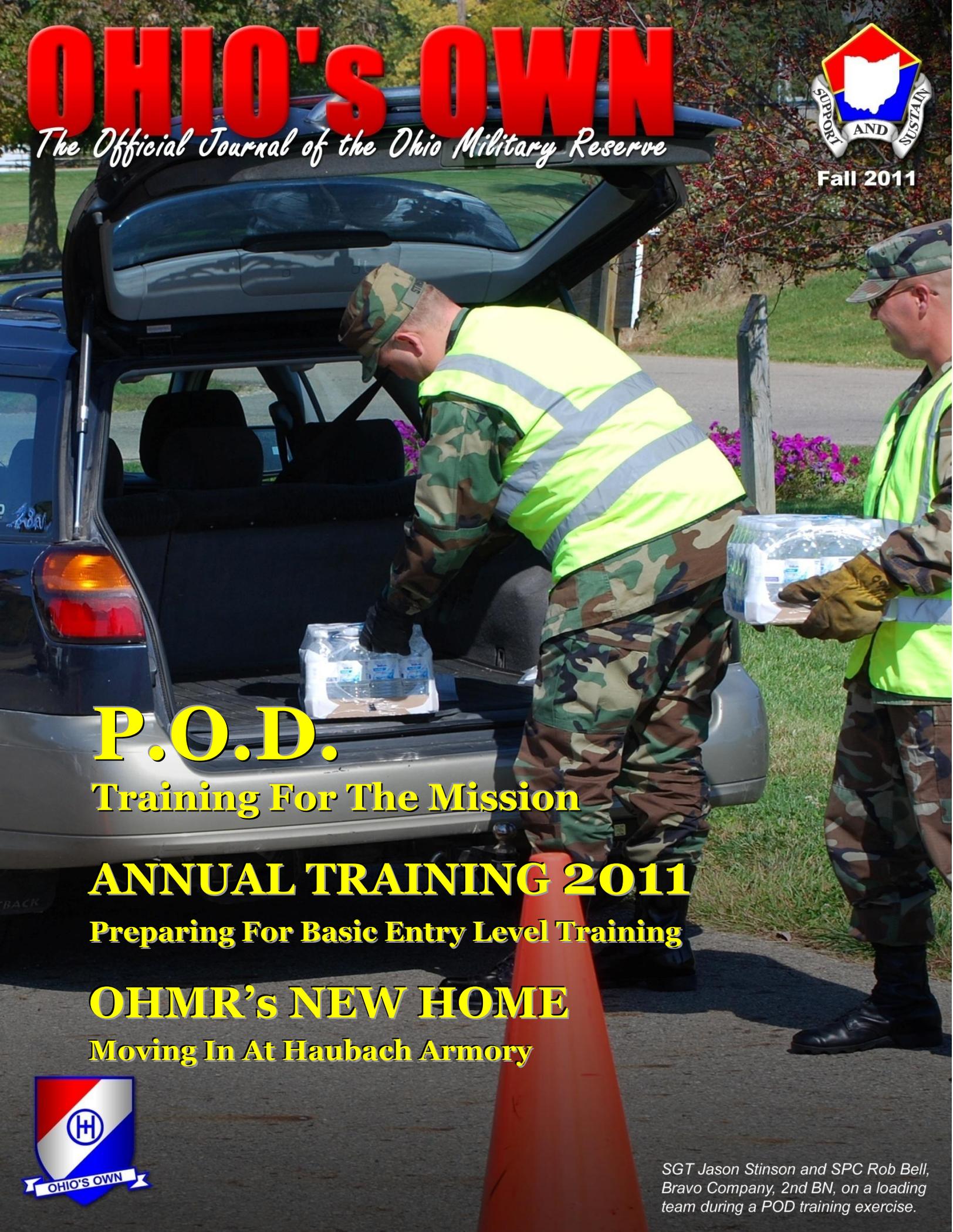


OHIO'S OWN

The Official Journal of the Ohio Military Reserve



Fall 2011



P.O.D.

Training For The Mission

ANNUAL TRAINING 2011

Preparing For Basic Entry Level Training

OHMR's NEW HOME

Moving In At Haubach Armory



SGT Jason Stinson and SPC Rob Bell,
Bravo Company, 2nd BN, on a loading
team during a POD training exercise.



OHIO's OWN FALL 2011

OHIO's OWN is the official magazine of the Ohio Military Reserve and is published quarterly by the OHMR Recruiting & Retention Section and approved by the Public Information Officer, 1st Civil Support & Sustainment Brigade, Ohio Military Reserve at Columbus Ohio.

MISSION STATEMENT: To provide members of the Ohio Military Reserve their families and citizens of Ohio with timely and accurate command information, increase awareness of the mission of the Ohio Military Reserve and present the stories of individual soldiers which highlight their diversity, dedication to duty and service to the State of Ohio.

MAJ Deano McNeil

OHMR Recruiting & Retention Manager

MAJ Sarah Reese

OHMR Public Information Officer

CPT Charles Glass

Supervising Editor

MSG Gary Kiser

Editor

Headquarters Ohio Military Reserve
Attn: Public Information Officer
4094 Sullivant Ave Columbus, Ohio 43228



From the desk of MSgt Gary Kiser

Editor Ohio's Own



I have been a member of the Ohio Military Reserve since 2007, having come from a 21 year career with the Ohio Army National Guard and feeling that tug that came from time to time to slip back into uniform and continue serving. Because I have a devoted Wife, a 12 year Army veteran herself, and a supportive family I consider myself very fortunate to have made such an easy transition from one branch to another. Others I have found have not been as fortunate. Being a member of such a unique organization that I consider an "elite" force of well trained specialists, takes a special kind of person with a dependence on those family members that can make or break a decision to serve. We often make the mistake that the decision to join is based solely on our individual desire to serve and that we alone are making the sacrifice. **Nothing could be further from the truth.**

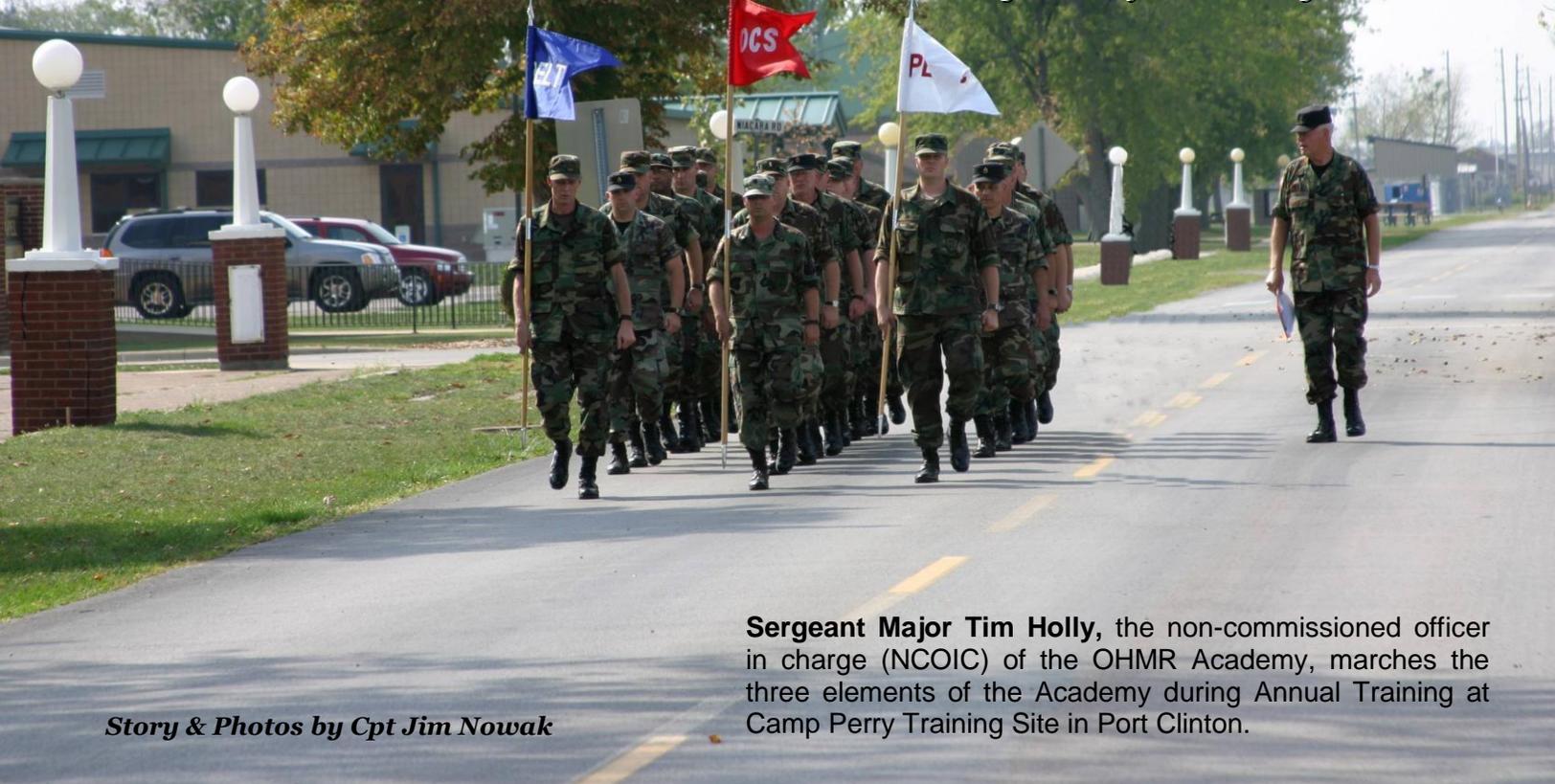
Spouses, parents, children and extended family members have long been part of such a unique organization. Our rank and file statistics bear out that our soldiers are mainly comprised of individuals that are established in their careers, well educated with an average age of about 35 years old. Even with the overall make-up of our members as a mature force, the instance of NOT including our families has had a detrimental effect on our retention and in turn requires us to commit resources that should be focused on our mission. Our Brothers and Sisters in the National Guard discovered this years ago and as a result have a robust and active relationship with the family members that wait at home while we train.

Ohio's Own Magazine is an ideal platform to introduce the Ohio Military Reserve to your family and shows them what we do and that they have a right to be proud of you for serving, just as much as you take great pride in your service. I encourage all of our faithful readers to share this valuable resource with friends and family and encourage them to ask questions. Perhaps invite them to drill or annual training to experience for themselves that the Ohio Military Reserve is truly an elite group of individuals training collectively for a very important mission.

Annual Training 2011

"Make sure they've got their boots broken in..."

-Sergeant Major Tim Holly



Story & Photos by Cpt Jim Nowak

Sergeant Major Tim Holly, the non-commissioned officer in charge (NCOIC) of the OHMR Academy, marches the three elements of the Academy during Annual Training at Camp Perry Training Site in Port Clinton.

They've seen the movies and heard the stories about that rite of passage known as "basic training," which trains civilians to become soldiers. Annual Training 2011 (AT11), doesn't have 20 mile hikes in full battle-rattle, "Drop and give me 20!" or grueling obstacle courses, but to the new OHMR recruit, the prospect of basic training may still seem intimidating.

As a volunteer force unpaid for training, OHMR recruits cannot realistically dedicate weeks to exclusive immersion in the military culture. Still, for a week at Camp Perry, OH, they will learn the basic soldiering skills to give them the foundations on which their careers as members of the State Guard will be built.

Sergeant Major Tim Holly, the non-commissioned officer in charge (NCOIC) of the OHMR Academy has been instrumental in

crafting and implementing many of the Academy courses. OHMR training has been condensed but still strictly follows U.S. Army training guidelines, something Holly can fairly judge since he served as a Drill Instructor during his time in the U.S. Army.

Holly says the Army coursework is adapted to OHMR's mission and "...uses the same Points of Instruction (POI) minus about 25% that do not apply because they are relating to combat operations." Once an OHMR recruit graduates from BELT, military occupational specialty (MOS) training is done at battalion level.

When asked why BELT or other military development courses aren't handled at each soldier's home unit, Holly explained that the decision is based on the Army's experience. "Being out of a familiar environment helps focus troops' attention on their training" He says

A Creative Approach to Physical Training

By Specialist Robert Bell

When I was appointed Bravo Company's PT instructor, I was challenged with developing a program that follows the Army PT manual FM 21-20 but which also makes PT fun and challenging to each and every soldier. As I have learned, preparation along with different routines keeps the attention of those you are instructing. Another challenge is learning how to issue the PT commands as the instructor.

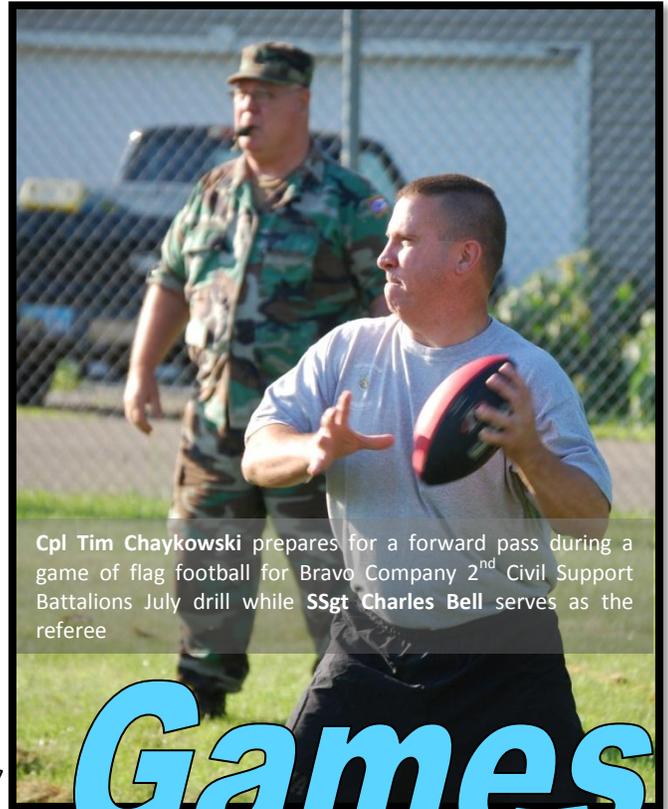
Recently those personnel in Bravo Company that took their annual PT test, 14 in total, fully passed the OHMR standard. Three of those troops had scores ranging from 60% to 80% of the U.S. Army standard, consisting on average of 60 push-ups, 50 sit-ups, and a 2 mile run in 16 minutes or less.

All Fun & Games

This is a great achievement on all levels since a fit soldier is an asset to the OHMR and its mission. A good example of a PT routine is to start with just stretching exercises. Then add one exercise at a time, such as push-ups or sit-ups. If everyone can handle more then add more, but move as a team. Start off with 20 minutes then add 10 minutes to the routine until you reach the full hour. Also, find supplemental exercises to handout to everyone to practice by themselves a couple of times each week. The internet is a wonderful tool for this.



Officer Candidate Greg Davda lines up to receive a pass while Cpl Tim Chaykowski guards Pvt Eric Jagusch



Cpl Tim Chaykowski prepares for a forward pass during a game of flag football for Bravo Company 2nd Civil Support Battalions July drill while SSgt Charles Bell serves as the referee

I had to start our routines as informal instruction and at everyone's own pace with timed sets. As the months rolled on and I became better at calling PT, we began to perform our routines formally in cadence and as one team. As the PT instructor for Bravo Company, I am proud of each soldier, their accomplishments and their dedication. As an alternative to formal PT and to change up our routine, we played flag football as our fitness requirement for the July drill. This is a great team building activity and opportunity for comradeship between troopers. As with all competitive training, be sure to lay down the rules beforehand in order to decrease the risk of injury. Other competitions could consist of push-up and sit-up derbies between sections. Unit Olympics is another possible idea. There are several examples listed in the Army FM21-20. If you are tasked with leading PT remember to listen to the troops you are instructing. Take their input and build on your routine. Change it up to keep them interested. Be challenging with your routine and always have your medic check each soldier in order to clear him or her for any PT beyond basic stretching. PT can be fun and challenging. You will have better results if you keep it that way.

PODs - Training For The Mission

*Story & photos Cpl Ethan List
2nd Civil Support Battalion*

Newark, OH - The sun was blazing, the asphalt was dark, the humidity spiked, and the temperature was in the 90's. That didn't stop Bravo Company, 2nd Battalion from engaging in the Point of Distribution (POD) exercise during their July drill weekend. Ever since the organizational transition was announced two years ago, the OHMR has been aggressively preparing itself to take on new roles with new responsibilities. The focus now: FEMA's Emergency Support Function (ESF) #6 and #7. ESF #6 covers mass care, emergency assistance, housing and human services. ESF #7 focuses on logistics management and resource support. This is where the POD comes into play

During times of disaster or epidemic, the Local Emergency Management Agency (LEMA) may choose to establish a POD for the efficient and orderly distribution of specific or essential supplies that are needed by the populace. The POD is scalable. It can be deployed to service small villages and communities (Type III) or activated to distribute resources for urban areas of up to 20,000 people with four lanes of traffic (Type I). The POD consists of three primary sections: supply line, loading line, and vehicle line. It is operated by two teams: the support team and the loading team. The support team consists of traffic controllers, a pallet jack operator, a fork lift operator, and a community relations staff member. The loading team consists of the loaders and the site



SGT Craig Proper gets instruction from POD Manager Officer Candidate **Dino Herbert**

security officer. There is also a POD manager who is responsible for the entire operation.

Today, Bravo Company was establishing a mock Type III POD, designed to service less than 5,000 people per day. First, a POD manager was selected, usually a senior NCO or officer. The manager would appoint a Support Team Leader and Loading Team Leader, who would then each select their team members. A large parking lot is ideal for a POD and fortunately the Newark ONG Armory was just so equipped. In total, 19 personnel are needed effectively to operate a Type III POD during day the day shift. The overnight shift requires only four personnel for security and restocking.

"I'm very proud of these soldiers and the efficiency with which they've fulfilled their tasking," said MAJ Mark Brown, Bravo Company Commander. "It's a reflection of their dedication and of the quality leadership of our NCO staff."

Home Sweet Armory

The Ohio Military Reserve
Settles Into Its New Facility
Story & Photos by Cpt Jim Nowak



There was the usual packing, organizing and sorting as the Ohio Military Reserve Headquarters permanently shifted from the Rickenbacker Air National Guard base to Haubuch Armory in Columbus, OH.

After working in the tight quarters of Rickenbacker, the unobtrusive but orderly armory looked spacious. **OHMR Chief of Staff COL John Fair** put it simply, "This is our new home."

Haubuch Armory's basement was cleaned and repainted by the State in preparation for permanent occupancy. The facility at Haubuch affords more room for OHMR than was available at Rickenbacker. Eventually, the plan is for the entire facility to be OHMR's, but that will be an eventual transition. "We're sharing it right now with the (Ohio Army National Guard) 134th Field Artillery," explained Fair. "They're going to be moving out at some point, being deployed, but they are also coming back. So there will be a few years before we actually get complete control from the Army." Fair recognized **Brigadier General Jack E. Lee**, (Ret.), now Facility Manager at Beightler Armory, for his efforts in moving OHMR to the new location.

Fair believes that having the permanent, strategically-located home in the Armory will be valuable to all OHMR troops. When asked what this means to the average soldier, he cited stability. "I think that they'll know they have a headquarters," remarked Fair. "Once we get more established here, we'll be able to do more things. We are in the central portion of the state and we might be able to draw more

Cont'd on Page 9

Annual Training 2011 *cont'd from page 2*

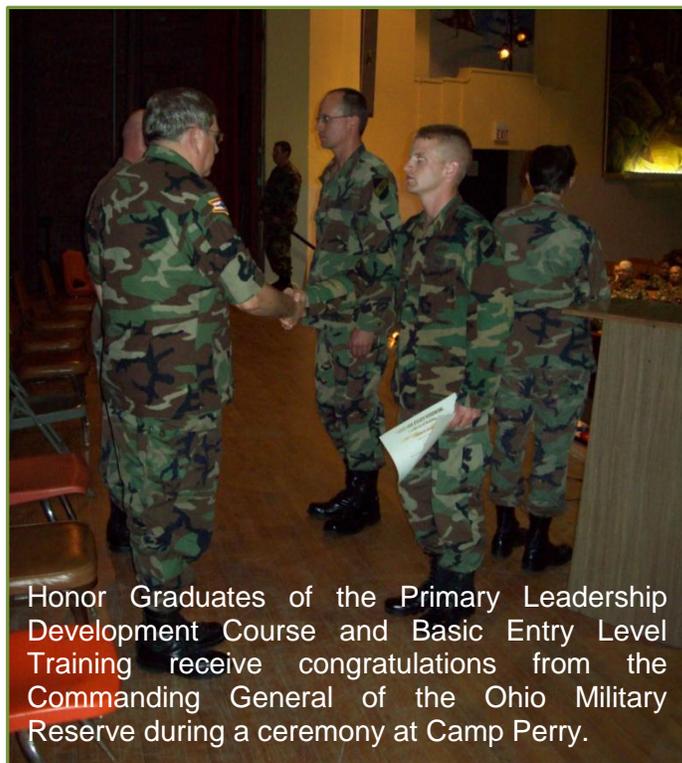
soldiers taking critical courses at home stations "...miss the dynamics of being in a separate environment with people taking the same course, particularly the leadership course. That lets them participate with a wide variety of people on the same level and in the same position that they're in."

To illustrate the effectiveness of Academy training, Holly remembered what happened at last year's annual training. The BELT & Primary Leadership Development Course (PLDC) students were injected into the Squad Training Exercise (STX), which is conducted in the field. Tasks were passed down through the chain of command, as they should be, allowing students to see the system in operation. Holly says this allowed students to dramatically "see how I, personally, will be individually involved in this exercise. We had the BELT people, who were brand-new to OHMR and knew nothing about the military come back and say, 'Oh my God, If we had known OHMR was like this, we would have joined much, much sooner. We would have been much more enthusiastic.'"

As troops prepare for BELT at AT11, OHMR Academy Instructor **First Sergeant Ron Meyers** predicts a worthwhile event. "They will be in for an experience that they have never had before. It's a great experience, especially for a young person who has never done anything like this before. We try to stay as military-oriented as possible. And working as a team. That's the whole concept, is being a team member."

Holly added some words of wisdom, "Be open minded. Buy into group dynamics. You'll be spoken to in a very authoritative manner. Don't come in with a chip on your shoulder. Leave your feelings at home. Do that with an open mind and you'll have an experience you'll be talking about when you're 65 or 70 years old."

He adds that the benefits will spill into many soldiers' personal lives and compared the



Honor Graduates of the Primary Leadership Development Course and Basic Entry Level Training receive congratulations from the Commanding General of the Ohio Military Reserve during a ceremony at Camp Perry.

Academy training to his own civilian experience of taking a Dale Carnegie course. "OHMR troops get this kind of training for free. It's an entry-level opportunity to leadership courses."

When asked for one key bit of advice he would give BELT students, Holly emphatically cautioned, "Make sure they've got their boots broken in. The biggest issue is the boots, the marching. We have so many people who come to annual training that are not prepared - I mean we don't march that far. Eight miles in 4 days. But we have blister issues and stress fracture issues. They need to have at least 20 hours in their boots already."

The Academy will concurrently run BELT, PLDC and Basic Officers Course (BOC) training during AT11.



Everybody



Cardiac arrest "victims" patiently await treatment during First AID/ CPR/ AED training at OHMR headquarters

troops must also be trained themselves. At the July drill in Columbus, for example, Headquarters and Medical Detachment personnel were re-certified with First Aid, CPR and AED training.

G3 must plan training for the brigade and be certain to provide qualified instructors. There can be no shortcuts. In an effort to insure standards compliance, early in 2011 **Lieutenant Colonel Michael Reeseman**, Deputy Commander of G3, deployed to the Center for Domestic Preparedness (CDP) at Ft. McClellan in Anniston, AL for a full week to attend the L449 Incident Command System (ICS) Train-the-Trainer certification course.

This broadens the training capabilities available to OHMR, says Lieutenant Colonel Reeseman. "It gives us more depth on the bench for boot-strapping up instructors who are qualified to give certified Incident Command training. It's a force multiplier." That means

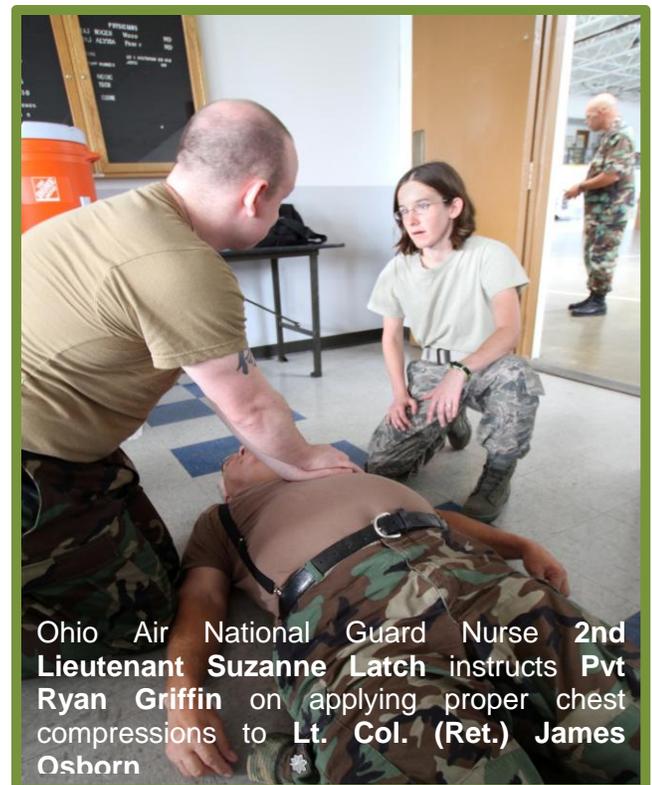
Trains

Story & Photos by Cpt Jim Nowak

You've heard about them; People in charge who act like they're exempt from the requirements of their subordinates. Fortunately, that's not the case in the Ohio Military Reserve because from staff officers to buck privates, everybody in OHMR trains for the mission. **That means everybody!**

All OHMR soldiers train on ESF 6 (mass care) and ESF 7 (resource support.) "When we are trained up on that and can show that we can do that, just like every military unit in the National Guard, we will be deemed mission ready," says **Colonel Wayne Woodall**, Assistant Chief of Staff for Plans, Operations & Training (G3). "This is the mission given to us according to the National Response Plan, which is being coordinated by the National Guard in the State of Ohio. From this it could morph into other duties, depending on how well we perform." That's why, according to COL Woodall, this training for all troops is so critical. "We must all pull together to show that we can accomplish our mission."

In addition to planning training for OHMR, headquarters' officers & enlisted



Ohio Air National Guard Nurse 2nd Lieutenant Suzanne Latch instructs Pvt Ryan Griffin on applying proper chest compressions to Lt. Col. (Ret.) James Osborn

Financial Readiness

Submitted by

Bruce G. Nieman AFC/ChFC

Personal Financial Education and Counseling

Family Readiness and Warrior Support

Ohio National Guard Joint Force Headquarters

'Squared away' is a term you frequently hear when talking to service members. It means to put in order. It can also mean to describe one whose performance is even with or above satisfactory level.

For guard and reservist this term takes on a whole new meaning as they not only have to be 'squared away' with their equipment and training ready to mobilize with little notice, but they also have to be 'squared away' at home. This would include their personal finances. Poor financial management can derail even the most 'squared away' service member. Losing one's security clearance, not being permitted to deploy with their unit, being passed over for promotions etc are just a few of the problems poor financial management skills can cause for service members.

It can also have ramifications in the soldier's civilian life at home, and on the job. Stress, worry, arguments with your spouse, or significant other, being passed over for a job, or not qualifying for certain professions can all be the result of not managing and understanding your money.

This is not to say money trouble is always the result of someone having poor money management skills. Unemployment, Underemployment either in the form of working only part-time or taking a position paying significantly less than you last position, health issues, or a myriad of other factors can all contribute to financial problems especially in today's economic environment. With proper planning many of these situations can be avoided, their financial impact lessened, or even rectified with time. The Department of Defense has long recognized the financial challenges military members, and their families face. Military Saves was developed and tested by its non-profit

sponsor, Consumer Federation of America (CFA) and the military services from 2003 to 2006 and launched throughout the Department of Defense in 2007. It is part of two larger campaigns – the DoD Financial Readiness Campaign, and the national America Saves Campaign. The purpose of the campaign is to motivate military members, and their families to save money every month, and to encourage leadership to take the lead in promoting automatic savings. The campaign is a network of organizations, and individuals committed to helping and supporting military members, and their families build personal savings arsenals to provide for their immediate and long term financial needs.

Financial stability is about a lot more than knowledge -- it takes consistent action over time. Most of us do better when we have a supportive environment. Military Saves is a campaign to make every military community that supportive environment. When enough military members, civil servants, contractors, retirees, other veterans, family members, military organizations, private organizations, and companies belong to Military Saves, the entire military culture will be changed. While it is an ongoing campaign, the entire military community comes together to focus on financial readiness during Military Saves Week, the last Sunday in February to the first Sunday in March.

In a saving community, people encourage each other to save money regularly and habitually. They discourage excessive spending on non-necessities. Financial institutions help people save by offering incentives and other perks. Systems change to favor saving over not saving.

To learn more or sign up go to

www.militarysaves.org

Home Sweet Armory *cont'd from page 5*

support or communications lines now that everyone knows there's a central place to go. This will be more Army-like and should help with recruiting and retention." One hope is that the OHMR Training Academy will be based at Haubuch.

As reported previously in Ohio's Own, Ohio's Adjutant General, **Major General Deborah A. Ashenhurst** stopped by the Armory during the move. She was matter-of-fact about the armory being provided to OHMR. "It's the kind of support you should expect. It's just another brigade headquarters. That's what it is, so... I'm glad you got that kind of support."



COL Wayne Woodall, OHMR Assistant Chief of Staff for Plans, Operations & Training (G3) describes OHMR's Haubuck Armory office plans to **COL Scott White**, Ohio Army National Guard Joint Operations (J3)

Everybody Trains *cont'd from page 7*

more troops can be correctly trained, insuring that the training benchmarks are met.

All efforts are focused on emergency & disaster response. COL Woodall says constant training lets troops automatically respond correctly and swiftly, without having to consult manuals or trying to remember long-ago training. This saves precious time when minutes can make the difference. Ultimately, though, it's about helping people.

"In the scope of the whole picture in response to national disasters or local disasters, it's an integral part of all of them. You're helping the citizens of this country and the State of Ohio, when they're down & out, hurting for their loved ones and their property."

Colonel Woodall commented he and the command staff truly recognize the contributions made by OHMR soldiers, understanding that time spent training will translate into a critical time saving when responding to a disaster. "Their work does not go unnoticed. I want to personally thank them for their expenditure of their time. That's one thing they can never get back-- their time."



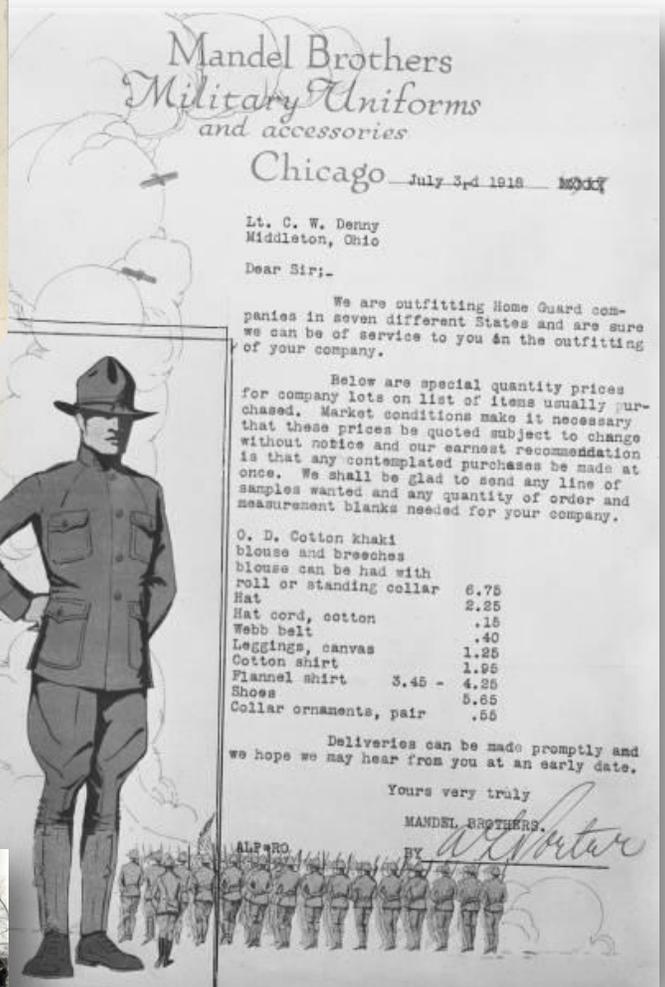
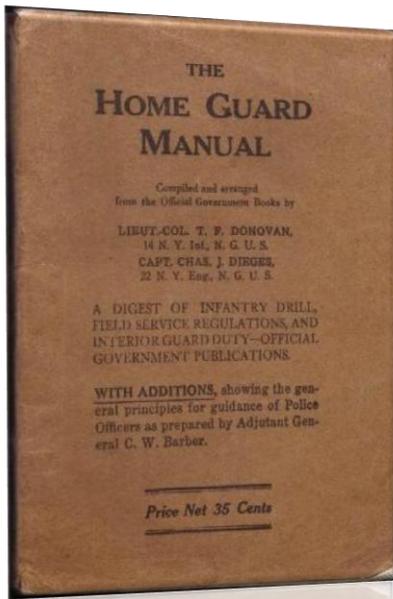
Adjutant General Authorizes Wear of TRU

Columbus- Major General Deborah Ashenhurst has authorized the wear of the Tactical Response Uniform/woodland by all members of the Ohio Military Reserve. The much more practical TRU will replace the BDU although no wear out date has been announced. BDU and TRU components (top & bottom) may not be worn together. All other component items such as caps, parka, poncho etc are authorized for wear with the TRU. In an order issued by Brig Gen Charles Rowell, Commander of the OHMR OHMR reg 670-1 will contain specific instructions on the wear of the TRU and will appear in the next regulation revision. Your chain of command continues to be your best source of information concerning uniform wear.

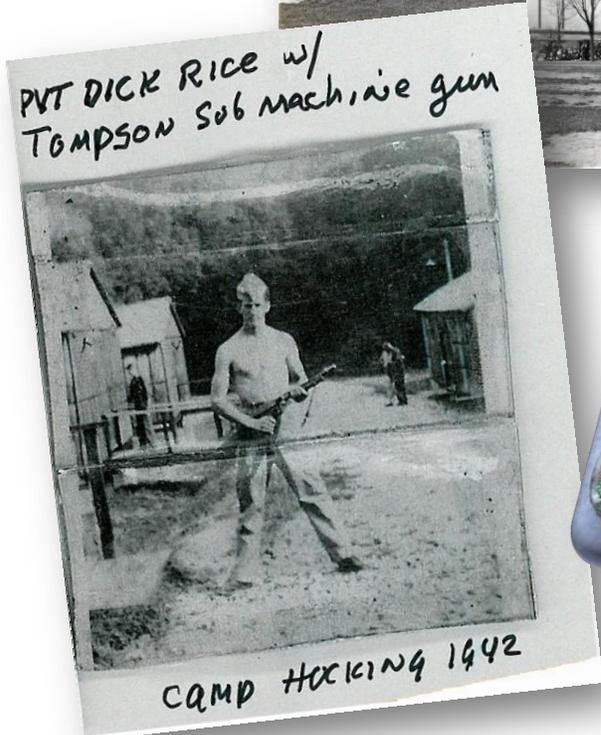
"Buckeye Bits"

A Historical Perspective

Photo's courtesy of Ohio Military Reserve Historical Detachment



Cincinnati Home Guardsman **Patrick Olvey** (above) was certainly familiar with the Home Guard Manual when this picture was snapped in 1917. Supplying the troops with uniforms has always been a concern of officers in the State Guard as evidenced by this solicitation from a uniform distributor (right). The "Order of the Bayonet" (below) was very much part of drill at the onset of World War I



The caption (left) says it all in this 1942 snapshot of a member of Company G Third Infantry Division of the Ohio State Guard



**Learn the skills and gain the respect
that comes from military service.**



**ONE WEEKEND PER MONTH
ONE WEEK PER YEAR
AGES 17 TO 60**

**NOT
DEPLOYED
OUTSIDE
OF OHIO**

OHIO MILITARY RESERVE

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