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Maryland MUSKET

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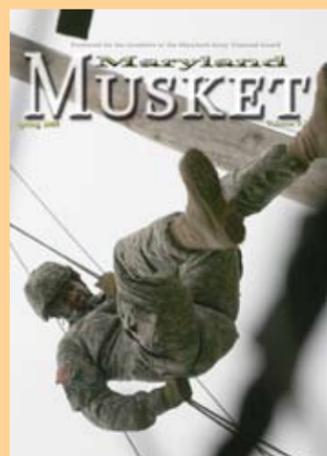
Baltimore Ravens host Military Appreciation Day



During annual training, JFHQ Soldiers honed their basic rifle marksmanship skills using the Engagement Skills Trainer 2000 and the expertise of Master Sgt. Eugene Newby, SIDPERS noncommissioned officer. Photography by Staff Sgt. Rodney Ankeny.

on the cover...

Sgt. Ramsey White, a human resources specialist for Joint Forces Headquarters repels from a stationary helicopter during annual training. Photograph by Staff Sgt. Rodney Ankeny



**Maryland
Musket**

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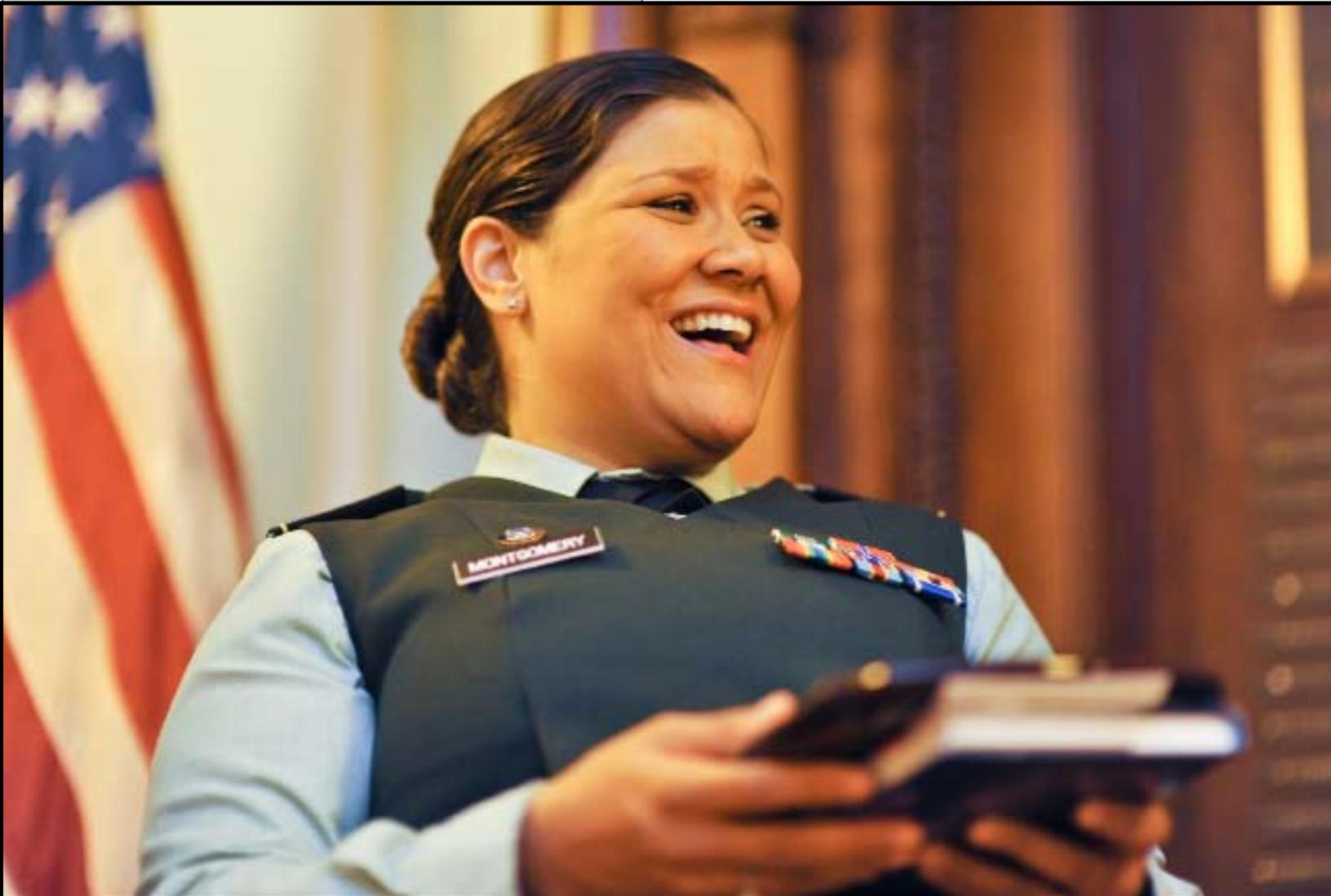
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Sgt. Isolda McClelland
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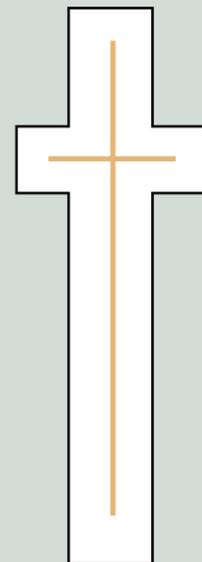
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Chaplain (Capt.) Rebekah Montgomery

Leading a Ministry of Soldiers

Photography and Text by Spc. Stephen Scott



The Military Chaplain's Associations presented Chaplain (Capt.) Rebekah Montgomery, the Maryland Army National Guard's 58th Troop Command brigade chaplain and the deputy personnel chaplain at the National Guard Bureau, with its Distinguished Service Award July 17, 2009, at the Fifth Regiment Armory.

"It's humbling to be recognized by my peers and colleagues for my service," said Montgomery.

These peers span from Maryland to Florida to Afghanistan, and there is no shortage of testimonies from them about Montgomery's stellar service.

"Chaplain Montgomery consistently displays a positive attitude, successfully handles difficult challenges, and always cares for Soldiers," said Chaplain (Col.) Jim M. Fogle-Miller, a Florida Guardsman and chaplain who Montgomery served under while she was deployed in Afghanistan. "Her service there set the highest standards," he added.

She set these standards by displaying the dedication and selflessness that has come to characterize her in the eyes of her colleagues.

Montgomery seamlessly transfused her years of practicing Goju, a traditional martial art from Okinawa, into a positive outlet for the Soldiers by running a dojo at Camp Phoenix in Kabul. Montgomery, also taught a power yoga class to Soldiers and civilians while deployed.

"I love teaching and keeping up a physical discipline to augment my spiritual disciplines of prayer and reflection," said Montgomery.

About six months after being deployed with the Florida Army National Guard, she transferred to the 729th Brigade Support Battalion in Maryland. She served as the battalion chaplain there until the unit was disbanded at the beginning of 2009.

There she served under, then major, Lt. Col. William Wall, who was the battalion executive officer. He recounted the numerous times Montgomery traveled among six different places to provide church services to more than 600 Soldiers of the 729th.

Wall also lauded her support of the state chaplain's Partners in Care program and her coordination for the state's Marriage Enrichment Weekend. The 35-year-old wife and expecting mother was also a primary instructor for that weekend.

"Capt. Montgomery is an extremely dedicated Soldier, officer and chaplain," Wall said. "She constantly [takes] the initiative to be with Soldiers, talk to Soldiers, and minister to their needs."

Montgomery, however, doesn't just provide spiritual support; she is willing to support the mission in any way possible.

"You never know where she will pop up," said 1st Lt. Jennifer Hahn, the state family program director, as she recalled their annual training where she saw Montgomery serving chow and clearing weapons.

"It's not often you see a chaplain in these settings, truly getting involved with Soldiers," said Hahn. "It was refreshing to see her there and to see that she cared enough to go out of her way to make herself available."

After the attacks on Sept. 11, 2001, Montgomery said she felt compelled to serve her country while serving God.

"I didn't know very much about the military and took a leap of faith," she recalled.



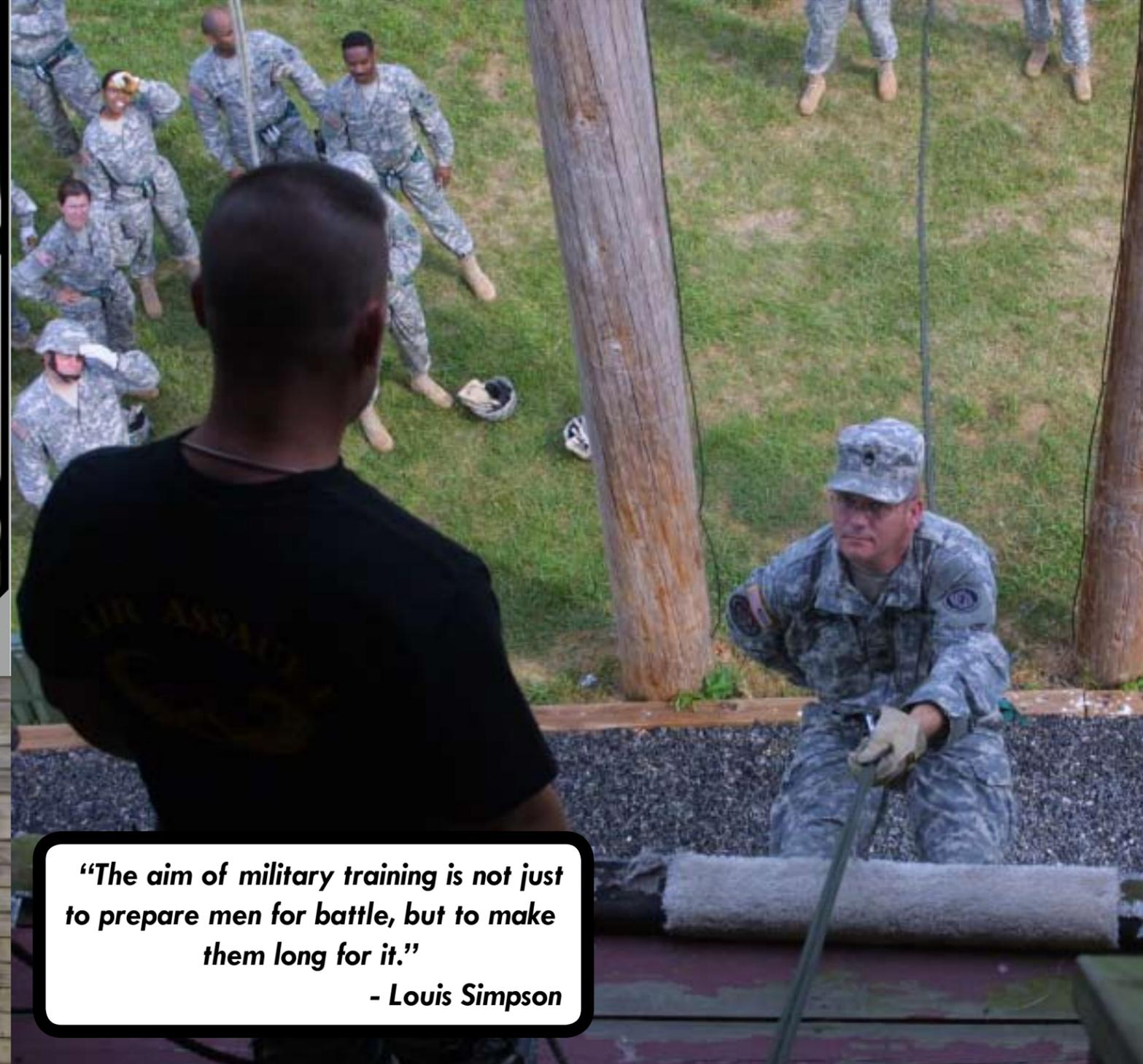
The Military Chaplain's Associations presented Chaplain (Capt.) Rebekah Montgomery, the Maryland Army National Guard's 58th Troop Command brigade chaplain and the deputy personnel chaplain at the National Guard Bureau, with its Distinguished Service Award July 17, 2009, at the Fifth Regiment Armory.

This leap has led to an almost six-year career during which she has been recognized by her compatriots. She was recognized with an early promotion to captain, a Bronze Star Medal, and now this Distinguished Service Award.

"I'm convinced she deserves this award," asserted Wall. "I've worked with many different chaplains throughout my career, but none have ever worked harder or been more effective in the ministry of Soldiers than Capt. Montgomery."

Joint Force Headquarters Annual Training

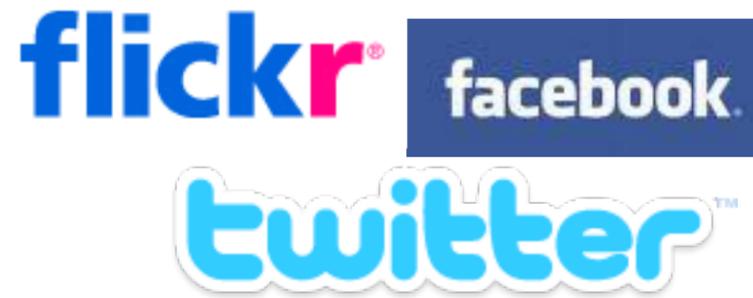
Photography by Staff Sgt. Rodney Ankeny
& Sgt. 1st Class Brian O'Neill



*"The aim of military training is not just to prepare men for battle, but to make them long for it."
- Louis Simpson*

Social Media

Text by Spc. Thaddeus Harrington



No longer just an outlet for college students to meet people, social networking sites have left their mark on information gathering and the sharing of ideas and content.

These sites have turned the average Joe and Jane from an audience member to a producer. They make it easier for people to post content, broadcasting their message to a wider audience and also invites people's perspectives.

Social media encompasses communications, multimedia, opinion sharing, collaboration and entertainment sites. It can be considered anything that can help build a community — next door or worldwide.

It allows for the viral spread of ideas and content. Although some use these networking sites to air what many deem trivial, these sites have also served as an outlet for citizen journalism in places where reporters and news agencies were denied access. Whether Joe Snuffy posts about wanting to get some ice cream or a citizen in Iran shares his thoughts on the election, social media sites have proved to be a source of real-time reporting.

Although very popular, sites such as Facebook, Twitter, YouTube, and Flickr were not utilized for the benefits they provided and were blocked on Maryland National Guard computers. As times change, so must people and the organizations in which those people are members.

The Maryland Army National Guard issued its Policy for Social Media and Website Use on July 15, 2009. It addressed topics such as operations security, first amendment rights, being transparent – staying in your lane, and representing yourself as a reflection of the Maryland National Guard. Most importantly, the policy stated that it's a personal decision to participate in social networking and it's also a personal responsibility to uphold the integrity of the military.

The first paragraph of the policy states that:

Social networks and blogs are an increasingly popular means of communicating. They open incredible doors for Citizen Soldiers to communicate in a public forum and create their own content on the Web. As these types of emerging technologies begin to replace traditional modes of communication, it is incumbent upon MDNG leadership to not only familiarize itself with the trends, but also to ensure that our mission is not

adversely affected within this new online context.

Many military officials have maintained a presence through social media.

“Gen. McKinley, the chief of the National Guard Bureau, started Twittering four days ago [July 12, 2009] . . . He has been putting an update or two up there every single day about what he's doing, what he's thinking and what he's feeling. I think people, Soldiers and Family members connect to that. They connect to the personalness, the authenticity,” said Maj. Rick Breitenfeldt, branch chief of online social media-NGB.

Navy Adm. James G. Stavridis, supreme allied commander, Europe and commander of U.S. European Command, started the blog ‘From The Bridge’ the day he assumed his post as commander on July 2, 2009.

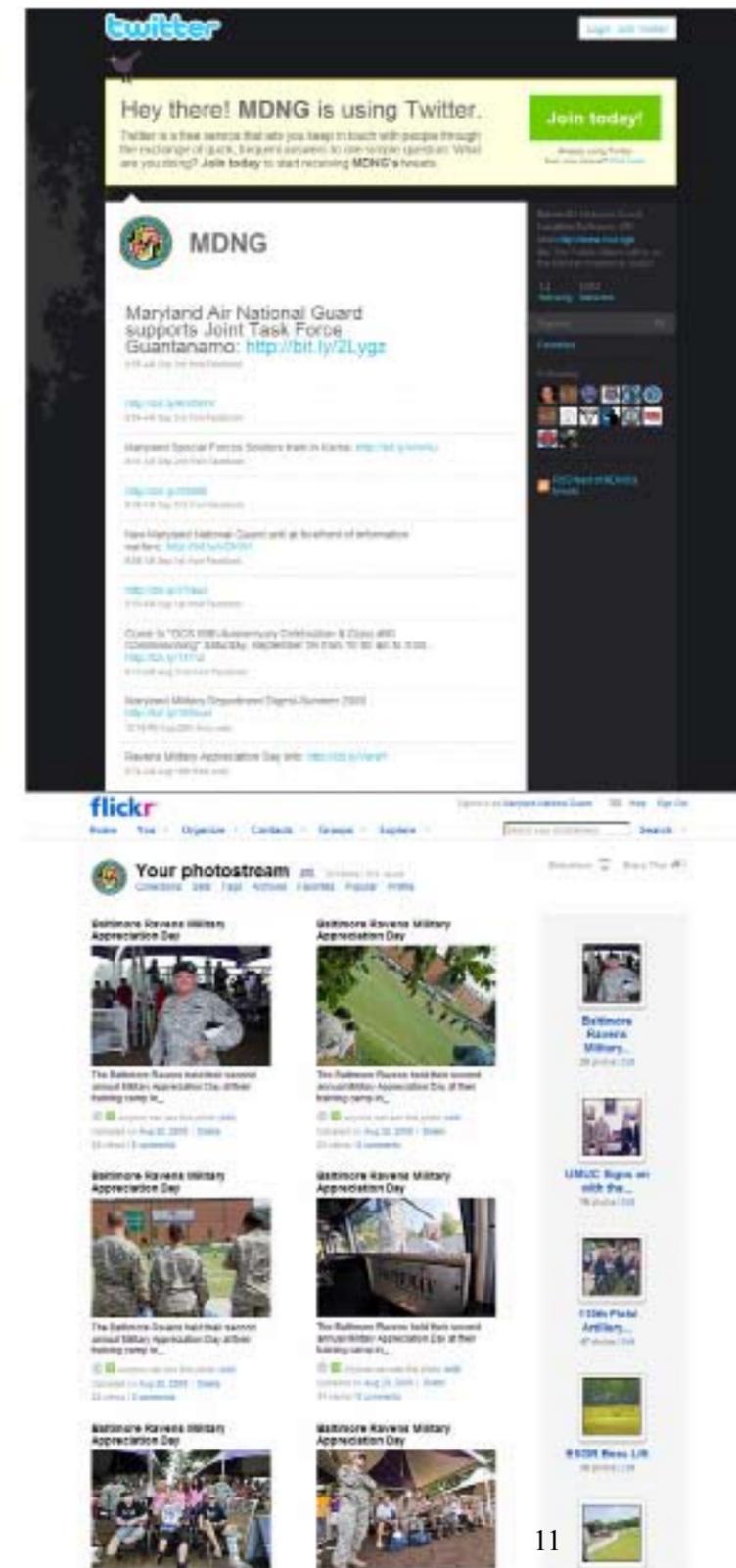
Army Gen. William E. Ward, commander of U.S. Africa Command and a Morgan State University graduate, created the blog ‘AFRICOM Dialogue’ Dec. 21, 2007, to describe the command's goals.

Military public affairs practitioners, those who collect and disseminate info, will have a new use for slightly new media to aid in informing its audience.

“Public Affairs-wise it [Twitter] has a huge implication because we could provide real-time up-to-the-minute, accurate information to the media,” said Breitenfeldt. “If used correctly, social media can help us tell our story it's like going where the people are. . . It's a little bit of community relations. This community is just online.”

Social media outlets allow increased ability to link, tag and bookmark content, helping to gain search engine visibility. No longer are news, information and ideas a one-way conversation. It's a discussion. This conversation helps keep the buzz going and allows for the audience's point-of-view. This participation helps spread messages farther and faster and strengthen relationships with the audience.

“I think this is a great way to allow leadership to communicate with its Soldiers - Soldiers to communicate with their families, and all three to communicate with each other,” said Breitenfeldt.



On May 31, 2009, key leaders from the Maryland National Guard, the District of Columbia National Guard and the National Guard Bureau put their skills to the test during NGB's Motorcycle Experienced Rider Course held at Fort George G. Meade, Md.

Motorcycle safety has become a priority throughout the Army in recent years. According to the U.S. Army Motorcycle Safety Guide, the popularity of motorcycles has skyrocketed and, correspondingly, motorcycle accident rates have increased among Soldiers. The increase in motorcycle riders throughout the Army may be attributed to the rise in fuel prices and the dealer incentives given to Soldiers returning home from deployments in Iraq and Afghanistan.

"This bike is my gift to me after coming home from Iraq," said Command Sgt. Maj. Brian Sann, Maryland National Guard senior enlisted leader.

NGB has noticed this trend and is implementing programs to keep our Soldiers safe. Mr. John Cicilese, NGB Safety and Standardization Branch, coordinated two Motorcycle Safety Foundation courses at Fort Meade in May. NGB's approach is in line with Army training practices as outlined in Army Regulation 385-55. The courses are not contracted out to civilians, but are instructed by certified National Guard Soldiers. Maj. Ernie Smith, Alabama Army National Guard, and Sgt. Jeremy Galster, Louisiana Army National Guard, were the rider coaches for the Basic Rider Course held on May 29-30 and for the Experienced Riders Course held on May 31. All rider coaches are certified through the Motorcycle Safety Foundation before they are selected to instruct Soldiers.

Smith expressed that the goals of both courses are to save lives and make motorcyclists more defensive riders. The Basic Riders Course is an introduction to motorcycle riding.

The instruction begins by pointing out all the controls and components of the motorcycle itself. The course follows a logical approach to riding. Instructions on how to mount the motorcycle, start it and manipulate levers and buttons begin the day. By the end of the course, students slowly weave through a course of traffic cones and practice U-turns. Generally, the basic course offers smaller motorcycles for the students to practice with.

The Experienced Riders course requires the motorcyclists to bring their own motorcycles. Maj. Heidi Brodmarkle, NGB G-8, commented that she learned a lot about the handling of her bike.

As registration was occurring, all the students were milling around and checking out each other's bikes. The bikes varied from a full touring Harley Davidson to a sleek Triumph sport bike to a pair of Vespa scooters. The concept of the students riding their own machines is similar to the Army's Battle Focused Training. Train as you fight translates into learn and train on what you ride. Every motorcycle has distinct handling characteristics, and it is important to practice the basic skills on the motorcycle you ride.

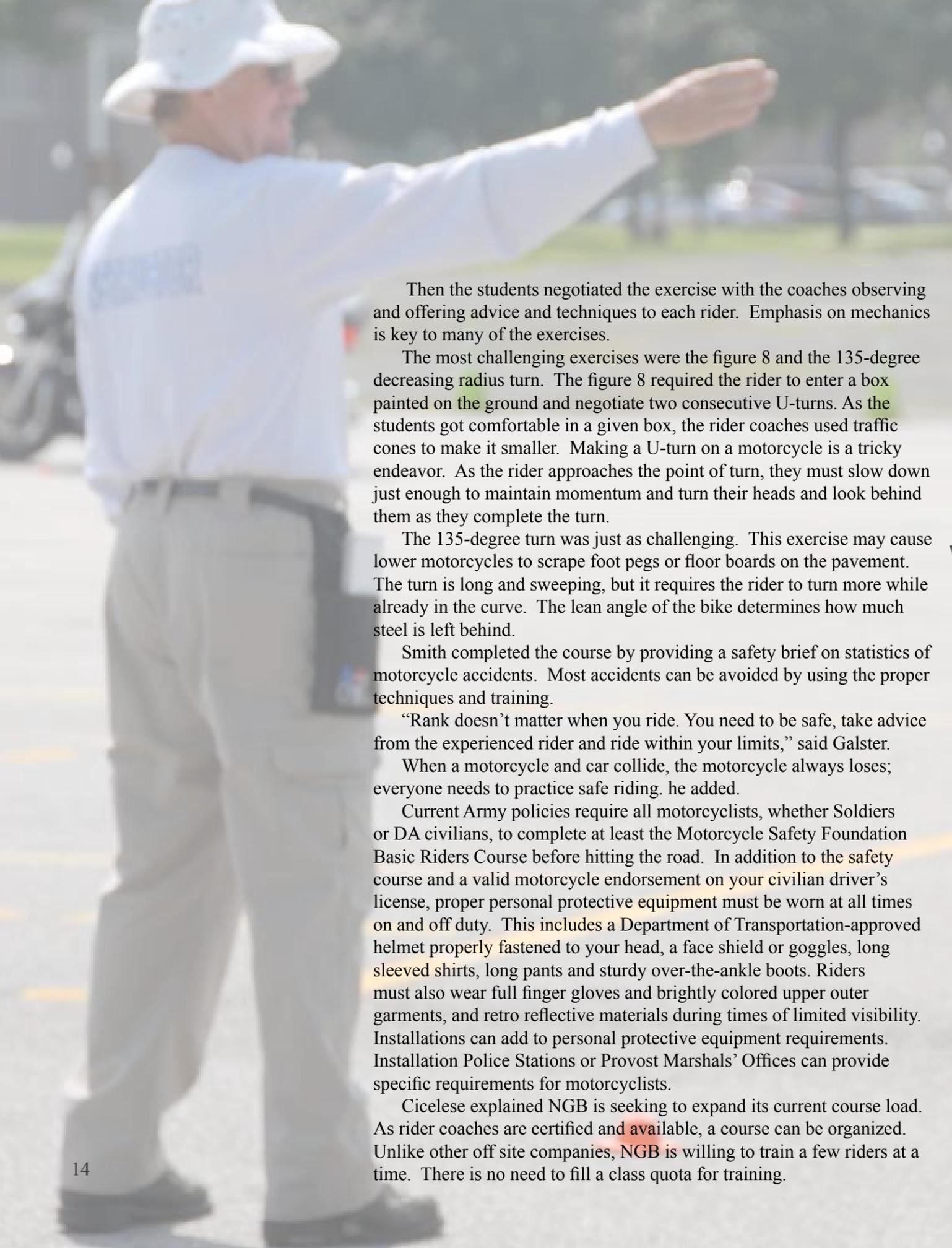
The Experienced Riders Course picks up where the Basic Course ends. The warm-up exercise is similar to the final road exercise of the Basic Course. All students begin riding around the exterior of the "Motorcycle Range", practicing a series of 90-degree turns and transitioning into a series of offset weaves. They conclude by having all riders take the clutch hand off the handlebars to demonstrate control of the motorcycle.

Over the course of the day, Smith explained the next exercise and offered techniques while Galster straddled his bike and demonstrated the exercise.



Motorcycle Safety Course

Photography by Spc. Loni Kingston & Text by Sgt. 1st Class Brian O'Neill



Then the students negotiated the exercise with the coaches observing and offering advice and techniques to each rider. Emphasis on mechanics is key to many of the exercises.

The most challenging exercises were the figure 8 and the 135-degree decreasing radius turn. The figure 8 required the rider to enter a box painted on the ground and negotiate two consecutive U-turns. As the students got comfortable in a given box, the rider coaches used traffic cones to make it smaller. Making a U-turn on a motorcycle is a tricky endeavor. As the rider approaches the point of turn, they must slow down just enough to maintain momentum and turn their heads and look behind them as they complete the turn.

The 135-degree turn was just as challenging. This exercise may cause lower motorcycles to scrape foot pegs or floor boards on the pavement. The turn is long and sweeping, but it requires the rider to turn more while already in the curve. The lean angle of the bike determines how much steel is left behind.

Smith completed the course by providing a safety brief on statistics of motorcycle accidents. Most accidents can be avoided by using the proper techniques and training.

“Rank doesn’t matter when you ride. You need to be safe, take advice from the experienced rider and ride within your limits,” said Galster.

When a motorcycle and car collide, the motorcycle always loses; everyone needs to practice safe riding, he added.

Current Army policies require all motorcyclists, whether Soldiers or DA civilians, to complete at least the Motorcycle Safety Foundation Basic Riders Course before hitting the road. In addition to the safety course and a valid motorcycle endorsement on your civilian driver’s license, proper personal protective equipment must be worn at all times on and off duty. This includes a Department of Transportation-approved helmet properly fastened to your head, a face shield or goggles, long sleeved shirts, long pants and sturdy over-the-ankle boots. Riders must also wear full finger gloves and brightly colored upper outer garments, and retro reflective materials during times of limited visibility. Installations can add to personal protective equipment requirements. Installation Police Stations or Provost Marshals’ Offices can provide specific requirements for motorcyclists.

Cicelese explained NGB is seeking to expand its current course load. As rider coaches are certified and available, a course can be organized. Unlike other off site companies, NGB is willing to train a few riders at a time. There is no need to fill a class quota for training.



Gone...



But Not Forgotten

Photography and Text by Sgt. Jennifer Sardam

FIELD ARTILLERY REGIMENT

Nearly a century of history ended on a Saturday in early August for the Maryland National Guard's 110th Field Artillery as the regiment's colors were retired during a deactivation ceremony at the Pikesville Military Reservation.

"It's a very sad occasion," said Lt. Col. Matthew L. Packard, commander of the 110th FA Regiment for the past two years. "But having gone through the ceremony, I'm very proud of having been in this battalion, and to stand alongside some of the very great men who have served here and their families who have supported them."

The unit originated as the Light Artillery Battery in 1915, and nearly two years later, it officially became the 110th FA, assigned to the Maryland National Guard's 29th Infantry Division.

As part of the 29th ID, the 110th FA stormed Omaha Beach on D-Day at Normandy, France, in 1944. Elements of the regiment has since been involved in a number of campaigns which include Operation Noble Eagle, Operation Enduring Freedom and, most recently, Operation Iraqi Freedom.

The deactivation of the regiment a part of a larger U.S. Army reorganization plan.

"It's a process," said Brig. Gen. James A. Adkins, the adjutant general of Maryland. "Our Army goes through changes and transformation, and we look at what the needs are and the requirements [are]. The United States Army is shutting down artillery units all over the globe, and that's what hit us."

The 110th's colors are cased. However, the impact of such an active military heritage is not so easily surrendered.

Retired Brig. Gen. J. Donald Haynes, commander of the 110th from 1984 to 1988, hopes to see another chapter unfold for the field artillery tradition in Maryland, which has its beginnings in the Revolutionary War.

"I pray that we will very soon see another artillery unit come back to Maryland and be stationed at Pikesville," said Haynes, "and that the lineage of the 110th FA will be returned to it."

During the ceremony, Packard dedicated an oak tree on the reservation's grounds to the unit.

The regiment's motto, "Sicut Quercus," means "as the oak."

In keeping with that motto, the roots of the 110th FA run deep, glimpsed in the camaraderie of its current and past Soldiers and felt in the palpable reverence that filled the air throughout the ceremony.

"Today was a day we honored history and recognized that all our units are made up of individuals whom have answered the call," said Adkins. "They serve and make sacrifices and have done (so) in Maryland for hundreds of years. We just wanted to honor that service today and deactivate the unit with class and the appropriate respect it deserved."

... AND THE ARMY GOES MARCHING ALONG



PHOTOGRAPHY AND TEXT BY SGT. ISOLDA MCCLELLAND

The crowd gathered, and loud cheers of praise erupted into a standing ovation was given as Soldiers marched through the street. This was a day for Soldiers to give back to a community that has supported them throughout the years. This was a day for them to give back to Havre de Grace.

Soldiers of the 1729th Forward Support Maintenance Company of Havre de Grace showed their appreciation of the community by participating in the annual Independence Day parade there. Every Soldier had a mission and a role to play. Some were drivers, some were passengers, and many walked alongside the vehicles. They handed out candy, National Guard t-shirts, cowboy hats and water bottles, while ensuring that no one got hurt while watching or participating in the parade.

“I really enjoy supporting and being supported by a community that has been a part of us over the years,” said Spc. Alonzo Broadwater, a supply specialist with the 1729th, and a humvee driver in the parade.

There were six vehicles used for the parade; four desert painted Humvees, a tow truck, and the Junk Yard Dog. The Junk Yard Dog a uniquely camouflaged Humvee equipped with monster truck tires. It has Maryland Army National Guard on the driver’s side door and its initials, JYD, on the rear. The Dog was a favorite of the crowd and of the Soldiers themselves, leaving the crowd chanting to see more.

Double Duty

- Combat
- Life Savers

Once a year, the Maryland Army National Guard teaches the combat life saver course. The course spans two drill weekends with a focus of immediate medical treatment from Soldier-to-Soldier. It provides indispensable tools in helping Soldiers survive many battlefield injuries until medical support arrives.

But who takes care of soldiers after combat?

Capt. (Dr.) Robert K. Heinssen, of Charlie Company, 104th Area Support Medical Battalion, is a CLS instructor, but he is also the acting director of the division of services and intervention research at the National Institute of Mental Health in Bethesda, Md. So not only does he teach battlefield life saving skills, as a civilian, he is concerned with is the study and preservation of Soldiers' mental health.

Heinssen's two jobs are about reducing risk. Combat life saving skills teach Soldiers to reduce the risk of life loss on the battlefield, while NIMH is researching ways to reduce the risks in the area of the Soldiers's mental health.

"It's not just about suicide, it's also risk and protective factors for a variety of mental and behavioral health problems," said Heinssen referring to his work at the NIMH.

Heinssen believes that a good protective factor is resilience, or how some one can "bounce back" from traumatic experience.

"I have found the Army to be a very resilience-oriented institution," said Heinssen. "Which is apparent in the Army values, the rigorous success-oriented training that prepares Soldiers for missions, and the emphasis on agile, flexible leadership."

Heinssen's particular leadership style is formed by twelve years as a mental health practitioner. He is direct, but calm and with either his troops or his NIMH colleagues.

The two hats that Heinssen wears help him to provide guidance for Soldiers before combat, and work within the institution that helps soldiers after the fight.

In addition to being a capable within both the MDNG and NIMH, Heinssen is bringing his unique perspective as a military reservist to the current 50 million dollar, five year study focusing on soldier's mental health and suicide prevention.

"We know that reserve component Soldiers have a very different experience than active duty soldiers," said Heinssen. "They experience different stressors, different demands, different levels of support; different access to care. So they represent a unique population that needs to be studied at the same time that we're studying the active duty component."

There are Guardsman, there are doctors and there are officers. Capt. Robert K. Heinssen is all three.





The Baltimore Ravens held their second annual Military Appreciation Day at their training camp in Westminster on Wednesday, August 19, 2009.

There were more than 500 uniformed Servicemembers in attendance at this year's event, said Melanie Legrande, the community relations director for the Baltimore Ravens. This number represents a tenfold increase from last year, and it doesn't even include the many military members that were present in civilian clothing.

Legrande enlisted the help of her mother, who works in Air Force family readiness at Langley Air Force Base, to get better contacts and bolster participation this year.

Legrande's father and sister were also members of the armed forces. She said she has "a huge affinity for the military" because of this background.

"It just makes sense," said the self-proclaimed "military kid" commenting on the motivation behind this event.

In addition to making sense, the Ravens' appreciation also made an impression and an impact on the Servicemembers and their Families.

"I was very impressed that they allowed the members of the military out onto the field after the practice to interact with the players and the coaches," said Sgt. 1st Class Charles Brubaker.

During this interaction, he and his son got a chance to meet offensive lineman Tre' Stallings, wherein Stallings thanked him for his service, said Brubaker. Stallings also signed an autograph and posed for a picture with his son, he added.

Even military members who aren't avid football fans such as Staff Sgt. Carmen Wilkins, a supply sergeant with the 58th IBCT of the Maryland Army National Guard, enjoyed their experience at training camp.

"Our grandsons couldn't stop talking about it," said Wilkins.

Wilkins' four grandsons range from 10 to three years old, and out of those four, three play organized recreational football.

Wilkins recalled her oldest grandson saying that it was the best day of his life because he got to meet and take pictures with Ray Lewis, Joe Flacco, Todd Heap and other players.

"To see the excitement and smiles on our grandsons' faces was more momentous than hitting the lottery," said Wilkins.

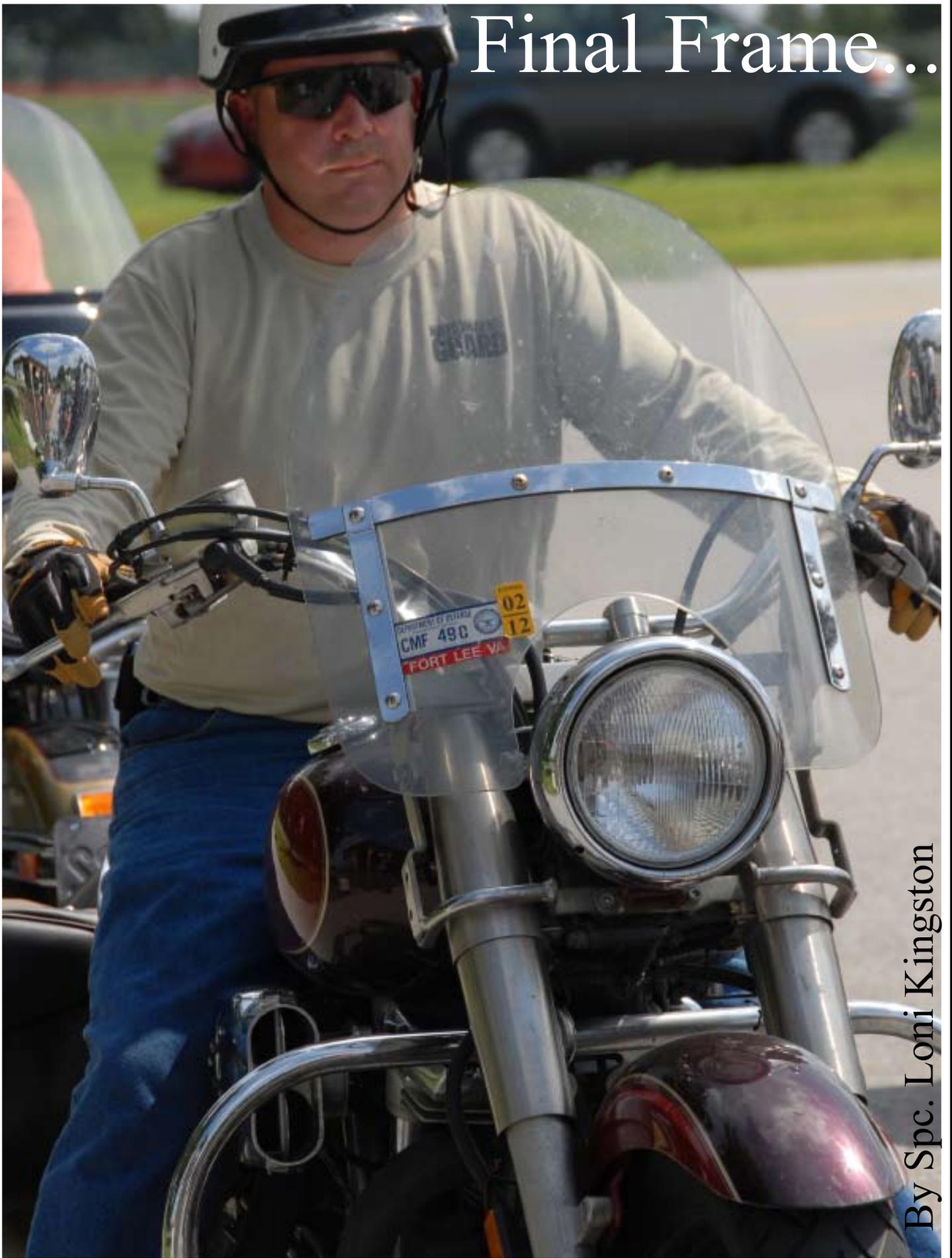
Legrande says she hopes to continue this event for many years to come, and military members such as Wilkins and Brubaker look forward to going back.

Text by Spc. Stephen Scott



The Baltimore Ravens Military Appreciation Day

Final Frame...



By Spc. Loni Kingston