would do the job.

Soldiers crept down the road allowing their spooky electronics to do the work.

Lt. Col. Lance Englert, commander of the 102 Civil Support Team of the Oregon National Guard, left, briefs Bangladeshi Maj. Gen. Abdul Wadud, principle staff officer for the Armed Forces Division of Bangladesh, on the capabilities and mission of his unit, outside the Anderson Readiness Center, in Salem, Ore., March 7, 2010 as Maj. Gen. Raymond F. Rees, the adjutant general of the Oregon Guard, right, looks on. Members of the Bangladesh military visited the Anderson Readiness Center and the Oregon Military Department prior to the kick off of the State Partnership Program, March 8-10, in Portland, Ore.

In the areas of community policing, sea port and airport security, members of the Oregon Guard will be able to assist their Bangladeshi counterparts as the country develops.

“Bangladesh is a rapidly growing country that believes in democracy and wants to play a positive, stabilizing role in a critical area of Asia,” Moriarty added.

Story and photo by Lance Cpl. Dwight Henderson Regimental Combat Team-7, 1st Marine Division Public Affairs:

Oregon soldiers provide route clearance in Afghanistan

Oregon National Guard, worked to remove any IEDs on Route “Cowboys,” in Garmisir District, Helmand province, Afghanistan, Feb. 14-16. Route “Cowboys” is a road that runs from north to south inside of 2nd Battalion, 2nd Marine Regiment’s area of operation. It has been known for a multitude of roadside bombs, making it an unsafe road to travel.

See BANGLADESH on PAGE 5
At the ORNGA conference, Col. Dan Homan, commander of the 41 Infantry Brigade Combat Team, spoke to the assembly via videoconference from Iraq. He outlined some of the great things our deployed soldiers are accomplishing in Iraq, and provided an interesting perspective of lessons learned. His presentation highlighted the success of the soldiers and their unique ability to adapt and perform, no matter what the circumstances. The recent free and democratic elections held in Iraq highlight the significance of the achievements and successes of the 41 IBCT.

In less than a month, we will celebrate the return of these 3,000 proud Oregon soldiers. As they transition back into Oregon, we will adjust to families, friends, civilian employment, and communities, remember to not only congratulate them for their sacrifice. We look forward to their return—they deserve a hearty, job well done.

As the soldiers of the 41 IBCT return to Oregon, those of the 162 Engineer Battalion continue their mission of route clearance in Afghanistan. In June, Bravo Co., 1-186 Aviation in Pendleton is scheduled for deployment to Afghanistan. In December, HHC and Alpha Co., 1249 Engineers will begin their year in Afghanistan. Ten Guard units from Georgia, Oregon, Nebraska and Mississippi.

Airmen at the 142nd Fighter Wing in Portland face a challenging year with the continued upgrade of F-15 C & D models to the Golden Eagles, while the 173 Fighter Wing in Klamath Falls postures to become the only F-15 training facility in the nation. Your continued efforts keep Oregon and our nation safe.

I spoke at the ORNGA Conference about our slogan, “Always Ready. Learn it. Live it.” I am amazed at our accomplishments. Our soldiers and airmen are the ones who make this possible. This slogan is on a bumper sticker. It is our job. It’s what we do. Whether you put on a green uniform or a business suit, your efforts and sacrifices will be recognized by your peers, your command, and countless others around the world.

I also held the offices in the Oregon Military Guard who attended the conference; I can’t look every soldier and airman in the eye and thank them for a job well done. So I encourage each of you—if you're a commander, deputy commander, supervisor or NCO—tell your people how good they are and how good they can be. Continue to take care of your responsibilities and each other. Your concern to get the job done, whether it’s in mobilizing for support in global operations or helping your fellow soldier and airman complete a routine task, is getting it done. This is what makes us truly the greatest organization in the world! Remember its not a bumper sticker for you. As always. Ready Always! There!

Raymond F. Rees

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**Leadership: a good description of ORNG Warrant Officers**

The Officer and Warrant Officer Training Workshop held in Newport, Oregon was a huge success. It surpassed all our expectations. A total of 37 potential state warrant officers attended the warrant officer sessions.

The quality of those motivated soldiers who have embarked upon warrant officer careers is remarkable. They have successfully completed the candidate course, WOBC. Retired CW5 Jim Powell Landwehr is currently attending candidate course.大街上 CW5 Tom Hanrahan awaits his turn.

We are filling the ranks especially with the most able candidates who are able to fill the high-level positions. Proposals to fill these positions for Oregon's Guard and Reserve position are currently under consideration.

We are very proud of our Warrant Officers. We will continue to support our Warrant Officers. We are working hard to ensure that all Oregon's Warrant Officers receive the support and feedback that they need.

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OMD receives environmental award for Withycombe cleanup

Story by Kim Lippert,
Oregon Military Dept. Public Affairs

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.

“Jim Arnold was very dedicated to having the Oregon National Guard recognized by receiving this award,” said Jim Arnold, who oversaw the project for the Oregon National Guard.

Camp Withycombe is the site of the Oregon Army National Guard’s largest restoration project, involving the remediation of six former small arms training restoration project, involving the reme- diation of six former small arms training areas. The project was completed in a cost efficient and responsive manner.

“This award recognizes successes 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 Environment, Safety and Occupational Health.

Arnold. “It was hugely successful.”

He added that there were 30,000 tons of hazardous waste soil and they were able to successfully treat 99.9 percent of it, 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 Environment, Safety and Occupational Health.

Governor, OR Vets head to Vancouver Paralympic games

Commentary by Amy Keiter,
Office of the Governor

Pacific Coast Partnerships

VANCOUVER, B.C. -- Back about a year and a half ago, upon his return from a trade mission to British Columbia, Governor Kulongoski asked me to connect Oregon to the Vancouver 2010 Olympic Games. Then, looking over the rims of his glasses and wagging his finger at me, he added, “And don’t forget about the Paralympic Games. I want you to do something meaningful with the Paralympics.”

The Paralympics were originally created 50 years ago in England as “parallel Olympics” for disabled veterans returning from World War II. Today they run immediately after every Olympic Games, and are open to disabled athletes from around the world.

With that very broad (un- funded) mandate, I set out to come up with a meaningful idea.

“What if?”, I thought, “we could bring some of Oregon’s disabled veterans to the Paralympics to inspire them by showing them how people with similar disabilities were competing at the high- est levels of sport?” It seemed simple: raise some money, find some vets, and go.

It was NOT simple, but that’s what the “Get a Vet in the Game” committee did: we raised more than $100,000 and brought 30 veterans, each with a companion to the Paralympic Games two weeks ago in Vancouver.

Imagine my surprise when I learned that the governor turned down the opportunity to attend the Olympics with all the big- wigs, and instead opted to take the seven-hour bus ride with my delegation to the Paralympics.

“For every ounce of courage you find in Olymp- ic athletes – you find twice that in Paralympic athletes, and that’s why I wanted to bring a delega- tion of disabled veterans to the Paralympic Games,” said the governor.

The many, many months of de- tailed and complex planning paid off: our delegation was expedited through the Canadian border, and were honored at a “Three Nation Dinner” that included veterans from Canada and Great Britain, as well as our group of U.S. veterans. (Incidentally, as far as we know, Oregon was the only state to have organized such an effort.)

In addition to Governor Kulongoski, the dinner was also attended by the U.S. Ambas- sador to Canada, the Minister of Defense of Canada, the head of the Vancouver Olympic Organiz- ing Committee, the Premier of British Columbia, the head coach of the Canadian Olympic hockey team, and more rear admirals and brigadier generals than you could shake a stick at.

After dinner, the vets were invited onto the ice to try “sledge hockey” -- the Paralympic ver- sion of ice hockey. And yes, the Governor was on the ice too, on a sledge, playing goalie. That evening was the highlight for many on the trip – the experi- ence, the hilarity, the bonding that took place had all 60 of us grinning from ear to ear.

The next morning, we all turned out (in the rain) to support one of our own: Luke Wilson, of Hermiston. Luke lost a leg in Iraq, and was honored to be a torchbearer in the Paralympic Torch Relay. The Governor was also there to high-five Luke as he proudly received the torch from a Canadian (double amputee) vet and passed it to a British comrade.

That night was the Opening Ceremonies of the Paralympic Games, and we were all there to cheer wildly as more than 500 athletes from 44 nations paraded in, followed by a spectacular show with amazing audience participation.

We were all completely ex- hausted by the time we got back to the hotel for a pizza party. But we were up early the next morn- ing to attend the first match of the sledge hockey competition, rooting for Canada as they shut out Italy, 4-0.

Since the delegation had ex- perienced firsthand how difficult the sport is, they’d become rabid fans of the game.

On our way home, we were hosted to a lunch by the Royal Canadian Legion, with a re- memberance ceremony for fallen soldiers, and then we re-boarded the buses for a quick dash across the border and the long ride back to Portland.

This mission was a wild suc- cess. I know because the vets have been hounding me to plan a similar trip for the London 2012 Paralympic Games. And I also know it was a success because it truly has had an impact on the vets. One of “my” guys spoke softly to me in the hotel lobby. A victim of an improvised explosive device, he has been in constant pain. “I haven’t smiled in three years,” he said with a small, but real, grin. He told me that the trip made him realize that he needed to get out of his box. “I loved being around all these people who understand what I’ve been through without having to talk about the war.”

Then he gave me a bracelet made of parachute cord that he got in Iraq.

The vets are already asking me to organize another trip–so the London 2012 Paralympics Games. And I’m tempted to say yes.
Drag race car honors Oregon’s fallen soldiers

CAMP ADDER, Iraq -- Some soldiers from the 41st Infantry Briga-
dade Combat Team of the Oregon National Guard asked, “how can we help Iraqi children affected by violence in Baghdad?”

It started with that question and then quickly turned into action. From private citizens, church or-
ganizations and deployed soldiers, the desire to help was directed to the Noha Al-Agha, the Head of Nuns Organization for Humani-
tarian and Cultural Assistance in Baghdad.

Members of the Klamath Falls, Ore., based Charlie Troop, 1-82 Cavalry Squadron, and Bend, Ore., based Headquarters, Headquarters Troop, 1-82 Cavalry Squadron, assigned to Task Force Stetson of 41 BCT coordinated with Noha to deliver much needed school supplies.

The troops collected boxes sent from various private citizens and organiza-
tions in the U.S. to include St. Paul’s Episcopal Church in The Dalles, Ore., and the Joseph Finegan Elementary School in Atlantic Beach, Fla.

Capt. Amy McIlvenna, of Hood River, Ore., helped coordinate the efforts through her church members at St. Paul’s Church in The Dalles, who fo-
cused on sending much needed school supplies.

Charlie Troop, 1-82 Cavalry mem-
ber, Spc. Patrick Taylor, of Fort Worth, Texas, coordinated with two young students from the Joseph Finegan Elementary School, who sent five large boxes of toys.

Fifth grader Robert White, and his sister Taylor Mae White, who is in first grade, drew up the flyers and went on the school TV to promote the Toy Drive.

Taking into consideration the cur-
rent security environment, the soldiers decided to deliver the supplies to Noha outside the United States Embassy rather than risk the orphanage turning into a target for insurgents.

“We truly appreciate your hard ef-
forts of helping the Iraqi children and orphans” said Noha upon seeing the canv troops transferring the supplies.

Warm smiles were the order of the day as soldiers posed for pictures with Noah and her co-worker, Shiihaab Jameel.

Drag race car honors Oregon’s fallen soldiers

Story and photo by
1st Sgt. Gavin McIlvenna, 41st Infantry Brigade Combat Team

CAMP LEATHERNECK, Afghanistan -- A soldier of Oregon Army National Guard, 1-62 Engineer Company, attached with 2nd Combat Engineer Battalion of U.S. Marine Corps, rests in his Mine Resistant Ambush Protected (MRAP) armored vehicle before going for a route clearance mission at Camp Leatherneck in Helmand province, southern Afghanistan, March 5, 2010. (Photo courtesy REUTERS, taken by Shamil Zhumatov)

CAMP LEATHERNECK, Afghanistan -- A soldier of Oregon Army National Guard, 1-62 Engineer Company, attached with 2nd Combat Engineer Battalion of U.S. Marine Corps, rests in his Mine Resistant Ambush Protected (MRAP) armored vehicle before going for a route clearance mission at Camp Leatherneck in Helmand province, southern Afghanistan, March 5, 2010. (Photo courtesy REUTERS, taken by Shamil Zhumatov)

SALEM, Ore. -- What started out as a discussion among co-workers at the lunch table turned into a realization for Oregon Army National Guard Sgt. 1st Class Michael Vickers, a platoon sergeant with 3670th Maintenance Company. With donated parts, time and equipment, Vickers and his team created Guardian Racing Inc., a private racing company built to honor all of Oregon’s fallen service members.

The car, a 1994 Chevrolet Camaro drag race car, was independently built to honor the men, and women who have made the ultimate sacrifice from Oregon during Op-
eration Iraqi Freedom, Operation Enduring Freedom, and Noble Eagle.

The hood of the car currently displays the names of the fallen soldiers from the State of Oregon. It includes the Branches of ORANG, USAF, Army USAF, USMC, the Navy, and the Coastguard.

There are currently 120 names on the hood of the car.

To find out more about Guardian Racing, visit the independent racing team’s website at: www.guardianracing.com

Civilian skills prove useful in Iraq convoy route clearance

CAMP ADDER, Iraq -- An Oregon National Guard member, who is a line-haul driver for FedEx in his civilian job, is help-

ing improve the convoy routes for military logistics in Iraq.

“I was asked to assist in developing new routes for soldiers in order to make their job more efficient,” said Army Sgt. Maj. Ted Carlson, the brigade operations sergeant major for the Oregon National Guard’s 41st Infantry Brigade Combat Team.

Col. Dan Hokanson, the 41 BCT comman-
der, asked Carlson to be a part of a 13th Sustainment Command (Expeditionary) commis-

sion to restructure the convoy escort mission for the entire theater of Iraq.

“I was looking at the route system back in September and thought it didn’t make any sense,” said Hokanson. “I asked Sgt. Maj. Carlson what FedEx would do to deliver pack-
ages here and to implement that plan into a proposal to send to the 13th ESC.”

Carlson, who has 17 years of experience driving long routes at his civilian job, trav-

ed to different bases throughout Iraq and examined their dispatch system for convoy missions, as well as the specific routes each unit was using.

Carlson also examined the current route structure and determined that doing it the Fed Ex way would be the most efficient course of action. Units in each area will only travel in a small hub and use a relay system to get equip-
ment and supplies to their destinations.

“Adding more route loops will allow soldiers to become experts in their local areas,” Carl-
son said. “They will know every pothole in the road, and it will be easier to detect changes and hazards.”

Carlson explained that since the biggest mission in Iraq today is convoy escort, streamlining the routes will pave the way for the drawdown of troops, as there will be less people needed to do the work.

“Changing the transportation structure to a civilian-based system also will benefit the Iraqis after we are gone,” he said. “Whether they know it or not, soldiers are training the local national drivers during every single mission on how to run a transportation company.”

Having smaller route hubs also allows soldiers to tailor their equipment sets, memo-

rize the medevac call signs and frequencies for their area, and have more consistency in their missions.

“Feb. 4 was the first trial run,” Carlson said. “We probably won’t see this come to full frui-
tion until this summer, so the unit that replaces us has to get familiar with those of us that are leaving should benefit from the work we put into this plan.”

“Carlson’s expertise is unmatched, and we needed his vision to improve how we oper-
ate,” Hokanson said.

Carlson said he was happy to use his civil-
ian skills during his Iraq deployment.

“This is what makes the National Guard special,” he said. “Our civilian job expertise can help make the Army better.”
ideas, which easily translate into action at later stages,” he said. “From that point of view, I consider this meeting vitally important.”

Oregon Gov. Ted Kulongoski, who met with both ambassadors during the workshop, said there are many benefits to the partnership with Bangladesh.

“This partnership strengthens our economies, secures our democratic institutions, and most importantly, it uplifts our own humanity,” he said.

Brig. Gen. Bruce Prunk, the commander of the Oregon Air National Guard, said while the entire State Partnership Program is unique to the National Guard, it also involves the Department of Defense and the State Department.

“This hand-in-glove solution is important to nation building,” he said. “This is a long-term, non-military solution, and I think that’s how we’re going to make inroads in the global war on terrorism.”

Maj. Dan Schilling, director of Oregon’s State Partnership Program, said the Oregon Guard is very proud of this partnership with Bangladesh.

In spite of different languages and cultures, Schilling said Oregon and Bangladeshi have a lot in common.

“We have a strong desire to improve things around us, and a strong independent streak,” he said. “Anything we can do to assist them in their journey toward an increase in democracy and prosperity is an honor.”

Working with the U.S. Agency for International Development or USAID and various business partners utilizing innovative funding streams such as “micro-financing,” and the desire to curb radicalism of any form, Bangladeshi people have laid a very solid foundation toward reaching their goals, Schilling said. “This is very empowering and heartening.”

Schilling said another important component of the partnership involves an understanding of each others’ cultures.

During the workshop, there was ample opportunity for the visitors to take in the sights and around Portland, in addition to local culture and cuisine. The Bangladeshi group also took in an NBA basketball game between the Portland Trailblazers and the Sacramento Kings at the Rose Garden in Portland.

Maj. Gen. Raymond F. Rees, the adjutant general of the Oregon Guard, took Bangladeshi military members on a tour of Oregon’s military facilities, including: the Oregon Military Department, Ander- son Readiness Center and Army Aviation Support Facility in Salem; the Portland Air National Guard Base, and Kingsley Field in Klamath Falls, Ore., prior to the workshop.

The group also met with directors and staff at the Port of Portland, Portland International Airport, and Portland State University. Event organizers say the tours allowed the visitors to get a good grasp of Oregon’s military facilities, including: the Oregon Military Department, Ander- son Readiness Center and Army Aviation Support Facility in Salem; the Portland Air National Guard Base, and Kingsley Field in Klamath Falls, Ore., prior to the workshop.

Connecting with soldiers across Iraq

Story courtesy, 13th Sustainment Command (Expeditionary)

CAMP KOREAN VILLAGE, Iraq – 41 Infantry Brigade Combat Team Commander Col. Daniel Hoxkanson of Keizer, Ore., made his way across Iraq in February to brief soldiers of their upcoming redeployment events and issues.

Making stops at Tallil, Victory Base Complex, Liberty Base, Al Asad, Camp Korean Village and Scania, where the 41st soldiers are located, Col. Hoxkanson discussed what to expect from now until the welcome-home celebration.

His key points included getting through the hand-off of the 41st mission to Louisiana’s 256th Infantry Brigade Combat Team including the relief-in-place/transfer of authority, taking care to help those taking over the mission be successful, and continuing safety precautions.

“It was good, valuable information about benefits, the demobilization process and timeline,” said Sgt. Benjamin Standley, of Portland, Ore., and Charlie Co. 1, 186, 41 Infantry Brigade Combat Team’s security force.

He mentioned schools that were being offered for the soldiers like Warrior Leader Course, what to expect 30, 60, 90 days after arriving home and attending Yellow Ribbon Program Seminars. With five companies from other states scheduled to be in the area, Hoxkanson addressed issues that affected all companies such as drill dates, transition issues, employment and the situation with deployment extensions.

“It helped with the benefits and to know who to talk to for the benefits,” said Cpl. Ramon Bearer of Detroit, Mich., and security force team leader with Charlie Co. 1-186.

The 41 BCT will greet the 256th this month in preparation for the transfer of authority.

CONTINUED FROM FRONT PAGE

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

Kettle Chips began donating chips to members of the 162 Engineer Company with the first shipment leaving the Salem-based manufacturing plant, Feb. 3.

The first of the planned shipments has received a welcome reception at from 162nd soldiers.

Those guys are out 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, so we spend a lot of time giving back to our community and this is part of it,” he said.

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Exercise puts Oregon's Civil Support Team to the Test

Story and photos by Sgt. Eric A. Rutherford, Oregon Military Department Public Affairs Office

SILVERTON, Ore. — Gunshots rang out and screams echoed through the halls of the local high school.

One student lay bleeding on the floor, while others cowered behind seats in the auditorium where moments earlier, several high school seniors had been preparing for an assembly on the morning of March 10.

The seniors unknowingly stumbled upon “Cory,” a drop-out plotting revenge on his classmates. When confronted, Cory became enraged and opened fire before hurling a glass jar filled with liquid at the students, filling the room with an overwhelming vapor.

This nightmare scenario might conjure up memories of other violent, real-world incidents, but for the Silverton High School drama department, local responders, and the Oregon National Guard’s 102 Civil Support Team, it was part of a joint exercise aimed at certifying Oregon’s CST — fully functional and operational.

“We evaluate the team every 18 months,” said Todd Chance, an exercise specialist with U.S. Army North (ARNOTH). “It is required by National Guard Bureau and Congress. During the evaluation we do all of our military training protocols to ensure that they can perform whenever they go into an environment that requires a technically correct response.

As part of the evaluation, students from the Silverton High School drama club acted as the “victims.” Silverton Police officers, Silverton Fire Department, Woodburn Ambulance, Oregon State Police, North Marion County Communications 9-1-1 Dispatch Center, and Silverton Hospital Network all participated in the training evaluation, to make the scenario more realistic.

“We are called the civil support team because that is exactly what we do,” said Capt. Gregory Ramirez, the medical operations officer for the CST. “We work with civil authorities to help support the intent of the incident commander.”

The Incident Commander has a set of objectives to meet and we have the resources to help meet those needs, he added.

Some of those needs might be to identify a substance or use their reach-back capabilities to bring on additional resources, should the team need them, said Ramirez.

In the scenario the group of seniors, injured and suffering from respiratory problems, fled the building to find Silverton Police officers who sized up the situation and realized they needed additional assistance. This is when the 102 Civil Support Team was requested.

“They never go in cold,” said Conrad Striegler, Team Chief and evaluator from U.S. Army North. “We do pre-training leading up to this. It should be like another day at the office for them if we do our job right.”

Rick Lewis, Silverton Chief of Police, acted as incident commander during the exercise. He coordinated with Lt. Col. Lance Englet, Commander of the 102 Civil Support Team to determine what actions they should take and how best to work with responders and the teams assets.

“As soon as they got on site, they interfaced with Incident Command and let them know what their capabilities are,” said Chance, who traveled from Fort Sam Houston in San Antonio, Texas, to evaluate the team.

The advance party arrived and staged their vehicles in the incident command site and began unloading and set-up their equipment. Team members conducted a perimeter survey using detection equipment to determine the area affected by Cory’s attack. Once the initial survey was complete, the rest of the CST arrived, bringing their mobile laboratory, communications equipment, and de-contamination gear.

Chance said the teams can train in sterile environments only so much. The CST needs to be able to train in actual environments to get the most out of the scenario.

“No we have put it into a realistic scenario where the taxpayer gets their money,” Chance said. “They can see these guys responding to an ‘if-this-were-to-happen-for-real’ event.”

The team set up the medical tent, decontamination site, communications equipment and survey gear as though it was a real scenario.

“We train for this,” said Lt. Col. Lance Englet, Commander of the 102 CST. “The training reflects different environments that we could face — a school, a house, a garage, an unknown chemical or device that is exploding. This isn’t a scenario that is made up. This is something that is based on [the National Guard’s 102 Civil Support Team] real-world responses and real world problems that this team has been on.”

Once the set up and briefing had taken place, the survey team suited up and went into the site to take samples and evaluate the scene. With detection devices loaded onto the small all-terrain utility vehicle, two team members wearing large protective suits went in.

“Ultimately the fire department and the police are going to be the first on scene and its good to have that training and interoperability so they know if there is something that they want more investigation on,” said Oregon Air National Guard Staff Sgt. Ryan Siggins, a survey team member.

Siggins meticulously scanned windows and doors outside the building. He and fellow survey team member Sgt. Joseph Plueard, determined if any chemical, biological, radiological or nuclear contaminants were in the “hot-zone.”

After the survey was complete, Siggins and Plueard moved to the decontamination site through large shower tents, scrubbing down to ensure they brought nothing hazardous back into the “cold-zone.”

Throughout the training ARNOTH evaluators took notes to ensure the team was meeting the standards.

From the decontamination tent, the survey team moved to the medical evaluation tent where they were examined by the unit’s medical officer to ensure they were physically stable after being in the suits for extended periods of time.

After the team finished the survey and briefed the responders, determinations were made on how to go about cleaning the area to restore it for use and allow the community access to the facility again.

“I think we are doing great,” said Englet. “The team is fantastic. They are focused, dedicated soldiers and airmen. The real benefit is the fact that we have genuine first responders as part of the exercise.”

Englet said many soldiers and airmen may work with these agencies full-time, and be part time citizen-soldiers, giving back to their communities at the same time they help it.

“The National Guard is about the community first,” said Englet. “We live in these communities — it is in our DNA. After the evaluation was complete, the evaluation team was unanimous in recognizing the 102 CST as a well prepared, professional organization, and proficient in all areas evaluated. The evaluation team spoke highly of the Civil Support Team and mented each section.

“They are doing well,” said Striegler, who also coordinates training through other Civil Support Teams on the West Coast. “The 102 has always been a strong team. The citizens of Oregon are lucky.”

With the exercise behind them, the 102 Civil Support Team is ready to respond to real world call-outs.

The next big event planned for the team is the scheduled move from their existing location to the new Army Aviation Support Facility in Salem.
Tricare options for military members

Story by Kim Lippert,
Oregon Military Dept. Public Affairs

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, 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. 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 provider. They may decide to participate on a claim-by-claim basis.

Womens’ heart health

Story by Tyler Patterson,
TriWest Healthcare Alliance

SALEM, Ore. -- Heart disease. Many people think of it as a man’s disease, but women can get it, too. In fact, according to the American Heart Association, heart disease is the number one killer of women in the United States—making heart health an important issue for women of all ages.

The most common cause of heart disease is coronary artery disease (CAD), a narrowing or blockage of the coronary arteries that supply blood to the heart. Luckily, the steps you can take to help prevent CAD are effective against other causes of heart disease as well.

- Eat a healthy diet. Choosing healthy meals and snack options can help you avoid heart disease. Be sure to eat plenty of fish, poultry, and fresh fruits—and don’t forget the veggies!
- Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease. Your doctor can help you determine whether your weight is in a healthy range.
- Exercise regularly. Physical activity can help you maintain a healthy weight and help lower your blood pressure and cholesterol.
- Don’t smoke. Cigarette smoking greatly increases your risk for heart disease and other major illnesses. If you smoke, quit!
- Limit alcohol use. Alcohol causes high blood pressure. If you drink, drink responsibly and in moderation.
- If you have other risk factors such as high blood pressure, high cholesterol, or diabetes, you can take additional steps to lower your risk for heart disease.
- Have your cholesterol checked. Your doctor should test your cholesterol levels at least once a year.
- Monitor your blood pressure. High blood pressure has no symptoms so be sure to have it checked regularly.
- Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely.
- Take your medication. If you are taking medication for high blood pressure, high cholesterol, or diabetes, it’s important to follow your doctor’s instructions and remember to take your medications regularly. Always ask questions if you don’t understand something.
- Talk with your doctor. You and your doctor can work together to prevent or treat the medical conditions that lead to heart disease. Regularly discuss your treatment plan and don’t forget to bring a list of questions to your doctor’s appointments.

For more information on heart health, visit the American Heart Association at www.americanheart.org, or search for “Heart Disease” at www.triwest.com/beneficiary.
Story and photos by Staff Sgt. John Hughes, 142nd Fighter Wing Public Affairs Office

PORTLAND, Ore. -- Holding a folded American flag at eye level, an Oregon airman pauses for a moment as he slowly inspects the colors.

Staff Sgt. Justin Meininger is one of 12 airmen of the 142nd Fighter Wing taking part in Air Force honor guard training at the Portland Air National Guard Base.

With a need for more honor guard members in the Air National Guard, two instructors from the McChord Air Force Base Honor Guard team in Washington State spent four days training the Airmen in Portland.

The team covered everything from basic foot movements to the precise elements of the overall ceremony.

Active duty Air Force Tech. Sgt. Bonnie Longie, of the 62nd Force Support Squadron at McChord Air Force Base, said the important thing is for Honor Guard members to avoid anticipating commands.

“The biggest challenge is re-programming our teams to be ceremonial guardsmen with elements like facing movements at a 45-degree stance learned in basic training are now taught to a closed foot stance,” Longie said.

Working as a team, each member needs to move on the command so that the overall effect is exact and sharp, she said.

Longie also worked with the Montana Air National Guard during her 17 years in the active Air Force.

Helping Longie was Staff Sgt. Aaron Stamm, also of McChord AFB. He quietly pointed out simple details such as hand positions and head movements, which enhance the polished look of the honor guard detail.

“When you bring up the salute, hold it for three seconds and then bring it down for the same count,” Stamm told the group.

The training at the Portland Air National Guard Base was equivalent to over 30 hours of actual training.

Many of the members of the base honor guard have participated in ceremonies both on and off base, but have not had the type of focus and attention to detail that the McChord trainers provided, according to Master Sgt. Linda Baughner, Superintendent for Support Services Flight, Force Support Squadron.

Senior Master Sgt. Tim Lear, 142nd Fighter Wing Headquarters First Sergeant, said the training is important to bring an honor teams together as one.

Coming together for several days is unique for traditional guardsmen who normally only spend one or two hours a month training in honor ceremonies, he added.

“This training has been great and the repetition only reinforces what we already do”, Lear said.

Longie said sending members off properly to their final resting place with dignity, honor and grace is the goal of every honor guard member.

“It means so much to the members of the family that their nation is saying good-bye to their loved ones with precision and passion,” she said.

 command Chief Warrant Officer 5

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applied Oregon’s RTI being one of them. The final two RTIs should be announced sometime this summer.

Warrant Officer Candidate Jonathan Tygret is leaving for the Warrant Officer Candidate Course. I look forward to attending his graduation in May.

Sgt. 1st Class Robert Rapp will be able to pin on his warrant officer candidate once the Federal Recognition Board meets.

I would like to finally welcome Chief Warrant Officer 3 Daryl Jones into both our warrant officer and aviator ranks.

As I have stated before, the face of the warrant officer corps is changing within the Oregon Guard. That is due to the hard work of all who wear the warrant officer bar and the support of our unit commanders.

Coming soon, “The Warrant Officer Corps Wall” on the Joint Forces Headquarters drill floor. Watch for it!


PORT AU PRINCE, Haiti -- Four of our fellow Oregon Air National Guard members who volunteered to go to Haiti to assist with post-earthquake relief and recovery efforts there are coming home tomorrow.

The four are members of the 123rd Weather Flight—a tenant unit of the Oregon Air National Guard’s 142nd Fighter Wing at the Portland Air National Guard Base.

The team, comprised of 2nd Lt. Mark Gibson, Master Sgt. Ken Campbell, Tech. Sgt. Michael Fischer, and Staff Sgt. Matt Jenkins, will return to the Portland International Airport via commercial flight, at 2:30 p.m.

“We’ve been following their mission down there and by all accounts, though their work has oftentimes been grim, it has been rewarding, said team leader Campbell.

Here is an excerpt from Master Sgt. Ken Campbell’s final letter:

“The air traffic here at the airport has begun to pick up. Hopefully that means the world has reopened and humanitarian aid is now arriving by ship. That said, we have supported over 7,500 flights and the movement of over 15,000 tons of cargo.

It has been interesting to see the different aircraft from all over the world and the aid that has flowed from donor counties. We’ve had aircraft from Argentina, Columbia, China, Canada, the U.S., France, Brazil, Peru, Mexico, Jamaica, and many more including Chile. Chile was a huge donor country before they suffered their most recent earthquake and my thoughts go out to them as they deal with their own tragedy.

I’m proud of our Battlefield Weather Team not only because they have done a great job but they have also volunteered during the hours when they aren’t on shift forecasting the weather.

We have all gone to the Hotel Montana at least twice to assist in recovery efforts there.

All of us have also volunteered our time and energy at the University of Miami Hospital, where many of the earthquake victims are still receiving care.

2nd Lt. Gibson and Staff Sgt. Jenkins are Rock Stars! They have visited not only the University of Miami Hospital but also several orphanages nearby. They have also donated supplies, soccer gear, and candy to the less fortunate children. I think they both failed “Ballon Animals 101”, but the kids don’t seem to care and they are helping bring some cheer to the children’s day!”

Above: Tech. Sgt. Burt Darnelle and other members of the Oregon Air National Guard honor guard practice folding a flag as a team.

Right: Members of the Oregon Air National Guard’s 142nd Fighter Wing Honor Guard performed hours alone honor guard training at the Portland Air National Guard Base, Feb. 24, 2010. Active Air Force members from McChord AFB, Wash., paid more than a week training Oregon airmen in Portland.

Photo courtesy, Master Sgt. Ken Campbell

Staff Sgt. Matt Jenkins (left) and 2nd Lt. Mark Gibson shown here with a group of Haitian children while volunteering at an orphanage.