

THE
ISPATCH
JULY 2015



Annual Training 36th ID style

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**Texas
sharpshooters
score
championship**

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**Time for a
Tune-Up**





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The Cover



Texas National Guardsmen conduct an air assault operation during training at Fort Hood, Texas June, 23, 2015. (Texas National Guard photo by Army Maj. Randy Stillinger).



Texas National Guardsmen with the 3rd Battalion, 144th Infantry Regiment, conduct an air assault operation from a 2nd Battalion, 149th General Support Aviation Brigade, CH-47 Chinook, during annual training at Fort Hood, Texas June, 23, 2015. (Texas National Guard photo by Army Maj. Randy Stillinger)



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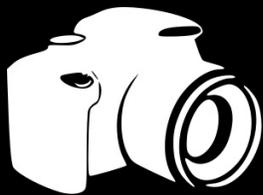
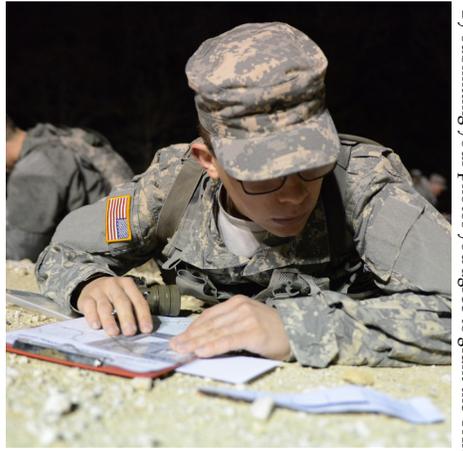
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Back to Basics

Commentary by Command Sgt. Maj. John L. Hoxie
Texas Army National Guard Senior Enlisted Leader



The phrase, 'back to basics,' may sound cliché, but it holds true for what I am about to discuss.

Undoubtedly, the last 15 years of the Global War on Terrorism has taught Soldiers new skills in adapting to a non-contemporary wartime environment. We have adjusted our tactics, techniques, and procedures to meet the needs of fighting an insurgent threat in Iraq and Afghanistan. However, as these two conflicts draw down, we must adjust to the conventional threat many senior non commissioned officers and officers who entered the Army to fight during the Cold War. Back then, we had a different approach to the way NCOs trained and I believe we have lost that art of training since GWOT started. The dynamics of the world are ever changing and there are countries with the ability to pull us into a conventional fight that we have not experienced in many years. Unless we get back to basics, we will not be prepared.

I came up in the Army when training via 'Sergeant's Time' was mandatory. Commanders put emphasis on Common Task Training and always placed it on the training calendar. NCOs did everything they could to

master their craft and ensure that their Soldiers trained hard and to standard. Today, it is my opinion that we have overloaded our training rucksack with so many things that it is difficult to master anything. In the past, the Skill Level Manuals we had for our specific military operational skills were clear and focused on the tasks Soldiers needed to be successful.

Back to basics: I ask that all NCOs focus on the basic skills that our warriors need to fight and to win the next war. I ask that Commanders empower their first sergeants, platoon sergeants, and squad leaders to spend ample time with their Soldiers focusing on making them experts. Start with a given task, master it, and then move to the next task to master. I ask that NCOs take every opportunity to train and that you come up with innovative ways to accomplish that training as well as making it challenging. The days of Soldiers constructing range cards, calling for fire, or setting a machine gun into a defensive position needs to be second nature. These basic war-fighting tasks have slipped. We must get our warriors back to a sustainable level of training that enables us to effectively shoot, move and communicate or we will be unprepared. Let's get back to basics. - **FROM THE TOP**



BASTROP, TEXAS - Guardsmen of the 636th Brigade Support Battalion, Joint Task Force 136 (Maneuver Enhancement Brigade), welcomed their employers to spend a day in the life of a Soldier at Camp Swift in Bastrop, Texas, during the unit's weeklong annual training April 21, 2015.

The Boss Lift experience, coordinated through the Employer Support of the Guard and Reserve, allowed participants to gain a better perspective on what the National Guard can do in response to natural disasters and what training is like for their citizen-Soldiers.

"The military has other capabilities than just the combat role," said Marshall Mayor Ed Smith. "Now I know how the military would fit into a city's disaster plan."

Civil servants from Marshall attended the event with employers because the city is home to the 636th BSB Headquarters.

"Even though they may not be a direct employer, constituents that live in that community are here in this formation," said Lt. Col. John Crawson, 636th BSB commander. "Harrison County and the city of Marshall are extremely supportive of our National Guard units, and they never

get a chance to see what we do. This is great community outreach."

The visitors had the opportunity to fire machine guns, enjoy a Meal, Ready-to-Eat, ride in a military helicopter, and visit a tactical operations center. Many of the employers only had a vague idea of what their employees do on training weekends.

"I think that it's one thing to regale [our bosses] with stories of the stuff that we do," said Capt. Lucas Hamilton of the 636th BSB. "It's a completely different thing when [they] can come out here and see what we do, the area that we're in, some of the operations that we do and see some of the training that we do."

Boss Lift participants got a first-hand look at what it takes to be a Soldier, whose job in the National Guard may be completely different from their civilian job. Soldiers train long and hard to be proficient in each of their military professions.

"It made me respect the military more and appreciate the dedication you put into your training," said Anthony Miller of Full Thrust Taekwondo, whose wife serves in the 636th BSB. "I will support the Guard more and the

Photos: Texas National Guardsmen with Alpha Company, 636th Brigade Support Battalion, Joint Task Force 136 (Maneuver Enhancement Brigade), welcome civilian employers to Camp Swift in Bastrop, Texas, during an Employer Support of the Guard and Reserve visit April 21, 2015.



job my spouse does.”

This was not the first time that bosses have visited their Soldier employees, nor will it be the last.

“It’s really important that employers see why their soldiers are missing work,” Crawson said. “It’s almost like a family, and your employer is a part of that family.”

- JTF 136th MEB PAO

“It’s really important that employers see why their soldiers are missing work.”



WARFIGHTER

**OVER 600 36TH ID SOLDIERS HEADED UP TO
FORT HOOD FOR THE TWO-WEEK EXERCISE**

Story and photos by 36th Infantry Division Public Affairs Office



“What impressed me the most about the division’s performance and the performance of the Soldiers and staff overall was the synergy developed between the training audiences, the training audience units and my staff as they synchronized air, ground and artillery assets for maximum effect in the battlefield.”

*Maj. Gen. Lester “Les” Simpson
Commander, 36th Infantry Division*





United Kingdom's Royal Air Force support the 36th Infantry Division during their recent Warfighter exercise held at Fort Hood, Texas, June 2015.

WARFIGHTER

ROYAL AIR FORCE TRAINS WITH TXARNG

*Story and photos by Sgt. Elizabeth Peña
36th Infantry Division Public Affairs Office*

FORT HOOD, TEXAS - Soldiers and Airmen from around the world rallied in Texas to support the 36th Infantry Division “Arrowhead” during its full-scale exercise known as Warfighter, held at Fort Hood, May 29 - June 12, 2015.

Warfighter is a command and control exercise designed to test the battle skills and procedures of the troops of the Texas National Guard’s 36th Infantry Division through simulated deployment scenarios.

“Warfighter is important because it’s not just the 36th Infantry Division from Texas, but it is a multi-state, multi-organizational exercise,” said Maj. Gen. John Nichols, the Texas adjutant general. “It is important for the Department of Defense to know that the National Guard is capable of conducting these kinds of operations, and it also lets the National Command Authority know that the division is deployable.”

One such organization taking part in Warfighter with the Texas Guardsmen was the United Kingdom’s Royal Air Force, tasked with adapting the U.S. Air Support Operations Center to their overseas training standards. ASOC’s role is to coordinate and direct air support for land forces at the tactical level during combat operations.

“We are here observing three separate ASOCs, which are made up of the U.S. Air Force, for the Joint Air Ground Integration Cell concept to see how they run and how we look to influence that with the British army,” said Royal Air Force Master Sgt. Shawn Phipps, senior air director for the Joint Air Ground Integration Center.

The JAGIC Tactical Operating Concept was designed during Operation Iraqi Freedom I to integrate Army and Air Force airspace control and firepower to improve air-ground effectiveness during operations. This concept ensures joint and multi-national friendly aircraft are safe during the complex engagements that occur during air operations. Forces are also able to enhance situational awareness about enemy threats from aerospace down the chain to the battlefield, which leads to better decision-making in the war zone.

Throughout operations, Air Force personnel control the joint airspace, while Army personnel control land assets. This exercise provided an opportunity for the 36th to reach out and assist allies in improving their operation procedures to defend against enemy attacks.

“Sometimes in the U.K., we find ourselves a little more detached from the Army and it has an impact on how we deliver our air to the fire mission,” said Royal Air Force Sgt. James Bennis, aerospace systems manager for the Ministry of Defense. “The way that the JAGIC concept works is great because you have to sit next to your Army contemporaries and as the war is progressing, the discussion and communication about what assets to use is very real. It’s that kind of integrated system to adopt.”

The U.K. has extensive experience working with the Air National Guard. However, this is the first time for the Royal Air Force to work with the Army National Guard.

“It’s definitely an eye opener,” said Royal Air Force Lance Cpl. Robert Oguajur, joint air request network operator. “Now we can go back home and say we have trained with the U.S. Army, we see how they incorporate air and land together, and this gives us an opportunity to advance our own.” - **36th ID PAO**



WARFIGHTER

PSYOP RESERVISTS SUPPORT TXARNG EXERCISE

Story and photos by Sgt. Elizabeth Peña
36th Infantry Division Public Affairs Office

FORT HOOD, TEXAS - Soldiers from throughout the Army's three components came to Texas to support the 36th Infantry Division "Arrowhead" during their Warfighter exercise, held at Fort Hood, May 29 – June 12, 2015.

The controlled exercise, which also featured the regular Army and Army Reserves, was designed to test the battle skills and procedures of the Texas National Guard's 36th Infantry Division through simulated deployment scenarios.

"Warfighter is important because it's not just the 36th Infantry Division from Texas, but it is a multi-state, multi-organizational exercise," said Maj. Gen. John Nichols, the Texas adjutant general.

Among the organizations that came to support the mission was the Army Reserves' 341st Tactical Psychological Operations Company from Camp Bullis in San Antonio. The unit, which handles the analysis, development, and distribution of intelligence, enables tactical commanders to communicate directly with the enemy and foreign civilians during combat operations.

"PSYOP is marketing," said Spc. Lindsey Hoffman, assistant team leader for the 341st TPC. "Our target is to persuade, influence, and change the behavior of a foreign target audience based upon the commander's intent."

The TPC is one of the main components that make up the psychological operations element, which includes a headquarters section, a tactical PSYOP development detachment, and a tactical PSYOP detachment.

During Warfighter, the 341st TPC replicated a headquarters capability with an organic product development detachment.

"This kind of exercise is a great opportunity for the PDD to train and show the supported unit what they are able to accomplish," said 1st Sgt. Benny Witt, the 341st TCP first sergeant.

Soldiers of the 341st developed and implemented different PSYOP products to use in support of the Division's

Warfighter. These training objectives increase the overall combat effectiveness of operations.

"Other exercises are limited to a TPD supporting a maneuver commander," said Maj. Roxana Pagan, company commander for the 341st TPC. "Only this high level of exercise can provide the same opportunity to not only the PDD, but also the company headquarters."

The two-week training gives units like the 341st TPC and the 36th an opportunity to come together and train in their mission-specific roles so that they are prepared for real-life combat operations.

"When we deploy, this is the same set up that we operate," said Staff Sgt. George Rodriguez, noncommissioned officer in charge of PDD. "We bring our equipment, and just like in real life we have to manage expectations because PSYOP is not something that can just happen at the drop of a hat." - **36th ID PAO**





Soldiers from the Army Reserves' 341st Tactical Psychological Operations Company "Kiowa" supported the Texas National Guard's 36th Infantry Division in their two-week Warfighter exercise held at Fort Hood, Texas, June 2015.



Spc. James Hansell and Spc. Paul Clay, satellite transportable terminal operators with the communications section of the 36th Infantry Division, perform operational checks on the satellite during the division's Warfighter exercise at Fort Hood, Texas, June 11, 2015.

WARFIGHTER

GUARDSMEN GEAR UP FOR WAR GAME

*Story and photo by Spc. Michael Vanpool
36th Infantry Division Public Affairs Office*

FORT HOOD, TEXAS – The field was empty, except for a few tents. As far as the Guardsmen knew, it was safe to begin work. Dozens of Soldiers of the 36th Infantry Division, Texas Army National Guard, wired the tents and prepared the infrastructure for the division's combat simulation known as Warfighter at Fort Hood, May 29 – June 12, 2015.

The clouds attempted to thwart their efforts as it dropped millions of its liquid invaders on the field, and across the state. The sky shot bolts of pure electricity, attacking unsuspecting targets on the ground.

“There were tornado warnings and so much rain,” said Spc. Michael Queen, a joint network node operator with the communications section, 36th Infantry Division. “We would have to run inside during that and wait to finish the work.”

The daily thunderstorms and threat of flooding did not deter the Soldiers, whose mission had to be completed before the rest of the division staff would arrive May 29. Queen and other Guardsmen with the communications, operations and intelligence sections got everything set in the weeks before so that the area would be ready for Warfighter.

“We pretty much worked off and on for 24 hours a day to make sure it was ready when everyone got here,” said Spc. Dylan Peacock, with Warfighter support in the operations section of the 36th Infantry Division.

The support team transported 16 large and 18 medium deployable rapid assembly shelters, 12 sets of generators, and a literal ton of cables from Camp Mabry in Austin to the Mission Command Training Complex on Fort Hood, said Sgt. Juan Ponce de Leon, with Warfighter support for the 36th Infantry Division.

Before everything was moved to Fort Hood, the Warfighter support team set up every tent, started every generator, and inventoried every piece of equipment.

“Everything was built completely before to make sure it was all good to go,” Peacock said. “We did a full setup to work out the kinks so that everything would be when they got here.”

The DRASHs were erected to guarantee refuge from the elements for the Warfighters, but that was only step one. The exercise relied on a secret communications network so that the computers and their operators could be in constant contact.

Signal Company, Division Headquarters and Headquarters Battalion, 36th Infantry Division soldiers created the network prior to the division's command post exercise in April. All of the computers and workstations were connected by nearly five miles of Ethernet wire hung along the inside walls of the tents.

If the support team hadn't performed the hard work, “it would take at least two, maybe three, days to do if everyone was helping and it all went right,” said Ponce de Leon.

Throughout the month of May, the support team stayed at Fort Hood to polish the final intricacies of a preparing for a division-wide exercise. That was when the sky revolted and betrayed the Soldiers who were confined to the ground below.

Power proved to be the biggest hurdle. The computers and various system required extensive energy, Ponce de Leon said. The support team maintained the generators and power cables and fixed any problem that occurred with them.

Every morning, the advanced echelon would awaken, after a deluge of rain fell throughout the night. The grounds of the Mission Command Training Complex would greet them with freshly-made mud.

“It would rain all night, then the sun would be out with 100 percent humidity,” said Peacock. “We muscled through it though.”

The high-powered ultraviolet rays from our solar mother tried in vain to absorb the moisture from the soft, sticky mire.

Fortunately, the ditches prevented the tents, radars, and trucks from drowning in a barrage of rain as waterways flooded in the Lone Star State.

“The work needed to be done whether or not it was raining,” Queen said. “We all worked hard to make sure it was ready.”

The morning of the May 29, the 36th Infantry Division staff arrived to their shelter tents to see wires strung and hear the burr of generators. A little mud and a few puddles were the only remnants of the battle against nature.

- 36th ID PAO

WARFIGHTER

PROVING THE ARROWHEAD DIVISION'S METTLE

Story by Spc. Christina Clardy
36th Infantry Division Public Affairs Office

FORT HOOD, TEXAS - For two weeks, more than 600 Soldiers from the 36th Infantry Division "Arrowhead" immersed themselves in an in-depth combat objective scenario to test and evaluate the unit's capabilities, organizational cohesion, and overall operational knowledge base at the Mission Training Complex on Fort Hood, May 29 - June 12, 2015.

The exercise, called Warfighter, places the Division headquarters in a mock conflict with challenges based on real-world scenarios, giving the unit a mission to accomplish with realistic and interactive play from an enemy force. The purpose is to test the troops in a new type of environment, unlike the established areas of operational deployments like Iraq and Afghanistan.

This simulated war calls for the unit to plan, prepare, enter, and set up bases of operation in a new country. The division must then commit to and execute a multi-national, multi-divisional combat engagement with active and reactive offensive and defensive operations to complete the mission objective.

"This is a complex and resource-intensive experience for training audience commanders and their Soldiers," said First Army Division West Commander Maj. Gen. Jeffrey N. Colt. "This gives them a multi-echelon experience, and I have seen the 36th Division and their subordinate units make tremendous strides and grow in their confidence over the course of the exercise."

In the scenario, the fictional nation of Ariana has invaded its neighbor Atropia and exiled Atropia's legitimate government to nearby Gorgas. The division's charge was to work in concert with Seventh Corps and drive the Arianan forces from Atropia and re-install the official government.

"Warfighter is a simulation exercise that allows units of various echelons, from corps to division to brigade, to integrate command systems and execute large-scale missions and operations," said Lt. Col. Gary Beaty, Warfighter chief of operations and command of Headquarters and Headquarters Battalion, 36th Infantry Division.

The training is run on preset situations and reactive sce-

narios based on the actions or inactions of the division, a subordinate brigade, or sections within the units. For example, enemy combatants are expected to react to any offensive attacks, and if a subordinate unit fails to make accommodate civilian situations in play, more problems may arise as a result of the lack of action on the unit's part.

"I will say that one of the strengths of the National Guard is that we are citizen-Soldiers," said 36th Infantry Division Commanding General Maj. Gen. Lester "Les" Simpson, "and that we bring civilian-acquired skills as well as our military specialties along with us."

Observer controllers from the Military Training Complex at Fort Hood play the opposition forces to the division and its brigades. This system was designed to not only be more interactive but to test critical skills and points necessary for the units to perform as if this were an actual conflict.

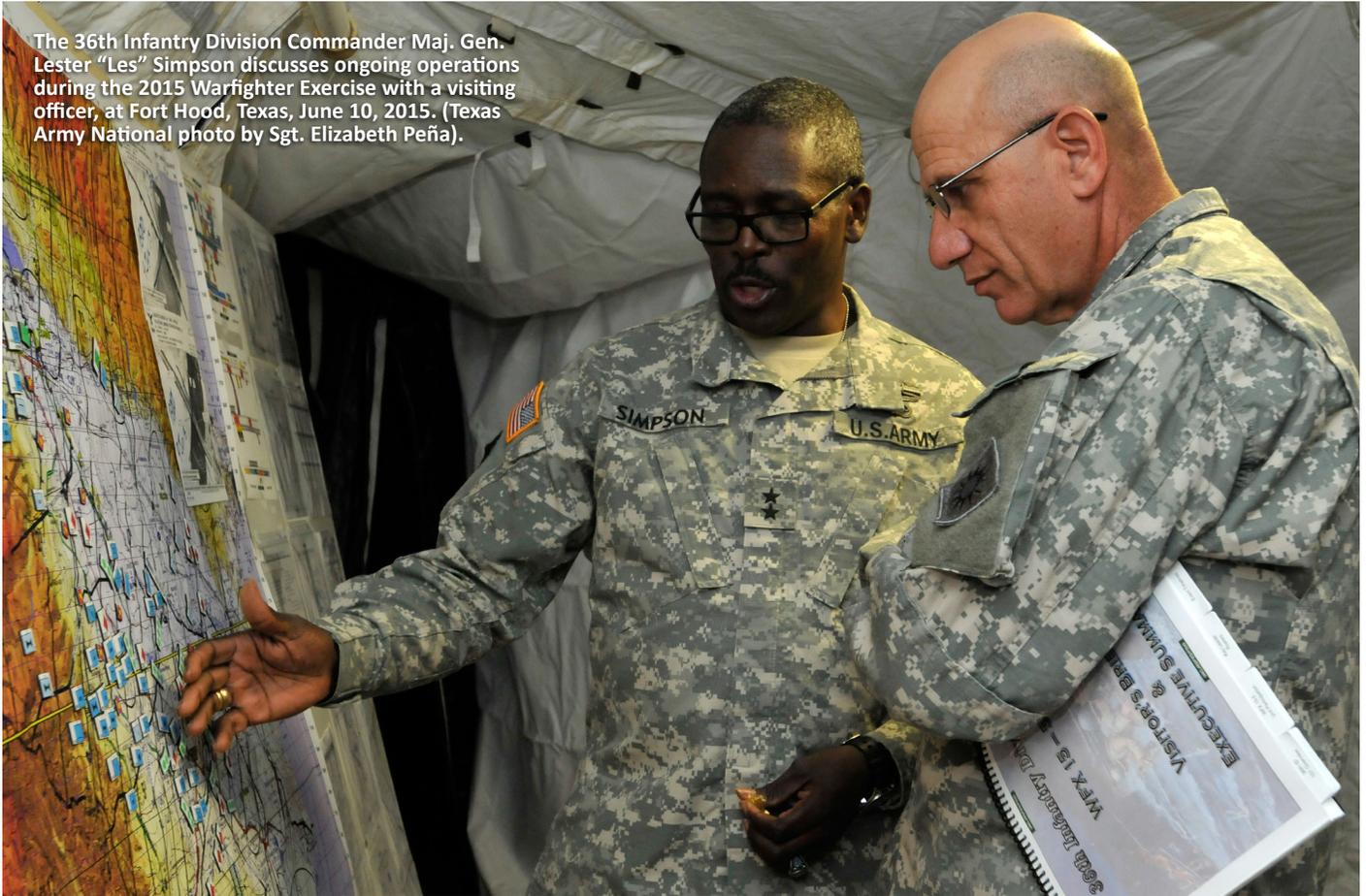
"It is about improving the process and systems while learning how to integrate large scale operations from theater to region," said Beaty, "and gives the units opportunities to use assets not organic to their own organization, such as artillery, aviation, or heavy maneuver forces."

The other facet is the observer trainers, who are specialized military personnel and experienced contractors working directly with each of the sections, unit level command staff, and personnel. Their purpose is to observe the sections and units for specialized evaluation, but to also offer advice based on their own wealth of knowledge and experience in that field.

"What impressed me the most about the division's performance and the performance of the Soldiers and staff overall was the synergy developed between the training audiences, the training audience units, and my staff as they synchronized air, ground, and artillery assets for maximum effect in the battlefield," said Simpson. "The challenge of developing a personal battle rhythm that allowed me time to think and visualize how the phases of the battle would unfold, while satisfying [video teleconferences], planning staff guidance, and speaking at



The 36th Infantry Division Commander Maj. Gen. Lester “Les” Simpson discusses ongoing operations during the 2015 Warfighter Exercise with a visiting officer, at Fort Hood, Texas, June 10, 2015. (Texas Army National photo by Sgt. Elizabeth Peña).



senior leader engagements and press conferences.”

The skills and capabilities strengthened through the Warfighter process will become an asset in both of the division’s standing missions: supporting the citizens of Texas and training to defend the U.S. nationally and internationally. One of the benefits of the division’s complementing standing missions is the wide utility of unit assets and the service members’ transversal skills that boost and benefit their efforts within this exercise.

Guard Soldiers are distinctly skilled because not only are they trained and capable of performing their duties equal to any active duty Soldier, but they bring additional skills to the unit; these Soldiers have civilian careers as electricians, computer technicians, plumbers, chefs, business owners, and more.

“We are citizen Soldiers, and that is what makes us so unique,” said Command Sgt. Maj. John Sampa, the senior enlisted noncommissioned officer of the 36th. “Our Soldiers have a civilian life and a military life. As civilians they are doctors, policemen, home builders, engineers, pilots and teachers.”

For this exercise, four brigades were tested for validation

as well: the 101st Division Artillery Brigade of the 101st Airborne Division, Texas’ 56th Infantry Brigade Combat Team, the 26th Maneuver Enhancement Brigade of the Massachusetts Army National Guard and the California Army National Guard’s 40th Combat Aviation Brigade. The 40th CAB is slated to deploy later this year.

The Division has been preparing and planning for this exercise for the past three years and has attended other similar training exercises as non-evaluated support unit representatives for other divisions and brigades.

“Warfighter is important because it’s not just the 36th Infantry Division from Texas, but it is a multi-state, multi-organizational exercise,” said Maj. Gen. John Nichols, the Texas Adjutant General. “It is important for the Department of Defense to know that the National Guard is capable of conducting these kinds of operations, and it also lets the National Command Authority know that the division is deployable.” - **36th ID PAO**



Texas National Guardsmen Earn Top Honors at Marksmanship Competition

Story by Capt. Denise Douglas and Laura Lopez



Capt. Robert J. Lee, Texas Army National Guard gets ready to fire. (Courtesy Photo).



BASTROP, TEXAS – A four member team from the Texas National Guard took home top honors at the Region V Small Arms Marksmanship Advisory Council championship at Camp Swift near Bastrop, Texas, June 5 - 6, 2015.

Eleven teams from seven regional states spent the weekend contending against fellow Guard and state militiamen for the prestige of being the regional champions.

Capt. Robert J. Lee, Chief Warrant Officer Michael C. Brown, Sgt. James M. Sendo and Spc. Alexandra I. Wilson, all from the Texas Army National Guard, had the highest combined team scores for all nine matches that took place during the two-day championship.

Texas state marksmanship coordinator and match director, Maj. John Conley, said the team put a lot of their own time and effort into preparing for the match. It is only the second time they have shot together as a team.

“They are spending their own time, money and fuel coming out to practice on their own,” said Conley. “For them to be rewarded for that effort is great.”

While the championship offered the teams a chance at a little friendly, inter-state rivalry, the training value gained during the matches is immeasurable.

Conley emphasized the matches offer some unique training that can be taken back to their military units. “There is nowhere else in the Army that you can get that much trigger time in that short of time,” said Conley. “The training offers shooters a chance to train from multiple positions, including the sitting, kneeling, standing, moving, and running positions.”

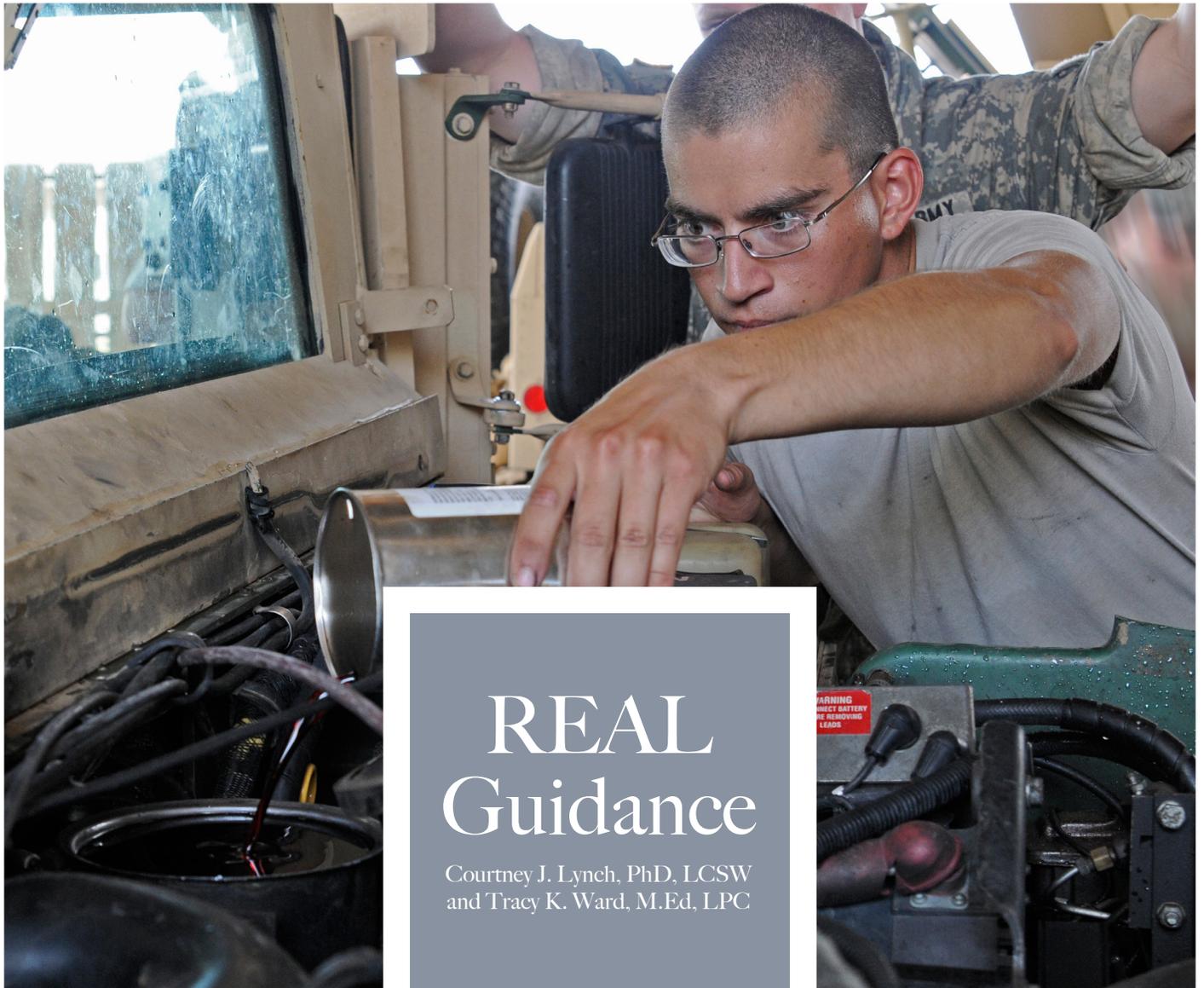
During the two day match, the 45 competitors shot over 13,000 rounds of 5.56mm and 6,000 rounds of 9mm ammunition.

Competitors also competed in individual categories, of which Lee placed second individually while Wilson placed first in the novice category.

Sgt. 1st Class Joseph T. Noe, from the Arkansas Army National Guard, was the first place individual champion. He had the highest combined score for all nine matches. Staff Sgt. Steven R. Moore, from the Louisiana National Guard, placed third.

- DISPATCH





REAL Guidance

Courtney J. Lynch, PhD, LCSW
and Tracy K. Ward, M.Ed, LPC

Time for a Tune-up

Your car may need a tune up if you notice certain signs: hearing, seeing, or smelling something unusual, a dashboard light goes on, a rougher ride, a puff of smoke, or having a few more clicks on the odometer. When you see these signs, you have choices. You can ignore them and hope they go away, you can put a sticker or someone's picture over the check-engine light on your dashboard, you can reassure yourself that you just have an old car, **OR**, you can schedule a tune-up!

In the same way our cars need routine maintenance, so do our bodies and lifestyles. And just as our cars give us signals that attention is needed, our bodies and lifestyles give us signs. Some signs include: feeling sluggish and/or fatigued, increased pain, not getting enough sleep, clothes no longer fitting, mood changes (more grouchy, irritable), increased stress, isolating yourself, drinking or smoking more. When you see these signs, you have choices. You can ignore them, play them down, buy bigger clothes or you can schedule a tune up for yourself.



A personal tune-up looks at your nutrition, routines, companions, and life in general to see where you could make things better for yourself.

Using the acronym **DREAMS** is a good way to remember the areas to focus on for a personal tune-up:

D IS FOR DIET. A healthy body needs good nutrition and the proper fuel in order to perform well. Your body is the only one you get. You cannot borrow your friend's, neighbor's, or even your brother's body. Yours is what you have, so treat it well. Junk in, junk out. Pay attention when your body does not feel well after eating. Pay attention when your body is making funny noises. What did you eat that is not settling with you? So many times we don't pay attention and continue to eat food that does not serve our bodies. Make choices that truly "feed" the body. If you want your body to perform effectively, then give it good nutrition. Try, when you are able, to eat whole foods, foods with easily identifiable ingredients, and with as few ingredients as possible. A good rule of thumb is to eat foods that have 5 or less ingredients. Good fuel is about choosing real food. Food that is as close to its natural state as possible. For example choosing to eat an apple is a much better choice than eating something with 'natural apple flavoring'. Learn to read the ingredients on the labels. Know what you are eating. If you can't pronounce it, DON'T eat it. Understand that there is a lot of money being paid to advertise food that will NOT serve you. It may taste good, but in the long run it will work against you having a healthy body. Treat your body well with good food and it will treat you well in return.

R IS FOR REST. Sleep gives our body a chance to recover from all that we ask it to do for us all day long. Take time to reflect on your sleeping habits. With a few changes you can get a tremendous benefit. Turn all electronics off 1 hour before going to bed. Try to go to bed and get up the same time each night. Research states that getting up the same time each morning helps stabilize your mood. Many of us have poor sleep from time to time. The following information and advice was given to us by a sleep treatment specialist: learn the difference between feeling sleepy and tired. Don't "chase" sleep. That is, get out of bed if you haven't fallen asleep in 10-15 minutes, and engage in a relaxing activity (reading, meditation, prayer, etc) before trying again. If you notice that you are having problems that go on for more than a couple of weeks, it may be time to seek out professional help from your family doctor or Primary Care Manager (PCM).

E IS FOR EXERCISE. Move, move, move. Getting exercise is important, and shown to have a positive impact on mood. Just 30 minutes a day can make a difference on your physical and mental health. Also, getting outside and being in sunlight will provide Vitamin D, and will reset your inner clock and help establish beneficial sleep patterns. Service members, use your periodic PT test as a gauge and motivator to maintain a consistent exercise plan.

A IS FOR APPRECIATION. The opposite of depression is appreciation. It is hard to be depressed and feel grateful at the same time. Teach your eyes to look for goodness and acts of kindness. If you look for bad stuff, you will find it. If you look for goodness, you will find it. Take time each day to realize how much you have. Then, make time to say thank you to those who have helped you and to those who you appreciate.

M IS FOR MINDFULNESS. Be in the present moment, in the 'here and now'. Looking to the past can increase feelings of regret and depression. Looking to the future can increase worry and anxiety. No matter how much you try, you cannot change the past. However, you can be in the moment and set an intention to not repeat past actions. How many of us lose today by spending the day regretting our past actions or by worrying about the future? Get up each day, be in the moment, be truly present with those that are in your life and be the best person you can be that day. Make this a habit.

S IS FOR SUPPORT. To make it through this life we all need support and guidance. Support includes good friends, wise people, family, neighbors, and community resources (chaplain, counselor, etc.). Have a friend and be a friend, and remember to reach out if you are feeling disconnected. Stay connected with the people who best support you, and who you support.

If you have any questions about any of these areas, or if you would like additional information or resources, contact us at Camp Mabry: tracy.k.ward2.ctr@mail.mil; 512-782-6791 or courtney.j.lynych.ctr@mail.mil; 512-782-5001 x4232

FIREWORK SAFETY

A safety message from the TXARNG Safety & Occupational Health Office

On average 240 people go to the emergency room over the 4th of July due to burns and injuries related to fireworks and more pets are lost on the holiday than any other day of the year.

Leave Fireworks to the Professionals

The best way to protect your family is to not use any fireworks at home. Instead, attend public fireworks displays and leave the lighting to the professionals. If you plan to use fireworks, make sure they are legal in your area.

Be Extra Careful With Sparklers

Little arms are too short to hold sparklers safely, which can heat up to 1,200 degrees. How about this? Let your young children use glow sticks instead. They can be just as fun but they don't burn at a temperature hot enough to melt glass. Closely supervise children around fireworks at all times.

Take Necessary Precautions

Do not wear loose clothing while using fireworks. Never light fireworks indoors or near dry grass. Point fireworks away from homes, and keep away from brush, leaves and flammable substances.

Be Prepared for an Accident or Injury

Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it. Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly. If a child is injured by fireworks, immediately go to a doctor or hospital. If an eye in-jury occurs, don't allow your child to touch or rub it, as this may cause even more damage.

Pets

Remember to keep me safe! I am afraid of fireworks and I can also get seriously injured by them. Inside the house in a small room with the radio on for a little noise, a comfy bed and some toys is the best place for me.





New Key Leadership Positions



Shelia B. Taylor

- **Role:** TMD Human Resources Director
- **Experience:** Dept. Chief and Chief Administrative Law Judge for the State Office of Administrative Hearings, Legal Counsel with the Disaster Recovery Division at the Texas Department of Rural Affairs, Administrative Law Judge and Assistant Director of Hearings for the Public Utility Commission of Texas, and Assistant District Attorney for Travis County District Attorney's Office.
- **Education:** Bachelor of Applied Sciences in Criminal Justice from Southern Methodist University and a Doctor of Jurisprudence from The University of Texas at Austin School of Law.
- **Did you know:** Ms. Taylor is the recipient of the Victor J. Rosskopf Award, awarded by the National Association of the Administrative Law Judiciary for significant contributions made in the field of administrative adjudication.
- **In her words:** "I consider it an honor and a privilege to have been selected as the new State Director of Human Resources. I look forward to continued service in my new role as part of the TMD team; and--with the help and support of dedicated staff- I will do my best to maintain the vote of confidence indicated by giving me this opportunity."



Brig. Gen. Howard N. Palmer, Jr.

- **Role:** Commander of the Army Component, Texas State Guard
- **Experience:** Palmer was commissioned as a second lieutenant in the Louisiana Army National Guard after completing the Reserve Officers' Training Corps program at Louisiana College in 1980 and ended his federal service as a lieutenant colonel in the Texas Army National Guard in 2008. His active duty assignments include a deployment to Bosnia for Operation Joint Forge, in 2000, Operation Noble Eagle II, in 2003 and Operation Jump Start supporting border operations in Texas, from 2006-2008.
- **Education:** Bachelor of Arts in English and History from Louisiana College-Pineville, Pineville, Louisiana, and a Masters of Art in Educational Administration from Texas A&M University-Commerce in Commerce.
- **Did you know:** Brig. Gen. is an Assistant Principal at Denton High School in Denton.
- **In his words:** "I couldn't be more honored, or more humbled, by the opportunity to lead one of the premier organizations of this type in the United States. With my mentors' support and the support of the officers, NCOs, and enlisted members of the Army Component, we're going to continue moving forward as an organization with a culture and a strategy of continuous improvement."



Texas National Guardsmen with the 3rd Battalion, 14th Infantry Regiment, conduct an air assault operation from a 2nd Battalion, 149th General Support Aviation Brigade, CH-47 Chinook, during annual training at Fort Hood, Texas June, 23, 2015. (Texas National Guard photo by Army Maj. Randy Stillinger)