



Alabama State Defense Force In The Crosshairs



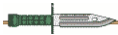
Volume 3, Issue 01

“Remember the Past, Train for the Future”

January 2007

THREAT LEVEL

The country remains at an elevated risk, **Code Yellow**, for terrorist attack



ALSDF State Staff

Commander

MG Charles Rowe

Deputy Commander - Air

BG Ronald G. Noland, Ed D.

Deputy Commander - Army

BG John Kervin

Command Sergeant Major

CSM John Blackburn



3rd Infantry Brigade Staff

Commander

BG Ronald G. Noland

Deputy Commander

COL Tom Beal

Command Sergeant Major

CSM Walter Ballard



304th Infantry Battalion Staff

Commander

COL James Henderson

Executive Officer

MAJ Robert Marsh

Command Sergeant Major

CSM Jeffry Olson

Commander's Notes



New Companies

With activation of Alpha Company in Dothan and Charlie Company in Enterprise several individuals have been reassigned from the Battalion to the companies. With the activation of the two new companies, several slots have been opened up. We need to redouble our recruiting efforts.

STAFF CALL

Staff Call for January is scheduled for 0700, 06 January 07. It will be conducted in the Dale County EMA building. Commanders, 1SGs, Staff Officers, S-1 Admin Tech and NCO are requested to attend. Any questions, please contact me.



Next Unit Drill/Training

January Training Assembly

06 January 2007 at 0800 hrs

CLASS SCHEDULED Communication PIO

COL Henderson

February Training Assembly

03 February at 0800 hrs

CLASS SCHEDULED

Search & Rescue Ops /
Water Safety / Aviation Ops

MAJ May / CW5 Barker



From the Desk
of the CSM



“Looking Ahead”

I hope everyone has had a Safe and Enjoyable Holiday Season.

As one year closes and another begins, we reflect on those things that have been and continue to be important to us.

Family, friends, and community all play a large role in shaping who and what we are. **OUR** battalion has grown with leaps and bounds during the past year and we have gotten inquiries from all over the state to include other states wanting to know **OUR SECRET**. Our secret is **“YOU”** the members of the 304th Battalion! I would like to take a moment to thank you for everything that you have done the community, 304th battalion and the ALSDF and also for everything that you will do for

our State and Communities. On a different note, with our new personnel we have an additional challenge. We are trying to get to know our new comrades and to also let them get to know us. What your job and experience is “in the **ALSDF and in civilian life**”. One way to make everything easier is the tried and true “thing” called “**Mentorship**”. The next question you ask is “**What is Mentorship**”, to be honest everyone has been involved in mentorship at one time or another, you may not have realized it at the time, but another experienced person was passing on their knowledge and experiences to you.

“A mentor should be someone you respect. It should be someone you feel you can go to and admit you’ve done something wrong and expect them to give you good recommendations on how to fix it... If you’ve picked your mentor, you’re not going to be thin-skinned when they help you see your own shortcomings. You’re going to them to get help; that’s the whole reason for having a mentor. When criticism is coming from someone you look up to and respect, you’re going to be more receptive to your mentor’s suggestions and advice on how to fix the problem”

CSM Anthony Williams

The mentorship process is alive and well in the battalion, I have seen mentorship going on at every drill, and the interesting thing is it is second nature to most of the people and the individuals do not even realize they are mentoring others. Without mentors we would all be “**feeling our way in the dark**” and “**reinventing the wheel**” most of the time. If you would

like to discuss mentorship my door is always open. There is further information later in the newsletter.

3rd Brigade and 304th Battalion Notes

Uniform Patches: members of the ASDF are not to wear the uniform without the red ASDF cloth attachment and the red/white, black state shield. This is a specific order from HQ, Alabama National Guard

Uniform Appearance: The 3rd Brigade of the ASDF is a uniformed service; therefore, a neat and well-groomed appearance is mandatory. It is your duty to take pride in your uniform and that of others under your supervision. All soldiers must be dressed in the proper uniform with authorized badges, insignia, and patches worn in the prescribed manner. Footwear should be polished, hair neatly trimmed. Beards, unless authorized for medical reasons, are not permitted. Members are reminded to wear the red ASDF and the state shield. The State of Alabama Flag is an added uniform patch.

Promotions: Time In Grade is **NOT** the only criteria for promotions. To be considered for promotion, a member must have a minimum of unexcused absences (Number to be determined by the classification/promotion board) and participation in several of the units activities such as Armed Forces Day, Veterans Day, Sports, Exercises, Drills, etc.

Yearly Expenses: members are reminded to track your monthly expenses as they should be totaled for the year and reported to WO1 Volkin, The BN S-1 will have blank copies available of the expense reporting sheets.

Wear your stripes with pride and honor. You are—
“The Backbone of the Alabama State Defense Force (ALSDF)”

**“NCO’s Lead the Way”
“Hooah”**

CSM Olson



**Memor Preteritus,
Syрма pro Posterus**



The Chaplain's Corner

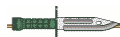
“When Making

Your Decisions”

- 1. Make your decisions based on the timeless and proven principles given in the Bible.**
 - 2. Make decisions that show virtue.**
 - 3. Make decisions that promote truth and integrity.**
 - 4. Make decisions that you would admire and respect if made by others.**
 - 5. Make decisions that you would like to have your children and grandchildren emulate.**
 - 6. Life’s most important decision: What will you do with Jesus Christ?**
- John 3:3** “Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man

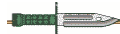
be born again, he cannot see the kingdom of God.”

Chaplain Lewis



Is it time to renew your car license plate for the year? Would you like to show pride in being a member of the State Defense Force! Then get a SDF tag for your car. The cost of the tag is just \$50.00 plus the cost of your standard plate. That's just 14 cents a day to show your pride in the ALSDF.

The license plates require ALSDF Form 7A (Certificate of Application for ALSDF License Plate) to be completed and signed by the ASDF Commander, or designated Representative. WO1 Volkin has the forms available at the monthly drills. The license plates are on hand at the Dale County Court House for Dale County Only. All other counties still need the form, but the license plates will take 3 – 4 weeks to come into their respective counties.



The BN T-SHIRTS



The Black Bn T-Shirts can be ordered and picked up at drill. The shirts are ordered in lots of 12. If you would like to order additional T-Shirts for yourself or someone else, see [CSM Olson](#), Bn CSM at the next drill or e-mail him at csm@alsdfozkal.com and let him know the number and size of the shirts that you want.



Join the MEMS Academy program and start earning your MEMS Badge Today.

State Guard Association of the United States Military Emergency Management Specialist Academy Qualification Standards and Procedures have changed effective September 11th, 2006

The new qualifications are now in effect. Students who have already started a module under the old program may still complete under the old program as long as they become NIMS, NRP and ICS qualified. Please read the HB and become familiar with it.

Battalion Members Currently Working on the MEMS Program:

MEMS Flash:

Senior Badge:

Basic Badge:

COL Henderson
MAJ Marsh, MAJ May
CPT McDaniel, 1LT Gulledge,
CW5 Barker, WO2 Glenn,
CSM Olson, 1SG Franco,
SSG Ash,

NEW PERSONNEL

HHD
CPL Fuller – Message Clerk

C Co.
PFC Kirby - RTO

PROMOTIONS

2LT Gulledge to 1LT
SGT Ash to SSG
SGT Irby to SSG

SGT Strickland to SSG
CPL Crowe to SGT

ASSIGNMENT CHANGE

SSG Irby Clinical Spec to Air
Opns NCO

Awards

ASDF Outstanding Unit
Commendation Ribbon

COL Henderson, MAJ Marsh,
MAJ May, CPT Claassen, CPT
McDaniel, 1LT Hopkins, CPT
Lewis, 2LT Russell, CW5 Barker,
WO2 Glenn, WO1 Volkin, CSM
Blackburn (prior to becoming
State CSM), 1SG Gaudet

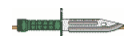
304th Battalion Birthdays

JANUARY

MSG James Wilkinson
1SG John Gaudet
MAJ Jeff May

FEBRUARY

CPT David Lewis
CPL Tom Gallaspie
1LT Norman Hooben



RIBBON / BADGE of the MONTH

This month we
highlight the
**Alabama State Defense
Force Community
Emergency Response
Team (CERT) Ribbon**



The ASDFCERT ribbon is awarded by the ASDF Commander, Brigade Commanders or Battalion Commanders to members of the ASDF who have successfully completed a certified FEMA "Community Emergency Response Team" Course. CERT Training Requirements: CERT training is designed to prepare you to help yourself, your family, and your neighbors in the event of a catastrophic disaster. To be eligible for the CERT Ribbon the individual must have successfully completed all portions of the training program.

1. Emergency Preparedness.
2. Fire Safety.
3. Emergency Medical Operations (Part 1).
4. Emergency medical Operations (Part 2).
5. Light Search and Rescue Operations.
6. CERT Organization.
7. Disaster Psychology.
8. Terrorism and CERT.
9. Course Review and Disaster Simulation. (Hands-On Evaluation).

All aspects of the training must be completed to be awarded the ribbon



**QUESTION
OF THE
MONTH**

What are the Basic Physical Requirements for the Alabama State Defense Force?

ANSWER TO LAST MONTH'S QUESTION

What is the Annual State Wide Training Drill for the Alabama State Defense Force called?

ANSWER:

A *Command Post Exercise* or more commonly referred to as a "CPX". The activity is conducted over a two-day period.

Alabama Defense Force members Handbook "Chapter Seven"

How did you Do?

*In Honor of All Who
Have Made the
Ultimate Sacrifice*



*and To Those Who
Have Been Left To
Remember!*

We'll Never Forget!!!

EMERGENCY INFORMATION / PLANNING / ACTIONS

Federal Emergency Management Agency

<http://www.fema.gov/>

American Red Cross

<http://www.redcross.org/>

The National Weather Service

<http://www.srh.noaa.gov/>

The National Hurricane Center

<http://www.nhc.noaa.gov/>

Alabama EMA

<http://www.ema.alabama.gov/>

Dale County EMA

<http://www.dalecountyma.org/>

Coffee County EMA

<http://www.ccema.com/>

Houston County EMA

http://www.houstoncounty.org/Emergency_Management/Emergency_Management.htm

Citizen Corps – Community
Emergency Response Team
(CERT)

<http://www.citizencorps.gov/cert/index.shtml>



Basic Cold Weather Injury Prevention

1. Wear sufficient clothing and equipment to keep your body warm. Dress in layers.
2. Avoid prolonged exposure of unprotected skin to extreme cold and/or windy conditions.
3. Keep clothing and equipment as dry as possible. Change socks at least twice a day.
4. Keep clothing loose so that circulation is not decreased.
5. Remove clothing layers, as appropriate, to limit sweating during activity.
6. Eat hot meals, and drink hot liquids. Maintain food and fluid intake.
7. Be aware that the risk of cold injury increases in wet weather or when wearing wet clothing, particularly if the wind chill is 40 deg F or below.

Hypothermia

(DANGER, THIS IS A MEDICAL EMERGENCY)

Cold Injury Symptom

1. Confusion
2. Bizarre behavior
3. Withdrawal from group interaction
4. Unconsciousness with nearly undetectable breathing and pulse

Cold Injury First Aid

1. Evacuate for medical treatment
2. Prevent further cold exposure
3. Remove wet clothing
4. Rewarm by covering with blankets or sleeping bags.

Cold Injury Symptom

Skin that is numb, turns gray or waxy white, and feels cold and stiff to the touch

Frostbite

Cold Injury First Aid

1. Prevent further cold exposure.
2. Remove wet and constrictive clothing.
3. Rewarm the injured site gradually by direct skin-to-skin contact or a modest heat source.
4. Evacuate for medical treatment.

Cold Injury Symptom

1. Itching, numb, or tingling pain.
2. Feet that are swollen and turn faintly red, blue, or black

Trenchfoot

Cold Injury First Aid

1. Prevent further cold exposure.
2. Remove wet and constrictive clothing.
3. Wash and dry the foot gently.
4. Elevate the foot.
5. Cover the foot with layers of loose, warm clothing; and allow it to rewarm.
6. Do not massage the foot or expose it to extreme heat.
7. Do not walk on the foot.

WINTER WEATHER TERMINOLOGY

Alabama's Lowest Temperatures

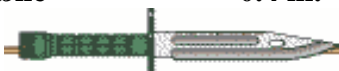
City	Temp	Date
Huntsville	-11	Jan 30, 1966 & Jan. 21, 1985
Birmingham	-10	Feb. 13, 1899
Montgomery	-5	Feb. 13 1899
Mobile	-1	Feb 13, 1899

Most Snow in 24 Hours

City	Amount	Date
Huntsville	11 in.	Dec. 31 – Jan. 1, 1964
Birmingham	13 in.	Mar. 12 – 13, 1993
Montgomery	11 in.	Dec. 5 – 6, 1886
Mobile	6 in.	Feb. 14 – 15, 1895

Average Annual Snowfall

City	Amount
Huntsville	2.5 in.
Birmingham	1.4 in.
Montgomery	0.5 in.
Mobile	0.4 in.



Mentorship

Mentorship, probably the singular most misunderstood word surrounding counseling and leadership. To best understand mentorship, it is best to first define it. Mentorship is a voluntary, developmental relationship that exists between a person of greater experience and a person of lesser experience. Mentorship is not just a fancy buzzword. It is a proven approach and valuable tool for leaders.

“To be an effective mentor, you need the experience and wisdom of your years. You also have to care. If you really care about your soldiers, then you will devote the necessary time and attention to guiding them. Mentoring can take place anywhere. It is a key way to lead and to strengthen values.

DA PAM 600-25, “NCO Development Program,” 1987

Mentorship begins with setting the right example by showing ALSDF personnel a mature example of values, attributes and skills in action. Setting the example encourages them to develop their own character and leader attributes accordingly. Seeking advice or assistance from a mentor is not a sign of weakness, but is evidence of a desire to become a better person, ALSDF Soldier, and leader.

“A mentor should be someone you respect. It should be someone you feel you can go to and admit you’ve done something wrong and expect them to give you good recommendations on how to fix it... If you’ve picked your mentor, you’re not going to be thin-skinned when they help you see your own shortcomings. You’re going to them to get help; that’s the whole reason for having a mentor. When criticism is coming from someone you look up to and respect, you’re going to be more receptive to your mentor’s suggestions and advice on how to fix the problem”

CSM Anthony Williams

- Personal, voluntary developmental relationship existing between ALSDF Soldiers.
- Mentor is a close, trusted and experienced counselor or guide.
- No bound by geographical location.
- Mutual agreement on mentoring relationship.
- Mentoring relationship devoid of conflicting interests.
- Common professional interests.
- Enduring relationship, frequency based on need, not predetermined event or time.
- Shared ALSDF Values
- ALSDF Soldier may have more than one mentor over time.
- Two-way communications.
- Mentor must be willing to share professional knowledge, training and experience in a trusted and respected atmosphere.
- Mentor maintains confidentiality and trust.
- Sincere caring on part of the mentor.
- Relationship may be initiated by superior, peer, or subordinate.
- Can cross ALSDF, military, civilian, active or retired lines.

Mentorship Characteristics

Mentorship offers unparalleled opportunities to build a better Alabama State Defense Force. If you are a Noncommissioned Officer or an Officer and are not mentoring several promising young leaders, you are missing an important opportunity to contribute to the Alabama State Defense Force’s Future. Mentorship is the single, easiest way to develop leaders. But to do so, the mentor must be willing to commit the time and energy necessary to do it right and to set the conditions for success so leaders will seek them out to be their mentor.

References:

FM 7-22.7	The NCO Guide
DA Pam 600-25	The Army noncommissioned Officer Guide
FM 5-0 (101-5)	NCO Development Program
FM 6-22 (22-100)	Staff Organization and Operations
FM 7-0	Army Leadership
FM 7-1 925-101)	Training the Force
	Battle Focus Training



The Ad Page



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**All Money Raised Goes
for the Battalion Flags**



BN S-1

WO1

Robert Volkin

*PAC Leads the
Way*

Remember

NCO's

*Sets the Example
for all to Follow!*

CSM Blackburn

*Keeping our people safe at
Love, Honor and Country*

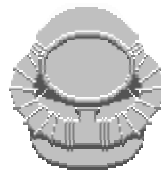
*Maj.
Ronald S. Volkin,
U.S. Army
On duty in the War Against
Terrorism,
Wiesbaden,
Germany*



God Bless America



Battalion S-3



MAJ Jeff May



