



VOL 1 - ISSUE 1

Apr- Jun 2013

The Arizona

ROUGH RIDER

OFFICIAL PUBLICATION OF THE 123RD MPAD

TOW LIVE FIRE!
ARIZONA'S 1-158TH
TARGETS IN ON TRAINING



**BONUSES: KNOW WHAT YOU QUALIFY FOR
AZ STATE INTERNATIONAL PARTNERSHIP PROGRAMS
EOD CONTENDS FOR NATIONAL TITLE
AZ HISTORY: ROOSEVELT'S ROUGH RIDERS
COMING HOME: GUARDSMAN MEETS DAUGHTER**

What the Board sees...

After sitting on several boards over the past few years, I have come to the conclusion that we, as an organization, must work harder to prepare our Soldiers for their records to be reviewed by a board panel. Soldiers must understand the importance of their military record. Basic criteria boards look at are:

Appearance and Fitness – Within this category the board will look at your DA Photo. Sounds simple right? Well... when we look at the photo, we are looking for a few things. Do you look fit? Do your awards match your iPERMS? Are you wearing the uniform in accordance with the regulation? The wear-out date for the Class A has been published for many years, officers should all have photos in the new uniform. Then we look at fitness by reviewing your APFT and Weight Control record. Are you setting the example for other Soldiers to follow, or are you marginal? While the passing score for an APFT is 60 points per category, is that the example you want all of your Soldiers perform to?

Assignments and Evaluations – During this portion, we look at the type of assignments a Soldier has and the evaluation associated with the assignment. The board looks strongly at how the rater and senior have characterized the performance and potential of the Soldier as well as evidence of leadership assignments. If the Soldier wants to be a Commander and the evaluations are focused on future assignments as a staff officer, then it is unlikely the board will make a favorable recommendation for Command.

Education – The Board looks at the military and civilian education profile of the Soldier. Having the minimum education necessary to be promoted should not be the standard. Soldiers must look towards their next assignment and how they can improve their standing among their peers. The board member will review 1059s to see how the Soldier performed and if they passed the course with distinction.

ORB/ERB and Biographical Sketch – During this review, the board member will look at several things. The ORB/ERB shows a snapshot of the Soldier. You can see assignment history, education, overseas duty and awards. Often, the board member will re-look at the photo to see if the awards on the record are on the uniform.

Letter to the Board – This is a very important part of the board packet. The letter is the opportunity for the Soldier to illuminate reasons for missing parts of the packet and to share other information that is missing from the packet or the iPERMS.

Writing evaluations on your Soldiers is a critical part of a leader's responsibilities. Take this responsibility seriously. During all periods of performance, take time to document what your subordinates are doing and how they are performing. By taking this time on a regular basis, you will find it much easier to prepare awards, developmental counseling, and evaluations.

Discipline and adherence to standards are a hallmark of Army professionals. They set us apart and build the trust that is the bedrock of our Profession and an enabler for mission command. Army professionals must ensure standards are describable, measurable, and achievable.

As we move into a slower Operations Tempo as far as deployments are concerned, getting back to the basics is one of my focus points for enlisted Soldiers of the Arizona Army National Guard. A lot of people talk about this subject; but what does it mean? We have a generation of Soldiers that joined the AZ ARNG to serve their country and deploy. Because of the high OPTEMPO, the focus was on training and readiness to deploy, not so much on the basics of leadership as a standards bearer or correcting minor infractions as in proper uniform wear. This is my focus for this article.

Wearing the Army uniform is a matter of pride and to project professionalism in the Army. Sgt. Maj. of the Army Raymond F. Chandler has made recommendations to the Army Chief of Staff for changes to AR 670-1.

There is a potential that a violation of these changes will be punitive under UCMJ. So, in an effort for Soldiers to get squared away, to portray and project pride and professionalism while wearing the Army uniform, here are my top 7 uniform violations that I see on a reoccurring basis in the AZ ARNG.

7. Eyeglasses or sunglasses that are trendy, or have lenses or frames with initials, designs, or other adornments, are not authorized for wear. Soldiers may not wear lenses with extreme or trendy colors, which include but are not limited to, red, yellow, blue, purple, bright green, or orange.

6. Eyeglasses/Sunglasses are not authorized to be hung on uniforms or from restraints down the front of uniforms, attached to chains, bands or ribbons. They are not to rest on top of the head, on the back of the neck nor be hung outside the uniform.

5. While in uniform, gym bags/backpacks or other similar civilian bags must be black, ACU universal pattern, foliage green or desert camouflage pattern in color.

4. Five fifty cord/Paracord bracelets are not authorized. Identification bracelets are limited to the following: medical alert bracelets, MIA, POW, and KIA (black or silver in color only) bracelets.

3. White socks without logos will be worn with the IPFU and the sock length will not rise above the lower calf or go below the ankle bone.

2. ACU trousers, when bloused, will not extend below the third eyelet from the top of the boot.

1. The sleeve cuffs on the ACU coat are not authorized to be rolled inside the ACU coat.

The Rough Rider is an unofficial magazine published under provision of AR-360-81 for the Arizona Army National Guard by the 123rd Mobile Public Affairs Detachment, 5425 E. McDowell Road, Phoenix, Arizona, 85008-3425. The views and opinions expressed are not necessarily those of the Department of the Army or the Arizona Army National Guard. Any unsolicited submissions will be subject to revision due to space limitations, security, accuracy and propriety.



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Official publication of the 123rd MPAD
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Cover Photo by
Sgt. Adrian Borunda

WELCOME TO THE ROUGH RIDER

After 12 years and two tours of Iraq, the 123rd MPAD is pleased to be back in the publishing business. You may have seen Soldiers from the 123rd MPAD taking pictures and you may have read some of their stories on the internet, but now we are bringing these stories to you in an accessible format through e-mail and social media. Our goal is to produce and publish quality stories about Arizona Guardsmen, keeping our Soldiers informed, and recognizing their achievements and sacrifices.

The Arizona National Guard has a proud history of volunteer military service predating Arizona's statehood. From the beginning, Arizona militiamen were diverse, with the first companies of Arizona Volunteers being filled with Hispanic, Native American, and European enlistees all working together to ensure freedom and safety for the territories of the United States and her allies. Arizona has always been a place where the strong and the fiercely independent thrive and there are plenty of volunteers willing to

join a fray and extend liberty's boundaries. In 1898, 250 Arizonans joined Theodore Roosevelt's Rough Riders to extend freedom to Cuba. Today we train and fight to preserve our own freedom, and extend it to people world-wide in Iraq, Afghanistan, and anywhere else in need of tough volunteers.

We hope you enjoy The Arizona Rough Rider. Be sure to look for this publication as well as our video stories on Facebook and YouTube.

UPCOMING EVENTS



SCOTTSDALE - Looking for something to do this 4th of July? The third annual 4th of July Freedom Fest at the Fairmont Scottsdale Princess invites all active duty, reserve, National Guard and retired military to come out and enjoy any of the events happening over this three day celebration. Check out concerts, fireworks, a zip line, rock wall and more. Make sure to bring your Military ID to receive all access wrist bands. For more information visit www.scottsdaleprincess.com



FOSSIL CREEK – Fossil Creek is one of only two National Wild & Scenic rivers in Arizona and is fed by springs coming from the cliffs of the Mogollon Rim. Over 30 million gallons of water are discharged each day at a constant 70 °F. The high mineral content leaves travertine dams and deposits, giving rise to fossil-like features. For more information and directions please visit <http://1.usa.gov/VgT2AR>

PHOENIX – Open studio tours are a good way to experience art and meet artists. Every first Friday evening of each month you can take a free self-guided tour of downtown Phoenix galleries, studios and art spaces. It's called First Friday and it's FREE!! First Friday is organized by Artlink, a nonprofit organization dedicated to bringing together artists, the public, and businesses for a greater understanding, appreciation, and promotion of the arts and the development of a strong and vital downtown Phoenix arts community. For more information visit artlinkphoenix.com/first-Fridays



PHOENIX – The Arizona Diamondbacks are offering reduced ticket prices for veterans and all first responders like fire fighters, police officers, and EMT personnel.



TUCSON– The Tucson Padres celebrates Independence Day with two nights of games against the Las Vegas 51s, with a party and post-game fireworks at Kino Sports Complex, July 4-5. Next, Saturday, July 6 is Chase Patriotic Shirt Giveaway. Sunday, July 7 is Chase Military Appreciation & Bark in the Park; on this night, all active military members get free admission, and you can bring your dog to the ballpark. Gates open 6:00 PM.

www.us.army.mil

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CONNECTION: RESILIENCE COMPETENCY WEBSITE!

UPAR
11LT Rachel Ziegert

Make the Connection is a public awareness campaign by the U.S. Department of Veterans Affairs (VA) that provides personal testimonials and resources to help Veterans discover ways to improve their lives. Many of our Nation's Veterans—from those who served in World War II to those involved in current conflicts—return not only with physical wounds but also mental health issues they may not recognize.

The Make the Connection campaign encourages Veterans and their families to “make the connection”—with information and resources, with the strength and resilience of Veterans like themselves, with other people, and with available sources of support including mental health treatments.

Central to this campaign is MakeTheConnection.net, a one-stop resource where Veterans and their families and friends can privately explore information about physical and mental health symptoms, challenging life

events, and mental health conditions. On this site, Veterans and their families and friends can learn about available resources and support.

Powerful personal stories and testimonials are at the heart of Make the Connection, illustrating how Veterans face and overcome mental health issues and challenges. These stories and testimonials come from Veterans of all service eras, genders, and backgrounds and each of them provides a resounding and compelling

example of the positive outcomes for treatment, recovery, and the many paths to more fulfilling lives.

Through Veterans' own voices, Veterans have the chance to hear from trusted and credible sources—other Veterans like themselves. MakeTheConnection.net helps Veterans recognize that there are people out there like them who are going through similar experiences, overcoming challenges, reaching positive outcomes for treatment and recovery, and finding paths to fulfilling lives.

<http://maketheconnection.net>



GOAL SETTING: WHAT'S IN IT FOR ME?

UPAR
11LT Rachel Ziegert

Just as we have training goals to accomplish throughout the year, personal, family and team oriented goals are a key component of achieving our desired life blue print. Goals provide the direction needed to reach the level of progress and a good plan remains open to revision as progress is assessed; similar to the army's unit training management. How does this process of goal setting work?

1. Consideration. The process of setting goals causes us to consider what's important in life and helps define priorities versus desires. It is the fuel for dreams and the ideals, or blue print, we wish our lives to sketch in solid lines.

2. Purpose. Having a goal helps to maintain focus and direct behaviors and actions to align with the end state of the desired goal. The process breaks down what needs to happen on a recurring basis to meet the particular outcome. Having manageable steps reduces the chances of being overwhelmed.

3. Impacts. The important details become very clear when a clear plan is laid out to meet the end state of a goal. Distractions and 'noise' are easily dismissed with the planted outcome in mind. People are empowered to have a positive perspective and prioritize their daily activities.

Creating goals establishes a measurement of success and failure that will instinctively motivate our performance. Keep in mind to set goals that are realistic to the potential and effort that is able to be put into the goal. A realistic outcome will prevent self-doubt or panic emotions that can sabotage the whole process. By setting goals priorities are defined and life becomes less hectic, thus reducing stress.

In summary, goal setting increases motivation, reduces stress, and inspires a positive perspective.....this is clearly a recipe for being resilient!

363 EOD

PREPARES FOR TEAM OF THE YEAR

Story by Sgt. Adrian Borunda
Photos by Spc. Danielle Gregory

Members of the 363rd Ordnance Company, explosive ordnance disposal team broke the quiet whisper of the Florence Training, Center EOD range as they conducted basic demolition training Mar 2.

Groups of two and three Soldiers set up bundles of explosives called shots, and detonated them on the range. The seasoned Soldiers trained less experienced members of the unit to set up shots and detonate the explosives.

For three members of the Explosive Ordnance Detachment team, this training provided valuable experience for the upcoming EOD Team of the Year Competition where EOD teams are assessed on demolition skills, weapons qualification, and physical fitness.

“We were the only National Guard team to compete last year and we were moving faster than the active duty EOD teams,” Staff Sgt. Jason Hipp said, platoon sergeant, 363rd EOD.

Hipp is the team leader for the

EOD Team of the Year Competition. The team representing the 363rd last year placed second in the competition Hipp said. They placed first in the chemical and biological response task over a unit specially trained to handle those situations.

Weapons proficiency is another tested task that teams have to excel in. The weapons platforms include all weapons that may be essential to an EOD unit.

“We shoot everything from the 9 mm Berretta pistol to a .50-caliber machine gun,” Hipp said. “It’s one of the areas we need to get better in.”

The accomplishments of last year’s team are not lost on 1st Lt. Steven Levine, executive officer, 363rd EOD and team member of the competition team.

“We plan on improving upon what we did last year,” Levine said.

Although this year’s competition has been cancelled due to the current financial climate, Levine recog-



nizes the positive impact competition can make on a unit.

“Competition not only shows who’s the best, but it gives us a competitive edge that makes you train harder so that you’re putting the time and dedication in to what we are doing overseas,” said Levine.

Levine says the 363rd EOD will improve their standing in this competition by focusing on physical fitness the basics, ensuring every Soldier performs the simplest tasks well before training on more advanced aspects of the competition.

“Basic demolition is a building block on which the majority of explosive ordnance disposal comes from,” Levine said.

Sgt. Laura Crabtree, the third member of the competition team, said ordnance disposal is not the most difficult of tasks but it forces you to focus on the details.

“It’s always good to go over small tasks because they are the ones you might forget in the competition,” Crabtree said, “and it’s fun!”

Crabtree said the upcoming competition will give her more experience and that she’s looking forward to being a part of it.



By Capt. Amanda Straub

It's nothing like the movie! And for some, that's a good thing. Paul Verhoeven, director of the film by the same name, admits that he never even finished reading Robert Heinlein's book, *Starship Troopers*. Love or hate the movie, the book is so different the two pieces shouldn't even share the same name. So regardless of your feelings about the film, or whether or not you even saw it, try reading the book and judge it on its own merit.

Starship Troopers was originally published in 1959, just five years after the Korean War ended in stalemate and tensions mounted in Vietnam. Many of Heinlein's critics wrote *Starship Troopers* off as pure military propaganda, generating controversy among audiences. It may have been difficult for audiences in the early 60's wrestling with the draft to identify with the ideals portrayed in *Starship Troopers*, but today's all volunteer force will quickly recognize the value of selfless service Heinlein espouses throughout the story.

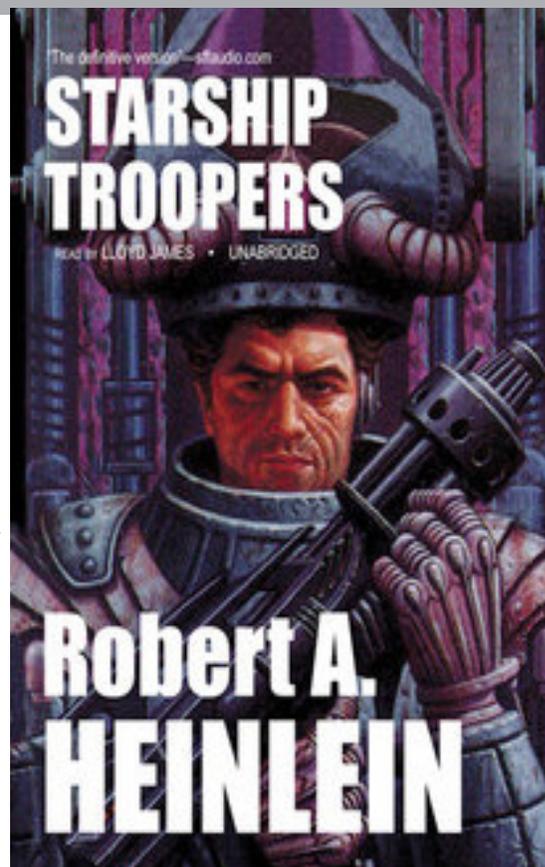
Starship Troopers follows the life of Juan "Johnnie" Rico, an 18 year-old kid who doesn't know what to do with his life, so he joins the military. Johnnie is a character that many of us can identify with as the book follows Johnnie's experiences surviving basic training and into an intergalactic war between the human race and giant insects.

The book may be science-fiction, but Heinlein's characters ring true and Johnnie's time in training, combat, and the "hurry-up-

and-wait" in between will seem all too familiar to the military reader, and with good reason.

Robert Heinlein graduated from the Naval Academy in 1929 and served as a Navy officer for five years. He never saw combat, but his experience in the service shaped his philosophy later in life as he turned to writing. Running themes in *Starship Troopers* include Selfless Service, the necessity of maintaining a strong standing military, and the credo, "No Man Left Behind."

Starship Troopers continues to spark controversy among circles that accuse Heinlein of perpetuating fascism. In *Starship Troopers* Heinlein explores the idea of a utopia where citizens must first serve in order to gain the right to rule. He theorizes that those who invest themselves in society through service are less likely to take advantage of others and more likely to make sound decisions to benefit the greatest good for the greatest number of people. However, Heinlein does not limit his definition of service to military service only. The characters in his book may also earn citizenship as civil servants in a variety of non-combat jobs. The idea is that, in order to rule effectively, a citizen must first demonstrate his or her loyalty to the populace by sacrificing time, blood, sweat or tears. Perhaps the idea is not the magical answer to the modern world's problems, but the idea is also not so controversial among service members.



Why we love it:

The philosophy is interesting, but the characters are really what make this a good read, even for non-readers. You'll find yourself checking the book jacket for that little disclaimer, "any resemblance to actual persons is purely coincidence," because you could swear Heinlein was there when your drill sergeant chewed you out in basic. You're sure he must have listened in on you and your buddies in the chow line and playing cards. And you know that you've met Captain Frankel and First Sergeant Zim. Heinlein's military experience allowed him to capture the essence of a variety of military personalities and release them in a book that's so spot-on in its portrayal of Soldier roles and relationships, it's scary.

-SELFLESS SERVICE-

HEALTH AND FITNESS

STAYING MOTIVATED

Story by and Photos
Pfc. Liz Fournier

Do you ever feel like you have no time in your day, and you want to fit a work out in somewhere? There is maybe more time in your schedule than you think.

“Everybody has twenty minutes to set aside,” said Captain John R. Inman, Commander, Headquarters Detachment.

It is natural to fall into slumps. You’re busy with family, work, school, and having a social life. Those things make easy excuses to not work out.

“It’s all about time management, that’s what I tell all my Soldiers,” said 1st Lieutenant Michelle Uchamanowicz, Physical Resilience Program Manager.

A great way to start is to create a food and exercise diary. Find a start date, even if it’s a month from now and write it down in your diary, on a calendar or in a place you look at every day. Get excited for that date - work yourself up so it is an important day to you.

Keep track of what exercise you may already be doing, even if you didn’t realize it. For example, taking the stairs instead of an elevator. Write down everything that you eat.

Sometimes the best motivation is looking back at what you already do and realizing how bad the food you are eating is, or how little exercise you are getting. Writing down a schedule of what you do every day will show you where you have gaps of time to fit in small



workouts, like doing a few push-ups and sit-ups.

“Maximize the amount of push-ups and sit-ups you do by spreading them throughout the day,” said Uchamanowicz.

Announce your goal of working out and eating better to your family and friends. It’s a good way to push yourself to keep up with your goals. It will give you accountability and boost your pride in yourself and your motivation.

Start out with small goals and make them easy to accomplish. You are less likely to fail if you make small changes here and there. Park a little further away from the grocery store, take your dog for a walk, rake the yard. When you have a lunch or coffee break at work take a little walk to kill the time.

“Nutrition is just as important as exercise,” said Inman.

Pick up an apple between meals instead of a bag of chips or a cookie. Fruits, yogurts and nuts are a better choice and they give you more energy.

There are so many ways to incorporate exercise into your day. Do you have a treadmill at home that doesn’t really get used? Set it up in an area with a T.V., pop in your favorite movie, and walk while you watch. Don’t want to watch T.V.? Read, or write out your schedule for the week while you walk.

“I do push-ups or sit-ups during commercial breaks, just keep doing them until the commercials are over,” said Inman. “I watch an hour of T.V. and still get a good work out.”

If your biggest concern is you don’t think you can do it by yourself, find a friend or family member who is willing to do it with you. If working out cuts into family time, then make working out part of your



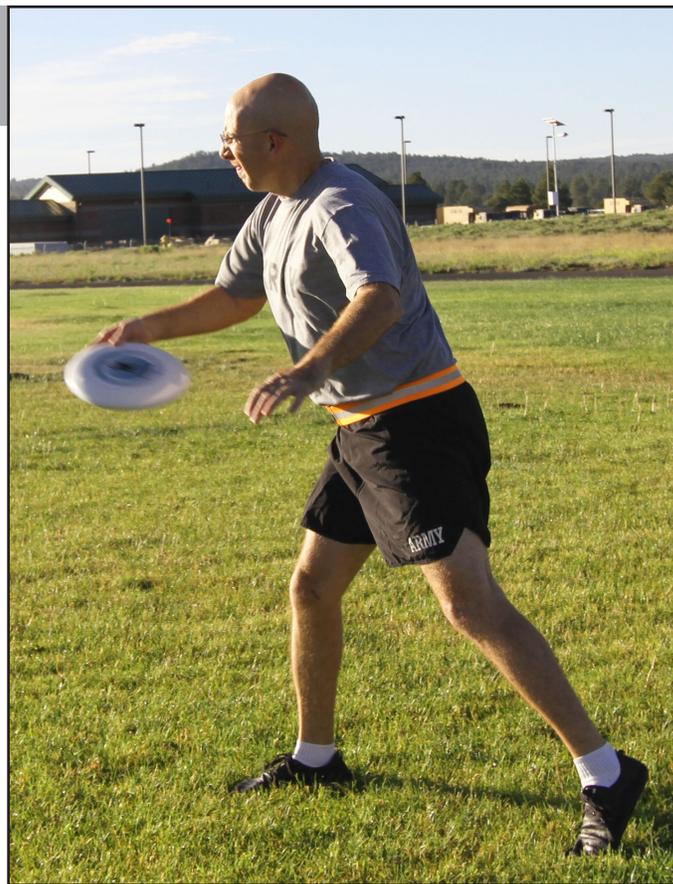
family time. Going to the park and playing a game of ball or Frisbee is fun and great exercise.

Eating better and adding workouts to your daily life aren't the only training you need. Sometimes you need to turn negative thoughts into positive ones. If you have a tendency to doubt yourself it is a really good idea to push those thoughts out and replace them with positive ones. Stop talking about how you hate exercise and replace that thought with how great you're going to look and feel when you reach your goal.

Don't give up on yourself, it will be worth it in the end. Remember, the exercise that is hard for you today will be your warm up in the future. If you feel your motivation starting to diminish then talk to someone who can get you going again. If it is easier, have a family member or a friend you can reach out to and knows they are your lifeline when you are feeling defeated. Baby steps are all it takes to a better healthier you!

TRY THIS

INSTEAD OF FRIED CHICKEN FOR THE FOURTH OF JULY!



Clean Eats

Marinated Chicken Breasts

Ingredients

- 1 to 2 tablespoons vinegar, like cider, balsamic or red wine
- 2 to 3 teaspoons dried herbs, like thyme, oregano, rosemary, or crumbled bay leaf
- 1 to 2 tablespoons mustard, whole grain or Dijon
- 1 to 2 teaspoon garlic or onion powder, optional
- 1/4 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 4 boneless, skinless chicken breast, each about 6 ounces

Directions

Put the vinegar, herbs, mustard, powders if using and oil in a large re-sealable plastic bag. Close the bag and shake to combine all the ingredients. Open the bag, drop in the chicken breast. Close and shake the bag to coat evenly. Freeze for up to 2 weeks.

Thaw in the refrigerator overnight, under cold running water, or in the microwave at 30 percent power for 1 minute at a time.

Heat a grill or grill pan. When grill is hot, place chicken on the grill and cook for 4 minutes per side, or until cooked through. You can also bake the thawed chicken in a 375 degree F oven for 15 minutes, leaving no pink in the center.

Per serving: Calories: 327; Total Fat: 16 grams; Saturated Fat: 2.5 grams; Protein: 40 grams; Total carbohydrates: 3 grams; Sugar: 0 grams Fiber: 0 grams; Cholesterol: 99 milligrams; Sodium: 291 milligrams



1-158 INFANTRY

FIRST TOW LIVE FIRE IN AZ

Story by and Photos
Sgt. Adrian Borunda

Members of the Arizona Army National Guard conducted the first TOW live fire exercise in Arizona history June 16 in the desert outside Yuma. The exercise was designed to give gunners the opportunity to fire live rounds.

The infantrymen of D Company, 1st Battalion, 158th Infantry Regiment, are the heavy weapons company of the battalion. Part of that responsibility is being thoroughly trained on weapon systems like the anti-tank tube launched, optically tracked, wire guided missile, or TOW.

Lt. Col. Paul Wagner, 1-158 Infantry Commander, says the opportunity to get hands on experience with live training rounds is a valuable opportunity for the gunners.

“Other than going to war, many of these gunners would never actually get to fire the round itself,” Wagner said. “This training gives those gunners the opportunity to improve their individual skills on this weapon.”

Minimal experience with the TOW missile could lead to a lack of faith in the weapon, Wagner said.

“This training gives Soldiers great confidence with this highly technical weapon system,” Wagner said, “Confidence that it will hit the target because they know that it is calibrated and set-up properly.”

The success of the live fire exercise was a tes-



tament to the logistical expertise of the Yuma Proving Grounds staff. The staff coordinated the shipment of the rounds from Redstone Arsenal in Alabama and arranged to have personnel from the weapon designer, Raytheon and Redstone, present to conduct the training and provide technical support.

Satisfied with an almost 90 percent target hit ratio the Soldiers concluded the day fire and waited patiently for the sun to set before starting a night fire.

Sgt. 1st Class Scot Havir, a platoon sergeant with D Company, expressed his excitement that his Soldiers will be a part of Arizona Army National Guard history.

“We’ve conducted Arizona’s first live fire exercise with TOW Missiles, it is important because that is our job as the heavy weapons company in the battalion,” Havir said.

Havir said that this training is the culmination of all the training the company has done with TOW missiles since in 2011.

The TOW live fire exercise had a secondary objective to certify that all





pany has trained with a TOW ITAS simulator since 2011 but firing the real thing is just so beneficial, it is like a confirmation of their skill,” Rios said.

Rios said it’s training like this that gets the unit ready to serve. D company is ready to deploy.

“The TOW missile is an anti-armor weapon designed to destroy tanks and other up-armored vehicles. It is used to support infantry units when they encounter enemy armor,” Rios said.

D company is based out of Buckeye and is currently on Annual Training where they will convoy up to Camp Navajo, Ariz. after the live fire exercise to continue training with the rest of the battalion.

They hope to capitalize on the momentum of hitting 22 out of 24 targets at the TOW live fire to motivate the company through the rest of Annual Training.

the ITAS firing systems from which the TOW missiles are launched are serviceable and in working condition Havir said.

Capt. Reinaldo Rios, company commander of D Company, said the motivation of the Soldiers and individual gun truck crews was high and that they are always ready to get familiar with their weapon platforms.

“Almost all the gunners hit their targets. D com-



ARIZONA GUARDSMEN

PARTNER WITH KAZAKHSTAN SOLDIERS

Story by and Photos
Capt. Amanda Straub

A small group of NCOs from the Arizona National Guard recently completed a maintenance exchange training program with the Armed Forces of the Republic of Kazakhstan as part of the nationally recognized State Partnership Program.

The Arizona National Guard and the Armed Forces of the Republic of Kazakhstan have participated in joint training and military exchange programs since 1993.

The National Guard's State Partnership Program is more than 20 years old and links state National Guards with 65 nations around the world in order to foster global diplomatic relationships and provide the U.S. with a strategic advantage in quickly mobilizing and responding to crises around the world, whether natural, or manmade.

1st Sgt. Joel Arvizu of Phoenix, is the senior NCO on the Arizona Guard Humvee exchange team and has been working with the State Partnership Program for five years. Arvizu says the program is great training for the Kazakhs, as well as American forces, but it doesn't get as



much attention as it deserves.

"Nobody seems to know about SPP other than those involved with the SPP," Arvizu said. "There is a bill in congress now to bolster funds for the program. With funding issues the Army is having, I hope they realize this mission is relevant. The country should see the Guard as vital to operations world-wide, not just natural disasters and war."

In order to send National Guardsmen to Kazakhstan as part of the Humvee exchange, the Soldiers must complete a series of administrative, medical and pre-deployment training that closely mirrors the mobilization process for any overseas mission.

Staff Sgt. Ruben Liconbarron, of Buckeye, is a combat veteran with two deployments under his belt since 2007 and has completed his fourth trip to Kazakhstan in June to work with Kazakh soldiers on maintaining the Humvee. Licon-

barron says training in Kazakhstan has been a good way to maintain his operational skill set, just in case he were to be deployed again, for peacekeeping, humanitarian assistance, or war.

"It's different when you go to a non-deployed training environment overseas," Liconbarron said. "You still have to be vigilant, but you don't have to be as defensive as you would be on deployment. It's a good way to maintain a high level of situational awareness. I hope they keep this program going."

Liconbarron also says the State Partnership Program has been a great training opportunity for him. He says he is constantly sharpening his skills by teaching Kazakh mechanics at different levels.

"Some of them are experts," Liconbarron said. You have to adapt your approach for every student. This group is excited about training, you can see they like what they do."

Staff Sgt. Charles Cornelius, of Litchfield Park, is another instructor involved in the Humvee exchange. Cornelius has been working with



the program for three years and says the group that arrived at Papago Military Reservation May 7 for maintenance training was one of the best he has seen.

“These guys are generally higher ranking sergeants with a lot of technical expertise,” Cornelius said. “Sometimes it takes awhile for these exchange groups to warm up, but these guys have been involved from the start, asking questions, eager to learn.”

The noncommissioned officers involved in the Humvee exchange host training groups from Kazakhstan in the U.S. and travel there to assist mechanics and drivers with the maintenance and operation of the Humvee. Cornelius says the extreme terrain and weather, coupled with the logistical challenges of ordering parts for a piece of equipment manufactured in a different country, create unique challenges to the operation and maintenance of the Humvee in Kazakhstan.

“We can do some teaching on standard mechanical trends here,” Cornelius said, “but it is more effective to go there and see firsthand what they are working with and teach them how to be successful in the conditions they are up against.”

Lt. Col. Abzal Luisepayev, Chief of the Center for Capital Maintenance Asia Hummer, was the senior officer travelling with the soldiers from Kazakh-

stan to the U.S. in May. He has been involved in the program since 2012 and this was his first trip to the U.S. to observe the training his technicians received.

“We are very grateful for this joint effort,” Luisepayev said, “and for the expertise passed on from the specialists at the maintenance center of Arizona.”

Staff Sgt. Lawrence Hall, assistant coordinator for the State Partnership Program, says the contributions of Arizona’s trainers are making a real difference.

“One of the crown jewels of Arizona’s State Partnership Program is the Humvee exchange,” Hall said. “Licon, Arvizu and Cornelius have



been over there, and hosted classes there many times. They are directly responsible for the program’s success.”

In order to be certified as a NATO peacekeeping force the Kazakhs must demonstrate the ability to operate NATO common equipment, such as the Humvee, English proficiency, and use of standardized techniques and procedures like the Military Decision Making Process.

“It’s teach, coach, mentor,” Hall said. “The success of the program really depends on guys like Arvizu dropping what they are doing for the summer and dedicating their time to helping these guys get better at fixing Humvees.”

Hall says in order for the program to continue, it is important to demonstrate continuous progress toward achieving partnership goals.

“I’ve been working with the State Partnership Program since 2010 and I’ve seen it grow every year,” Hall said. “There’s always new blood coming through the program, but this year I noticed it wasn’t just the new guys learning, it was the trainers. We are actually teaching their trainers at this point to go back and pass knowledge on throughout the ranks, and that is pretty cool to see.”



COL. STEVEN L. SMITH ASSUMES COMMAND

Story and photos by
Sgt. Adrian Borunda

Col. Steven L. Smith assumed command of the 198th Regional Support Group, Arizona Army National Guard, May 5, in Russell Auditorium on Papago Military Reservation.

Smith enlisted in 1978 and says his prior service as an enlisted member, and his devotion to duty, will give him an edge to succeed.

As an enlisted Soldier, Smith learned the importance of being a leader who listens to his subordinates.

“The majority of the leaders in the Army noncommissioned officer corps, and it is impossible for an organization, civilian or military, to accomplish its mission if it is not using its leaders,” Smith said.

His view on the significance of the Noncommissioned Officer Corps is echoed in one of his objectives as the new commander of the 198th RSG.

“We need to reestablish the absolute importance of the backbone of the Army,” Smith said. “The NCO Corps needs the freedom of movement to take care of Soldiers and accomplish the mission.”

Smith’s objective to empower the Noncommissioned Officer Corps of the Arizona Army National Guard relies on support from the families who stand with their service members every day.

“Families need to be reminded that this is the longest period of war we have been in with an all volunteer military. We are still at war and Soldiers can’t do their jobs without the support of their families,” Smith



said.

Having grown up in a military family, Smith says he recognizes the importance of a strong network of military families supporting one another.

“I want to build strong family readiness groups,” Smith said. “I want to build a communication program where families are informed of the great benefits and features of a military family.”

Smith says improving family, unit, and Soldier readiness will encourage guardsmen to continue to be motivated to come to drill and succeed.

Command Sgt. Maj. Pamela Higgins, state command sergeant major, Arizona Army National Guard, has worked with Smith for years and believes he is a natural leader.

“He’s very dedicated at what he does. He demands respect from officers and NCOs. That really, really impressed me about him,” Higgins said.

Higgins also said Smith is a devoted family man, and that trans-

lates to a good leader.

“He has a new daughter, Teagan, who is the light of his life and he loves his family,” Higgins said. “That is important when you get promoted into time consuming, dedicated positions like brigade commander.”

Col. Lyn Dyer, chief of staff for the Arizona Army National Guard, highlighted Smith’s ability to think critically about a situation and accomplish the mission.

“He has strategic vision, a vision of the future,” Dyer said. “He is able to assess the organization and where it needs to go and formulate a plan to get there.”

Dyer has no doubts about Smith’s dedication to the guard and believes the soldiers of the 198th RSG will benefit from having him as their commander.

Smith says he wants Soldiers and their families to be re-energized and look forward to serving in any way they can. He sees this motivation as necessary for the future success of the Arizona National Guard and the community as a whole.

CHANGE OF COMMAND

COL. LESLIE R. MONTGOMERY RETIRES



Story by Spc. Danielle Gregory

Photo by Sgt. Adrian Borunda

“I think as society changes and shifts, the military is not far behind and tends to shift as well,” Montgomery said.

Even with the increasing responsibility and respect that comes with higher rank, being a commander in today’s military can be challenging.

“It is hard for commanders to do their jobs,” Montgomery said. “It’s easy to stand up there and say ‘I’m the commander,’ but when you actually get into it, it can be challenging.”

Montgomery says her biggest challenge was to find ways to keep the command message simple and understood down to the lowest level.

One of her main command messages was to keep soldiers trained and involved so that they feel like they are a part of their unit.

“Soldiers will stay in the guard if they feel like they belong,” Montgomery said.

Montgomery says she helped soldiers feel like they belonged by taking a chance on junior leaders.

“If they are showing some potential, I will take a chance on them, even when they make mistakes,” Montgomery said.

Lt. Col. Larry Ostendorf, who was the commander of the 158 Combat Sustainment Support Battalion under Montgomery, recognized Montgomery’s leadership abilities.

“She has done a great job as a leader,” Ostendorf said. “She is always firm, but fair, and I think she had a great way of connecting with the common Soldier.”

“It’s all team chemistry, diversity and relationships,” Montgomery said.

Montgomery is retiring this year and will be replaced by Col. Steven L. Smith. She has been the brigade commander since January 2011.

“I will miss those relationships and that bond that nobody except other Soldiers can understand,” Montgomery said.

Montgomery’s goal when she started as the brigade commander was to unify the three brigades in the state.

“If I could leave a legacy, I would like to think I was a part of the brigades working closer,” Montgomery said. “When we share talent instead of competing for talent, we get more done.”

Montgomery was commissioned as a 2nd Lt. in the military in 1986, after graduating from the Oklahoma Army National Guard officer candidate school program.

Montgomery served in more than 16 leadership roles, including commander, deputy inspector general, and director of logistics for the Arizona National Guard’s Joint Force Headquarters.

Montgomery deployed from 2004 to 2005 as commander of Headquarters, Headquarters Detachment, 158 Corps Support Battalion in support of Operation Iraqi Freedom.

“I think her biggest impact was that she was the first battalion commander to deploy a logistics battalion out of our state,” Ostendorf said, “So she lead the way for our logistics community.”

On Sunday, May 5, after nearly 30 years in service, Montgomery participated in a change of command ceremony to hand over her brigade to Smith. During the ceremony Montgomery spoke on her legacy and what she was leaving behind, while Smith spoke on the future and what he hopes to accomplish.

Montgomery said after being in the military nearly 30 years, it will be hard to adjust to being a civilian. She was a military dependent as a child and then she joined the Army as an adult, but she’s ready for the change.

COMING HOME

GUARDSMAN MEETS DAUGHTER FOR FIRST TIME

Story by Sgt. Crystal Reidy
Photos by Sgt. Adrian Borunda

Outside Gate 17 at Sky Harbor International Airport baby Catherine's sign to her daddy said, "I've waited my whole life to meet you." The meeting between father and daughter was delayed seven months while her father finished his deployment.

She was born on Veteran's Day, 2012, the same week her father, Capt. Brett Yeater, landed in Afghanistan. The first time he met his

book that had pictures of his daddy and encouraging words like 'Daddy's job takes him away but no matter where he is, he always loves you.'

Thomas' father was also able to send videos of himself reading to his children through the USO partnership with United Through Reading program. During the deployment Yeater's internet connection would not allow the family to Skype but Yeater could send her husband photos and small videos of the children that were less than a minute long for him to download and watch.

"It has been challenging but I had a lot of family support," Yeater said. "I took it one day at a time and my advice to others is to accept help," Yeater said.

In Afghanistan, Yeater served as an intelligence officer for the security force advice and assist



team.

"My unit was part of America's exit strategy advising and training the Afghan police," Yeater said. "I am proud to serve such an important mission but am definitely ready to be home."

daughter was when he stepped off the plane on June 20th.

"I have seen pictures of her but it is wonderful to actually get to hold her," Yeater said. "She is so precious."

Yeater also reunited with his two-year-old son, Thomas.

"It was hard not being able to see my daughter or hold my son," Yeater said.

The children's mother, Sarah Yeater, said the family prepared Thomas for the deployment separation by having his father make videos of himself reading and talking to Thomas.

"Thomas watched his daddy's videos every day," Sara Yeater said. "I also made him a shutter fly picture



HELIOGRAPH

THEN AND NOW

Story by Sgt. Crystal Reidy

In 1976, Brig. Gen. Roy D. Hugh was promoted to the Assistant Adjutant General of the Arizona National Guard, a new Honda Accord was considered a steal at \$4,000, John Wayne's *The Shootist* was playing in theaters, and the Arizona Army National Guard released its first publication of the newsletter, *the Heliograph*.

Since that time, except for missions when the unit deployed, *the Heliograph* was continuously published by the 123rd Mobile Public Affairs Detachment. The newsletter took its name from an instrument used by the U.S. Army to send messages short distances. A heliograph uses mirrors to send flashes of light in Morse code.

The publication started out as a black and white traditional newspaper and morphed into a full color photo magazine that covered a gamut of topics from the loss of Soldiers in both peace and wartime to events that changed the country like the attack on 9/11.



Not every issue had breaking news information; some of the best stories showed a day in the life of a Soldier. A story could give a glimpse of the jobs Soldiers did like training to fight, fixing vehicles, or playing in the Army Band.

With a new publication being produced, it is time to “stop the presses” on *the Heliograph* and appreciate it for the informative news it shared in the past and the historical context it provides to us today.

BONUSES



Story and Photos by
Sgt. Crystal Reidy

The Selective Reserve Incentives Program is a monetary incentive offered to qualified individuals who enlist or extend in the Army National Guard. The SRIP is designed to increase or maintain the number of qualified Soldiers in the Army National Guard.

“The Army National Guard as a whole benefits from retaining experienced and qualified Soldiers which increases readiness, retention and morale,” said Chief Warrant Officer 3 Fawn Archuleta, Special Actions Branch

Manager.

The current incentive being offered for Soldiers that choose to extend is \$5000 for a 3-year extension and \$10,000 for a six year extension. Additionally you have to be an E-7 or below and have less than 13 years total time in service.

“The rules and amounts of bonuses fluctuate from year to year based on the needs of the organization,” Archuleta said. “To find the latest bonus amount offered ensure you contact your Unit Retention noncommissioned officer.”

In order to actually be issued a Bonus Control Number Soldiers have to extend within the reenlistment window. The window is between 91-365 days and there are no exceptions authorized if the extension is not completed within the window.

Soldiers need to read their addendums thoroughly so they understand the ramifications of not abiding by their SRIP addendums. The bonus addendums are very clear on the obligation the Soldier has to the Army National Guard upon receiving the incentives.

“If nothing else is read, at the minimum, the Soldier should know how their bonus could possibly be terminated with recoupment,” Archuleta said. “It is crucial that a Soldier is responsible for their career and understands the importance of knowing what their bonus addendums says.”

ARIZONA GUARD HISTORY

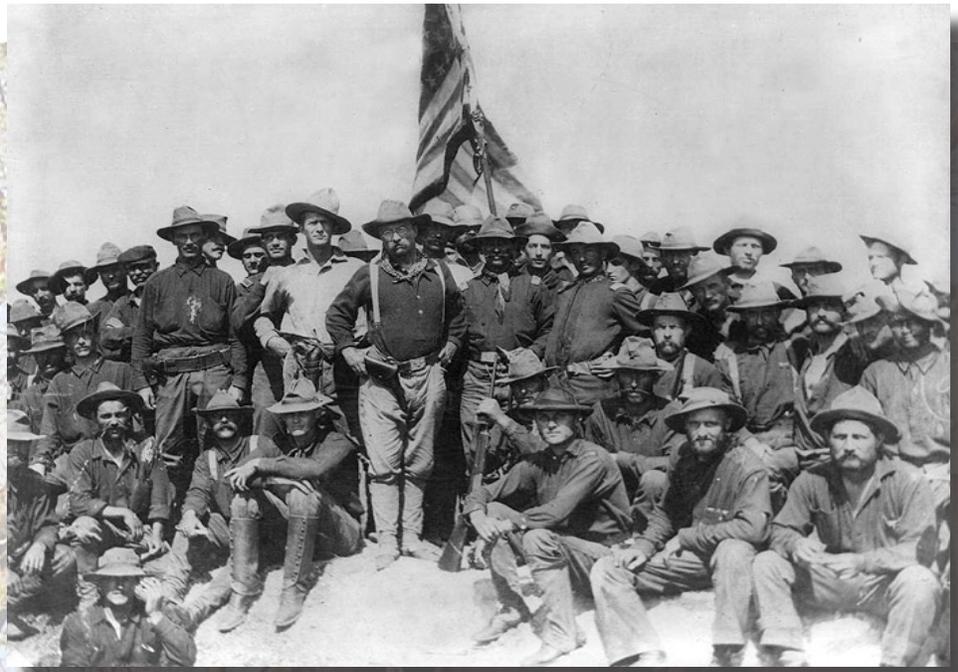
ARIZONA'S ROUGH RIDERS

Excerpted from *Arizona: A Celebration of the Grand Canyon State*
by Jim Turner

Throughout Arizona history, events occurring hundreds, and sometimes thousands, of miles away had significant influence on the state's future. Tension between the United States and Spain over Cuban independence was a prime example.

After the mysterious explosion of the U.S.S. Main in Havana harbor, outraged citizens demanded a declaration of war, and Arizonans of all ages and walks of life; cowboys, miners, railroad men, lawmen, veterans, and even local businessmen, rushed to enlist.

Congress declared war on Spain on April 24th. Immediately, President William McKinley called for the formation of the first United States Volunteer Cavalry Regiment to be enlisted from the western territories of Arizona, New Mexico, Oklahoma, and the Indian Territory (now part of Oklahoma). McKinley called for volunteers. The President appointed his physician, Dr. Leonard Wood, to lead the regiment because of his experience in the Arizona Indian conflicts. Wood's close friend, Secretary of the Navy Theodore



Roosevelt, resigned his post to become second in command.

Since leading Arizonans; Alexander Brodie, Buckey O'Neill, and James McClintock had been recruiting for several months prior to the declaration of war, the task took no time at all. In ten days the Arizona volunteers were on a train headed for San Antonio, Texas.

The volunteers from the territories were a diverse bunch of men who wished to serve their country and help Cuba win its independence from Spain. Most of the men were experienced horsemen, so newspaper reporters soon nicknamed the regiment the "Rough Riders" a popular phrase taken from "Buffalo Bill's Wild West and Congress of Rough Riders of the World."

After six weeks' training at San Antonio, the Rough Riders were sent to Tampa, Florida. Hasty preparations and not enough transportation caused more than two thirds of the troops to be left behind, along with almost all the mules and horses. Since the Arizona troops had arrived first at San Antonio, they had first priority, and became the majority who saw action in Cuba.

The Rough Riders were landed at Daiquiri, Cuba on June 22, and saw their first action in the Battle of Las Guasimas on June 24. The heavy jungle made it difficult to fight the better-trained and better-armed Spaniards, but American forces prevailed. Nine Rough Riders were killed and eleven wounded. Captain Buckey O'Neill, well-known Arizona newspaperman, lawman, and



ABOUT THE AUTHOR

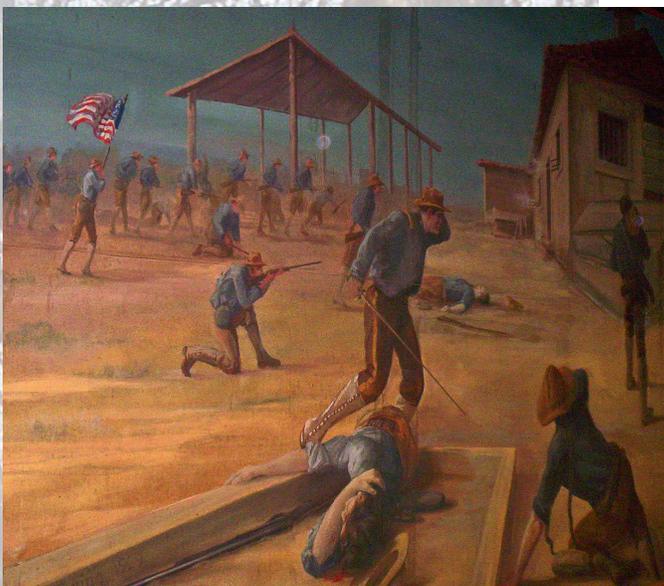
JIM TURNER

mayor of Prescott, was struck in the neck by a Spanish bullet and died at this battle.

On July 1, 1898, Theodore Roosevelt, on horseback, led the Rough Riders, who were on foot, up Kettle Hill (not San Juan Hill), with the support of the regular 9th and 10th Cavalry, known as the Buffalo Soldiers. After reaching the summit, heavy enemy fire forced them to cover, but the Americans rallied for another assault on the heights and overtook the Spanish positions. Roosevelt called this his “crowded hour,” and after the capture of San Juan Heights, the city of Santiago surrendered, Spain gave up Cuba on July 17th.

The toll from yellow fever, dysentery, and malaria were much worse than the losses in battle, and Roosevelt and other officers called for the American troops to be brought home quickly in order to save lives. Historian Virgil Carrington Jones stated that “In the period of about four and a half months they were together, 37 percent of those who got to Cuba were casualties. Better than one out of every three were killed, wounded, or stricken by disease. It was the highest casualty rate of any American unit that took part in the Spanish-American War campaign. Many who managed to return to Arizona suffered from poor health to the end of their lives.

The Rough Riders were then sent to Montauk Point, New York, to recover. In his memoirs, Roosevelt said, “it marked the close of the four months life of a regiment of as gallant fighters as ever wore the United States uniform.



The Arizona Rough Rider is pleased to introduce Jim Turner, contributing writer on Arizona military history.

Turner moved to Tucson in 1951 as his family sought a cure for his asthma. Turner’s love of the Grand Canyon State and its history began as the result of many family trips to the unique sites that Arizona is famous for.

Turner received his bachelor’s degree in secondary education in 1976 from the University of Arizona and his master’s degree in U.S. history from the University of Arizona in 1999.

Turner is a lifelong educator on the subject of history and has taught full-semester academic courses, five-week learning courses, and one-day crash courses at Canyon del Oro High School, Pima Community College-Community Campus, the University of Arizona, the Arizona Historical Society, The OASIS Institute, and The Academy Village.

Turner received the C.L. Sonnichsen Award in 1998 for best article in *The Journal of Arizona History* and the Distinguished Service Award in 2008 from the Museum Association of Arizona.

The author of numerous articles and books on Arizona history, Turner’s most recent book, *Arizona: A Celebration of the Grand Canyon State*, received wide critical acclaim.

From 2001 till 2009 Turner worked as historian for the Arizona Historical Society, where his primary duty was to support more than 65 non-profit history museums throughout the state.

Turner currently works as an associate editor at *Rio Nuevo Press* in Tucson AZ, writes a monthly special for the Tucson based *Arizona Daily Star* and continues to write, research, lecture and consult on a freelance basis.

For More Arizona History Visit

[Jim Turner @ www.jimturnerhistorian.org](http://www.jimturnerhistorian.org)

SAFETY

MOTORCYCLE PPE

Story and Photos by
Sgt. Brian Barbour

There are many reasons people choose to ride motorcycles. Motorcyclists love the feeling of freedom when riding and the sensation of being one with the environment while cruising down the road. Many ride simply because of economics. The cost to purchase, register, insure, and fuel a motorcycle can be significantly less than an automobile. Whatever the reason, the Governor's Highway Safety Association has noted a recent increase in motorcycle registrations in the U.S.

This increase of registrations suggests that more motorcyclists are on the road which corresponds to an increase of motorcycle related injuries and fatalities. According to the Arizona Department of Transportation, motorcycle rider or passenger fatalities in the state increased from 2011 to 2012 by 5.3 percent.

To safeguard service members, regulations have been put in place to educate Soldiers and require the use of protective riding gear. AR 385-10 and NGR 385-10 state that Army National Guard personnel, regardless of duty status, are required to wear personal protective equipment when operating a motorcycle, even where not required by state law.

Rider coach 1st Sgt. Max Hamlin, senior NCO for the 855th Military Police Company, has been riding for 27 years. Hamlin is one of the rider coaches certified through the Motorcycle Safety Foundation (MSF) to instruct the Arizona National Guard



Motorcycle Safety Basic Riders Safety Course given at Papago Park Military Installation in Phoenix.

Regulation states that Soldiers are required to wear a Department of Transportation approved helmet with a face shield or impact goggles properly attached to the helmet. Soldiers must wear sturdy over the ankle footwear, a long sleeved shirt or jacket, long pants, full-fingered gloves or mittens designed for motorcycles, and a brightly colored outer garment such as a vest, belt, or riding jacket during the day and a retro-reflective upper garment at night.

“Wearing personal protective equipment is the most important thing riders can do to keep safe during riding,” Sgt. 1st Class James Branton said.

Branton, a battalion training NCO for the 1-158th Infantry Battalion has 23 years of motorcycle riding experience and is also one of the instructors at the MSF Basic Riders Safety Course, at no cost, taught at Papago.

Soldiers are required to complete the MSF Basic Safety Course before riding a motorcycle. The course teaches beginners how to operate a motorcycle safely, placing great em-

phasis on the special skills and mental attitude needed for dealing with traffic. After 12 months of riding a motorcycle, Soldiers are required to take the Experienced Riders Course. Also after every three years Soldiers need sustainment training or a refresher course.

There are many things riders can do to improve their safety while riding. Besides wearing the proper PPE, Soldiers need to always have situational awareness and refrain from complacency.

Master Sgt. Dan S. Forthseth is operations NCO for 158th Maneuver Enhancement Brigade, and a rider coach at the Riders Safety Course given at Papago, and has been riding for six years and is a firm believer that the skills taught during a motorcycle safety course when he started riding saved his life in a crash going 55 miles an hour where a car cut him off and hit the brakes.

“When riding a motorcycle, always leave yourself a way out in traffic,” Forseth said. “Visibility is the number one thing because you hear it time and time again, “I didn’t see the motorcycle.” Make yourself as visible as possible so those that aren’t looking see you. This means placing yourself on the road in a position where drivers can see you.”

The instructors at the National Guard Motorcycle Safety Basic Riders Safety Course teach students to spit the lane up in three parts when riding behind a vehicle, stay on the right side of the lane and four seconds or more behind.

Personal Protective Equipment



1. Long sleeved shirt or jacket
2. Brightly colored outer vest jacket or outer garment.
3. Full fingered gloves or mittens designed for motorcycles
4. Long pants

5. Wrap around glasses that meet ANSI Safety Code Z87.1, for impact and shatter resistance
6. Department of Transportation approved helmet
7. Sturdy over the ankle footwear
8. Reflective belt

