



**Discounts
for CSMR
Soldiers**

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**COL Gage
leaves top
medical post**

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WARRIOR WORDS

Newsletter of the Southern Regional Support Command * California State Military Reserve



Military Education, Education for Military



- **Another BOC class graduates**
- **CSMR Soldiers college-bound?**
- **Teaching on a Marine base**
- **Learning public affairs spin**

Roll of Honor

Soldiers recognized

At the September Unit Training Assembly:

Promotions

Robert Davison to SSG

Profession Development Ribbon

SPC Jay Earl

SGT Michael Nguyen

Various CSMR Soldiers (BOC)

Training Excellence Ribbon

SGT Edward Godfrey

SSG Michael Gunter

SPC Chris Henderson

SGT Michael Nguyen

CW2 Val Usle

Emergency Training Ribbon

1LT Galo Pesantes

Chaplain's Corner

A time to press in

In the last Chaplain's Corner, we mentioned that now is the time to "press on" – to draw strength and courage from our God, our family, and our fellow soldiers – and to press on in whatever God has called us to do!

In these turbulent and uncertain days, it is also time to "press in" – to draw near to God, so that He will draw near to us (James 4:7). God gives us an ironclad promise when we seek a close, personal relationship with Him: "You will seek Me and find Me when you search for Me with all your heart. I will be found by you" (Jer. 29:13-14). Notice that a close relationship with God requires that our heart is fully engaged!

We can and should also "press in" to others – to those people (family, friends, and fellow soldiers) that God has placed in our lives. Remember, though, we can become overly dependent on others, emotionally, and that's not a good place to be. The healthiest place to be is completely dependent on God in all things. You see, we are able to love others, appropriately, because He first loved us! (1 John 4:19)



CPT CHRISTOPHER FOWLER

OFFICER PROFILE

CW3 RICHARD RINGWALD

CW3 Richard Ringwald

Age: 66

Lives in: Simi Valley

Joined the CSMR:

December 2007

Prior Service: US

Army, including Vietnam with the

25th ID (Tropic

Lightning) and

5th Special Forces

Group; US Army

Reserve; California Army National Guard (Total of 40 years military service)

CSMR Duty: CSMR Center for Military History at JFTB Los Alamitos

Current Civilian Occupation: Technical writer for a technology company

Family: Married 34 years with a grown daughter

Why did you join the CSMR?

To continue serving and stand alongside our Cal Guard Soldiers; to assist in helping out during times of crisis or emergency here in California.

What do you most like about the CSMR?

The great wealth of experience of former military personnel as well as those who are non-prior service.



WARRIOR WORDS

Southern Regional Support Command

COL MARC BRESLOW
COMMANDING

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On the Cover



Photos by SSG Robert Davison

SOLDIER-STUDENTS in the BOC learned (or refreshed) lessons in drill and ceremonies, among other topics.

The Class of 01-09 steps out smartly

A total of 35 Soldiers completed the 1st Inaugural Basic Orientation Course (BOC) for California State Military Reserve personnel from the Southern Regional Support Command. The BOC was a three-day event held at various JFTB sites and spread over a two-month period.

The new course was developed from the original CSMR BOC Phase Program and transformed into a Single Phase multi-day school.

The next BOC Course (Class 02-09) is scheduled for Oct.- Nov. and will be conducted at the JFTB Veterans Center, Building 244.



BOC CLASS 01-09, with instructors (left); CW5 Thomas Tomka, top BOC Soldier (inset) ; COL Breslow speaks to the students (right).

Military discounts: they're at your service

From fast food to home supplies, lots of places to save money

By SGT Gregory Solman
Warrior Words

According to Military.com, of the more than 1,528 companies, merchants and independent agents nationwide offering substantial military discounts, 626 are available to Californians, from the largest national chains to the tiniest neighborhood ice cream shops.

Almost without exception, merchants expect to see a valid military identification card—or accept an online indication of active service—and make no distinction between the California State Military Reserve and Soldiers and Airmen of the Army or Air National Guard.

Retailers supporting CSMR in this manner include superstores useful on a daily basis—10 percent off at both Lowe's and Home Depot can be even be applied to large building projects and save members thousands of dollars—and rarer or once in a lifetime opportunities.

Need to search your past? Get 50 percent off genealogical research via Ancestral Intelligence Agency. Want a hot car? Motordyne Engineering will take 15 percent off plenum mods. Want to retire your spectacles? There's 45 to 55 percent off LASIK or PRK elective vision-correction surgery.

The better to see the fine print: Some military discounts are conditional or tricky. For example, Bass Pro Shop in Rancho Cucamonga offers 10 percent



AMONG THOSE businesses offering discounts to California soldiers are Home Depot, Bass Pro Shops, Chick-fil-A and Old Navy.

discount on some, not all items. (Excluded are such staples as reels, firearms, ammunition, Tracker boats and Mercury motors.) But the discount is only offered for one week a month starting on the 15th of every month.

Best Buy in San Bernardino's military discount is only for Saturday shoppers; some other Best Buys offer none at all. Old Navy takes 10 percent off—but only on the first day of every month. Henry's Farmers Market in San Diego and Riverside offers 10

percent discount and free coffee until noon on the first Monday of every month.

The prevalence of Internet shopping adds a wrinkle to military discount shopping, with many merchants (for example, Instrumentpro.com, drugstore.com) offering online discounts only, while others (such as Bass Pro Shop) only offering in-store discounts and excluding online sales, and Chick-fil-A—located near the Joint Forces Training Base in Los Alamitos off the 605 in Long Beach—giving a very generous discount to soldiers

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Your Benefits

Continued from page 6

who show up in uniform.

The Chili's restaurant in Cypress, not far from the JFTB, gives Soldiers in uniform a 10 percent discount, alcohol excepted.

The predominance of discounts reflects the historically dominant male character of the military.

So, for example, Small Pleasures in Sacramento offers a 20 percent off one-hour Swedish massage; Kioki cigars and other rollers offer 10 percent off, and



CSMR members can get "thousands" off cars at Star Automotive, National City, 15 percent off at Alba Action Sports, Poway, 10 percent off Body Kits, San Diego, and 10 percent off on performance suspension systems at Icon Vehicle Dynamics in Corona.

The substantial presence of women in the military shows in feminine offerings once unimaginably associated with the service. For examples, Avon offers 50 percent off, Keepsakes Etc., and Rascals Ladies, San Clemente, and Linens4Less in West Covina all offer 10 percent discounts, and many individual owners of Mary Kay cosmetics businesses offer varying discounts to military women, shipping to them directly. A sign of changing times, there are nearly 100 discounts nationwide available to active military mothers and expectant mothers.



Go to college on new program for Soldiers

Governor signs education bill including CSMR

Starting next year, Soldiers from the California State Military Reserve may also become college students, thanks to the taxpayers of the Golden State.

On Aug. 28, Governor Arnold Schwarzenegger signed Assembly Bill X4 12, which creates the California National Guard Education Assistance Program, which will allow members of California's Military Department to receive financial assistance.

Although the name of the program cites only the National Guard, the bill and resulting program also includes members of the State Military Reserve and Naval Militia.

"California's National Guard is on the front lines of every disaster," said the governor. "From protecting citizens from wildfires and floods here at home to serving the people of New Orleans after Hurricane Katrina, the Guard can be relied upon in every emergency."

"These brave men and women are heroes, now they will have the opportunity to get the college



GOV. ARNOLD SCHWARZENEGGER

education they deserve."

Up to now, California was the only state in the Union without a college assistance program for its National Guard. Although there is Federal money available for Guardsmen deployed overseas, that funding is not available to Soldiers in state service only.

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Education Assistance: Would you qualify?

The Education Assistance Award. Do you qualify?

You must:

- be a legal resident of California;
- be an active member (with at least two years service) in the California National Guard, the State Military Reserve or the Naval Militia;
- have been accepted, registered or enrolled in a qualifying institution;
- agree to use the money for educational purposes, and be enrolled in at least three units per semester; and
- have submitted the Free Application for Federal Student Aid (FAFSA) to the U.S. Department of Education.



SPC TODD ROYER (standing) supervises safe firing of the M-4 as a range safety officer.

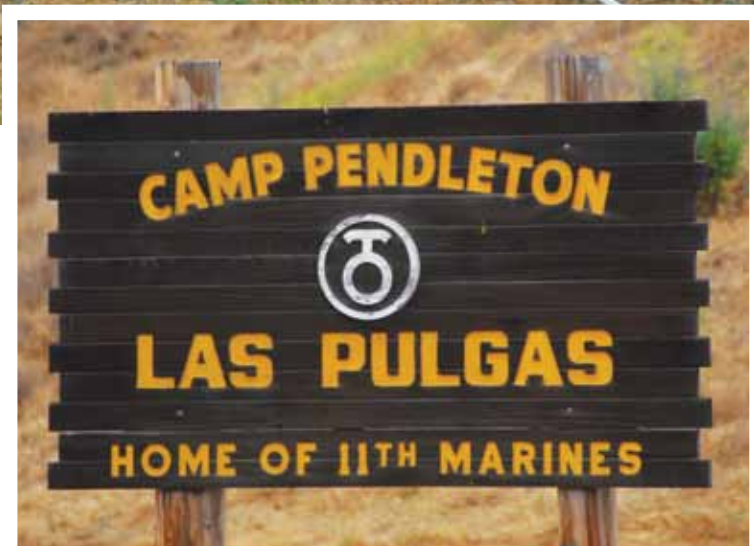
Camping out one a Marine base

Story and photos by SSG Robert Davison
Warrior Words

On June 20-21, 2009, Bravo Company, led by WO1 David Coronado and 1SG Don Polny, 1st Battalion, ASG (S), accompanied the 1498th Transportation Company, National Guard, Azusa Armory to Camp Pendleton Marine Corps Base.

The purpose of the Guard exercise was to facilitate the Guardsmen to zero and qualify on the M-4 carbine. The role of Bravo Company was to serve as RSOs (Range Safety Officers).

The National Guard and their SMR counterparts departed the Azusa Armory by a convoy composed of Humvees, many of which had CSMR troops from 1st



Battalion as drivers and co-drivers.

The trip to Camp Pendleton traveled over public freeways and took about 90 minutes. Because the field exercise extended over two days and the Guardsmen and CSMR bivouacked overnight in dome tents and most meals were MREs. A light drizzle added some realism and challenges to the training exercise.

The Marines are to be commended for their economic use of wooden freight pallets as target backstops on the firing range.

Success for the weekend was measured by all Guardsmen qualifying with the M-4. Much of that success is owed to the efficient manner in which the CSMR supervised the firing line and maintained a safe environment as RSOs.

Meeting the press for CSMR

PA section gets the word on how to get it right for state's military

By CW2 Rick de la Torre
Warrior Words

The phrase "spin to win" is becoming a new battle cry for some CSMR Soldiers.

Good relations with the news media can go a long way in sustaining a positive perception of the California Military Reserve and the work it does in support of the California National Guard.

To help fine-tune their on-camera style and other interviewing techniques, several members of CSMR public affairs units took part in a special training session at the Joint Forces Training Base in Los Alamitos in August.

The two-day session, presented by Cal Guard Public Affairs representatives from Joint Force Headquarters in Sacramento, featured a rapid-fire review of the key components of military public affairs: media relations, community relations and command information.

In May, the same Cal Guard group held a similar conference in Northern California.

At the JFTB event, the talk centered on how to best handle the typical but at times hard-hitting questions the public wants answered, including hot topics such as readiness, deployments and funding.

"How do we respond? What are the appropriate messages we want to



1LT RONALD ALEXANDER practices doing a television interview during the UPAR event for National Guardsmen and CSMR Soldiers.

convey?," asked LTC (CNG) Robert A. Stern.

There is a great need for unit public affairs reps (UPARs) to be ready in a moment's notice to find the right words and convey the right sentiments.

The toughest tests can come when dealing on-scene with assertive reporters, and with situations involving highly sensitive matters such as Soldier fatalities or classified information.

The key elements for UPARs to always follow when involved newsgathering scenarios: security, accuracy, policy and propriety.

UPARs can take advantage of various opportunities and venues for getting the good word out, according to Stern and the other CNG presenters.

These can involve not only the use of newsletters, websites and videos, but also speakers' bureaus and on-base open house events.

An ongoing opportunity for statewide visibility and to earn props is through the Grizzly, Cal Guard's monthly newsletter.

COL Martin Ledwitz, the CSMR's chief public affairs officer, was hopeful the publication can find ways to run more coverage on the Reserve's various accomplishments and activities.

"The CSMR needs to get its story told," he said.



COL MARTIN LEDWITZ, head of the CSMR's statewide public affairs, makes a point.

Welcoming back the troops

Military reservists help organize this 'Operation Gratitude'

Story, photos by SPC Jay Earl
For Warrior Words

It is said the desert that surrounds March Air Reserve base is a dry, inhospitable place.

However, on Aug. 11, 2009 the cries from happy tears filled the air as returning soldiers from the National Guard's 1st Battalion, 185th Regiment, returned from a year's duty in Iraq to the arms of their grateful and excited families at the National Guard Armory in Riverside. Hundreds of family members waited patiently for the buses to arrive with their long-awaited loved ones aboard.

SPC Luis Montano Jr.'s mother, Roberta, Dad, Luis Sr., brother Alejandro and cousin, Brian Montano, all of Calexico, excitedly held up signs to welcome him back home after a year-long tour in Iraq.

CPT Ty Rosenberry's family of Hesperia, cheered and waved signs as the vehicles drew near. Roseberry's wife, Christine, his children, Charlee, age 3 and Jake, age 2, parents Larry and Wray Rosenberry and best friends Rhonda and Lorri Keyser waited with gleeful anticipation. Rosenberry had been stationed in Baghdad.

Wife Cozyett Hatcher and her daughter, Brittney, pregnant with the Hatcher's first grandchild, had not seen SFC Frank Hatcher of Vandenberg AFB in over six years. Mrs. Hatcher explained her husband had been on three back-to-back deployments. "I'm so glad he's home," she exclaimed.



A TEARFUL REUNION at March Air Force Base in the High Desert.

Seven-year-old Liam, son of SFC Paul McKenna and wife, Janet, of Burbank, held up signs with a photo they had special ordered for free from BuildaSign.com. Mrs. McKenna explained any military family could order free signs from the company, if they paid the nominal shipping and handling. Liam was dressed in a miniaturized version of an Army Combat Uniform and grinned ear to ear.

Cheers and applause erupted midmorning from the throng of families and friends as the buses

entered the Armory parking lot. As soon as the bus doors opened, disgorging the excited soldiers within, families rushed forward searching for their loved ones with an outpouring of genuine tears and admiration.

SFC Ivan Cruz, SGT Daniel Saam, SGT Philip Hayes, SPC Jay Earl and SPC Michael Moran of the California State Military Reserve supported the event with traffic and crowd control to facilitate the families effortlessly reuniting with their soldiers.

A California hero retires

COL Gage brought CSMR medical resources to impressive status

By 1LT Ronald Alexander
Warrior Words

COL Alon B. Gage, who retired the as Director of Medical Services, California State Military Reserve, received the Order of California medal for his “superior service “during the period 1 July 1990 to May 1, 2009 in a ceremony held Aug. 22 at Southern Regional Command Headquarters Support Building 5.

His life’s long work in service to his country started when, at the age of 23, he joined the Army Reserve once he had graduated from Minnesota State University, Mankato. He would attain both a B.S. in biology and an M.S. in health.

After joining the Army Reserve in 1962, he move from reserve to active status. He received orders to the 205th Infantry Brigade (ret) at Fort Snelling, Minnesota.

In 1965, Gage received his commission as a 2LT. In 1970, he took the billet of Commanding Officer, Medical Company, US Munson Army Hospital, Ft. Leavenworth KS.

While stationed at Fort Leavenworth, Gage decided that he wanted duty in Vietnam. He decided, “to speak to the right people...” “At age 31, as an old guy, when most going to Vietnam were in their teens or early 20s, I was sent to Phu Bai.”

The XXIV Corps headquarters was located in Thua Thien Province. When Gage arrived in-country, heavy helicopter traffic filled his area, lifting off from the Hue-Phu Bai airport, giving support to



COL ALON B. GAGE, wearing his Order of California medal.

When the 9-11 attacks occurred he processed more than 65 medical personnel for emergency state active duty.

northern provinces.

The facility where Gage worked had 75 to 80 beds. Outside the wire, Gage performed at least one operation with the Civic Action Group.

When visiting a Vietnam hospital, he witnessed the stress upon the hospital staff and facilities. In one ward, a mix of patients presenting different ailments crowded the floor. Added to that problem, patients’ families remained with them, often cooking food on the floors. “It was

rather primitive!” he said.

Gage received a Staff Service Medal from a Vietnamese BG for his work as the adjutant and personnel officer, 85th Evacuation Hospital.

Once his tour of duty ended in Vietnam, Gage returned to his duties as a Commanding Officer, Medical Company, US Walson Army Hospital, Fort Dix New Jersey. He has also served in administrative billets in the Office of the Army Surgeon General, Washington DC and as an Administrative Officer, Tripler Army Medical Center, Honolulu.

In 1986, Gage retired from active military service. In 1990, he joined the CSMR. When Sacramento needed an officer who had experience and knew about the complexity in rendering medical

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COL Cage retires, heads for Hawaii

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support, Gage filled the position.

At that time, only one branch qualified military officer held a billet in the CSMR. Later he took the position as a staff officer in June 2001.

When attacks occurred on Sept. 11, 2001 the CANG requested CSMR assistance. The new mission involved the processing of more than 65 medical personnel for Emergency State Active Duty. His command availed personnel to a number of sites including overseas.

With as many as 15,000 Soldier Readiness Processing (SRPs) forms completed, the duration of work extended to three weeks, totaling 100-125 per day. Without a computerized facility, the processing of medical, dental, psychiatric, and legal documents required from 10-12 admin officers and NCOs. Then, to prepare Periodic Health Assessments (PHAs) more attention to details guided the work.

Gage recognizes that a budgetary restriction has reduced premium assets, which changes the configuration of services. This situation extends throughout the medical support mission.

Physicians, psychiatrists, dentists, physician assistants, nurse practitioners, and nurses have had reductions in overall staff responsibilities due to a reduction in funding. Contractors now provide services for basic medical needs.

Yet, Gage notes that medical contractors may not have

Education benefits now extended to the CSMR

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The program will begin in January 2010 with \$1.8 million. It's intended to cover the majority of fees associated with attending a public or private college. State officials feel this benefit may help reduce the 16 percent annual turnover rate among Guardsmen. CSMR recruiters expressed optimism that the program would help enlist and retain Soldiers for the Reserve.

There are requirements that apply to the program, and the Adjutant General may give priority to those in high-demand military occupational specialties (see box, page 5).

According to CSMR LTC Bradley Niederhauser, "it will be very difficult to get enough applicants processed through to award all of that money," referring to the \$1.8 million allocated for the six-month interval. "CSMR membership has a unique opportunity to receive this great benefit."

the necessary training to perform an immediate and successful mission. COL Gage said the CSMR will continue to receive the call; but, "the CSMR could never do that on a full-time basis. We must watch out for what we say we can do! A week, yes; two weeks, no!"

Gage built a database of terms and definitions that helps to clarify confusing terminology within the branches of medical corps professions. His interpretative standards promote quality decisions for promotion to higher levels of responsibilities throughout the medical field.

In April 2009, Gage attended his final UTA. He reached the age of 70 this past July.

Following a 20-year career as a teacher in the California Dept. of Corrections, Gage will travel to Hawaii, where he has a home. The father of two,

This is your newsletter

Warrior Words is the quarterly newsletter of the Southern Regional Support Command of the California State Military Reserve.

That means that the job of the staff of Warrior Words – drawn from the public affairs section -- is to inform you and help give recognition to you about your work in the CSMR.

We encourage you to contribute material for publication. We publish

is four times a year, so we publish in January, April, July and October. A limited number of print copies are available; we strive to e-mail copies of Warrior Words to as many Soldiers in the SRSC as we can.

If you wish to contribute, or to request a PDF (portable document format) version of the newsletter, to make a suggestion or request a correction, please e-mail us at warriorwords@mac.com.

Articles submissions should be made in a .doc format in Microsoft Word (not docx). Photos should be accompanied by a cutline (caption) describing what's in the image, and naming the people depicted in the photo (including rank, first and last name).

File sizes of photos should not exceed eight megs; anything more tends to choke our e-mail system.

