

THE

Maryland

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LINE



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THE Maryland LINE

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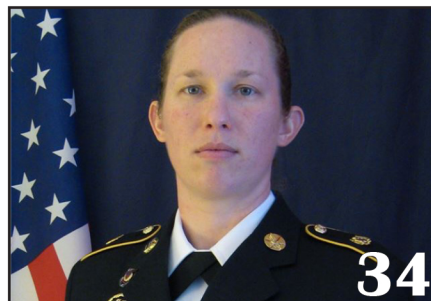
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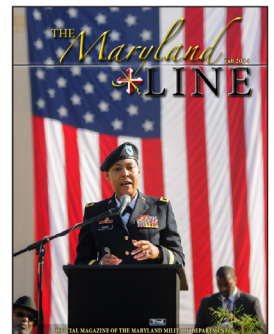
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On the cover:



Brig. Gen. Linda L. Singh, commander of the Maryland Army National Guard, speaks on Veterans Day at the War Memorial Plaza in Baltimore, Md., to celebrate current veterans and those who made the ultimate sacrifice in defense of America, Nov. 11, 2014. (Photo by Staff Sgt. Michael E. Davis Jr.)



Maryland Guard chiefs meet to make moves



By Staff Sgt. Michael E. Davis, Jr.,
29th Mobile Public Affairs Detachment

Senior enlisted members of the Maryland Air National Guard held their annual 175th Wing Chiefs Counsel Offsite meeting at the Weinberg Center on Camp Frettered Military Reservation near Reisterstown Md., Nov. 7-9, 2014.

"It [the meeting] gives us time to come together as chiefs to fix problems that we see within the wing, address any enlisted issues, and come together face-to-face," said Chief Master Sgt. Max Hesselbein, component maintenance flight chief in the 175th Wing and chairman for the meeting.

Hesselbein said meeting face to face gives the chiefs an opportunity to communicate in person, network with

one another and to build camaraderie. Hesselbein also mentioned that he gives the chiefs a chance to address some concerns or questions they may have pertaining to their unit.

Networking, fixing problems, and addressing issues were the key points focused on in the meeting.

The offsite meeting not only involved particulars from the chiefs. Command Chief Master Sgt. Glenn D. Hart, senior enlisted advisor for the Maryland National Guard and facilitator of the meeting, was able to pass on information from Maj. Gen. James A. Adkins, the adjutant general of Maryland and Brig. Gen. Allyson R. Solomon, the assistant adjutant general – Air.

"This year Major General Adkins wanted me to go over the IG [Inspector General] complaints that senior leaders received," Hart said. "Also to talk about the fact that we're [the MDNG] in a constant flux with the budget and uncertain of where the military is going."

Hart said Adkins wanted to reiterate that information in the meeting because the chiefs would be the ones to keep the morale up amongst the Airmen.

Command Chief Master Sgt. Michele L. Vogel, the 175th Wing command chief was also present at the meeting and expressed concerns from her wing commander, Brig. Gen. Scott

L. Kelly, as well.

In addition to communicating matters from their command, there were a few key personnel who spoke at the meeting. The Airmen Care Team, the Sexual Assault Response Coordinator (SARC), and the Equal Opportunity Office, just to name a few, all shared information to the chiefs.

The chiefs also took part in refresher trainings on various topics such as Prevention of Sexual Harassment (POSH) and Equal Employment Opportunities, in order to keep them informed and alerted as leaders and to share information back to their Airmen in their individual units.

Hart said some of the actions following the meeting will be prioritizing awareness of sexual assault, enlisted development and resiliency training, which were all hot topics discussed during the meeting.

Hart emphasized that the overall goal is for him to get with the senior enlisted leaders on the MDANG side to develop a plan for the next year.

"Like [you] said, the key point is the networking with all of the chiefs," Hart said, agreeing with Hesselbein. "We're like a little city. You get one group of chiefs over here and join them with some other chiefs, and over the years there may be some friction because some things may get understood. This is a good chance for us to sit down to build bridges and camaraderie."

SEEDS OF A NATION: REMEMBERING THE 5TH MARYLAND AND THE BATTLE OF NORTH POINT



Story by Sgt. Margaret Taylor
Video by Staff Sgt. Michael E. Davis, Jr.,
Photos by Staff Sgt. Thaddeus Harrington & Staff Sgt. Nancy Spicer,
all are members of the 29th Mobile Public Affairs Detachment



- Pvt. Clifton Shivers Jr., 1-175th Inf. Regt.

“I felt a sense of pride knowing that the people were supporting us for the meaning behind the march.”

As a nation, the United States of America wasn't born when the Declaration of Independence was signed

July 4, 1776. It didn't spring from the ashes of the American Revolution in 1783. It wasn't quite there when George Washington

was elected the first president in 1788.

Rather, the nation finally took form in the throes of another war fought throughout and along North America's east coast and on the Great Lakes nearly 30 years after the Revolution. The War of 1812 (1812-1814) pitted the Americans against their former countrymen – the soldiers and sailors of Great Britain – and the war allowed the nascent country to achieve two lasting and profound victories.

First, the infant American Navy beat again and again the best in the world – the British Royal Navy – which finally gave the U.S. an inarguable place on the international stage. These Americans were legitimate:

a force to be reckoned with.

Second, and for the first time ever, Americans began to draw together in a spirit of national pride. This was epitomized in a poem penned during the Battle of Baltimore in 1814; this poem, “The Star Spangled Banner,” would later become the nation's anthem.

Winning the War of 1812 brought the seeds sown in 1776, 1783 and 1788 to fruition and made a unified nation of America.

But that victory almost never was.

As their war against Napoleon Bonaparte wound down in 1814, the British redoubled their efforts against the Americans. In August of that year, the British Army





www.youtube.com/watch?v=wMq1Usa_Er0

- Spc. Gareth J. Ainsworth,
Infantryman in the 175th Inf. Regt.

“During the march, I tried to reflect on what it must have been like for the patriots marching down not knowing whether or not they would be coming back.”

invaded in large numbers and overran Washington, D.C. After sacking the capital, they headed north into Maryland intent on burning Baltimore as well.

However, their advance met the first heavy resistance at North Point about five miles from Baltimore, Sept. 12, 1814. There, members of the Maryland militia took a stand against the invaders.

Though the 5th Maryland Regiment (the North Point defenders) eventually made an organized retreat from the skirmish, their defense was key in halting the British advance. The commander of the British forces was killed there; his death demoralized the invading troops and stalled their advance until another, less able general took command.

The delay allowed American forces to rally and win the Battle of Baltimore. The victory marked the beginning of the end of the war and the birth of a new era.

To commemorate the importance of the defense of North Point, over 400 members of the Maryland Army National Guard, Maryland Defense Force members, and members of other services marched in the 200th March of the Defenders in Baltimore, Sept. 12.

“It means a lot to know how passionate people are about what we have here [in America],” said Spc. Gareth J. Ainsworth, an infantryman in C Co., 1st Battalion, 175th Infantry Regiment. Ainsworth is from North Wales in Great Britain and had mixed feelings about things. “During the



march, I tried to reflect on what it must have been like for the patriots marching down not knowing whether or not they would be coming back.”

The march was part of the Star Spangled Spectacular (Sept. 10-16), Baltimore’s celebration of the bicentennial anniversary of the writing of the national anthem.

Soldiers from the 5th Maryland, nowadays known as the 175th Infantry Regiment, participated in the march, which took them on a 6-mile trek from Patterson Park to Battle Acre Park along the Star-Spangled Banner National Historic Trail.

“I felt a sense of pride knowing that the people were supporting us for the meaning behind the march,” said Pvt. Clifton Shivers Jr., an infantryman from Headquarters and Headquarters Company, 1-175th Inf. Regt. “We got to walk in the footsteps of the Soldiers who dug the trenches and fought the war, we walked with their spirits.”

The route, which took marchers in the footsteps of the North Point defenders of 1814, was lined with festive red, white and blue bunting and period flags.

The Maryland National Guard’s 229th Army Band and the Maryland Defense Force Band performed during a ceremony at Patterson Park and the conclusion at Battle Acre. Band members even accompanied the 1-175th during the march. The Remembrance Ceremony at Battle Acre included a wreath-laying ceremony with representatives

from the British Embassy and the local Maryland government.

“We came over to see the marching troops and to pay our respect and honor to the Guard,” said Mary Feigley, a Baltimore resident who first learned of the Battle of North Point as a young girl in grade school. She enjoys retelling the history that she was taught and sharing the new facts she learned to her twelve-year-old grandson.

Though the War of 1812 was bitter and bloody, the March of the Defenders and the other events of the Star Spangled Spectacular celebrated what the trials of that war meant. Because of the sacrifices of those like the Soldiers of the 5th Maryland at North Point, the U.S. became more than an independent country: its people came together as a unified nation.



BALTIMORE VETE



CITY HONORS TRANS





By Staff Sgt. Michael E. Davis Jr.,
Maryland National Guard Public Affairs Office

Cheers, music, and military cadences filled the streets of Baltimore from the south end of Mt. Vernon Place to the War Memorial Plaza as part of the city's annual Veterans Day March, Nov. 11, 2014.

The march and ceremony was held to celebrate current veterans and those who made the ultimate sacrifice in defense of America.

"Honor a veteran, heal a nation," was the theme of this year's Veterans Day Parade.

The Maryland Freestate Challenge Academy, local high school students, veteran organizations, junior ROTC members, and other organizations participated in the event.

Stephanie Rawlings-Blake, Baltimore City mayor, Brig. Gen. Linda L. Singh, commander of the Maryland Army National Guard, and other dignitaries led the march and spoke during the ceremony.

"It is so important that we take time on this day to say a simple thank you to our veterans," Rawlings-Blake said.

Hundreds of supporters stood on the sidelines and expressed their thanks and gratitude for those who raised their right hand to protect our nation.

"We know that no great nation exists without a great a military," Rawlings-Blake said. "So in order for our country to have made it this far and to have a great country for the future, we have to have veterans. We have to have people who are willing to say 'sign me up, to say I am willing to serve'"

Serving this nation for 33 years, Singh expressed her connection to previous and current veterans.

"When I think about what it means for me to wear this uniform, I know what it means to [them] to have worn the uniform and to wear the uniform," Singh said. "We are here to make sure that you have a free nation, so we can stand as one."

The Veterans Day Parade concluded with a wreath-laying ceremony to honor the fallen but not forgotten Service members.



- Stephanie Rawlings-Blake, Baltimore City Mayor

“So in order for our country to have made it this far and to have a great country for the future, we have to have veterans. We have to have people who are willing to say ‘sign me up, to say I am willing to serve’.”



TROOPER of the QUARTER

By Staff Sgt. Michael E. Davis, Jr.,
29th Mobile Public Affairs Detachment



Air Force Master Sgt. STEVE C. COLEMAN

Guard Status:

Affiliation: Maryland Air National Guard

Unit: 175th Air Wing

Air Force Specialty Code: 3DoX2

Cyber systems operations craftsman

Years of service: 21

Citizen Status

Career(s): Director - Support Practice Management

Affiliation: Microsoft

Education: Computer Systems



The Maryland National Guard takes great pleasure in recognizing its citizen-Soldiers and Airmen who have interesting qualities and stand out in their military and civilian careers. This quarter, the MDNG would like to acknowledge Air Force Master Sgt. Steve C. Coleman for his outstanding work as a cyber systems operations craftsman (3DoX2) with the 175th Air Wing and as the director of support practice management with Microsoft at a New York City location.

PAO: "Master Sgt. Coleman, tell me about what you do in the civilian world and in the Maryland Air National Guard."

Coleman: "I work for Microsoft in my civilian career and I work in the Network Operations Center [on Warfield Air Force Base] and I'm a cyber systems operations craftsman - Air Force Specialty Code (AFSC) 3D0x2."



PAO: "Have you always been a cyber systems operations specialist?"

Coleman: "No, I used to do security forces. I've been in the Air Force for almost 21 years and I started out in active duty. I did six years in active duty. I got out, but I was called back after 9/11 happened. Like I said, I was security forces at that time."



PAO: "Where were you stationed and what are some of the things you've accomplished?"

Coleman: "I was at Grand Forks Air Force Base, N.D., for four years then I went to McGuire Air Force Base, N.J. While there, I was in this program called Phoenix Raven. I flew around doing anti-terrorism force protection protecting the aircraft, the aircraft content, and the aircraft crew in various locations. We would fly to places that weren't near military bases and provide protection in those remote areas. I traveled to every continent except for Antarctica and Australia."



PAO: "At what point did you transition to what you're doing now?"

Coleman: "When I got out of active duty, I joined the Maryland National Guard and I went to a technical training school to change careers into computer systems. I went to tech school to become a cyber systems operations specialist. When I transferred here [Network Operations Center] I met a guy named Rich Crandall who was working at Microsoft. It was Rich Crandall who referred me to go work at Microsoft."

Coleman: "I got an interview, got the job and started out as a technical account manager. From there I became the lead technical account manager then I went on to become the director of support practice management. My territories are in New York City and New Jersey."



PAO: "What does the job entail?"

Coleman: "I have customers such as the NYPD and any city agency or educational institution in New York or New Jersey that has a support contract with Microsoft. I manage the technical account managers. I've been there since October of 2006."

PAO: "So you live here in Maryland, but you work in New York City?"

Coleman: "Yes."

PAO: "Tell me a little bit about the commute?"

Coleman: "So, I take the Acela train up to the city. It's two and a half hours by train so it's not bad at all. I

kind of split my time in New York City and New Jersey based upon whatever the customer needs."

PAO: "Are you staying in New York or New Jersey the days you work and then come back to Maryland when you're off?"

Coleman: "Yeah, it depends on the week. I'm there mostly two to three days out of the week or some times five days."

PAO: "What kind of personal skills have you learned from the Maryland National Guard and Microsoft?"

Coleman: "When I first joined Microsoft I was really just a technical person. Over the years, as I progressed in both of my careers, I've relied more on my leadership capabilities, but still focus on the technical aspect. Microsoft and the Air Force really helped me develop as a leader."

PAO: "Other than your leadership experience, how do you feel you have given back to the Maryland National Guard by your civilian experience?"

Coleman: "Since I've been here in the Guard I've met several people who are really smart and was able to refer them to Microsoft, passing off a favor that Rich

Crandall did for me. Tech Sgt. Shawn Meyer is also a Microsoft employee and Derek Gadson who is a first sergeant. All three of us work at Microsoft now"

PAO: "That's definitely a great way of looking out for your fellow Service member."

Coleman: "I've also had a chance to take those best practices in my job, in the civilian world, and bring them back here [Network Operations Center] to help us [MDANG] be successful."





When **FREE MEN SHALL STAND**

Maryland Museum
of Military History

When
**Freemen
Shall Stand**

*By Maj. Rick Breitenfeldt,
Maryland National Guard
Public Affairs Office*

As the city of Baltimore celebrates the 200th Anniversary of the National Anthem, the Maryland National Guard is commemorating the occasion with the grand opening of its War of 1812 museum display.

The new display "When Free Men Shall Stand" was unveiled to the public during a ribbon cutting ceremony at the 5th Regiment Armory on Sept. 3, 2014.

Joe Balkoski, historian and author of several books on the history of the Maryland National Guard said the new display shows the unchanging nature of the American defense of the homeland; a mission familiar to the Maryland National Guard.

"It was a perfect storm," said Balkoski. "The 200th anniversary of the defense of Baltimore was a perfect time for people to say 'hey this is

*when freemen shall stand
and home & the war's desolation
& peace may the heav'n rescued
that hath made & preserved us a
must when our cause it is
the "In God is our trust"*



our history; we saved our city from complete destruction; it changed all our lives; and we're living that legacy today."

The museum exhibit was funded through a series of generous donations and grants from many military organizations and supporters of the Maryland National Guard and is the culmination of three decades of dedicated work from retired Soldiers and Airmen from the Maryland National Guard.

"We started out with a grain of sand and due to the dedication of so many people we kept it going when we had no money. Finally, now, we

have reached a point where people understand that the history is of such profound value to young Soldiers and to the families that it's an integral part of our story," said Balkowski.

The interactive display focuses on the real life stories of both British and American Soldiers from the war of 1812 and portrays the time period through their personal experiences.

"These people were living and breathing people just like you and me and when it's 200 years ago you get the general impression that they weren't really. They were some iconic figures from the past that you couldn't touch or you didn't realize that

they were living breathing humans," said Balkowski. "I want people to understand it was the present for them; it was the present moment in time and it was a crisis like this country had never seen before."

Maryland Military Historical Society president H Steven Blum described the 1812 exhibit as magnificent. "It's as good as I've seen anywhere," said Blum. This exhibit really tells a story."

"The nation had its back up against a wall and we want people to know that the people who saved our city were just like you and me," said Balkowski. "They were just like members of the National Guard today."

On the +LINE



1229th Transportation Company Freedom Salute

The Maryland National Guard hosted a Freedom Salute ceremony on Sept. 6, 2014, at the War Memorial Building in Baltimore, Md., to officially welcome home over 150 members of the 1229th Transportation Company from their nearly yearlong deployment to Afghanistan. Former Baltimore Raven Ray Lewis delivered a heartfelt welcome home speech to the Soldiers during the ceremony. obtain trained and ready Equal Opportunity Leaders at the unit level.

MDNG members recieve free acupuncture treatments

Free acupuncture treatments for Maryland National Guard Service members and their families, veterans, and Maryland Military Department support staff on the first Wednesday of every month at 10 a.m. and 11 a.m. The sessions take place at the 5th Regiment Armory in Baltimore and do not require an appointment.



Chaplain Lee speaks at Washington College

Chaplain (Col.) William S. Lee, Joint Force Headquarters chaplain for the Maryland National Guard, spoke to students, faculty and the public about religious liberty, what it means to be a military chaplain and current challenges between the two, at Washington College in Chestertown, Md., Sep. 25, 2014.



ESGR Awards Luncheon

The Maryland Employer Support of the Guard and Reserve held their 2014 State Chair Above & Beyond Award luncheon at the Turf Valley Inn in Ellicott City, Md., Sep. 18, 2014. The awards were given to honor various employers of Reserve Component members who have gone above and beyond the requirements of the Uniform Services Employment Rights Act.

TAG visits 224th in Edgewood

Maj. Gen. James A. Adkins, the adjutant general of Maryland, visits the Maryland Army National Guard's 1st Security and Support Battalion, 224th Aviation Regiment, during annual training in Edgewood, Md., Aug. 26, 2014.



Congressional staffers visit Maryland

Congressional staffers visited the Maryland National Guard on Aug. 27, 2014. The delegation toured the aviation facilities at Edgewood, the Air Guard at Warfield, and the Tactical Unmanned Aerial Systems in the Patuxent River area.

Chief of Staff informs about the future of the MDNG

Maryland Army National Guard Chief of Staff, Col. Adam R. Flasch, conducted a town hall meeting to discuss the future of the MDARNG at the 5th Regiment Armory in Baltimore, Oct. 2, 2014.



Deployment Cycle Support office endorse suicide prevention

The Deployment Cycle Support office invited local behavioral health professionals dedicated to prevention, awareness and intervention of suicide to setup display tables with literature and giveaways on the drill floor of the Fifth Regiment Armory Sep. 25, 2014.



MDNG helped the Ravens

The Maryland National Guard helped the Ravens celebrate their tribute to the Military. The Soldiers and Airmen conducted a joint operation with the Midshipmen from the Naval Academy to display a large American flag on the field. One of our Soldiers from the 1229th Transportation Company sang the national anthem that was introduced by Soldiers from the 1100th TASMG in Afghanistan.



TAG awarded Estonia Order of the Cross of the Eagle

Maj. Gen. James A. Adkins, the adjutant general of Maryland, was awarded the Estonia Order of the Cross of the Eagle 2nd Class on Nov. 3, 2014, at the Fifth Regiment Armory in Baltimore. The Order of the Cross of the Eagle was instituted in 1928 by the Estonian Defense League to commemorate the 10th anniversary of Estonian independence and is bestowed in recognition of military and national defense service.



MDNG and Baltimore Ravens prepare for Veteran's Day game

Family gathered today, Nov. 7, 2014, at the Baltimore Ravens Stadium to watch a video recording from Afghanistan with members of the Maryland Army National Guard in preparation for the Veteran's Day game celebration this Sunday. The family members also received a private tour of the stadium, visiting the Raven's locker room, the video control room and setting foot on the football field.



Chaplain's Office holds spiritual fitness luncheon

The Maryland National Guard Joint Force Headquarters Chaplain's Office conducted their monthly spiritual fitness/fellowship luncheon in the William D. Schaefer dining facility at the 5th Regiment Armory, in Baltimore, Md., Oct. 7, 2014.



2014 Combined Federal Campaign

The Maryland National Guard started its annual Combined Federal Campaign (CFC) at the 5th Regiment Armory in Baltimore Md. on Oct. 16, 2014.



5K run honors fallen Soldier

More than 200 family members and friends honored the late Maj. Robert Marchanti II by participating in a run/walk in Middle River, Md., on Sunday, Nov. 2. The proceeds from the event sponsored by Ravens Nest 8 will benefit the Maryland National Guard Youth Camp. Marchanti was killed in action in Afghanistan in 2012, of wounds received during an attack on the Afghan Interior Ministry. He was assigned to the 29th Infantry Division Security Partnering Team of the Maryland Army National Guard.

TAG gets coin from 229th Band

Sgt. 1st Class Patrick S. Murphy, the readiness NCO for the 229th Army Band presents Maj. Gen. James A. Adkins, the adjutant general of Maryland a coin from the Harford County Executive in appreciation for the Maryland National Guard's support to the Havre de Grace Summer Concerts in the Park. Each year as a part of their annual training the 229th Army Band will travel across the state as goodwill ambassadors for the Maryland National Guard, performing in a series of local concerts.



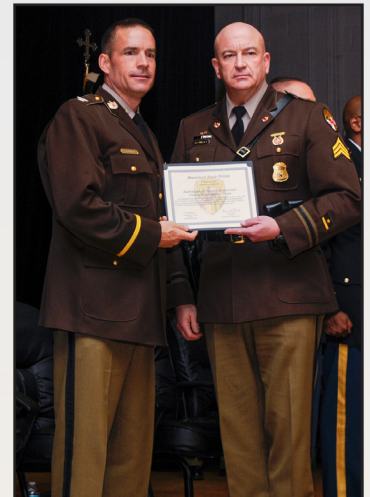
Veterans Day Tribute

Capt. Brian Zdunowski and his son Dylan, place a wreath at the Caroline Veterans Memorial Monument in Denton, Md., as a part of the Veterans Day tribute.



Fallen Warrior Memorial Wreath-Laying

Friends, family and colleagues gathered at the Fallen Warrior Memorial Sunday, September 14, at Camp Fretterd Military Reservation for an annual wreath-laying ceremony in honor of the Maryland National Guard Warriors who paid the ultimate price defending freedom.



Maryland's 2014 Freedom Award Ceremony

More than 150 Maryland State Troopers were honored for their military service during a Freedom Award Ceremony in McGill Training Center located at Fort George G. Meade, Nov. 10, 2014. The Adjutant General of Maryland, Maj. Gen. James A. Adkins, served as one of the guest speakers along with retired Marine Brig. Gen. John W. Simmons. Colonel Marcus L. Brown, superintendent for the Maryland State Police, served as the keynote speaker. A brief ceremony was also held for the Marine Corps' 239th Birthday.



CSM Sann retires with 32 years of service

A retirement ceremony was held for Command Sgt. Maj Brian S. Sann today, Nov. 5, 2014, in the Fifth Regiment Armory's Reckord Lounge. Sann retires from the Maryland National Guard with 32 years of service.



CSM Beyard extends in the MDNG

Command Sgt. Maj. Thomas Beyard, Maryland Army National Guard Command Sergeant Major, extends his enlistment on Sept. 24, 2014, at the 5th Regiment Armory in Baltimore.



291st Digital Liaison Detachment Freedom Salute

Soldiers from the 291st DLD were honored at a Freedom Salute Ceremony September 14, 2014, at Camp Fretterd Military Reservation. A detachment from the 29st DLD served at the Khyber Pass Joint Border Coordination Center from August 2013 to May 2014 in support of Operation Enduring Freedom.

Warrant Officer Muster

More than 75 warrant officers from the Maryland Army National Guard gathered for the 2nd annual 'Warrant Officer Muster' September 28, 2014, where they discussed growing the force, mentorship, and strength maintenance.



Celebrate the bicentennial of the Star Spangled Banner



www.youtube.com/watch?v=pFuj4rMnLy4

The Bicentennial of Battle of Caulk's Field

The Maryland National Guard supported the bicentennial of the Battle of Caulk's Field Ceremony in Chestertown Md., on Aug. 31, 2014, to honor both the American and British service members. The ceremony included a wreath laying, flag raising and the unveiling of two new stone markers. The American marker commemorates the bicentennial and the British marker memorializes the 14 British soldiers who lost their lives, including the British Commander Sir Peter Parker.

Commander's Conference

Maryland Army National Guard Land Component Commander, Brig. Gen. Linda Singh, hosted a commander's conference for key staff, senior leaders and commanders from across the state September 27, 2014. The conference focused on the future of the Maryland Army National Guard and five strategic priorities for the organization including: how to remain an agile, transparent organization with high standards; recruiting and retention priorities; administrative efficiency and accuracy; realistic, creative, and demanding training; and staying logistically strong.



The Maryland National Guard Freestate ChallenNGe Academy's 21 years of success

Mr. Joseph Schaum (left), Towson Rotary Club president, Ms. Sharon Akers (middle), Edward St. John Foundation, executive director, and Mr. James Cooke (right), voluntary pilot and instructor for Silver Wings Aviation Program were all presented the Maryland National Guard Freestate ChallenNGe Lifetime Achievement Award today, Nov. 5, 2014, in the Fifth Regiment Armory's Reckord Lounge.



Maryland's historic 175th

Soldiers from the 5th Maryland Infantry Regiment had a key role in the Battle of North Point in delaying the British forces during the War of 1812. Two Hundred years ago today, the Regiment manned the trenches at Hampstead Hill as a part of the main defense line protecting Baltimore against the British. Due to the strength of the American position the British were forced to withdraw and redirect their attack on the city against Fort McHenry. The British defeats at the battles of North Point and Baltimore were major factors which led to the Treaty of Ghent which ended the War of 1812.

Fitness Center renamed in honor of Fallen Warrior

By Staff Sgt. Nancy Spicer,
29th Mobile Public Affairs Detachment

The Maryland National Guard dedicated the Fitness Center on Camp Fretterd Military Reservation to Maj. Robert J. Marchanti II on Sept. 6, 2014. Marchanti was killed in action in Kabul, Afghanistan while supporting Operation Enduring Freedom on Feb. 25, 2012.

The Maryland Board of Public Works approved the naming of the facility on May 14, 2014.

"The [fitness center] was most appropriate since he was a gym teacher at one point in time, he loved education," said Brig. Gen. Linda Singh, commander Maryland Army National Guard. "More importantly the guy liked to work out."

The newly dedicated fitness center is located across from the building where Marchanti started his career as an officer.

Marchanti, who was 48 at the time, died of wounds received during an attack on the Afghan Interior Ministry. He was married and had four children and one grandson. He was a Baltimore native and worked full-time in the Construction and Facilities Management Office at the 5th Regiment Armory in Baltimore.

He joined the active duty Army in 1984 before joining the Maryland National Guard in 1986. He has also served as a physical education teacher in the Baltimore County School System.

Marchanti is the twelfth Maryland Guard Service member to pay the ultimate sacrifice in the Global War on Terror.

"It feels wonderful that something is going to be here for my children, grandchildren, and maybe my great grandchildren to help keep his memory alive," said Peggy Marchanti, surviving spouse.





www.youtube.com/watch?v=4hyk2PAmVj4





participate in Exercise Saber Junction 14

By Unit Public Affairs Representative

The Maryland National Guard's 253rd Engineer Company (SAPPER) participated in Exercise Saber Junction 14 at the Joint Multinational Readiness Center in Hohenfels, Germany from Aug. 24 - Sept. 14, 2014. Saber Junction 14 is a U.S. Army Europe led, U.S. European Command directed, multinational, multiservice exercise that involves more than 5,800 personnel from 17 countries in several locations in Europe.

Each year the exercise provides joint and combined multinational training on a large scale, with thousands of U.S. and partner nation forces and hundreds of aircraft spread across Europe synchronized in a single

security cooperation effort.

Engineers from the 253rd trained with and supported elements of the Romanian 2nd Infantry Battalion "Calugareni" and the U.S. Army's 1st Battalion, 4th Infantry Regiment with a focus on mobility and counter-mobility support in urban and open environments.

"It was great to see how other countries operated in a tactical environment," said Staff Sgt. Brandon Kennedy, the 253rd training noncommissioned officer. "The opportunity to train with active duty Soldiers from the 1-4 Infantry was highly beneficial, especially at the NCO level."

Because of the partnerships with countries across the globe, National Guard members have opportunities to

participate in overseas deployments for training. Soldiers demonstrated their capability and operate in a multinational environment with active duty and other National Guard Soldiers and soldier from partner nations.

It's not all work and no fun. The 253rd experienced German culture of during their cultural immersion day. They unit visited Regensburg to learn about the culture and experience local traditions.

"The operation as a whole was a valuable training event. It allowed our Soldiers to interact with foreign soldiers while becoming proficient in their individual and squad level tactics," said Capt. Gregg Zavadsky, the 253rd commander.



Mentoring from the ‘HART’



Command Chief Master Sgt. Glenn D. Hart, senior enlisted advisor for the Maryland National Guard shares his experience and knowledge on mentorship with Soldiers and Airmen in five phases.

Mentor: An experienced and trusted advisor.

“When you mentor someone, you’re like cloning them,” Hart said. That being said, Soldiers and Airmen, make you sure you are following the Seven Army Values and the Air Force Core Values when mentoring for a more vigilant MDNG, state and nation.

By Staff Sgt. Michael Davis Jr., Maryland National Guard Public Affairs Office

Self Evaluation

Bring me your bio

Before you take a step toward looking for a mentor, you should:

- Seek someone who works in your desired career field or has your desired status in life.
- Conduct a self-evaluation. This step can be executed before or during the initial meeting between the protégé and mentor.

“The first thing I normally do when someone ask me to be their mentor is tell them to bring me their bio,” Hart said. “When you write your military bio, you’re really doing a self evaluation. You’re breaking down your past and your present. So you can say, well, I

didn't deploy, I need a deployment or I need my degree, or I need this level of experience."

The protégé could determine their strengths and weaknesses by reading through their bio and determining what they have accomplished and what they haven't. "What I'll do is, through networking, pair them up with someone who can help them in their weak spots," Hart said.

Hart then said once he learns his protégé's strengths, he can now place them in the seat to teach someone else. Self-evaluation is the first step toward mentorship, but it will help you learn more about yourself and likely to lead you to a productive relationship with a mentor.

The protégé and the mentor relationship

Both parties win if they communicate and work as a team

Communication is the key to a healthy and constructive relationship with your mentor. Hart suggests that there should be constant communication between the protégé and the mentor. Communication may not be face-to-face, but both parties should agree on a system that doesn't conflict with their work or family schedule.

Hart also said that the mentor should give homework assignments to the protégé that aims them towards a particular goal. Just as the mentor needs to be proactive in developing the young Soldier or Airmen, that protégé needs to be serious as well and complete the assignments for their own self-development.

The mentor wants to teach while the protégé desires to learn; both parties win if they practice communication and work as a team.

Your Accountability Partner

Seek encouragement and inspiration when aiming for a specific goal

Find someone on your level who you can motivate and whom you can seek motivation from. Hart said you and your peer, or accountability partner, should be motivating each other and bouncing ideas off of one another. Seek someone who serves as an encourager for bad days.

"You're going to have good days and bad days and it's nice to have that support group," Hart said.

Taking advice from inspirational speaker, John C. Maxwell, Hart said he finds an enthusiastic Servicemember when he feels he needs some encouragement. "I walk around the armory and I find some young person that's got stars in her eyes who says 'One day I'm going to make E-7 or I'm going on this deployment,' they make me feel good," Hart said.

You should seek a peer or accountability partner who is an encourager.

The Mentor

Mentorship is a team effort that improves the organization

Your life doesn't just center on your work or personal goals. You should have at least one mentor for every function of your lifestyle. "I say three mentors because you're going to get different perspectives," Hart said.

Multiple mentors will keep you well balanced in your goals. Those goals may be excelling in your civilian job, family and school or simply excelling in three different areas of the Army/Air Force.

"They [Soldier/Airmen] should have a strategic view of what's going on and how their specific MOS or AFSC [Air Force Specialty Code] plays a big picture to get the mission done," Hart said.

Mentorship is a team effort and the mission is to not only improve themselves, but their organization as well. Mentorship should act as a succession of development amongst the Soldiers and Airmen in the MDNG. The one being helped today should aspire to become the helper for tomorrow. Hart's method of connecting mentors to network becomes a cycle and an equation for success. A developed Service member plus another developed Service member is likely to equal to a developed Army and Air Force.

Reverse Mentorship

You're never too old to be mentored and don't be afraid to be mentored by a subordinate

Seek help, even if it's from someone of younger age. John F. Welch, Jr., chief executive officer of General Electric from 1981-2001, is said to have discovered the method of reverse mentoring. He describes it as the younger generation teaching the older generation. According to Technopedia, reverse mentoring refers to an initiative in which older executives are paired with and mentored by younger employees on topics such as technology, social media, and current trends.

"That [reverse mentorship] is a term used in the civilian world," Hart said. Hart mentioned that he read an article about this method and how people are using it in civilian organizations. To him, what he read made sense and he decided to put it to the test in the MDNG.

After practicing some of the things he learned, Hart realized that it works. You should not allow pride to get the best of you when seeking mentorship. "You're never too old to be mentored," Hart said. and don't be afraid to be mentored by a subordinate," Hart said.



- Command Chief Master Sgt. Glenn D. Hart, Senior Enlisted Advisor

“I like what Raquel (Trooper of the Quarter – MD Line, Summer Edition) said: you need one person you're helping, one peer that you're developing with – someone to support you day to day – and then you need that well-roundedness from three mentors above you.”



Guardswoman fights fires & stereotypes

By Tech. Sgt. David Speicher
175th Wing Public Affairs

In the firefighting profession, fear is not an option and the challenges can be big.

Senior Airman Sheila M. Fuentes, a full-time firefighter at Warfield Air National Guard Base, put the fear of leaving her unit and home in Puerto Rico behind her to pursue the challenge of a career in Maryland.

She left Puerto Rico and joined the Maryland Air National Guard last year. Then in March, she landed a full-time firefighter position with the base firefighting department. "I took my chances and I came over here," she said.

It would have been difficult for her to become a full-time firefighter in Puerto Rico. "Career fire fighter positions are hard there, you had to know somebody - very political," she said.

While with the Puerto Rico Air National Guard and deployed at Bahrain in 2012, she served with 12 members of the 175th Wing. During that six-month deployment, she worked well with them. "I got to see how good they were as a fire department."

From the start of her Air Force career in 2010, Fuentes said she wanted a challenge.

"I told the recruiter I wanted a physically active job. Being a fire fighter is a hard job, which sometimes you have to grow into it. After graduating firefighting school, I fell in love with the job," she said.

"It is not all about fighting fire. It's more than that. It is about helping the community. It's about making sure people are going to be safe by preventing situations."

"There are a few women out there, but for the most part, it's a guy's

career and it feels good to know that I can do the job. I am a woman who likes challenges." She is the only current female in the fire department.

As a woman, Fuentes said she had concerns about a male dominated career.

"In this department I have never had a problem. The guys are very supportive. They treat me as if I am one of them. I have never had a sexist attitude from them," Fuentes said. "This is a really good department for a female fire fighter. My supervisor always makes sure that I am okay."

Fuentes said she also had concerns about coming here. "It is scary coming to new unit. It was a big change coming from an island to the main land. There is a different culture here. I knew I would be the only female fire fighter here. It was very scary," she said.

"It took me a couple of drill weekends [to adjust]. The fire fighters made it really easy for me. They would make sure I was okay. If I had any concerns, I was more than welcome to talk to management. They knew my concerns about being the only female. They had a zero tolerance [for harassment]. The six months I served with 12 of them in Bahrain made it easier because I knew them," Fuentes said.

Fuentes remarked on the difference between where she was born and here. "Puerto Rico is very social, everybody knows your business. It is more peaceful living here and a lot more to do. One day I can be on the beach and the next day be out in the rural country. There is a lot of history around here."

Fuentes' near term plan is to finish her Community College of the Air Force degree. She sees herself staying in the guard 20 plus years and advancing in a leadership position. "You always have to go for something better," Fuentes said.

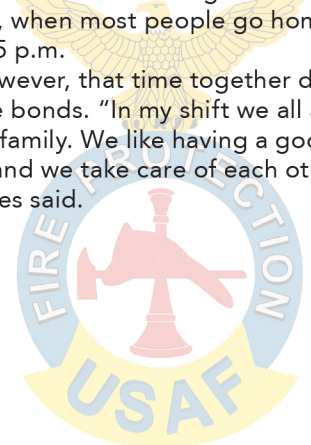
Most of the calls she has been on



have been about vehicle accidents outside the gate and medical calls. She is enthusiastic about knowing how to deal with a potential airplane crash. "I like dealing with planes. I make sure I know about the planes. That's what this department is here for; it's about taking care of the planes on the ramp," she said.

Although there is nothing she dislikes about the job, she did state that it is a sacrifice being here for long hours, when most people go home after 5 p.m.

However, that time together does create bonds. "In my shift we all are like a family. We like having a good time and we take care of each other," Fuentes said.



32nd CST trains at Walter Reed

The Maryland National Guard's 32nd Civil Support Team participated in a training exercise on Nov. 6, 2014, at the Walter Reed Army Medical Center, in Washington, D.C. The unit's performance was assessed by Army North evaluators. (Photo by Staff Sgt. Thaddeus Harrington, Maryland National Guard Public Affairs Office)





Skinny fat people need self-motivation in a peacetime Army

*Commentary By Sgt. Margaret Taylor,
29th Mobile Public Affairs Detachment*

I turned to one side, then the other, and sighed at my reflection in the mirror.

"I'm fat."

I poked at the skin on my arm. Yep, there's definitely a wobble there.

My reflection was flabby. I was flabby. Not overweight, but very out of shape: skinny and fat at the same time. That's not a happy state to be in with an Army Physical Fitness Test (APFT) coming up.

To add to the pressure, my command had just reminded us about the Army's revised retention posture, which came into play in 2013 and is expected to last through 2017. To shift to a leaner, peacetime fighting force, the Army intends to take a closer look at who is in the service, and trim the excess (i.e., mandate separations). Part of the 'to trim or not to trim' determination would come from enforcing tighter physical fitness standards for regular and reserve Soldiers.

No more coddling: Pass that APFT or get out.

Would a skinny fat girl like me continue to have a place in this Army?

I haven't always been so blubbery. As I stared in dismay at my reflection, though, I realized things had reached a tipping point. My physique was due in part to laziness, in part to poor diet, in part to injury (bad backs – yeah, they suck), but the decline was of my making.

Perhaps I could squeak by with a minimal pass in my APFT, but would the minimum be good enough? Mediocrity is a terrible thing, and I can only imagine a promotion board looking at my packet one day and saying, "This Taylor...she's okay. But this Soldier over here is awesome." And being 'okay' wouldn't be good enough.

But what would you do about it?

At 32, I no longer have the whippet-like ability of my younger self to go from flab to super fit at the drop of a hat. I also don't have any experience designing my own fitness regimen. And I certainly don't have tons of money to throw at a personal trainer to play drill sergeant to my lazy, wheezy self.

Even with all those excuses, though, I decided to do something about it.

I started going to the gym in my neighborhood. That gym is free for residents – always good for a girl on a budget – and I muddled my way through a week of workouts before admitting I had absolutely no idea what I was doing. I nearly gave up.

Instead, I contacted a friend of mine who has a background in personal fitness and competitive bodybuilding. She is also a Soldier in the Oregon Army National Guard who I met on deployment in 2013.

"Brittany: Help!" I said to her. "I sat on my butt too much and the flab is overwhelming!"

Star that she is, Brittany pointed me in the direction of a website (bodybuilding.com) that offers free workouts and nutrition advice for all kinds of people, newbies to incredible hulks alike. I jumped on it right away.

Maybe you're wondering, "Yeah, sure. Was it really so easy?"

Well, that part was. But the next part was harder. That was the carving out time each day to exercise part, the part where I noticed what I was eating and when, the part when I tried to replace bad habits with good.

Egad that's tough. I've slipped up. I've eaten cake. I've drunk a soda or two (or, ahem, three). I was sick for a week (yay, food poisoning) and my momentum stuttered. But I kept going to the gym. I kept trying.

After a few weeks of working out, I took my APFT. I did the best I've done in years and scored a 270 combined out of the possible 300 points. Of course there's plenty of room for improvement, but that's miles better than my flabby self, who sighed at her reflection, would've done. Even with the APFT done and gone until next year, I still go to the gym because I don't want to see that out of shape girl in the mirror again.

Mediocrity is an awful thing, but it's possible to be better than just okay. Let's end the skinny fatness with a bit of perseverance, grit and sweat.

Our health and our careers are worth it.



Final Frame

*By Staff Sgt. Thaddeus Harrington,
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For 11 years employees of Integral Components Inc., a family-run business in Westminster, Md., boxed care packages for deployed Service members. In the past five years they've concentrated on Maryland National Guard units. On Nov. 21, 2014, 102 boxes were packed for Maryland Soldiers overseas. Many recipients of the care packages who recently returned from deployment were present to help pack boxes for those who are currently deployed.