



MAY-JUNE 2008

From the Brigade Commander



Col. Mark Burke

We are now in the 3rd Quarter of Fiscal Year 2008 and it has been a very busy year. I would like to thank each and every Soldier and their Families for all their sacrifice and support which has allowed this Brigade and State to have the successful year we are having.

I would like to express a heartfelt welcome home to all the Soldiers who deployed with Detachment 1, Company B, 3rd Battalion, 126th Aviation. We were able to conduct a family oriented welcome home ceremony for the individuals who returned to Rochester on 31 May. My sincere thanks for the support of the Family Readiness Group, Rochester Police Department, Rochester Airport Fire Department and soldiers assigned to Rochester AASF #2 and armory that made this event a special event for the Families and Soldiers.

Soldiers from the NYC and Long Island area who deployed with the 126th were welcomed home by being publically recognized, receiving an extended period of applause by the crowd, while they attended a going away ceremony for 3rd Bn., 142nd Air Assault Battalion on Long Island the same day at St. Josephs College.

I must applaud the effort put forward by 642nd Aviation Support Battalion Soldiers in their support of the 142nd's pre-mobilization training at Fort Drum, 5-25 April. Their efforts ensured a successful training period, resulting in the 142nd's being the best prepared unit arriving at the mobilization site at Fort Sill, Okla.

The unit was able not only to support the training of the 142nd, but conducted internal training along side of the 10th Mountain Division's Avn. Spt. Bn., which was invaluable training for the Soldiers of 642nd. I must mention the outstanding job of two E5's, Sgt. Royce Brown and Sgt. Pamela Primous, for performing

well above their grade level and running two outstanding dining facilities during annual training.

Every individual from Headquarters and Headquarters Company Brigade and the entire staff did an outstanding job enforcing the standards of training, meeting all time lines and assisting the 142nd's preparation for deployment.

I would be remiss if I did not recognized the efforts by the Maj Don McCardle and his team from Division, along with the support from Joint Forces Headquarters to ensure the 142nd was properly prepared both tactically and administratively for their deployment.

To Lt. Col. Albert Ricci and his team, which includes his Family members, I must say congratulations on a job well done preparing for your upcoming deployment. I cannot express the amount of thanks for the continual sacrifice of your soldiers, employers and families to allow the unit members the time required to properly train and prepare for the deployment.

I would ask the FRG of the 142nd to stay focused and strong during the unit deployment for without your support of the Families at home, combined with keeping in touch with your soldier and providing them support, we as members of the National Guard could not do the mission at hand. Again, thank you to all the Family members, significant others and friends.

To all the Families of the Soldiers of the 142nd I would like to say your Soldier is doing an outstanding job while at the mobilization station, are properly trained and prepared for their upcoming mission. If it is possible, prior to the unit movement overseas, the Soldiers MAY get a pass or leave to return home.

I will close this commander's corner with another thank you to everyone assisting with the recruiting of new Soldiers and the retention of those making the decision to continue to serve. The New York National Guard to date has successfully attained their targeted goal and we continue to bring on new individuals looking for the opportunity and privilege to serve this great nation.

I fully understand the commitment, sacrifice and the associated issues that go along with being a Citizen Soldier and from this office; I cannot express enough gratitude to each and every one of you and all you do to make us successful.

THANK YOU

MARK F BURKE
COL, AV NYARNG
Commanding

Highlights in this issue

- 642nd Training with Fort Drum's ASB
- Two Female Mess Sergeants Take Charge
- 142nd and Brigade Annual Training Pictorial
- Chinook Aviators Home from Afghanistan
- People, Places and Things

From the Brigade Command Sergeant Major



CSM Justin Cappon

Greetings and welcome to this, the second edition of the Aviation Brigade newsletter. I am grateful to Sgt. 1st Class Steve Petibone for the time and effort he puts into production of this newsletter. I hope that you share our thoughts with friends of our community and family members.

First, I would like to welcome home from Afghanistan all of our brothers and sisters that deployed with the 3rd Battalion, 126th Aviation "Chinook" unit from Rochester. Those folks had a very successful rotation, and did an outstanding job showing the 82nd and 101st Airborne just what Guard Aviation was made of. During their rotation, they set new standards in aviation safety, aerial missions, and blew-away every active component element in aircraft

maintenance. I was told that our maintenance teams, when parts were available, were turning out phase inspections in 7-8 days. Compare that to active component maintenance teams taking 15-21 days for the same. That is just plain "Guard Stuff."

I want to take a moment and recognize Sgt. 1st Class Roger Snyder, the detachment sergeant with the 126th. Roger was instrumental in the preparation for deployment, the execution of all Soldier/unit actions in theater, and most of all the return leg of the mission. He will be retiring soon and the Guard will lose a great Soldier and leader... Thanks Roger for all that you have done in every task that you have been given over your career. I will truly miss you.

Now, I would like to focus on our brothers and sisters in the 3rd Battalion, 142nd Assault Helicopter Battalion who are currently at Fort Sill, Okla. preparing for deployment to Iraq. Please pray or address your special thoughts to all of our members as they ready for their trip into Harms Way. Just the other day, I spoke with Command Sgt. Maj. Chris Imbaratto on the phone. I asked how everything was going and how the Soldiers were. Chris said; "I have the best battalion in the Army, I am so proud of this unit and my Soldiers, they are showing the others here at Fort Sill how it is done." Sounds like more "Guard Stuff" to me! Thanks CSM Imbaratto for all that you have done and espe-

cially, what you will do while in theater. Good luck to all in the 142nd AHB.

Lastly, I would like to make sure that as annual evaluation reports start to come due, everyone has taken and passed the annual physical fitness test for RECORD. This will also include your annual weigh-in. If anyone has not completed these two events, please see your section leader. This is a "must complete" annual requirement and honestly leaves a glaring hole on your evaluation when not completed. If anyone needs assistance meeting the standards, I am available for counsel and have members that can help you. I also have information on a scientifically developed and medically supervised rapid weight-loss program in the Capital District. You can lose 20 or more pounds a month. The program is FREE (you purchase meals only) and you lose fat not muscle. Most people also have either reduced or removed dependence on medications for high blood pressure, high cholesterol and diabetes. This is a medically supervised program with a free personal coach and online support. It works, I have lost 20 pounds in less than three weeks, have more energy now and I have not been hungry at all. Please contact me for details if interested.

You Are Hereby Promoted to the Rank of...

The following Brigade Soldiers were promoted during...?

* Editors Note: I really tried to find and requested a list of recent promotions but the military personnel office has not responded. I would like to take this opportunity to take this in a different direction.

When each Soldier is promoted please contact me via e-mail about your promotion. Please give me the rank you are being promoted to your unit and MOS.

I will also take any promotions that occurred during May-June so that I can include them in the next 42nd CAB Newsletter. Reply to:

steven.b.petibone@us.army.mil



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Brigade News and Photos

Congratulations again!

Traditional Soldier of the Year



**Specialist Amanda Matteson
Company D, 3rd Bn, 142nd AHB**

I am proud to announce and congratulate the Soldier and NCO's selected in a competition this past weekend as the top Enlisted Members of the New York Army National Guard. They are:

Traditional Soldier Spc. Amanda Matteson
Co. C, 3-142nd Avn Bn
Traditional NCO Staff Sgt. Joseph Weidlich
206th MP Company
AGR NCO Sgt. Maxime Pierre
Co. G, 427th BSB

In addition Spc. Matteson and Staff Sgt. Weidlich are selected to represent the NYARNG in the NGB Region North competition scheduled for 15-18 May which we will host at Camp Smith. NGB Region North is composed of Connecticut, New Hampshire, New Jersey, Maine, Vermont, New York, Massachusetts and Rhode Island. The winners of the Regional competition will then go on to compete later in the summer at the National Guard Bureau Soldier / NCO of the Year competition to be held at Fort Benning, Ga.

I applaud all the Soldiers and NCO's that participated in the competition. They were all well prepared and it took until the final tally on Sunday afternoon to decide on the overall winners.

Command Sgt. Maj. Bob Van Pelt
State Command Sergeant Major
New York Army National Guard

Active Duty and National Guard Provide Seamless Service Training Together



It's all about paperwork in the Standard Army Management Information System (STAMIS) office at Fort Drum as Spc. Tina Slater, Company A, 642nd Avn. Spt. Bn. looks over daily warehouse tracking logs with her 10th Mountain Inf. Div. counterpart, Spc. Sandidge, Company A, 277th Avn. Spt. Bn. The active duty Soldiers gave on-the-job training to N.Y. National Guard Soldiers during their annual training status in April.

Photo by Sgt. 1st Class Steven Petibone



At the 277th Avn. Spt. bn. warehouse, every piece of equipment that comes in needs to be logged in. Specialist Charles Hopkins, Co. A, 642nd Avn. Spt. Bn. uses the latest computer software to insure quality control. Giving Hopkins guidance is Spc. Damaris Kanyorg, Co. A, 277th Avn. Spt. Bn.

Photo by Sgt. 1st Class Steven Petibone



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Brigade News and Photos

A Tail of Two Mess Sergeants



Story and photos by Sgt. Ally Andolina, 42nd Combat Aviation Brigade

Fort Drum - What does it take to run a New York Army National Guard dining facility during annual training at Fort Drum? Sergeants Royce Brown and Pamela Primous have stepped up to the plate to take on their duties of operating two individual dining facilities here in April.

As Junior Enlisted Soldiers they were delegated all of the responsibilities and work that a Sergeant First Class, two pay grades above their current rank, would normally be performing and according to their battalion command sergeant major, they are both doing an outstanding job.

Sergeant Brown, a native of New York City is a member of the 642nd Aviation Support Battalion. Her official duty title is Senior Food Operations Sergeant.

During annual training in April, Brown

and her staff provided service to more than 250 Soldiers. Meals were served each morning and evening every day to members of the Task Force Eagle training battalion that consisted of Soldiers from the 42nd Combat Aviation Brigade and the 642nd Aviation Support Battalion in preparation for the 142nd's mobilization and subsequent deployment for Operation Iraqi Freedom.

A typical day for her starts roughly at 3 a.m. preparing for breakfast. She figures out how many people she will feed in order to prepare her meals as well as keeping track of the four cooks she supervises daily.

"This is a learning experience for me," said Brown who is still trying to learn all of the necessary paperwork that is needed in order to run the dining facility. However, this isn't the first time she was tasked to run a military dining facility. In April of 2007 she ran one as a

corporal, again, at Fort Drum.

"This is something that I enjoy doing, I can see my skills and know whether I can step up to the next level," says Brown who deployed



Specialist Anthony Bowen dishes out some hot ziti in preparation for another evening meal while doing KP at building T-650 mess hall.



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Brigade News and Photos

Mess Sergeants-con't.

before with the 642nd Headquarters Support Company in 2004-2005 where she retained her cook position but was also put into other roles such as a radio transmission operator and lead vehicle driver.



Specialist Nicole Carvalho (left) and Spc. Gary Golub put the finishing touches on another hot meal at Building T-650 mess hall.

Sergeant Brown's hard work and dedication to her job shows she is able to run a well organized dining facility but that wouldn't be the case if it wasn't for the help of her fellow Soldiers.

"I am very confident with my Soldiers, I do not have to watch over them and I am able to do my work without worrying about what is going on in the kitchen, they are all hard workers."

Just across the way at the 142nd's dining facility is Sgt. Pamela Primous, who is from Rochester and is also with HSC, 642nd as a cook.

She too is working as a Senior Food Operations Sergeant a position during her annual training in April.



Sergeant Pamela Primous pitches in to give her kitchen crew a hand preparing another meal for the 142nd Aviation.

Her responsibilities of running a military dining facility mirror those of Sgt. Brown. Primous is responsible for the preparation of all the meals, she is in charge of keeping track of orders, how many Meals-Ready-to-Eat are available and the rations she will be receiving as well as the five cooks she supervises. She serves the more than 300 142nd Soldiers that pass through her dining facility doors as they train and get ready for their deployment.

Primous starts her day at 3 a.m. and gets her Soldier cooks and the facility up and running for the breakfast rush which includes preparing and getting the food ready as well as cleaning the facility.

"This is easy, I thought there was going to be more to it but so far it has been fine," says Primous, who along with her fellow Soldiers, don't end their day until 8 p.m.

However, Primous is no stranger when it comes to a leadership position, when she was deployed to Iraq with the 142nd where she was in charge of monitoring all of the workers in the dining facility as well as overseeing the Kellogg, Brown and Root contract workers. She was also in charge of doing the head counts as well as making sure each cook used proper sanitation when preparing meals.

According to Primous, she has a great relationship with her fellow cooks who she speaks very highly of.

"The cooks are really good, they know what they are doing and I am very satisfied, they get in and get out and work as a team."

Primous is preparing herself for the next step in her military career and feels that this is just the opportunity she needed.

Hard work, leadership skills and the ability to have the patients to keep up with the necessary paperwork and delegate duties out accordingly all seems easy but put into this demanding situation you might just crack under pressure.

Emergency Relief While Training to Deploy



Aviators and crew members were called upon by New York's governor to assist Department of Environmental Conservation and local fire departments to battle wildfires near Lake Minnewaska State Park Preserve, New Paltz. Soldiers from 3rd Battalion, 142nd Aviation had just completed validation of door gunner crew members when they were activated by the state.

Photos by Sgt. Logan Ambrosio





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Brigade News and Photos

3rd Battalion Gives it One Last Go-round Before Deploying





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Brigade News and Photos

One Last Go-round (con't)





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Brigade News and Photos

Brigade's Empire Blizzard Deployed-Final Pictorial

3rd Battalion, 126th Aviation finishes tour in Afghanistan and comes home

Photos Courtesy of 1st Sgt. Greg Kecken, Task Force Talon, Afghanistan





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People, Places and Things Surfing the AKO Web Site



Soldiers can now complete their portion of the Periodic Health Assessment on line before their appointment with their medical provider.

Complete your portion of the Periodic Health Assessment, then schedule an appointment with your doctor to complete this process.

Direct all questions regarding scheduling provider appointments to your chain of command.



Simply log-on to AKO and find the following links:

1. Self Service
2. My Medical
3. My Medical (yes, that's twice)
4. My Medical Readiness
5. Click here (Periodic Health Assessment)

One you have opened the Periodic Health Assessment fill it out on-line and print it or print it and manually fill it out.



You Really Should!

This site is very easy and user friendly. To get there, all you have to do is type the following HTTPS address in your Internet Explorer bar:

<https://www.us.army.mil/suite/page/442200>

After you hit GO you will be taken to the AKO Web site where you will have sign in with your user name and password. After log-in AKO will take you right to the BATTLEMIND home page.

On the right-hand side of the page is the Leader and Soldier Training Package, the mTBI_PTSD Training Package which is 33.3 Mb.

Don't suggest downloading if you have dial-up internet service

After downloading the training package you will need to unzip the folder which contains 17 files. Open this with WinZip and go through every file...some are very short videos and others are Word and PDF documents.

On the opposite side of the page is the Family Readiness Group link. Here you can download the 23 minute video.

If you have not taken this training with your unit you please take it ASAP and let your section NCO know or if you have taken it before and would like to review feel free.

FYI



The Public Affairs office in Latham gets the Knowledge Magazine every month.

I included in our newsletter because I am impressed with their layout and design and also their presentation of day-to-day safety issues that most of us can take for granted.

I have seen the magazine on display at armories around the state, so I recommend picking up a copy the next time you are at drill.

You can also subscribe by going to the following web site.

<https://cra.army.mil/Multimedia/cat.asp?iCat=59&iChannel=19&nChannel=Multimedia>

