

# GRIZZLY

Official Newsmagazine of the California National Guard

## I-184 Infantry sharpen combat skills in Jordan

page 13

40th ID  
heads to France  
for

**Citadel  
Guibert**

page 4

Benefit Pays  
Tribute to

**2300**

First  
Responders

page 16

# Leadership Corner

## Reaching and Maintaining Lethality

Major General David S. Baldwin



Our profession is arms. The most critical component to our profession is our ability to destroy our enemies with rapid, precision fire and maneuver. Our “lethality” is what keeps our enemies up at night and dissuades them from taking hostile actions, or opposing the United States and our American armed forces.

Lethality, is a major component to the overall US strategy; the basic building block to US military strategy is our Soldiers, and their ability to be lethal. We certainly don't discount the air, sea and cyber domains in which the US maintains a very prevalent edge, but it's our trained American Soldiers that operate decisively on any terrain.

A Soldier's individual ability to “Shoot, Move, and Communicate” in any environment is paramount; of the three the most important is the ability of a Soldier to “shoot.” It's not how well a Soldier can drive or talk on a radio. Heck even NGOs can “move” or “communicate,” but an American Soldier owns the ground we occupy because the Soldier with uncommon skill at arms is lethal.

Asking leaders to explain lethality generates many diverse answers. So that we all share a common understanding of the term lethality, we need to look no further than our own Army publications. Army doctrine that ultimately influences lethality is ADP 3-0, ADP 7-0, ARDP 7-0, and historically, FM 7-0. Let's look at what these publications have to say regarding lethality?

ADP 3-0 UNIFIED LAND OPERATIONS, LETHALITY. It states, “The capacity for physical destruction is fundamental to all other military capabilities ... Army leaders organize, equip, train, and for unmatched lethality. Lethality is a persistent requirement for Army organizations. The capability for the expert application of lethal force builds the foundation.”

To train for lethality, ADP 7-0, ARDP 7-0 & FM7-0 describes

what must be accomplished; ADP 7-0 TRAINING UNITS AND DEVELOPING LEADERS, Train the Fundamentals first. “Units at every echelon must master the fundamentals needed to accomplish their mission. Fundamentals include ... marksmanship... Units proficient in fundamentals are more capable of accomplishing higher level, more complex collective tasks”

We've all heard the term crawl, walk and run. ADP 7-0 and ARDP 7-0 are the construct and tell the Army leader how we crawl, walk, and run, and what we are to accomplish before the unit can conduct complex collective training.

FM 7-0 2-42. The goal in training is achieving mastery, not just proficiency.

ARDP 7-0 TRAINING UNITS AND DEVELOPING LEADERS: A standard is the accepted proficiency level required to accomplish a task. Mastery, the ability to perform the task instinctively, regardless of the conditions, the desired level of proficiency.

We learn from the doctrine above that the capacity for physical destruction is fundamental to all other capabilities. The capacity for physical destruction begins in the mind of the individual Soldier instinctively operating his or her assigned weapon. Mastery is created through many conscious repetitions, until the skill becomes instinct. Marksmanship is the fundamental skill that all Soldiers are required to be proficient in and the Army desires the level of proficiency among its Soldiers to be MASTERY.

Combat Marksmanship in general terms is the “ability to perform the task instinctively, regardless of the conditions.” Specifically Combat Marksmanship is the initial manifestation of the Army's capacity for physical destruction – fundamental to all other capabilities. Combat Marksmanship is the ability to instantly and skillfully apply the fundamentals of marksmanship in any situation in the absence of conscious direction of

the act; the body executing the integrated act of firing without the mind consciously thinking through each step; the body moving in time with the will, in order to instantly and effectively incapacitate any short, medium, or long range target by small arms fire.

In closing I would offer the following: Unit Marksmanship Instructors and unit leaders must understand that:

- The goal of all training is MASTERY. Mastery is such thorough command of the task or skill that execution seems automatic. It's necessary for the Unit Marksmanship Trainer to impart competence that is a sufficient understanding of the underlying art and science. Properly trained and qualified instructors can relate the art and science to Soldiers to impart competence. A proper marksmanship instructors should have mastery of the tasks and skills they train and develop.
- Individual skill at arms requires the instructor to impart skills to the Soldiers under his or her care.
- Generally, most Soldiers are at the level of “unconscious incompetence” (e.g., “I have no idea that I don't know what I am doing”)
- A Soldier is “Trained” NOT when he/she passes IWQ, but when he/she attains unconscious competence, aka “Mastery”
- A Soldier is trained when he can precisely incapacitate targets within the time requirement and perform the measures of effectiveness unconsciously in all environments.
- The Commander provides the small arms training task list through a validated and resources training strategy; instructors impart the skills required to master the task list
- Commanders will know when they have the right trainer: He/she makes the complex simple, the difficult easier, and the tedious fun.
- Whenever a unit from that battalion goes to the range, those NCO's and Officers selected as instructors must be there to guide subordinate units through the proper US Army Marksmanship Training Strategy; the proper execution of this strategy alone provides a commander with lethal riflemen and machine gunners.

## Combat Readiness is Priority #1

Chief Master Sergeant Thomas L. James



Maj. Gen. Baldwin issued his revised 2018 Priorities to the California Military Department. Most noticeable, was his elevation of Combat Readiness to Priority #1. I am sure you would agree that recruiting and sustaining a dual-purpose force, acquiring and maintaining modern equipment and conducting realistic mission-focused training is most appropriate for the global environment we find ourselves. As tactical leaders, we have to own all matters related to mission-focused training. It is time to reorient ourselves to mission-ready teams first and then maintain administrative ready organizations second. Civil Support Readiness, Quality Infrastructure, and Effective Organizations follow Combat Readiness in order as Priorities #2 through #4.

I want to address Effective Organizations as Priority #4 with you for a few reasons. Leaders instill a culture in organizations through the observance of shared values, motivation, historical appreciation and future force adaptability. As junior leaders, the climate of our team is affected by our mission-focused expertise; our positive communication before, during and after training and operational events; as well as adherence to sustain every degree of professionalism as assigned by our service's doctrine.

After speaking with 2LT Tien Quach assigned to the 18th CAV recently, I soon learned that my words offered above pale in comparison to the actions he takes as a leader every

month. LT Quach is a drill status guard member who also works as a Social Worker for the Veterans Administration (VA). LT Quach uses his military experience to help separated and active guard members with employment and finding them a place to live during periods of homelessness. As if that is not impressive enough, he strives to do even more for guard members in need with medical issues.

Many of you know, our medical non-deployable (MND) statistics are so high they jeopardize our force's ability to sustain long-term Combat and Civil Support Readiness. But thanks to the actions of leaders like LT Quach's, our numbers will improve. LT takes the time to understand all of the health issues his subordinates have while leveraging the benefits our VA health care system has to offer. His guidance to his team is always clear and always succinct.

For those Soldiers on his unit with high cholesterol, he tells them, “Eat vegetables for a month and in 30-days we are going to the VA for a blood test.” For Soldiers who have high blood pressure, he tells them, “Get regular exercise for a month, and we will get

Continued on Page 22

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## Submissions

**Articles:**

- ★ Articles range from 350 to 2,000 words. All articles should be accompanied by multiple high-resolution images.
- ★ Include first names, last names and military ranks. Always verify spelling.
- ★ Spell out acronyms, abbreviations and full unit designations on first reference.
- ★ Only submit articles that have been approved by your unit's public affairs officer.

**Photographs:**

- ★ Highest resolution possible: MB files, not KB.
- ★ No retouched photos, no special effects.
- ★ Include the photographer's name and rank, and a caption: what is happening in the photo, who is pictured and the date and location.

E-mail submissions and feedback to:  
bcossel@gmail.com



Cover photo by Senior Master Sgt. Chris Drudge

A U.S. Air Force F-15 Eagle from California Air National Guard's 144th Fighter Wing approaches the boom of a KC-135 Stratotanker from Iowa ANG's 185th Air Refueling Wing during Sentry Aloha 18-01 above Joint Base Pearl Harbor-Hickam, Hawaii Jan. 17, 2018. Sentry Aloha provides tailored, cost effective and realistic combat training for U.S. Air Force, Air National Guard and other Department of Defense services to provide U.S. warfighters with the skill sets necessary to perform their homeland defense and overseas combat missions.

# TABLE OF CONTENTS

## 4 Oui! AT 2018 has 40th ID in France

Soldiers of the 40th Infantry Division traveled to Mournelon, France for Annual Training and Citadel Guibert.

## 6 CalGuard and VCP get people home

Soldiers of the 140th Chemical Company were on hand to assist officers of the Ventura County Police getting people back to their homes in the aftermath of the Thomas Fire.

## 7 SoCal Base Honored

Joint Forces Training Base Los Alamitos was recently recognized as a leader in environmental quality initiatives.

## 8 Young Officers walk through history

While in France, a group of Generals Aide got the opportunity of a lifetime to walk on hallowed ground.

## 10 CalGuardsmen a role model

Air Force Lt. Col. Susan Pangelinan from the California National Guard is awarded a DOD Science, Technology, Engineering and Math award.

## 79th takes command with KFOR 24

The San Diego Infantry BRigade Combat Team officially took command of KFOR 24 with a change of command ceremony.

## 11 Bushmasters shapern infantry skills

Real world training scenario keeps Bushmaster skills razor sharp.

## 14 National Guard 4.0 - Are you ready?

Changes to the training calendar mean more days at drill and a strong commitment to readiness.

## 15 Give it a week!

A healthier menu at the chow hall and new ways to exercise were just some of the strategies Airmen of the 146th Airlift Wing learned during and Health and Fitness Week.

## 16 Kick Ash Bash

Soldiers and first responders were recognized for their tireless efforts battling fires in Ventura County with this star-studded tribute.

## 19 Counter Drug Task Force

See what's going on with the Soldiers and Airmen of the Counter Drug Task Force including a feature on NGB Criminal Analyst of the year.

## 20 Apps for Health

The California National Guard is one of a few states testing the use of mobile apps to help Soldier and Airmen well being.

## 21 Reaper in the Fight

Airmen of the 163rd Fighter Wing used the MQ9 Reaper in recent Southern California fires to great effect.

## New tools for prosecutors

Article 117a of the UCMJ now specifically deals with the broadcast or distribution of intimate images. This changes is new under the 2018 NDAA

## 23 Know the regs on vaping and CBD oil

Army Regulation 600-85 bans the use of CBD oils, a Schedule I controlled substance under the Controlled Substances Act.



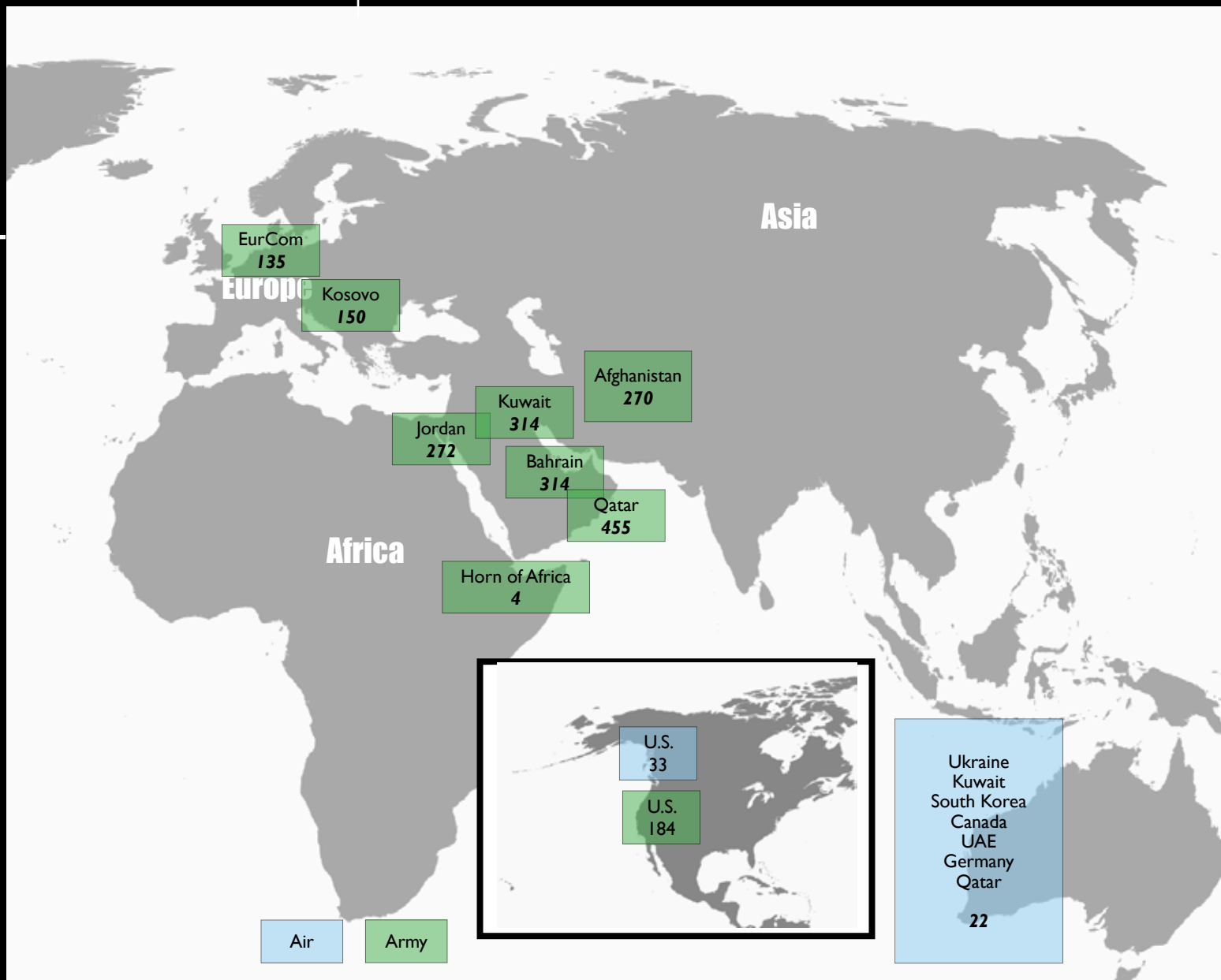
In Every Issue

2 Leadership Corner

12 At a Glance

23 News & Benefits

California National Guard troops mobilized as of **MARCH 2018**



**40th Infantry Division  
Heads to France  
FOR  
*Citadel Guibert*  
2018**



**Spc. Wiley, a Soldier with the 40th Infantry Division learns a few key French phrases from a Soldier with the Rapid Reaction Corps-France. Soldiers of the Division were in Mourmelon Le Grande participating in Citadel Guibert 2018 a multi-national, NATO exercise that brought together two division – the 1st French Division and the 40th Infantry Division – for a three week command post exercise. Photo by Sgt. 1st Class Benjamin Cossel**

MOURMELON LE GRANDE, France – Iraq, Afghanistan, Camp Roberts ... all places a Soldier in the California Army National Guard could envision themselves going to while serving. But ask your average California guardsmen if France is anywhere on that list of possible places and you will probably be laughed at with a resounding “Not a chance!”

Unless you’re in the 40th Infantry Division and its Citadel Guibert -- then you might find yourself staying in the same barracks once used by Easy Company of “Band of Brothers”

fame, shoulder to shoulder with soldiers from Belgium, France, or any one of the 15 countries participating in the exercise.

“This is a once in a lifetime opportunity for many of our Soldiers,” said 40th Infantry Division Chief of Staff, Col. Mike Leeney. “For many of them, this is their first time out of California, let alone out of the United States.”

A multi-national exercise, Citadel Guibert is the NATO equivalent of a War Fighter exercise, Leeney said. Working alongside the 1st French Division, the 40th ID was faced

with a separatist movement (Kalmar) in the fictional country of Arnland. After diplomatic attempts at reconciliation failed, the two divisions began the kinetic or combat phase of the operation. Broken into two distinct segments, the scenario provided equal emphasis on combat and stability operations.

“These simulations are designed to tax all of our command systems to see how we respond and how we communicate with each other,” Leeney said.

Ultimately, Citadel Guibert falls under the command and evaluation of the Rapid Reaction Corps-France. The Rapid Reaction Corps-France is a NATO unit capable of commanding national or multinational forces. Its mission is to provide France with a rapidly deployable headquarters that can be employed within the full mission spectrum and under several mandates (French, NATO, EU, Coalition or Partner Nation). It consists of representatives from 15 countries. The RRC-France is currently under the command of Lt. Gen. Thierry Corbet.

“This is a real opportunity to train a French Division with a U.S. Division. I am convinced this kind of experience is the best way to train our multi-national troops in a realistic environment. We train as we will fight,” Corbet said.

Corbet said a French Division would never work alone in a multi-national environment and that the United States would be a part of that coalition.

“The USA belongs to NATO, we are training in a NATO environment. So having the French and the U.S. in the same exercise is critical,” said Corbet.

Corbet said the challenges of human interoperability, technical issues and issues of computer systems were just some of the objectives to overcome with this exercise in addition to the scenario the two divisions had to navigate.



**Lt. Gen. Thierry Corbet, Commander, Rapid Reaction Corps-France passes in review during the opening ceremonies of Citadel Guibert. Corbet was the ultimate commander and evaluator of the international exercise which teamed up the 1st French Division with 40th Infantry Division for a full spectrum, command post exercise. Photo by Sgt. 1st Class Benjamin Cossel**

Continued on Page 22

# CalGuard works with VCP to get residents home



A Soldier with the I-140 Chemical Company assists residents of Ventura County in the aftermath of the Thomas Fire. CalGuard Soldiers assisted officers of the Ventura County Police Department in taking residents to their homes and giving them time to collect personal effects and begin surveying the damage. Photo by Sgt. 1st Class Benjamin Cossel

By Sgt 1st Class Benjamin Cossel  
40th Infantry Division Public Affairs

VENTURA, Calif. – The calm betrayed the anguish, patience calmed frustration as residents of Ventura, California, their homes ravaged by the Thomas Fire, stood in line at the Temple Beth Torah parking lot, Dec. 9, waiting for the chance to see their home, perhaps grab a few items, to know what – if anything – was left.

“What we’re doing here is shuttling residents back to their homes, giving them about half an hour or so to collect a

few items, see what’s left and then bringing them back down here,” said Ventura City Police Sgt. Kenny Welch.

Welch said its still far too dangerous to let residents fully return to their homes as downed power lines, possible mix of toxic chemicals from the fire and other hazards, make the area unsafe for a full return.

In addition to Ventura City Police, Soldiers from the California Army National Guards 140th Chemical Company sat behind the wheel of the large passenger vans, augmenting their law enforcement counterparts, shuttling people

into the affected area, helping unload their precious belongings once they’d returned.

“Its been absolutely heartbreaking taking some of these folks back to their homes,” said Palm Dale, Calif. resident, Spc. Alex Lavritzen.

Lavritzen said many of the people he was shuttling back and forth had no idea what the status of their homes were before he shuttled them to the area. Sorrow was mixed with joy as some residents were spared, others losing everything.

“As hard as this is, I’m really glad we’re out here and able to help these people in anyway we can, especially during the holidays” Lavritzen said.

“We would not be able to do this at the rate we are were it not for the Guard’s help,” said Welch. “We’ve easily been able to increase by a factor of four times, the amount of people we’re able to take up into the affected area.”

In addition to the increased man-power, Welch said the California Guardsmen brought with them a level of organization and professionalism, much appreciated by the local law enforcement officials and the residents of Ventura.

“I’ve talked to a few of our community members and they’ve had nothing but great things to say about the men and women of the California Guard -- they’re personable, kind and extremely thoughtful to what is going on.

An extremely deadly fire season already in the Golden State, Lavritzen and the other Soldiers of the 140th Chemical Company had recently returned from duty supporting operations in Santa Rosa in the wake of the devastating North Bay Fire which destroyed more than 7,000 homes and buildings.

“I’ve definitely provided more direct, hands-on assistance with this fire,” Lavritzen said “it feels good to be able to look at folks, look them in the eye, shake their hands ... that’s what we do – Californians helping Californians.”

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# JFTB Honored by NGB for 2017 environmental quality initiatives

By COL. (CA) RICHARD LALOR

JFTB Public Affairs Officer

For military and civilian aviators alike, one of their worst nightmares is encountering a bird strike during takeoff and landing. Damage can be catastrophic and most importantly, the lives of pilots and passengers are jeopardized.

Recognizing the potential severity and importance of mitigating the problem, Joint Forces Training Base (JFTB) has been formally recognized by the National Guard Bureau and honored as the first-place recipient for "Environmental Quality – Non-Industrial Installation" in the 2017 Army National Guard Environmental Security Awards program..

JFTB has taken a lead role in creating and implementing an Army-specific bird strike prevention initiative -- formally known as a Bird / Wildlife Aircraft Strike Hazard (BASH) Program.

Since 2015, Los Alamitos Army Airfield has been one of only two Army aviation facilities nationwide to create and implement this type of wildlife management program. As an indication of the seriousness of the problem, Dan Biteman, JFTB's resident airfield wildlife biologist from the U.S. Department of Agriculture, captured and relocated 188 raptors from June to October of 2017 and observed 7,952 birds – including 1,583 raptors over the same period.

Raptors, include a variety of hawks, owls, falcons and vultures that are also known as birds of prey because they hunt and feed on rodents and other small animals

Biteman scares off the birds or captures them in traps set up near the airfield runways and then relocates and releases them in a habitat some 200 miles distant from the airfield.

JFTB was also recognized for a number of other environmental sustainability initiatives that include:

- Water conservation efforts focusing on establishing a natural,

drought-tolerant landscape by incorporating low-water vegetation and zero-water rock gardens.

- Designing storm water retention basins around new construction projects to prevent erosion and filter harmful sediment loads from storm flows from getting into local streams.

- Planned development of a solar panel-based renewable energy generation facility for the installation which will provide a secure energy source in support of the California National Guard's mission to conduct long-term operations during federally or state-declared emergencies.

- Recycling more than 5,000 tons of crushed concrete from building demolition projects on the installation, resulting in savings of \$264,000 in disposal fees and more than \$530,000 in purchase and delivery costs for equivalent materials.

- Securing an independent water supply source via several water wells to enable JFTB to remain fully capable of conducting operations under all circumstances, and assisting the National Guard to validate a new tactical water purification treatment process designed to remove hazardous chemicals commonly found in fire-fighting foam that could potentially contaminate water supplies on military installations.

- Promoting environmental education and outreach through the installation's STARBASE STEM program to educate students about environmental science careers and the military's efforts toward stewardship and sustainability of our natural resources.

"Joint Forces Training Base takes our responsibility to be a good steward of the environment that we live and work very seriously, and we are honored to be recognized by the National Guard Bureau for our comprehensive efforts in living up to our commitment," said Installation Commander Col. Julian Bond.

"We are dedicated to inspired service at JFTB, and kudos goes to our installation's environmental officer, Tom Tandoc, for his truly inspirational efforts in overseeing the initiatives that earned us this prestigious award."





## Officer Professional Development Takes a Walk Through History

By SGT. 1ST CLASS BENJAMIN COSSEL  
40th Infantry Division Public Affairs

BASTOGNE, Belgium – If you’ve spent any time in the military, odds are you are aware of the World War II cable television series, “Band of Brothers.” More likely, you’ve seen it and know of the heroics of Easy Company as depicted in the series. And then there is a rare few who’ve walked the hollowed grounds of the Bastogne Battlefield and traced the bullet-hole ridden buildings that stood between American and German forces.

“This was a humbling honor, one part awe-inspiring and one part eerie,” said 1st Lt. Ly Tran. A San Jose, Calif. resident, Tran serves as the Aide-de-Camp to 40th Infantry Division Deputy Commanding General-Operations, Brig. Gen. Jeffery Smiley.

More than 200 Soldiers of the Division travelled to Mourmelon, France to take part in Citadel Guibert 2018 – a multi-national exercise stressing the capabilities of two divisions (1st French Division and the 40th Infantry Division) working together in a NATO environment. As the majority of Soldiers made their way to Paris for culture day, a select few -- including Tran -- took the two-hour drive near the French-Belgium border to the site of the historic battlefield.

“We need to know our history,” Tran said. “We’ve got to be able to look backward, to know where we come from to connect us to the history of our organization in order to move forward and better understand how we fit in in the bigger picture.”

History was upon them almost immediately as their tour guide informed them the road from Mourmelon to Bastogne was the same road travelled by Soldiers of the 101st Airborne Division as they made their trek north to take the city from the Germans. Mourmelon-le-Grande was the staging grounds of the 101st Division’s headquarters.

Tran was one of three young officers in attendance during the Officer Professional Development session along with members of the Division Command Staff including Division Command Sgt. Maj., Rob Whittle.

“This is such a valuable experience for these young officers,” Whittle said. “They learn this stuff in the history books but to be able to walk on hollowed grounds and see and feel what it must have been like for the guys of Easy Company cements this in a way a book never could.”

The day started with the group linking up with a historian who then took them to the fox-holes, through the forests and into the town of Foy where buildings still stood, riddled with bullet holes. The first day of spring just a short distance away the temperature was sub-zero Celsius, the rain a mix of snow and sleet as the group made their way through the multi-hour ODP.

“Even with wearing some of the newest cold weather technology, it was freezing out there,” Whittle said. “You can only imagine what it must have felt like for those American troops fighting out here

**Continued next page**



in the dead of winter.”

A student of history, Whittle said it was breathtaking to look out from the American positions and realize some of the tactical advantages they had. To able to see the interlocking fields of fire and visualize the battle in his mind.

Another student of history, Division Chief of Staff, Col. Mike Leeney was honored by a chance encounter with Soldiers from an oft-overlooked Division that played a key role in the Battle of Bastogne.

“Not many people know the role the 17th Airborne Infantry Division played in winning this critical battle,” Leeney said.

Just a few days later, at the invitation of the Joint Task Force Commander, Lt. Gen. Thierry Corbert the group made their way to the Meuse-Argonne, site of one of the final offenses of the first World War and the second most lethal engagement for American forces with more

than 26,000 Americans killed. While walking through the American Cemetery the group made a chilling discovery.

“While we were walking we came across three grave stones of Soldiers from the 40th Infantry Division. And of particular significance to me,” Whittle explained, “One of the Soldiers was from the 144 Field Artillery Regiment where I was once the Brigade Sergeant Major.”

Whittle explained that during the Meuse-Argonne battle, troops from the 40th ID were used to augment other Divisions on the front lines, thus Soldiers from the Sunburst Division were spread out across the Western Front attached to a variety of units.

“For them to have actually marked them as being with the 40th Division is really nice to see. Not something I was expecting,” Whittle said.

From there, the group made their way to the location of the Battle of the Bulge and to the exact site were

Patton’s Third Army punched through the German defenses in what would become a turning point in the war.

“I was struck with awe when we walked up to General Patton’s grave site and there it is, the letters in gold at the front of all the other American Soldiers who died during that battle,” Whittle said. “It really was something to see, such an honor to walk on the grounds with those warriors.”

For Leeney, Tran, and Whittle, the opportunity to touch and see history was an experience they won’t soon forget and one they agreed more Soldiers should take whenever the opportunity presents itself.

“I wish more Soldiers were able to do things like this,” Tran said. “This deeper appreciation of our history is what really connects us to the mythos and ethos of who we are and gives you that humbling feeling of understanding how you fit in to the bigger picture.”



During a once in a lifetime trip, members of the 40th Infantry Division Command staff visited the site of the Battle of Bastogne and walked the grounds depicted in the television series “Band of Brothers.” On a different trip, members of the command team visited site of the Meuse-Argonne where they found headstones marking the graves of 40th Infantry Division Soldiers. From there, the team made their way to the site where Patton’s Third Army punched through German defenses at the Battle of the Bulge. Photo by Command Sgt. Maj. Rob Whittle

# Defense leaders call California Guardswoman a ‘role model’

By **MASTER SGT. MIKE SMITH**  
National Guard Bureau

ARLINGTON, Va. – Department of Defense leaders last night described a California Air National Guard medical officer as a “role model” in the place where the nation honors its best and brightest women in military service.

Air Force Lt. Col. Susan Pangelinan from the California Air National Guard was awarded a DoD Science, Technology, Engineering and Math Role Model Award for her accomplishments in those disciplines.

The event was held here at the Women in Military Service for America Memorial.

Pangelinan is among more than 150,000 other women serving in the National Guard and Reserve. But officials here said they believe she is someone all women can look up to.

The event also honored nine other service members, who have worked toward the development of women and minorities in foreign languages and the STEM fields. It coincides with the nation’s programs, ceremonies and activities that observe women’s history this month.

Officials said Pangelinan distinguished herself as a medical advisor to the California Guard’s Joint Force Headquarters.

In 2002, Pangelinan joined the California Air National Guard after serving as an Air Force medical administrator in the active duty and Reserve. She is an Operation Desert Storm veteran, who deployed to the Pentagon following the aftermath 9/11 to help manage medical resources in its response.



**Air Force Lt. Col. Susan Pangelinan from the California National Guard is awarded a DOD Science, Technology, Engineering and Math award March 19 at the Women in Military Service for America Memorial, Arlington, Va., for her accomplishments as a medical advisor to the California Guard’s Joint Forces Headquarters. Photo by Master Sgt. Mike Smith**

The lieutenant colonel said the award reflects the benefits she gets from preparing the nation’s Soldiers

and Airmen for a variety of state and federal missions.

“All the things that I do for the military and the National Guard are really a privilege for me,” she said.

More recently, Pangelinan served as the medical operations officer during last summer’s wildfires in her state. She reported injuries, tracked medical supplies and supported military responders as part of a multistate, multi-agency disaster response mission.

The Guard’s efforts had thousands of Citizen-Soldiers and -Airmen and their equipment fighting the wildfires in central and northern California.

As a STEM awardee, she said such large efforts require a balanced knowledge of technology, engineering and math to comprehend the challenges and plan a response.

“It’s not so much what you know, but it’s more your ability to apply what you know in such situations,” she said. “I do that using science and math to access the environment.”

Pangelinan was born at an Air Force base, grew up in a military family, and said she learned firsthand the efforts of women in the military like those trailblazers honored at the women’s memorial.

Officials said Pangelinan also encourages junior officers and enlisted members to pursue advanced degrees and professional military education and serves as the sounding board for women who face challenges in their military careers.

“Today, it’s a matter of showing women those opportunities in the military where skill is more essential

# MNBG-East transfers authority; begins KFOR 24 rotation

By **SGT. CASEY HUSTIN**  
Multinational Battle Group - East (KFOR)

CAMP BONDSTEEL, Kosovo – The latest rotation of Multi-National Battle Group – East (MNBG-E) and the NATO Kosovo Force (KFOR) mission began March 20, when Col. Michael Spraggins, commander of 39th Infantry Brigade Combat Team, Arkansas National Guard, transferred the authority of MNBG-E to its 24th commander.

“This mission has a very personal significance for me,” said Col. Nick Ducich, the newest MNBG-E commander, with the 79th Infantry Brigade Combat Team, California National Guard. “I’m the first American officer of Serbian heritage to command Multi-National Battle Group – East. I am privileged to be serving here and devote my utmost commitment for a safe and secure environment for all people of Kosovo.”

Brig. Gen. Janos Csombok, Deputy Commander of KFOR, presided over the ceremony and awarded Spraggins the NATO medal, concluding his mission in Kosovo.

“It is with joy and sadness that I speak to you today,” Spraggins said. “The joy that I and the rest of my KFOR 23 team, will soon be home with our families and



**Soldiers of Multi-National Battlegroup - East salute during the National Anthem at a transfer of authority ceremony between the 39th Infantry Brigade Combat Team, Arkansas National Guard, and the 79th Infantry Brigade Combat Team, California National Guard. Photo by Master Sgt. Warren Lim, 79th**

friends after an outstanding deployment.”

We are also joyful that our mission in Kosovo was successful, Spraggins added, and that it was one marked with peace and security for the people of Kosovo.

“The sadness that I feel is that it is time for me to say goodbye to many new friends, and also to a country and people who I’ve grown to love deeply,” Spraggins

said. Spraggins also wished the incoming KFOR 24 team a great rotation and spoke about his nine-month tour.

“We trained diligently for the mission and were joined by great allies here from Poland, Romania and Turkey,” Spraggins said. “We banded together to create this MNBG-E team for a mutual

cause of peace and stability. We are proud to strengthen this tremendous alliance through training and daily exercise of interoperability; our efforts alongside our NATO allies and partners reassured everyone in the region that we are strong as NATO. We are here. We are committed.”

During the ceremony, Spraggins and Command Sgt. Maj. Donald

Stane, commanding the 39th Infantry Brigade Combat Team, cased their colors and Ducich and Command Sgt. Maj. Andrew McKindley, command team of the 79th Infantry Brigade Combat Team, uncased theirs, signifying the commencement of the latest rotation of the KFOR mission.

# I-184 “Bushmasters” Sharpen Light Infantry Skills



Soldiers from Bravo Company “Bushmasters,” 1st Battalion, 184th Infantry Regiment, California Army National Guard, locate cover and return fire after receiving simulated small-arms fire during a training exercise near Amman, Jordan on February 2, 2018. The scenario based training allowed Bushmaster leadership to assess their company’s ability to set up a roadblock, create an entry control point, and deny enemy access to key terrain. **Photo by 1st Sgt. Lopez-Gutierrez**

**By MASTER SGT. MARK HANSON**  
Task Force Spartan

A radio crackles to life on what seems like another routine security patrol in a remote village. 1st Lt. Brent Lemler, of Bravo Company “Bushmasters,” 1st Battalion, 184th Infantry Regiment, keys his hand-held radio and responds.

While listening to the communication, he motions for his squad leaders. After a moment, 1st Lt. Lemler relays to his leadership the tasking he has received.

“A high value target’s cell phone has just pinged in our vicinity,” said Lemler.

His team has been tasked with searching a nearby building to attempt to locate the high value target that his team has been tracking for months. The target is suspected of producing homemade explosives that have targeted coalition convoys on the main supply routes with devastating consequences.

After explaining his plan of action, Lemler’s platoon disperses. They soon secure key terrain in the village and setup an over-watching position on a nearby elevated location. The platoon then begins to survey for various threats that an urban environment can conceal.

The conditions are set and the entry teams move into position.

While this reads like a story stemming from any number of real-life missions from the Global War on Terror, in reality, it’s a training scenario. The Soldiers of Bravo Company trained on the collective task to conduct a security patrol and escort civilians from the battlefield during a training event at the Joint Training Center, near Amman, Jordan.

“White space on the calendar equals training. Everything we do now, as an Army, is focused on readiness,” said 1st Lt. Rory Hight, company commander of the Bushmasters.

Soldiers from Bravo Company of the California Army National have been training on light infantry tasks during the months of January and February, in order to meet the Army’s Sustainable Readiness Model guidance.

“We are constantly seeking opportunities for our own improvement and to maintain our readiness as a unit,” said Hight. “The Sustainable Readiness Model reminds us we need to maintain our unit proficiency on team, squad, platoon, and company level infantry tasks.”

The Bushmaster’s primary mission has been on the Jordan Operational Engagement Program, which focuses on regional security and partnership building through joint training with

the Jordanian Armed Forces. The next JOEP rotation is set to take place in late February, which has created an opportunity for the Bushmasters to use the break between JOEP rotations to maintain their proficiency they earned during pre-mobilization training.

Bushmaster company leadership has created stimulating and realistic training on the challenging terrain and dusty ranges of the Joint Training Center for their Soldiers. The company training has

focused on weapons proficiency, squad and platoon level movement to contact scenarios, military operations in urban terrain, and company level defense operations.

“This is as good of environment to train in as any. We try to throw countless scenarios at our leaders and soldiers, to get them thinking on their feet. The enemy of the future will challenge all our soldiers, so we conduct our training in a complex and dynamic environment



Soldiers from Bravo Company “Bushmasters,” 1st Battalion, 184th Infantry Regiment, California Army National Guard, conduct a 100 meter zero with their Advanced Combat Optical Gunsights, during a training exercise near Amman, Jordan on January 29, 2018. This training allowed Bushmaster Soldiers to re-confirm their weapon’s accuracy and challenge their marksmanship skills. **Photo by 1st Lt. Bryan Nagata**



**U.S. Army Master Sgt. Janet Bretado, logistics adviser for Train, Advise and Assist Command - South, meets and talks to her Afghan counterparts, March 27, in Kandahar, #Afghanistan. Bretado is one of two female advisers from the #CalGuard's 40th Infantry Division, and is a part of the team of advisers for TAAC-South.**



**LEFT: Bob Hope USO passes out care kits to Soldiers of the California National Guard's 40th ID before leaving for France in support of Citadel Guibert 2018. CENTER: National Guardsmen and civilian emergency-response personnel from several states joined the Cal Guard's 3-140th Aviation Battalion for its 2018 annual training on Camp Parks, California, March 11-25. The training included personnel recovery lanes, aerial medical evacuation and an ESGR Boss Lift with more than 30 employers of Cal Guardsmen. RIGHT: HOHENFELS, Germany - Soldiers from the 3rd Squadron, 61st Cavalry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division conduct riot control response training run by the Joint Multinational Readiness Center (JMRC), in preparation for their rotation in Kosovo, alongside members of Task Force Thunderbolt the 79th Infantry Brigade Combat Team, California National Guard, March 7, 2018.**



**LEFT: The Honorable Bunmi Awoniyi, a Judge with the Superior Court of Sacramento County, addresses members of the California National Guard during the Women's History Month Observance. RIGHT: Cadets from CalGuard's Sunburst Youth Challenge Academy unfurl a flag in the infield to kick off the NASCAR Auto Club 400 at Auto Club Speedway in Fontana, California, March 18, 2018.**

# At a Glance



LEFT: Gen. Joseph Dunford, Chairman of the Joint Chiefs of Staff, and Command Sgt. Maj. John Wayne Troxell, Senior Enlisted Advisor to the Chairman, visits soldiers, including some from the #CalGuard's 40th Infantry Division, along with soldiers from the 2nd Infantry Brigade Combat Team, 4th Infantry Division, Thursday, March 22, at Train, Advise and Assist Command - South, in #Afghanistan. RIGHT: CalGuard Soldiers in the 297th Medical Company Area Support Unit participate in Operation Eagle Visit - Homecoming 50 Years parade in San Mateo, March 24. The event commemorated the city's adoption of the U.S. Army's 101st Airborne Division and continued relationship between the town and the soldiers.



LEFT: CalGuard Capt. Allison Hsieh races in the Chief National Guard Bureau Biathlon Championship, Feb. 25, at Soldier Hollow, Wasatch Mountain State Park, Utah, during the championship's individual sprint race event. RIGHT: Sleep Train Arena was abuzz today with first responders for the Sentinel Response exercise. More than 100 CalGuard and emergency-response personnel, vehicles, and aircraft trained together to respond to a "dirty bomb" and active-shooter scenario.



Lt. Gen. Michael X. Garrett, Commanding General of U.S. Army Central, visits Soldiers of the CalGuard's I-143 Field Artillery Battalion, February 8. In addition to the visit, Garrett promoted 2nd Lt. Carlos Alcantar Pineda to 1st Lt.

# Readiness enhanced with Army National Guard 4.0

By **TECH SGT. ERICH SMITH**  
National Guard Bureau

ARLINGTON, Va. - The Army National Guard has undergone a shift in its training approach and many Army Guard Soldiers in certain critical units have seen an increase in yearly training days and requirements.

That increase is part of Army National Guard 4.0, an initiative based on changing Army needs and designed to allow the Army Guard to respond quicker and more effectively to a variety of missions worldwide, said Army Lt. Gen. Timothy Kadavy, the director of the Army Guard.

"Army National Guard 4.0 [means] being ready [to deploy] without notification of a specific, potentially upcoming mission," he said. "We are implementing this transformation because our country needs us to do so. This is due to the current size of the Total Army and the multiple threats that our country faces from potential adversaries. The Army National Guard must shorten post-mobilization times in order to respond more quickly and effectively to answer the nation's call."

The change in training tempo is primarily focused on armored and Stryker brigade combat teams, as well as attack-reconnaissance aviation battalions, said Kadavy.

"Our high-priority units - such as armored brigade combat teams, Stryker brigade combat teams, attack-reconnaissance battalions and critical enablers - must be ready on short notice for unspecified missions," he said. "We have to maintain the readiness of these units in order to respond to emerging demands."

Under the previous model, units would be alerted for deployment roughly 18-months in advance and then train for the specific mission, including training time at the mobilization station prior to heading overseas.

With Army Guard 4.0, a multi-year training cycle is used that builds on collective unit tasks to maintain high readiness and prepare units to deploy quickly in response to contingency operations, said Kadavy.

It also means a 30 percent reduction in post-mobilization training time he said, adding that for those high-priority units, the Army Guard 4.0 model culminates in a brigade rotation to either the National Training Center at Fort Irwin, California, or the Joint Readiness Training Center at Fort Polk, Louisiana in the fourth year of the training cycle.

Large-scale training at those locations every four years is new

for many Army Guard brigades, which under the earlier model may have done a rotation there 10, 15 or in some cases 20 years ago, said Kadavy.

Increased training days will be needed to prepare for and execute those larger training plans, said Army Col. Jesse J. Kirchmeier, chief of strategic plans and policy for the Army National Guard.

"Two of those years in that training cycle will have more than 39 days of training per year," said Kirchmeier, adding that 39 days represents the long-standing training requirements of one weekend per month and two weeks in the summer.

The total number of additional training days varies based on unit type and the training year, he said, stressing that Army Guard units will maintain a higher level of collective training and proficiency following the fourth year of training.

"If you go to a [Fort Polk or Fort Irwin] rotation and then you go do a follow-on-mission, you are better trained to go do it," said Kirchmeier. "If you don't go to a [planned] follow-on-mission, we give Soldiers more [training] days to maintain that higher level of training that year [after going to Forts Polk or Irwin] so if you are needed [for a short-notice requirement], you don't have to train as much after you are

mobilized and before we can send you overseas."

Additionally, the number of Army Guard brigades slated for rotations to Fort Irwin or Fort Polk has increased from two to four brigades each year.

"We'll send two of our light [infantry] brigades to Fort Polk and we'll send two of our heavy [armored or Stryker] brigades to Fort Irwin," said Kirchmeier.

The new training plan is proof the Army Guard is continuing to adapt to an "ever-evolving military landscape," said Army Col. Robert D. Ferguson, commander of the Mississippi Army National Guard's 155th Armored Brigade Combat Team, which completed a rotation at Fort Irwin last summer as part of the Army Guard 4.0 model.

"The robust training schedule we have now allows us a greater opportunity to hone our warfighting skills, as well as set expectations and shared understanding at every echelon throughout the brigade," he said.

That translates to better-prepared individual Army Guard Soldiers, Ferguson said.

"The training and skill-set required to maintain the readiness that Army National Guard 4.0 demands will make you a better Soldier, better leader and better

person in every facet of your life," he said.

Army Guard 4.0 represents the fourth major evolution of the Army Guard since the establishment of the all-volunteer force in the early-1970s, said Kadavy. The 1980s saw the Army Guard evolve further as part of the Total Army concept, he said, followed by its transition to an operational reserve and larger, more frequent deployments after 9/11.

The new training plan focuses on future Defense Department and Army requirements, rather than past standards, said Kadavy.

"We are shaping the Army National Guard based on what we will have to do over the next 20 to 30 years, not based on what we did in the past 100 years," he said.

While the plan represents a shift in training for certain units, many Army Guard members will not see additional training above the 39-day requirement, said Kadavy. However, he added, Soldiers still need to be in the mindset that they could soon deploy.

"Regardless of whether or not Soldiers will have additional training days, unit readiness begins with individual readiness," he said. "In fact, individual Soldier readiness is more critical than ever and Army

National Guard members need to be mentally and physically strong, up to date with their job requirements, proficient with their individual weapons and cleared of any dental or medical problems."

That also includes ensuring family readiness as well.

"It's not only a matter of [Army Guard Soldiers] being tactically and technically proficient, but also ensuring families have a smooth transition through train-up, mobilization and deployment periods," said Ferguson, the commander of the 155th ABCT, adding that family readiness events and outreach services are set up to help prepare families for the challenges that may come with deployments.

While Army Guard 4.0 represents a large change from previous training cycles, Kadavy said Soldiers are prepared for it.

"Morale and enthusiasm are high because our leaders are straightforward about the operational tempo and about what we are asking of our Soldiers, their families and their employers," he said, adding that many Army Guard Soldiers enlisted or re-enlisted knowing a deployment would be likely.

"They want to train and they want to deploy," said Kadavy. "That's why they joined."



Soldiers with the Mississippi Army National Guard's 155th Armored Brigade Combat Team run for cover while engaging opposing forces during a rotation at the National Training Center, Fort Irwin, California, May 30, 2017. The brigade's NTC rotation was one element of Army National Guard 4.0, an initiative that marks a major evolution in the way Army Guard units train. Under the new training plan, a multi-year training cycle is used that builds on collective unit tasks to maintain high readiness and prepare units to deploy quickly in response to contingency operations. Members of Army Guard brigade combat teams can expect to see additional training days and requirements as part of the new model, which calls for a large-scale training rotation to Fort Irwin or the Joint Readiness Training Center at Fort Polk, Louisiana, in the fourth year of the training cycle. Photo by Staff Sgt. Veronica McNabb

# Health and Wellness Week at 146th Airlift Wing

By MAJ. KIMBERLY HOLMAN  
146 Airlift Wing, Public Affairs

While most of us were still in bed or starting our drive in to work, 15 Air National Guardsmen were out on a 5-mile walk on the beach at Pt. Mugu the week of March 5, 2018. Health and Wellness Week is a new concept developed by a few members of the 146th Airlift Wing's Resiliency Team. As part of the wing's focus on fitness this year, the idea was executed with overwhelming success.

"As a Total Force, readiness is the highest priority right now, and fitness is a key aspect of Airman readiness," said Colonel Keith Ward, 146th Airlift Wing Commander. "This group made the commitment and just experienced a remarkable week-long program to help them better understand their physical, spiritual, mental and social wellness. It is our hope that they have learned tools that will lead to a more healthy and fulfilling life."

Based off of the Comprehensive Airman Fitness model, the week focused heavily on fitness, but they also included courses like stress management, spiritual wellness, time management and goal setting, according to Chrystal Crawford, the wing's director of psychological health. Crawford headed up the logistical piece of the group who put the plan together, and oversaw the program throughout the week.

"We learned through this process how internally strong the wing is, and how many people we have that are so skilled, that we never would have known of had we not created this program," said Crawford. "Even just plugging in speakers throughout the week, we found experts in nutrition, yoga, physical fitness, meditation, even a Cordon-Bleu-trained chef. The majority of all of our subject matter experts are from this wing which is pretty spectacular."

Cordon-Bleu-trained Chef Senior Master Sgt. Neil Bulatao, with the 146 Services Flight, awed the participants with three spa-inspired meals and three light snacks every day, all prepared and seasoned to perfection, and mindful to portion size and nutrition.

"I love to show people how to combine textures, flavors and color to make the food more interesting and appealing to eat," said Bulatao. "All of the recipes were explained and shared that I used this week. People seemed genuinely appreciative and I think they learned a lot."



Cordon-Bleu-trained Chef Senior Master Sgt. Neil Bulatao prepares meals with other 146th Airlift Wing Services Flight staff during Health and Wellness Week. Photo by Maj. Kimberly Holman

"Intrinsically, this is what we do as the resiliency team. We help people," said Julie Morency of the wing's Family Readiness Program. "But what's been really neat about this is that it's branched beyond the resiliency team to people who have come in from the wing and said 'I want to help.' It's been phenomenal."

"Even well before this week, members of the wing's medical group made time in their schedules to do labs and blood work for the participants, and came to explain the results in detail during the program, and they were happy to do it. Wing Safety stayed late so they could run an 'Alcohol and Your Health' course, and were excited to do it," explained Crawford.

"Medical Group personnel were out with us every morning at 7:00 to help do PT and make sure people were safe, and the Services Flight, just the amount of work they put in early in the morning until late at night for our

meals was sensational."

The team was thankful to wing leadership who allowed them to take this idea and give it a try.

"While PT is such a big part of what we do, we wanted to take it beyond just the physical aspect of it," said Morency. "You're looking at stress, relaxation, food, eating on the road, financial issues, there are so many pieces to being healthy and well. We wanted to make this week all-encompassing and give Airmen somewhere to go for assistance."

"This was only a week. And in this timeframe the participants lost a combined 57.4 pounds. But this wasn't even the main goal," said Lt. Col. Laurel Tidemanson of the Resiliency Team. "Our goal and our hope is that members can take what they've learned here and apply it throughout their lives."



LEFT: Staff Sgt. Eysira Vasquez enjoys a colorful and nutritious salad prepared by Cordon-Bleu-trained Chef Senior Master Sgt. Neil Bulatao of the 146th Airlift Wing Services Flight during Health and Wellness Week--a new concept developed as part of the wing's focus on fitness this year. CENTER: A colorful, healthy and nutritious dinner prepared by Cordon-Bleu-trained Chef Senior Master Sgt. Neil Bulatao of the 146th Airlift Wing Services Flight RIGHT: 146th Airlift Wing Commander Col. Keith Ward enjoys a colorful and nutritious salad prepared by Cordon-Bleu-trained Chef Senior Master Sgt. Neil Bulatao Photo by Maj. Kimberly Holman



# Ellen Degeneres, Katy Perry surprise and pay tribute to 2,300 first responders at the One805 benefit.

*Star-studded celebration and musical event raises \$2 million for emergency equipment and survivor relief in the wake of Thomas Fire and Debris Flow*

## SUBMITTED

One805 Foundation

Santa Barbara, CA, (February 26, 2018) - One805's Kick Ash Bash gratitude event honored first responders while raising much needed funds for emergency equipment and relief efforts in the wake of the Thomas Fire and subsequent January 9 Debris Flow, which claimed 23 lives and destroyed hundreds of homes.

On Sunday, February 25, at the Bella Vista Polo Club in Santa Barbara County, One805 treated guests to an exciting lineup of live musical performances, family activities, and exhibits by local response agencies. Of the 3,000+ tickets available, 2,300 were donated to first responders and their families who came from across the state.

Katy Perry surprised guests during the tribute portion of the event when she followed Lauren Cantin – the 14-year-old who was famously rescued from her mud-filled home – while she was performing with her school choir. Perry performed five acoustic songs, including Part of Me, Firework, and Roar. Ellen Degeneres unexpectedly came on stage to offer personal expressions of appreciation, remarking “the news has moved, on but we have not moved on.” A special tribute for Ashley Iverson, widow to fallen firefighter Corey Iverson, was also among the day's events.

Perry who got her start at the Santa Barbara Farmers' Market when she was thirteen said, “Santa Barbara will always be my home. I am blessed to be part of One805 in honoring our first responders and survivors,” noted Perry. “After the storm comes light. Everyone here today is a testament to that. This is the light... the community coming together towards healing, recovery, and strength. I am proud to be from Santa Barbara (Goleta).”

Other performers and presenters (all who waived their fees) – in performance order –included Alan Parsons and Friends: David Foster, Katharine

McPhee, Dishwalla, The Sisterhood Band, Glen Phillips, Steve Vai, Richard Marx, Wilson Phillips, and Kenny Loggins, who closed out the show. Dennis Miller served as the master of ceremonies.

From 6:15-10:00 pm, the event transitioned to an “After Bash” party, hosted by Michael Keaton. David Crosby and the Sky Trails were joined by Iration, Robby Krieger of The Doors, playing music on The Doors 50th Anniversary, TheCaverns, The Feal, plus DJ Zeke Monarrez, DJ Suzanne Boisvert, DJ Matt Moore.

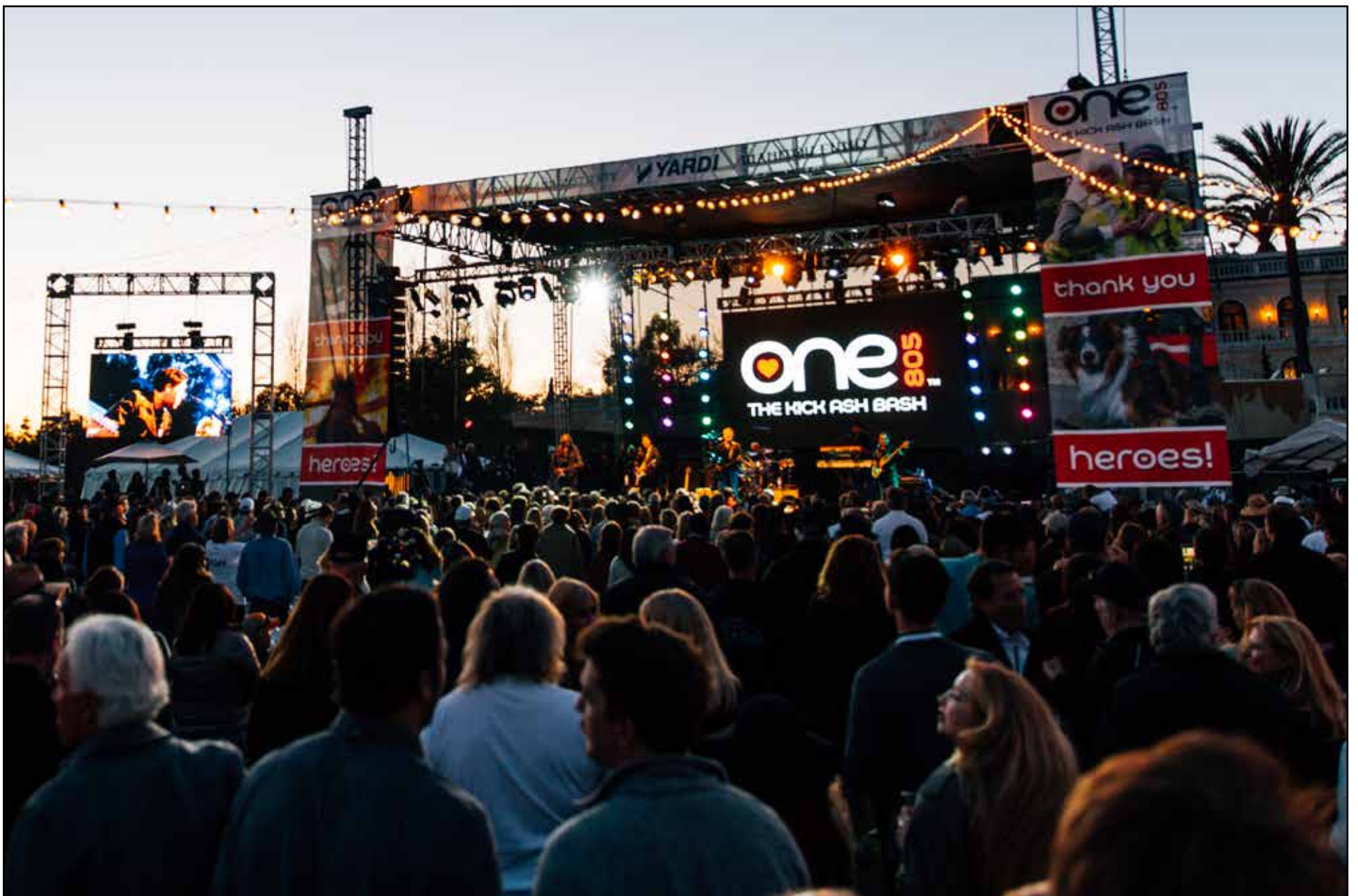
“The good will that comes together at an event like this is a feeling that should be remembered for the rest of our lives,” said Michael Keaton when addressing the audience to kick off the “After Bash.”

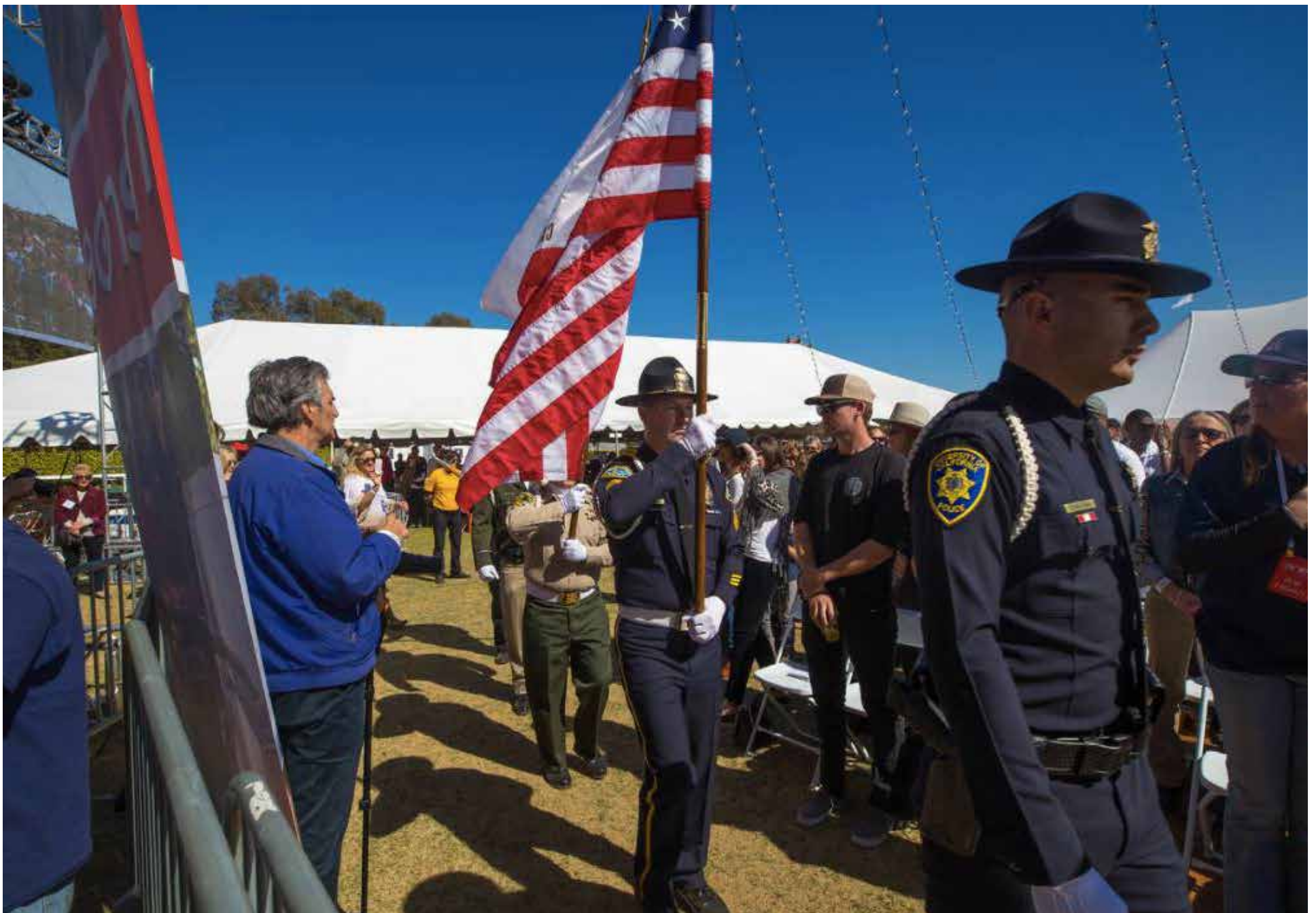
“One805 far exceeded our expectations,” noted event coordinator Richard Weston Smith. “Logistically, this event was a bit of a beast. Yet it really was easy to rally performers, volunteers and sponsors around this cause. Collectively, we accomplished something big for our community and for our first responders.”

All tax deductible funds raised by One805 will be routed through the Santa Barbara Firefighters Alliance. From there, a beneficiary committee comprised of first responders from Santa Barbara City Fire, County Fire, Montecito Fire, City Police, and the Sheriff's Department will determine the allocation of funds and equipment purchases. Direct Relief International will determine funds for survivor relief and the At-Ease Program, bringing in counselors for first responders.

“It's really a collaborative process for those of us serving on One805's beneficiary community,” said Santa Barbara City Fire Chief Pat McElroy. “Essentially, we all take off our badges and say ‘Okay, what does our community need most?’”

Current sponsors include: Yardi and many others who have contributed more than \$2 million. One805 organizers have already applied funds to two urgently needed mobile command centers and professional counseling services for first responders emotionally affected by the disaster.





California National Guardsmen were among the first responders honored Sunday, Feb. 25, in Santa Barbara County at the Kick Ash Bash, a gratitude event that raised more than \$2 million for emergency equipment and relief efforts in the wake of the Thomas Fire and Debris Flow, which claimed 23 lives and destroyed hundreds of homes. The event's sponsor, One805, treated guests to a lineup of live musical performances, family activities, and exhibits by local response agencies



**Above:** Soldiers with the Rapid Reaction Corps – France stand in formation prior to the opening ceremony, March 8, of Citadel Guibert. **Left:** Soldiers of the Division G-6 staff worked tirelessly to troubleshoot communications issues between Division staff, their French counterparts as well as NATO counterparts acting as the Corps level command. **Center:** 40th Infantry Division Commanding General, Brig. Gen. Mark Malanka exchanges stars with a Belgium lieutenant. **Right:** Sgt. 1st Class Magallanes straps up a tri-wall in preparation for the Division’s movement back to Joint Forces Training Base, Los Alamitos. **Photos by Staff Sgt. Kimberly Hill and Sgt. 1st Class Benjamin Cossel.**

**Continued from Page 5**

“The reality of our operations is multi-national ... Multi-Nationalism is in our DNA,” said Corbet. “And these are challenges we will always face. Learning to communicate with each other, how to work with each other so we can fight and win makes these training opportunities so important.”

And while the French gained experience working with a U.S. Division, Leeney noted his Soldiers, many soon to deploy to Afghanistan, gained critical skills working in a NATO environment.

“Our Soldiers going to Afghanistan have now had the opportunity to train both as a team and in a NATO environment,” he said. “They’ve had to work through the nuances of NATO doctrine and they will see this again once they’re in country.”

Leeney was proud of the way his team rose to the challenge. Many of the staff at Citadel Guibert were not present at War Fighter during the Division’s 2017 Annual

Training.

“This really gave everyone a chance to see how the Division would operate in a Decisive Action environment, to learn their role and learn who and how to communicate the information they had to the rest of the staff,” said Leeney.

But all work and no play makes for a very dull Division. In addition to the three weeks spent in Mourmelon working around the clock, Soldiers of the Division were granted the rare opportunity to visit one of the world’s most exciting cities.

“These guys worked hard and they earned it,” Leeney said of the command team’s decision to authorize a culture day in Paris. “For many of these folks, going to Paris was a bucket list item. I’m very glad we were able to provide that opportunity for these Soldiers.”

For nearly 12 hours, Soldiers of the Division were given free reign in the City of Lights. Whether it was visiting the

Cathedral of Notre Dame, the Eiffel Tower or just taking in all Paris had to offer, for many, the one day was the highlight of their 2018 Annual Training.

“I never thought I would visit Paris,” said Pvt. 1st Class Liana Sanchez. Sanchez is an identical twin and got to experience Paris with her sister. “To be able to come her with family and experience all of this with her has been amazing. Not only did I never think we would be in France, but I can’t believe the National Guard sent me here.”

And for Soldiers of the Division, this is only the beginning. Leeney said not only does the Division intend to do more training in Europe but training events across the Pacific are on the horizon.

“Our training operations will focus on Europe and NATO but we are also looking at taking on exercises in the Pacific Command similar in nature to Citadel Guibert,” Leeney said. “This is a Division on the move, this is a Division that will be ready for any contingency.”



# COUNTERDRUG TASK FORCE



## NGB CRIMINAL ANALYST OF THE YEAR

By SGT. BRIANNE ROUDEBUSH  
Counterdrug Task Force

On Sept. 28, in front of an auditorium full of his peers, Master Sgt. John Groboske, a case support analyst with the California National Guard Counterdrug Task Force, received the National Guard Bureau's 2017 Criminal Analyst of the Year award.

"Master Sgt. Groboske was instrumental in identifying illegal narcotics network activity, which allowed law enforcement to properly plan and execute operations," Chief Warrant Officer 2 J. Abel Trevino, the NGB Analysis & Fusion Section Chief, said in an email announcing the award. "He exemplifies what a Counterdrug criminal analyst strives to be and brings honor to himself, the State of California and the National Guard Counterdrug Program."



LEFT: Master Sgt. John Groboske, a CDTF case support analyst, poses with his awards following an awards ceremony at Camp San Luis Obispo Sept. 28. Groboske was awarded the National Guard Bureau's 2017 Criminal Analyst of the Year. ABOVE: Col. Todd Lewis, the CDTF coordinator, congratulates Groboske during the awards ceremony. Photo by Sgt. Brianne Roudebush

Groboske developed a method for tracking fentanyl distributors and suppliers around the world. Fentanyl, a synthetic opioid said to be 50 times more potent than heroin, has been linked to thousands of overdose deaths in recent years according to a report by The Washington Post.

"It is widely accepted that much of the illegal fentanyl distributed in the United States is produced in China and shipped to Mexico before being smuggled north across the U.S. border - a large amount, if not the majority, across the California border," Cpt. Jorge Ramirez, his Counterdrug district commander, said.

"Master Sgt. Groboske's fight against deadly illicit drugs is personal," Ramirez continued. "He knows too many people back home [in Ohio] who have been affected by the opioid epidemic."

Groboske, who supports the Drug Enforcement Administration in San Jose, Calif., said, "To work in California and still be able to have an impact on the state where most of my friends and family still live is very special to me. Combating fentanyl in every corner of the country is what makes this job very rewarding and suppressing the massive amount of drugs in my local community is what gets me up every morning."

Groboske's method for tracking fentanyl was recognized by the United States European and Pacific commands. He was invited by EUCOM to present his theory to members of the North American Aerospace Defense Command, the Special Operations Division and The United States Southern Command. PACOM has since requested his assistance in their efforts to track fentanyl from counties of origin.

Groboske, a cyber systems operations craftsman and acting superintendent for the Communications Operations Flight with the California Air National Guard 129th Rescue Wing, learned many of the data analysis skills he uses while working on a cancer research project with the University of California - Santa Cruz.

"He has the ability, which requires patience and discipline, of synthesizing and evaluating large amounts of data to produce trends and identify intelligence gaps," Ramirez said.



## CAMPAIGN AGAINST MARIJUANA PLANTING (CAMP)

JULY - SEPTEMBER 2017

1,264,715 illicit marijuana plants eradicated

CAMP accounted for 82% of the total marijuana CDTF eradicated in FY17.

CAMP operated in 34 of the 58 counties in California  
8,696 pounds

83% of illicit grow sites

37 law enforcement agencies supported

# Cal Guard Explores Tech to Support Health/Readiness



customized workshop training by psychologists on how to integrate mobile apps into clinical care, suicide-intervention briefs and the distribution of promotional items.

Other National Guard groups involved in the pilot are ARNG units in Wyoming, Tennessee and Connecticut, and ANG wings in Connecticut, New York, Texas, Hawaii and Georgia. This pilot will continue through Q2FY18, with plans to spread to additional states in the future.

Research has been done regarding the benefits of using mobile health in clinical care, and includes:

- Increasing access to care
- Reaching those who do not seek face-to-face care (due to concerns about confidentiality and perceived stigma)
- Improving the validity of patient reports (via real-time symptom tracking)
- Improving efficiency of care

- Increasing patient engagement with care
- Supplementing medical care (especially for geographically dispersed beneficiaries)
- Providing potential for significant cost reduction

The DHA Connected Health Pilot focused on the following five apps (listed below) to address stress using evidence-based treatments.

For more information about the DoD/VA mobile apps included in the DHA Connected Health pilot, as well additional mobile health apps, visit: <http://t2health.dcoe.mil/> and <https://mobile.va.gov/appstore>

**By Christina Armstrong, Ph.D.**  
Defense Health Agency Connected Health, Education & Training Program Lead

The California Air and Army National Guard are participating in an innovative pilot program with the Defense Health Agency (DHA) to increase the awareness using mobile apps to fight stress and build resilience.

Maj. Leah McGowan, California Army National Guard Behavioral Health Officer in the High Desert Region, and Ms. Chrystal Crawford, California Air National Guard Director of Psychological Health for

the 146th Airlift Wing, have partnered with the DHA and championing the effort to spread the word on how to support mission readiness by using certain Department of Defense and VA developed mobile health tools.

Navy Capt. Matthew Kleiman, the National Guard Bureau (NGB) Director of Psychological Health, recognized the value of mobile apps for use in health care and in September 2016 requested a pilot program created by DHA Connected Health to increase the awareness and use of these tools across the NGB.

The DHA Connected Health Pilot consists of

## Apps in the Series



**Virtual Hope Box** can be used by service members in treatment and between sessions to help cope with stress and regulate emotions. The app helps them to:

- Store items on their phone that they find supportive: photos, music, videos, messages from loved ones, inspirational quotes.
- Distract themselves from negative thoughts with games, mindfulness exercises and positive messages.
- Create personalized coping cards that provide a battle plan in times of stress.
- Plan positive activities.
- Use relaxation exercises including guided imagery, controlled breathing and muscle relaxation.



**PTSD Coach** helps service members identify/understand/manage symptoms related to PTSD. Family and friends can also use the app to learn more about PTSD and better understand how best to support them. This app helps users to:

- Understand the effects of exposure to trauma.
- Get information on PTSD and treatments that work.
- Get options for seeking professional evaluation and treatment.
- Identify and track symptoms over time and in different situations.
- Manage symptoms using tools that teach healthy coping skills.
- Identify resources and create a customized support network.



**Breathe2Relax** can help manage stress by showing users how to practice diaphragmatic breathing (aka belly breathing), which interrupts the body's fight-or-flight stress response and activates the body's relaxation response. This app helps users to:

- Learn how to belly breathe.
- Understand the effects of stress on the body.
- Assess stress levels before and after a breathing exercise.
- Review stress-level results over time.
- Develop the habit of belly breathing throughout the day.



**T2 Mood Tracker** helps monitor your emotional health by providing a way to track moods, behaviors and thoughts to help users become more aware of how they affect their life. This app helps users to:

- Monitor and record moods and behaviors when they happen.
- Rate themselves using customized ratings categories.
- Save results in easy-to-understand graphs.
- Identify trends or triggers over time.



**Life Armor** is a self-management tool that provides access to information and self-management tools for 16 common psychological health issues, including stress, anxiety, PTSD, anger and depression. This app helps users to:

- Measure and track symptoms with self-assessments.
- Find info and tools/techniques to help manage issues.
- Listen to other members of the military community share their struggles.

# 163d Attack Wing's MQ-9 Reaper Fire Mission Hits Close to Home

**By Tech. Sgt. (CA) Gregory Solman**  
163d Attack Wing Public Affairs

MARCH AIR RESERVE BASE, Calif.—When the California Air National Guard's 163d Attack Wing joined the fight against the Thomas Fire ravaging nearby Ventura County, the mission hit close to home, literally and figuratively.

After years in the heat of battle and the conflagration of foreign wars, the wing's Airmen take special satisfaction in fighting for their hometowns.

"This mission is the heart of DOMOPS [domestic operations]," says Col. Sean Navin, wing commander. "We're Californians. We live and train here, and we're right next to our neighbors, civilians, helping them survive. We are part of this, one with the community."

The wing launched an MQ-9 Reaper remotely piloted aircraft (RPA) Dec. 6, 2017, and has soared over the blaze since. The imaging ability of the Reaper proved invaluable as soon as it came on scene, piercing layers of smoke and delivering detailed full-motion video views of the devastation from 27,000 feet. An earlier attempt by firefighting agencies to map the perimeter, fanning west of Santa Paula toward Ojai and Ventura, had become dangerously dated.

"When we got on station and remapped the fire for them, we realized that the fire had exponentially increased, almost three miles in some places, and up to eight miles further west, and it was still moving pretty quickly," according to Capt. Michele Garcia, mission intelligence coordinator and 163d Attack Wing senior intelligence officer. "They were unaware that it has spread that far, that fast. We were able to provide them with the newest map of the perimeter within the first three hours."

Amid seemingly constant operations — daily sorties averaging 18 hours each — the wing's mission has included perimeter mapping, spotting flares started by wind-blown embers, landing miles from the main blaze, and monitoring what Garcia called "areas of concern, where there is a suspicion that the fire could bust beyond a perimeter."

Fierce Santa Ana winds, with gusts of 80 knots that challenged the Reaper's methodical, fuel-sipping pace, complicate takeoffs and landings while making the case for RPAs, flown by skilled pilots.

"There's not much you can do about the wind. If it's choppy out there, it's going to bounce you," says Lt. Col. Daniel Stromberg, 160th Attack Squadron commander. "There's nothing the pilot can do but try to find smooth air by changing altitudes or finding smooth areas. Luckily, we haven't had to do that. It's been pretty smooth air over the fires. So, we've been able to give pretty good coverage."

The total wing effort includes assets on the ground. Maj. Mike Baird and Master Sgt. Kirkland Hess deployed as liaison officers to the Thomas Fire incident command post, coordinating between military and civilian agencies, as well as the State Operations Center at the 163d's home base near Riverside, California.

The wing blazed the trail for deploying RPAs for fire missions in 2013 on the notorious Rim Fire mission near Yosemite National Park, and sharpened its skills as recently as October, battling the fires in Napa and Sonoma counties in Northern California. Navin anticipates a future when utilizing RPAs on the toughest fire missions could become routine.

"[Former 163d Attack Wing commander] Brig. Gen. Hessheimer looked way into the future, realizing that the MQ-9 Reaper was going to be a DOMOPS breakthrough, and it is," Navin said. "It spends all this time in the air. It gives real-time feedback. I think we are at that point where the Adjutant General [Maj. Gen. David S. Baldwin] and his staff are in love with the MQ-9, and rightly so, because of all the data they get."

Even in the thick of the mission, Navin has the next phase of RPA DOMOPS mapped out. "We know we're going to have fires, every year. What we'd like to do at the 163d is gather all the lessons learned from the last several fires and set up an operational instruction, if you will, for DOMOPS."

The analysis and documentation of the wing's benchmark capabilities would become a resource to consult the moment a blaze breaks out, saving time, and lives.

"It's opening eyes," adds Stromberg. "I think people realize more and more that we are very valuable to many different operations. We've always talked about search-and-rescue, and we've been launched to try and locate lost hikers, and now this is the third fire that we've supported. And they can see that RPAs are doing a great job of mapping the fire lines and looking for hotspots beyond the fire lines. There is definitely value in our domestic missions, and our ability to serve domestically is just going to go up after things like this."



An MQ-9 Reaper remotely piloted aircraft assigned to the 163d Attack Wing soars over Southern California skies on a training flight to March Air Reserve Base, California, on September 15, 2016.  
Photo by Tech. Sgt. Neil Ballecer

# Prosecutors get new tools to attack malicious sexual posts

By Devon L. Suits  
Army News Service

FORT GEORGE G. MEADE, Md. - The 2018 National Defense Authorization Act, which became law in December, provides the military justice system new tools to prosecute service members who maliciously distribute sexually explicit images of others.

The 2018 NDAA adds Article 117a to the Uniform Code of Military Justice. "The new article is titled "Wrongful broadcast or distribution of intimate visual images," said Lt. Col. Jay L. Thoman, a judge advocate and the chief of the Army's Criminal Law Policy Branch.

The "Marines United" scandal of 2017 was a driving force behind the addition of Article 117a to the UCMJ, Thoman said.

As part of that scandal, more than 30,000 active duty and retired armed forces members were initially accused of being involved in the distribution or viewing of private, intimate or sexually explicit imagery. A portion of the distributed material included images of female service members and military spouses.

"Posting compromising pictures of fellow service members not only works to undercut the trust within the unit but is completely counter to the values the services represent," Thoman said. "It has the potential to destroy unit cohesion, hurts the victim, and is destructive."

"With the implementation of Article 117a, there is now a clearer way to bring offenders to justice," Thoman said.

"It seems that Congress wanted to make sure that this type of behavior was unmistakably not acceptable. Criminalizing the conduct sent just that

message," Thoman said.

With the passing of the 2018 NDAA, those who distribute the kinds of images that were part of the "Marines United" scandal are now on notice that they could be found "guilty of wrongful distribution of intimate visual images or visual images of sexually explicit conduct and shall be punished as a court-martial may direct."

### More clarity

Article 117a, now part of the UCMJ, goes to great lengths to clarify what constitutes wrongdoing, and defines specific terminology, Thoman said.

According to the article, the accused should know that the person depicted in the image retains a reasonable expectation of privacy.

In addition, the accused should know that the broadcast of imagery was likely to cause "harm, harassment, intimidation, emotional distress, or financial loss to the person depicted in the image, or harms substantially the depicted person's health, safety, business, calling, career, financial condition, reputation, or personal relationships."

To provide even further clarity, lawmakers defined in detail the language used in the law.

The term "broadcast," for instance, means to "electronically transmit a visual image with the intent that it be viewed by a person or persons."

The term "sexually explicit conduct" is defined to include "actual or simulated genital-genital contact, oral-genital contact, anal-genital contact, or oral-anal contact, whether between persons of the same or opposite sex, bestiality, masturbation, or sadistic or masochistic abuse."

Other terms defined include "distribute," "intimate visual image," "reasonable expectation of privacy," and "visual image."

### A necessary change

According to Thoman, there was a limit to the actions the U.S. military legal system could take against a service member prior to inclusion of Article 117a in the UCMJ.

"While it has been illegal to create an indecent photo of an unknowing subject, if they willingly participated, the legality of forwarding that picture to a third party was uncertain," he said.

An example of this most commonly occurs in a relationship turned bad. If two Soldiers are dating, Soldier A can legally take a graphic picture of themselves and then send it to Soldier B, in most situations.

"However, just because it is legal does not necessarily make it a good idea," he added.

Soldier B cherishes the picture and did not think of showing it to anyone else until the relationship sours and the two Soldiers breakup. Soldier B, still feeling angry about the breakup, forwards the picture to Soldier A's squad. While Soldier B is temporarily upbeat about thinking of such an easy way to get back at Soldier A, in all likelihood, Soldier B has just committed a federal crime, Thoman said.

According to Thoman, the legal analysis to get to a federal conviction is now more straightforward for that case.

The accused knowingly distributed an image of another person. The image depicted the private area of that person. The person was identifiable. The identified person did not give their consent. The accused knew the person

depicted had a reasonable expectation of privacy and was caused emotional distress as a result of the distribution. Finally, under the circumstances, the accused's conduct had a reasonably direct and evident connection to a military environment.

### Finding support

In addition to the changes to the UCMJ, Sexual Harassment/Assault Response and Prevention program officials want to ensure that support is available to Soldiers impacted by the illegal broadcast of intimate or sexually explicit imagery.

Considered to be a form of sexual harassment, victims of the crime as spelled out in Article 117a who choose to receive services will receive support from a victim advocate who can provide crisis intervention. That intervention includes such things as referrals to behavioral health, chaplains, special victim witness liaisons, and the victim witness assistance program.

Additionally, Soldiers will have access to safety planning, accompaniment to interviews and appointments, and assistance with obtaining a military or civilian protective order, according to LeWonnice Belcher, SHARP program office branch chief for communications, outreach, and leadership engagement.

According to Thoman, the implementation of Article 117a fills a gap in military law. And while technology will continue to evolve, he said, the new law was written broadly enough to accommodate those changes.

"I think 'revenge porn,' as it is commonly called, is a growing issue across society," Thoman said. "Because of that, we see an increase in the frequency in the military as well. Ultimately, Article 117a could help prevent that divisiveness in the future that could disrupt a unit when something like this happens."

## Continued from Page 2

blood pressure check at the VA." And LT follows through on every occasion as he escorts and assists those same Soldiers through VA health care delivery.

Team, LT Quach's effort typify leader actions in Effective Organizations. It is not just what we do during a drill that matters most, but the actions we take in-between drill weekends that lend to units having a positive climate. While we may not be employed by the VA, tactical leaders throughout the state need to develop relationships with local VA medical facilities. Building community and interagency relationships is most definitely within your right as a tactical leader. Through an understanding of the benefits the VA offers, we can begin to better leverage entitlements that will have a dramatic impact our not just our state's readiness but our Servicemember's quality of life. This is how LT Quach sees it, and so do I.

Thank you for Your Service! Chief James

## 2018 Strategic Priorities

All Priorities maintain a future focus and anticipate emerging issues.

| Priority  | Focus Area  |
|---|---|
| <b>PRIORITY 1</b><br><b>Combat Readiness</b>        | 1.1 Acquire & Maintain Dual Purpose Force Structure<br>1.2 Effective Recruiting & Retention<br>1.3 Acquire & Maintain Modern, Relevant Equipment<br>1.4 Conduct Realistic, Mission Focused Training<br>1.5 Manage Readiness<br>1.6 Maximize Federal & State Resourcing  |
| <b>PRIORITY 2</b><br><b>Civil Support Readiness</b> | 2.1 Proactive Interagency Engagement<br>2.2 Optimize Civil Support Training<br>2.3 Identify Emerging Civil Support Issues<br>2.4 Effective, Timely Response<br>2.5 Provide Robust, Scalable Capabilities<br>2.6 Maximize Interoperability   |
| <b>PRIORITY 3</b><br><b>Quality Infrastructure</b>  | 3.1 Modernize Installations, Armories & Air Bases<br>3.2 Comprehensive Capital Project Planning<br>3.3 Upgrade IT Infrastructure<br>3.4 Secure & Redundant Systems<br>3.5 Quality Life/Mission Support  |
| <b>PRIORITY 4</b><br><b>Effective Organizations</b> | 4.1 Foster a Culture of Integrity, Trust & Service<br>4.2 Execute Effective Internal Controls<br>4.3 Proactive Military & Family Readiness<br>4.4 Build & Maintain Community, State & International Relationships<br>4.5 Efficient & Effective Inspection Programs<br>4.6 Cultivate a Positive & Professional Command Climate<br>4.7 Fully Integrate CSMR & YCPTF<br>4.8 Become a Learning Organization<br>4.9 Develop & Retain Quality Leaders |

## Beware of Soldier social media impersonations accounts

QUANTICO, Va. - U.S. Army Criminal Investigation Command's (CID) Computer Crime Investigative Unit (CCIU) is once again warning Soldiers and the Army community to be on the lookout for "social media scams" where cybercriminals impersonate service members by using actual and fictitious information, not just for "trust-based relationship scams," also known as Romance Scams, but for other impersonation crimes such as sales schemes and advance fee schemes.

"By monitoring your social media identity, you can protect your Army family and your reputation," said Special Agent Daniel Andrews, CCIU director. "The criminals will use factual data from official websites and Soldiers' personal social media sites, then prey on vulnerable people's trusting nature and willingness to help the Soldier."

Frequently, CID receives notifications from individuals stating they were scammed online by someone claiming to be a Soldier, but in reality it was an online scammer who has used an unsuspected Soldier's name and available social media photos to commit a crime.

No one is immune from becoming a victim. Scammers steal the identity of senior officers, enlisted personnel and civilians. Scammers, using this information from legitimate profiles, will capitalize on the trustworthy reputation of individuals associated with the Army.

According to experts, mitigating fraudulent social media is not simple and there is no definitive way to stop criminals from using your personal data and photos. CID officials say that the ideal solution is to limit the details you provide about yourself in your social media profile. Additionally, Soldiers should take advantage of all security and safety features and protocols offered on their social media accounts.

Another tip is to routinely search for your name on various social media platforms. Since scammers may use your photo but change the name, you should also conduct an image search of your social media profile pictures.

"Carefully scrutinize the pictures you post of yourself or are posted by others for revealing details like your name tag, unit patch and rank," Andrews said. "Creating a profile display name other than your actual name makes it more difficult for people who do not know you well to find your profile and fraudulently use your social media identity."

If you find yourself or a family member being impersonated online, CID warns that you should take immediate steps to have the fraudulent sites removed. Victims should contact the social media platform (company) and report the false profile.

Keep in mind that criminals create impersonation accounts to look just like the real account of a service member by using very similarly spelled names and replacing characters with dashes, spaces, and/or homoglyph characters. Be on the lookout for simple changes such as zeros (0) used instead of the letter "O" or a number one (1) instead of the letter "I."

"Always remember that effectively searching yourself requires creativity because of the misspelled names and other identifying information slightly different to disguise the criminal activity or just because the scammer doesn't have command of the English language," CID officials said. "Criminals will hijack photographs found on the Soldiers official and personal social media page and create a similar or identical biography."

Officials also warned that impersonations can be classified as Confidence Based/Romance Relationship, Sales Schemes or Advance Fee Schemes.

**Confidence Based/Romance Relationship:** Scammers defraud victims by pretending to be service members seeking romance or in need of emotional support and companionship. In these scams, cybercriminals often derive information for their fictionalized military personas from official military websites and social networking websites where military families post information about their loved ones. Scammers gather enough detailed personal information, including pictures, to concoct believable stories tailored to appeal to a victim's emotions and then lure unsuspecting victims (most often women) into sending money to help them with transportation costs, marriage processing expenses, medical fees, communication fees such as laptops and satellite telephones. They typically promise to repay the victim when they finally meet; however, once the victim stops sending money, the scammer is not heard from again.

**Sales Schemes:** Most frequently carried out on sites that facilitate sales of various products, scammers lure victims by offering goods well below market price. Most scams involve vehicle sales, house rentals or similar big-ticket items. The scammer advertises an item for sale, at a too-good-to-be-true price, and describes it in the broadest of terms. A person showing interest is soon contacted by the "seller" who claims to be a service member with a military unit that is being deployed abroad. The scammer uses the pending deployment to explain the need for a quick sale and, hence, the below market sales price. The scammer insists that money changes hands quickly using some untraceable and irrevocable means such as Western Union, MoneyGram or gift cards. The merchandise is never received and the scammer is not heard from again.

**Advance Fee Schemes:** These schemes defraud potential victims by promising big profits in exchange for help in moving large sums of money (or gold, oil, or some other commodity or contraband). Claiming to be high-ranking or well-placed government/military officials or the surviving spouse of former government leaders, the perpetrators offer to transfer significant amounts of money into the victim's bank account in exchange for a small fee. Some use photographs and biographical information of high-profile American military officials obtained from the internet. Scammers that receive payment

are never heard from again.

"The Computer Crime Investigative Unit has found that the longer an imposter account is active, the greater the likelihood of misleading others," Andrews said. "Protect yourself by conducting internet searches on yourself and your family. Expediency is paramount."

## DoD studying issue of fitness devices giving too much info

WASHINGTON — Defense Department officials are studying security issues raised by physical conditioning trackers that also can be used to pinpoint service members' whereabouts, a Pentagon spokesman said Monday.

The concern comes from a "heat map" posted by Strava - the maker of a fitness tracking application that shows the routes service members run or cycle in their daily exercises. These maps can show military bases and may be used to target individuals.

"We take these matters seriously, and we are reviewing the situation to determine if any additional training or guidance is required, and if any additional policy must be developed to ensure the continued safety of DoD personnel at home and abroad," Army Col. Robert Manning III said during a news conference at the Pentagon.

Wearable electronic fitness trackers upload data to Strava, which then publishes a heat map of the activity so people can download the maps to find good running or cycling routes.

### Use privacy settings

"The rapid development of technology requires the rapid refinement of policy and procedures to enhance force protection and operational security," Manning said. "DoD personnel are advised to place strict privacy settings on wireless technologies and applications."

Service members are prohibited from wearing such wireless technologies in some areas and during some operations, Manning said.

Manning didn't say what the department will do about the issue. "We have confidence in commanders to employ tactics, techniques and procedures that enhance force protection and operational security with the least impact to individuals," the colonel said.

All DoD personnel go through annual training on information security. The training urges service members and DoD civilians to limit profiles on the internet, including personal social media accounts, Manning said.

"Furthermore, operational security requirements provide further guidance for military personnel supporting operations around the world," he said. The heat map incident re-emphasizes the need for service members to be cautious about what data to share via wearable electronic devices, he added.

## PROP 64 and Organic or Synthetic Cannabis Oil

Army Regulation 600-85 bans the use of CBD oils, a Schedule I controlled substance under the Controlled Substances Act.

Recent trends indicate that vaping became highly popular as an alternative to cigarette smoking. Cannabidiol CBD oil can be found being associated with vaping products. Some of these vaping paraphernalia include products such as E-cigarettes, vaporizers, hookahs, and other electronic smoking devices, potentially containing CBD which will lead to high risk behavior in all forms of operation and training to working with weapons, down to even personnel driving vehicles to operating machinery. There are certain substances that might be found to contain components which are in violation of the Controlled Substances Act in vaping oils. Some but, not limited to questionable vaping CBD Oil products are known as Black Magic, Black Diamond, YOLO, and XXX. Therefore, it is unlawful to use, possess, or transfer these products under the Uniform Code of Military Justice as well as under certain Federal and State laws.

Some of the severe effects triggered by CBD Oil, frequently experienced by users are: seizures, unconsciousness, vomiting, nausea, headaches, dizziness, lightheadedness, memory loss, saggy eyes, dilated pupils, dissociate behavior, slurred speech, stuttering, anxiety, rapid heart rate, high blood pressure, rapid unexplained weight loss, irritability, "withdrawal" symptoms, erratic behavior, moodiness, extreme fatigue, and brain death. Products sold at vape shops, head shops, and tobacco stores are not all regulated at this time and may contain synthetic cannabinoids (spice), THC, etc. It is also important to note that not all vape oils contain substances which are considered Schedule I Narcotics, the majority only contain nicotine along with flavored or other aromatic tobacco. The key is be vigilant and have information on the product before using.

The risk of all California Army National Guard Service Members using CBD Oils in the form of vape products, is real and the Army Substance Abuse office has initiated an aggressive campaign targeting Soldiers during the annual 2-hour substance abuse mandatory training, Family Members at Yellow Ribbon events, and monthly briefings for RSPs communicating the dangers related to vaping unregulated products potentially containing CBD. It is highly important to remember that the use of cannabidiol, cannabinol derivatives, and THC infused merchandise are prohibited by all Department of Defense Service Members.

If you have any questions, please feel free to contact Rony Figueroa, CAARNG Alcohol and Drug Control Officer (ADCO) at Office: (562) 795-2792 or email: rony.figueroa.ctr@mail.mil.



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D Co. I-184th Infantry soldiers maintain their readiness while deployed forward by conducting Squad competitions that focused on both individual and collective tasks.

## The Grizzly Newsmagazine

Published by the Directorate of Communications, California National Guard  
Views and opinions expressed in this publication are not necessarily those of the Department of the Army, the Department of the Air Force or the California Military Department.  
The Grizzly is an official publication authorized by Army Regulation 360-1 and Air Force Instruction 35-101.

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