



the **BAYONET**

The Bayonet is produced for personnel of the Maine Army National Guard, and is an authorized publication for members of the Department of Defense.

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86 service members from Maine have given their lives since September 11, 2001. Please Honor and Respect these Men and Women who sacrificed their lives for you. As we enter this new year, we want to take a moment to remember all of those who have gone before us. You will never be forgotten.

Front and Back Cover Photo by Spc.
Adam Simmler. Inside Cover Photo by
Sgt. 1st Class Pete Morrison

Dear Family, Friends, and Supporters,

As we settle down from our holiday festivities and begin the challenging year that is 2014, it's time to reflect back on the past year, remember the good times, and learn from the past. As always, we are full of hope and resolution. We have welcomed five units back from deployment in 2013, and will soon welcome back the 133rd and 1035th who left for Afghanistan this past fall.

Public Affairs is working hard to bring to you stories and information that is interesting, relevant and important to all of us in the Maine National Guard extended family. That's why 'The Bayonet' was established in 2013. We remain committed to keeping you informed on matters that affect Soldiers. There have been many publications put out over the years featuring stories on Maine Army National Guard Soldiers. We will take a closer look at these in future editions of 'The Bayonet'.

Our commitment for 2014 is to bring you a monthly magazine that tells a story... your story... OUR story. 'The Bayonet' is not just for command information, it is an outlet for our subject matter experts, Soldiers, family members and the civilian work force to talk about their roles in the National Guard and their civilian lives to give us depth and character.

'The Bayonet' gives you a window into the training and readiness of Maine units throughout the state, to include incoming Soldiers, important turning points and family and veteran based events. We work with deployed Soldiers giving them a stage to tell their story back home. We also try to seek out important historical information regarding the strong lineage of the Maine National Guard.

We listen to our readers' suggestions for stories about their community. We value input from our subject matter experts.

With 26 units, and 2,100 Soldiers located statewide, we rely on Soldiers to effectively communicate the Maine National Guard story of past dedication and present day courage that gives us our rich legacy in history.

The National Guard is the oldest component of the Armed Forces of the United States and one of the nation's longest-enduring institutions, celebrating its 377th birthday on December 13, 2013. The Maine National Guard traces its history back to the earliest English colonies in North America through the establishment of Popham Colony in 1607. More recently, it continues to ensure the safety and security of the American people in Iraq, Afghanistan and throughout the world.

Since the establishment of the district of Maine in the 1630's the state's militia has played an active role in every military conflict, either in a supporting role, or in active theater operations. Since 2003, the Maine National Guard has deployed over 4000 Soldiers in support of current operations. They have provided medical, transport, engineers, maintenance, military police, aviation, infantry support among others during mission critical operations aimed at protecting and preserving American security.

The Bayonet is distributed on the 15th of the month, or the Monday immediately following, by email distribution and the official Maine Army National Guard Facebook Page. It is also available by going to the online magazine publishing site, <https://www.joomag.com/magazine/mag/0901028001387222299/p1>

Continue to forward your questions, concerns or ideas for future editions through your chain of command. Together we will write the next chapter in the history of the Maine Army National Guard.

Signed,
Editor, 121st Public Affairs Detachment

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Maintenance control NCO keeps engineers operational in Afghanistan

Story by Sgt. 1st Class Jon Cupp, 82nd Sustainment Brigade

If a piece of essential equipment goes down, who do engineer units call to get parts and maintenance support to keep the mission going?

For soldiers of the 133rd Engineer Battalion, attached to the 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, that call is answered by Gardner, Maine, native Sgt. Nicholas Poulin, a computer logistics specialist for the Forward Support Company, who serves as the noncommissioned officer in charge of the maintenance control office.

Poulin and his team spend long days, usually anywhere from 10 to 15 hours, locating parts throughout Bagram Air Field, scouring computer systems, maintenance yards and other locations for parts like tires or starters for graders and other pieces of engineer equipment to ensure his battalion's mission continues to run smoothly. Some of his team's time is spent meeting with other maintenance units on the base in order to find essential parts.

Along with chasing down the parts that keep the machinery running, Poulin maintains the maintenance computer systems, keeps track of all licensing for the

133rd engineers, such as qualifications on forklifts, graders and haulers, and schedules work for the mechanics in the maintenance bay.

"It can be challenging, but it's extremely rewarding work," said the 31-year-old Poulin. "Being in the National Guard is great because you work with and meet people from all over the country and learn different ways of doing things."

"This job is also a great way to build good working relationships with people in other maintenance sections," he added.

No stranger to deployments, having previously served in Mosul, Iraq, Poulin said some of his best "on the job" experience has been gained through time in the combat theater.

"Prior to my first deployment, we were limited with what we knew prior to getting to Iraq. I had little experience dealing with warehouses and finding parts," said Poulin, who has 14 years of military service. "After that deployment, the experience I gained was invaluable and it actually helped me to get a federal technician job in the civilian world."

"This time around in Afghanistan, I'm coaching my soldiers and helping them to catch on by using my previous experience to teach them how to deal with maintenance issues during this deployment," said Poulin. "Many of them are going through the same challenges that I faced on my first deployment with warehouses and finding parts."

A husband and father of three, Poulin ensures that when the day is done, he spends most of his down time in the gym working out and in his room reading Army study guides.

He said he can keep deployment stress to a minimum by keeping focused on his Army resiliency goals which include saving money through the thrift savings program and maintaining close contact with his family through morale calls and email.

"I'd like to get all my Advanced Leader Course common corps done so I can get looked at for staff sergeant," said Poulin. "When I get back home, I'm also planning on pursuing some college courses."

"My family is really supportive, and I don't have anything to worry about back home," said Poulin. "Before I left, my



Gardiner, Maine, native Sgt. Nicholas Poulin (right), a computer logistics specialist for the Forward Support Company, 133rd Engineer Battalion, attached to the 82nd Sustainment Brigade-U.S. Central Command Materiel Recovery Element, ensures delivery of a much needed piece of equipment to Windham, Maine, native Staff Sgt. Peter Pierce, a utility equipment repair specialist for the 133rd Engineer Battalion, Nov. 24 at Bagram Air Field, Afghanistan. (U.S. Army photo by Sgt. Jessica Kurka, 133rd Engineer Battalion)

wife my wife told me to pay attention to the job here and she'll hold down the fort at home."

Poulin said the significance of his role in enabling engineer assets to work projects that

result in base closures and transfers of forward operating bases to the Government of the Islamic Republic of Afghanistan is not lost on him.

"It is interesting to be part of

the CMRE mission," concluded Poulin. "We're part of the group that is preparing to hand bases back to the Afghanistan government and I feel this is something to be proud of."

Even in their 40s, some Mainers answer an inner call to duty

Article by Bill Nemitz, Portland Press Herald

Call it a sign of the times: A decade ago, when the Maine Army National Guard's 133rd Engineer Battalion first went off to war in Iraq, the average age of its soldiers was 36.

"Now it's 26," said Lt. Col. Dean Preston, the battalion's commander and a 24-year veteran of the Maine Guard.

Yet with all the 20-somethings who now bear Maine's pine-tree patch on the left shoulder of their desert camouflage uniforms, averages can be deceptive.

Sprinkled here and there in this battalion of almost 200 "citizen soldiers" are those who gave up more than their share as citizens to take on the difficult and sometimes dangerous duties of a soldier.

They're either past 40 or fast approaching it. Their job titles at home have achievement written all over them, while their military ranks here put them among comrades young enough to be their children.

Just ask Spc. Holly Parker, 41, of Brooks, a senior credit analyst with Bank of America in Belfast whose current day job is human resources specialist in the 133rd's

personnel section. Toiling two tents down from her in the supply section is her 24-year-old son, Spc. Andrew Parker of Belfast.



Spc. Holly Parker and her son, Spc. Andrew Parker, both members of the Maine 133rd Engineer Battalion, pose for a portrait together at Bagram Air Field in Afghanistan on Friday. (Photo by Gabe Souza, Portland Press Herald.)

"I'm glad I could come with him," said Parker, who was 39 when she enlisted in 2011. "I'd just rather he didn't have to come with me."

Parker always wanted to be a soldier. Her father, Robert Hamilton of Brooks, was a Vietnam veteran and an

Army recruiter. Her husband, Sgt. 1st Class Randal Parker, served with the 133rd in Iraq and still works full time for the Maine Guard.

"I grew up saluting, and when my husband and I were dating in high school, he used to say that my dad had taken my brain out and washed it in a bucket of Army," Parker recalled with a laugh. "But if you do the math, you'll see that I had Andrew a little young. So I was kind of busy raising him."

DETERMINED TO MAKE THE GRADE

Parker went to work for MBNA in 2001 and, when that credit card giant was bought out by Bank of America in 2006, kept working her way up the ladder to her current job, analyzing credit-card applications at the company's office in Belfast. But as her 40th birthday loomed, Parker felt something was missing.

"I was 39 and I'm sitting in my cubicle at work and I'm thinking, 'You know, I could probably do even more than this,' " she said.

So in March of 2011, just six weeks before the National

Guard dropped its maximum enlistment age from 42 to 35, Parker took the plunge.

Before she could get to basic training, she had to sweat her way through the Guard's "Recruitment Sustainment Program." Her first assignment: lose 60 pounds.

She did it, at a steady rate of five pounds per month, by running up and down the hilly roads of Waldo County, working out to an array of exercise videos at home and "eating the same thing (Shakeology meal replacement shakes) every day for a year."

One drill weekend, while running relay sprints against 18-year-olds, Parker partially tore a calf muscle.

It healed.

Then, while doing repetitive push-ups, she tore a rotator cuff in her shoulder. It took surgery to fix that.

Finally, one day, her first sergeant called Parker into his office and tactfully asked, "Private Parker, you're still set on doing this, right?"

"Yes, first sergeant," she replied pleadingly. "Don't give up on me. I can do this. I know I can do this!"

And she did. Late last year, Parker passed basic training at Fort Sill, Okla., just in time to find out that the 133rd, to which she'd been attached, was slated for a nine-month deployment to Afghanistan. Surprise number two: Her son, who had enlisted seven months after she did, was going with her.

(Is Spc. Andrew Parker OK about serving with Mom in a war zone? "Without a doubt," he replied. "If we could have had Dad here too, it would have been even more awesome.")

SEASONED VOICES OF SUPPORT

Beyond her son's presence – for poor Andrew, Parker quipped, "what happens in deployment doesn't stay in deployment" – the 40-plus



Sgt. Eric Crabtree of Hope, a gunner with the Maine Army National Guard, rides in a gun turret at Forward Operating Base Shank shortly before his convoy left for Bagram last Monday. (Photo by Gabe Souza, Portland Press Herald)

specialist sees value in a few soldiers her age helping to calm the emotional currents of an increasingly youthful battalion.

"That whole rebellion thing, that's long gone," Parker said. "When you're 40, you've had experience with rolling with the punches and doing what you're told. We all have a boss, right?"

And, in her case, a benevolent one: Even as Parker collects her National Guard pay, Bank of America is paying her full salary for the first 90 days she's away from her civilian job. After that, the bank will make up any difference between what she made back in Belfast and what's she's paid in theater as an Army specialist.

"It's a great job and they're very supportive of me over here," said Parker. "It's just a great company to work for." Ditto for Sgt. Todd Mills, 46, of Gorham. With no loss of income, he's stepping away for nine months from his suit-and-tie job as a senior portfolio manager for TD Bank in Portland because ... why?

"I felt like a hypocrite," replied Mills, who served for 10 years as a much younger

man in the Army Reserve but never deployed. Then, one day in 2006, he found himself watching his 26-year-old son, Michael, fly off to Afghanistan as a military policeman with the Army.

"I told my wife (Francine), 'It's now or never,' " Mills recalled. "I just felt like I wasn't doing my part. When I look back in 20 years and say, 'All right, this is what you did,' I know I'll feel good about it."

Mills frequently sees himself as a mentor for younger soldiers caught between the obvious challenges of life in a war zone and the less detectable but equally difficult stresses of separation from girlfriends, wives and, toughest of all, young children. (In addition to Michael, Mills has a 22-year-old daughter, Nicole, and a 17-year-old son, Zach.)

"Your heart breaks and aches for them," Mills said, recalling the anguish of more than a few young soldiers who logged onto Skype on Christmas Eve only to find that their families were still offline because of this week's ice storm.

It was, he said, "one of those



Sgt. Todd Mills of Gorham, who traded his portfolio manager suit and tie for fatigues and body armor, prepares Thursday for battle drills with the 133rd Engineer Battalion in Afghanistan. (Photo by Gabe Souza, Portland Press Herald.)

days where I think I sort of earned the right to be here by being there for those guys who needed it."

AN UNFORGETTABLE WAR STORY

Mills is a member of the 133rd's convoy escort team, meaning he's spent more than 40 days so far serving as a truck commander on more than a dozen missions all over northern, eastern and southern Afghanistan.

Amid the inherent danger in all of that (his unit came

trip, but no soldiers were wounded), one outside-the-wire encounter stands high above all the rest.

It was early one morning, just before dawn. A truck under escort by the 133rd's team had rolled onto its side, forcing the entire convoy to a full stop in a small Afghan village while a wrecker went about righting the disabled vehicle.

"Then the sun came up and we heard the call to prayer and pretty soon all the

villagers came out – and we're just sitting there," Mills said. "The adults all stood back and watched, but not the kids."

In Afghanistan's male-dominated society, such situations invariably play out the same way: The young boys come closest to the massive military trucks and fight tooth-and-nail for whatever candy and other treats the U.S. soldiers might toss their way. The girls, who wouldn't stand a chance in the fracas, typically hang back and watch.

"There was this beautiful little girl," recalled Mills. "She's sitting there, all dirty and cold and barefoot."

Mills, in cahoots with his convoy commander, Lt. Joseph White of Brewer, quickly mapped out a plan: Toss a few pieces of candy way off to one side to draw away all the boys. Then, with the boys fully distracted, sneak an unopened Pop-Tart to the little girl.

"She picked it up and she looked at us with big wide eyes and she ran over to this group of other girls," Mills said. "Then she opened it up and broke it up into little pieces and all the little girls shared it. So by the time the

boys came over, all of these little girls had a small piece and were eating them."

It was, of course, the tiniest of ripples in the deep and often dark pool that is Operation Enduring Freedom.

At the same time, though, Mills felt light years away from the suit, the tie and all the other trappings of a typical, middle-age American bank executive's daily routine.

A high-performing investment portfolio, after all, is nice. But the smiles of so many Afghan girls sharing their first-ever Pop Tart? That's off the charts.

"Those are the things where you sit back and go, 'God that was amazing,' " Mills said, still savoring his favorite war story. "Those are the things you want to remember."

Maine Trains Montenegrins in Tactical Procedures

Story and Photos by Sgt. Angela Parady

The week before Christmas, while most Mainer's were still scrambling to purchase last minute gifts and attending the required holiday parties, a group of Maine Army National Guard soldiers traveled halfway across the world to help their Montenegrin partners.

As part of the state partnership, Maine and Montenegro work together to help build the newer nations military capacity, and help them become NATO and European Union members. During the most recent visit, they discussed how to improve the basic military tactics, troop leading procedures.

1st Lt. Kody Peckham, a combat engineer with the 251st Engineer Company (SAPPER) traveled with the team. During the weeklong visit he worked side by side with the Montenegrin military to teach them the way the U.S. handles military operations.

"Their system was actually very similar to how we do ours, but just

not as structured," he said. "They don't use their non-commissioned officers to carry out the missions. They would act depending on the mission they received. There was no exact, time tested method to the execution."

So the Maine team worked to help them create a new standard for missions. They spent a full day in the classroom, discussing the steps one must take when receiving a mission.

They showed them how to incorporate the NCO's, which are still newer in the Montenegrin military, and how to conduct pre-mission checks. Together, they discussed what was going well in the training, and what they could improve on to make things even better.

"The next day, we pitched them a mission," said Peckham. We picked leadership from the class and let them plan out the missions the rest of the day. The next day, they carried out the mission, from beginning to end, and we watched and observed."

The learning and training doesn't end just

because Peckham and the others had to return to Maine. The Montenegrins are planning to send a team to visit this summer, and put their learning to use during annual training events with the Guardsmen.

what we said and did, and taking it to heart."

For Peckham, the trip was his first experience working with a foreign military and seeing Eastern Europe.



Peckham said that his group was welcomed with open arms and minds. This introduction was meant to be that, an introduction to how to improve tactics.

"We were able to see the changes they made between day one, and day five," he said. "You could see that they were taking our advice,

During his time there, he was able to learn a lot about the culture, and their military. For the young lieutenant, it was an eye-opening experience to things he wasn't exactly used to.

The state partnership program is mutually beneficial to both parties.

National Guardsmen from Maine are given the

opportunity for real time training with multinational soldiers in a non-combat environment, and Montenegrins are able to enhance their own training, practice their English, and take advantage of technology not yet available to them. Peckham, who lives West Gardiner said the state partnership program offers a lot of learning experiences you could often only get if you were deployed.

"It is important to build these relationships with other countries and for us to not just be focused on what is going on in the U.S. at any point," he said. Something could happen where we need those relationships. It also teaches us to learn to break stereotypes. It's a progressing relationship and reinforced lessons."

Capt. Chris Elgee, is the state partnership director for Maine. So far, over 200 Maine participants have been able to take advantage of events cosponsored with the Montenegrin military. Elgee said that while the program helps the partners achieve a wide range of goals and targets, there are three main benefits.

"One, it gives us a chance to work with someone who doesn't speak English well and having to work through interpreters," he said. "Two, it gives us another perspective on how military operations can be done. I think a lot of times we are surprised by what other countries know. Third, it helps the soldiers better understand their own processes. When you have to go to a completely foreign environment and you have to teach them what you do, it helps you understand what you do that much better."

As the state relationship continues to grow, there are many hopes for future endeavors between the Montenegrins and Maine.

Elgee hopes to get some of the engineers over to help with humanitarian projects so they have an opportunity to work outside Maine, with different equipment and different obstacles. More seminars on strategic and defense theories, co-deployments and cadet training programs are also in the works.

262 Receives CBRN Training

Story and Photos by Sgt. Angela Parady

As the United States continues its efforts to drawdown the troop presence in Afghanistan, National Guard engineering companies are still being deployed to help with base closure operations.

The Maine Army National Guard is scheduled to send the 262nd Engineer Company- horizontal to aid in such operations later this year. The company's primary mission will be to help close down the current bases, and forward observation posts throughout the country.

In preparation for their mission, the 262 has begun to work their way through a long list of training tasks that must be completed before they reach their mobilization station. During January drill period, they worked with members of the 11th Weapons Mass Destruction-Civil Support Team, to cover their Chemical, Biological, Radiological and Nuclear Defense training.

Spc. Aric Ramirez, an engineer from Portland, is preparing for his first deployment. The 262 is comprised mostly of heavy equipment operators, who will deconstruct buildings and existing structures, and build earth filled barriers to

help remove some of the footprint American troops have left after over a decade of fighting in Afghanistan.

"We are conducting CBRN training, the decontamination procedures, assembly and disassembly of our gas masks and our j-list suits, and preparation in case of a CBRN attack," he said. "The masks are uncomfortable and the suits hot and miserable, but if they do their job, I can deal with it."

The CST specializes in HAZMAT operations and potential WMD threats, said Staff Sgt. Keith Lilly, a reconnaissance sergeant from Dixmont.

"We spend a lot of our time going around to fire departments and local first responders to train them on HAZMAT procedures, and yet we still do all our own mandated training as well," he said. "When we are asked to help ready our own troops for a deployment, we are more than willing to teach them what we know to better prepare them."

Over 100 soldiers participated in the training. To create the best learning environment, the CST broke them into groups that went through different stations. If

you succeeded at a station, you were considered a "go" and could move on to the next. If you missed something, you had to fix your errors before you could be validated for training.

"We are trying to teach them the different CBRN tasks they may need to know," said Lilly. "Decontaminating of the individual and his equipment using the decontamination kits, reacting to chemical and biological hazards, marking CBRN contaminated areas, checking yourself for CBRN contamination, use and care of individual protective masks, how to detect chemical presence, and the use of the J-LIST suit, are all tasks we cover."

Ramirez said he and his fellow soldiers are learning a lot in the trainings.

"Some tasks, that aren't essential to our military occupational specialty, we don't train on them as much," he said. "It's nice to have those who do specialize in them to prepare us for what we may face. These are things we need to know now, so we can learn them and get the kinks out. We don't want to be asking basic questions when we get downrange."



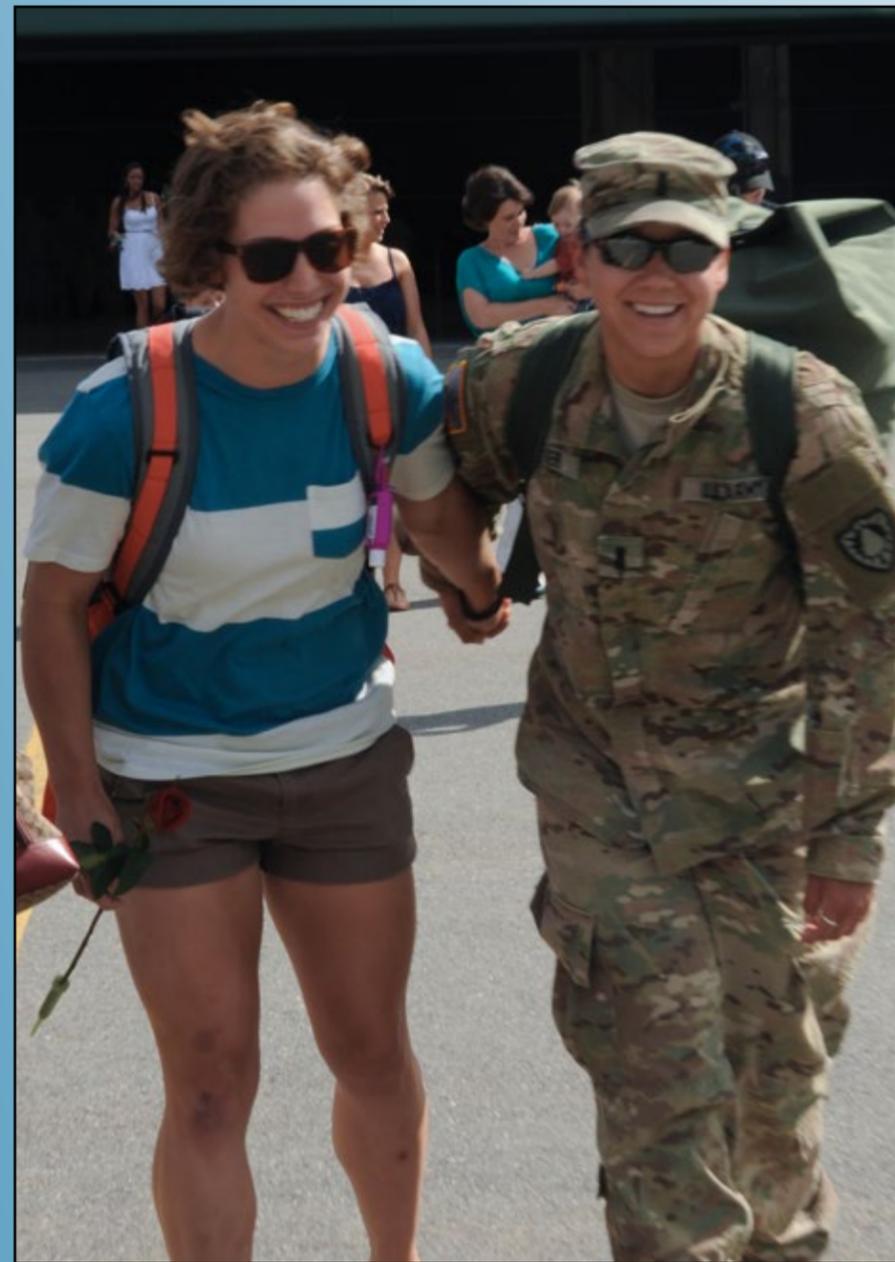


2013 Year in Pictures





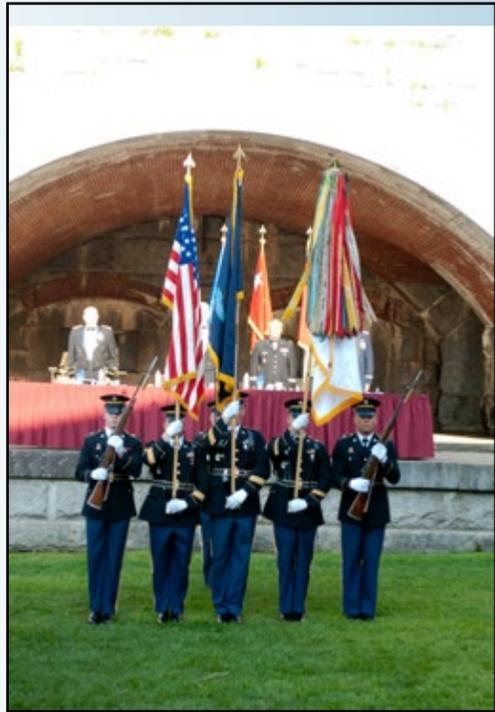
















In 2013 the Maine Army National Guard welcomed home five units, Charlie Company 1/126 Aviation, the 488th Police Company, the 121st Public Affairs Detachment, the 1968 Contingency Contracting Team, and OSA Command. Soldiers representing Maine competed for NCO and Soldier of the Year, they held their own in national marksmanship competitions and in the New England Regional Biathlon Competition in Vermont.

They conducted regional training exercises, and helped out in the communities near their homes. Soldiers received living history lessons during a staff ride to Gettysburg to commemorate the 150th Anniversary. They learned about the War of 1812 and its impact on Maine.

Members of the 133rd Engineer Company and the 1035th Survey and Design Team were deployed to Afghanistan with a hero's send off. Command Sgt. Maj. Richard Hannibal took over as State Command Sergeant Major. The government shutdown, but soldiers still honored the fallen during the Maine Marathon Tribute March.

Maine invited emergency responders from around the region to participate in Vigilant Guard 2014. Aviation units trained with Baxter State Park rangers. The Honor Guard conducted their 10,000 funeral honors, and were recognized by the Governor and First Lady for their excellence in service.

Units trained in Maine, Fort Drum, Camp Edwards and Missouri, fulfilling their mission to be always ready, always there.

Photos Courtesy of Chief Warrant Officer 4 Mark Houdlette, Spc. Adam Simmler, Sgt. 1st Class Rhonda Russell, Sgt. 1st Class Pete Morrison and Sgt. Angela Parady





Vigilant Guard 2014



Family Program Brings Christmas Across Maine

Story and Photos by Sgt. Angela Parady, 121st Public Affairs Detachment

Sometimes I feel like one of Santa's elves when I drive up to someone's house, he said. I knock on the door of a family and I see the smiles on the faces of these kids when they see the gifts in my arms. I know their Christmas will be a little bit brighter because of what we do.

These little elves are part of the Maine Army National Guard Family Assistance Service Center, civilians and military who work together to support servicemembers throughout Maine. The program is called Christmas across Maine, and it tries to help ease some of the stress of the holidays for struggling military families.

Master Sgt. Barbara Claudel, state family program director for the Maine Army National Guard, said the program started 14 years ago, as a little tree in the lobby at Camp Keyes.

"There were little ornaments on the tree that said 'girl, age 5, likes Barbie's, and things like that,'" she said. "Most of it was our employees that would come in and take one off. We would adopt three or four families to help out during the season. Then the war started, and everyone wanted to help, and to be truthful, we all needed more

help." Mark Cater is the family assistance center services coordinator for the Maine National Guard. "Christmas Across Maine is a need- based



program connecting current military families who are struggling or have come under bad times, and people in our communities have stepped up to help them," he said. "It is kind of their way of saying thank you for keeping us free, and for all the sacrifices and struggles they go through so that others don't have to."

The program has grown, and the community has grown to meet the changing demands. Last year they had 110 families, this year they are just shy of 90 families.

Servicemembers can be nominated for the program

by their units, or they can contact the Family Assistance Service Center directly.

"I prefer the units to nominate the soldiers, because it puts the ownership back on the leadership," said Cater, who lives in Gardiner. "The squad leaders, the platoon leaders, they should know whether they have a soldier who is struggling. I contact the soldier and check with them. If they say no, we stop the process. If the soldier wants to go through with it, knowing it is a confidential program, they we will go through with it. There are a lot of them that are very proud, and don't want the help, even if they do need it. Those that take the help are always very appreciative."

The families are known as family number one, family number two and so on, and then matched to those who have indicated an interest in a sponsorship. The sponsor will do the shopping and the wrapping, and then someone from the center will collect the gifts and deliver them to the family.

"The family assistance center is just the middle man," said Claudel. "I think that's the key to it. We just match people up."

The Maine National Guard likes to take care of people and families within their

community, but sometimes there just aren't enough resources. Luckily for Mainers, there is a very supportive non-military community that has always stepped up to the challenge, said Claudel. For those who are struggling, sometimes the most important thing is to just know someone is looking out



for them. Many people are still not aware of the services that are available to them through their units, their command, and through veteran's groups.

"The gifts are nice," she continued. "But to me, it's more the fact that someone has their back. Someone has stood up for them when they have needed it."

Both Claudel and Cater said that a lot of the people they have helped out in the past

have turned around to be sponsors. For some, it was just a bad year, usually someone lost a job, but when they were able to get back on their feet, they turned around to help someone else.

"They pay it forward," said Claudel. "There are some people who can't get out of

that cycle, but for others, they come out of it okay. Then, they are a better person afterwards, able to help people out by telling them, look I was there too. It takes a strong person to step up and say, I need help. But then they get the help and they are better and they can help others too. The Guard, the community just takes care of us in so many ways."

"Many of the sponsors want to say thank you for everything

the military does," said Cater.

"This is really their way of doing that. Everyone needs help at some point in their life, no matter who you are." The Family Assistance program couldn't do what they do without the outpouring of support they get from the community. Claudel remembers when she first took the position, the outpouring of support that came flowing in after the beginning of the war in Iraq. People told her that support would end, but it hasn't. It never stopped.

"Maine is so gracious with the community that comes out to help," said Claudel. "It is not just the big businesses, it's the everyday people that come in and say, I just want to do something for the military. And some of these people could probably use the help themselves. But the community continues to rise to the job. People have not stopped with their support, it may come in different ways and different waves, but the people have not stopped caring about what our military is doing. People are good; there really are good people out there."

1955: A Look Back

County's National Guardsmen Moved with Efficiency in Operation Minuteman

Local News, Rockland Maine, Thursday, April 21, 1955

Walking through the aisles of the Maine Military Museum at Camp Keyes, I found myself looking through old scrapbooks, and pieces of history, that have been all but forgotten. Here is a look back at one of the earlier National Guard Emergency Management Tests from 1955. I can't tell what paper the article came from, but it is written here exactly as I found it, with the photographs taken directly from the scrapbook itself.

"History is the witness that testifies to the passing of time; it illuminates reality, vitalizes memory, provides guidance in daily life, and brings us tidings of antiquity"- Cicero

Operation Minuteman

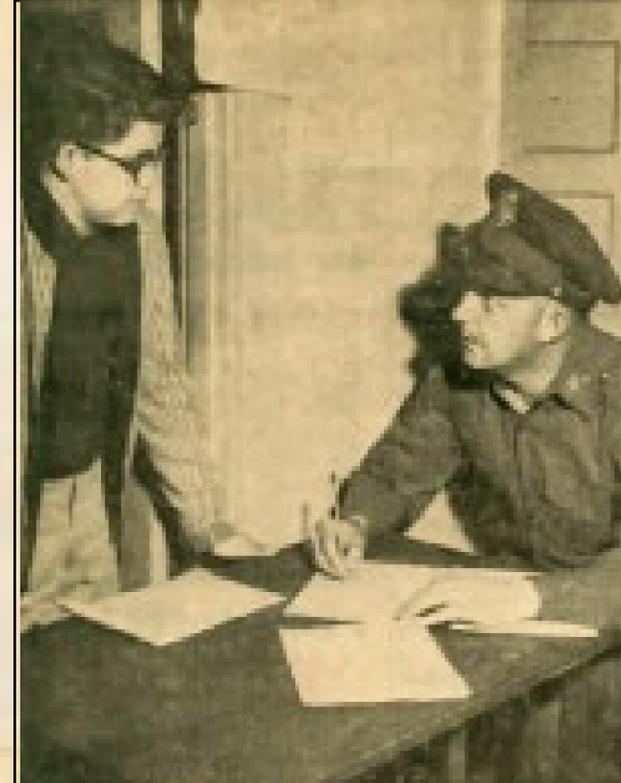
In 1955, in order to test the readiness of National Guardsmen to respond to a crisis, the National Guard Bureau created a nationwide test named "Operation Minuteman."

The intent was to test the speed and efficiency of National Guard units throughout the United States, and territories could be ready for service in the event of a national emergency.

A second purpose of the event was to give the American public a chance to see the National Guard in a training scenerio.

The mission, of which the exact date and location were kept secret, was to be executed at the discretion of the Chief of the National Guard Bureau. Sometime after April 1, of 1955, he would issue the alert. State Governors would then put the soldiers of the units on orders, and begin the alert process.

The goal was to get 400,000 Army and Air National Guard officers and enlisted men in uniform, equipped, and in position in the most effective and shortest time possible.



The above photographs were taken Wednesday evening as Battery D 703rd AAA Maine National Guard moved to take its assigned part in Operation Minuteman. In the photo on the left, Robert Kent of Rockland reports in to Capt. Winfield Chatto shortly after the alert was sounded. Moments later, he was in uniform and part of a patrol moving out to a defense assignment.



Second from left, Sergeant Linwood Silver of Thomaston leads his patrol out of the armory. Following him are Thomas Molloy, William Robbins and William Pinkerton, all of Rockland and Arnold Thompson of South Thomaston.



Squads boarded trucks, third from left, for the ride to the outer fringes of the airport's runways where they took up defense positions. The group was in charge of Sergeant Herbert Hatch of Rockland.



At the far right, one patrol is at its assigned position close to a wooded section at the Ballyhack end of the field's runways. Included in the last two pictures are, Donald Mank, Waldonboro; Kenneth Wotton, Thomaston; Howard Parker, Winslows Mills and James Favreau of Rockland. (Photos by Cullen.)

Knox County's National Guardsmen joined in the nationwide Operation Minuteman Wednesday evening, mustering the members of Battery D 703d AAA from all sections of the county in a matter of minutes.

The alert called out over 400,000 officers and enlisted men of National Guard units of all branches of the Army in 2400 cities and towns across the nation.

Captain Winfield Chatto of Battery D got his alert from headquarters at 6:45 p.m. and called in his men by fire alarm in Rockland, radio and telephone. In a half hour, 25 men were in uniform at the armory at the Rockland Municipal Airport in Ash Point. In another few minutes, 47 of the 64 men in the unit had reported.

Coming without warning, as the alert did, it caught some Guardsmen away from town on business, while several were high school senior classes on the annual spring sightseeing trips in New York and Washington. Several Guardsmen, in communities outside the area at the time of the alert, telephoned in and then reported to the nearest National Guard unit to their location for duty.

The problem was the defense of the airport against landing by enemy aircraft. It was carried out well, and with remarkable speed.

At the armory, men checked in as civilians and in moments emerged in uniform, rifles slung over their shoulders and moving on the double as part of a squad assigned to a specific sector of the airfield.

Six patrols were sent out to cover strategic spots along the landing strips, being carried to their posts in trucks of the battery. Many moved into the job with the experience of veterans in such matters; others followed the lead of the veterans to set up a tight defense of the airfield.

All over the state, other National Guard units were active, taking up predetermined tasks—even as they would in the event of an actual attack.

The alert lasted for several hours and held men in their positions far into the evening as problems of defense were worked out at the headquarters and battery and company levels.

The alert was designed to test the speed with which the National Guard could assemble, and the efficiency of the units in getting into readiness for whatever action might come their way. If the Guard moved as efficiently and speedily over the country as it did in this area, Operation Minuteman will probably be classed highly successful.

The Frozen Chosen 2014

Photos & Story submitted by Staff Sgt Ronald Cohen, 286th Combat Support Sustainment Brigade



On January 1, 2014 the United States Practical Shooting Association (USPSA) organized a small arms pistol competition at the Hampden Rifle & Pistol Club, located in Hampden, Maine.

In attendance were 40 shooters consisting of 31 civilians and 9 members of the Maine National Guard Marksmanship Team.

The "Frozen Chosen" competition began shortly after 10 a.m. with

temperatures well below freezing. There were four stages of fire, three set up outside and one set up inside the club house. The ground was covered with ice and snow making it very difficult to navigate the terrain outside.

Some of the stages required Range Officers to cut into the ice in order to set up the course of fire. Even the indoor stage took down at least one of the shooters. He slipped while moving and engaging

targets somehow maintaining perfect gun control and making it look intentional.

The round count varied stage-to-stage depending on the number of targets. All stages were "Comstock" meaning the shooter was allowed to take as many shots as necessary to score a maximum number of points, but only the best two shots count.

Of course, the key is accuracy and speed in this type of competition. There were

targets placed out in the open, behind cover, swinging on a pendulum, and even behind no-shoot targets (hostages).

The stages that were set up outside required the shooter to stay within the confines of a square box approximately 2'x2' and engage the targets as they became visible. Inside, the stage required the shooter to start in one box and run approximately 20' to another box while engaging targets as they became

visible.

All but one member of the MENG Marksmanship team competed in the production minor category, based on a formula that takes the weight of the bullet and velocity into consideration and establishes a power factor used in scoring.

In all four stages of fire the team was able to capture 4-5 of the top 10 positions for the production division with Sgt. 1st Class Joshua

Holmes and Staff Sgt. Kyle Bartman taking 1st and 3rd respectively. The MENG Marksmanship team finished with five shooters in the top twenty overall, Holmes taking 4th, Bartman 7th, Spec. Max Nickerson 16th, Master Sgt. Brent Porter 18th, and Sgt. Nicholas Girardin 19th.

Other members of the team participating in this event included Staff Sgt. Keith Paul, Staff Sgt. Ronald Cohen, Staff Sgt. Phillip Dow, and Spec. Eric Sanborn.



Operation: Dugout!

Written by 1st Lt. Jonathan Bratten



Some more satire from Bratten, as we face yet another cold, snowy, New England winter...

So as some of you may have heard, there was some snow in the northeast this past weekend. Like 32 inches of it outside my door. Being native to Ohio, not Maine, this is not something I am accustomed to. I fully expected a state of emergency to be called and my Guard unit to call me up, as was happening in Massachusetts where the MA Guard kicked some serious...snow.

However, I had forgotten that I am in a headquarters company rather than a horizontal company, and there's not much use for a staff section or excel spreadsheets when the snow is falling. So sadly, this is not going to be a post about the Maine Guard's reponse to Nemo. But just because I wasn't on Soldier duty didn't mean I wasn't on husband duty.

I could see from the several feet of snow around our car (and the look on my wife's face) that a possible deployment was looming. Which was too bad, as FOB Couch was feeling pretty nice. I was correct. I got the MOB orders from the wife, put on my gear, did a few PCC/PCIs, and headed off to wage war against the deadly N.E.M.O-S (Named Enemy Made Of Snow).

It was an uneven conflict. I had a shovel. The enemy had six foot drifts, biting winds, and seemed to be operating in collusion with snow plows that would reverse my progress. Using my valuable training in the Military Decision Making Process, I did a hasty Intelligence Preparation of the Battlefield. This

revealed that I was facing enemy obstacles that would need to be reduced before I could declare victory, a perfect task for an Engineer. Harkening back to my training,

I recalled that the best way to breach an enemy obstacle was through SOSRA: Suppress, Obscure, Secure, Reduce, and Assault. My attempts to suppress and obscure the enemy were largely useless, in that the snow itself was doing a pretty good job of obscuration. My efforts being fruitless, I changed tack, outflanked the enemy, and secured a position that by luck was free of snow.

From there I was able to begin reducing the obstacle.

This took about three hours. Snow seems so light and fluffy until you start heaving shovels of it, and even with my best Sapper war face I was losing steam. A quick boost of MWR occurred when I realized I could stream Pandora, and that bagpipe marches work well to shovel snow to.

Finally the parking area was clear, and I was able to make a last assault on the final enemy stronghold: the berm of snow left lining my driveway, compliments of the snow plows. With night advancing, I called for the QRF (Quick Reaction Force), and my wife soon arrived to help me finish off the enemy. The OPFOR vanquished, we redeployed to FOB Couch. Operation Dugout was a success, and the mound of snow in the driveway that is as tall as I am stands as a monument to our fleeting victory.

But checking the weather report, I see we have snow forecast for this weekend. The enemy advances.



Winter Driving Safety Tips

Commanders and soldiers need to take great caution while driving in winter conditions.

The MEARNG had three vehicle accidents in December involving winter driving conditions. Though the accidents have different indirect causes they all have the same direct cause, winter conditions on the roads. Commanders are encouraged to take the time to take your soldiers at your formations on the hazards associated with winter driving. I have compiled some information that should be shared to assist soldiers to make informed decisions while driving in the winter.

- Rock Salt loses its effectiveness below 10 degrees. Just because you see plow trucks out, don't assume what they are putting down on the road will keep you on the road alone. Temperatures will have a great effect on your driveway salt. If the salt has calcium chloride in it then it will perform a little better.

- Equip your vehicle with snow tires (studded tires are preferred). Snow tires typically have a more aggressive tread design. The rubber compound that the snow tire is made of is different than all season tires. The rubber compound that snow tires are made of is softer and allows the tire to grip the road better.

- Know you're your vehicle capabilities. Understand the difference between four wheel drive, all wheel drive and full time all wheel drive. Also understand your vehicles Electronic Stability Control System (if so equipped) and how it works. All of these systems work different and are designed to keep your safe, but only if the vehicle is being operated with its capabilities. I highly recommend that you take the time to read the vehicle owners manual on these systems.

- Accept your capabilities. Just because you live in Maine doesn't automatically make you an expert driver in winter conditions. Someone that lives in a city environment during the month and now has to drive to an Armory on drill weekends may not have the same expertise as someone that drives secondary roads daily.

- Allow extra time when driving on winter road conditions. Slow down and allow extra space between you and the vehicle in front of you.

For additional information, visit:

http://www.safemotorist.com/articles/winter_driving.aspx

www.safemotorist.com

<https://safety.army.mil/>

<http://www.nhtsa.gov/>

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Recruiting and Retention

Recruit Sustainment Program



Current recruits of the Maine Army National Guard have an incredibly unique opportunity to prepare for the beginning of their military career. The Recruit Sustainment Program (RSP) gives newly-enlisted soldiers a sneak peek at Army protocols and prepares them physically, mentally, and administratively to succeed through Basic Combat Training and Advanced Individual Training.

A typical day at RSP consists of exercise, basic Soldier skills training, administrative preparedness, and more exercise. RSP participants are taught how to march in formation, chain of command, MOUT (room clearing), first aid, and much more. The Sergeants are there to help motivate them if they encounter any difficult tasks. It is a good experience, and gives a great look at what to expect when they arrive at BCT. (nationalguardlife.tumblr.com)

The summer months allow

for activities such as land navigation, tactical urban movement, and night vision goggles training. In the winter months training is often limited to indoor activities, due to a lack of winter uniforms for recruits who have yet to go to BCT. Combatives, firearms simulation training, and virtual battle simulators are a good portion of the winter drill weekends. Standard Army Physical Fitness training combined with Drill and Ceremony training ensure each recruit arrives at BCT with an advantage over the newly enlisted from the Active Army and Army Reserve.

Ultimately, RSP training also reinforces the resiliency and new life skills each Soldier will receive, preparing them to transition to a more independent way of life. Who wouldn't want to be ahead of the field from day one?

In a recent interview, one of our newest recruits,

Pvt. Emily Cox said "The RSP has given me a lot of military experience I never had before. I grew up in a military family, but RSP has really helped. I've learned how to treat higher-ranking people and what to expect in the coming years". Pvt. Cox recounted some of her more memorable drill weekend activities, including convoy mission simulations and P.I.C.K. Training (Pre-marital Interpersonal Choices and Knowledge) which she dubbed "How to Not Marry a Jerk".

Soldiers who have completed BCT and AIT often attribute a good portion of their success and confidence to the experience received in RSP. Spc. Ira Cohen said,

"Each month at RSP we were doing PT, so our PT standards were better than some of the Active Army and Reserve. We were also better prepared paperwork-wise at Reception. It wasn't as long of a process."



National Guard H.E.A.R. Program

The National Guard, in partnership with Career Training Concepts (CTC) has unveiled an Anti-Bullying Program aimed at reducing bullying and cruelty in schools. The H.E.A.R. Program (Helping Everyone Achieve Respect) was developed in coordination with the Harvard Graduate School of Education and the University of Nebraska- Lincoln.

As the H.E.A.R. Program mainly targeting high school students, National Guard recruiters are in the perfect position to present the program in their area schools. H.E.A.R. is offered free of charge to requesting schools, and is often is a big relief for schools which would have to devote a large portion of the annual budget to procuring similar programs.

The program elements include defining forms of bullying, outlining bullying case studies, suggesting alternate courses of action, National Guard values, and exploring how to make their school a more caring and safe place.

"Why H.E.A.R.? All of us want to be heard," said Jimmy Shafe, president of CTC. "Victims need to be heard. Bullies want to be heard. Listening to someone is one of the highest forms of showing respect. The goal of this program is to help students respect each other. There's no elaborate pledge at the end, but they are asked to sign a banner making a simple commitment. It says, 'I Respect Others.'"

If you know of a school or group that might benefit from the H.E.A.R. Program, please feel free to refer them to the area recruiter or send a message to the Recruiting & Retention Battalion's Marketing NCO, Sergeant First Class Jeffrey Robinson. Jeffrey.l.robinson.mil@mail.mil or (207) 430-5536

(http://www.nationalguard.mil/news_archives/2013/08/081413-New.aspx)



Students take part in a H.E.A.R. program at a local school. The program is an Anti-Bullying effort coordinated by the National Guard and Career Training Concepts to reach out to local high schools to help combat the issue of bullying throughout the country. (Photo provided by Cynthia Miner, Recruiting and Retention Battalion.)

Flu and Cold Season

By Shelley Levitt, REALSIMPLE.COM

Distinguishing Between Colds and Flu

What Exactly Is a Cold?

Every one of the 1 billion annual cases of the common cold in the United States begins when a tiny dose of a virus is inhaled into the nasal passages from droplets sneezed or coughed into the air or transmitted by contaminated fingers. The virus then moves to the back of the nose, where it attaches itself to the adenoid area and begins to reproduce.

Within 10 to 12 hours, the body attempts to defend itself by releasing mucous-gland secretions and by sneezing and coughing—the cold symptoms you begin to feel.

Typically, symptoms worsen over the first 48 hours, then start to diminish. Most colds last about one week, though a severe case may linger a bit longer.

What Exactly Is the Flu?

If a cold is like being sideswiped by a bike messenger, the flu is like being run over by a truck. Caused by the influenza virus, it comes on more suddenly than a cold, and the symptoms, which usually last four to five days, are generally worse.

Your fever can be moderate to high—usually 101 to 103 degrees. Body aches and fatigue may be more intense, and your cough will be dry and hacking rather than wet. You're more likely to have a headache and chills and less likely to get a sore throat or a runny nose.

How You Catch Them

Both are spread in the same two ways. An infected person coughs or sneezes, shooting virus particles into the air, which you breathe in. Or you touch an object—a doorknob, someone's telephone—contaminated with the virus and then carry it to your nose or tear ducts with your fingers.

How to Manage a Cold

Do:

Make yourself comfortable. Mostly, listen to your body. If your body says you need to sleep, then that's what you should do. Ignore it and it could take you longer to recover.

Drink three to four extra glasses of fluid a day to replace the moisture lost from coughing and sneezing and to thin mucous secretions.

Try echinacea. A recent study of 14 controlled trials found the herbal supplement can slightly reduce a cold's duration—and can cut people's risk of catching a cold by 35 percent.

Don't:

Rely on vitamin C. A review of 30 studies found it doesn't reduce your chances of getting a cold and is unlikely to affect an existing cold's severity.

Use zinc to calm a cough. Guidelines set forth in 2006 do not recommend turning to it for this purpose.

OD on Airborne. Kelly Scolaro, Pharm.D., who cowrote the 15th edition of the Handbook of Nonprescription Drugs says there is "absolutely no clinical evidence out there about the effectiveness or the safety of this product."

How to Manage the Flu

Taking a prescription drug, such as Tamiflu or Relenza, can reduce the duration and severity of the flu, but these drugs must be started within 48 hours of the onset of symptoms.

Most symptoms will disappear by themselves within a week, though a cough and fatigue could persist for a few weeks.

Stay hydrated, get lots of rest, and try appropriate over-the-counter or home remedies.

When a Cold or the Flu Lingers

If your cold symptoms haven't gotten better—or are worse—after 10 to 14 days, you may have a sinus infection or bacterial bronchitis. This means that bacteria have caused irritation to the main airways of the lungs. Call your doctor; these infections usually require antibiotics.

The worst complication from the flu is bacterial pneumonia. This primarily strikes older adults and those with chronic heart or lung conditions, but healthy people can also get it. Call your doctor if your symptoms disappear and then return or if you have chest pain, shortness of breath, or a severe cough that brings up blood or phlegm.

A Prevention Plan

Hand washing is number one, two, and three on any list of ways to prevent infection. Scrub for at least 20 seconds with soapy water. When you have no sink, an alcohol-based antibacterial hand gel (like Purell) can help. Enough sleep, a balanced diet, and

regular exercise can also help make you less vulnerable.

To avoid the try a vaccine. They may thwart 70 to 90 percent of flu cases, and even if a strain slips through, your illness should be milder. Schedule a vaccine in September or October, well before the peak of the flu season.

If your family members are sick will you get sick, too? With a cold, you're most contagious two to three days after the first symptoms appear. You can pass the flu along one day before symptoms develop and up to five days after becoming sick.



YOUR MONEY MATTERS

MAKING A BUDGET

Setting Realistic Financial Budgets

If you're the type of person who always has plenty of cash, knows exactly where every penny goes and never has trouble paying bills, skip this chapter. You're either too rich or too smart to need it.

For the rest of us, unfortunately, making - and sticking to - a budget is the essential tool for ensuring that our money gets used the way we need it to.

Even if you're in the happy situation of having plenty of income, the homework involved in drawing up a budget can be instructive, since you may find that you are spending more than you wish on items like

DVDs, electronic gadgetry or restaurant meals.

Drawing up a budget is usually pure drudgery enlivened only by the reality of staring your foolish spending habits in the face.

Why do you have a luxury sound system if neither you nor your spouse listens to it? In fact, one of the chief impediments to budgeting is that most people would rather not know how they really use their money.

It's bad enough to learn this kind of information on your own. It's even worse when a spouse or significant other finds out, since it usually confirms his or her worst fears - and provides new ammunition for future

"discussions."

Take heart. Any spending mistakes you're making are probably common and not impossible to kick. Moreover, the bulk of budgeting's pains are at the beginning.

After you have a budget in place - and you've fine-tuned it with a couple of months of actual spending - tracking your expenditures becomes almost automatic.

If your boss at work were to ask you for an analysis of the department's spending, you'd figure it out quickly enough. Budgeting your household should be approached in the same businesslike fashion. A variety of electronic tools can make the process easier.

Military OneSource Consultants provide information and make referrals on a wide range of issues, including personal financial management. Free face-to-face counseling sessions (and their equivalent by phone or online) are also available. Call 1-800-342-9647 or go to www.militaryonesource.mil to learn more.

VeteransPlus provides free, confidential financial education counseling to service members and veterans. Their resources can help you better manage your finances, get control of any debt that you may have and learn how to save and invest for your future. For more information: www.veteransplus.org or call 888-488-8767.

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