

GUARDLIFE



GUARDLIFE

Vol. 31, No. 4

Index

- 3 TAG's Message
- 4 CSM Message
- 5 108th Passes First Year Mark In NETTF
- 6 Band Of Brothers - And Sisters
- 8 177th CE Deploys To RAF Mildenhall
- 9 Cavalry MOUTs Up At Fort Knox
- 10 21st CST Go For Hot Zone
- 12 Operation Whirlwind
- 13 Chaplain Beats The Devil Out Of Soldiers
- 14 News Guard Families Can Use
- 15 Short Rounds
- 19 Army And Air Enlisted Promotions
- 20 Farewell To Brig. Gen. Bell

Family Assistance Centers (Army and Air)

Jersey City Armory
678 Montgomery Street
Jersey City, NJ 07306-2208
POC: Sheila Kelley
sheilah.kelley@nj.ngb.army.mil

Lawrenceville Armory
151 Eggert Crossing Road (Armory)
Lawrenceville, NJ 08648-2897
POC: Jane Hackbarth
jane.hackbarth@nj.ngb.army.mil

Morristown Armory
430 Jockey Hollow Road
Morristown, NJ 07960-0499
POC: Sgt. Fred Giberson
fred.giberson@us.army.mil

Somerset Armory
1060 Hamilton Street
Somerset, NJ 08873
POC: John A. Hales
john.a.hales@nj.ngb.army.mil

State Office – Fort Dix
3650 Saylor's Pond Rd.
Fort Dix, NJ 08640
POC: CW4 Ralph Cwieka (609) 562-0668
ralph.cwieka@nj.ngb.army.mil

Teaneck Armory
Teaneck & Liberty Roads
Teaneck NJ 07666-0687
POC: Staff Sgt. Sarah Loureiro
sarah.tonn@us.army.mil

Toms River Armory
1200 Whitesville Road
Toms River, NJ 08753
POC: Mike Hughes
michael.hughes@nj.ngb.army.mil

Woodbury Armory
120 Progress Avenue
Woodbury, NJ 08096
POC: Heather Altman
njamazonchic@comcast.net

108th Air Refueling Wing
3327 Charles Blvd.
McGuire AFB, NJ 08641
POC: Tiffany Colby (609) 754-4479
tiffany.colby@njmcmgu.af.mil

Joint FAC 177th Fighter Wing
400 Langley Rd.
Egg Harbor Twp, NJ 08234
POC: Joan F. Searfoss (609) 645-6248
joan.searfoss@najatla.ang.af.mil

For More Information Call Our Toll Free Number 1-888-859-0352



GUARDLIFE STAFF

Editors

Lt. Col. Roberta Niedt
Capt. Yvonne Mays
Sgt. 1st Class Krynn Westhoven
Senior Airman Beth Pritchard

Assistant Editor-Production

Tech. Sgt. Mark C. Olsen

Staff Photographer

Staff Sgt. Barbara Harbison

Staff Writer

Sgt. 1st Class Robert Stephenson

GUARDLIFE is published bi-monthly using federal funds under provisions of AR 360-1 and AFI 35-101 by the Public Affairs Office of the New Jersey Department of Military and Veterans Affairs for all members of the New Jersey Army and Air National Guard. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force or the National Guard Bureau. Letters may be sent to: **GUARDLIFE**, Public Affairs Office, P.O. Box 340, NJDMAVA, Trenton, NJ, 08625-0340. E-mail at: pao@njdmava.state.nj.us

Cover

Out Of The Hot Zone

Members of the 21st Civil Support Team examine a cargo container during their final evaluation by Army inspectors June 30. Turn to page 10 for the story. Photo by Tech. Sgt. Mark Olsen, NJDMAVA/PA.

Inside Cover

Moving Out

A member of the 42nd Division Support Command stands on top of his Humvee prior to moving out in a tactical convey. Photo by Sgt. 1st Class Robert Stephenson, NJDMAVA/PA.

TAG's Message - Retention

By Maj. Gen. Glenn K. Rieth, The Adjutant General - New Jersey



Maj. Gen. Glenn K. Rieth (center), The Adjutant General of New Jersey, poses with members of the 108th Air Refueling Wing

during the unit's deployment to Incirlik Air Base, Turkey. Photo courtesy Maj. Gen. Glenn K. Rieth.

Why do you stay in the New Jersey National Guard? Some of us stay for a sense of patriotism and duty, others for the camaraderie, others for the important mission we perform and others for the benefits provided to New Jersey National Guard members. Remaining or leaving the National Guard is a very personal decision. Families, employers and the National Guard culture shape the decision we make as individuals and shape the decision our fellow unit members make.

The State Family Readiness Council and ESGR personnel are doing everything possible to improve the lives of our Soldiers and their families. The National Guard culture is an area I want all of you to focus your efforts.

You as an individual member or as a leader in the Guard community impact on the National Guard culture and the retention of members of our units! You must be part of mission accomplishment in the retention fight.

Camaraderie is built one unit member at a time. Do the members of your unit look out for each other? What have you done to make all members of the organization feel like part of the team? This is the number one reason members stay in the Guard. Make this better in your squadron, section, platoon, battalion or wing and you will be helping the retention fight.

Patriotism and a sense of duty compel members to remain in the Guard. Make sure you and your units recognize members for their outstanding performance and let the community come to your activities and feel the sense of Patriotism that lives in your units. What have you

done to recognize your members' patriotism and exceptional duty performance? Every member of the Guard is a living American Patriot and deserves the respect and gratitude that comes with that honor.

The importance of the National Guard's mission can not be overstated. Your families, friends and neighbors are counting on us to protect them from harm and to save their lives in times of crisis. Each of us needs to devote our time and effort toward preparing ourselves for Homeland Security and other missions devoted to safety and protection of the citizens of New Jersey. Are your personnel getting the training and support they need? What are you doing to make your personnel and unit ready?

Benefits are provided to Guard personnel because of the service we require from them. Are you aware of the benefits of service? How have you helped your fellow soldiers learn about or receive National Guard benefits? Are your families aware of the benefits of service? Getting this information to members and their families is critical to the retention decision. Making sure all of our members have the information to make informed decisions is everyone's mission.

The New Jersey National Guard needs our trained and experienced members to remain in the Guard to protect the citizens of New Jersey and America. Each of us is tasked with taking care of family issues, employer issues and making sure that our National Guard culture fosters a positive retention environment. 🇺🇸

57th Troop Command CSM: Mentorship

By Command Sgt. Maj. James Marshall, 57th Troop Command



In the military, mentorship is an informal, personal and proactive commitment to foster growth in soldiers based on mutual trust and respect.

It is further defined as the “influence, guidance, or direction exerted by a mentor”, and is a voluntary, developmental relationship between an experienced senior leader who is willing to provide career counseling and development to a younger, less experienced individual. This relationship is sustained through active listening, caring and sharing of professional knowledge and personal life experiences for the betterment of the individual.

We, as noncommissioned officers, have a mandate to cultivate our soldiers. Mentorship is the single easiest way to develop young leaders and should not be a hasty endeavor, due to the commitment necessary to promote learning and positively influence the next generation. Experience is the best teacher and we all have experience to impart on those willing to learn. Mentoring is simply

giving of your knowledge to other people. It is an enduring relationship, with frequency based on need, not predetermined events or time.

Mentoring begins with setting the right example, by showing soldiers a mature model of values, attributes and skills in action. It is a one-on-one approach to helping a subordinate grow into a superior leader. Mentorship is more than fulfilling a responsibility as a leader. It is providing our soldiers the opportunity to better themselves. After all, today’s Corporals and Sergeants will be the First Sergeants and Sergeants Major of the future. Setting the example encourages them to develop their own character and leadership attributes accordingly.

“Taking the time to reach out to others, share your life’s wisdom, and convey your respect for them is possibly one of the most powerful ways to change the world, one life at a time.”

The term “mentoring” is often used to describe a wide array of actions that are outside of a mentorship relationship such as counseling, teaching, coaching, role modeling, advising

and guiding. Seeking advice or assistance from a mentor is not a sign of weakness, but is evidence of a desire to become a better soldier and leader. It is a proven approach and a valuable tool. No specific action is exclusively “mentoring.”

A mentor is someone you feel can be trusted with everything that is important to you. I must admit that as a young soldier I was unaware of what a mentor was. But I would soon learn that my First Sergeant possessed all of the qualities of one. He had the experience, the knowledge and he cared enough to teach me how to “get it done the right way”. He always took the time to share his experiences, successes and failures alike, and some of his stories were the most powerful lessons I learned. Upon becoming a Specialist, he encouraged me to attend our unit’s varied social functions, instilling in me a sense of family and community among my fellow guardsmen. When I became an NCO, he shared his vision of how tasks could be accomplished and the means by which to reach those goals.

Over the years, we have developed a lasting relationship and, to this day, whenever I need advice I always know who to turn to - my mentor. I can honestly say that I would not be where I am today had it not been for his direction, counseling and leadership. Taking the time to reach out to others, share your life’s wisdom, and convey your respect for them is possibly one of the most powerful ways to change the world, one life at a time.

We should remember that to be an effective mentor, all you need is experience, the wisdom of your years, and one other vital quality – you have to care! 🇺🇸

108th Passes First Year Mark In NETTF

By Maj. Tim Burke, 141ARS; photo courtesy 108ARW/PA.

The 108th Air Refueling Wing has just passed the one-year mark for its participation in the North East Tanker Task Force.

With this anniversary, the 108th has performed 150 alert taskings, flown 120 missions, offloaded 6.5 million pounds of fuel to Operations Enduring Freedom and Iraqi Freedom airlifters, performed 390 safe flying hours and attained a 96 percent mission reliability rate.

What these numbers don't show are the missions such as refueling medivac missions for burn patients and planes bringing back the wounded from Iraq and Afghanistan, meeting C-130s over the Atlantic Ocean, helping the crews deploy and, even better, coming home. 🇺🇸



"The 108th Air Refueling Wing is looking forward to a second year of showing the others how to be "America's Best Refueling Wing!"

Best Of The Best

By Senior Airman Robbie Finley, 108 ARW/PA

A 108th Air Refueling Wing Airman received the 2005 Air National Guard Outstanding Base Honor Guard Program Manager of the Year Award June 9 in Washington, D.C.

Master Sgt. Donald G. Newlin Sr., the honor guard program manager and a satellite NCO Academy instructor, received the award while on a weeklong trip to Washington, D.C., that was given to winners of various awards.

"They wined and dined us for a week," he said.

During the weeklong trip to Washington, D.C., Newlin and other winners took a private tour of the White House, Arlington Cemetery, the Smithsonian museums and many other places, he said. At an awards banquet June 9, Newlin was awarded a medal, a statue, and three plaques along with many other prizes for winning the outstanding Honor Guard manager of the year award.

Over the last 16 years, the 108th Honor Guard has participated in countless funerals, Commanders calls, and military functions. 🇺🇸



Col. Michael Cunniff (left) Commander, 108th Air Refueling Wing, presents Master Sgt. Donald G. Newlin, Sr. (right) with a trophy during the 108th's Family Day awards ceremony July 17. Newlin has been with the Honor Guard Program since its inception. Photo by Staff Sgt. Barb Harbison, 108 ARW/PA.

Band Of Brothers – And Sisters

Photos and story by Sgt. 1st Class Robert Stephenson, NJDMAVA/PA



Spc. Charles Snook patrols the provisional governor's palace main entrance while on security detail.

The Soldiers of the 42nd MP Company are a diverse group of people with a common bond – they are all military police.

No matter what they do in civilian life, as MPs, they share a special calling on the streets of Iraq.

It doesn't matter that the majority of the unit hails from Massachusetts while a smaller detachment makes its home in Lawrenceville. Or that the two separate units first met shortly before being sent to Iraq. They may be bitter rivals when the Yankees-Red Sox play, but here in the town of Tikrit, they all play on the same team as they perform their force protection mission.

New Jersey resident Staff Sgt. Tim Hoke describes what it's like working with Soldiers from Massachusetts.

"Outstanding. Other than the fact that they're Red Sox Fans, they're all right."

Hoke, the convoy commander on a recent mission outside the gates of FOB Danger and into the streets of Tikrit, enjoys working with the Massachusetts contingent, and finds it not a problem at all.

"All being MP's – 31 Bravos – it was as if we were training with them for years," says Hoke.

That same sentiment is echoed by the company's top NCO, 1st Sgt. Richard Bowe.

"It's as if they were with us from day one at drill in Chicopee, Mass," says Bowe. "They came in and incorporated without any issues. They're our brothers – we don't even call them Jersey Soldiers, and they don't call us Mass, we're the 42nd. I don't know who's training them down there but they're doing a damn good job."

"Just getting to know the people was the only real hard part," notes Hoke. "But as far as doing the job – take someone from Mass and someone from Jersey and put them together and there's no problem. It's just like civilian law enforcement, they're my brothers and sisters, and we all look out for each other."

Getting The Job Done

As MP's stationed in Tikrit, their mission varies daily. Mostly they spend their time on the road, either moving detainees from the local detention center to Baghdad, or escorting military VIP's from FOB Danger to locations around the city. Regardless, each unit member takes every mission seriously. When asked if there is any particular part of a mission that gives him cause for concern, Hoke has a quick answer.

"The whole thing. There are certain areas that are worse than others, but you never know . . . it can be anywhere out there. It could be anything from garbage bags to dead dogs on the side of the road, so you never know. They usually have IED (Improvised Explosive Device) sweeps that go out every morning. So we usually wait for the sweep but sometimes we have to hit our SP (Start Point) early in the morning and so we pass the sweeps."

On this mission, their five-vehicle convoy of up-armored Humvees is escorting a 42nd Infantry Division community relations officer outside the wire and to the "Governator's Building," as it's called, where the Tikrit provisional governor has his offices. When moving outside the FOB, posted speed limits and other traffic signs are ignored – the vehicles never want to stop out in the open. Although the building was just a short stretch down the road from FOB

“You can’t be complacent. Complacency kills.”

Staff Sgt. Tim Hoke, 42nd MP Company



Spc. Dalila Navarro stands watch in the turret in front of the provisional governor’s headquarters building.

Danger, that office building and the one next to it – the headquarters of the Iraqi Police (IP), are the two buildings most targeted by insurgents in the city, according to Massachusetts resident Cpl. James Lawler, a lanky soldier cradling a sniper rifle.

“See that yellow building right there?” Lawler says as he points to the building next door. “That’s where they always [set up] VBIED’s (Vehicle Borne Improvised Explosive Devices) and kill the IP’s. This road sucks. Actually as close as we are [to FOB Danger], this is the worst place we can go besides Samarra.”

Hurry Up And Wait

With the 42nd ID officer meeting with the provisional governor, the MP’s set up a cordon with their vehicles around the front of the building, and with the exception of the turret gunners, dismount, set up a perimeter and wait.

And wait.

During the next 90 minutes, they are constantly scanning the streets and alleys facing the governor’s building, looking for anything that might be a threat.

“Watch the guy with the wheelbarrow,” shouts Lawler above the Humvee’s engine. New Jersey resident Spc. Charles Snook keeps an eye on the Iraqi worker who is moving a wheelbarrow full of dirt towards the front of the building. There are a number of Iraqi civilians trying to make improvements to the building since major combat operations ceased, but a wheelbarrow full of dirt could be concealing something more.

“You can’t be complacent,” Hoke reminds me. “Complacency kills. You have to be ready for anything.” In this case, the wheelbarrow full of dirt was just that – dirt.

Hoke’s team is a close-knit group of Soldiers who have worked together on many missions, and includes one team member who left her job at the Basketball Hall of Fame to volunteer for the army so that she would have something to tell friends and family about one day in the future.

“It’s definitely been a learning experience for me,” says Massachusetts resident Spc. Dalila Navarro, as she scans the street for any movement that might be considered a threat to her or her “brothers” on the team, a group of guys she considers her buddies. “They’re funny – funny guys,” she says with a smile.

When the unit is on the road, Navarro stands in the gun turret of the lead vehicle – a position she always requests – and makes her presence known to the Iraqi civilians as the unit convoys down the street. Occasionally she has to throw rocks at the cars that don’t move out of the way fast enough to get their attention and to show that she means business. So far, that’s all she has had to do.

Meeting finished, they escort the officer back into the waiting Humvee and prepare to depart for FOB Danger. As



On guard. MPs block the entrance and stand watch outside the provisional governor’s headquarters building while waiting for a meeting to end.

he stops to direct the placement of vehicles I notice something written on the side of Hoke’s helmet band. It reads “Psalm 91,” and I ask him about it.

“Basically it says that ‘10,000 shall fall at my feet and nothing shall harm me,’” he says. “I read it once and it sounded pretty good and everybody else had it on and I threw it on there too and it seems to be working because we’ve got someone looking out for us, that’s for sure.”

177th CE Deploys To RAF Mildenhall

Story and photos by Tech. Sgt. Mark Olsen, 177FW/PA

More than 40 members of the 177th Civil Engineering (CE) Squadron deployed to Royal Air Force Base Mildenhall, Suffolk, England for two weeks of annual training July 22 to August 6.

The deployed Airmen were a cross-section of the entire CE career spectrum, including heavy equipment operators, firefighters, HVAC (Heating, Ventilation and Air Conditioning), explosive ordnance disposal (EOD), structures, power production, readiness and electricians.



Geoff Harrison (left), RAF Mildenhall Heating, Ventilation and Air Conditioning and Tech. Sgt. Ernie Scott (right) remove a nozzle on gas bottle.



Senior Airman Lynne Dettloff (left) 177th CES and Airman 1st Class Neal Clark (right), 100th Civil Engineering Readiness prepare a container for loading.

Except for Readiness, EOD, HVAC and the firefighters, the majority of the 177th team were assigned three projects: the dismantling and reassembling of a gazebo at a different location; grading and leveling the 60-acre site and the finishing of the Self Help kitchen.

The other CE Airmen were dispersed to various locations across the base. The firefighters served as backfill for the base firefighters who are serving in Iraq. The HVAC Airmen performed emergency repairs and preventative maintenance on systems throughout the base. While the Readiness Airmen assisted the 100th ARW CE Readiness shop studying potential threats that would affect deployed CE troops, the two-member 177th EOD team arrived at RAF Lakenheath just in time for the base's operational readiness inspection.

After resting the weekend, the 177th Airmen finished the projects prior to returning to New Jersey.



Left to right: Senior Airman Stephen Lee directs while Master Sergeants' Paul Nieczpiel and Raymond Gordon lower a fence post at the new gazebo.

Cavalry MOUTs Up At Fort Knox

Photo and story by Sgt. Shawn Morris, 444th MPAD



Animated discussion. Cav Soldiers look on as volunteers react to their presence during one of the training scenarios.

The 5th Squadron, 117th Cavalry, took advantage of a recent opportunity to become the first New Jersey Guard unit to train at the nation's premier MOUT (Military Operations on Urban Terrain) site, the Zussman Urban Combat Training Center at Fort Knox, Ky.

The 5-117th spent July 7 through 10 living and training at the 26-acre site – which has been open to military, law-enforcement, and emergency-response personnel since October 1999 – as part of the Army's continuing transformation into a 21st-century fighting force.

The Army estimates that untrained troops fighting in an urban environment will sustain 25- to 30-percent casualties. Realistic training like that provided at the Zussman site aims to reduce those figures as much as possible.

The four-day drill in Kentucky was the culmination of training that began in November 2004; when cadre from Zussman began traveling to New Jersey to give the 5-117th Soldiers preliminary training.

"There was a whole plethora of sub-tasks," explained Lt. Col. Jim Rosenberg, squadron commander.

"The training programs helped the unit immensely," said Staff Sgt. Tom Alderson, A Troop. "I cannot say enough good things about the cadre."

"The Zussman crew is amazing," added 2nd Lt. Vincent Tirri, A Troop. "They are all about training, and they are very experienced individuals."

At the MOUT site, their first mission was to occupy the embassy building and take out insurgents in a nearby restaurant. The second mission involved clearing five townhouses while searching for a rumored weapons cache.

The Cav Soldiers quickly became acquainted with the volunteers who play the insurgents and Civilians On the Battlefield (COBs) at Zussman.

"The volunteers were great," said Tirri. "They reacted the way normal people would to Soldiers, and they were able to pick up on my Soldiers' body language and emotional reactions to situations, and use this to make the exercise even more realistic."

The paintball guns helped add to the realism.

Mission three was a presence patrol. Several car bombs exploded and the local inhabitants began to yell and throw trash at the Soldiers, but everyone kept their cool and the potential uprising eventually fizzled out.

On the fourth mission, information gathered from insurgents led to a raid against a local boss' stronghold. Later that morning, the fifth and final mission called for a Traffic Control Point (TCP) to be set up at the town's traffic circle.

One unique characteristic of the training was that junior officers and NCOs led all the missions.

"I think the junior leaders really stepped up," said Rosenberg. "I was very, very proud of the way they executed their missions."

Two of those junior leaders, Tirri and Alderson, were equally impressed with the training received at Zussman. "Zussman is quite possibly one of the finest Training Areas the Army has at its disposal today," said Tirri. "From the trainers, to the civilian volunteers, to the structures themselves, everyone plays a part in creating the immersive environment of Zussman. Without these guys, Zussman would just be a lot of concrete and dirt."

"The Zussman site is an outstanding facility," said Alderson, vehicle commander during the mission. "The training we got was by far some of the best and most realistic training that I have had in my almost 16 years of service."

The Army's current transformation process is replacing the 5-117th's tanks and Armored Personnel Carriers (APCs) with Humvees and the oldest form of APC – boots. But having their armor taken away hasn't lessened the Soldiers' warrior ethos.

"I think their performance was exemplary," Rosenberg said. "There are lessons to be learned, and that's the purpose of training."

"We've got to do this again," he concluded. 🍻

21st CST Go For *Hot Zone*

Photos by Tech. Sgt. Mark Olsen, NJDMAVA/PA

The 21st Civil Support Team (CST) passed its final evaluation by the First United States Army inspectors on June 30.

The evaluation came at the end of a daylong exercise held at a Salem County shipping company. The location was suited for simulating a WMD event because it's various commercial and industrial sites, in addition to its proximity to the ports of Wilmington and Philadelphia. The site was also important in that it went against commonly held perceptions that a WMD event in New Jersey would likely occur in a major city or port closer to New York City.

The event was part of the validation process for the 21st CST, which was called out on 90 minutes notice in order to respond to the simulated WMD incident.

The team, which consists of 22 full-time Army and Air National Guard members, was being evaluated on its initial response time to the incident, which could have been staged anywhere in the state

and also how it handled the possible contamination by the simulated WMD.

The Team supports civilian authorities at a chemical, biological, radiological, nuclear and explosives incident site by identifying agents/substances, assessing current and projected consequences, advising on response measures, and assisting with appropriate requests for additional state support.

The CST, who, while directly under the command and control of the Governor, is fully resourced, trained and evaluated by the federal government. The CST participates in both military and civilian emergency responder specialized technical training. Team members require approximately 600-800 hours of initial training above and beyond their primary military skill requirement.

Once the unit receives its final certification, the 21st CST will be on call to respond to nuclear, biological or chemical incidents anywhere in the United States. ■





Operation Whirlwind

Photos courtesy of DISCOM

The leadership of the 42nd Division Support Command (DISCOM) spent two days travelling 400 miles visiting various Forward Operation Bases (FOB's) throughout Iraq.

Soldiers from the 50th Main Support Battalion are located at FOB's Cobra (group photo), Bernstein (center photo), Olson (bottom photos), as well as FOB's Normandy, McKenzie. The unit provides medical and water purification (note: bottom right photo, shows stages of water purification) support to the Soldiers and Iraqi citizens in their area of operation.



Chaplain Beats The Devil Out Of Soldiers

By Sgt. 1st Class Robert Stephenson, NJDMAVA/PA

By day she counsels soldiers on everything from dealing with family separation to mild depression, but after hours, Chaplain (Lt. Col.) Joanne Martindale wields a mean ping-pong paddle in the mini MWR facility at 42nd Division Support Command headquarters at Forward Operating Base Speicher.

You might say it's a form of therapy, both for her and those she counsels.

"I used to play with my mother when I was growing up and my mother just passed this last August," she says. "Something about it reminds me of playing with her. When I first saw the ping-pong table here I thought 'I've got good memories associated with that.'"

Word has gotten around that she's the one to beat when it comes to ping-pong, a reputation she doesn't discourage.

"We'll get up there to play and I'll say, 'Who's going to lose today,'" she laughs. "So they line up waiting to play, and we have fun, and I encourage them and they encourage me, and it really doesn't matter who wins."

What does matter is that it is one way for her to get to know her soldiers, and a way for them to get to know her, and to trust her. "The more they trust you the more they open up. I'm much busier now than I was the first month because people trust."

Soldiers come to her with a number of different issues, but family issues top the list, and they can run the gamut from dealing with a long distance relationship to family finances and other problems.

"When they walk in the door, I say to them anything you say here is in confidence. So they'll just pour out their soul. I have so many soldiers say 'I haven't told anyone what I'm telling you.'"

This forms a unique bond of familiarity between Martindale and her Soldiers.

"I can be in a room and know 25 people's life history because they've come and told me about their family or their difficulties and I'm glad because they are able to unburden themselves so they are better able to do their mission."

When she's not counseling Soldiers or beating them at ping-pong, the 14-year Army veteran is one of three brigade chaplains who oversee the 13 chaplains and 15 chaplain assistants from various units who reside on FOB Speicher.



Chaplain (Lt. Col.) Joanne Martindale serves up some ping-pong therapy at the DISCOM MWR Facility at FOB Speicher, Iraq.

Never one to stand still, Martindale also travels the base, seeking out soldiers who may not be able to come to her. This also gives her the chance to meet them on their own turf, so she can see first-hand the job that they do while on duty, another way in which she gets to know her Soldiers.

Eventually, conversations will return to ping-pong and a challenge will ensue, which she gladly accepts, because the chaplain knows full well that while it is therapy for the soldiers, it is also stress relief for her as well.

"I was a little nervous to come here myself - a husband, two kids. It's tough. But I wouldn't be anywhere else, because I've learned so much - not only about myself, but also about Soldiers, about people. I've met some amazing people." ❧

**Remember,
Everyone Is A
Recruiter**

News Guard Families Can Use

Compiled by the Guardlife Staff

Frequently used websites

My Pay: www.dod.mil/dfas
TRICARE: www.tricare.osd.mil
TRICARE Health E-Mail Service (THEMS): www.samhouston.army.mil/thems/them.asp
TRICARE Dental Program (TDP): www.ucci.com/was/uccweb/tdp/tdp.jsp
US Family Health Plan (USFHP): www.usfhp.net
National Guard Family Programs: www.guardfamily.org
NJ Dept Military & Veterans Affairs: www.state.nj.us/military
NJ National Guard Family Programs: www.state.nj.us/military/familysupport/home.html
NJ Employer Support of the Guard & Reserve: www.njesgr.org/index.html

ICE – “In Case Of Emergency”

Following the London terrorist attacks, the British ambulance service launched a national “In Case of Emergency” (ICE) campaign.

The idea, which has been adopted here in the U.S., is that you store the word “ICE” in your mobile phone address book, and against it enter the number of the person you would want to be contacted “In Case of Emergency.” For more than one contact name program ICE1, ICE2, etc.

In an emergency situation ambulance and hospital staff will then be able to quickly find out who your next of kin are and be able to contact them.

Veteran Home Loans

Many Guard members are eligible for a VA home loan.

Guard members that have been called to active duty for a minimum of 90-days may qualify. The VA home loan program’s purpose is to assist veterans in the purchase of homes with favorable loan terms and at a rate of interest that’s competitive with the rate charged elsewhere.

VA loans offer important advantages. They ensure that all veterans are given an equal opportunity to buy a home with VA assistance. Other advantages include, no down payment (certain restrictions apply) and a competitive fixed interest rate. Among others, you must have a good credit record, and enough income to meet the loan’s mortgage payments on the loan. For a complete list of benefits and requirements log on to: www.homeloans.va.gov.

The first step to determine if you qualify for a VA loan is to obtain a Certificate of Eligibility through your lender or from the VA. For more information in obtaining a certificate log on to: www.home.loans.va.gov/elig1.htm. Or contact the VA Eligibility Center directly at 1-888-487-1970.

FRC Offers Grants

The State Family Readiness Council has established a Grant Program that will provide both Family and Business Grants to deserving New Jersey National Guard families impacted by deployment.

Business grants are up to \$5,000 and family grants \$2,500. Those interested should contact Family Assistance through the hotline at 1-888-859-0352. More information is available at the Council’s website help@njguardfamilies.com or through FACs or FRGs.

SCRA Info

Servicemembers Civil Relief Act (SCRA) protects active-duty military families, including National Guard troops called up to active duty, from foreclosures, evictions and other financial matters.

Under the law, servicemembers are exempt from repossession or foreclosure without a court order. The act also caps service-members’ interest rates at six percent, if military service affects his or her ability to meet the obligations, and allows them to terminate any real estate lease when their military orders require them to do so.

The law also forbids judges from holding military personnel in default on any legal matter unless the court has first appointed a lawyer to protect the individual.

State Park Passes

All Active New Jersey National Guard members are entitled to Division of Parks and Forestry State Park passes. The pass entitles the NJNG member (and passengers) free parking at all New Jersey State Parks, Forests, Recreation Areas and Historic Sites. This pass does not include campground fees. ID cards must be shown along with this pass for access.

National Guard members and their families can obtain state park passes through the State Family Programs office by calling 609-562-0739 or at any National Guard Family Assistance Centers. For more information contact Chief Warrant Officer 4 Ralph Cwieka, State Family Program Coordinator at 609-562-0668 or e-mail: Ralph.cwieka@nj.ngb.army.mil. Or call toll free: 1-888-859-0352. 📞

Short Rounds: Family Day, Recruiter, Dedication And Graduates



108th Holds Family Day

An Airman and future pilot examine the controls of KC-135E stratotanker during the 108th Air Refueling Wing's annual Family Day July 17. Photo by Staff Sgt. Barbara Harbison, 108ARW/PA. 📷



Recruiter Wins Chief's Challenge

A 108th Air Refueling Wing Airman was selected as a winner of the National Guard Bureau's Chief's Challenge on June 20. Master Sgt. Joseph Ramirez recruited 20 people to win the award, competing against recruiters from across the country. He was joined by 63 recruiters that also won the challenge. Ramirez spent the Fourth of July weekend in Washington, D.C., where he participated in a joint awards breakfast followed by a trip to Fort McNair, where Lt. Gen. H. Steven Blum, the Chief of the National Guard Bureau, addressed the attendees and their families at a special barbecue honoring the awardees. During the dinner, Lt. Gen. Blum chatted informally with the attendees and their families. To qualify for the award, a recruiter needed to recruit 18 people between Feb. 1 and June 15.



Reflecting Pond Dedicated

On Aug 14, Col. James Grant (right), Commander, Joint Training and Training Development Center (JT2DC), Fort Dix; unveils a monument marker for a Reflecting Pond, along with Maj. Gen. Glenn K. Rieth (second from right), Brig. Gen. Frank R. Carlini (second from left) and Command Sgt. Maj. Richard S. Adkins, Jr (left). The Reflecting Pond is a tribute to JT2DC deployed Soldiers and their families. Photo by Staff Sgt. David Moore, 444MPAD. 📷

Congratulations To The Grads

United States Army War College

Col. Frank Dulfer

Col. Mike Shute

Sergeant Major Academy

Command Sgt. Maj. Howard Wright

Sgt. Maj. Anthony Cahill

Sgt. Maj. Timothy Marvian

Sgt. Maj. Frank Sippel

Short Rounds: New Commanders And Successful Youth Camp



Units Get New Commanders

Top photo: Lt. Col. Walter Alvarado (right) receives the 50th Personnel Services Battalion Guidon from Col. John DiNapoli (left), Commander, 57th Troop Command during a change of command ceremony on May 1 in Lawrenceville. Photo by Sgt. 1st Class Robert Stephenson, NJDMAVA/PA. Top right photo: left to right, Maj. John E. Langston, Col. Frank Caruso, Commander, 50th Brigade, and incoming commander Lt. Col. Nicholas Chimienti stand at attention during the 2nd Battalion, 113th Infantry Change of Command ceremony at the National Guard Armory in Riverdale August 7. Photo by Spc. Nick Young, 444 MPAD. Above photo: Lt. Col. Tommie Bellamy (left), outgoing commander, 1st Battalion, 114th Infantry, Col. Frank Caruso (center) and Lt. Col. Robert Jarvis (right), new battalion commander, review the troops during the Change of Command Ceremony at Mount Holly June 10. Photo courtesy 1-114 Infantry. 🇺🇸

Youth Camp A Success

Junior Volunteer Christine Palumbo instructs Camper Zachary Traver during the 11th annual New Jersey National Guard Youth Camp at the National Guard Training Center in Sea Girt July 17-23. 113 campers along with 100 volunteers participated in this year's camp. The camp serves the children and grandchildren of active and retired NJNG members and NJDMAVA employees. Photo courtesy NJNG Youth Camp. 🇺🇸

Short Rounds: Vineland, Award, Freedom Salutes And Students



NJARNG Opens Vineland Storefront

On July 18 the New Jersey Army National Guard opened a new "Storefront" Recruiting Office in Vineland. Maj. Gen. Glenn K. Rieth, The Adjutant General of New Jersey, along with local officials cut the ribbon. Photo by Tech. Sgt. Mark Olsen, NJDMAVA/PA. 📷



TAG Presents Award

Maj. Gen. Glenn K. Rieth (left) poses with Master Sgt. Miguel A. Perez (right) after presenting him with a Meritorious Service Medal during the quarterly Recruiting and Retention Command meeting held in Atlantic City July 6. Photo courtesy Recruiting and Retention Command. 📷



Freedom Salutes Honor Soldiers

Spc. Angelo Martinez, 2nd Battalion, 113th Infantry, presents his family with recognition items during one of four Freedom Salutes honoring the Battalion at armories in Jersey City, Newark, Riverdale and Woodbridge August 7. The Campaign is designed to recognize Army National Guard Soldiers, their families and employers who supported them. Photo by Sgt. Shawn Morris, 444th MPAD. 📷



Students Raise Money For Soldiers

Marie Durling (left), Fundraiser Chairperson for the General Support Aviation Battalion (GSAB) Auxiliary, receives a donation of more than \$1,000 to purchase calling cards for deployed New Jersey National Guardsmen from Gloucester County Institute of Technology (GCIT) students Christina Keenan (center) and Kathleen Beatty (right). The students recently completed their service project "Only a Call Away," which raised the money for the troops. The project was started by students Caitlin Fazzio and Heather Duffield with help from Instructor Theresa Kerney. Photo courtesy GSAB Auxiliary. 📷

Short Rounds: New Second Lieutenants, National Colors And Toys



OCS Commissions 25 Second Lieutenants

On June 26, 25 New Jersey Army National Guard Officer Candidates were commissioned as second lieutenants. The ceremony was held at the New Jersey National Guard Training Center Sea Girt. The candidates belonged to

Officer Candidate School Class Number 48 assigned to the 254th Combat Arms Regiment. The new officers will serve in every New Jersey Army National Guard command. Photo by Tech. Sgt. Mark Olsen, NJDMAVA/PA.



Flag Adds Color To Desert

No matter where you go, the Stars and Stripes always seems to brighten up a place, as demonstrated by four members of the 250th Signal Battalion. Left to right: Sgt. Dale McTighe, Spc. Michael Hale, Master Sgt. Mario Gulla and Capt. Joe Pipas proudly display our nation's colors. Photo courtesy Headquarters and Headquarters Company 250th Signal Battalion.



Children Receive Toys

Recently Maureen Turak, a NJDMAVA employee, mailed 50th Main Support Battalion Soldiers a shipment of toys to give to Iraqi children during their visits to perform medical assessments. Chief Warrant Officer 2 Mickey McGuire (back, left), and Lt. Col. John Nunn (back, right), Executive Officer, Division Support Command, pose with some Iraqi children and their new toys. Photo courtesy Chief Warrant Officer 2 Mickey McGuire, 50MSB.

Army And Air Enlisted Promotions

Master Sgt. Daniel J. Calderale (Army) and Master Sgt. Paul B. Thompson, Jr. (Air)

New Jersey Army National Guard

To Sergeant Major (E-9)

Thomas J. Clark
Israel Garcia

To First Sergeant (E-8)

Scott C. Lewis

To Master Sergeant (E-8)

James J. Fortuna
Bryan C. Garnham
Stephen G. Noll
Jeffrey D. Pico

To Sergeant First Class (E-7)

Thomas B. Alderson
Paul R. Baker, III
Dean M. Baratta
Shawn M. Blackford
Ralph Chandler Jr.
Joseph Fallon
Ricardo J. Garcia
Roger C. Goff
Luis A. Gonzalez
Donald E. Kessler
Kevin P. Kirkpatrick
Victor A. Manzueta
Stephen McGoonan Jr.
Raymond M. Pedrick, III
Andrzej Z. Ropel
Brian K. Townsend
Mauricio R. Vega
Frederick J. Volpe

To Staff Sergeant (E-6)

Leyo M. Alava
Linda C. Chapin
Anthony Coleman
Danielle E. Corbin
Michael S. Hutchinson
Trevor I. Jenni
Keron P. Johnson
Beth B. Lapoint
Joseph M. Martin, Jr.
Peter F. Miller, Jr.
Christopher J. Mundras

Sean Ogorman
Rocchina A. Ruffin
Joseph W. Toomey
Burton A. Turnbull
Richard T. Weichand
Paul A. Zuzzio

To Sergeant (E-5)

Jeffrey E. Boland
Joseph W. Cahill, Jr.
Shawn C. Case
Timothy B. Davis
Michael A. Dickson
Lisa R. Easley
Chuka A. Ebede
Haronit G. Gomez
Lisa M. Lopez
Sgt Ronald T. Manka
Michael S. Marone
Keith Martin
John J. Melendez
Wallace E. Salley
George R. Smith, Jr.
David A. Smithson
Joseph E. Tomasetti
Jeffrey J. Turner
Willie C. Wadley

To Specialist (E-4)

Daphney L. Augustin
Stephen R. Blashfield
Alberto Claudio
Jamie L. Gayner
Jaime A. Harvey
Heather R. Jefferson
Carlos A. Johnson
Jeremy D. Knowles
Katie E. Lazaro
Keiry Martinez
Roberto G. Martinez
Daniel Medina
Harold J. Melander
Juan E. Mendez
Matthew D. Miller
Carmen R. Morales
John C. Otto, Jr.
Daisy I. Perez
Reno A. Reali
Daniel J. Rivera
Linda Romano
Betsy Romero
Jennifer A. Rosario
Stanley H. Roser, III

Suzanna M. Saldone
Andrew J. Soto
Ryan A. Sova
Brandon L. Taggart
Jose E. Velazquez
Amanda L. West Fico
Clifford M. White
Athleen B. Wilson
Andrew F. Wirth
Ussell D. Woolf
Mindy Yeon

To Private First Class (E-3)

Peter J. B. Ashwell
Monica Baez
Ryan P. Bodkin
Leopold M. Brown
Kevin L. Buckholtz
Keith M. Burkhardt
Jason F. Butler
Carlos M. Castro, Jr.
Dale L. Critchlaw, Jr.
Lloyd M. Deans
Oscar R. Dumas, Jr.
Bryam Elie
Daniel J. Farnkopf
Yviana Garcia
Mark T. Gartner
Luis A. Gomez
Matthew J. Goodsier
Sara M. Gorsky
John J. Grainger
Robert M. Griscom, Jr.
Edwin R. Gruszecki
Fanny M. Guerra
Anthony S. Gulino
Herrera, Armando R. Jr.
Jason P. Houston-Hickson
Russell Huth, Jr.
Carlos A. Jaramillo
Antonio Jones, Jr.
Justin M. Jones
Lorenzo D. Jones
Karla M. M. Katigbak
Ricky R. Kirchgessner
Brent M. Kline
John J. Law, Jr.
Timothy M. Lawrence
Branden A. Longsizer

Jarrett E. Longsworth
Kayleigh A. Maklary
Theresa M. Marchese
Jocelin Martinez
Alonzo McCoy
Leydi L. Mendoza
Jorge E. More
Ruby J. Moreta
Martin L. Munoz
Pedro R. Olazabal
Luis S. Ortiz
Eric J. Pastrana-Rivera
Nathanel L. Putnam
James T.

Raczkowski, III
Peter A. Reed
William F. Richmond
Maria V. Rodriguez
Luis A. Sanchez
Tyler A. Sassaman
Stephanie L. Saunders
Ithan S. Schneider
John L. Schneider, II
Van L. Shivers
Eric J. Smith
Vincent G. Straub, Jr.
John R. Strom
Theodore J. Sykes
Lorenzo A. Tirado
Quan M. Tran
Robert L. Vanarsdale, III
Sara B. Vasques
Roman Vays
Christopher A. Velasquez
Kevin D. Wells
Toure Williams
Andrew R. Woodson
Raymond R. Young

To Private (E-2)

Sultan Abdulrauf
Sarwar Ahmed
Jenna A. Betten
Omar G. Castro
Christian J. Cruz
Areli A. Delafuentechavez
Joseph M. Ditlove
James A. Duckworth
Shiomara Garcia
Juana L. Gonzalez

Maria E. Guerra
John D. Hardy
Jason R. Holloway
Michael R. Lahn
Kirk T. Lovell
Shawn R. Maaser
Matthew R. Mendoza
Marco Obando
Wisley E. Rivero
Joseph M. Sams
Harry J. Schwartz
Andrew J. Steffens
Charnie L. Stjean
Alyssa R. Stokes
Mary J. Watterson

New Jersey Air National Guard

To Senior Master Sergeant (E-8)

Mark H. Baker
Eric L. Smith

To Master Sergeant (E-7)

Michael J. Arroyo
Glen H. Auer
John N. Charyk, Jr.
John U. Holland
Edwin O. Montalvo
Sharon E. Roth
Curtis L. Thivierge
Francis G. Unterkoefler
Felix Zamot, Jr.

To Technical Sergeant (E-6)

Todd W. Butcher
Ellison Cason, Jr.
James M. Ferretti
Andrew B. Middleton, Sr.
Franky J. Miranda
Jeffrey K. Ragsdale
Allen J. Roberts
Richard P. Thomas

To Staff Sergeant (E-5)

Jennifer S. Bowen
Damaris D. Eggles
Heather C. Erickson
Diana M. Gomez
Jacqueline A. Hassall

Eric K. Johnson
Anthony J. Lemons
Brian S. Reilly
Shawn P. Reilly
Rex L. Rostrom
Tamika S. Wilson

To Senior Airman (E-4)

Stephen T. Atkinson
Kristopher M. Chiola
Michelle L. Herman
Melissa A. Hermann
James W. Holdstein
Robert J. McCarty, II
Jennifer T. Mullen
Ursinio M. O'Neal
Ivan Perez
Heyward D. Wiggins, IV

To Airman 1st Class (E-3)

Vanessa R. Beaulieu
Benjamin D. Tyler
Christopher D. Berget
Phillip P. Bunk
Jonathan R. Cameron
Stephanie M. Caraballo
Ginel D. Charneco
Michael J. Courtney
Maria L. Curcio
Nicole E. Del Valle
Stephen J. Dinatale
Dean R. Esposito
Lucas G. Gunther
Kirsta L. Korabik
Emanuel Moralesfranqui
Mark J. Naughton
Aishat N. Nauzo, Jr.
John D. Parillo
Frankie A. Perez
Roger E. Rachelski
David C. Ringer
Jeremy F. Roman
Jose A. Santiago, Jr.
Sheila Y. Velezavila

To Airman Basic (E-2)

Chano F. Almeyda, Jr.

Congratulations

Farewell To Brig. Gen. Steve Bell

It is with deep regret that the announcement is made of the death of Brig. Gen. (Ret) Steven L. Bell.

Brig. Gen. Bell passed away on August 2 as the result of cancer. He last served the New Jersey Army National Guard as the Assistant Adjutant General – Army. Brig. Gen. Bell was employed by the Department of Military and Veterans Affairs as the Deputy Executive Director of Homeland Security following a successful career with the Internal Revenue Service.

His noteworthy military career included assignment as the Chief of Staff, State Area Command; Chief Military Support Division; Commander, 42nd DISCOM and Commander, 250th Forward Support Battalion. The General was recently awarded the Legion of Merit.

His wife Cindy, daughters' Steffanie Jane Bell and Suzanne Erica Bell and a stepdaughter Michelle Clegg survive General Bell. 🇺🇸



State of New Jersey
Department of Military and Veterans Affairs
PO Box 340
Trenton, New Jersey 08625-0340

PRSRSTD
U.S. Postage
Paid
Permit No. 294
Tucker, GA

