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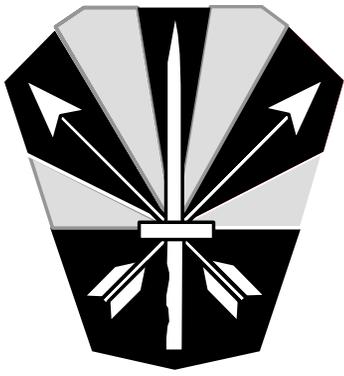
123rd Mobile Public Affairs Detachment

Summer 2003



Sgt. Paul Mazon, 855 MP Company, poses with Iraqi children while on duty in Iraq. *(photo provided by 855 MP Company.)*

Promotion Board: How do I acquire more points for the board? *by State CSM Karen Craig*



Vol. XXIV Issue 3

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Arizona Guardsmen Receive Additional Support

As you all know, the Arizona Army National Guard has been an extremely busy organization for the last two years. Mobilizations and deployments have received most of our attention these past months. Nearly 1300 of our fellow soldiers have been called to duty and many are serving overseas. By all reports, our soldiers are performing their duties in an outstanding manner.

Public support for our troops has been fantastic. An emergency relief fund for deployed reserve component members was established and we were asked to manage it for the State. More than a quarter-million dollars has been donated. So far, we have approved over 100 requests for assistance and have distributed more than \$115,000.

As the President has stated, the Global War on Terrorism will be fought for many years to come. The Arizona Army National Guard will remain fully engaged in this conflict and we can expect more mobilizations in the future. The generosity of the public clearly demonstrates the admiration our citizens have for you and the service you give to our country.

We have a number of initiatives under way to better support our troops. Soon we will be breaking ground on a new armory in Yuma. This armory will replace the old facility located next to the city hall. Yuma is redeveloping the downtown area and wanted our building. In partnership with the city, the new armory we are building will also be used as a community center by the city parks and recreation department. Located next to Arizona Western College, this new facility is well situated to support our soldiers assigned in that area.

The Coolidge armory, which has been out of use for stationing troops for several years, is undergoing a major renovation. Upon their return, the 363rd Explosive Ordnance Detachment will relocate from Casa Grande to Coolidge. Many other armories are also being modernized to better serve our soldiers.



Brig. Gen. Richard Maxon

This becomes increasingly important as we stand up new units and our force structure grows in the state.

Those who have been by Papago Park Military Reservation lately have probably seen our parade field transform itself into what promises to be a first class recreational facility. A running track is being completed and a softball field is being constructed. Future plans include picnic ramadas and areas for units to hold social events. Once the ball field is completed, we anticipate organizing an intramural softball league for our units. The parade field is also large enough to set up a soccer field. If there is enough interest, an intramural league for soccer can also be established.

We continue to strive to make improvements in the quality of life for our soldiers and their family members. You are the one's that make our organization what it is today and you deserve our best efforts. We will continue to work for you and your family. Thank you for serving with us.

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The Heliograph is an authorized publication under the provisions of AR 360-81 and is published for the Arizona Army National Guard by the 123rd Mobile Public Affairs Detachment, 5425 E. McDowell Rd., Phoenix, Arizona, 85008-3425

The Heliograph is published quarterly, using Adobe Desktop publishing. The circulation is approximately 4,000. The publication is printed within government guidelines and is distributed free via U.S. Mail to all members of the Arizona Army National Guard.

The views and opinions expressed are not necessarily those of the Department of the Army or the Arizona Army National Guard. Any unsolicited submissions will be subject to revision due to space limitations, security, accuracy and propriety.

855th MP Maintains Order in Iraq

story by Debra Ghormley, 855 MP Co.



Clockwise from top: 855th soldiers transported while masked; soldiers of the 855th display the company guidon and the Arizona Flag in the desert north of Baghdad; a team of MPs, from left to right Spc. Christopher Contreras, Sgt. Alan Blume and Spc. John Villareal, on patrol in Iraq. (photos provided by 855th MP Co.)



The 855th Military Police Company Phoenix, Arizona, was deployed on February 10, 2003. Initially, they deployed to Ft. Bliss, Texas, for 5 weeks of mobilization training.

Upon completion of their training, the 855th then deployed to Kuwait and then to Iraq. The unit is currently at Camp Anaconda, 30 miles north of Baghdad at the Balad Air Base. While deployed, the 855th has played a key role in maintaining law and order.

Working 12 hours shifts and enduring temperatures ranging from the 120's to 130's and 90% humidity, the 855th has shown exemplary fortitude. The soldiers of the 855th are well trained, motivated and continually show their professionalism in all tasks required.

Because of their many successful missions, they are well known throughout their base. Our hats go off to the 855th Military Police Company.



“Operation Homefront” Benefits Families of Deployed Arizona Guardsmen and Reservists

story by Maj. Eileen Bienz
State Public Affairs Officer

In April 2003, Phoenix-based KPNX TV News Channel 12 and The Arizona Republic discussed ways to help families of mobilized National Guardsmen and women, Reservists and other military members who were ordered to federal active duty due to the ongoing war on terror.

They jointly coordinated a fund-raising campaign on both television and in the newspaper to support Arizona families of deployed personnel who might need financial assistance due to unanticipated situations such as broken down cars, roof repairs, emergency medical bills or broken pipes.

“Operation Homefront” was established under the umbrella of the Arizona Community Foundation and Channel 12 opened phone banks while reporters wrote stories in The Arizona Republic explaining the need of Arizona families and the numbers of Arizonan’s deployed.

The fund totaled \$171,505 and on June 5th, two checks were presented to the Arizona National Guard and Reserve Family Assistance Fund, and the Grand Canyon Chapter of the American Red Cross’ Armed Forces Emergency Services Program. Each check presented was for \$85,752.50.

Governor Janet Napolitano, Governor and Commander in chief of the Arizona National Guard; Major General David Rataczak, The Adjutant General of the Arizona National Guard and Aimee Locke, a Family Readiness Coordinator for the 855 Military Police Company, Arizona National Guard, accepted the check on behalf of the Arizona National Guard and Reserve Family Assistance Fund.

Governor Janet Napolitano, Cathy Tisdale, CEO Grand Canyon Chapter of the American Red Cross and Sam Thumma, Board Chairman, Grand Canyon Chapter of the American Red Cross accepted the check on behalf of the American Red Cross’ Emergency Services Program.

The checks were presented by John Misner, President/General Manager, KPNX TV Channel 12 and Sue Clark-Johnson, CEO and Publisher, The Arizona Republic.

In addition to the checks presented on



From left to right: John Misner, Governor Janet Napolitano, Sue Clark-Johnson, Maj. Gen. David Rataczak and Aimee Locke. Misner and Clark-Johnson present a donation for families of deployed Arizona Guardsmen and Reservists.

June 5th, E.J. Montini, columnist with The Arizona Republic raised an additional \$66,277.00 for the Arizona National Guard and Reserve Family Assistance Fund by auctioning off his prized baseball to the group or individual who made the highest contribution to the fund. Glendale Chapter 20 of the Disabled American Veterans took the prized baseball after donating \$10,000.00 that they raised by hosting Bingo.

The total amount contributed by The Arizona Republic, KPNX Channel 12, their readers and viewers totaled \$237,782.00 to help Arizona families of deployed soldiers, sailors, marines, airmen and coast guard personnel.

The Arizona National Guard and Reserve Family Assistance Fund was established for the general welfare of all Arizona reserve component families. The assistance provided

is either through a loan or grant. Each case is evaluated on a case-by-case basis.

This article is the first in a series that will highlight community support for families of deployed Arizona Guardsmen and Reservists. Contributions range from corporate support to school children and include financial donations, services and products.

If you are a family member of a deployed Arizona Guardsman or Reservist and need financial assistance, you are encouraged to contact the Family Assistance Center at 1-800-233-7758 or (602) 267-2593. Situations that have qualified for assistance include rent, mortgage payments, food, utilities, essential transportation and vehicle repair, emergency travel, medical expenses, funeral expenses and personal needs when pay is delayed.

Don't Be a Heat Injury

by Sgt. Willie Jones

Training in the Arizona heat can't be avoided, but heat related injuries can. Exposure to heat makes the body work to keep itself cool, but sometimes the body's cooling system becomes strained, resulting in a heat injury of some type. Extreme body overheating can lead to death. There are three types of heat injuries: heat cramps, heat exhaustion and heat stroke.

The symptoms of heat stroke are the most severe form of heat illness. It can occur even in people who are not exercising, if the weather is hot enough. You will have warm, flushed skin and won't sweat. These patients need to have their temperature reduced quickly, often with ice packs, or cool water baths and must be taken to the hospital for observation. People with heat stroke may experience internal injuries since many body organs can fail due to heat stroke.

Although partly due to exhaustion, heat exhaustion is a result of excessive heat and dehydration. The symptoms of heat exhaustion include paleness with cold sweat on

the forehead. The whole body may feel cool and clammy from perspiration. Other symptoms may include shallow breathing, headache, dizziness, nausea, vomiting, fainting and dilated pupils. Severely exhausted people may need IV fluids, especially if vomiting keeps them from drinking enough. These people need immediate medical attention.

Heat cramps are muscle contractions, usually in the hamstring muscles. These contractions are forceful and painful.

All heat injuries can be prevented. If you feel any of the symptoms, immediately let someone know. Don't wait, and feel embarrassed or intimidated. Ignoring these symptoms could be life threatening.

When you're conditioned in the heat, you can work hard in hot, humid weather without any problems. Acclimatization is the best way to get used to dealing with heat. Try staying outdoors in the heat as much as possible, and if you spend most of the summer indoors,

expect to take 1-2 weeks to acclimate your body to the heat.

Some things to consider to prevent heat injuries include the constant replacement of fluids while outside. Wear light-weight, light-colored clothing during workouts. Eat light meals, low in fats during hot weather and try to avoid fried foods. Eat lots of fruits and vegetables and go easy on bulky meat products.

Common sense will protect you from heat problems. The three rules of summer are, drink plenty of water, drink plenty of water and drink plenty of water.

It is possible to prevent heat related injuries. It is imperative that you stay well hydrated, eat properly, and to be sensible about exertion in hot, humid weather. First aid treatment suggestions for heat related injuries can be obtained at local Red Cross offices, hospitals, clinics, public health agencies and physicians.

Season for Water Safety

story by Sgt. Willie Jones

Water safety is a year-round concern in Arizona, but even more so in the summer months. High temperatures motivate people towards more water activities and water accidents increase.

Avoiding accidents is easy if you take the necessary precautions. The best thing anyone can do to stay safe in and around water is learn how to swim. Swim in supervised areas only and obey all rules and posted signs. Make sure you used the buddy system and don't drink alcohol before swimming or boating. If you plan on doing any boating, find a boating course in your area. These courses teach navigation rules, emergency

procedures and effects of wind, water conditions and weather. Never leave a child unobserved; your eyes must be on the child at all times.

To help safeguard children, enroll them in a water safety course or 'Learn to Swim' program. Parents should take a CPR course. In lakes and rivers, select an area that has good water quality and safe natural conditions. Make sure the water is deep enough before entering headfirst. Too many swimmers are injured every year by entering headfirst into water that is too shallow. Feet first is always your safe bet. In the ocean, stay within the designated swimming area, ideally within the visibility

of a lifeguard. Never swim alone and keep a lookout for aquatic life, water plants and animals may be dangerous. Make sure you have enough energy to swim back to shore.

When using a personal watercraft, always wear a lifejacket. Take instructions and lessons from qualified divers before participating in skin and scuba diving. When going to local waterparks, read all posted signs and follow the rules and directions given by lifeguards. If you're not sure about the rules or procedures, ask someone. When going from one attraction to another, note that the water depth may be different and that attraction should be used in different way.

Unexpected Kindness

by Chaplain (LTC) Daniel Butler

David Wallechinsky wrote this in 'The Complete Book of the Olympics':

Jesse Owens seemed sure to win the long jump at the 1936 games. The year before, he had jumped 26 feet, 8 1/4 inches – a record that would stand for 25 years. As he walked to the long-jump pit, however, Owens saw a tall, blue-eyed, blond German taking practice jumps in the 26-foot range. Owens felt nervous. He was acutely aware of the Nazis' desire to prove "Aryan superiority," especially over blacks. At this point, the tall German introduced himself as Luz Long. "You should be able to qualify with your eyes closed!" he said to Owens, referring to his two

jumps. For the next few moments the black son of a sharecropper and the white model of Nazi manhood chatted. Then Long made a suggestion. Since the qualifying distance was only 23 feet, 5 1/2 inches, why not make a mark several inches before the takeoff board and jump from there, just to play it safe? Owens did and qualified easily. In the finals, Owens set an Olympic record and earned the second of four golds. The first person to congratulate him was Luz Long—in full view of Adolf Hitler. Owens never again saw Long, who was killed in World War II. "You could melt down all the medals and cups I have," Owens later wrote, "and they still wouldn't be a plating on the 24-carat friendship I felt for Luz

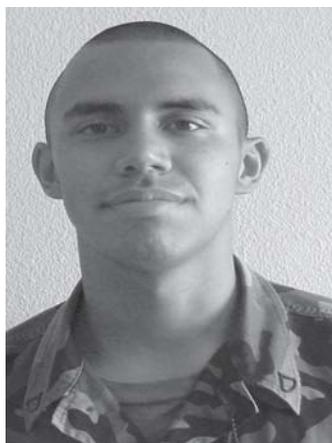
Long."

We may never know what one act of kindness may do to assist another human in their journey. It might be a word of encouragement, a hand on the shoulder during the time of grief or a small gift at a key moment in another person's life. As Guardsmen, we need to look around us and find out how we may lend a hand to a fellow member of the Guard, or their family. Our actions are important, for we may be helping someone in a time of desperation. God gave us the greatest example of caring when He sent His son to demonstrate love to us. Let us display the same kindness to others.

What does your family support group do for you?



“They bring food to us after a long weekend in the field.” Spc. Adam P. Villa, 153rd FA Brigade



“They provided us with a bowling party to build unit moral.” Private 1st Class Micheal A. Feinen, 153rd FA Brigade



“They arrange for activities and outings that bring us together as a team.” Private 1st Class Spring A. Sotelo, 153rd FA Brigade



“Every year they give us a Christmas party for our families.” Spc. Richard A. Cranmer, 153rd FA Brigade



“When I first came to the unit, they gave me a welcome gift basket.” Spc James R. Herington, 153rd FA Brigade

Making the Grade: How to Prepare for an Enlisted Promotion Board

story by Cmd. Sgt. Maj. Karen Craig

Preparation for promotion is an everyday task. Even though the EPS Promotion Board for each rank is held only once a year (E8/E9 in November, E7 in January, E6 in March, and E5 in May), as soldiers, you should continually be looking for the tough assignments, volunteering for additional duties or special projects, working on your military and civilian education, and improving your physical fitness. In addition to your performance and potential, you want the board to see that you are a self-starter, someone who takes the initiative, seeks self-improvement, and gets involved.

Scoring

The total board score is divided into 2 parts, totaling 1000 points; 600 are administrative points calculated from your personnel and training records. A panel of NCOs awards the other 400 points during a review of your personnel records. These “Leader points” are awarded in 7 areas: Professional Attributes and Ethics, Initiative and Operational Assignments, Technical and Tactical Proficiency (Competence), Military Appearance and Bearing (includes Physical Fitness), Leadership, Communication Skills (how well

you train others), and Responsibility and Accountability. Panel members are instructed to use the “whole soldier concept” when completing their independent evaluations, and that evaluation is based on what is in your promotion packet.

Promotion Packet Necessities

So... when it comes right down to board time, how do you ensure that your promotion packet is up-to-date? Upon recommendation by your Commander, someone at your unit (typically your First Sergeant, First Line Leader or Unit Clerk) will call you in to review your Promotion Packet, consisting of your 201 File and a NGB Form 4100. First, and foremost – make the time to do this... a record that has NOT been reviewed, tells the board that you are not interested in your career. Then, since you are the best person to recognize when a document is missing, pay particular attention to the following areas:

201 file (Personnel Record):

- NCOERs: SGTs and above, ensure that your

evaluation reports have been completed and are in your file... the board gives the most weight to reports and your performance from the last 3-5 years. If you are missing a report, track it down or ask your rating chain to complete it prior to the board.

- Awards: Achievement-type awards are worth administrative points. In addition, board members read the citations or take note of them in order to award points in one of the 7 areas listed above, depending on what you did to earn the award. Check to ensure all awards are in your file.
- DA 1059, Academic Evaluations: MOS qualification and NCOES courses will typically issue a 1059 in addition to the graduation diploma. You can have both in your file, but the 1059 is the most important document because it provides an evaluation of your performance during the course.

(continued on next page)

Guardsmen Mourn Loss of CSM

The Arizona Army National Guard mourns the loss of Command Sergeant Major David Allan Ruelas. CSM Ruelas died 24 June 2003, while instructing at Officer Candidate School, in Fort Meade, South Dakota.

CSMRuelas was born in Tucson, Arizona on 16 April 1946, and was a 1965 graduate of San Manuel High School. He joined the military in 1964 with the Arizona Army National Guard and then served on active duty with the United States Marine Corps from August 1965 – June 1969. During his service with the Marines as a Mortar Cannoneer, he completed two tours in Vietnam where he was wounded and received the Purple

Heart. Following a break in service, CSM Ruelas joined the Arizona Army National Guard in 1977. He served with the 2nd Battalion, 180th Field Artillery and the 153rd Field Artillery Brigade until 1988. In 1988, CSM Ruelas was assigned to the Arizona Military Academy and served as the Senior Instructor, Operations Sergeant and First Sergeant. CSM Ruelas was promoted to Command Sergeant Major in 1994 and served as the CSM for the 158th Corps Support Battalion, HQ, CSM Ruelas was mobilized in 1999 to Macedonia and served as Camp Able Sentry Command Sergeant Major from July 1999 to Jan 2000. CSM Ruelas was personally selected by the Chief of Staff, Arizona

ARNG to serve as the Commandant of the Recruit Holding Company in April 2002. CSM Ruelas mentored and trained over 1200 2nd Lieutenants during his CSM tours with the 196th Regiment in South Dakota, the 205th Regiment in Washington, and the 158th Regiment in Arizona.

CSM Ruelas served the Arizona Army National Guard in a full-time capacity as a Federal civil servant for over 26 years and received numerous awards and citations for his work.

CSM Ruelas is survived by his wife, Dee, of Phoenix and one son, Gregory from Tucson.

Family Assistance Center: “Care Packet Adoptions”

You can prepare your own “care package” from the wide variety of items available at the Family Assistance Center (FAC) in Glendale or just select a package that’s already prepared (most are for members of the 855 MP Co). All you have to pay in either case is the postage (approx \$20)!!! The FAC has the mailing address for each of our deployed units.

What a great way for our soldiers here at home to help their fellow soldiers who are deployed. You may want to enclose a personal note, or a banner/poster signed by all the members of your family or your unit to boost their morale. Some additional items that the troops overseas ask for and which are not on hand at the FAC (or are in short supply)

are: (These are items you might want to buy to supplement what you select at the FAC.....)

Gatorade or Tang Drink mix
Insect Repellent
Flea collars (put on bunks to keep the sand fleas off)
Foot powder or spray
Avon Skin So Soft Lotion (good to keep flies away)
Batteries (D, AA, AAA, and C)
Phone cards

If you have any questions, please contact Gretchen Beard, 602-267-2033 (her number’s also included on the flyer).



Making the Grade:

Continued from Page 7

- Other military certificates/letters (both commendatory and training): Ensure that any letters of appreciation/commendation addressed to you, are filed in your 201 file. Also include copies of ALL military training certificates, regardless of the length of the course. This includes Correspondence Course Completion Certificates and a printout of the credit hours completed. If you enlisted in the National Guard with prior service in another component or with a break in service, you must bring in all of these documents, your personnel records are not transferred to us upon your enlistment.
- Civilian Education: Courses taken at an accredited college, university, or trade school are accepted. You must have an original transcript (official or student copy) sent to our State Education Officer at the Soldier Support Center. He will certify and forward them for data input and filing in your 201 file.
- DA Form 2-1: Look at each block on the form, specifically the sections on awards (make sure all are listed), schools (military

courses must be over 40 hours long to be entered here), and duty assignments. If it looks like something is missing, ask. Finally, change the pencil entry, "Date Reviewed" (item 33), to a current date.

NGB 4100 (Promotion Point Worksheet):

- NGB Form 4100: Check the points calculated in each area: Awards, Weapons Qualification, APFT, Other Resident Training, Self-Development Course Hours, and Post-Secondary Semester Hours. If everything is filed in your 201 and posted to your DA Form 2-1, the calculations should be correct, but have them explained to you so that you can identify any errors.
- SPC Assessment Worksheet: If you are a SPC, your FLL will write this report. It is similar to an NCOER and provides the board an evaluation of your performance and potential. It is an enclosure to your 4100.
- Soldier's Letter to the President of the Board: This is optional, however, it may be a good

idea if you need to explain a missing NCOER, or you want to emphasize some other accomplishment or fact which is not readily apparent by looking at your 201 file. If you elect to do so, it should be one page, typed in military format.

- Other attachments to the 4100 are limited to: A fully justified and approved waiver of Time in Grade or Time in Service from the unit commander, and Medical or profile documentation to justify use of an APFT older than allowed.

As you can see, the key to success on a centralized board is making sure that your records accurately reflect your accomplishments, performance, and potential. Competition for promotion can be tough and your record's condition can make the difference. Anything you can do to show enthusiasm to excel, initiative, self-improvement, your value, abilities and performance, or your potential, counts. If you want to know more about the Enlisted Promotion System (EPS) in Arizona, see STARC AZ Pamphlet 600-200 or contact an NCO in your support channel.

Arizona Army National Guard Units Currently Deployed

363rd EOD Company, Casa Grande
258th RAOC, Glendale

1404th Trans Co., Show Low / Bellemont

Det 1, Co D, 140th AVIM, Phoenix

1/180th FA Battalion, Phoenix / Tucson

356th Signal Company, Phoenix

855th Military Police Company, Phoenix /
Yuma

2222th Trans Co., Tucson / Nogales / Douglas

2220th Trans Co., Flagstaff / Prescott

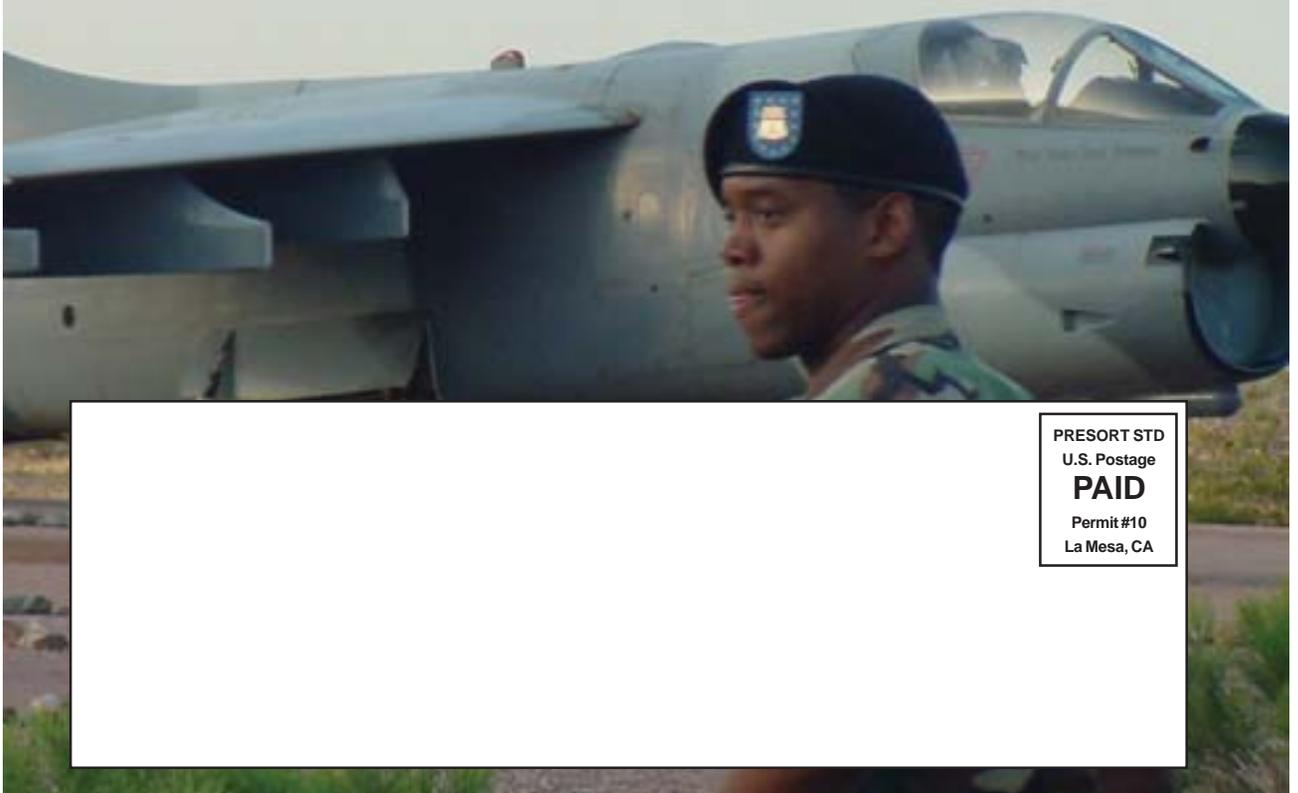
Company G, 285th Aviation Reg., Phoenix

Company C, 111th ASMB, Glendale

Returned Unit

D Company, 245th Aviation, Phoenix

Heliograph



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