

The IOWA NATIONAL GUARD

What do families
need to do to
prepare for a
deployment?

Militiaman

WINTER 2009

2nd BCT

Deployment Alert

Potentially Iowa's largest
activation since WWII

Welcome Home Ceremonies // Iowa Gold Star Museum Building Update // 132nd FW Returns Home



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The IOWA NATIONAL GUARD Militiaman

Winter 2009

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The Iowa Militiaman is an unofficial publication authorized under the provisions of AR 360-1. It is published by the Iowa National Guard Public Affairs Office and is printed four times annually. News and opinions expressed in this publication are not necessarily those of the Adjutant General of Iowa or the Department of Defense.

Full color version available online at
[www.iowanationalguard.com/
publicaffairs/militiaman.htm](http://www.iowanationalguard.com/publicaffairs/militiaman.htm)

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On the Cover

Iowa National Guard soldiers from Alpha Company, 1st Battalion, 168th Infantry Regiment, 34th Infantry Division reconnoiter possible checkpoints to be used for security efforts during the 56th presidential inauguration in Washington, D.C.

Photo Illustration and Design by
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Warrior Ready!

Iowa's New State Command Realignment Changes

“ Let us have a respectable Army, and one such as will be competent to every contingency. ”

George Washington, Original Charter for the Army in 1775



This is a challenging and exciting time for all of us in the Iowa National Guard. Since the events of Sept. 11, 2001, the Iowa National Guard has transformed from a strategic force to an operational force. What that means is that the National Guard is seen as a key part of our nation's current and near-term operations rather than a strategic force held in reserve for future large-scale conflicts. In support of these efforts, the Iowa National Guard has continuously transformed to meet the operational needs of our Army and Air Force. I want to take this opportunity to explain our most recent changes as they relate to our Training Year 10-12, Iowa Campaign Plan and our organizational priorities.

In conjunction with the campaign plan, this transformation, and our recent deployment announcement of the 2-34th BCT, and other events, it warrants a change in our organization that impacts all of our members. One of the more recent changes is caused by the state fiscal shortfalls. Due to the decrease in tax revenue the governor has required a 10% across-the-board budget cut for all departments in the state. A portion of that 10% for our organization will be accomplished by not filling the state-funded Deputy Adjutant General-Army authorization. Rather than leaving it vacant I have decided to fill that brigadier general authorization with an M-Day officer. Brig. Gen. Roy Webb was recently promoted to fill that authorization.

The significant change I want to address in this letter is the alignment of our force structure into four areas/components. Each area/component will have a brigadier general who will oversee/represent the units and offices within it. This will align our organizations together based

on mission, relationships and functional capacity, while providing for more effective means of command/control, coordination and communication. The four areas/components are Land Component/Army Component, Air Component, Installations Component and Joint Component/Activities.

The Land Component/Army Component will be lead by Brig. Gen. Stephen Bogle, the Assistant Adjutant General Army. It will include the four major subordinate commands and the state generals staff. The G-staff still provides state-wide support of Army elements, to include those in the other three sections. There will also be changes within the MSCs themselves. The 671st Troop Command will become the Strength Readiness Command with both the Recruiting and Retention Command and the Recruit Sustainment Program as its subordinate units. The Information Operations Field Support Team, the Contingency Contracting Team and the 135th Public Affairs Detachment will be aligned under the 734th Regional Support Group. Detachment 1-34th OSACOM is aligned under the 67th TC. The Land Component/Army Component's focus will be on all aspects of recruiting, RSP training, and maintaining unit readiness for all deployable units.

The Air Component will be lead by Brig. Gen. Gregory Schwab, the AAG-Air. There will be no changes to the structure of this organization. It will include the Air National Guard Headquarters at Joint Forces Headquarters, 185th Air Refueling Wing, 132nd Fighter Wing and Distributed Training Operations Center, and 133rd Test Squadron. The organization is

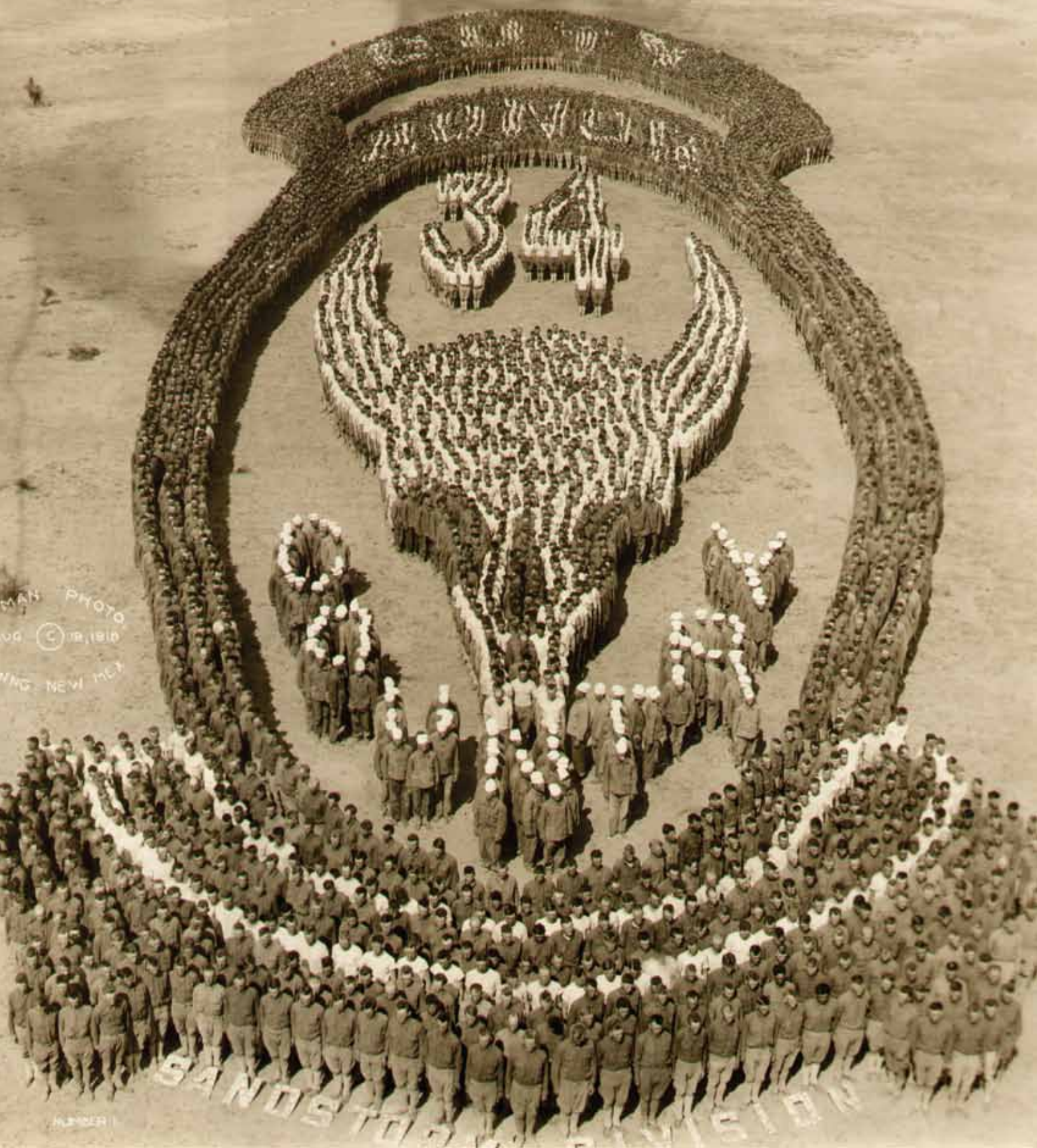
in charge of everything Air Guard related, and responsible for unit readiness.

Brig. Gen. Janet Phipps will be the AAG-Installations, and will lead the Installations Component. This organization includes responsibility for Joint Maneuver Training Center – Camp Dodge Training Site, AMEDD, the Office of the Director of Installation Management, 185th Regional Training Institute, Ordnance Training Regiment, Battle Command Training Center, and National Sustainment Training Center. The focus of this organization is the infrastructure of the Iowa National Guard, support functions associated with statewide infrastructure and for all customers on JMTC-CD.

The Joint Component will be lead by the AAG-Joint, Brig. Gen. Roy Webb. It will include the Joint Staff, Counter Drug and Midwest Counterdrug Training Center, Office of the Director of Military Support, and 71st Civil Support Team. The units aligned under this component are joint local operations-based in nature. It will have a close relationship with both the Land Component and the Air Component for personnel support on the joint staff. This is our “joint-domestic” focused command.

The goal of the Iowa Campaign Plan is the development of the future Iowa National Guard—an operational force that is responsive, precise, maneuverable and dominant across the full spectrum of military operations. I appreciate your support in understanding and supporting these transformational efforts. Warrior Ready!

Animated Crest, 34th Division; Camp Cody, New Mexico. Photo taken Aug. 18, 1918 by Newman Photo of Deming, New Mexico. Photo courtesy of the Iowa Gold Star Museum.



2nd BCT *Deployment Alert!* Iowa's largest activation since WWII

Story by: Maj. Mike Wunn

In mid-October, the Iowa National Guard alerted more than 3,500 soldiers to support a possible deployment of the 2nd Brigade Combat Team, 34th Infantry Division to Afghanistan fall, 2010. The 2nd BCT expects to deploy units in support of ongoing operations and training of the Afghan National Security Forces. The brigade will be mobilized up to 12 months, with most of that period spent in Afghanistan.

The 2nd BCT is designed to conduct full spectrum operations and has military occupational specialties from across the Army spectrum. It is capable of independent operations and is able to fight, support and sustain itself. The force structure of the brigade includes two infantry battalions, a cavalry squadron, field artillery battalion, a brigade special troops battalion, and support battalion.

This mobilization will be a significant event for the brigade and the entire state of Iowa. "This potential mobilization is projected to be largest unit call up of the Iowa National Guard since World War II and will touch employers, families, and communities throughout the state," said Brig. Gen. Tim Orr, the Adjutant General of the Iowa National Guard. Given the size and scope of this mission, it's very possible that most Iowans will know someone involved in this deployment. "We've been at war for almost eight years – it's not hard to find somebody that has served during this period of time," said Orr.

Approximately 57 subordinate units from more than 30 Iowa communities were alerted to support this potential deployment. Iowa National Guard leadership anticipated this alert for some time. "We received the notification for sourcing last winter which allowed us to notify our units and our soldiers of this potential mission," said Orr.

The state alerted four additional Iowa National Guard units with more than 500 Soldiers to support the brigade mobilization, said Orr. "Though we have alerted the entire 2-34th BCT, at this time we anticipate that some brigade elements may not mobilize due to recent deployments," said Orr.

The Iowa National Guard anticipates receiving a battalion size organization from outside the state to augment the brigade during the deployment. Soldiers were alerted early in order to give them as much time as possible to complete their preparations. Early notification will also provide a greater measure of predictability for family members and flexibility for employers to plan for the military service of their employees, said Orr.

"The intent all along has been to get flexibility and predictability into our mobilizations," said Orr. The goal is to have approximately two years notice to build that predictability and flexibility. Our Soldiers are focused on getting their families ready and preparing for their mission. We have special programs in

place to assist our families with the challenges created by this potential mobilization."

Part of the responsibility in getting families ready for the deployment resides with Lt. Col. Kevin Kruse, branch director of the Iowa National Guard family programs. "Obviously, the more time families have to prepare, the better," said Kruse. "We're trying to do that through various means – working with the commanders and units to set up family readiness groups which will help families prepare as their soldier is preparing to go out the door – the families can get ready to go as well," he said.

Additionally, the Iowa National Guard is working to establish three more family assistance centers across the state, in addition to the four that are up and running. "We're getting things in place to help support the families as units get ready to go," said Kruse.

Iowa National Guard soldiers have a proud history of answering the nation's call to duty, said Orr. "The soldiers of this generation will serve with the same honor and distinctions as previous Red Bull soldiers," he added.

Soldier readiness processing activities began several months ago, and units are now focused on pre-mobilization training and briefing requirements. The brigade will travel to Camp Ripley, Minn. in June for annual training. Orr has directed all other major Iowa National Guard commands to support

the brigade's annual training activities at Camp Ripley.

More than half of those who deploy with the brigade will have deployed before, some several times. "We've had soldiers from this brigade combat team that have done missions in both Iraq and Afghanistan," said Orr. "Some soldiers will go back to Afghanistan who have done missions there before. For others this will be their first time to Afghanistan. The missions are always different. We don't know exactly what the mission will be other than what the Department of Defense has announced regarding training the Afghan National Army – that mission can change."

Whether it's Iraq or Afghanistan, there are certain requirements that all units have to complete. "We'll do some pre-mobilization training that prepares soldiers for all types of requirements but when it comes to mission specific, they will get that at the mobilization station," said Orr.

A priority for brigade leadership is a training program that supports the needs of the soldiers and their families. "We have worked hard to design a pre-mobilization training program that is flexible, which enables our soldiers to maximize family time prior to deploying and gives our employers much needed predictability," said Col. Tom Staton, the brigade commander. Staton said that soldiers were instructed not to quit their jobs or drop out of school. "Given the advanced notice our soldiers should be able to complete their schooling this academic year with minimal disruption for military training."

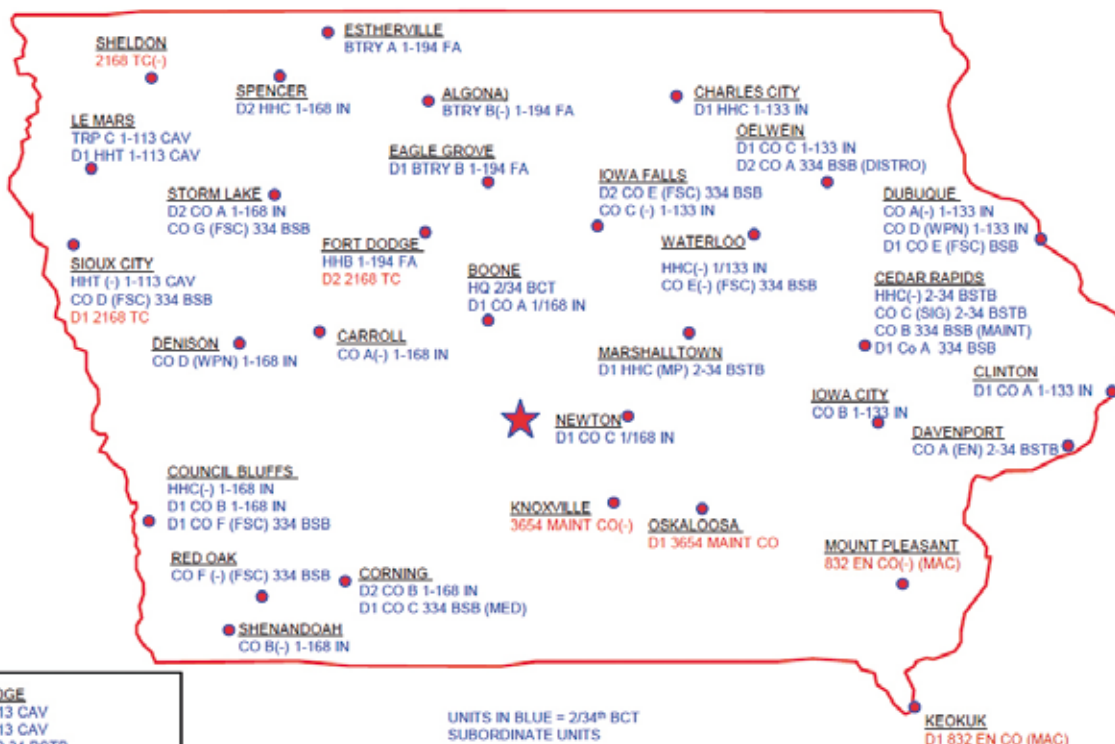
With the 2nd BCT deployed, a significant portion of the state's emergency response capability will not be available. While this will create challenges, the adjutant general is confident that the state will have the resources available to "protect our citizens and accomplish the mission," said Orr. "We have worked for some time to draw up contingency plans in the event of an emergency requiring a

National Guard response," said Orr. "We will work contingency plans with our fellow states that border Iowa in the event we would need additional soldiers and airmen to come in and help out during a state emergency," said Orr. This is a common practice between states, said Orr. "We did this with Louisiana, we did this with the D.C. district during the inauguration...it's a common thing to share soldiers and support assets," said Orr.

The mobilization station has not been determined. Time at the mobilization station is anticipated to be approximately two months. This deployment isn't unusual when compared to BCT deployments from other states. "We're one of the last states that have a brigade to deploy as an entire organization," said Orr. That doesn't mean the brigade hasn't done its part in Iraq or Afghanistan. "We've deployed almost all elements in parts separate from the brigade - but for the brigade to go by itself as one organization and entity, this is the first time for us," said Orr.



Iowa National Guard Units Alerted for Potential 2/34th BCT Mobilization



2nd BCT units from the following Iowa communities have been alerted for this possible deployment:

Algona – Battery B (-), 1st Battalion, 194th Field Artillery.

Boone – Headquarters, 2nd Brigade Combat Team, 34th Infantry; Detachment 1, Company A, 1st Brigade, 168th Infantry.

Camp Dodge – Troop A, 1st Battalion, 113th Cavalry; Troop B, 1st Battalion, 113th Cavalry; Company B (Military Intelligence Company), BSTB; Headquarters and Headquarters Company, 334th Brigade Support Battalion; Company C (-), 334th Brigade Support Battalion (Medical); Company C (-), 1st Battalion, 168th Infantry; Company A (-), 334th Brigade Support Battalion (Distribution); Detachment 1, Headquarters and Headquarters Company, 1st Battalion, 168th Infantry.

Carroll – Company A (-), 1st Battalion, 168th Infantry.

Cedar Rapids – Detachment 1, Headquarters and Headquarters Company, 2nd Brigade, 34th Brigade Special Troops Battalion; Company B, 334th Brigade Special Troops Battalion (Signal Corps); Company B, 334th Brigade Special Troops Battalion (Maintenance); Detachment 1, Company A (-), 334th Brigade Support Battalion.

Charles City – Detachment 1, Headquarters and Headquarters Company, 1st Battalion, 133rd Infantry.

Clinton – Detachment 1, Company A, 1st Battalion, 133rd Infantry.

Corning – Detachment 2, Company B, 1st Battalion, 168th Infantry; Detachment 1, Company C, 334th Brigade Support Battalion (Medical).

Council Bluffs – Headquarters and Headquarters Company (-), 1st Brigade, 168th Infantry; Detachment 1, Company B, 1st Battalion, 168th Infantry; Detachment 1, Company F (-), (Forward Support Company) 334th Brigade Support Battalion.

Davenport – Company A, 2nd Brigade Combat Team, 34th Brigade Special Troops Battalion Engineer.

Denison – Company D, 1st Battalion, 168th Infantry.

Dubuque – Company A (-), 1st Battalion, 133rd Infantry; Company D, 1st Brigade, 133rd

Infantry; Detachment 1, Company E, (Forward Support Company) Brigade Support Battalion.

Eagle Grove – Detachment 1, Battery B, 1st Battalion, 194th Field Artillery.

Estherville – Battery A, 1st Battalion, 194th Field Artillery.

Fort Dodge – Headquarters and Headquarters Battery, 1st Battalion, 194th Field Artillery.

Iowa City – Company B, 1st Battalion, 133rd Infantry.

Iowa Falls – Detachment 2, Company E (Forward Support Company), 334th Brigadee

Shenandoah – Company B (-), 1st Battalion, 168th Infantry.

Spencer – Detachment 2, Headquarters and Headquarters Company, 1st Battalion, 168th Infantry.

Storm Lake – Detachment 2, Company A, 1st Battalion, 168th Infantry; Company G (Forward Support Company), 334th Brigade Support Battalion;

Waterloo – Headquarters and Headquarters Company (-), 1st Battalion, 133rd Infantry; Company E (-) (Forward Support Company), 334th Base Support Battalion.

“ We have worked hard to design a pre-mobilization training program that is flexible, which enables our soldiers to maximize family time prior to deploying and gives our employers much needed predictability. ”

Col. Tom Staton, Commander 2nd Brigade Combat Team

Support Battalion; Company C (-), 1st Battalion, 133rd Infantry.

LeMars – Troop C, 1st Battalion, 113th Cavalry; Detachment 1, Headquarters and Headquarters Troop, 1st Battalion, 113th Cavalry.

Marshalltown – Detachment 1, Headquarters and Headquarters Company, Brigade Special Troops Battalion.

Newton – Detachment 1, Company C, 1st Battalion, 168th Infantry.

Oelwein – Detachment 1, Company C, 1st Battalion, 133rd Infantry; Detachment 2, Company A, 334th Brigade Support Battalion (Distribution).

Red Oak – Company F (Forward Support Company), 334th Base Support Battalion.

Sioux City – Headquarters and Headquarters Troop, 1st Battalion, 113th Cavalry; Company D, (Forward Support Company), 334th Base Support Battalion.

The Iowa National Guard has also alerted the following units to support the 2nd BCT mobilization:

Camp Dodge – 185th Combat Support Sustainment Battalion

Fort Dodge – Detachment 2, 2168th Transportation Company (-).

Keokuk – Detachment 1, 832nd Engineer Company (-) (Mobile Augmentee Company).

Knoxville – 3654th Maintenance Company (-).

Mt. Pleasant – 832nd Engineer Company (-) (Mobile Augmentee Company).

Oskaloosa – Detachment 1, 3654th Maintenance Company (-).

Sheldon – 2168th Transportation Company (-).

Sioux City – Detachment 1, 2168th Transportation Company (-).

A little girl holds up a sign for her daddy at the welcome home ceremony Oct. 28, 2009 for the 3368th HET Company in Iowa City, Iowa (U.S. Army photo by Spec. Tim Nash)



A Long Haul

The 1133rd & 1168th Transportation Companies Return Home

Story by: 2nd Lt. Brandon Cochran

As the families and friends of the nearly 300 soldiers deployed with the 1133rd and 1168th Transportation Companies waited with bated breath for their soldiers to walk through the door at one of the five welcome home ceremony locations, one could not help but think about the long road they had traveled to get there.

Activated and mobilized in fall 2008 to support, for the second time, Operation Iraqi Freedom, members of the 1133rd and the 1168th Transportation Companies, both medium truck companies, spent considerable time training to support the mission at hand. By the end of their home station training event in October 2008, the 1133rd and the 1168th, which had entered as two separate and distinct units, emerged as the 3368th HET Company.

The newly formed 3368th HET Company then deployed to Fort Bliss, Texas for mission specific training. At Fort Bliss, the 3368th focused on HET and convoy specific training as well as Improvised Explosive Device training. While on post, the 3368th picked up an additional 10 soldiers in preparation for deploying down range. Dec. 20, 2008, that journey down range began. Split between two aircraft, the 3368th arrived in Kuwait as a total force on Christmas Day 2008.

Upon arriving in theater, the 3368th quickly assembled and began carrying out the mission as laid out for them. Regarded as the fastest HET Company to grasp the mission and run with it during his tenure by the Battalion Commander, the 3368th completed a total of 272 missions, traveled 2,753,000 miles, and hauled 129,708 tons of material and nearly 8,000 pieces of equipment as well as many other outstanding accomplishments.

While the journey into theater and the time spent there was a large portion of the time spent away from friends and family, it is only two-thirds of the story. Once the proverbial mission torch had been passed, their journey home began and so did the planning for their return home to Iowa. Just as was done with the send off ceremonies, preparations for a welcome home ceremony in five different communities were made. That meant: five different masters of ceremony, five different venues, five different scripts, and five different sets of Iowa National Guard representation among other important details. As the members of the 3368th arrived at Fort McCoy, Wis. for demobilization processing, the final pieces of the welcome home plans were falling into place in Iowa.

The hard work and preparation of the support staff and families at home culminated on Oct. 28, 2009 with the successful return of the 300 deployed Iowa National Guard members back to families and communities that had missed them dearly. While celebrations were had and separated families were reunited, a common theme emerged. The theme as alluded to in the remarks provided by Brig. Gen. Gregory Schwab, Assistant Adjutant General - Air, at the Marshalltown celebration, "the success of the mission is a direct reflection of the hard work of the soldiers and support they receive from their families, friends, and employers."

And so on that blustery day in October of 2009, after several million miles traveled and numerous time zones and countries crossed, the journey of the 1133rd and the 1168th Transportation Companies came to an end.



A little boy holds up a sign for his grandpa at the welcome home ceremony Oct. 28, 2009 for the 3368th HET Company in Iowa City, Iowa (U.S. Army photo by Spec. Tim Nash)

“ The Armory has long been a part of Iowa History. Armories were a point of pride in Iowa communities and stiff competition between cities was often apparent as they fought for the honor of hosting a military unit. Armories were meeting halls, dance halls, and theaters. They were where sporting events were held, where the scouts met, where everyone gathered in times of trouble. ”

Mary Jones,
The National Guard Armories of Iowa

Iowa National Guard Urban Renewal: An Investment in Architecture & History

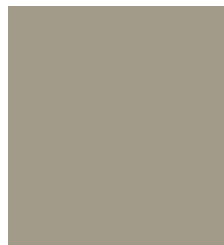
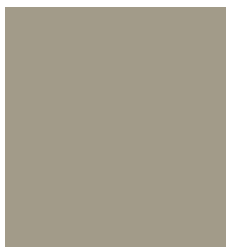
Story by: 2nd Lt. Brandon Cochran

Like the Iowa National Guard armories of old, once again a need to invest in the establishment and sustainment of community based readiness centers has been identified. With most readiness centers dating to the mid-1950s, Iowa National Guard readiness centers have again been the focus of much needed attention; renewal and revitalization.

This past year, the Iowa National Guard's investment in infrastructure has been evident. In 2009, the Iowa National Guard rededicated four readiness centers throughout the state.

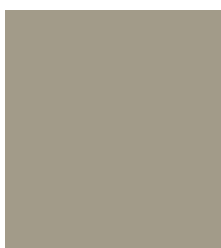
Similarly, there are three more on the rededication scheduled for 2010.

With improvements ranging from general hardware and finish upgrades to major expansions and new Heating, Ventilating, and Air Conditioning systems and lighting, the investment in revitalization and renewal has not only provided members of the Iowa National Guard with top-of-the-line facilities, but provided for the survival of these historic community centers.



132nd FW Returns Home

Story by Lt. Col. James Freese ★ Photos by Senior Master Sgt. Tim Day



Members of the 132nd Fighter Wing, Iowa Air National Guard, on deployment to Joint Base Balad, Iraq during an Aerospace Expeditionary Force rotation. (U.S. Air Force photos by Senior Master Sgt. Tim Day)



The 132nd Fighter Wing recently welcomed home approximately 270 personnel to the Iowa Air National Guard Base, located at the Des Moines International Airport, Des Moines, Iowa. They were returning from an Aerospace Expeditionary Force aviation package deployment to Joint Base Balad, Iraq. Weather diverts and a host of scheduling issues delayed the arrival of the F-16 aircraft, the main body, and the En-route Support Team. The F-16s attempted to land in Des Moines Dec. 22, 2009 but were diverted to Whiteman Air Force Base, Mo., because of icing conditions. The pilots were recovered and returned to Des Moines by ground transportation the same evening. Christmas eve, 230 members returned to Des Moines in the morning by a contract carrier with the remainder of the aviation package returning in the afternoon via C-17.

The operation was part of a coalition deployment, which included aircraft and airmen from both the 132nd Fighter Wing and the 115th Fighter Wing, located at Madison, Wis. The aircraft was the F-16 Flying Falcon, a multi-role, super-sonic fighter. The airmen were primarily pilots, maintainers, operations/intelligence specialists, supply technicians and logicians. Most airmen were deployed for about 60 days, but many deployed for 120 days.

The tasking of this group of returning airmen was to provide armed over-watch of convoys and patrols; non-traditional intelligence, reconnaissance and surveillance; counter rocket and mortar missions; and counter improvised explosive device missions. To accomplish this, the wing flew approximately 400 sorties, which involved over 1,000 hours of combat flying.

Lt. Col. Mike McMillin, commander of the 124th Fighter Squadron and detachment commander for the unit at Joint Base Balad stated, "Our main objective over here has been to support the ground forces by using non-lethal means to facilitate winning the peace. The war has been won for quite some time, but winning the peace has proved to be far more difficult. By using non-lethal means to find, track, fix and capture insurgents and extremists, we are able to take bad guys off the street without destroying Iraqi infrastructure or injuring innocent Iraqis. As the transition to Iraqi control gains momentum, it becomes increasingly important to show them that their objectives can be attained through police actions and the legal process, as opposed to using overwhelming force. This is critical as the capability to use overwhelming force shrinks exponentially during the drawdown of US forces. Soon

enough, police action and the legal system will be their only means of maintaining civil order throughout the country. Our current operations contribute directly to helping them ensure future success."

Chief Master Sgt. K.C. Hutcheson, who deployed as the 332nd Aircraft Maintenance Unit night superintendent noted that while this was the units' second trip to Joint Base Balad the level of excellence displayed by the 132nd, was not diminished. Hutcheson explained, "Austere conditions, coupled with long 12 hour shifts, did not hinder flight line maintainers from answering all calls for scheduled and unscheduled maintenance; equating to a stellar 100% Air Tasking Order fulfillment. Several AMU assigned personnel were also instrumental in the massive clean-up and salvage operations associated with the bases deliberate draw down. In addition to the critical flight line activities, 132nd mechanics and fabricators performed five aircraft phases along with a myriad of other support to different airframes assigned to Joint Base Balad. 132nd supply personnel were instrumental in these successes by acquisitioning all needed parts and supplies for the airmen to meet the mission. Engaged logistical personnel met the enormous and ever-changing challenges presented them, in

order to get all personnel and equipment back home."

This is the ninth time the wing has deployed its aviation package to the region since the end of the Gulf War in 1991. The wing's last deployment was to Joint Base Balad, Iraq in 2008.

In addition to the 270 airmen who deployed with the aviation package, the 132nd deployed 62 airmen, either individually or in small groups, to the following locations: Joint Base Balad, Iraq; Baghdad International Airport, Iraq; Bagram Air Base, Afghanistan; Insirlik Air Base, Turkey; Eskan Village, Saudi Arabia; Ramstein Air Force Base, Germany; and Manas Air Base, Kyrgyzstan, and bases throughout Southwest Asia. Deployment durations range up to 180 days.

The wing has a long history of excellence. Since 9/11, the wing has deployed over 1,850 airmen to a total of 21 countries. Last summer the wing received the Air Force Outstanding Unit Award, for the eighth time. Additionally, the Wing received the Winston P. Wilson Trophy for being the "most outstanding ANG unit equipped with jet fighter or reconnaissance aircraft."



Over 500 family members, friends, and well wishers awaited the arrival of their loved ones in the west hanger of the 132nd Fighter Wing, Des Moines, Iowa Christmas eve 2009. Unit members were returning from an Aerospace Expeditionary Force deployment to Joint Base Balad, Iraq. Aircraft diverts, rain, sleet, and the third wave of snow to hit Iowa, didn't dampen the spirits of those waiting. (U.S. Air Force photo by Senior Master Sgt. Tim Day)

First Iowa Guard Officer to Commission from Federal OCS in Nearly 20 Years

Story by 1st Lt. Gabe Haugland

Brig. Gen. Tim Orr administers the oath of office to 2nd Lt. Scott Baraibar.
(U.S. Army photo by 1st Lt. Gabe Haugland)

2nd Lt. Scott Baraibar graduated from 12 weeks of Federal Officer Candidate School at Ft. Benning, GA in November 2009. Baraibar is the first Iowa Guard officer believed to have graduated from the school since Col. Gary Freese in 1990, and before him, Brig. Gen. Tim Orr, nearly 25 years ago.

When asked how he felt to be in such fine company, Baraibar reported that it was “neat”, and said that “Iowa needs to send more soldiers, because it was a great experience.”

From day one, most every morning of that “great experience” began with a 4:45 a.m. wake-up call and demanding physical training at 6 a.m. where (thanks to a platoon trainer who loved to run), Baraibar could expect to run between four to six miles, three or four days a week. Followed by a quick shower and an even quicker breakfast, the rest of the day was spent training, either in the class room at Building 4, the old Infantry Hall, or out in the field where it rained during the majority of the time. In the evenings, Baraibar was required to study from 7-8 p.m. and only then was he allowed to use his personal computer for personal matters. After week four, the candidates were allowed to leave post on nights and weekends.

Standards remained high, however, and of the 181 candidates that began the course, only 130 graduated. The training events that gave candidates the most trouble were land navigation, where only 25% of his class received a “go” on the first try, and (surprise) the Army Physical Fitness Test, which caused

20 candidates to be dropped from the course on day two. Baraibar, in true Iowa Guard form, had little trouble with either, but did admit that the OCS history tests were quite challenging and required him to diligently study at night.

Baraibar also reported being pleasantly surprised by the number of senior enlisted candidates, and appreciated their significant combat experience and the degree to which they contributed to the development of the more junior leaders. Dedication was a consistent theme throughout his experience, as he recalled the company first sergeant spending his Saturdays working on candidate pay issues as well as platoon trainers who went way out of their way to make sure every candidate had the chance to succeed.

During a ceremony Nov. 23, 2009 in The Adjutant General’s office, Orr administered the oath of office to Baraibar. Attendees at the ceremony were regaled with memorable moments from the OCS experiences of both Freese and Orr.

Orr recalled the OCS dining facility procedures in detail and remembered how his student chain of command decided to walk directly past the platoon trainers who usually stopped the candidates after meals to ask them about the required knowledge of the day. “It was expected that the candidates would stop and fall in on the nearest trainer,” Orr said, “but our [student leader] told us to continue marching when they tried to stop us.” Needless to say, the decision was not an example of a

sound military decision-making process, and it resulted in multiple platoon trainers jumping over tables to reach the candidates and provide some immediate corrective training.

When asked what advice Baraibar would offer to an Iowa soldier considering federal OCS, he commented, “Know your land navigation, be ready to learn and talk to your platoon trainers because they’re there to help. Develop your ability to make sound decisions and be in shape.”

Baraibar will return to Ft. Benning for the Infantry Basic Officer Leader Course in February 2010 and is scheduled to deploy to Afghanistan with the 1-168 Infantry Battalion later this year.

For more information on Federal OCS, contact Maj. Amy Price at 515-252-4136 or amy.price@us.army.mil



Federal OCS graduates Col. Gary Freese, 2nd Lt. Scott Baraibar and Brig. Gen. Tim Orr.
(U.S. Army photo by 1st Lt. Gabe Haugland)



What do families need to do to prepare for a deployment?

Feeling mixed emotions because your service member is potentially deploying? You may feel scared, nervous, confused, excluded and anxious or even begin to withdraw. Keep in mind these are all very normal reactions and typical feelings of concern in this situation. More than likely, your service member is also going through the same emotions. It's during this time your family should be concentrating most on communication and preparation. Knowing each person's view and thoughts, and knowing what to expect will make the adjustments easier and make everyone feel more involved.

The first step all families should take is creating a family binder. This is the most convenient and organized way to keep track of important documents and telephone numbers. One section should include information pertaining specifically to your service member: unit, rank, social security number, and commander. This section should also include a copy of all military orders. A legal documents section is also helpful. It's a good idea to keep together all birth certificates, marriage certificates,

powers of attorney, wills, etc. Another section should involve all household information. Everything from plumbers, electricians and landscapers to mechanics. This would also be the prime time to familiarize yourself with any basic household or automobile knowledge. Know how to check the oil and tire pressure in your vehicle, know where the breaker boxes and water shutoffs are, and learn how to light the pilot light or change a tire.

It's also important to understand that you, your service member and your family are not alone. The Iowa National Guard offers a plethora of resources to prepare, educate, support and reintegrate at all stages of a deployment. While your service member is still home take advantage of one of the many beneficial Strong Bonds events, such as "Seven Habits of Highly Effective Military Families", "Laugh Your Way to a Better Marriage," Family Retreats or Single Soldier retreats. Become involved in your service member's career by attending the State Family Readiness Conference, Yellow Ribbon events or attending family readiness group meetings.

Pre-Deployment "To-Do" List

- ☐ **Service Member Info**
Unit, Rank, SSN, Commander, Orders
- ☐ **Legal Documents**
Birth and Marriage Certificate, Wills, Etc.
- ☐ **Household Info List**
Plumbers, Electricians, Mowers, Mechanics
- ☐ **House and Auto "Know-how"**
Oil, Tire Pressure, Breaker Boxes, Pilot Light
- ☐ **Attend Strong Bonds events**
*"Seven Habits of Highly Effective Military Families"
"Laugh Your Way to a Better Marriage"
Family Retreats or Single Soldier retreats*

Soldiers from the 1-194th Field Artillery salute during the singing of the National Anthem in preparation for their deployment during a send-off ceremony July 20, 2007. (U.S. Army photo by Capt. Tim Mills)

You may find yourself or members of your family slipping into negative coping methods such as drinking, arguing, declining school work, withdrawn or hostile temperaments, or retail therapy. Remind yourself these are not healthy or helpful behaviors and will only have a negative impact. This is the time to utilize one of the many free resources available to you such as the Military and Family Life Consultants or Military One Source. Remember that the full time staff members in your local Family Assistance Center as well as youth coordinators can help you obtain outreach, referrals and counseling in all situations.

Deployments do not discriminate. Whether you are a service member, spouse, parent, significant other, child, sibling or friend, resources are available to assist you. You have the choice in making the deployment journey more understandable and an easier road to travel by developing effective communication strategies, thorough preparation, asking for help when needed, accepting support and using positive coping skills.

This KC-135R is on the ramp at the 185th Air Refueling Wing in Sioux City, Iowa. The 185th is one of two flying wings in the Iowa Air National Guard. (U.S. Air Force photo by Master Sgt. Vincent De Groot)



KC-135R to Receive Upgrades

Story by Staff Sgt. Rich Murphy

Pilots and maintainers from the 185th Air Refueling Wing in Sioux City, Iowa are preparing for an upgrade to the KC-135R Stratotanker. The unit expects to accept their first upgraded refueler Jan. 19, 2010. According to operations officer Lt. Col. James Walker, this upgrade will improve the aircraft's power, navigation, and communications systems. He said, "This upgrade will allow us to better mesh with the active duty and carry out our missions around the world."

The "Block 40" upgrade includes enhanced integration of many of the aircraft's communication systems. Staff Sgt. Antonio Calamanco, an avionics technician for the 185th ARW, described the upgrade as a way to streamline communication between pilots, towers, and operations. He said, "It is like how we use text messaging on our personal cell phones, except the pilot can send a lot more information and it is all automatic and integrated." The upgrade also adds a satellite phone to the communication system.

Walker said, "This upgrade gives us a much more sophisticated communication system and it should improve our capability to communicate effectively and efficiently with our allies."

In addition to improvements to the communication system, the "Block 40" upgrade will improve the aircraft's navigation system. Calamanco said, "The older system

takes a long time to get started and aligned. Now, a pilot can have his navigation system up and running much faster." The upgrade also includes improvements to global positioning, fault detection, and pilot controls.

Rockwell International Contractors are performing the upgrade at Kelly Airfield in San Antonio. The upgrade takes approximately 35 days. During this upgrade, the contractors replace wiring, circuit breakers, and components. The contractors will then run

at Scott Air Force Base and McConnell AFB. Since most of the upgrades involve avionics, avionics technicians Calamanco and Staff Sgt. Donald Smith, who recently returned from a two-week training session at McConnell AFB, will be responsible for training both the traditional and full time avionics maintainers for the aircraft.

Calamanco noted that the upgrades should make avionics maintenance easier. "Now the system is completely integrated and the

“ This upgrade gives us a much more sophisticated communication system and it should improve our capability to communicate effectively and efficiently with our allies. This upgrade is essential for us to continue to support our missions both at home and abroad. ”

Lt. Col. Jim Walker, 185th Air Refueling Wing's Operations Officer

an extensive operational checkout on all of the systems before sending the aircraft back to Sioux City. Once the aircraft returns, inspectors, and maintainers will conduct a thorough acceptance inspection before officially accepting the upgraded aircraft.

Both pilots and maintainers have been preparing for this upgrade since 2008, when many of them went through extensive training

fault indicators tell us exactly what we need to repair. This should be easier than what we currently have."

The entire 185th ARW fleet should be fully upgraded by the end of 2010. According to Walker, "This upgrade is essential for us to continue to support our missions both at home and abroad."

Construction is Underway at the 133rd Test Squadron

Story by Staff Sgt. Jeremy Tevis,



(Top) The new Vehicle Maintenance facility under construction at the 133rd Test Squadron in Fort Dodge, Iowa. (Far Left) The soon to be replaced Vehicle Maintenance facility. (Left) A vehicle being serviced in the existing Vehicle Maintenance facility. (Right) The Dining Hall at the 133rd will soon be cut in half to make room for offices as part of the ongoing remodeling project. (Far Right) The Computer Maintenance section at the 133rd will soon join the rest of the unit inside the main building. Currently the section operates out of a trailer that sits on the pad next to their equipment. (U.S. Air Force photos by Staff Sgt. Jeremy Tevis)

Construction of the new Vehicle Maintenance building at the 133rd Test Squadron in Fort Dodge, Iowa is currently underway. The construction of the new VM building is the first phase in a larger remodel project for the 133rd.

Soon after the terrorist attacks on 9/11, the members of the 133rd rushed to develop a way to view and control the airspace within the U.S. Members of the 133rd assisted in the development of a way to tie all of the radars in the United States together to be able to see what was happening in our airspace. This development led to a nation-wide adoption of this technique and set the 133rd on course as leaders in the testing of Command and Control equipment. The 133rd has the unique pride in being the only Air Guard unit with the mission to test C2 equipment before it hits the field, and in fact, the only test execution unit in the whole Air Force.

With the conversion to the test mission in 2002, money was allotted for new construction and for remodeling. One of the biggest needs

for the 133rd was a new home to house their VM section. According to Senior Master Sgt. Don Miller, the maintenance superintendent for the VM section at the 133rd "the new VM shop will enhance our capabilities." Some of these updates include two drive-through bays with overhead cranes, the ability to work on semis, and the possibility to hold six vehicles as compared to the old VM shop that can only hold two vehicles at a time. The old VM shop however will not go unused. Plans are in place to renovate part of the old VM shop into a fitness center.

In addition to the construction of the new VM facility, a substantial amount of remodeling efforts will soon begin in the main headquarters building. Some renovations that are planned for this next year include a remodel of the bathrooms, kitchen and the dining hall. The size of the dining hall will be reduced in size to make room for additional offices, and the computer maintenance section which is currently located outside of the main building in a trailer will be relocated inside of the main building with the other sections.

With the help of Rep. Tom Latham, the construction at the 133rd Test Squadron in Fort Dodge has become the number one military construction project for the year. Also included in the new construction efforts are the creation of an additional parking lot to ease parking issues, installation of a geo-thermal system to replace the old and outdated boiler system, and an updated programmable unit sign near the front gate. Construction began June 2009 and is currently scheduled to be completed spring of 2011.

An open house is scheduled to be held Feb. 6, 2010 from 10 a.m. to 2 p.m. for spouses, family members, and retirees to tour the current facility before the majority of the construction and remodeling projects are underway. The same group will be invited back the following year to see the final result of the completed projects. To assist in the planning of this event, the 133rd requests that family members and retirees RSVP to 515-574-3276 with the number of adults and children attending along with number of unit cooked meals needed. Meals will cost \$4.25 each.

186th Military Police assist Iowa DOT with Winter Storm

Story by Staff Sgt. Ashlee Lolkus

Soldiers of the 186th Military Police were activated Dec. 8, 2009 to assist the Department of Transportation in the Des Moines area. The MPs formed a community and highway assistance team to converge with the DOT to rescue stranded motorists during the harshest time during the winter storm.

When the snow plows stopped running to wait for the brunt of the storm to pass, MPs teamed up with the DOT to form mini-convoys to go out into the relentless winter storm to assist the community. With a snowplow, a police cruiser and three Humvees, the community and highway assistance team brought stranded motorists to safety, attempted an ambulance escort before being redirected, and checked numerous vehicles in parking lots and along highways for individuals who might be stranded.

"Our Humvees were able to go through the snow and get pretty much anywhere we needed to go," said Sgt. 1st Class Bill White, the non-commissioned officer in charge of the team. "We also helped some of the DOT enforcement officers move about the area."



An unfortunate driver loses control and ends up in the ditch. Adverse weather conditions often catch drivers off guard during winter storms. (GNU Free Photo from Wikimedia)

The 186th MPs, as well as other units around the state, must be prepared throughout the winter months to assist the DOT if called upon. To accomplish this, the teams must have soldiers knowledgeable in winter survival skills and experienced with the Humvees in winter conditions as well as have vehicles prepared with provisions and staged, ready to deploy.

"When called out for these missions, we are able to do what we are trained as MPs to do,"

said White. "It is our job to patrol and assist during state missions like this."

Community and highway assistance teams have two main missions: health and welfare checks and highway assistance. The MP's health and welfare checks are used to check neighborhoods for hazards such as downed power lines and to go house to house to check for power outages to individuals who may have special needs. The mission for the December winter storm was primarily highway assistance.

Sign up now for the 2010 Officer/Warrant Officer Symposium!



Newly promoted Warrant Officer, Joseph Curphy is congratulated by Chief Warrant Officer 5, John Wynn Jan. 21, 2009. (Photo by State Photographer, Justin Cato)

The dates have been set for the 2010 Officer/Warrant Officer Symposium, an annual event sponsored by Recruiting and Retention Command designed to highlight leadership opportunities available as an officer in the Iowa National Guard. Presentations will include ROTC, OCS, WOCS and specialty branches such as Medical, Chaplaincy and JAG, as well as education services. Food and beverage will be provided at no cost, family members are welcome and soldiers/airmen are encouraged to split train to attend.

The symposium will be offered in three different geographical locations:

- a. Saturday, Feb. 27, 2010 (9 a.m. – 3 p.m.):
Buena Vista University Campus (Siebens Forum, Dows Conference Room), Storm Lake, IA
- b. Saturday, April 24, 2010 (9 a.m. – 3 p.m.):
Coe College Campus (Peterson and Stuart Halls), Cedar Rapids, IA
- c. Saturday, August 14, 2009 (9 a.m. – 3 p.m.):
Building S70 (Freedom Center), Camp Dodge, Johnston, IA

To sign up, select the geographic location closest to you and send an email containing your name, unit, phone number, email address and symposium location selection to Maj. Amy Price at amy.price@us.army.mil or call 515-252-4136.

Italian Highway is Red Bull 34th Division Highway

Story by retired Master Sgt. John Talbott

Sixty-five years after the 34th Infantry (Red Bull) Division pierced heavy German resistance in Northern Italy, a large stone marker with the Red Bull engraved on it was dedicated Sept. 20, 2009. Situated in the mountains of Tuscany, about 20 miles north of Florence, the citizens of Vernio have dedicated their section of the new highway to the men of the 34th Division who fought and died to liberate their town.

The passage through the mountains is called "Via 34th Divisione di Fanteria Red Bull," or The Red Bull Highway. When it's finished, it will run from Vernio to the A1 Autostrada at Barberino di Mugello, a distance of 15 miles. Vernio, a commune of more than 5,500 residents situated in the heart of Tuscany, was the host for the week of remembrance.

Don Singlestad, from Park Rapids Minn., unveiled the marker on behalf of the Red Bull

Division. Singlestad, now 92, was a 27 year old Technical Sergeant from the Minnesota National Guard who served with the 135th Infantry Regiment. At the end of World War II, Singlestad was one of three Americans to be awarded the Italian Medal of Valor for work done with the Italian partisans. 34th Infantry Division commander Maj. Gen. Rick Nash, said of them, "It was an honor to meet two veterans who were actually there in 1944."

Vernio Mayor, Paolo Cecconi said "It's important that we honor the Red Bull soldiers and the Italian Partisans who paid dearly for freedom." Retired Warrant Officer Val Ladurini, an Italian-American from the Des Moines chapter of the 34th Infantry Division Association, carried the Red Bull banner during the dedication and ceremony. Ladurini had served with the 34th Division in the Iowa National Guard. A quarter mile behind the marker and up a steep inclined hill

named Torricella, meaning "Hill of the Little Tower," a ceremony was held at the Gothic Line Memorial Park. Dedicated in 2003, the park encompasses the entire hill known to the Americans as Hill 810, where some of the deadliest fighting occurred.

The 1st Battalion, 133rd Infantry Regiment had the task of taking Hill 810 and on the morning of Sept. 17, 1944. They attacked straight up the jagged terrain meeting fierce German resistance. Over five days, the Red Bulls captured that hilltop four times with the support of artillery, mortar and tank support, while German counterattacks forced the Americans to withdrawal three times. Finally on September 21 the "Iron men" of the 133rd Infantry, were able to retake the hill for good. The 133rd Infantry Regiment suffered 91 dead and 432 wounded in the five days of combat making these casualties the highest they had experienced in one battle.

The German defensive positions were so well fortified that they claimed they would be impregnable, but in September of 1944 the 34th Division and their attached units punched through the Gothic Line and proved them wrong.

The general and Pat Skelly of the 34th Infantry Division Association laid a wreath near a plaque which lists the Red Bull Division and the German 334th Division being opposing forces and the dates of the Gothic Line fighting. "I am inspired by what I see here 65 years after the war... prosperity, peace and solemn remembrances of those who sacrificed for a cause that will endure," Nash said. "I will bring this back with me and share it with the people of Iraq, and hold you as the model which long-term peace will prevail."

Most of the hundred or so people who attended were citizens of Vernio, Prato, and Tuscany, together with veterans of the Alpini, Bersaglieri, Carabinieri, Forestali, and Partigiani who keep in their memories what our soldiers did to liberate them and their country over half a century ago.



(Left to Right) Maj. Gen. Rick Nash 34th Div Commander, Vernio Mayor Paolo Cecconi, Pat Skelly, president of the 34th Infantry Division Association, and Don Singlestad, 34th Division World War II Veteran. Photo courtesy of the Iowa Gold Star Museum.

U.S. Submachine Gun, .45 Caliber, M1

Story by retired Col. Russell V. Bierl

The artifact we will feature in this issue of the Militiaman is the U.S. Thompson submachine gun. The weapon was invented by John T. Thompson in 1919 in response to the soldier trench warfare needs of World War I. Thompson was a field artillery officer in the U.S. Army who had graduated from the U.S. Military Academy in 1882. After the Spanish American War, Thompson was appointed chief of the Small Arms Division for the ordnance department where he supervised development of the M1903 Springfield rifle and chaired the ordnance board that approved the M1911 pistol. The Thompson SMG was used by the U.S. Army, Marines and Navy from 1921 thru World War II. It was replaced by the M1 and M3 submachine gun. During the gangster era of the 1930s Thompsons were used by U.S. Marine Corps mail train guards and civilian law enforcement agencies. The Thompson was also known informally as the "Tommy Gun," or the "Trench Broom," because of its high rate of fire, compactness and large caliber .45 ACP cartridge.

Early versions of the Thompson had a fairly high rate of fire, approaching 800-850 rounds per minute. Later M1 and M1A1 Thompsons averaged 600 rpm. This rate of fire, combined with a rather heavy trigger pull and a stock with

excessive drop, increases the tendency of the gun to climb off target in automatic fire. The 50 round drum magazine provided significant firepower but proved overly heavy and bulky



(Left to Right) Museum volunteers Retired Lt. Col. Skip Boysen and Retired Col. Bob King are holding two of the three Thompson submachine guns exhibited at the Gold Star Military Museum. Photo courtesy of the Iowa Gold Star Museum.

when slung on patrol or on the march. For this reason, the 20-round and later 30-round box magazines soon proved most popular with military users during wartime M1 and M1A1 models. The Thompson was one of the earliest submachine guns to incorporate a double-column, double-feed box magazine design, which undoubtedly contributed to the gun's

reputation for reliability. In addition, the gun performed better than most after exposure to rain, dirt, and mud.

The Thompson was standardized in April 1942 as the U. S. submachine gun, .45 Caliber, M1. Rate of fire was reduced to approximately 600-700 rpm. First issued in 1943, the M1 utilized a simple blowback operation, the charging handle was moved to the side, and the adjustable rear sight replaced with a fixed peep sight. Wartime production variants omitted the triangular rear sight guard wings. The slots adjoining the magazine well allowing use of the drum magazine were removed. The less expensive and more easily manufactured "stick" magazines were used exclusively in the M1, with a new 30-round version joining the familiar 20-round type. The recoil compensator, barrel cooling fins, and Blish lock were omitted while the butt stock was permanently affixed. Approximately 1.7 million Thompsons were produced by Auto-Ordnance, Savage and Colt, with 1,387,134 being built during World War II as the M1 and M1A1 variants. The Gold star Military Museum has three Thompsons on exhibit. One is actually the 1921 Navy "Over stamp Model" ('28 Navy') with the drum magazine and the other two are the M1A1 models with the box magazine.

Iowa Gold Star Military Museum Construction Update

Story by retired Col. Russell V. Bierl

The Iowa Gold Star Military Museum opened to the public Oct. 21, 2009. Limited exhibits will be available for the public to view during the set up period while large pieces of equipment and aircraft are being placed in the exhibit hall. Current items already on site are a World War II half track, submarine periscope, M38 Jeep, and M113 armored personnel carrier.

The Iowa Gold Star Military Museum is scheduled to have an open house and ribbon cutting for the new building addition April 8-10, 2010.

The hours of the museum continue to be Monday through Saturday, 8:30 a.m. to 4:30 p.m., except holidays (excluding Memorial Day and Veteran's Day).



(Left to Right) Historian retired Col. Mike Musel, museum curator Michael Vogt, and museum director, retired Col. Russ Bierl holding one of the five large service seals which have been placed on the front of the building face. Photo courtesy of the Iowa Gold Star Museum.

Gold Star Museum 2009 Appreciation Dinner

Story by retired Col. Russell V. Bierl

The Annual Iowa Gold Star Museum Volunteer Appreciation Dinner was held Oct. 28, 2009 at the Camp Dodge Recreation Hall. Many volunteers arrived early to tour the new museum addition which included the memorial brick wall, a World War II half track and the newly installed attack submarine periscope. The Adjutant General of Iowa, Brig. Gen. Tim Orr, and the Memorial Association President, Mr. Bob Holliday thanked 125 volunteers from the Iowa Gold Star Museum and 34th Infantry Division Association. Orr presented the Commander's Award for Public Service to Mr. Steve Richmond, Mr. Bruce Karn and Mr. Jim Hinkle for their 12 years of service to the museum. At the conclusion of the evening retired Col. Russell Bierl director of the Iowa Gold Star Museum, announced his retirement in January 2010 after six and a half years of service.



(Left to Right) Brig. Gen. Tim Orr, Adjutant General of Iowa, who presented the Commander's Award for Public Service to, Mr. Steve Richmond, Mr. Bruce Karn and Mr. Jim Hinkle, all of Des Moines, for their work at the Iowa Gold Star Military Museum. Photo courtesy of the Iowa Gold Star Museum.

Veterans Day Meeting of 34th Division Red Bulls

Story by retired Col. Russell V. Bierl

World War II veteran Joe Boitnott met up with a fellow 34th Infantry Division combat veteran, Chaplain Maj. Mike Crawford, at the Iowa Gold Star Museum on Veterans Day. Boitnott is a World War II veteran who was mobilized as a heavy weapons machine gunner with Company D, 1-168th Infantry Regiment in February 1941. He enlisted in the Iowa Army National Guard in December 1939 and took his basic training with the company during Monday evening IDT drills.

Crawford is currently assigned to the 734th Regional Support Group at Camp Dodge. He supports the 2nd Brigade Combat Team, 34th Infantry Division as a full time Chaplain. Crawford served in Afghanistan in 2004-05 with Task Force 168th on the PRT Security Mission and later served in Kosovo in 2007-08 with the 194th Field Artillery Battalion.

Boitnott says he remembers the mobilization of Co. D, 1-168th Inf. Regt. from Des Moines in February 1941, like it was yesterday. They assembled at the Argon Armory in downtown Des Moines and spent their first weeks after mobilization processing their paperwork and completing physicals. They billeted in the Younkers warehouse by the Rock Island

Railroad Depot. The men were given meal tickets to eat at the Bolton & Hay Restaurant on 6th and Mulberry in Des Moines. There was little training they could do as the entire Heavy Weapons Company only had one

M1917A1 Water Cooled Machine Gun and it was in Newton because of the Maytag labor strike. His company was not issued M1 rifles until after they were in combat in North Africa.



(Left to Right) Chaplain Maj. Mike Crawford meets with fellow 34th Infantry Division combat veteran retired Cpl. Monti Joe Boitnott at the Iowa Gold Star Military Museum on Veterans Day. Photo courtesy of the Iowa Gold Star Museum.

671st Troop Command G Company RSP

Story by Spc. Kelsey Blankenship

The recruit sustainment program is a drill weekend each month set up for National Guard warriors who have not yet completed their initial training. RSP is set up so that when the warriors arrive at their training they are well prepared. There are three phases the warriors go through. Red phase is for warriors who have never been to a drill before, followed by white phase for those who are waiting for basic training and green phase for warriors who have been to basic training but not to advanced individual training.

Warriors are taught skills ranging from drill and ceremony to firing a weapon and treating wounds. "RSP introduces people to the way the Army is," said Pfc. Thomas Peacock. "They get their first introduction to drill and ceremony and some of the classes they will have to take. I felt after having RSP I was more prepared than most of the active duty or reserve components because they don't really

have a program to prepare them for training, so I felt that I was more knowledgeable than a lot of people."

RSP allows red and white phase warriors to talk to other soldiers with experience about what basic training will be like and what kinds of tasks they will be expected to complete. "For basic training, this is a step up. You could tell the people who had RSP and who hadn't from the moment we started marching and doing drill and ceremony," said Pvt. Dalton Bolsinger, an RSP grad.

Warriors continue to go to RSP after they complete basic training. During this time they take on a leadership role helping the red and white phase warriors, but also working on keeping themselves prepared for AIT. "I feel it will prepare me for AIT by teaching me leadership. We get to take over the company, lead formation and give commands," said Pvt.

Kenny Schmidt. The RSP has been successful in preparing and helping warriors prepare for their upcoming training in everything from taking a monthly APFT to helping a casualty, all the basic skills every warrior will need to successfully complete basic and AIT.



Warriors who have not been to basic combat training learn drill and ceremony from warriors who are waiting to go to advanced individual training. (U.S. Army photo by Spec. Kelsey Blankenship)

185th Air Refueling Wing's Student Flight

Story by Staff Sgt. Rich Murphy

As new recruits enter the Air National Guard, many experience anxiety and uncertainty about what to expect during Basic Military Training and Tech School. To deal with these anxieties, Master Sgt. Thomas Fennell, Tech. Sgt. Carl Laws and the 185th Air Refueling Wing in Sioux City, Iowa have developed the Student Flight. The Student Flight prepares future Airmen for the challenges they will face in both Basic Training and Tech School. Airman 1st Class Drew Plantage, an Aerial Port Technician with the 185th Supply and recent Tech School graduate, said, "The student flight really gave us a taste of basic."

Once airmen commit to the ANG, they are enrolled into the Student Flight. At that point, they are assigned their initial uniform, a grey 185th ARW t-shirt. The students begin each drill by reporting to their assigned shops. In their shops, the recruits shadow experienced workers to get a sense of what their military job will entail.

When the students return from lunch, they meet with Fennell and Laws to get prepared for Basic Military Training. Plantage said, "This was when Fennell jumped into T.I. Mode." T.I. refers to Military Training Instructor,

the men and women who are in charge of the Basic Military Flights at Lackland AFB. "Master Sgt. Fennell drills us on marching, physical fitness, saluting, and the basics," said Airman 1st Class Jordan Hazel, another new member of the 185th ARW.

The Student Flight program at the 185th ARW offers new airmen a chance to deal with the uncertainty and anxiety that tends

to affect new recruits. Fennell said, "We want to make sure that we are sending over men and women who will succeed in their training while proudly representing all of us here at the 185th."

{This article was edited for length but can be found in its entirety on the 185th ARW's website. <http://www.185arw.ang.af.mil/news/story.asp?id=123180808>}



Airmen 1st Class Taylor Grote, Adam Feiner, Devon Rook, Benjamin VanDyke, Jordan Hazel, Jerid Schumacher, participated in the Student Flight Program before their Air Force basic training. They have now graduated and are on their weekend drill duty. (U.S. Air Force photo by Tech. Sgt. Oscar M. Sanchez)

National Guard's 373rd Birthday

Story by Spec. Kelsey Blankenship

Brig. Gen. Tim Orr, Adjutant General for the state of Iowa came to the 34th Army Band's Christmas concert at the Stephen Sondheim Center for the Performing Arts in Fairfield, Iowa Sunday, Dec. 13, 2009 to speak about the National Guard's 373rd birthday.

"Today is the 373rd anniversary of the National Guard," said Orr. "The National Guard is actually 173 years older than any other service, specifically the Army. It was created back in the 1600s when the militiamen stood up to defend against the enemies both foreign and domestic. That concept was carried through our founding fathers and is the baseline of the National Guard. Every state has a Guard as well as districts and territories. It's the way our states maintain severalty and still belong to an Army."

When Orr finished speaking about the National Guard's 373rd birthday he presented Chief Warrant Officer 3, James Goodwin with a commander's coin.

"Commanders are authorized to present coins on behalf of their position," said Orr. "What I gave him was a coin that has the seal of the Adjutant General, has all of the command flags and the organizations within the Air and Army National Guard. On the back of the coin is an Adjutant General's flag. The two stars represent the position and it was for excellence. This coin is presented to leaders who show excellence in what they do every day."

Orr then presented the director of the Fairfield high school band with a commander's coin as well. "I gave him a commander's coin and that's something that you don't see often in the civilian world is a coin being given," said Orr. "As General Lawson former Adjutant General used to say, it won't buy you a cup of coffee but it's a small token of my appreciation, for his leadership with the young people in the town of Fairfield and their involvement with our band."

Orr has been in the military for the past 31 years. Starting as an enlisted infantryman,

he has been appointed the position of the Adjutant General of the Iowa Army and Air National Guard by the governor and is now responsible for the 9400 soldiers and airmen in the Iowa National Guard.



Brig. Gen. Tim Orr gives a speech about the National Guard's 373rd birthday Sunday, Dec. 13, 2009. (U.S. Army photo by Spec. Kelsey Blankenship)

34th Army Band 2009 Christmas Concert - Fairfield, Iowa

Story by Spec. Kelsey Blankenship



Spec. David Krcil plays the french horn for the 34th Army Band out of Fairfield, Iowa Sunday, Dec. 13, 2009. (U.S. Army photo by Spec. Kelsey Blankenship)

Sunday, Dec. 13, 2009 the 34th Army Band held a Christmas concert for the local community at the Stephen Sondheim Center for the Performing Arts in Fairfield, Iowa. The Christmas concert was performed by the 56 members of the 34th Army Band and 18 selected honor band students from Fairfield high school. The band began with playing patriotic music for the audience.

"We are playing Fort McHenry Suite," said Goodwin. "It has several movements and there is narration in it where the narrators basically read the second and third verses of the national anthem. Then right after that we are going to go into the National

Anthem and we are going to invite the audience to stand and sing," said Chief Warrant Officer James Goodwin.

Following the patriotic beginning, the band moved into different varieties of Christmas music, including well known melodies such as "Have Yourself a Merry Little Christmas" and a Saxophone ensemble of "We Three Kings."

This proud community almost filled all of the 522 seats in the Stephen Sondheim Center for the Performing Arts and at the end everyone stood for the band with a standing ovation to thank them for the wonderful music played that afternoon.

Humbled to Serve!

Providing, training and caring for our warriors

“ I consider it an honor and a privilege to be able to work for and represent the soldiers, airman, and families of the Iowa National Guard. ”

Command Sgt. Maj. John Breitsprecker, Senior Enlisted Advisor



I am humbled to have been selected to serve as the senior enlisted leader for the State of Iowa. I consider it an honor and a privilege to be able to work for and represent the soldiers, airman, and families of the Iowa National Guard.

Throughout my career, one constant in every assignment and every unit has been the quality of warriors I have been able to work with. From the most junior warrior in our formations to the adjutant general, we have arguably the best warriors and leaders available. They all have great deal of mid-western work ethic, honesty, integrity, and a get-it-done attitude folded into them. For me, this was reinforced during my last three assignments while serving as the Command Sergeant Major for the 67th Troop Command, the Command Sergeant Major for the National Maintenance Training Center, and an embedded trainer in support of Operation Enduring Freedom. During these assignments I have had a great opportunity to see our soldiers and airman in training, in response to natural disasters, and in combat. I saw them working side-by-side with warriors from other states, other services, and other countries. Time and time-again they were recognized for their professionalism and the quality of their work. Again, I am proud and honored to be able to serve you.

As an organization, we have been busy. We have both Army and Air Force units/ personnel deployed in support of Operation

Iraqi Freedom/Operation Enduring Freedom, we are working through a significant reorganization and we continue to conduct day-to-day operations. As we move into the spring we are looking at the largest deployment call-up we have seen to date. With all of this in mind, I will be concentrating on the following areas when I visit units and conduct business: first, to provide trained warriors second, to develop warriors and leaders; and third, care for our warriors, their families and their employers. In each upcoming column I will address these specific areas.

I have been in the state command sergeant major position for more than two months now, and I've been able to get out to visit some of our warriors and units: the 1/168th Infantry Battalion here at Camp Dodge conducting leader validation, the 132 Fighter Wing at the Des Moines Air Base as they conducted their annual awards ceremony, and the 3368th Transportation Company for their Freedom Salute. During these visits, I have had the opportunity to talk with the warriors and leaders of these units and I've been impressed with their professionalism, motivation and commitment. I am looking forward to the spring and summer months and getting out to many more units.

Finally, I want to thank you for your commitment, for your service, and for being part of the Iowa National Guard Team – Warrior Ready!

Command Sgt. Maj. John Breitsprecker enlisted in A Co. 1-133 Infantry Battalion, Dubuque, Iowa just over 30 years ago. He has served in a variety of assignments in combat arms, combat support, and sustainment units. Breitsprecker has served in leadership positions from squad leader to Command Sergeant Major at the major subordinate command level and in staff positions from detachment operations non-commissioned officer to the operations NCO for the deputy chief of staff of operations.

Chaplain's Corner

by Chaplain Maj. Mike Crawford
2-34th BCT Chaplain

Preparing Emotionally for Deployments

With the alert order for the 2-34th BCT, in addition to our other ARNG, ANG, and USAR units who are planning to mobilize within the year, most of our Iowa military families are experiencing the emotional adjustments caused by deployments. I recently came across an excellent article prepared by Army, Navy, Air Force, and Marine psychiatrists on the emotional cycles families go through as they prepare for, live through, and adjust after deployments of six months or longer. I'd like to share just a few insights to help normalize the emotional ups and downs families may be experiencing.

Families may feel frustration at the perceived excitement their soldiers show at the prospect of deploying. As their soldiers spend more time away from home for training, family members come to accept the reality of the deployment and may fluctuate from "Do you really have to go?" to, "I wish you were already gone!" They may find it helpful to learn that their Soldiers need to develop close emotional ties with unit members in order to depend on them through the extreme circumstances their mission may require. Families should see that their soldiers are preparing to survive and to see that their buddies do the same. Soldiers do not relish leaving their families, but in utilizing their training to serve our country and return home with a sense of pride and purpose in what they accomplished.

Families may also take great efforts to make the most of every experience they have together prior to the start of their separation. They may want to have the best Christmas, most romantic anniversary, or dream vacation, as they anticipate missing those special days together in the year to come. The main emphasis should be spending time together rather than spending money just to have that special experience.

Families will also do well to establish their own network of support people who will help them through the deployment. The Family Readiness Groups can be a source of sympathetic support from folks going through the same emotions. Extended family members, church communities, and other civic groups can constitute other relationships that will provide the needed emotional encouragement to endure those long and lonely days that will occur occasionally while their soldier is gone. The deployment may give families the occasion to develop extra relationships that will continue to enrich their lives even after their soldier returns. The challenge here is for the families to foresee what their needs will be and to initiate building

relationships with the key people that will help them with those needs.

Every step soldiers and their families take to prepare prior to the mobilization will repay them with peace of mind when the day of mobilization arrives. The upcoming Strong Bonds, Yellow Ribbon, and FRG events are all geared toward helping families identify those steps so they can set themselves up for success even through the challenges that deployments bring.

Chaplain Maj. Mike Crawford serves as a fulltime support chaplain for the 2-34th BCT and can be contacted at 515-727-3892 or michael.v.crawford@us.army.mil.



Airmen and Soldiers take a moment to pray for each other's safety before heading out for another day of convoy duty in Iraq. The Airmen run the convoys into Iraq while the Soldiers, in their armored trucks, escort them. (U.S. Air Force photo by Staff Sgt. Scott Campbell)



The Army is introducing a new way for Families and friends to communicate with their loved ones who are deployed in support of Operation Enduring Freedom (OEF). Beginning Dec. 1, 2009 the Army launched "HooahMail" as a pilot program for fast, easy, secure, letter-style correspondence to OEF deployed soldiers.

Based on a proven system used by the Marine Corps since 2003, HooahMail brings another method to keep in touch with military members in Afghanistan. From stateside, HooahMail offers a computer based process which will generate a printed, sealed, letter-style document for direct delivery to forward

operating bases throughout the OEF area of operations. This one-way system will allow secure download capabilities at selected OEF remote sites. These letters will then be printed on special equipment which will print, fold, seal and address the envelope for free delivery to OEF Soldiers. HooahMail will be distributed just like regular mail through unit mail-rooms.

At sites which don't get daily postal mail service, HooahMail will offer a free, convenient way to communicate. This method could reduce delivery time in some cases from 14+ days to remote locations to same/next day service, with an average 4 days to all other locations in Afghanistan. HooahMail will augment traditional postal letter mail service. Funded by Department of the Army, and supported by the current postal command structure, HooahMail offers a new and exciting way to strengthen communications to our OEF Soldiers. For more information visit their website at www.hooahmail.us.

The IOWA NATIONAL GUARD Militiaman PUBLICATION DEADLINES

Spring 2010

Article Deadline: March 5, 2010

Summer 2010

Article Deadline: May 7, 2010

Fall 2010

Article Deadline: Aug. 6, 2010

Winter 2010

Article Deadline: Nov. 5, 2010

Address all submissions to:

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TRAVEL RISK TRiPS PLANNING SYSTEM

Travel Risk Planning System (TRiPS) is an automated trip planning tool that incorporates the principals of Composite Risk Management and facilitates a dialogue between supervisor and subordinate prior to POV travel. It assesses the risk of driving your privately owned vehicle. The system helps identify and avoid hazards you may face on the highway including: fatigue, not buckling up, and driving too far. For more information about TRiPS visit their website at <https://safety.army.mil>.

E-file your tax returns for the fastest refund

Beginning Jan. 15, the Iowa Department of Revenue web-site will feature links to companies that provide online filing of both federal and Iowa income tax returns. Click the e-file logo at www.state.ia.us/tax to find two categories of electronic filing: "eFile for Free" and "eFile for a Fee."

Those who do not qualify to file free will discover that online filing is not expensive. Most filers receive refunds and want them fast. To get your refund in 10 days or less, electronically file through the department's web-site, purchased software,

or tax professionals. Last year 74% of Iowa returns were e-filed.

If your cause is green, you should know that e-filing is good for the environment. Little, if any, paper is used or stored by e-filers and the department.

