



# The Rally Point

Volume 1, Issue 12

December 2012

## Special points of interest:

- The Army Guard is on Facebook. Check us out at [www.facebook.com/caarmyguard](http://www.facebook.com/caarmyguard)



- This newsletter can be seen online here: <http://www.calguard.ca.gov/army/Pages/armynewsletter.aspx>

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## A true operational reserve

My desired end-state for the California Army National Guard is one where we represent a true Operational Reserve, operating in accordance with Army Values and the Warrior Ethos, with all units meeting or exceeding USR readiness standards and ARFORGEN aim points, prepared to execute state or federal missions as directed.

Additionally, the CAARNG must be postured to expand, while retaining readiness and its ability to respond to all operational requirements.

In order to reach this goal, we need to significantly shift our focus as we move from the last eleven years focused on mobilization, deployment and demobilization, to a peacetime OPTEMPO, IAW my “5+1 Priorities.”

These priorities are equally important and are established to assist and focus command teams to form successful, ready, high performing units.

First line leaders (FLL), the chain of command, full time staff (FTS), and assigned Soldiers are directly responsible for increasing personnel, training, and logistics readiness in our units.

My “5+1 Priorities” are:

(1) **Personnel Readiness.** Personnel readiness is key to unit readiness. Our end strength target for FY13 is 16,387, however, our goal is to increase the size of the CAARNG to 17,000. Leaders within our formations must make retention and retaining quality personnel a priority.

(2) **Administrative Read-**

**ness.** Review, update and validate Regulations, Policies and Procedures. Accomplish all administrative requirements in accordance with these documents.

(3) **Logistical Readiness (Arm, Fix, Fuel, Move, and Sustain the Force).** We must achieve and sustain equipment on hand and equipment operational readiness for each unit. Commanders should integrate Sustainability (Environmental) Awareness and Procedures at all levels. Inspections (OIP, CSDP, COMET, ARMS, CLTR-X, Logistics Management) are a command responsibility and must include the involvement and participation by the chain of command; even if the command is M-Day.

(4) **Training Readiness.** All units should achieve and sustain training readiness IAW ARFORGEN Aim Points. Integrate Environmental Sustainability Awareness and Procedures in all phases of training. Leaders need to integrate Safety and Composite Risk Management (CRM) in all we do.

(5) **Self and (+1) Family Readiness.** Commanders need to integrate the 5 Dimensions of Comprehensive Soldier Fitness (CSF), Resilience, Risk Reduction, Suicide Preventions (R3SP) and Sexual Harassment and Rape Prevention (SHARP) into their training to insure Soldiers remain fit to fight both mentally and physically. Improve and sustain Family Readiness Programs. Incorporate Community Outreach and other programs within our units. Encourage Soldiers and their Families to



**MG Lawrence Haskins**  
California Army National  
Guard Commander

seek help in dealing with the stressors of military life.

Our most critical resource is **time**; our most critical asset is our **Soldiers and their Families**.

We need to maximize the Army Training Management System (ATMS) to plan, coordinate, synchronize quality, properly resourced training, and execute to Army Standards, within the limitation of available time and resources.

Ultimately, we must **Do Less, Better**.

Doing 15 tasks poorly cannot replace doing eight tasks to standard.

Training to standard, not time; allocating time for leader training, troop leading procedures (TLP), pre-combat inspections (PCI), multiple iterations and Sergeant’s Business, must be the environment we create.

**Everything we do is training.**

## CSM: Holiday greetings, upcoming happenings



**Command Sgt. Maj.  
Harold E. London  
California Army  
National Guard  
Command Sergeant  
Major**

This month we celebrate the holiday season with friends and family at home. I wish you and your family a safe and happy holiday season. There are 1,233 Soldiers and families who are not together this year due to deployments. I know that you and I will keep them in our prayers over this month as we have since they have been deployed.

This is also a time for reflection over the past year's accomplishments. We as a Guard are making great strides toward unit-level training programs. MG Lawrence Haskins has written the Commanders Training Guidance (CTG) that will solidify his focus on training, both collectively and individually, for our path ahead. All leaders should read the CTG to understand from the top what the training priorities are for their units and for their Soldiers.

On Dec. 10, your California State Military Department (Joint Force Headquarters) leadership will participate in the demolition of the first of 600 plus old barracks mostly along the Highway 101 side. This has been a very arduous process. However, we are now beginning the execution phase to alleviate these eye sores. This is another step to modernizing your training site. The barracks

that have been reworked in the 5000-block area are now receiving new furniture and will be ready for Calendar Year 2013 for the units to use. It is our intent to have over 50 of these barracks ready for issue during Annual Training 2013, if not before.

Our annual Best Warrior Competition Banquet this year will be a Joint Banquet with the Air Guard on the night of the Jan. 12, 2013. The e-invite is out utilizing Pay Pal to make your reservations. See it here: <https://einvitations.afit.edu/inv/anim.cfm?i=127330&k=0363450A7857>

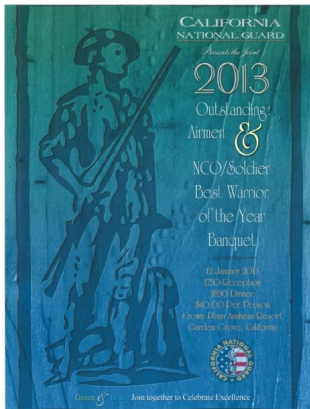
The banquet will be held at the Crown Plaza Anaheim Resort in Garden Grove, Calif. Please make your reservations early. We will not have assigned seating. However, we will group tables for the Brigade- and Division-level organizations. Noise makers are appropriate for this event and I challenge all Brigades and above to be louder than the Air Guard wings. This will be a grand event and I hope that you will attend to recognize our very best noncommissioned officers and Soldiers of the CAARNG.

EPS is just around the corner. I have but one solid bit of advice to all Soldiers who are

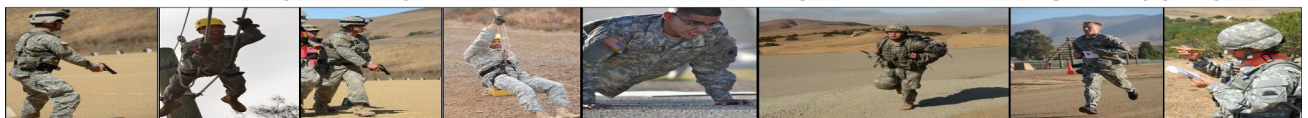


eligible: "This is your promotion and therefore it is your responsibility to know the regulation, AR 600-8-19, to ensure that your IPerms is up-to-date." It is my responsibility to ensure that you are boarded fairly across the board and that all of our boards are completed within regulatory guidance to ensure a fair and equitable process is completed. I know that Brigades are starting the process.

HAPPY HOLIDAYS!



Who will win the Best Warrior Competition as the top NCO (above) and Soldier (below) for the California Army National Guard? Find out in January. Follow our page for updates.



**CALIFORNIA ARMY NATIONAL GUARD  
2012 BEST WARRIOR COMPETITION  
EVENT: Jan. 12, 2013, Garden Grove, Calif., CSM London will  
announce the top NCO and Soldier to represent our state.  
PHOTOS: View and download from [www.Flickr.com/CAGuard](http://www.Flickr.com/CAGuard)  
VIDEO: View at [www.youtube.com/CANationalGuard](http://www.youtube.com/CANationalGuard)**

## Resilience Corner: How families fit in to the program

By CPT Reneé Marie  
R3SP Program Coordinator

In a military Family, every member has a duty to maintain personal balance, accountability and readiness. All Family members are encouraged to complete the Family Global Assessment Tool (GAT). Upon completion of the GAT, Family members will be able to access training modules designed to enhance their individual performance and build deeper resilience. The online, confiden-

tial GAT survey measures strengths in four dimensions: social, spiritual, emotional and family.

Though not mandatory, it is strongly encouraged for all Family members to participate in the CSF and to complete the GAT once per calendar year in conjunction with their Soldier. When we each commit to optimizing personal resilience and positive connections with others, our combined strength

prepares us to manage unique and unpredictable challenges we may encounter. Together, our holistic fitness allows us to maintain our duty to the Army while managing personal and family challenges.

The GAT for Family members who are registered in DEERS can be accessed from any computer using this link: <https://www.sft.army.mil/SFTFamily>. It will take the Spouse/Family member ap-



proximately 20 minutes to complete the 82 questions. All component spouses and children (AD, NG, AR) are eligible. To contact the office 916-854-3813/3894, [renee.marie@us.army.mil](mailto:renee.marie@us.army.mil)

## Civilian Education cheat sheet

You may not be able to use cheat sheets in college, but we encourage you to use this guide to understand the facts of Civilian Education. There will be a test later, so pay attention! Did you bring your Number 2 pencil?

A guide to your education:

The Civilian Education Department is not authorized by the National Guard Bureau or Army Continuing Education System (ACES) to accept online transcripts as official transcripts.

Sealed official transcripts can be hand carried or mailed from the institution to the Civilian Education Department at:

Joint Force Headquarters  
9800 Goethe Road (Box 26)  
Sacramento, CA 95826-9101  
ATTN: Civilian Education Department

GoArmyEd.com: Your guide for Army Tuition Assistance. Army Tuition Assistance (TA) policy is described in AR 621-5 and applies to all tuition assistance usage.

Soldiers must request TA through [www.GoArmyEd.com](http://www.GoArmyEd.com) 60 days prior to the course start date or before the school's late registration period.

By law, Reserve Component officers incur a Reserve Duty Service Obligation (RDSO) of four years. The RDSO is calculated from the date of completion of the last course for which TA was used.

The per semester hour-cap is \$250 and the fiscal year ceiling is \$4,500.

The Army will pay 100 percent of the tuition and authorized fees charged by a school up to the established per-semester hour-cap and the fiscal year ceiling.



New payment methods go into affect for TRICARE members at the start of the New Year.

On Jan. 1, 2013, TRICARE Reserve Select (TRS) and TRICARE Retired Reserve (TRR) members will be required to make monthly premium payments by either recurring Electronic Funds Transfer (EFT) or recurring Debit/Credit Card (Visa/MasterCard only).

Officials said, TRS members must contact their TRICARE regional contractor immediately to set up automatic monthly premium payments, if they have not done so already. If the TRS member fails to establish one of these automated payment methods, their coverage (self and or family) will be terminated.

Contact information for TRICARE regional contractors can be found at [www.tricare.mil/contacts](http://www.tricare.mil/contacts) and TRICARE premiums can be found at [www.tricare.mil](http://www.tricare.mil).

**DO NOT DELAY.** If you fail to establish one of these automated payment methods, you and or your family's coverage will be terminated.

For TRR member specifically, your monthly premium payments must be made by either recurring Electronic Funds Transfer (EFT) or recurring Debit/Credit Card (Visa/MasterCard only) beginning absolutely no later than Jan. 1, 2013.

Contact your TRICARE regional contractor IMMEDIATELY to set up your automatic monthly premium payments, if you have not done so already.

**DO NOT DELAY.** If you fail to establish one of these automated payment methods, you and or your family's coverage will be terminated. Contact information for your TRICARE regional contractor can be found at [www.tricare.mil/contacts](http://www.tricare.mil/contacts).

Bottom line: A change is coming at the New Year, so prepare yourself now before its too late for you and/or your family members.



# Disciplinary Action

Rank	BDE	Brief Description of Charge [e.g. UCMJ article/description, CMVC/description]	Action by CMD	Result [e.g. punishment]
SSG	224TH SUS BDE	Unsatisfactory Participation (missed over 18 UTAs in 2012)	Administrative Reduction	Reduction to SGT (E5)
SPC	40TH CAB	Drunk on duty, violation of ART 112, UCMJ; Soldier arrived at drill intoxicated	ART 15	Reduction to E3, letter of reprimand
SPC	40TH CAB	Soldier drank in violation of an order and received a DUI	ART 15	Reduction to E3, letter of reprimand, B.A.R. to reenlistment
SPC	40TH CAB	Drunk on duty, violation of ART 112, UCMJ; Soldier arrived at drill intoxicated	Misconduct Discharge	Misconduct Discharge

Disclaimer: When determining a punishment, commanders take into account a number of factors including the rank, the severity of violation, the service record, as well as the character of the individual. This independent consideration of each case explains why two individuals of the same rank, who commit the same infraction, may not receive the same punishment. In addition, according to the California Military and Veterans Code and the UCMJ, punishment pursuant to an Article 15 (known as non-judicial punishment (NJP)), can vary for similar misconduct by enlisted or officers. A Soldier who receives NJP could be reduced up to two grades, have a fine imposed, be assigned extra duty, and/or have a letter of reprimand placed in their record. This range of punishment is focused on maintaining good order and discipline. NJP rarely ends an enlisted person's career. In fact, a Soldier who has been reduced through UCMJ can rehabilitate them self and return to their previous rank. NJP only slows down the career advancement of a Soldier/NCO. Comparatively, when an officer receives NJP the maximum punishment authorized by law, even for the CDR CAARNG, is a fine and/or to have a letter of reprimand filed in their record. This range of punishment is focused on determining whether the officer is suitable for continued service. While NJP for officers does not have the immediate impact of an enlisted rank reduction, it can, in most cases, prevent any further career advancement. NJP (or a permanently filed General Officer Letter of Reprimand) generally stops the career advancement of an officer.

## Holiday party time - Avoid pitfalls

So far this year there have been 35 reported incidents of Soldier arrests for driving under the influence. In several of these cases, it meant the end of the Soldier's full-time employment with the California Army National Guard.

Are you hosting a party over the holiday period? Are you concerned about the possibility of excessive drinking and being responsible for potential adverse behavior from your guests? As a host(ess) of a party, you can be held legally responsible for injuries or damages that occur as a result of the alcohol you have served, even after your guests leave.

You can reduce the risk to yourself and your guests by attempting to keep the drinking to a moderate level.

- When your guests arrive by car, collect their car keys. That way, when they are ready to leave, you can give them a second opinion on whether they

are sober enough to drive home by themselves.

- Serving food with drinks and providing non-alcoholic beverages will help people stay sober as well.
- Find out how guests will be going home from your party. Be prepared to take away car keys.
- Promote the use of designated drivers and encourage guests to leave their cars at home and take public transportation, cabs, or walk.
- Have cash and phone numbers ready for taxi companies.
- Stop serving alcohol at least one hour before the party is over. Make sure coffee, alcohol-free drinks and food are constantly available. Only time allows the body to consume and rid itself of alcohol.
- Plan to deal with any guest who drinks too much. Before the party gets going, ask some-

one reliable to help you keep things under control.

- Mix and serve drinks yourself or designate a bartender instead of having an open bar. Avoid serving doubles and keep shot glasses, jiggers or self-measuring one-ounce bottle spouts handy to measure drinks. Guests are less likely to over-drink when standard measures are used.
- If you serve an alcoholic punch, use a non-carbonated base such as fruit juice. The body absorbs alcohol faster when mixed with carbonation. If you observe a guest drinking too much:
  - Engage him/her in conversation to slow down drinking.
  - Offer high protein food like pizza, shrimp or spareribs.



- Offer to make the next drink using less alcohol, mixing it with a non-carbonated base or give them no alcohol at all.
- Do not plan physical activities when you serve alcohol. Mishaps occur more often after drinking.

Lastly, be a responsible host (ess) or guest. Do not let poor judgment ruin an otherwise festive event. Be a battle buddy and don't allow drinking to the point where common sense goes out the window.

Do not be "that guy" whose name is on the Monday morning serious incident report!

# Promotions

## Enlisted

Uname	NAME_IND	GR_ABBR_CODE	PAY_GR	DOR
CO B (-) 640TH ASB	NEWMAN FORREST PATRICK	SGT	E5	121101
CP ROBERTS MNVR TNG CTR (-)	WHITMAN STACEY LYNN	SSG	E6	121105
CP ROBERTS MNVR TNG CTR (-)	BARRERA SARAHY	SGT	E5	121107
HHB 1-143RD FA	COOMBS HUBERT LEE III	SFC	E7	121101
CO A 1-184 IN BN	PETERSON DAVID JOEL	SSG	E6	121125
1113TH TRANS CO	SEVERANCE CRAIG EDWARD	SSG	E6	121104
CO G (-) 40TH BSB (FIRES)	GONZALES ERNESTO	SGT	E5	121119
DET 1 2632ND TRANS CO	ARRICK KEVIN LEE	SSG	E6	121101
49TH PERSONNEL COMPANY	BERRYHILL BETHANY MAE	SSG	E6	121104
49TH PERSONNEL COMPANY	LUNA JUAN LUIS	SSG	E6	121101
HSC (-) 40TH INF DIV	BERNAL ELISA	SFC	E7	121101
DET2, CO D CAARNG RRB	ISAACS SHANE EDWARD	SSG	E6	121115
HHB 340TH BSB	KENNEDY ALBERT JR	MSG	E8	121103
DET 1 HHC 1-184TH IN BN	WILSON WILLIAM CUTHBERTSON	SGM	E9	121107
649TH ENGR CO(-) (HZ)	ADLARD DAVID PAUL	1SG	E8	121101
HSC (-) 40TH INF DIV	TODD ALFRED G	SGM	E9	121113
HSC (-) 40TH INF DIV	SILVA GREGORY MATTHEW	SGM	E8	121101

## Officer

OPNS CO (-) 40TH INF DIV	BROWN, WILLIAM K	1LT	O2	120606
CO A 250TH MI BN	LIN, PAUL W	1LT	O2	120502
CO B (-) 340TH BSB	VENTURA, JOLLY P	CW2	W2	121107
DET 1 CO G 40TH BSB	AVENDANO, LUIS R	CW2	W2	121107
CO B 1-126TH AVN REGT	PROCE JOSEPH A	CW2	W2	121107
JFHQ-CA (-)	PANA NIMFA A	CW3	W3	121107
COMBAT AVN BDE	WHITE JACOB AARON	CPT	O3	121108
HHC 49TH MP BDE	MARTIN WILLIAM L	CPT	O3	121108
HHB 185TH MP BN	FAJARDO MARIO A	CPT	O3	121108
HHB 1-144TH FA	ESTRADA OSBALDO A	CPT	O3	121108
HHC 250TH MI BN	VALENCIA JASON D	CPT	O3	121108
CO B 1-126TH AVN REGT	DOWLING CARY P	CW4	W4	130109
JFHQ-CA (-)	SOELZER BETH L	MAJ	O4	121108
JFHQ-CA (-)	YOUNGER MARTIN R	MAJ	O4	121115
JFHQ-CA (-)	REESE CURTIS R	MAJ	O4	121115
297TH AREA SPT MED CO	CAMBRIDGE MARIBETH L	CPT	O3	121016
DET 1 JFHQ-CA (USPFO)	GREEN MARVIN R	LTC	O5	121116
BTRY B 1-144TH FA	VALDEZ EMMANUEL A	1LT	O2	120617
HHC 40TH BSB	PALMER LESLIE L	MAJ	O4	121115
HSC (-) 40TH INF DIV	NOWICKI DENNIS J	MAJ	O4	121115
HSC 579TH ENGR BN	NAVA ERWIN QUIA C	1LT	O2	120328
1072ND TC	NUNO MARGARITA	1LT	O2	121121
JFHQ-CA (-)	GOLLER CURTIS A	MAJ	O4	121108
JFHQ-CA (-)	ALLEN JOHN B	MAJ	O4	121108
217TH FINANCE MGMT DET	KITSI ANDREWS	1LT	O2	120330
224TH SUSTAINMENT BRIGADE	KRONEBUSCH NICOLE M	1LT	O2	120912

## MSM Awardees

SFC	ANDREW, ROY	40 CAB	10/31/2012
SSG	BENGAUSER, LAUREL	49 MP	10/31/2012
LTC	MARTINELLI, STEVE	49 MP	10/31/2012
1SG	JONES, RICHARD	1106 TASMG	10/31/2012
MSG	MILLS, RONALD	1106 TASMG	10/31/2012
MSG	RODRIGUEZ, HUGO	1106 TASMG	10/31/2012

## Retirees

Uname	NAME_IND	GR_ABBR_CODE	Retirement date	Years
CO C 640TH ASB	HARRIS, DOUGLAS R	CW3	20121028	30
HSC (-) 40TH INF DIV	JOHNSON MICHAEL A	MAJ	20121201	26
DET 1 JFHQ-CA (USPFO)	MITCHELL MIKE D	CW2	20121130	27
DET 1 HHC 1-184TH IN BN	CHAPPELL RICHARD J	CPT	20121210	25
HSC (-) 40TH INF DIV	DOUGAL NICK CURTIS	CW2	20121201	23
224TH SUSTAINMENT BRIGADE	FABIAN GABRIEL D	MAJ	20121106	26
HSC (-) 40TH INF DIV	NEVEU PAUL E	CW5	20121031	34
CA ARNG TRAINING SITE DET	DIXON GERALD L	CW4	20121130	34
870TH MP CO (-)	JOHNSON STEVEN JOSEPH	PFC	20121105	33
670TH MP CO	MOSS ROBERT JR	SSG	20121107	33
DET 1 HHC 1-185TH AR BN	BROWN ROBERT ERIC	SFC	20121101	34
HHC 79TH IBCT	HENSON STANLEY WILLARD	SSG	20121101	34
CO A 1106TH TASMG	SPENCER DUCDUNG THOMAS	SSG	20121110	33
DET 1 DIV SIG CO 40TH INF DIV	BARNES NATHAN EVERETT	SGT	20121104	36



RETIREE DAY, OKINAWA ARMORY, 28 NOV 2012

## 79th IBCT running the mission set spectrum

Sgt. 1<sup>st</sup> Class Benjamin M. Cossel  
79<sup>th</sup> IBCT Public Affairs

SAN DIEGO - Even as elements of the brigade prepare to deploy to a foreign land, Soldiers of the California National Guard's 79<sup>th</sup> Infantry Brigade Combat Team keep focus on their stateside mission. Over the course of 2012, the brigade honed their skills in a series of Emergency Deployment Readiness Exercises (EDRE) designed to push the brigade to the limits.

"This brigade is responsible for supplying ready reaction forces anywhere in the state within 12 hours of notification," ex-

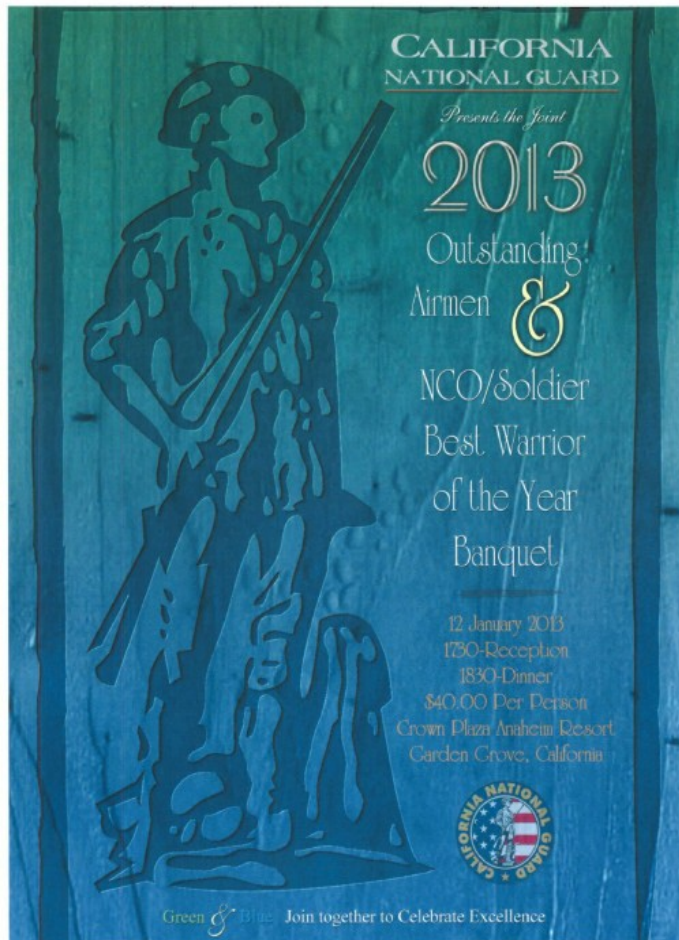
plained the brigade's operations noncommissioned-officer-in-charge, Sgt. 1<sup>st</sup> Class John Keohane.

Civil support missions include responding to a range of natural disasters as well as civil disturbances. When these events occur, the brigade works with emergency management agencies at the local, county and state level. Most recently, the brigade responded to the massive wildfires that swept through the state in 2007.

Topographically diverse and spanning 840 miles from north to south, maintaining command and control of units in the field

is challenging under the best of circumstances. Coordinating those units falls to the 79<sup>th</sup>'s headquarters element, and the recent EDRE tested the headquarters' ability to flex their communication muscles.

Over the past year, the brigade held two such exercises at the headquarters in Kearny Mesa with increasing degrees of complexity. "During both exercises," said Keohane, "we had an upper 90 percent condition-red ready within 12 hours." Keohane went on to explain condition-red meant the unit was lined up and ready to move out to whatever part of the state needed assistance.



**SATURDAY, 12 JAN 2013; TO REGISTER:**

[https://einvitations.afit.edu/inv/anim.cfm?](https://einvitations.afit.edu/inv/anim.cfm?i=127330&k=0363450A7857)

[i=127330&k=0363450A7857](https://einvitations.afit.edu/inv/anim.cfm?i=127330&k=0363450A7857)

### Need a helping hand this holiday season?

Sittercity is a military program funded by the Department of Defense. Activate your membership to [Sittercity.com/DoD](https://www.sittercity.com/DoD).

Your membership to Sittercity is fully paid by the Department of Defense and it is no cost to you.

Your Sittercity membership can help you find child care, senior care, pet care and more during the busiest season at work and home.

Find caregivers for:

School holidays

Holiday travel

Holiday parties

Last minute needs

Pet sitting

Senior care

This is for all services: ARMY, MARINES, NAVY, AIR FORCE, including Active duty, Reserve & Guard families.

Your membership is taken care of!

## SPIRIT OF THE SEASON



Because we realize there may be Soldiers/Airmen in need of assistance during the holidays, please distribute this information to any troops inquiring about such assistance. The state has many programs available to assist military members and civilians in need; contact information for several such organizations is listed below:

**Northern California:**

Rancho Cordova Elks Lodge, Catch the Spirit Program:  
916-635-8038  
Bob Burns: 916-835-0789  
Dave Ferguson: 916-281-5677

**Statewide:**

California Food Banks:  
Find a food bank in your area,  
1-866-321-4435  
or <http://www.cafoodbanks.org/>

Operation Homefront: 210-659-7756 or  
<http://www.operationhomefront.net/>  
(Operation Homefront is located in San Antonio, Texas, but they have offices and locations around the country.)

Department of Social Services:  
Emergency Food Assistance Program: <http://www.dss.cahwnet.gov/efap/>

Other Services: <http://www.cdss.ca.gov/cdssweb/PG181.htm>

Red Cross:

<http://www.redcross.org/where>  
or 1 800 RED CROSS  
(1-800-733-2767)

United Way: (877) 355-8922

or <http://www.unitedwaysca.org/resources>

Loaves and Fishes:

Sacramento County:  
<http://www.sacloaves.org/> or 916-446-0874

Contra Costa County:

<http://www.loavesfishescs.org/>  
or (925) 687-6760

**Mandy Stanfill**  
Family Assistance Coordinator  
10620 Mather Blvd, Mather CA 95655  
O: 916-361-4316 C: 916-417-2852  
[Mandy.stanfill@us.army.mil](mailto:Mandy.stanfill@us.army.mil)

**California National Guard  
Family Assistance Program**



Lt Col Kimberly Lalley  
State Family Program Director  
10620 Mather Blvd, Mather CA 95655  
O: 916-361-4955 C: 916-798-1101  
[Kimberly.lalley@us.army.mil](mailto:Kimberly.lalley@us.army.mil)

MSgt Sandra Sainz  
Family Programs Specialist  
10620 Mather Blvd, Mather CA 95655  
O: 916-361-4957  
[Sandra.m.sainz@us.army.mil](mailto:Sandra.m.sainz@us.army.mil)

*Northern Region Family Assistance Specialists*

<p><b>Angie Avritt</b> 2415 Tom Polk Ave, Chico CA 95926 O: 530-891-2715 C: 530-513-0478 <a href="mailto:Angela.m.avritt_ctr@us.army.mil">Angela.m.avritt_ctr@us.army.mil</a> Hours: 8:30-5:00 pm</p>
<p><b>Katie Ferguson</b> 8450 Okinawa St, Sacramento CA 95828 O: 916-854-1288 C: 916-201-8927 <a href="mailto:Katie.a.ferguson_ctr@us.army.mil">Katie.a.ferguson_ctr@us.army.mil</a> Hours: 8:30-5:00 pm</p>
<p><b>Sylvia Flaga</b> 10620 Mather Blvd, Mather CA 95655 O: 916-361-4356 C: 408-595-9847 <a href="mailto:Sylvia.a.flaga_ctr@us.army.mil">Sylvia.a.flaga_ctr@us.army.mil</a> Hours: 8:00-4:30 pm</p>
<p><b>**Deborah Burrow</b> 1800 Carmel Dr, Walnut Creek CA 94596 O: 925-934-6874 Opt 2 C: 707-580-3319 <a href="mailto:Deborah.a.burrow_ctr@us.army.mil">Deborah.a.burrow_ctr@us.army.mil</a> Hours: 8:30-5:00 pm</p>
<p><b>**Angelina Morlock</b> 8010 S Airport Way, Stockton CA 95206 O: Temp N/A C: 916-416-8320 <a href="mailto:Angelina.v.morlock_ctr@us.army.mil">Angelina.v.morlock_ctr@us.army.mil</a> Hours: 8:00-4:30 pm</p>

*Central Region Family Assistance Specialists*

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*Southern Region Family Assistance Specialists*

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<p><b>Anthony Vernon</b> 1270 Arundell Ave, Ventura CA 93003 O: Temp NA C: 805-431-3866 <a href="mailto:Anthony.vernon2@us.army.mil">Anthony.vernon2@us.army.mil</a> Hours: 8:30-5:00 pm</p>
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**\*\* Denotes Family Wellness Center**

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**Always Ready, Always There**

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**FRG: Volunteers are a blessing**

At this time of year, it's natural to turn our thoughts to the many blessings that we have in our lives. From our health, to our thriving families, plentiful friends and good cheer, our blessings seem too numerous to mention!

It seems fitting that we end the year talking about something near and dear to our hearts - thanking our Army Guard Family Readiness Volunteers.

There are as many reasons people volunteer as there are people. They want to give back to their units/troops; they want to be involved in something their service members love; they want to be in a vibrant place where they'll never be bored; they love the friends and families of our service members- the list is long and varied.

Whatever the reason, the enthusiasm, love and spirit of our Family Readiness Group, volunteers brings life to our units up and down our State.

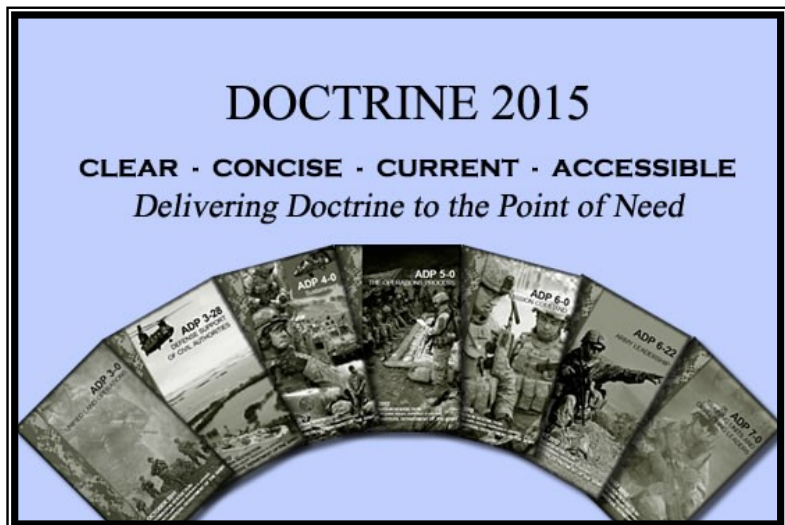
So, in this season of counting our blessings, we salute not only you the Soldier, but also those who volunteer with you who give tirelessly and vigorously of themselves to help others.

Volunteerism is a noble, life-enriching endeavor, truly a gift that keeps on giving. It has been said that volunteers are not paid not because they are worthless, but because they are priceless.

This holiday season, give your FRG volunteer the gift of appreciation... a simple "thank you, you've made a difference" is the highest compliment a volunteer can hear.

Your CAARNG Family Readiness Volunteer Leaders.

VALERIE CLAUDE-MURRAY  
DEBRA MENDELSON



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