



**Soldiers Get
'Spirit of '41'
for holiday**

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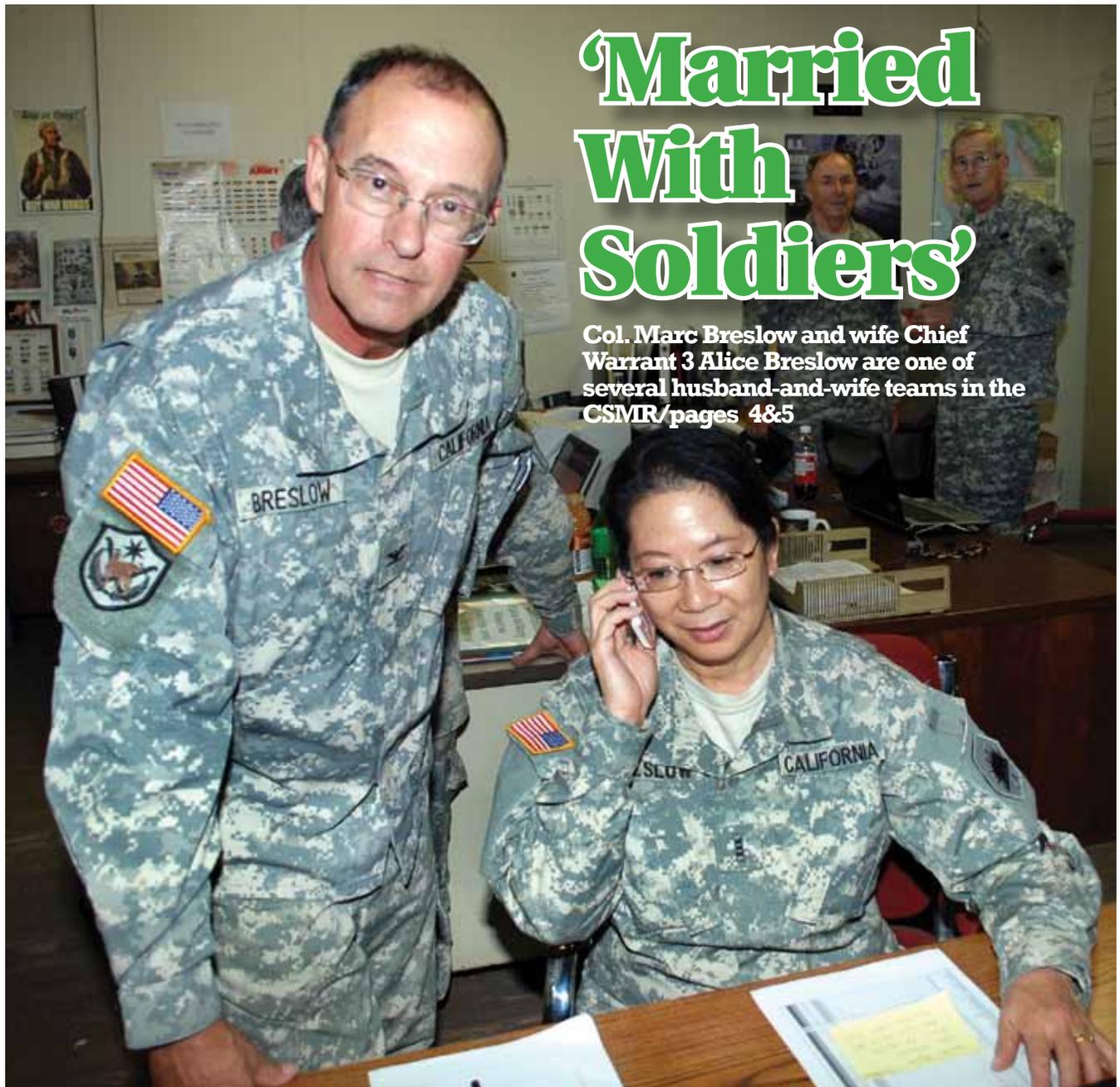


**BOC and
BNCOC are
class acts**

Pages 6-7

WARRIOR WORDS

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



'Married With Soldiers'

Col. Marc Breslow and wife Chief Warrant 3 Alice Breslow are one of several husband-and-wife teams in the CSVMR/pages 4&5

OFFICER PROFILE

CAPT. JAY M. COOGAN

AGE: 61.

LIVES IN: West Los Angeles.

JOINED CSMR: December 2008.

PRIOR MILITARY SERVICE: Vietnam veteran (U.S. Navy, air crewman, 1967-71).

CSMR DUTY: JAG Staff Attorney.

CIVILIAN OCCUPATION: Attorney with private practice, specializing in business litigation.

FAMILY: Married, two grown children.

WHY DID YOU JOIN THE CSMR?

"After years of practicing law, I was looking for some way to give back, and I found the CSMR. [Serving] gave me a platform to try to give back and help this generation of Soldiers going off to war. We [JAGs] really do a lot for the Guard."

WHAT DO YOU LIKE MOST ABOUT THE CSMR?

"It gives me a sense of camaraderie and an opportunity to be involved. That's the best way to put it. The clients we represent – the Guard members – are the most grateful clients that I have. It's heartfelt, and that's the absolute truth. It's really something to go all over the state and represent Soldiers in court and wear Class A's."

MILITARY HONORS AND AWARDS:

California Medal of Merit.
California Commendation Merit.
California Achievement Medal.



Make a note ...

Here's the schedule for the remainder of the training year for DSB, SRSC and ASGS.

Feb. 12, 2011
April 9, 2011
May 14, 2011
June 11, 2011
July 9, 2011
Aug. 13, 2011
Sept. 17, 2011

If you need a SUTA, make sure to contact your section leader well in advance of the Unit Training Assembly date.

Chaplain's Corner

The Prayer of Jabez

Many of you have probably heard of The Prayer of Jabez. It was a small book, written a few years ago, around the premise that, if we just say the "prayer of Jabez" (1 Chronicles 4:10) every day, we will prosper materially. The premise is wrong and unbiblical; yet the prayer itself is wonderful.

Here's what Jabez, an honorable man, requested of God: "Oh that You would bless me indeed and enlarge my border [literally, help me in my work], and that Your hand might be with me, and that You would keep me from harm that it may not pain me!" We're told then that "God granted [Jabez] what he requested."

Prayer is not about tapping into God as some great, cosmic vending machine! It is a two-way conversation between you and your Creator, the eternal and almighty God, the great "I AM," who loves you and wants to bless you! In addition to praising and thanking God, prayer allows us to make both big and small requests of our loving Father. God answers our prayers, when they are consistent with His will, His Word (the Bible), and His perfect plan for our lives.

In response to Jabez's prayer, God blessed him, helped him in his work, assisted him in every area of Jabez's life, and kept Jabez from evil and harm. The key is that Jabez acknowledged God as the true center of his life and work. The Lord is waiting to answer your prayers, too, as you allow Him to take his rightful, command position as Lord of your heart!



CAPT. CHRISTOPHER FOWLER



WARRIOR WORDS

Southern Regional Support Command
COL. MARC BRESLOW
COMMANDING

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Soldiers, civilians help the needy

‘Roosters’ gather food to assist the hungry and homeless in area

By CW2 Rick de la Torre
Warrior Words

Soldiers from the California State Military Reserve teamed with members from other service branches to join hundreds of civilian volunteers in helping assemble 3,500 holiday care packages for distribution to the needy.

The packages — featuring turkey dinners with all the trimmings and children’s toys — were part of an annual food drive and community service to provide needy individuals and households in the Southland with a yuletide gift package to help bring some holiday cheer.

“It is always an honor for military personnel to step forward with helping hands and assist civilians in a very worthwhile charity effort like this,” said CSMR Capt. Daniel Woodward, one of about 15 CSMR Soldiers who took part in the Dec. 19 event at the Second Harvest Food Bank in Irvine.

Small groups of troops from the Cal Guard, U.S. Army Reserve and U.S. Marine Corps also assisted in the effort.

In addition to on-site pick-ups by many nonprofit organizations and faith groups, the distribution process also included trucking packages to the Joint Forces Training Base Los Alamitos for local community disbursement from there.

The military’s participation was coordinated through the Inland Empire chapter of the Association of the U.S. Army, a nonprofit education organization that supports community and charitable programs.

“The dinners were hearty and enough



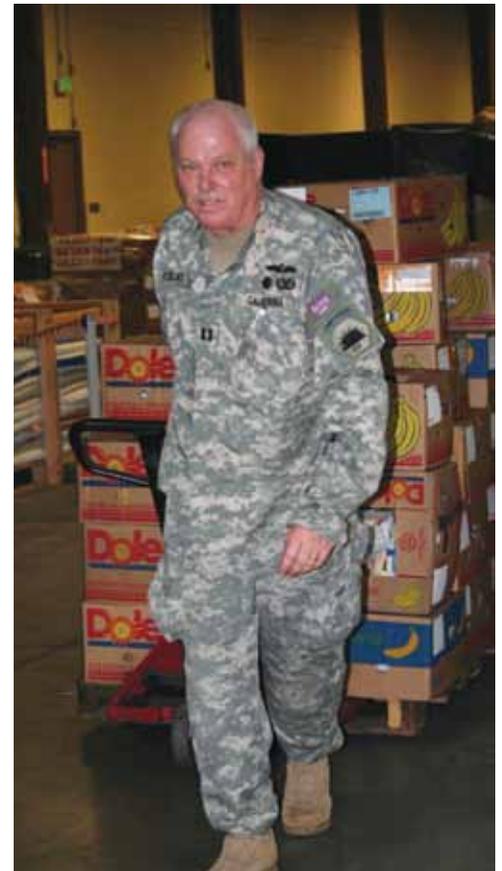
CIVILIANS PACK boxes full of food for the needy (above). Below, Capt. Paul Voelker pulls a dolly loaned with food items.

to feed a family of eight,” said Louis A. Gardner, promotions chairman of The Roosters Foundation, an Orange County-based charity organization that sponsored the giveaway in partnership with Second Harvest. It was the 15th year the giveaway has taken place.

According to Gardner, the local demand for food assistance for the disadvantaged has substantially increased over the past few years.

“In Orange County, one of the world’s most affluent places,” he said, “over 456,000 people are at risk of going hungry sometime every month — 615,000 people are living below the poverty line and 38 percent of the hungry are children.”

Several local businesses also contributed to the giveaway. In addition to the AUSAIE and the military branches and units that participated, assistance was provided through the JFTB Los Alamitos’ Family Readiness Group.



CSMR duty is a His-and-Her MOS

For better or worse, these Soldiers juggle home life and military

By SPC Jay Earl
Warrior Words

One may not initially think of married couples within the rank and file of the California State Military Reserve, so you may be surprised to know how many there are right at Los Alamitos JFTB on drill weekends.

Because volunteering can prove time intensive, it is only natural couples may choose to broaden their experiences together.

Col. Marc Breslow and Chief Warrant Officer 3 Alice Breslow and have been married for 36 years. Marc joined the CSMR in 2001 as an S-3 Ops Officer. Alice joined in 2002 and was assigned to the JAG.

Alice currently works in S-1 and Marc serves as commander of the Southern Regional Support Command. Their daughter, Anastasia, is a U.S. Army major at Bagram Airfield in Afghanistan.

Their son, William, is a 1st lieutenant in the Army Reserve and is at Bagram Airfield, as is their son-in-law, Capt. Kynaston. Chief Breslow explained: "Joining the CSMR together has been great. We come in together, do our own thing and attend public functions together."

Capt. Brett Bailey and Chief Warrant Officer 2 Lisa Bailey, of Newport Beach, have been married for three years. Brett, an S-1 personnel officer, has been in the Reserve for eight years and Lisa, an awards officer, has been in for six years. Initially, when they were dating, Lisa would meet Brett after his drills at Fiddler's Green for social hour. Brett and his fellow CSMR Soldiers encouraged Lisa to join and finally wore her down. Lisa



Photo by Sgt. John Earl

CAPT. BRETT BAILEY (at right) and Chief Warrant Officer 2 Lisa Bailey.



CHRISTINA ARELLANO (now a staff sergeant) with Master Sgt. Phil Arelanno in 2008 photo.

affirmed it was a very good decision indeed.

The Baileys expressed they share a "common passion that has en-

hanced our marriage bond." In their civilian lives, Brett is a buyer for a major hospital headquartered in Fountain Valley and Lisa works for

the State of California Division of Worker's Compensation. Both Lisa and Brett come from military families.

Lisa's father is a former Marine who fought in Vietnam, Okinawa and the Philippines. Lisa's Marine Corps grandfather fought in the Aleutians. Brett's father is a former World War II Navy pilot.

Sgt. Maj. Phillip "Scooter" Arellano and Staff Sgt. Christine Arellano are another married couple who presently drill at Los Alamitos JFTB. The Arellano's have been married for 10 years and joined the CSMR together six years ago.

Christine is a nurse in the medical unit and Scooter is a civilian

"A common passion has enhanced our marriage bond."

firefighter and former paratrooper. They were assigned to the tank battalion in San Diego for a year and have recently returned to Los Al. The couple said they "like doing things together and find being in the CSMR is an excellent opportunity to strengthen our marriage."

Sgt. John Earl and Spc. Jay Earl, of the Inland Empire, have been married for nine years and are both currently assigned to Public Affairs. Jay and John were recruited by the CSMR at a NASCAR event in 2008.

Jay was sworn in within a few months, but it took John, a former Army security agent sergeant, much longer due to procuring old records. Thanks to the faithful nagging of his wife, John was finally sworn in earlier this year. John has been Jay's behind-the-scenes mentor but decided to take on a more active role.

Jay's unit assignments thus far have included recruiting and 1/185th. "I found the CSMR to be tremendously rewarding on many levels and I wanted to share those experiences with my husband," Jay commented.



SGT. JOHN EARL and Spc. Jay Earl.



Photo by Sgt. John Earl

COL. MARC BRESLOW and Chief Warrant Officer 3 Alice Breslow.

Both Jay and John are investigators for public defenders in two different Southern California counties. Jay is a former deputy sheriff and John is a former parole agent. Jay is a self-admitted "Marine Corps brat," and John's father was a paratrooper in the Army and his grandfather was a Navy photographer in WWII.

Jay's 22-year old son, Anthony Drula, is currently in Army basic

training at Fort Sill, Oklahoma.

All three married couples have blended in seamlessly in their duties and are consummate professionals in their units. No doubt there are other qualified couples who may want to serve the state together and they would be welcome to emulate the husband-and-wife teams profiled here by joining the CSMR.



BASIC NON-COMMISSIONED OFFICER class with instructors, November 2010.

CSMR Soldiers Get the Basics

BOC and BNCOC courses at Los Alamitos teach skills, leadership and more

It was a busy year for CSMR training teams with the recent completion of BOC and BNCOC courses that graduated a total of 112 Soldiers.

In September, 52 soldiers from the Southern Regional Support Command (SRSC), graduated from the three-day Basic Orientation Course (BOC) Class 01-10, held at the JFTB Los Alamitos Veteran Services Center (Bldg 244).

Immediately following in November at the same location, the three-day Basic Non-Commissioned Officer Course (BNCOC) Class 01-10 took place for 60 soldiers, some of whom had recently participated in the September BOC.

Both courses were presented by the 1st Regional Training Company Provisional (1-RTC), in accordance with the guidelines of CSMR regulations and HQ CSMR G-3 directives.

"This was the third BOC class to graduate since the SRSC began presenting the course in 2009," said Chief Warrant Officer 3 Rolando Quiambao, the 1-RTC commander. "However, it was the inaugural JFTB

Los Alamitos BNCOC class to graduate and the first ever to be presented by the SRSC."

The BOC is designed to provide newcomers to military service and prior service veterans alike with a general overview of military doc-

trine, customs and courtesies, including sessions on special subjects such as sexual harassment prevention and those topics specific to service in the CSMR.

The BNCOC is a critical part of the enlisted soldiers professional devel-



SGT. 1st Class Gilbert Arde lectures in a BNCOC session.

Training

The Distinguished Graduates for the **BOC Class 01-10** were as follows:

- Capt. Louis Armendariz: Honor Graduate (Prior Service)
- Pfc. Pernaz-Ortiz: Honor Graduate (Non-Prior Service)
- Capt. Paul Eck: Leadership Award
- Pfc. Robyn Haynes: Commandant's Award

The Distinguished Graduates for **BNCOC Class 01-10** were as follows:

- Sgt. Berge Kiphulian: Honor Graduate
- Sgt. Erik Krause: Honor Graduate
- Sgt. Michael Delio: Leadership Award
- Sgt. Alexander Yin: Leadership Award
- Staff Sgt. Michael Nguyen: Commandant's Award
- Sgt. Daniel Stow: Commandant's Award



Photo by Staff Sgt. John Thompson

STAFF SGT. Mike Nguyen gets a BOC training platoon squared away.

opment that also includes the Advanced Non-Commissioned Officer Course (ANCOC) that is currently in the process of being developed for approval by HQ CSMR G-3.

The BNCOC instructor cadre was taken from the CSMR as well as the

California Army National Guard. The Cal Guard soldiers were asked to participate not only because of their NCO experience but also because of their status as graduates of the active/reserve component BNCOC schools.

“Sincere gratitude is extended to Sgt. 1st Class Blanca Potes (HSC 578th EN) and Sgt. 1st Class Edward Gonzales (HSC 40th HHB) of the Cal Guard for their guidance and support,” said Quiambao. “Their participation as leaders, by example, was paramount to the correct presentation of the professionalism and mentorship roles that are the hallmark of the NCO corps.”

Added Quiambao: “I continue to be honored to serve with such an outstanding group of Soldiers — and would especially like to recognize the efforts of Master Sgt. Marc Mellissas (3rd BN) and Master Sgt. Ashley Shaw (ISC) for their invaluable support in the successful planning and execution of the BNCOC curriculum.”

Since it was formed in 2009, the 1-RTC has effectively handled the training missions it has been as-



DISTINGUISHED BOC graduates (from left) were Pfc. Cristina Pernaz-Ortiz, Capt. Paul Eck, Capt. Louis Armendariz and Pfc. Robyn Haynes.

Continued on page 10

'Spirit of '41'



Photos by Staff Sgt. Richard Bergquist

IN KEEPING with the "Spirit of '41" theme of the holiday event, a number of Soldiers dressed in World War II era uniforms. Above, most of them flank Brig. Gen. Emory "Jack" Hagan (Marine camouflage), former CSMR commanding general.

SRSC Soldiers get into the 'Spirit'

With a nod to history, Soldiers of the California State Military Reserve's Southern Regional Support Command – in conjunction with the Order of Constantine the Great and St. Helen – brought Fortie nostalgia and holiday cheer to the Phoenix Club in Anaheim on Dec. 11.

The annual gala, themed this year as "The Spirit of '41" was in honor of the January 1941 activation of the California State Guard, the CSMR's predecessor.

In keeping with the theme, many Soldiers wore World War II uniforms, and there was period music and dancing along with more contemporary fun.

Capt. Brett Bailey served as master of ceremonies, and the invocation was delivered by Chaplain Capt. Christopher Fowler.

Remarks were made by Col. Marc Breslow, commander of the SRSC, and Brig. Gen. Michael Teilmann, Count of Esson and Grand Chancellor of the Order of Constantine.

A video of the CSMR in Review, created by Spc. Randi Ide, was shown, followed by a buffet dinner. Entertainment was provided by singer Lady Szylvia and the The

California Rockslyde band.

"Spirit of '41" was a production of the SRSC's Public Affairs Section, Lt. Col. James Adair commanding.



SPC. JAY EARL, dressed in a USO uniform, plants a kiss on a rather reserved "Soldier" outside the Phoenix Club in Anaheim.

Around the SRSC

Support brigade still busy

Soldiers of the CSMR 2nd Brigade Support Battalion based in San Diego continue to maintain a good-to-go reputation for answering the call when support is needed by California National Guard units.

In December, a small team from the Battalion provided the C Company, 79th Infantry Brigade Combat Team with special aid for a combat lifesaver course that was given to 60 Cal Guard Soldiers at the Montebello Armory.

The team provided assistance on topics such as tourniquet application techniques, blood clotting and the carrying of casualties in the field.

Maj. James Kreter was awarded the California Commendation Medal for volunteer service to the C Company over the last year, which included supervising several vaccination clinics such as one in December held jointly for the IBCT's 18th Cavalry, the 19th Special Forces Group and Army Reserve Soldiers.

NOT FORGOTTEN



Photo by Staff Sgt. John Thompson

CSMR Soldiers made their annual trek to the Veterans Administration hospital in Long Beach on Dec. 5 to bring cheer and gifts to the patients there. Above, Capt. Victor Jimenez and 1st Lt. Lisa Avery meet with Rihad Davis.

RED-WHITE-AND BLUES



Photo courtesy Staff Sgt. Robert Brennan

Staff Sgt. Samuel Adams, Staff Sgt. Michael Medina, Sgt. 1st Class Robert Brennan and Sgt. 1st Class Kenneth Lee are shown with two World War II-era cigarette girls at the Feast Of San Genarro in Hollywood on Sept. 23.



Photo by Staff Sgt. John Thompson

A BOC cadre member instructs a CSMR student in the correct blousing of ACU trousers during the CSMR BOC Class 01-10 held at JFTB Los Alamitos, Sept. 25.

BOC and BNCOC classes

Continued from page 7

signed. Moving forward, the 1-RTC will be coordinating training efforts with the newly formed Operational Training and Support Element – South (OTSE-S), which is part of a G-3 forward-training detachment organized to help present and standardize all institutional training throughout the state.

Commanded by Col. Andre Coulombe, the OTSE-S is the primary G-3 representative in the Southern Region and is coordinating with 1-RTC drafts for future training to include both NCO and officer professional development and ancillary training such as “Soldier Skill” activities to help prepare CSMR Soldiers for activation and service during time of emergencies.

Due to the increasing SRSC training OPTEMPO, 1-RTC is currently seeking soldiers to augment duty positions in a variety of assignments.

For further information regarding 1-RTC vacancies and upcoming training schedules, contact the commander by e-mail: rolando.quiambao@us.army.mil

Awards, promotions and transitions during summer and fall 2010 for area commands of the California State Military Reserve.

Roll of Honor

Awards:

California Achievement Medal (11 winners)
California Good Conduct Medal (3 winners)

Promotions:

- Lt. Col. Runyon to Col.
- Maj. Nakaishi to Lt. Col.
- Chief Warrant Officer 2 Hall to Chief Warrant Officer 3
- Chief Warrant Officer 2 Morris to Chief Warrant Officer 3
- Warrant Officer 1 Baker to Chief Warrant Officer 2
- Master Sgt. Christoffersen to Sgt. Maj.
- 1st Sgt. Roney to Sgt. Maj.
- Sgt. 1st Class Covarrubias to 1st Sgt.
- Staff Sgt. Andrade to Sgt. 1st Class
- Spc. Acosta to Sgt.

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 four times a year, so look for us 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 megabytes; anything more tends to choke our e-mail system.

