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The Arizona

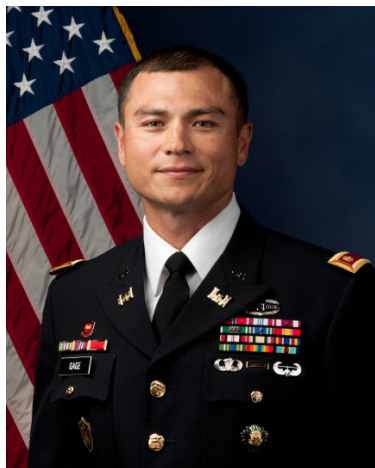
ROUGH RIDER

OFFICIAL PUBLICATION OF THE 123RD MPAD

CAMP NAVAJO A LOOK AT ARIZONA'S PIONEERING HISTORY

WOC A CLASS ABOVE THE REST
AZ STATE INTERNATIONAL PARTNERSHIP PROGRAMS
EOD IN AZ HISTORY
AZ HISTORY: THE FOUNDING OF THE GUARD
AZ REMEMBERS: PFC MILLER

Camp Navajo's History and Future



Many of you have had the opportunity to visit Camp Navajo, either for leisure or for unit training. At just over 7000 feet in elevation with over 28,000 acres of high desert terrain, nestled with green ponderosa pines and sage brush with views of Humphreys Peak, it is easy to appreciate the beauty of the area. One can also appreciate the moderate temperatures during summer AT while on the weapon's qualification

range, conducting a road march, or searching for that last point on the land navigation course.

Another important aspect of Camp Navajo that we should all appreciate is just where our unique installation got its name. November is Native American Heritage Month and it's an important time to celebrate the current and historic role Native Americans have had in Arizona and the United States.

Established in 1942, Camp Navajo has provided immeasurable and continued support to our Nation during World War II, the Vietnam War, the Gulf War and Operations Iraqi Freedom and Enduring Freedom. The genesis of the installation would not have been possible without the hundreds of Native Americans from the Navajo and Hopi Tribes who lived and worked on Camp Navajo during its construction, which entailed over 200 miles of road systems, 38 miles of rail, and extensive facilities capable of storing the myriad of World War II ordnance.

We should also highlight the contributions of the Navajo Code Talkers. The number of lives saved from the Navajo Code Talkers is immeasurable and their efforts contributed directly to the end of World War II. Navajo service members came from being modest sheepherders and farmers to being our nation's best cryptographers, who crafted the most successful code in our military history. The Navajo Code Talkers served with pride and distinction in Guadalcanal, Iwo Jima and in every major engagement of the Pacific theater from 1942-1945.

The Navajo and Hopi Tribal Native American Community are part of an unbroken chain of selfless service, pride, and distinct honor forever linked to the history and future of Camp Navajo, the Arizona National Guard, and our Nation.

We look forward to seeing you soon at **Camp Navajo - Where the Arizona National Guard Sharpens Its Combat Edge!**

Military Funeral Honors

Over the past several years, I have had the opportunity to work and observe a team who we as National Guardsmen don't recognize often for their professionalism, dedication, loyalty and dedication for their service, for what they do seven days a week, to honor service members of all branches of the armed forces. I have tremendous respect for this team and what they do, they are the Arizona National Guard Military Funeral Honors team.



The Arizona National Guard Military Funeral Honors team consists of fifteen Soldiers from the 158th MEB, Camp Navajo, 198th RSG and Joint Forces Headquarters who spend twelve days of intense training at National Guard Professional Education, Little Rock, Arkansas, in addition to an in-state 40 hour distant learning certification, before being authorized to perform Military Funeral Honors. In addition to our professional Soldiers, twenty-two retired military Soldiers also support military funeral honors when called upon. These retirees also receive training from our MFH to ensure proper standards are met.

In training year 2013, the Military Funeral Honors performed over 2000 funeral services and logged 85,000 miles of windshield time, including aviation supported flight time, to remote locations throughout the state of Arizona to render professional military funeral honors, in accordance with service tradition, to all eligible veterans.

On Veterans Day, and every day, I ask that we recognize these Soldiers within our formation for representing the Arizona National Guard. They serve our fallen Soldiers and veterans with honor and dignity.



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Cover Photo

Camp Navajo archives

WELCOME TO THE ROUGH RIDER

It's 5:00 am and the alarm clock is going off again, but today is going to be a different kind of work day than the rest of the month; in more ways than one. Most of the traditional Guardsmen in the Arizona Army National Guard are giving up a weekend each month that could be spent with family and friends recouping from another hard week at work. Each of these early mornings a Citizen-Soldier might ask themselves why they are continuing to sacrifice their precious free time. The individual answers may vary:

extra spending money, to get their college paid for, or TRICARE Select Reserve health insurance. For some, the answer lies much closer to the heart; it's because they truly love everything it means to be a Soldier.

We love the honor bestowed upon us as we wear our uniform with pride. We love the look we get from our children when we walk in the door after a day at work; we are super heroes in their eyes. We love the friendships that we make over the course of one weekend a month.

We love that when a deployment takes place, those friendships become more than just that they turn into family. Family, who are now in your wedding, at the hospital when your children are born, and in your life until you are no longer on this earth. Each of us has our reasons why we are here doing what we do, otherwise we would not serve our Nation and our State one weekend a month and two weeks a year with the other Soldiers to our left and right.

UPCOMING EVENTS



Fort Tuthill provides inexpensive military lodging with hotels, multi-family A-frame and one room cabins. These accommodations are located within the Ponderosa Pine Forest, San Francisco Peaks, Grand Canyon National Park and local Sky Resorts.

2446 Fort Tuthill Loop,
Flagstaff, Ariz.



Operation Holiday Open House will be hosting a free Christmas event Saturday, December 21. Donated gifts will be distributed to military families and kids can visit with Santa.

NOSC Phoenix
4160 W. Marauder St Building 300, Luke AFB



Glendale Glitters is a free family event displaying 1.5 million holiday lights starting November 29 from 5:00 a.m. – 10:00 p.m. every evening through the Christmas holidays.

Located in downtown Glendale, Ariz.
For more information contact Kathy Pearce
480.330.1632 or kathypearce1@cox.net



For the fourth year, veterans will be serving homeless veterans dinner on Veterans Day November 11th from 4:00 p.m. - 6:00 p.m. If you are interested in volunteering, email Sgt. Crystal Reidy - crystalreidy@gmail.com

www.us.army.mil

HELPFUL LINKS

www.azguard.gov

www.militaryonesource.mil

shop.aafes.com

www.facebook.com/AZNationalGuard

www.military.com

www.dvidshub.net/unit/123MPAD

www.nationalguard.com

RESILIENCE

Contributed by 1Lt. Rochel Ziegert

MANAGE STRESS THIS HOLIDAY SEASON

Happy Holidays to everyone! The most wonderful time of the year is upon us, yet it can be one of the most stressful times all year. There is the planning of parties, visits of loved ones, vacations and children's activities. Next on the checklist is shopping, cleaning, and entertaining our families and guests.

The stress that comes with all the holiday festivities is to be expected. However, too much stress can create problems and cause a lot of unwanted negativity that can affect your health, your family and your unit. Here are some suggestions to help reduce your stress this holiday season:

1. Get enough sleep. Adults need 7 to 9 hours of sleep each night in order to perform well. Cutting sleep by just an hour causes decreased alertness, memory impairment, and can lead to relationship stress, automobile injury and occupational injury. Make winding down in the evenings a part of your regular schedule.

2. Commit to a budget. Decide now how much you can afford to spend this year and stick to it!

3. Keep healthy habits in mind. It is perfectly fine to eat, drink and be merry, but too much food and alcohol adds to your stress, especially when the party is over. Keep up regular exercise and enjoy the beautiful fall/winter weather of Arizona.

4. Plan ahead. Last minute parties and entertaining can cause stressful times and lead to arguments. Set dates for shopping and activities. Delegate out the tasks for events with those in your household.

5. Seek help with stress if you need it. If the holiday season gets to be out of control and too much for you to handle, there are many resources ready to help you through the stressful times. Reach out to your Chaplain, Resilience Card resources, Family Readiness Support Assistants, and community providers.

Stress relief is within your control.
Don't wait until it's too late to ask for help.

PUTTING IT ALL TOGETHER: HOW CAN RESILIENCE HELP?

Incorporating resilience skills and competencies will greatly help reduce stress enabling us get back on track when everyday obligations combined with holiday additions create an atmosphere of being overwhelmed. Self awareness involves identifying your thoughts and emotions. You can be more effective by being aware of your thoughts, feelings, and reactions, because some thoughts, feelings, and reactions hinder effectiveness and others enhance effectiveness. How we react to stressful events involves self regulation; expressing our emotions appropriately and halting counterproductive thinking. If the holiday season is a routine cause of stress each year, the skill of problem solving can help put focus on what it is that is controllable by you and shed light on new avenues of resolution that become apparent when you take the time to write out the causes of the problem and ask a person with a different perspective to look over what you jotted down. This important step helps you identify what may have been missed. When we understand and accept our role in creating or maintaining stress, we are empowered to keep stress within in the boundaries our control.

QUICK TIPS FOR MANAGING STRESS

Learning how to handle stress can help you stay positive and get the most out of life. These tips can help:

1. Recognize when you're stressed. Physical signs include neck or back pain, trouble sleeping, muscle tension, and shortness of breath.
2. Learn how to relax. Take a few slow, deep breaths, go for a 10-minute walk, or listen to soothing music.
3. Concentrate on the things you can control. Ask yourself, "Is there anything I can do to change this situation?" If the answer is no, try to let it go.
4. Take care of yourself. Get enough sleep and exercise, eat healthy foods, and be sure to drink water throughout the day.
5. Make time for activities you enjoy. Spend time with friends or family, read a book, or try a new hobby.
6. Laugh often. Watch a funny movie, share jokes with friends, and look for the humor in everyday life.
7. Get organized at home. File old paperwork and get rid of things you don't need anymore.
8. Simplify your life. Learn to say no to activities that will overload your schedule.

Story by Staff Sgt. Corey Thatcher

National Guard Soldiers that have attained the rank of sergeant in certain occupational specialties and meet age, physical, and educational requirements may submit a warrant officer packet for consideration.

Previously an Arizona National Guard Soldier that was accepted for warrant officer training had to attend Warrant Officer Basic Course at Fort Rucker Alabama which lasts for six-weeks, if you had completed Warrior Leaders Course, and 12 weeks if you had not. For many citizen-solders, getting six to 12 weeks off of work to go to WOC school may not be at all possible, thus ending the dream of becoming a warrant officer. In 2006 all that changed when, as part of a pilot program, the Arizona National Guard's 215th Regional Training Institute stood up a class of candidates and began a warrant officer training program.

The stated mission of the Warrant Officer Candidate School is to educate, train, and inspire candidates so that each graduate is an officer who is a leader of character, committed to doing what is right: legally, morally, and ethically, both on or off duty. An officer who is committed to professional growth through life-long learning, and who embraces the requirements of selfless service to subordinates superiors, our nation, and the Constitution. There are three phases to the school, the first phase being on-line classes, and the second phase is held at the RTI over the course of five drill weekends. The third phase

is conducted at Camp Atterbury, in Indiana and is usually completed during the candidate's two-week annual training.

"There are distinct advantages for a guard Soldier in attending the class in Arizona," said Training Advising and Counseling Officer CW3 Joshua Reilly. "The school does not require the candidates to schedule time off of work and there are significant cost savings to the state."

Reilly works full time as a technician for the AZ National Guard but jumped at the chance to volunteer as a TAC officer.

"I love training Soldiers, molding minds," he said.

Reilly also has an intimate knowledge of the school having been a member of the very first class to go through. The school practically revisits basic training and begins with the fundamentals of Army standards and discipline.

"We emphasize the Army standards because all Army leaders are expected to enforce those standards, adherence to standards will only be as high as the level to which they are enforced," said Reilly.

"We work to change the mindset of the candidates from NCO to officer. An NCO thinks about how to accomplish a particular task or how to implement the commander's plan. Now as future warrant officers they need to concentrate on a bigger picture; how individual tasks fit



into and effect the overall plan."

A typical weekend begins on a Friday at 6 p.m.. Prior to lights out there is a formation to recite the Soldiers creed, sing the Army song and sometimes practice the class song. The next day begins early with 5 a.m. wake up followed by physical training until 630 p.m.. The rest of the day is filled with classes and some study time before lights out. Every moment of the candidates day is filled with activity to help them learn to budget their time effectively, make superior leadership decisions and function at a very high level under stress. A few of the subjects candidates receive instruction in are: ethics, diversity, military history, law, time management, delivering briefs, cultivating an officer presence and voice, and land navigation. The candidates are also expected to complete a number of foot marches with a 48 pound ruck pack culminating in a 10 kilometer march that must be completed in 106 minutes or less.

The school requires a minimum of five candidates to start a class and usually trains one or two classes per year. The most graduated class began 19 April and has two candidate becoming maintenance warrant officers.

Review
Cadet Mathew Torres

Have you ever been asked to complete a task, and not known exactly how to execute it? Have you ever needed to ask multiple questions so that you may complete your task? If you are a Soldier in the United State Army, the chances are you have asked these very questions, but have been told to figure it out on your own. Every Soldier in the Army, down to the lowest level, is trained to think independently. American Soldiers are given tasks and encouraged to figure it out on their own without asking a lot of questions.

This may seem counterintuitive to the overall success of the mission. However, this methodology is designed to develop a Soldier's mental agility and to train them to find multiple ways to accomplish a mission.

This single methodology is a contributing factor to what makes the U.S. Army one of the strongest thinking Armies in the world. This methodology is derived from a book that almost every leader in the Army has read, "A Message to Garcia" by Elbert Hubbard.

This short story takes place in the midst of growing tension with the United States and Spain in 1898, which at the time also ruled Cuba, and depicts the dutiful actions of Army Lieutenant, Andrew S. Rowan. During this time President William McKinley felt it critical to communicate with Cuban rebels, who could prove

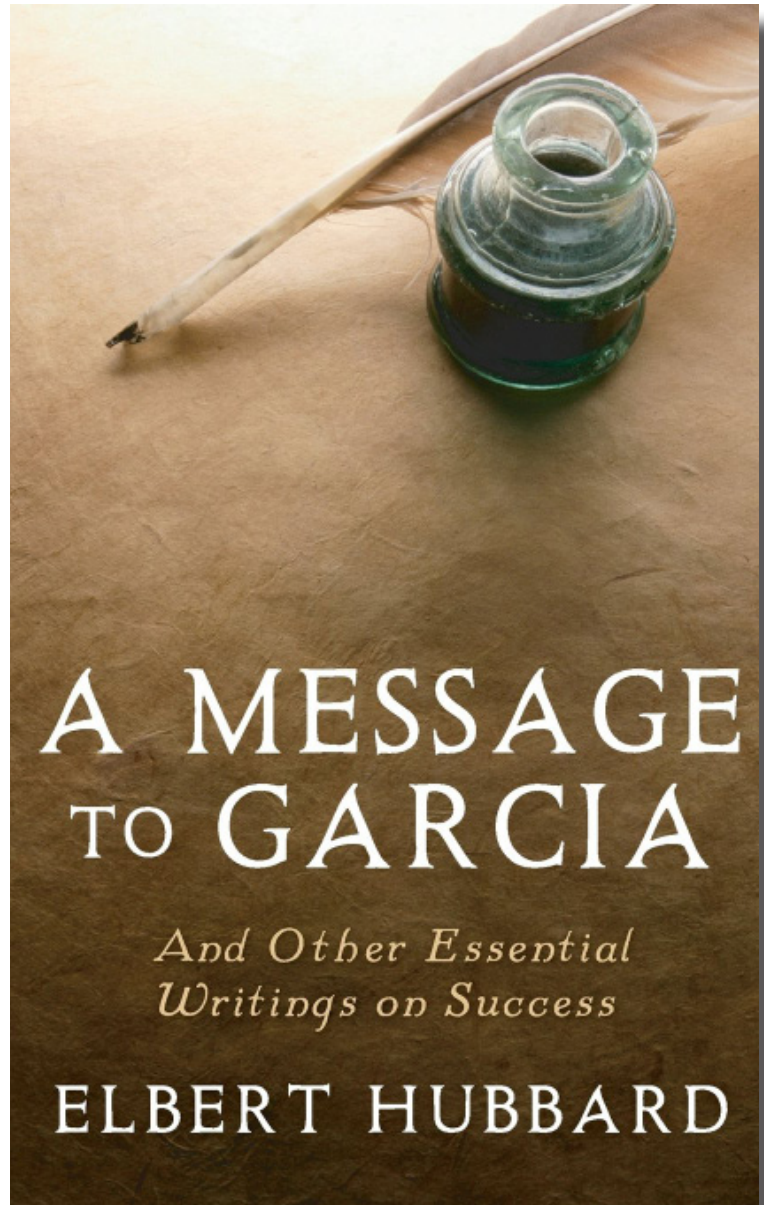
to be a valuable ally in case war broke out with Spain. The leader of the Cuban rebels was a man named Calixto García, hidden deep in the mountain vastness of Cuba, who was unreachable by mail or telegraph. President McKinley asked Rowan to personally deliver a letter to Garcia.

Without a single question, Rowan took the letter and left on his way to Cuba. Rowan eventually made contact with Garcia and built a strong rapport, which lead to his eagerness to cooperate with the in fighting with the Spanish.

This story is a clear testament to the will of a man who was determined to fulfill his mission, no questions asked. If you were in that situation, you probably would have asked a few questions.

How do I get to Cuba? Do I take a plane? Do I take a boat? When do I leave? Where is Garcia?

The point is, that Rowan found



his own way to complete the mission. He found his own way to get to Cuba and find Garcia. He was able to think independently and not depend on someone else to dictate every step of his mission. This trait is highly admired in the U.S. and is precisely why this book is recommended reading by leaders everywhere, both civilian and military.

So, next time someone gives you a task, don't ask...do.

"Next time someone gives you a task, don't ask...do."

HEALTH AND FITNESS

STAYING MOTIVATED

Story by Sgt. Justin Geisendaffer

Everyone knows that a steady regime of exercise can greatly increase your overall physical and mental health. Many of us do our best to exercise as often as possible. Whether we can or cannot make it to the gym for some good old fashion cardio or weight training is not always the issue we have to deal with. The problem most of us face even, if we are able to find time in our busy schedules to exercise, is overcoming the dreaded plateaus that we will all inevitably face. Many of us get to a certain point in our physical fitness where we simply cannot take it to the next level with our current routine. When this happens one of three results can occur: we can keep doing the same thing over and over expecting a different result, which Albert Einstein defined as “insanity” (and I am not talking about the workout program), or we can simply give up, (which is doing absolutely no good at all) or we can switch up the type of workout we are doing all together.

By switching up your workout you should be able to overcome the plateau that has stalled your progress. Not only can it help you overcome your obstacle, switching up your routine can also breathe new life into



your workouts and make them more enjoyable. There are many new types of workout programs to choose from along with the programs that have been around for ages, so finding one that works for you should not be a problem.

One of the programs that has come about recently is CrossFit training. Technically, CrossFit is a company that was created by an amateur gymnast named Greg Glassman, but many use the term “CrossFit” to define the type of training that encompasses the workout they will be doing. With this type of training program you will be able to cut down on the amount of time that you will spend at the gym, while at the same time in-

creasing your cardiovascular endurance and increasing your overall strength. Conventional wisdom says you cannot accomplish these increases in only 20 to 30 minutes a day, whereas CrossFit training says, “Yes you can,” as long as you put all your effort into it. This type of training incorporates basic gym equipment, such as dumbbells or barbells, plus other equipment such as sledgehammers, kettle bells and even tractor trailer tires. Believe me, it is intense, and you will no doubt push yourself to levels that you never



even dreamed of. One advantage to this is many times you will be with groups of people who will help you reach your goals with motivation and encouragement. You can find CrossFit gyms across Arizona or you can do CrossFit on your own by checking out the “Work-out of Day” or “WOD” on websites such as www.crossfit.com.

Another new type of training program that is beginning to catch on is Tabata training. This is another “high intensity” workout regime that can be done in much less time than conventional training regimes and can also yield increased physical strength and cardiovascular improvement as.

For more information, visit www.tabatatraining.org

**TRY THIS
DELICIOUS DESSERT FOR
THE HOLIDAYS**

Clean Eats

Show Me the Honey

Ingredients

1 scoop low-fat butter pecan ice cream

1 tablespoon vanilla protein powder

1 dash cinnamon

3 ice cubes

1/2 cup low-fat milk

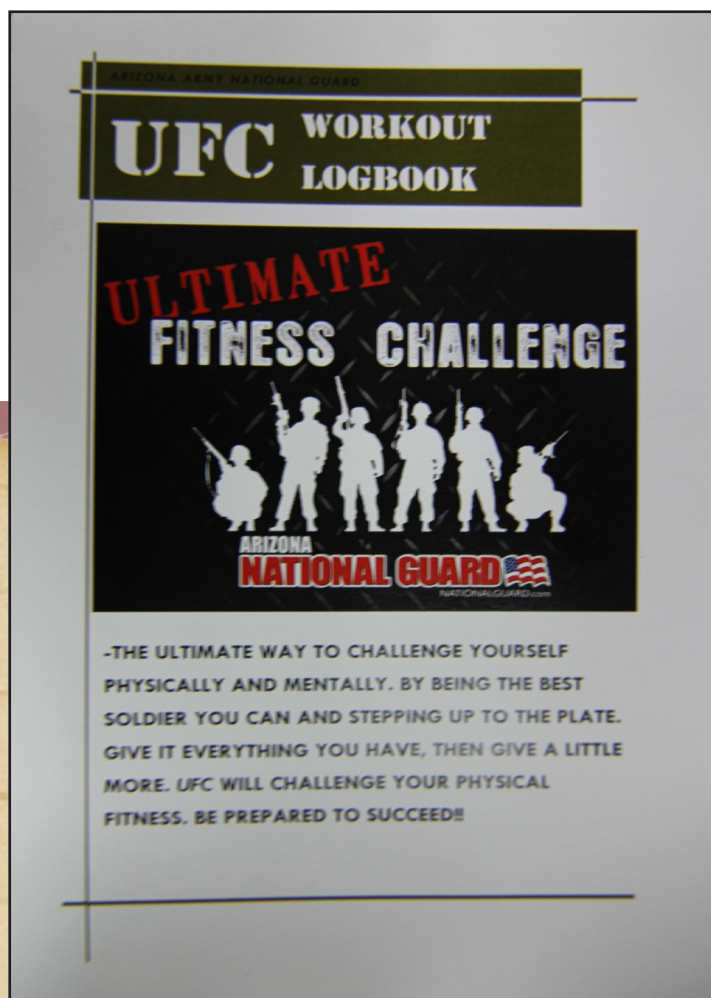
1 teaspoon ground flaxseed

1 teaspoon honey

Directions:

Include all ingredients in a blender, and blend until smooth. For extra volume add more ice.

THIS AND OTHER HEALTHY RECIPES CAN BE FOUND IN THE UFC WORK OUT LOG BOOK!



INDIAN VILLAGE

CAMP NAVAJO

Story by
Spc. Liz Fournier

The 44 square miles of topography, including forested areas, hills canyons and washes that makes modern day Camp Navajo, originated in 1942, when the United States War Department announced plans to build a munitions supply depot in Bellemont, Arizona.

Colonel E. B. Myrick was the depot's first commanding officer. He had been introduced to the Navajo at his previous post at Fort Wingate, N.M.

Myrick approached the local Navajo and Hopi tribal councils to recruit workers. He hired nearly 1,000 American Indian workers, three quarters of which were Navajo, and the other quarter Hopi.

The biggest challenge with working with the Native Americans was tribesmen leaving to return to their families, resulting in high and expensive turnover rates. Myrick's answer to this problem was to create an environment for the Native Americans that would be more conducive for bringing their families on post. He created housing that was designated and designed specifically for American Indian families.

The first established Indian Camp at the Navajo Ordnance Depot was comprised of hogans, traditional Navajo homes made from stacked logs with mud filling the cracks, and military tents erected in rows. Unfortunately, the Indian Camp was located on grassy lowland that proved to be too marshy and the hogans were not watertight.

This first camp was replaced with a second, more permanent, Indian Village, about 500 yards west of the original site. The Civilian Conservation Corps in Flagstaff transported wooden dormitories to Bellemont for the Navajo and Hopi tribes

By October of that year, more than 1,000 people were living in the Navajo and Hopi villages on post. The employee absenteeism and turnover were dramatically reduced.

The Navajo Village Council later successfully petitioned Myrick to allow long-time Navajo trader Hubert Richardson, to create a trading post on the depot. This made it possible for the natives to purchase traditional foods, barter crafts, and trade in a way that was familiar to them.

It was not just men who found work at the Navajo Ordnance Depot, Native American women were recruited to crate and stencil light-weight ammunition, such as hand grenades, fins, and fuses, as well as taking munitions inventories. Women also worked in the dispensary and in personnel offices.

In 1956 the Indian Village homes were torn down because upkeep was expensive. Surplus World War II houses were brought in to create yet another Indian Village in place of the old one.

The Navajo Ordnance Depot continued to provide ordnance for the Korean War and the Vietnam War. Its name was changed to Navajo Army Depot in 1965.

The staffing fluctuated greatly during the Korean War and Vietnam War, but in 1971 the depot was downsized drastically.

Native families were given notice to evacuate within a few months. Some returned to their reservations



while others remained in Flagstaff.

For the next 20 years the depot served various functions until in 1991, it was formally transferred to the Arizona National Guard to be used as a training facility, and re-named Camp Navajo.

Visitors can still see where the Indian Village was located. Informational boards detailing the history of the village and slabs of concrete where the old villages once stood can still be seen today.



Story and Photo by
Sgt. Crystal Reidy

BELLEMONT, Ariz. – Soldiers and non-commissioned officers wanting to represent the 158th Combat Support Sustainment Battalion at the Arizona Army National Guard Soldier and NCO of the year competition later this year had to earn their spot by competing and winning the best warrior completion held at Camp Navajo on August 3 – 4.

Pvt. 1st Class Christian Acker,

SOLDIER OF THE YEAR

158th CSSB, and Sgt. James Winchester, 996 Medical Company, won the battalion Soldier and NCO competition by competing with eight competitors from different units in the battalion. The competition was held during drill weekend.

Battalion Sgt. Maj. John Paul Salazar, said he hosted the competition to evaluate and nominate Soldiers based on their Soldier skills.

The competition was open to Soldiers from the units ranking private to Sgt. 1st Class and they competed in Soldier tasks.

This is the first year the battalion held a competition to select the representative for the state Soldier of the year competition.

Acker and Winchester will now compete for the State competition this fall, with the winner for that competition competing in regionals against other states.



ARIZONA GUARDSMEN

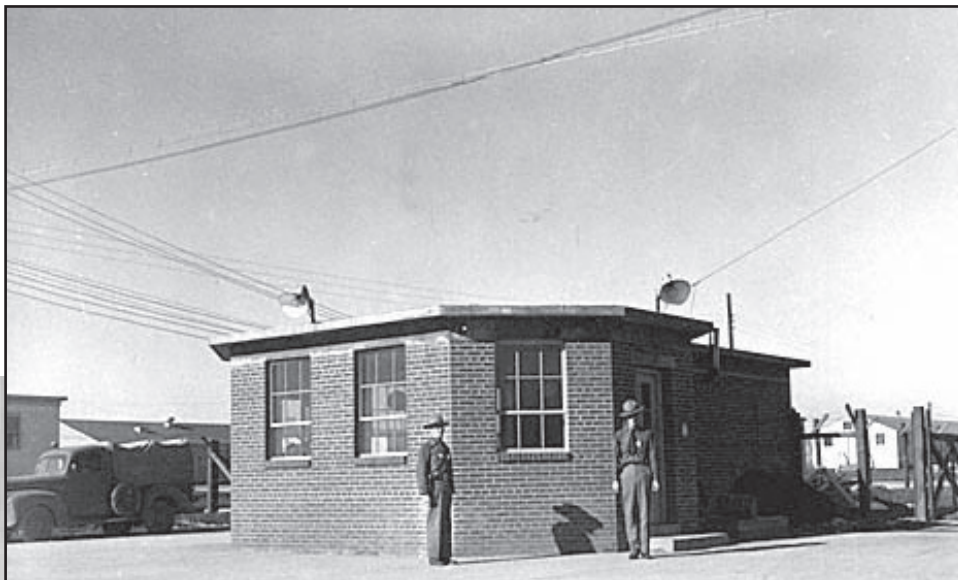
CAMP NAVAJO HISTORY IN ORDINANCE

Story by
Sgt. Chris Moore

Every summer military units, including the Arizona Army National Guard, arrive at Camp Navajo for annual training or weekend maneuvers. For units in charge of ordinance disposal, their training is part of Camp Navajo history back when it was originally established as Navajo Ordnance Depot in 1942.

“We come up to Camp Navajo at least once a year to use the demo sites,” said Sgt. Fulton of the Arizona National Guard, 363rd Ordnance Disposal Company, EOD team. “We occasionally link up with the ammo handlers here to dispose of ordinance that are no longer useable.”

Bomb disposal became a formalized practice in the First World War. The swift mass production of munitions led to many manufacturing defects, and a large proportion of shells fired by both sides were found to be “duds.” Initially, there were no specialized tools, training, or



core knowledge available to safely handle bombs.

Ordnance disposal was a new concept and as ammunition technicians learned how to safely neutralize one variant of munitions, the enemy would add or change parts to make neutralization efforts more hazardous. This trend of cat-and-mouse extends even to the present day, and the various techniques used to disarm munitions are not publicized.

“EOD Began in WWII, it literally started off with a hammer, a chisel, and a prayer,” said Fulton. “From there it began evolving as we slowly figured out how the various types of fuses worked.

The eruption of low intensity conflicts and terrorism waves at the beginning of

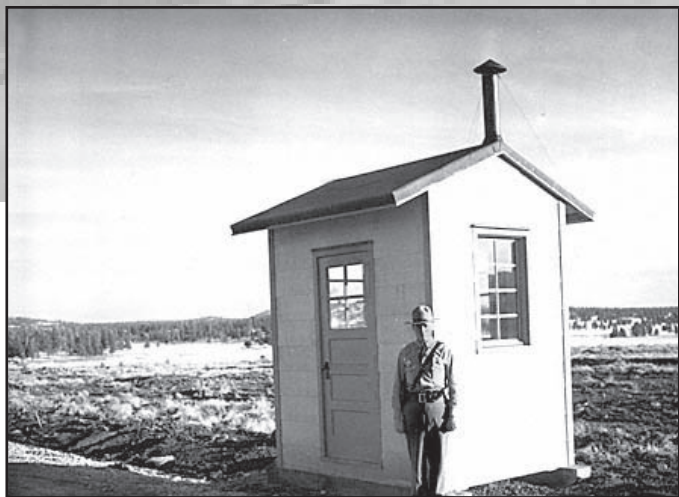
the 21st century caused further development in the techniques and methods of Bomb Disposal.

EOD operators and technicians had to adapt to rapidly evolving methods of constructing improvised explosive devices as they developed.

Improvised explosives are generally unreliable and very unstable. They pose great risk to the public and especially to the EOD operator trying to render them safe. New methods like remote techniques such as advanced remotely operated vehicles are used today to make ordinance disposal safer.

Ordnance disposal has evolved over the years to keep pace with the ever changing threat, specifically, the technology has evolved greatly, said Fulton.

“Our techniques and tools are constantly being tested, there is always someone coming up with something new,” said Fulton. “Training facilities like Camp Navajo allow us to stay up-to-date with the ever evolving technology.”





'Turkeys to Troops'

Phoenix Location

We invite Wounded/Injured Troops of OIF/OEF, Families of Deployed Military Service Members, National Guard, Reserves, and Active Duty Military on **Saturday, November 9th** to pick up a food box and gift card for a turkey.

(Gift cards are limited/first come basis for each distribution time)

Locations:

52nd Street Amory, 1335 N. 52nd Street, Phoenix AZ 85008

Distribution Times:

- Wounded/Injured Troops of OIF/OEF from 1000-1400
- Families of deployed Service Members 1100 - 1400
- Active Military, Guard and Reserves (all branches) 1200 – 1400

Please arrive at your designated times

Validation of Military affiliation will be conducted

For more information contact Kathy Pearce @

kathypearce1@cox.net or 480.330.1632

www.AZHeroesToHometowns.org

Thank you from AZ Heroes to Hometowns, St Mary's Food Bank, United Food Bank and Volunteers

STEPPE EAGLE 2013

PREPARE ALLIES FOR PEACEKEEPING MISSIONS

Story and Photos by
Sgt. Lauren Twigg

ILISKIY TRAINING CENTER, Kazakhstan - The young Kazakhstani soldiers line up to form a human barricade with metal shields firmly planted in the ground between them and the rioters. As they hold their position, a Tajikistani squad leader tries, in a calm even voice, to get someone from the rioting group to speak on behalf of the others and explain what they are seeking.

On the other side of the shields, the rioters become more rowdy as they pick up plastic bottles and sticks to make more noise. Nearby, a U.S. soldier leans in to whisper to an interpreter other things to yell to provoke the crowd.

As the rioters begin to press into the solid human wall, the Kazakhstani and Tajik soldiers use the skills they were taught to control the crowd without violent force, and the squad leader is able to successfully reach out to the crowd to find a peaceful solution.

One of the mentors who were watching yells out, "That's how you do it!" The training ends with a group huddle and pats on the back.

More than 1,000 personnel from nine different countries participated in the 11th annual Steppe Eagle exercise at the Iliskiy Training Center in Kazakhstan from Aug. 5-23.

"As a part of the Arizona State Partnership Program, through



the years it has ramped up with the collective level of training they have received," Command Sgt. Maj. Stephan Frennier, the senior enlisted leader for Third Army/U.S. Central Command. "Theater security co-op events are imperative to build partner capacity, and we have been able to effectively communicate with one another in order to make this happen."

The consistent training each year proves to be a relation-

ship-builder. Col. Christopher Delarosa, the chief of exercises for Third Army/ARCENT, who is also the exercise director this year, explains the importance of maintaining interoperability and the potential for conducting future real-world operations.

"It is a strategic mission for all of our nations here but more importantly as soldiers it's about developing relationships," Delarosa said. "When you get that nation on your left or right flank sup-



porting each other, the relationship has already been established and we have a more cohesive organization through events and engagements.”

Each year, the exercises consist of battalion and brigade command operations, as well as training Kazakhstani soldiers in military tactics designed to comply with United Nations standards. The focus ranges from camp security operations to riot control.

“I’ve been involved in quite a few of these exercises over the years, and I have observed the Kazakhs making strides from a tactical level to a soldier level, all the way up to brigade level,” said Capt. Christopher Kent, one of the mentors from the Arizona Army National Guard. “I have watched them take on the world stage in a remarkable way, and accept transition from Soviet Union to former Soviet Union.”

First Sgt. Keith Marceau, first sergeant of the 1st Armored Brigade Combat Team, 4th Infantry Division, and the International Company, as well as a mentor for the Tajikistani military during Steppe Eagle 2013, echoes this after observing the exercise during the first part of the week.

“The Kazakhs quickly implement the lessons they receive and are on their toes with learning and applying the tasks smoothly,” Marceau said. “They chose English for their communications, and it is obvious they have taken seriously everything they have been taught.”

When a nation decides to receive mentorship so they may serve on Peacekeeping missions,

under NATO, that nation must choose to either use English or French as their language for communications with other multinationals. This ensures all nations are effectively able to communicate with one another with minimum delay.

Now that communications have been established within the Kazakhstani military, the interoperability comes with great ease between the Kazakhstani military leaders and leaders of other nations.

“It comes down to being able to support one another as a joint team,” Frennier said. “The more we work together, the less likely someone will want to start a conflict; it will deter that behavior and form stronger partnerships and allies.”

One thing the Kazakhstani military is currently working on is sustaining a more stable noncommissioned officer core. It has been customary for the Kazakhstani military to have only officers in leadership positions.

“I’m always looking for indica-

tors of discipline and one of the things I’ve seen is their soldiers are never out of uniform on a mission, you see their leaders in charge, and it’s great to see them give their noncommissioned officer core more authority,” Frennier said.

Throughout the exercise, it was remarked by mentors how advanced the Kazakhstanis have become with military logistics and leadership. But as Delarosa points out, while the Kazakhstanis are the ones learning and hoping to be able to carry out Peacekeeping missions, the exercise has always been a two-way road with sharing different ideas and experiences with other participating nations.

“It’s a win-win and it’s a great opportunity for our soldiers and leaders to come here and work with the Kazakhstani army and other nations; they don’t just learn from us - we learn from them too,” Frennier said. “I commend all our mentors for the hard work put in with our partners to help get them ready for future Peacekeeping missions.”





Story by Sgt. Crystal Reidy

When you think of a family dinner you may not envision grey cement barrier walls and plastic knives, but for Soldiers deployed overseas this is what their family dinners will look like until they arrive back home. The food might not be as good but the love, loyalty and laughter is often the same.

Maybe it was these same good feelings that motivated the naming of a Dining Facilities Administration Center in Afghanistan after a fallen Soldier from the Arizona Army National Guard. It was defiantly loyalty that saved the sign that memorialized Pvt. 1st Class Miller, from the 1-158th Infantry Battalion.

Staff Sgt. James Cummins, a United States Army Reserve Sol-

dier, never met Miller, but heard stories about him from Spc. Michael Garcia. Garcia served with both Miller, during their deployment in 2009, and most recently, with Cummins in the 301st Military Intelligence Battalion.

Forward Operating Base Lagman, Qalat District, was due to be closed, with most buildings on the FOB set for destruction, including the DFAC named after Miller. Cummins, knowing the importance the sign would have on Miller's military family, made arrangements to have the sign honoring Miller transported back to Phoenix.

Saving the sign was not as simple as mailing a letter back home. He contacted the Arizona State Command Sergeant Major, Maxwell Butler, to find an appropriate home for the sign. Command Chief Warrant Officer 5, John Vitt, oversaw the logistics of getting

this large object out of theater and back to AZ. Vitt and Cummins spent the next six months coordinating the travel arrangements and ensuring delivery of the sign.

Currently the sign is being refurbished and will eventually be displayed in the Browning Miller Armory in Florence, Ariz.



UPAR AFFILIATES

Story by Pfc. Liz Fournier

Have you ever wondered how Soldiers and units are selected to be profiled in news articles and broadcast stories? They might just have their unit public affairs representative to thank for the publicity.

UPARs have the ability to write stories and take pictures of ceremonies or other important events that go on in their unit and send it up to a public affairs unit for editing and possibly, publication.

UPARs help the Army's public affairs program because they serve as the eyes and ears of their unit. Public Affairs are a small branch of the military, usually at the brigade level and higher. UPARs can help their unit by profiling the important training, events and missions and getting them the recognition they deserve when public affairs can't always be there.

Most Public Affairs units like the Arizona Army National Guard's 123rd Mobile Public Affairs Detachment have a training program for Soldiers to learn the basics of public affairs.

Units can send interested Soldiers to the two day basic UPAR class and then to the two day Advanced UPAR class.

"The UPAR training was good, it gave me a basic understanding of public affairs, and what a UPAR is,"

said Sgt. Justin Geisendaffer. "During annual training we had to compile a slideshow of pictures we took, and because of the UPAR training, my pictures came out better than I expected."

The UPAR training includes: media relations, community relations, basic news writing, basic photography, social media, and interview techniques.

Being a UPAR offers the opportunity to learn about different aspects of your unit and talk to people you might not normally come across.

"I wanted to get out of my comfort zone, and try something different," said Geisendaffer.

Geisendaffer said he liked that he can put more Soldier's stories out into the world. He liked the idea so much he changed his military occupational specialty and transferred to the 123rd MPAD.

"Writing is something I enjoy personally," said Geisendaffer.

He says other Soldiers don't have to transfer to a public affairs unit, they just need to promote their own unit.

"Don't hesitate to write an article or take a picture," Geisendaffer said. "During a deployment get your unit's story out into the world, and at the same time keep the families of the unit back home informed of what's going on."

The 123rd MPAD is giving UPAR training 11-12 January during drill. The training will cover the basics of the public affairs job and the responsibilities of a UPAR. Tell your commander if you are interested during Dec. drill to sign you up!



ARIZONA AIR GUARD



Story by Senior Airman Benjamin Sutton
Photos by Master Sgt. Kevin Wallace
366th Fighter Wing Public Affairs

MOUNTAIN HOME AIR FORCE BASE, Idaho -- F-16 Fighting Falcons returned to MHAFB recently, and could be seen screaming across the skies above base as red- and blue-force aircraft.

Guardsmen from the 162nd Fighter Wing, Arizona Air National Guard, located at Tucson International Airport, are currently visiting to train Republic of Singapore pilots on air-to-air maneuvers in the F-16.

"We are here training RSAF students because back home it's very hard getting every student the required amount of flying hours so we bring them up here and fly as red-versus-blue air forces.," said Lt. Col. Julian Pacheco, 152nd Fighter Squadron assistant director

of operations. "Our mission is to ensure these international students are properly and expertly trained for combat situations in the F-16. Being here gives us the additional sorties needed for their weapons course evaluations."

This is a specifically air-to-air exercise, he continued. "Blue force is essentially the good guys and red forces are enemy aircraft. We're flying mornings and afternoons to support both squadrons training necessities."

More than 30 ANG Airmen and five aircraft are supporting the students as they earn their qualifications.

"These students are involved in a five-month course and are currently finishing up the air-to-air phase of their training," said Pacheco. "They are close to finishing up the weapons-expert portion of their certification."

IDAHO SKY BECOMES BATTLE ZONE FOR U.S., SINGAPOREAN PILOTS



“Many of the sorties require multiple airframes, so being here is a perfect scenario as we can utilize the F-15SG’s from the 428th Fighter Squadron,” continued Pacheco. “This is a huge benefit because it’s their own countrymen they are training and fighting against, who fly a completely different aircraft. Strike Eagles are different in that they have two engines as well as two vertical fins but more importantly they give our students the opportunity to see multiple airframes out in the airspace.”

152nd FS Airmen train as blue force in the mornings and red force in the afternoons and then training reverses.

“We repay the 428th FS back for their assistance with our training by flying as red air or the bad guys in the afternoons,” said Pacheco. “This way they can get their essential training sorties accomplished and there’s the added bonus of them being against a different airframe.”

One of the biggest benefits of training here at Mountain Home AFB is fighting against dissimilar aircraft, said Pacheco.

“When the only adversary a pilot sees is the same aircraft it limits the amount training which can be accomplished,” he continued. “This is a great place for us to train because of the separate airframe, these RSAF pilots can train against their own countrymen, see the different aircraft on the radar, and the airspace is wonderful to fly in here in Idaho.”

For Airmen preparing the jets for their daily sor-

ties; there’s only one priority regardless of where they are working.

“For maintenance, our main goal is to provide a safe, reliable aircraft for every pilot who flies regardless of whether they are a student or instructor,” said Staff Sgt. Arturo Canez, 152nd FS crew chief. “It’s important to support the aircraft and ensure they are safe for the pilots to fly, because at home we have more than 80 F-16’s and it can be difficult or hectic trying to accomplish our mission there.

“Coming out here is a great change of scenery and allows the aircrew to have their red-versus-blue dog-fights,” he continued. “The base has taken great care of us and we really appreciate the warm welcome and top-notch facilities. We just want everyone to stay safe and have fun up there.”

Despite the assigned color, all training happens at mostly medium altitudes, combining intercepts and air-combat tactics.

“This is what we love to do--train pilots,” said Pacheco. “Our aircraft are not currently combat coded due to our training status, however, our Airmen deploy on a regular basis in order to stay integrated with the Combat Air Force.”



ARIZONA GUARD HISTORY

Story by
Col. Joseph E. Abodeely, (Ret)

While the Civil War was going on back East, settlers and fortune seekers traveled to and through the Arizona Territory and had to deal with marauding Apaches. On February 20th, 1864, the Governor of Arizona asked for authority to raise a regiment of volunteers in Arizona for service for three years, or during the war. In reply he received a letter from Provost Marshal James B. Fry at the War Department, "to raise within the territory of Arizona one regiment of volunteer infantry to serve for three years or during the war."

In a letter dated Fort Yuma, May 21, 1865 addressed to Captain H.B. Fleming, chief mustering officer of the Department of the Pacific, Territorial Governor Goodwin requested him to send a mustering officer to the Arizona Territory at once. On arrival of Governor Goodwin at Maricopa Wells, a letter dated May 31, 1865, addressed to Mr. Robert Pastal, Prescott, A.T. (Arizona Territory), authorized him to recruit a company of infantry for the First Regiment Arizona Volunteers in the counties of Yavapai, Mohave, and Yuma within ninety days from date. Pastal was to be a 2nd Lieutenant, and the company was to be known as Company A. Authority to the same effect and at the same time was also given to Thomas Ewing, a teamster from the Pima Villages, to raise a company of Maricopa Indians to be known as Company B; and the same authority was given to J.D. Walker also of the Pima Villages to raise a company of Pima Indians—the company to be known as Company C. A letter with similar instructions dated Tubac, June 13, 1865, was given to James Lee of Tucson to raise a company within the county of Pima— Company D. Authority was given to Hiram S. Washburn of Patagonia mine to recruit a Company E. He was later authorized to recruit Companies F and D as Mr. James Lee declined to recruit Company D. Wickenburg, A. T., July 29, 1865, Mr. Cervantes was given authority to recruit Company A as Mr. Pastal declined to do so.

The companies were mustered as follows: Company A was mustered at Fort Whipple, A. T., October 7,



1865. Company B was mustered at Maricopa Wells, A. T., September 2, 1865. Company C was mustered at Maricopa Wells, A. T., September 2, 1865. Company E was mustered at Calabassas, A. T., November 2, 1865. Company F was mustered at Calabassas, A. T., November 3, 1865. Companies A, E, and F were composed entirely of natives of Arizona or Mexicans;

Company B was composed entirely of Maricopa Indians and company C of Pima Indians. The officers of the several companies were all Americans with the exceptions of Lieutenants Manuel Gallegos and Primitivo Cervantes who were natives of Mexico.

Adjutant General William H. Garvin reported that he would allude to the valuable services performed by the volunteers only in a "general way" because to particularize any service performed by any particular company would do "injustice to others". "Company F has been stationed at Skull Valley the greater portion of their term of service and has done efficient (sic) in escorting and scouting for

Indians under the command of Lieut. Oscar Hutton. Companies B and C have been stationed at Fort McDowell under command of Lieut. Ewing and Captain Walker.

The duty performed by the companies has been scouting for Indians, and from all I can learn, they have done the country good service in killing and capturing a

large number of Apaches. Companies A and E, stationed at Camp Lincoln (later Fort Verde), have done

THE ORIGIN OF THE ARIZONA NATIONAL GUARD

valuable service in spite of the obstacles they have had to contend with. Since the 15th of February last they have killed and taken prisoners

about 100 of the Apaches, and for at least one half of that time they have been compelled to remain inactive for the want of necessary food and clothing. From all the information that I can gather, it has been the same conditions with all the volunteer troops throughout the Territory.”

The Adjutant General Garvin went on to comment on the severe hardships the volunteers had to endure. “Taking into consideration the fact that troops were composed of men coming from hot climate and arriving in this portion of the territory in the middle of an unusually severe winter, with the country covered heavily with snow, barefoot, half clad, and upon half rations, it is with great wonder that the officers and privates bore their hardships as patiently and manfully as they did. But the term of the service of the volunteers has expired, and most of them have been mustered out...” The volunteers were not even paid the \$100 promised to them upon enlistment. According to the Third Arizona Territorial Legislature, the volunteers inflicted “greater punishment on the Apaches than all other troops in the territory.” Traveling “barefoot and upon half rations,” they killed 150 to 173 Apaches and Yavapais while losing only ten men in combat themselves. If their enlistments had been extended, as many territorial officials and army officers requested, the centuries-old alliance of Hispanic,

O’odham, and Maricopa frontiersmen might have conquered the Apachería for the Anglo newcomers.

After the volunteers were disbanded, the Apaches remained a problem for settlers, ranchers, stagecoach travel, and travelers in general. For the next fifteen years or

so, there was continuous fighting with Apaches. Notorious Apache leaders who conducted the marauding, stealing, and killing were Cochise, Victorio, Nana, and Geronimo. Federal troops primarily engaged the Apaches, but many Arizona communities formed their own organizations to defend themselves. In 1877 the territorial legislature authorized the organization of a state militia and appropriated \$10,000 for its use. Several of Arizona’s larger communities contributed to the formation of the 1st Arizona Infantry Regiment. Prescott led the way by organizing local troops into a company known initially as the Mulligan Guards, but which later renamed the Prescott Grays. Their commander was Captain William Owen “Buckey” O’Neil.

Concern over the militia’s domestic role led States to re-examine their need for a well-equipped and trained militia, and between 1881 and 1892, every state revised the military code to provide for an organized force. Most changed the name of their militias to the National Guard. Arizona followed suit. In a report dated July 1, 1891, Adjutant General Buckey O’Neil stated the following: “...a Military Code was approved by the Governor on March 19, 1891. The Code proved for an organization of not-to-exceed ten companies in the Territory, such companies to be organized in not-to-exceed three battalions, and all to be consolidated into one regiment. The old companies were reorganized to comply with the code, and two additional companies have been mustered in. An allowance of thirty (30) dollars per month for each company is made by the Territory. Under this law all the companies have taken new life and the National Guard of Arizona is fast becoming a splendid body of soldiers. Some staff appointments have yet to be made, but with that exception the organization is complete.”

The 1st Arizona Infantry Regiment was the state’s militia, but the Military Code of 1891 codified the National Guard of Arizona. This is the history and the legacy of the

great organization in which the men and women serve today. (Sources: The Books of the Southwest, University of Arizona Library, History of Arizona, Vol. IV and the report of Adjutant General (William H. Garvin), Prescott, Arizona, October 1, 1866 and a report of Adjutant General Buckey O’Neil).



SAFETY

FIREARMS SAFETY

**Story and Photo by
Sgt. Brian Barbour**

From an early start in a Soldier's training, each individual is educated on the essential aspects of their issued weapon. They are trained on how to safely handle and fire their weapons, which in turn builds their confidence and ability in using them.

Within the military, the level of experience and exposure to firearms outside their issued weapons varies from Soldier to Soldier. Some, such as Staff Sgt. Andres F. Behrens, 159th Finance Company, have been exposed to fire arms almost their whole life. While others, such as Capt. Andrew J. Lee, Battalion Chaplain for the 158th Combat Sustainment Support Battalion, didn't get experience with firearms

until later during college.

Behrens, who was taught about firearms and hunting from his father, thinks weapon knowledge and safety, is an important aspect of gun ownership.

If a person is not familiar with their weapon, how to take it apart, or to clear it, there could be a misfire, said Behren. The slightest mistake could cost somebody their life, he said.

Stories of firearm injuries and fatalities are seemingly always present in the news. The most tragic ones are those stories that involve children and accidental firearm deaths. Teaching children the dangers of firearms and keeping guns secured could prevent such accidents.

"Every gun should be secured in a household. It's vitally import-

ant," said Lee, a Tempe Police Officer, on the civilian side.

Command Sgt. Maj. John Paul Salazar who is the senior non-commissioned officer for the 158th CSSB said he thinks there are two things that are most important in firearms safety. One, is muzzle awareness. Second, always assume that the weapon is loaded.

"If you are always pointing the weapon in a safe direction, it doesn't matter if it's loaded or not, you're not going to have a problem. If it is loaded and it's pointed in a safe direction you're always going to be fine, Salazar said. "Treating it as if it was loaded is just a level of respect for something that can cause catastrophic damage."

COOKING

ON A BUDGET

**Story and Photo by
Sgt. Crysall Reidy**

In its commitment to fiscal responsibility, the Arizona Army National Guard is strategically using Army cooks to serve more Soldiers in the field and not rely heavily on local food vendors.

The AZARNG estimates the state is saving \$3.00 - \$5.00 per Soldier on each meal that is served by an Army cook versus a meal purchased from a food vendor.

"Units with food service sections are helping to feed units that do not have cooks assigned to their company," said Staff Sgt. Roberto Leatty, 996 Medical Command.

During the November drill, two Army cooks with the 996 Medical Command volunteered to serve food to four units drilling in Florence Military Reservation. This required them to travel an hour away from

where their home unit was drilling.

Leatty said he enjoys doing his job no matter where they travel to do it.

"It makes me happy to know we can serve a hot meal to Soldiers after a long day in the field," Leatty said.

The Soldiers receiving the hot meal are equally happy to see the cooks after a hard day of training.

"The cooks are great," said Master Sgt. Charles Danner, 198th Regional Support Group, and S-4 of one of the units served by the Army cooks. "These guys keep us fed, happy and enable us to continue with our mission."



GENERAL RETIRES

MAJ. GEN HUGO SALAZAR RETIRES

Story by Sgt Adrian Borunda

The Adjutant General of the Arizona National Guard retired Sept. 9, after 30 years of dedicated service to the United States Army and the Arizona National Guard.

As the Adjutant General for the state of Arizona, Maj. Gen. Hugo Salazar was also the head of the state's Department of Emergency and Military Affairs. Gov. Janice K. Brewer, who presided over Salazar's retirement ceremony, said that under Salazar's leadership the Arizona National Guard responded to more than 22 state emergencies and played a critical role in defending the United States globally during wartime operations.

"He is a decisive leader, a strategic planner, able to inspire the very best of each serviceman and woman," Brewer said.

Brewer also commended Salazar on his efforts to diminish the National Guard suicide rate by implementing programs that lowered the suicide rate in Arizona from one of the highest in the country to zero in only two years.

The son of immigrant parents from Mexico, Salazar rose to the position as the top general of the Arizona National Guard from humble beginnings. At an early age Salazar began caddying to help his family and acquired a love for the game of golf.

"I started caddying when I was 10 years old to earn money," Salazar said. "It exposed me to role models and I was mentored by some of the men I caddied for."

Salazar used his natural talent in golf and his good grades in high school to earn the Chick Evans Cad-die Scholarship that paid for his education at Indiana University, where he earned his degree in business.

During his sophomore year, Salazar's family moved from Chicago to Houston to seek warmer weather to help with his father's health issues. He visited his family every summer while in college and took a job in Houston after graduating. After a year on the job Salazar received his first promotion, but the U.S. Army also unveiled a new recruiting campaign.

"I became one of the first victims of the 'Be All You

Can Be' recruiting campaign," Salazar said. "I traded in my wing tip shoes for combat boots and a loving drill sergeant."

Salazar enlisted in 1983 into the Officer Candidate School and commissioned as a second lieutenant on Sep 9, 1983.

"Doesn't matter who it is or what their rank is, everyone deserves a little of my time," Salazar said.

Salazar recounts a story about meeting then Gen. Eric K. Shinseki when he visited his unit while training.

"In the middle of my brief to him (Shinseki), he interrupted me and said, 'Col., no offense but I'd rather talk to your troops if it's alright.' I said yes sir and he asked them about their personal lives and if they liked their jobs in the military and if they had enough resources. I thought when I made it to General I'd conduct myself like Shinseki," Salazar said.

Salazar's focus on treating soldiers and airmen with dignity and respect on an individual level led him to develop the Total Force Team, a robust set of programs designed around a whole-person concept. The Total Force Team includes full-time counseling support, financial counseling, family programs, sexual assault response and prevention, and job placement for out-of-work or under-paid guardsmen and women.

At a time when the national suicide rate among service members continues to climb, Salazar attacked the problem head on with training for National Guard soldiers, airmen, and their families in positive psychology, suicide and crises intervention.

Salazar also developed the Arizona Coalition for Military Families that connects Arizona veterans from all military branches, not just the Guard, with community resources.



