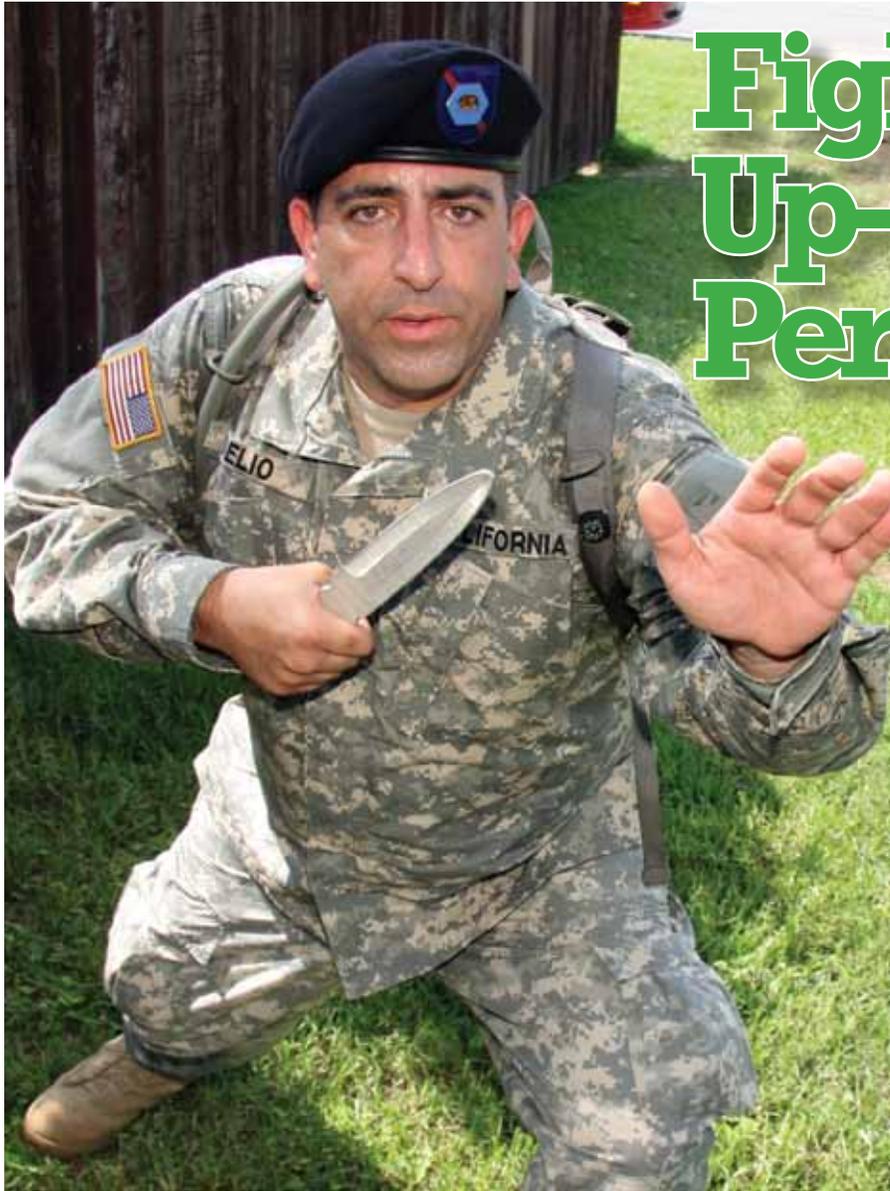


WARRIOR WORDS

Newsletter of the Southern Regional Support Command * California State Military Reserve



Fighting Up-Close, Personal

SGT DeLio and his colleagues teach the National Guard the nitty-gritty of hand combat

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Kids get in step at Sunburst

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Chaplains keep faith with Soldiers

PAGE SIX

AT THE FRONT

NEW BOSS: The new commander of the California State Military Reserve will be COL Roland Candee of Sacramento. COL Candee comes to the CSMR from the California National Guard, where he was staff judge advocate at the Joint Forces Headquarters in the state capital. In his civilian role, he is a superior court judge in Sacramento County. COL Candee succeeds BG Emory "Jack" Hagan, who served in the post for over two years. More information will be forthcoming through the chain-of-command.

EARTH'S FAVORITE: "The Day the Earth Stood Still," a remake of the 1951 sci-fi classic starring Michael Rennie," was the number one box office film in its opening weekend. The current version, with Keanu Reeves, Jennifer Connelly and Kathy Bates, was filmed in part at the Joint Forces Training Base in Los Alamitos. Among the military "extras" in several scenes were members of the CSMR as well as California National Guard Soldiers.

CHAPLAIN'S CORNER

The greatest source of comfort

Unfortunately, we live in a world where pain and suffering are common aspects of the human experience. Soldiers, especially those who have combat experience, have a unique and personal perspective on the problem of pain and suffering. Suffering and sacrifice are often part of what it takes for soldiers to accomplish difficult missions.

Our God is called "the Father of compassion and the God of all comfort" for good reason. He tells us that one critical outcome from personal suffering is the ability to comfort others. "[God] comforts us in all our troubles, so that we can comfort those with the comfort we ourselves have received from God" (1 Cor. 1:3-4).

Being "comforted" means receiving strength, encouragement, and hope to deal with our troubles. The more we suffer, the more comfort God gives us. If you are feeling overwhelmed, allow God to comfort you. And, remember that every trial you endure, as a person and as a soldier, will help you comfort other people who are suffering similar troubles. May the Lord bless and comfort you and those you love!



CPT CHRISTOPHER FOWLER

OFFICER PROFILE

W01 RANDOLPH RAYCROFT

Age: 64
Lives in: Manhattan Beach
Joined the CSMR: Dec. 2003

Prior Service: US Army Signal Corps, two years.

CSMR Duty: Logistics.

Current Civilian Occupation: Retired from storage company management.

Family: Married 41 years with a 29-year-old daughter.

Why did you join the CSMR?

To support the homeland security mission.

What do you most like about the CSMR?

The camaraderie. Being a part of the reserve.

Military honors and awards:

Meritorious Achievement Medal (CSMR); Good Conduct, National Service (USA).



WARRIOR WORDS

Southern Regional Support Command
COL MARC BRESLOW,
COMMANDING

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GOVERNOR ARNOLD SCHWARZENEGGER confers with Homeland Security and California National Guard officers at the Joint Forces Training Base in Los Alamitos, where the Joint Operations Center for Golden Guardian was located.

Lessons learned are 'Golden'

CSMR Soldiers take part in the simulation of response to a major earthquake

By **SSG Jim Tortolano**
Warrior Words

Soldiers from the Southern Regional Support Command of the California State Military Reserve took part in what's been called the "largest earthquake drill ever" in November, and will get a chance to practice their disaster assistance skills in February as well.

According to 1LT Galo Pesantes, a dozen area CSMR Soldiers took part in Operation Golden Guardian Nov. 12-14, an exercise based around a fictitious 7.8-magnitude striking the Southland. The annual preparedness event this year was also broadened to the public at large, in the form of "The Great Southern California Shakeout."

At 10 a.m. on Nov. 12, millions of Southern Californians at work and at school played their part, taking cover and evacuating buildings. At the Southern California Emergency Operations Center at the Joint Forces Training Base in Los Alamitos, CSMR Soldiers labored alongside National Guard troopers and other emergency agencies on the simulation.

The CSMR Soldiers worked under the command of COL Clyde Doheny of the California Air National Guard; the lead CSMR Soldier at Los Alamitos was Pesantes.

Acting primarily as controllers, the CSMR Soldiers were on duty about 30 hours each over the three-day period. Each controller was responsible for a county in the simulation.

"The exercise helped me and others to visualize the FEMA courses we take for the MEMS [military emergency management specialist] badges," said 1LT Pesantes.

The state Department of Homeland Security originally had sought 40 to 45 CSMR Soldiers for the exercise, but discovered on closer look they would need a much smaller number.

Soldiers not called to state active duty for Golden Guardian who were counting on using that experience for the practicum necessary to complete their basic MEMS badge will get another chance soon, however.

According to 1LT Pesantes, a live two-day disaster exercise is being planned for February 2009 at Los

Continued on page 8



ON THE COVER

Photos by SSG John Thompson

SGT MIKE DeLIO (left) demonstrates how to disarm a knife-wielding assailant with SSG Dustin Wilkins.

Self-Defense's Cutting Edge

These CSMR Soldiers are fast as lightning; but, no, they don't do kung-fu fighting. They provide real-life combatives training for the National Guard

**By CW2 Rick de la Torre
Warrior Words**

There are the four of them. They have the hardy look of fit and squared away Soldiers.

They exude the command presence of typical, self-assured NCOs. But yet there is a quiet normalcy about them that would make you believe they're pretty much like most Troopers.

But do not mess with them. Don't even think about getting this quartet upset.

The four CSMR soldiers — SSG Ed Garcia, SSG Dustin Wilkins, SSG Jim Wagner and SGT Michael DeLio — are all acclaimed practitioners in self-defense martial arts who provide extraordinary

talent to the Southern Regional Support Command's PMO section.

Over the past few years, through various contributions of time and equipment, they have been developing and teaching a special series of lessons that provide supplemental combatives training.

The lessons, which align with Army standards, offer high-caliber learning opportunities on the art and practice of self-defense.

The PMO's goal is to not only bring Cal Guard MP Soldiers into even sharper readiness, but to create a crack cad-

re of CSMR Soldiers who can serve as ace combatives trainers.

"These four guys are top-notch professionals," said MAJ Frank Naumann, the PMO section leader.

"The training is outstanding. The skills that the Soldiers are learning can be used on a daily basis out there wherever they're deployed."

Garcia, who runs his own martial arts studio and has taught combatives to foreign police agencies,



said the CSMR training focuses on using realistic “street” scenarios, instead of predictable settings commonly used in classic martial arts programs.

The specific approach taught is Krav Maga, the official self-defense system of the Israeli Defense Forces. Krav Maga, which is used by law enforcement across the U.S., emphasizes instinctive movements and practical techniques whether the attacker is armed or unarmed.

Garcia believes that realistic training is crucial in helping Soldiers maintain personal and situational awareness at all times in whatever hostile environments they may find themselves in.

A very useful type of perception, for example, is to watch for weapon “signatures” on people, such as the bulge of a handgun.

“It makes a big difference,” said Garcia about practicing with realism in mind. “It has been very successful.”

Two critical aspects of the realism are speed and simplicity. A typical knife attack by a fast-moving assailant in close proximity may take only a few seconds. There is no time or room for anything fancy, especially any kung fu-style moves popularized in movies and video games.

The goal is to instantly take on the “warrior spirit,” create a “victory” mentality and be effective, according to Wagner, who earlier this year appeared on the cover of *Black Belt* magazine, posing in his ACUs. (He had received permission from commanders for the photo.)

“You don’t have to have the best tech-



TRAINING IN THE GYM are (left to right, rear row) SGT Tim Griggs, PFC Janie Bordelow, SSG Jennifer Olch, PFC Josh Ornelas, SGT Rich Marazsky, PFC Andre Bustamante, recruit PFC Jonathan Smith, (front row) SSG Dustin Wilkins, SSG Ed Garcia, SGT Mike DeLio.

niques,” said Wagner, a former police officer. “Just do what you have to do.”

DeLio, who specializes in Southeast Asian stick and knife tactics, agreed that in order to survive and get home safely, a fast and basic approach is needed with a readiness to use your hands, knees and feet to negate the threat. “You only react as good as you’re trained,” he said.

The four Soldiers have extensive experience in a mix of martial and combative arts, including judo, jujitsu, karate and krabi krabong. They all, at various times, have traveled overseas to receive training or give training.

The overall expertise and commitment that the CSMR brings to supplemental combatives instruction and other MP-oriented training enhancement, such as initial entry force and fire team movement, has earned the appreciation and admiration of Cal Guard units.

The positive word has been getting around and Naumann said his section is ready to continue making good on that.

“We are getting more and more requests for training,” he said. “We are willing to provide it to any Guard units in California. And not just MP units.”

A Quick Study in Combatives

What can you do to maintain your own personal protection? Here are some general pointers when it comes to self-defense:

1. **Situational Awareness.** Look for trouble before it comes to you. Watch out for those with cloaked weapons, such as knives, and be aware of people’s body language or attitude that convey danger.
2. **Be Ready to Move Fast.** A typical knife fight lasts 3 to 5 seconds. In close quarters, there may not be time and room to use a rifle or handgun. Be prepared

to evade and counterattack. If you have to, improvise by using environmental items within reach to defend yourself or attack.

3. **Keep Techniques Simple.** Whether on defense or offense, use simple, direct, hard and effective punches, kicks and other moves. Don’t waste motion. No fancy stuff.

4. **Practice in Realistic Scenarios.** In training, try to create the sights, sounds and feel of real-life situations, such as a street scene. Then learn to analyze, communicate and use appropriate force to achieve a successful outcome.

A Fighting Spirit From Chaplains

CSMR's CPT Fowler ministers to the faith-based needs of CA Soldiers

By SGT Gregory Solman
Warriors Words

In the World War II-era chapel at the Joint Forces Training Base in Los Alamitos, (CH) CPT Christopher M. Fowler connects a contemporary war story to an ancient one.

His sermon compares a tried-and-convicted U.S. Army PFC—arrested for looting in the early days of Operation Iraqi Freedom, and still insistent that he is owed the “spoils of war”—with Micah from the Old Testament (Judges 17), who built idols despite Mosaic proscription. “Both men did what was right in their own minds,” Fowler gently rebukes, “substituting their own will for Army or Bible values.”

He closes the service by distributing to each congregant a battlefield-style plastic-encased wafer of bread and an ounce of grape juice as a substitute for wine—recognizing that some faith traditions abjure alcohol. Fowler calls them “spiritual MREs”—or meals, “ready to elevate.”

In his mission with the CSMR, which includes backfilling behind National Guard Chaplains and providing religious support services to both Army and Air National Guard Soldiers, Fowler and 12 other CSMR chaplains sprinkled throughout the state intertwine the values in their motto (“pro Deo et Patria”) in all they do.

Those duties range from the most sobering (assisting at funerals for fallen warriors) to the most gladdening (performing weddings).

As combat operations draw down, so do the chaplain corp's arguably toughest duties, spiritual counseling of soldiers and their families prior to deployment and upon return, and death notifications. CSMR chaplains help often-traumatized soldiers transition to civilian life, and regularly accompany Army officers to the families of fallen soldiers, administering “spiritual and emotional care to the survivors,” says Fowler, assigned to that duty in Los Angeles and Orange counties.

“They are never easy to do. And it is a solemn responsibility, an honor and privilege even though it is painful to see people hurting that much. But God has called us to this duty and

“It is a blessing to talk to them. They believe they are doing the right thing for the country.”



Photos by SSG Richard Bergquist

CPT Christopher Folwer, chaplain, in the chapel at the Joint Forces Training Base in Los Alamitos

equipped us. It is not about us, but caring for those suffering grief and loss.”

Like most CSMR soldiers, the closest Fowler comes to a battlefield is soldier-readiness processing, briefing and interviews for soldiers headed for Kosovo, Afghanistan or Iraq.

“We talk about their spiritual life,” Fowler says. “It is blessing to talk to them. They believe they are doing the right thing for the country. Most of them have great faith—not necessarily Christian in orientation—but great faith in God.”

Fowler sees no inherent contradiction in the Christian mission of peace and the Army's mission of peacekeeping. “There is nothing dishonorable about being a Soldier,” he says. “And whether I support the war or not is of no consequence whatsoever. I'm more interested in focusing on where our Soldiers are at spiritually.”

A retired executive for the Immigration and Naturalization Service, where he worked for 33 years, Fowler followed a call to ordination in 2001 and is currently the associate pastor at Living Water Community Church in Rancho Santa Margarita, a non-denominational Christian fellowship.

The 57-year-old officer joined CSMR, without prior military service, in April 2007 because he “didn’t have the chance to serve earlier in life.”

Attached to the 40th ID (M) Division Support Brigade, Fowler reports to COL John M. Wilson, while also assisting Chief of Chaplains (CH) COL William Young with implementation of the chaplain program statewide.

Fowler’s going to have a little more help, locally, he says. Roy Twaddell was sworn in December as a (CH) 1LT; SGT Bonnie Pollan will serve as Twaddell’s chaplain’s assistant as SGT Jim Mainwaring assists Fowler here.



CPT. FOWLER speaks to a congregation, which includes some of his colleagues

“It’s extremely fulfilling,” Fowler says, “and a blessing to be able to serve our country by serving our Soldiers and feeling I’m right in the middle of God’s will while doing it.”

Sunburst helps youth get in step

By **SGT Gregory Solman**
Warrior Words

Local dignitaries, National Guard, CSMR, other military personnel and guests joined with the second graduating class of the Sunburst Youth Challenge Academy to christen their newly renovated facility Dec. 6.

Sunburst aims at turning around 16 to 19 year old high school dropouts with an intense six-month residency. The \$6 million project represents an extensive ground-up renovation of a WWII-era Navy building at the Joint Forces Training Base in Los Alamitos.

The event served the dual function of celebrating the conclusion of Phase I and raising support for funding a \$3.5 million renovation of an adjacent building in the future.

The completed Building 21 includes dormitory, administration, medical and dining facilities for Sunburst’s 150 students, said COL James L. Gabrielli, director of California National Guard Youth Programs.

The Cal Guard and school staff focus on a series of core competencies for the students that include leadership/follower-



Photo by SSG Richard Bergquist

DIGNITARIES watch as the second graduating class of Sunburst Academy marches by during ceremonies dedicating the new facility in Los Alamitos.

ship, job and life skills, physical fitness, citizenship and service to community. State-certified teachers provide classroom instruction.

Members of the California State Mili-

tary Reserve, such as SFC Michael Scott, the school’s commandant, undergird the nascent school’s success.

Scott, who joined the enterprise in Nov.

Continued on page 8

Sunburst Academy helps youngsters get back in step

Continued from page 7

2007, led the class, replete with color-guard, in a march to the podium via a spirited Sunburst cadence call (“Blazing down the line”).

He acts as dean of students and supervises the school’s NCOs and cadre.

A former MP and eight-year veteran of the 40th Infantry Division here, Scott studied history, philosophy and criminal justice at California State University Long Beach and Dominguez Hills .

He said he favors the Socratic method of instruction, which involves asking questions of his students rather than

just lecturing all the time.

He described Sunburst pedagogy as “progressive. We keep what works and correct what doesn’t.”

Participants in the ribbon cutting ceremony and luncheon included former winner of NBC’s “The Apprentice” and National Guard Youth Foundation spokesman Kelly Perdew; BG James P. Combs, Commander of JFTB; Rep. Grace Napolitano, D-Santa Fe Springs; LTC Chad Vogelsang, director of Sunburst; Los Alamitos Mayor Dean Grose; John Nelson, associate superintendent, and Ken Williams, board member, Or-



SFC Michael Scott, commandant and a member of the CSMR

ange County Department of Education; and the Hon. Jennifer C. Buck, Assistant Secretary of Defense for Reserve Affairs.

State defense force embraces trail

A section of the Santa Ana River Trail continues to be under the watch and care of Soldiers from the California State Military Reserve, the first organization to officially adopt a portion of the popular 30-mile pathway.

The CSMR has vowed to help maintain the trail and will be conducting periodic clean-up efforts during 2009 to ensure that its adopted part, located in the Colton area, is kept clean and its natural beauty is protected.

The trail is a shining example of what

‘Golden Guardian’

Continued from page 3

Alamitos. The simulation will include one day of preparation and orientation, followed by a day-long “table-top exercise” at the JFTB.

As for Golden Guardian, its biggest version may be its last for a while. The exercise, which in the past has been conducted twice a year, is likely to go into hiatus until 2010 at least because of state budget cuts.



CSMR contingent with sign for adopted Santa Ana River trail.

can be accomplished when people get together to achieve a common goal and we are proud to be a part of it,” said 1SG Ivor C. Burton of the CSMR’s Second Brigade Support Battalion, which is based in San Diego.

The first major clean-up effort was held last summer when the Colton City Council announced the CSMR’s adop-

tion. Burton was on hand with other CSMR soldiers to accept from the city a replica of the sign that is posted on the trail to designate the CSMR as an official caretaker.

Burton, a Colton resident, is a member of the city’s trail committee, which spearheaded the efforts to make the Adopt-A-Trail program a reality.

2008 Christmas Ball at the Phoenix Club

More than 200 Soldiers and guests turned out in fine form for the "Holiday Dining Out" event, the CSMR's annual Christmas Ball held Dec. 21 at The Phoenix Club in Anaheim. The event, co-presented with a charitable

group known as the Order of Constantine the Great, featured a keynote speech by nationally syndicated radio personality Hugh Hewitt. Guest of honor was Tibor "Ted" Rubin, a Medal of Honor winner.



Tibor "Ted" Rubin, Medal of Honor winner, receives applause.



COL John Wilson (left), and **COL Marc Breslow** (right) present a dagger to **CSMR Commander BG Emory "Jack" Hagan**.

**Photos by
SSG
Richard
Bergquist**

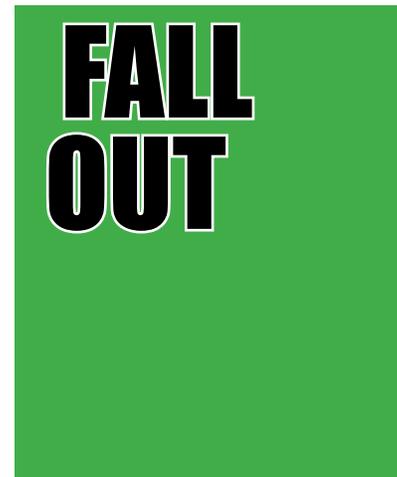


Hugh Hewitt, guest speaker (above) and the **CSMR Color Guard** (left).



Awards and promotions and new Soldiers

| | | | | | |
|--------------------|-----------------------|-----|------|-------|--------|
| Promotions: | Derkum, | PFC | 40th | 1/185 | to SPC |
| | Meyerson, Pamela A. | PFC | 40th | PER | to SPC |
| | Cochrane, Bradley S. | WOC | 40th | PMO | to WO1 |
| | Davis, Randall E. | WOC | 40th | PMO | to WO1 |
| | Coronado, David | WOC | 40th | PMO | to WO1 |
| Awards: | Niederhauser, Bradley | MAJ | 40th | PER | CA-ACM |
| | Bergquist, Richard S. | SSG | 40th | PAO | CA-MAM |
| | Fowler, Christopher | CPT | 40th | CHA | CA-RAR |
| | Smith, Carl A. | CPT | 40th | MED | CA-RAR |
| | Delio, Michael W. | SGT | 40th | PMO | CA-RAR |
| | Mott, Christopher M. | SSG | 40th | PER | CA-RAR |
| | Niederhauser, Bradley | MAJ | 40th | PER | CA-RAR |
| | Thornely, Donald J. | LTC | 40th | OPS | CA-RAR |
| | Barberic, Dennis | SFC | 40th | PMO | CA-TER |
| | Buado, Christian | SPC | 40th | PMO | CA-TER |
| | Bustamante, Andre | PFC | 40th | PMO | CA-TER |
| | Chidsey, William R. | CPT | 40th | PMO | CA-TER |
| | Delio, Michael | SGT | 40th | PMO | CA-TER |
| | Fortney, Steven | SFC | 40th | PMO | CA-TER |
| | Garcia, Edgar R. | SSG | 40th | PMO | CA-TER |
| | Godfrey, Edward | SPC | 40th | PMO | CA-TER |
| | Henderson, Cris T. | SPC | 40th | PMO | CA-TER |
| | Meridith, Donald D. | SGT | 40th | PMO | CA-TER |
| | Ornellas, Joshua M. | PFC | 40th | PMO | CA-TER |
| | Rios, Robert E, | SPC | 40th | PMO | CA-TER |
| | Wagner, James | SSG | 40th | PMO | CA-TER |
| | Walker, Raymond H. | SSG | 40th | PMO | CA-TER |
| | Wilkins, Dustin M. | SSG | 40th | PMO | CA-TER |



| | | | | | |
|-----------------------|--------------------|-----|------|-------|--------------------------------------|
| New Personnel: | Marquez, Juan C. | SPC | 40th | 1/185 | OPS Specialist |
| | Twaddell, Roy W. | | 1LT | 40th | CHA Asst Chaplain |
| | Dipman, Donald E. | | PFC | 40th | 1/185 OPS Specialist |
| | Royer, Todd W. | | SPC | 40th | 1/185 OPS Specialist |
| | Ide, Randie J. | | SPC | 40th | 2/185 Admin Asst |
| | Coulombe, Andre N. | | COL | 40th | CMD Specl Assgnmnt, TDY frm State HQ |

Let's hear from you; it's your newsletter

Got a story idea, a photo, a suggestion, a comment, a correction or a complaint?

Warrior Words is your newsletter for the Soldiers in the CSMR's Southern Regional Support Command. Contact us by e-mail at warriorwords@mac.com. We want to hear from you.

If you're submitting an article, please send it to us in a Microsoft Word .doc file, if possible, as an attachment. Do no bold fac. underline or italicize

your type; we'll have to change it once we receive it.

If you're sending up photographs, we prefer a digital color image in a jpg format. Our e-mail will choke on large files (8 megs or bigger), so if you're sending a lot of files, consider sending grouping them so they don't get caught in the system.

Please attach the photos, and send along caption information giving full names and ranks.

You can view back issues of Warrior Words at www.warriorwords.info, a website created and maintained by SSG Richard Bergquist. There are also photos of SRSC activities and training.