Governor honored with Order of the Minuteman

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

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

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

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

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

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

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

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

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

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

“If the Governor of Oregon thought he was in good company as the commander in chief of the Oregon National Guard, the ceremony honoring him in Portland on May 14 put him in even higher esteem.”

“Regardless of duration, it would be hard to match the depth of your commitment to our soldiers and airmen, in leadership and in legislation.”

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

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

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

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

Rees also praised Wyden’s sentiments calling attention to bills which supported veterans’ program funding and the modernization of Oregon National Guard Armories—two examples of many pieces of legislation which the Governor supported.

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

Contents

Contributing Writer

stephen.s.bomar@mil.state.or.us
kimberly.l.lippert@mil.state.or.us
eric.a.rutherford@mil.state.or.us
kay.f.fristad@mil.state.or.or.us

Contributing PHOTOGRAPHER


March 14, State Command Chief Master Sergeant, Mark Russell and I were honored to represent our enlisted Soldiers and Airman as we conducted our Commander-In-Chief, Governor Theodore R. Kulongoski into the Order of the Meritorious Service:

Words cannot express the pride we felt as our governor accepted the award with heartfelt appreciation and family proudly watching as he spoke:

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

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

Over the rest of the weekend, we held the Joint Services Enlisted Lead Recruit Training Workshop in Welches, Ore., August 12-15. If you know of a potential candidate, training workshop is available. See the Oregon Sentinel for more information.

For the Corps!
Growing number of events geared toward military families

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

Smoke and jets over Salem

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

Above: Two F-15 Eagles from the 142 Fighter Wing fly over the State Capitol Mall in Salem, as smoke and flame billows from 100 foot high cutters of the Oregon Army National Guard’s 2-218 Field Artillery, during Armed Forces Day, May 13. The event featured Oregon National Guard static displays, and a color guard comprised of JROTC members from high schools across Oregon. Left: Portland radio station KLWJ owner and general manager, Spencer Rubin (left) was recognized with the Oregon Commendation Medal, for his contributions to the Oregon National Guard Emergency Relief Fund.

OFFICER / WARRANT OFFICER TRAINING WORKSHOP
AUGUST 12-15, 2010
THE RESORT AT THE MOUNTAIN, WELCHES, OR

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

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

STEP FORWARD
Three Guard couples offer advice for achieving post-deployment happiness

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

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

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

Two Soldiers, One Family

Capt. Jayme Trygstad and Capt. Rebecca Trygstad, South Dakota National Guard

Capt. Jayme Trygstad and Capt. Rebecca Trygstad met in officer candidate school and have two children: Skylar, 4, and Liberty, 1½. Jayme served in Afghanistan for a year while Rebecca served at home. This gave Rebecca different perspectives on deployment and reintegration than many other spouses.

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

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

Ch-ch-changes

For Jayme, the biggest challenge about returning was the emotional quotient. “I’m not a very emotional guy, so actually, coming home scared me more than going over,” he said. “Everybody talks about how much [the spouse] has changed,” Rebecca affirmed. “As a spouse, you have to teach yourself to be independent—that your kids come first and those types of things. And it’s very hard for a Soldier to understand that when he comes back.”

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

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

Communication is key

“At the beginning I thought I was going to be the one to open up to [him] immediately, but I had to realize that he wasn’t going to open up to me right away,” Rebecca shared. “You have to be patient—give him time.”

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

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

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

The hardest part

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

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

“The hardest part [for me] about coming home was learning that you’re not around Soldiers any more and realizing...”

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

Kids count

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

“When Jayme was gone he could see the kids over the webcam and that helped when your spouse comes back. Maybe they won’t want to go on. Make the best of every day. Because there are a lot of people out there who don’t get to welcome their spouses home.”

Family Readiness

Lindsay Jarvis works for the National Guard’s Family Readiness Program, which gives her a unique perspective. “When her husband of four years, SGT Kevin Jarvis, deployed to Iraq, Lindsay was pregnant with their first child, so the couple made plans so Kevin could connect with the baby when the time came. “Before I deployed, we bought a video camera and I recorded myself on DVD reading stories.”

“Before I deployed, we bought a video camera and I recorded myself on DVD reading stories.”

“It’s a work in progress. Any marriage may have its issues, and you throw in deployment and it becomes even more of a challenge.”

— Lindsay Jarvis

Inset: Capt. Jayme Trygstad and Capt. Rebecca Trygstad, of the South Dakota National Guard. Left: SGT Kevin and Lindsay Jarvis, Vermont National Guard. The Trygstad family at home: Jayme, Rebecca, and their two children, Liberty, 18 months (left), and Skylar, 4 (right).
that the decisions you’re making are not life or death.” Kevin added. “You need to decompres less a bit and realize that your [spouse] is not a fellow Soldier. [It’s easier when you have a lot of two-way communication.”

**Strong Bonds**

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

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

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

They also sought counseling when Kevin returned.

“We wanted to see if what we were going through [with all the aspects of his deployment] was ‘normal.’”

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

**The Way They Were**

SSG Jason and Jessica Russell, Arkansas National Guard

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

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

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

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

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

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

**Patience is a virtue**

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

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

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

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

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

**Talk the talk**

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

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

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

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

— Jessica Russell

**Advice for families**

Children are amazingly resourceful and resilient; they are able to adapt, grow and develop in amazing ways. Separation from a parent or loved one for an extended period of time can elicit feelings and behaviors in children that are concerning, however it concurrently allows children and youth the opportunity to grow and develop new skills.

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

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

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

---

*Photos by Greg Latza and Carolyn Bates*

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

*Contributed by Laura Morlarty, State Youth Coordinator and www.zero1three.org*

*Right: Oregon National Guard Sgt. Bassett hugs his daughter following the 41 Infantry Brigade Combat Team demobilization ceremony held at the University of Portland on April 21, 2010. (U.S. Air Force Photo by Staff Sgt. John Hughel, 142 Fighter Wing Public Affairs)*
Visitors to Joint-Service Open House meet real-world hero from Oregon

Oregon National Guard members help build Scappoose little league ball park

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

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

The color guard consisted of Veterans Park’s honor guard, high school athletes, coaches, parents, National Guard members, veterans, and others present for the event.

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

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

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

The park’s history began over 50 years ago when the city acquired 9.5 acres of farmland and planned to develop it into a park. The land sat empty until recently when City Manager Jon Hanken and the Scappoose High School choir. The pledge of allegiance was led by the commander of VFW Post 4362, with members of the gathered teams reciting the Little League Pledge.

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

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

The park’s history began over 50 years ago when the city acquired 9.5 acres of farmland and planned to develop it into a park. The land sat empty until recently when City Manager Jon Hanken and the Scappoose High School choir. The pledge of allegiance was led by the commander of VFW Post 4362, with members of the gathered teams reciting the Little League Pledge.

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

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

The park’s history began over 50 years ago when the city acquired 9.5 acres of farmland and planned to develop it into a park. The land sat empty until recently when City Manager Jon Hanken and the Scappoose High School choir. The pledge of allegiance was led by the commander of VFW Post 4362, with members of the gathered teams reciting the Little League Pledge.

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

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

The park’s history began over 50 years ago when the city acquired 9.5 acres of farmland and planned to develop it into a park. The land sat empty until recently when City Manager Jon Hanken and the Scappoose High School choir. The pledge of allegiance was led by the commander of VFW Post 4362, with members of the gathered teams reciting the Little League Pledge.

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

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

The park’s history began over 50 years ago when the city acquired 9.5 acres of farmland and planned to develop it into a park. The land sat empty until recently when City Manager Jon Hanken and the Scappoose High School choir. The pledge of allegiance was led by the commander of VFW Post 4362, with members of the gathered teams reciting the Little League Pledge.

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

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

The park’s history began over 50 years ago when the city acquired 9.5 acres of farmland and planned to develop it into a park. The land sat empty until recently when City Manager Jon Hanken and the Scappoose High School choir. The pledge of allegiance was led by the commander of VFW Post 4362, with members of the gathered teams reciting the Little League Pledge.

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

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

The park’s history began over 50 years ago when the city acquired 9.5 acres of farmland and planned to develop it into a park. The land sat empty until recently when City Manager Jon Hanken and the Scappoose High School choir. The pledge of allegiance was led by the commander of VFW Post 4362, with members of the gathered teams reciting the Little League Pledge.

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

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

The park’s history began over 50 years ago when the city acquired 9.5 acres of farmland and planned to develop it into a park. The land sat empty until recently when City Manager Jon Hanken and the Scappoose High School choir. The pledge of allegiance was led by the commander of VFW Post 4362, with members of the gathered teams reciting the Little League Pledge.

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

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

The park’s history began over 50 years ago when the city acquired 9.5 acres of farmland and planned to develop it into a park. The land sat empty until recently when City Manager Jon Hanken and the Scappoose High School choir. The pledge of allegiance was led by the commander of VFW Post 4362, with members of the gathered teams reciting the Little League Pledge.

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

Lohman presented DeSanto a plaque for the contributions of the National Guard. The ceremony concluded with pictures, handshakes, and a hotdog lunch for all the Little Leaguers.
Free dental care available to Oregon soldiers

Story by Kim Lippert,
Oregon Military Department Public Affairs

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

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

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

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

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

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

ODVA announces second vets’ home location

Story by Oregon Department of Veterans Affairs

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

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

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

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

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

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

Governor calls award “a true honor”

Story by Oregon Department of Veterans Affairs

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

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

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

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

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

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

“Duty, Honor, Country,” Rees said. “I believe these words are engrained in Governor Kulongoski’s inner heart.”


“Kulongoski for his attending the funerals of Oregon National Guard members killed in battle since Sept. 11, 2001.

“Continued from front page”

CONTINUED FROM FRONT PAGE

were impressive when you connected the dots,” Conley told the governor during his speech. “Sir, thank you.”

Kulongoski set aside his prepared notes, and spoke directly to the crowd. He said in he nears the end of his second term in office and looks back over his life, nothing brings him more pride and satisfaction than hav-
Klamath Falls Airmen train alongside Alaska first-responders

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

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

“Reinforces those relationships that we said, and I’ve always professed, are critical if we are going to be successful under the conditions of an actual large-scale disaster or emergency,” said Col. Thomas H. Kukus, The Adjutant General for Alaska.

The mission of the 173rd SFS was that of a Quick Reaction Force in the National Guard Reaction Force system, as a ‘model’ for future competitions.

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

2010 Best Warrior Challenge a ‘model’ for future competitions

Oregon Commissary Case-LOT Sales

June 18-19
9am-5pm
Douglas County Fairgrounds, Roseburg, Ore.

June 25-26
9am-5pm
Deschutes County Fairgrounds, Bend, Ore.

July 16-17
9am-5pm
Coos Bay Station, Coos Bay, Ore.

Aug 6-7
9am-5pm
Kingsley Field Air National Guard Base, Klamath Falls, Ore.

Retired Oregon general sponsors local wine commemorating 41 IBCT

Story by Kimberly Lippert, Oregon Military Dept. Public Affairs

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

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

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

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

The reverse label for Ankeny Vineyards’ Ankeny Sunset, a tribute to the Soldiers of the 41CIBT.

For more information, visit the Ankeny Vineyards website at www.ankenyvineyard.com, or call 503-378-1498.

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