

# THE BUGLE

SEP 2009

WELCOME FALL!!!

United States Air Force



## NATIONAL CONFERENCE IN ROCHESTER, MINNESOTA



The 38<sup>th</sup> annual Enlisted Association of the National Guard of the United States conference was held in beautiful Rochester, Minnesota. This event is cooperatively hosted once a year by Air and Army National Guard for the purpose of achieving joint legislation necessary for the facilitation of common goals and objectives of Enlisted Airmen and Soldiers. EANGUS represents over 414,000 enlisted National Guard men & women, their families, and retirees who have served honorably in the Guard. There are two types of representatives from each state attending this conference: junior enlisted who, as active participants, are encouraged to avail themselves of the opportunity to attend personal development classes offered at the conference site and delegates representing each states vote on proposed resolutions. Resolutions approved by the delegation party are then forwarded to Capitol Hill.

As a junior enlisted member, I had the chance to attend some of the professional development classes offered at the conference. These classes are geared toward young troops who are interested in introspective development and the opportunity to better themselves. I found the class environment to be invigorating and rewarding in that it allowed me the opportunity to influence and interact with younger troops who will inevitably define the future of the Guard. In addition to the satisfaction of working with young troops, my participation gave me a sense of mental and physical preparedness: a sense of understanding and motivation that comes from defining the purpose behind what we do and the role each of us plays in our success. I came away with the understanding that, every day, in achieving the extraordinary, we define how special each of us, as individuals, are. This commitment and willingness to sacrifice is what allows us to fulfill missions both home and abroad. It is this dependability that defines us to our nation, to our team, and to ourselves, as participants in this great country. If any of should forget that lesson, these classes are available to help us remember. With confidence in hand, the individual is then encouraged to participate proactively, taking charge of his or her own training opportunities and problem solving skills in order to successfully contribute to the whole.

At the annual conference, legislative ideas and goals are set by the members of EANGUS. These ideas and goals go from the members in their state associations, through the Area Legislative committees, and finally to the Resolutions Committee at the national level. The Resolutions committee considers each resolution, and then presents these resolutions to the delegates in large hearings. Once the delegation approves the resolutions, the National Office Legislative Department uses these resolutions to develop proposal plans for use in Washington D.C. by your legislators. Through these conference, EANGUS has provided much needed help to enlisted members of the Air and Army National Guard. Some of EANGUS's major accomplishments are 3.9% pay raise, tuition assistance program for spouses, and over a billion dollars invested in protection equipment.

By SrA Ryan Speck



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## THE BUGLE

### Study Examines Combat Stress

From Archives General Psychiatry

A recent study of 268 men and women who served in Iraq between 2003 and 2006 found that Soldiers with post-traumatic stress disorder (PTSD) had poorer attention at the one-year mark, but this link was not found in Soldiers who recently returned from deployment. The study provides more evidence that the psychological wounds of war may appear in various manifestations over time. The study was per-

formed by researchers at Veterans Affairs Boston Healthcare System and Boston University. An abstract of the study is available on the Archives of General Psychiatry website. <http://archpsyc.ama-assn.org/cgi/content/abstract/66/9/996>



### Two Soldiers named top in the Army Guard

From National Guard

The Army National Guard's Soldier and Noncommissioned Officer of the Year for 2009 were recently announced at the 38th annual conference of the Enlisted Association of the National Guard of the United States in Rochester, Minn. Spc. Guy Mellor,

from Utah's B Company, 1st Battalion, 145th Field Artillery Regiment was named Soldier of the Year and Sgt. Ryan Brubaker, from Montana's B Company, 1st Battalion, 163rd Infantry Regiment, took honors as the NCO of the Year. Command Sgt. Maj. Victor Angry presented the awards at the conference.

### HOW MILITARY FITNESS CHANGED MY LIFE

From Military.com

Military Fitness doesn't just change appearance, it changes attitude which is a factor of ten times more important than anything else in life.

Military fitness has taught many people a critical relationship: the body obeys the brain - not the other way around.

Military fitness is what drives many people today to build Perfect Fitness, because you don't need to go through SEAL training or for that matter any military training to benefit from "military" fitness.

You see, there are only three things in life you can control: your brain, body and attitude. Learn to control these three things and

you'll possess the tools to not only handle anything life throws at you and you'll be able to define your life. It won't happen overnight, but every moment you're learning to take control of our body - getting fit - is a moment you're succeeding, and this success which is hard fought and takes time, will permeate through other elements of your life. Stick with it, and you'll find your attitude

improves your brain functions better and your body has more energy and is better conditioned to be what I call your Life Experience Vehicle - your experiences in life are directly dependent on how conditioned your body is to experience whatever it is you choose to experience.



### REVIEW OF DISCHARGE OF MILITARY SERVICE

From VETERANS AFFAIRS

Each of the military services maintains a discharge review board with authority to change, correct or modify discharges or dismissals not issued by a sentence of a general court-martial. The board has no authority to address medical discharges. The veteran or, if the veteran is deceased or incompetent, the surviving spouse, next

of kin or legal representative, may apply for a review of discharge by writing to the military department concerned, using DD Form 293 -- "Application for the Review of Discharge from the Armed Forces of the United States." This form may be obtained at a VA regional office, from veterans organizations or from the Internet at <http://www.dtic.mil/whs/directives/infomgt/forms/>

However, if the discharge was more than 15 years ago, a veteran must petition the appropriate Service's Board for Correction of Military Records using DD Form 149 -- "Application for Correction of Military Records Under the Provisions of Title 10, U.S. Code, Section 1552." A discharge review is conducted by a review of an applicant's record and, if requested, by a hearing before

the board. Veterans with disabilities incurred or aggravated during active duty may qualify for medical or related benefits regardless of separation and characterization of service. Veterans separated administratively under other than honorable conditions may request that their discharge be reviewed for possible recharacterization, provided they file their appeal within 15 years of the date of separation.



JOIN US AT THE FALL FESTIVAL ON  
OCTOBER 24, 2009!

## 150th Security Forces Deploy in support of Operation Iraqi Freedom

The 64<sup>th</sup> Expeditionary Security Forces Squadron is a part of the 64<sup>th</sup> Air Expeditionary Group, a geographically separated unit of the 379<sup>th</sup> Air Expeditionary Wing. The 150<sup>th</sup> SFS are currently assigned to the 64<sup>th</sup> ESFS. The defenders of the 150<sup>th</sup> on this deployment started their pre deployment spin up last October (2008) when they were initially tasked. Amid ORI preparation, 18 defenders were going through the various stages of the pre deployment process. The 150<sup>th</sup> SFS attacked both tasks head on and breezed through the ORI with an overall Excellent rating. The deploying members of the 150<sup>th</sup> SFS deployed to Fort Bliss for pre deployment training in early April. The training at Ft Bliss included a variety of training topics including convoy,

Military Operations in Urban Terrain, weapons skills, combat first aid, and Improvised Explosive Device recognition training. Once the NM defenders graduated from skill training at Ft Bliss, they returned home to spend approximately 9 days with their families before departure to SW Asia. Once in the deployed area of operations the members of the 64<sup>th</sup> ESFS took over for the previous rotation and stood up their operations. As of September 17, 2009 your deployed NM defenders have spent 120 straight days in triple digit heat with highs reaching into the 130 degree plus range at the height of summer. The 64<sup>th</sup> ESFS is made up of six different units from across the United States and provides the installation with world class force protection, command and control and law enforcement duties.

The 64<sup>th</sup> ESFS works in a combined environment with all branches of the uniformed services and various other government organizations.



**ENLISTED ASSOCIATION  
NEW MEXICO NATIONAL GUARD**

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The Bugle is the official publication of the Enlisted Association, New Mexico National Guard. Opinions expressed herein are not necessarily those of the Enlisted Association. We welcome comments from our readers about the content of this newsletter as well as ideas for future stories and photographs. Readers are also encouraged to submit their own stories and photographs (with captions) to the editor at the address shown at the left. Telephone inquiries may be directed to 505-846-5620. Submissions may also be e-

mailed to the editor at the address below.

vanessa.judy@ang.af.mil  
Thank you for your interest.

**Join us for our National Guard Holiday Celebration!!!!**  
**Cost for this event - \$70.00 per couple & \$37.00 for singles**  
**Does not include hotel room.**

*Holiday  
Celebration*

*Cocktails: 6:00-7:00pm*

*Buffet Dinner: 7:00-8:30pm*

*Dancing: 8:00-Midnight*

*Photos: 7:30-10:00pm*

*This event will take place  
at the  
Marriott Pyramid North  
for reservations call  
1-800-262-2043*

*2 Sunday 1 Twenty-first 9 November*