



# GUARD FAMILY CONNECTION

Volume 3, No. 4 North Carolina National Guard

## Inside:

- Rescue Missions
- Rebuilding Communities
- Everyday Heroes

*Heroes on the  
Home Front*



In the NC National Guard, Heroes are made up of Family members, Community members and Service members.



# GUARD FAMILY CONNECTION

Volume 3, No. 4 NORTH CAROLINA NATIONAL GUARD

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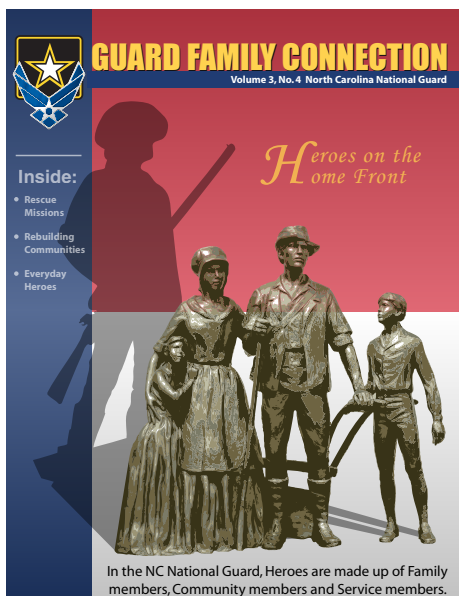
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### On the cover >>

NC National Guard Soldiers and Airmen are not the only heroes that make up the National Guard. Family members support their Guardsmen and one another during deployments. Communities step up and go the extra mile to help in the cause. Soldiers and Airmen are heroes not just because they are a part of the National Guard, but because they help whenever needed, on or off duty. The NC National Guard is made up of those from all walks of life who come together to make life easier for those around them. In this Guard family they are the true heroes.



If you are interested in finding out more about the North Carolina National Guard, call toll-free 1-800-621-4136 or visit [www.nc.ngb.army.mil](http://www.nc.ngb.army.mil)

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# The Adjutant General



## Heroes Among Us

When we think of a hero we think of someone overcoming a challenge, obstacle, or adversary that could defeat them. I have never thought that the men and women in the North Carolina National Guard could ever be defeated. That being said, I know that there are times when the pressures of serving in the military or being a family member of someone in the National Guard is a heavy burden. Our lives can be stressful with the worries of a dangerous world and the unforeseen circumstances that often come with military service.

That is why Lil and I are dedicated to making sure that North Carolina Soldiers and Airmen, and especially our families, have all the tools they need to be successful in serving the nation, our state and our communities. There are literally thousands of people working to make sure that our great men and women get the best equipment and the best training available to succeed as individuals, teams and units. Our State Family Programs staff and the great volunteers all across the Tarheel State dedicate long hours and hard work to bring Guard Families the services and information they need. These heroes are with you, side by side, during the good times and the bad.

Outside the Guard there are other heroes that provide us support and assistance. The North Carolina General Assembly has committed hundreds of thousands of dollars to establish three new Family Assistance Centers in North Carolina. The NC Bankers Association and the Raleigh Rotary Club recently donated funds to the Kids on Guard program so our National Guard children, our youngest heroes, can continue to learn about their parent's military life and grow in their unique role as military children. These are just a few of the heroes that live among us in our communities.

When I read stories about heroes, I find it interesting how the hero will often say that he or she just did what needed to be done. I find that same spirit of modest, selfless service in our family volunteers and among fellow



guardsmen... they tell me the same thing when I ask them why they have stepped up to assist so many others. We are extremely fortunate to have so many superb Soldiers and Airmen along with their families that live the Army and Air Force values every day. Governor Easley has called the men and women of the National Guard our state's Shining Stars, North Carolina's heroes.

Our Family Programs could not run without the ongoing commitment of our volunteers, and I thank all of them for their tremendous dedication. As the saying goes "many hands make light work". We could always use a few more heroes to do what needs to be done for our fellow Guardsmen and their families. I am confident that together our National Guard will continue to do as we have done for the last three hundred and seventy years, protect the nation, our state and our communities. You are all my heroes.

William E. Ingram Jr.  
The Adjutant General  
NC National Guard



### THE SOLDIERS CREED

I am an American Soldier.

I am a Warrior and a member of a team.  
I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically  
and mentally tough, trained and  
proficient in my warrior tasks and drills.

I always maintain my arms,  
my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage,  
and destroy the enemies of the  
United States of America in close combat.

I am a guardian of freedom and the  
American way of life.  
I am an American Soldier.



### AIRMAN'S CREED

I am an American Airman

I am a Warrior.

I have answered my Nation's call.

I am an American Airman.

My mission is to fly, fight, and win.

I am faithful to a proud heritage,  
A tradition of honor, and a legacy of valor.

I am an American Airman,  
Guardian of freedom and justice,  
My Nation's sword and shield,  
It's sentry and avenger.

I defend my country with my life.

I am an American Airman:  
Wingman, leader, warrior  
I will never leave an Airman behind,  
I will never falter,  
and I will not fail.





# Family Connections

## Military Families; Heroes at Home

Military family members may often see others come up to your uniformed Service Member and thank them for “their sacrifice” or say “we appreciate what you all are doing.” You may feel, as a spouse, parent, or child, that your sacrifice and efforts go unacknowledged. Heroes are easy to identify in uniform. Those that stand in the silent ranks, who wear no uniforms, are their families and you are the real heroes. Military families are special. Military families are the heroes at home.



Diane Coffill  
State Family  
Program Director

As the North Carolina National Guard continues its missions in the war on terrorism, families are stretched and their strength is tested. This is especially true for those families that have endured several deployments. So, we find ourselves living in a new normal – one where change and maybe even trauma and loss are a part of the equation. For the most part, we’ve found that military families and their children are resilient.

My role as your State Family Readiness Director is to make sure that all NC National Guard families are equipped with the tools and resources they need to be resilient, open to change, and in a constant state of readiness. Your “readiness” means that you can handle the Homefront and allow your Service Member to fully concentrate on their mission and getting home safely.

In the coming months, as additional resources become available to our State Family Program, we are planning more ways to get you the help that you need. The resources are available to you. The strongest leaders and America’s most notable heroes will all agree that you have to be willing to ask for help. Please do not suffer in silence if there is an issue or concern that you need assistance with. That’s what we’re here for! Our State Family Program Staff is available to assist you. The State Chaplain, Steven King, can provide you with a listening ear. And, most of all Military One Source provides free counseling services with master’s level counselors.

So, as our heroes, we challenge you to get involved so that you can be a voice for National Guard families in your community. Get to know your local Family Assistance Center Specialists. Get to know your Family Readiness Group leader. If you do not have a FRG leader, consider taking on that role and providing leadership to other NC National Guard military families. I encourage you to make friends with other families in your Soldier’s or Airmen’s unit. National Guard families are spread throughout the community, it is quite comforting to find a battle buddy and network with other military families.

In closing, as a military family member, you are truly a special part of the success of our Service Members here in North Carolina. We honor your role in making the NC National Guard one of the best in the country!

Sincerely,  
Diane Coffill  
State Family Program Director

## A Family Assistance Center Near You:

### Angelena Dockery (Raleigh)

#### State FAC Coordinator, Family Readiness Program

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**Check us out! We're on the Web...**  
**[www.nc.ngb.army.mil/family](http://www.nc.ngb.army.mil/family)**

# Veterans & Guardsmen Resources



## Accessing Care in Your Community

World War II was big on the home front supporting the troops through aluminum drives, recycled rubber tire drives, savings bond drives, etc. The children would be taught in public school and go home to talk to their parents about sacrificing for the troops.

What do home front sacrifices mean? They help the Soldier both during deployment and when they return. The best modern-day example is people donating their frequent flyer miles to get Soldiers back from overseas to their homes after arriving in the States.

There is a network of services from VA benefits to Family Assistance to Soldiers and Sailors Relief Act. But you have to know how to tie all these separate services together. That's what Transition Assistance does.

You have to step up. Once you are demobilized you become part of the home front again. You go back to rebuilding yourself and you unit. Your VA benefits are now part of that process.

The home front in World War II was an organized mission. You will do better in the Transition Assistance Program (TAP) with the same opportunity in being organized. Learn from

“old hands” in the VA, and help new Soldiers and Airmen coming home. If no one talks to demobilized (and mobilizing) Soldiers and Airmen, then they may not get the full message of their VA benefits. And knowing about their benefits may make the next deployment less stressful.

Our home front today is digital as well. So much information exists on the web. On AKO, on the VA website (<http://www.va.gov>) that can help Soldiers learn about the benefits they have earned.



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**Wounded Warrior and Family Hotline: 800-984-8523**

## Humble Hero by Tech Sgt. Brian Christiansen



**Tech Sgt. Diego Santos, a Aeromedical technician assigned to the 156th Aeromedical Evacuation Squadron, 145th Airlift Wing, folds a litter to be placed on a C-130 before flight. Photo by Tech Sgt Brian Christiansen**

A ‘Hero’ is defined as - a man of distinguished courage or ability, admired for his brave deeds and noble qualities.

Technical Sergeant Diego Santos is a humble, quiet, easy-to-get-along with type of guy. Talking with him, you'd think he was that quiet guy at the end of the bar who listens to everyone's stories.

He has quite a few stories to tell, but would rather not.

This Aero medical Evacuation Technician typically spends 16-18 hours a day when deployed, or performing Stateside Hurricane relief, taking care of his patients at 30,000 feet. Whether it's a C-130, C-17, or even a refueler, Santos takes care of his patients and responsibilities where ever he is.

In 2004 Santos was deployed to Balad Air Base, Iraq. In the early afternoon of a September day, Santos laid down for a short nap, he had been unpacking and organizing his bunk area. He had just arrived the day before and was still getting adjusted to his new surroundings.

Santos closed his eyes and began to fall into a deep sleep, but just as he did the ground shook beneath him. He flipped out of his bunk onto the ground and crawled under his bunk. After being startled back into consciousness, it took him a minute to reorient himself. As he took a look around he realized two of his troops that were with him earlier were still outside and he knew a rocket hit not too far from his tent.

Without regard of his own safety, Santos got up and left his tent

to see where his companions were and if they were alright. After walking around the corner of the tent, he saw two people on the ground, and a third underneath them. They were only 50 yards from his tent. “I remember the sky was a picturesque blue”. Santos recalls. “I don't know why, but I ran over to them.”

When he got there, he came upon a young Airman who was “really messed up”.

The rocket impacted just a few feet from the young man. Needless to say he needed help, and fast. As the doctor and nurse who happened to be near-by frantically worked on the Airman, Santos knelt down and got close to his face, and spoke to him. “I don't know what I was saying to him, I just know I needed to distract him from the obvious.”

While a flight doctor and nurse worked on the Airman, Santos kept talking to him, even shifting over to block the direct sun in the young mans face. More Airmen came running up to offer help. Santos directed them to create a wall and shield the injured man from the burning sun.

Then it happened again. A high pitched whistle, then another rocket slammed into the ground. This time, fortunately, no one else was injured. Santos recalls the moment, “No one moved. Even though the alarms were going off, and we could hear the whistles of rockets, and see the damage they caused, we stayed by his side.”

The group of Airmen held their ground as they were watching the injured airman.

After the emergency crews showed up, and were able to transport him to the base hospital, Santos eventually found the other Airmen from his unit he initially went to find.

Santos earned the Air Force Commendation with Valor for showing bravery and maintaining his composure while helping a fellow Airman. Only a true hero after showing such bravery will state as Santos did, “I'm really not a hero.”



## Family Focus

### Focusing on Marriage by SGT Anne Gildhouse & Angelena Dockery, Family Readiness Program

The Family Readiness Program in September wrapped up another successful year of Marriage Enrichment Retreats. The last retreat was held at Sea Trail Resort at Sunset Beach, NC and 44 couples attended. Sunset Beach is the southern-most of North Carolina's Brunswick Islands and is only three miles long. Sunset Beach offered a beautiful, relaxing atmosphere. The only passage on and off the Island from the mainland is a one lane pontoon bridge. The retreats continue to grow as couples spread the word to their friends and others who might enjoy the retreat.

The Army National Guard Marriage Enrichment Retreats are for couples to get away together and focus on their marriage. The Guard family is faced with many more issues than a civilian family. With the high tempo of deployments and family life, it is easy for couples to put other things ahead of their marriage. Children, work, household chores, it is easy forget the needs of the marriage. These retreats also present a great opportunity to build a social network between Guard spouses. One of the best tools during a deployment or any stressful situation is to know that you are not going it alone. Other Guard Families, who understand and are going through the same situations, can provide a wonderful network of support for one another.

Couples attend marriage retreats for



**NC Army National Guardmen and their Spouses get a chance to reconnect while attending Marriage Enrichment Retreats in beautiful settings across the state.**

different reasons. Some attend to enhance or fine-tune their relationship. Some celebrate anniversaries, birthdays, and other special occasions.

A couple attending a retreat does not mean automatically that a couple "has marital problems", every couple has something to gain from the retreat. A newlywed couple, a couple that's been married for a long time or a couple with children, are welcome.

The material presented by the Chaplain offers tools and strategies to meet couples wherever they may be in their marriage.

Couples have the opportunity to share ideas, strategies, and make new friends.

Marriage Retreats will return 2008, so watch out for these wonderful opportunities to spend quality time with your spouse.

[www.nc.ngb.army.mil/family/default.asp](http://www.nc.ngb.army.mil/family/default.asp)

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## The Importance of Caring for Yourself During Periods of Military-Related Stress

from Zero to Three series

Being a parent to a baby or toddler is beyond a full-time job. For military families, the daily challenges of parenting can be increased by the stressors of military life. As parents and caregivers, it's easy to place our children's interests above our own. Certainly, it is essential that we provide our young children with all the physical and emotional nurturing they need. Nurturing ourselves, however, is also a basic part of healthy parenting. When we ignore our own needs and forget to physically or emotionally refuel, we begin running on fumes. We need to do good things for ourselves to do good things for our children.

Taking care of ourselves can benefit our children in another way. Babies and toddlers take their cues from the world around them. Their parents and caregivers, whom they love and adore, serve as models of behavior. A 15-month-old toddler, for example, runs and looks for her toothbrush every time Daddy brushes his teeth. Of course, being a role model is both a great honor and a great responsibility. It is important to be mindful of what we communicate with our words and actions. If we want our children to understand they are valuable and important then we, ourselves, need to model self-care. In this way, parents who learn to balance their own needs with those of their families may be supporting their babies and toddlers to develop a healthier sense of self.

Here are some basic steps to practicing self-CARE:

**Consider your Needs-** Take a few moments to sit down and think about what gives you energy, strength, and a sense of calm. Is it sleep, exercise, bowling, spiritual reflection, a game of basketball, writing, gathering with friends? There are no right answers. However, make sure that the activities you consider are healthy for yourself and for your family. Self-care is about nurturing yourself, not engaging in behaviors that are temporarily distracting but potentially risky. For example, if getting a professional spa massage would increase your debt and, ultimately, your stress level,

this is not an activity to put on your list. Instead, think about budgeting the time, rather than the money, for an at-home, do-it-yourself pedicure.

**Arrange Your Schedule-** Self-care activities can be coordinated with other scheduled events and written into calendars. When we write plans down, they become more concrete and substantial, worthy of being prioritized. Taking time for yourself



*"...it is easy to place our children's interests above our own."*  
Photo by Sgt. Jessica L. Sheldon

should be considered as important as any other obligation. Plan in advance and then look forward to your self-care activity, particularly during stressful moments. On a smaller scale, it is important to take time for yourself on a daily basis. Enjoying coffee with the morning newspaper, taking a power walk, doing the crossword puzzle, and so forth can all help recharge our batteries each and everyday. Schedule a recurring appointment with yourself, as little as a half hour, and enjoy some quality "me" time on a regular basis.

**Resolve to Follow Through-** Now that you have given yourself permission to take time for yourself, it is important to safeguard these events. Consider what needs to be in place for you to follow through with your plans. Will you need child care? Is transportation an issue? Do you have

a backup plan if something changes? It's important to address all of these issues now, so that you feel comfortable later when following through with your plans.

You should be open and honest with your children about taking time for yourself. If, for example, you are leaving your baby or toddler with a child-care provider, remember to say good-bye and not sneak away while your child's distracted. The mother of a toddler who is crying and clinging to her leg might say "Mommy is going to spend some time with Miss Sara. Sometimes mommies need to play with their friends, too. I love you very much, and Miss Alice is going to take very good care of you today. I will be back before your favorite cartoon this afternoon." A father who has been looking forward to his favorite time at sunrise might tell his 2-year old, who has crept out of bed early, "Good morning. You're up very early. I'm right in the middle of reading the newspaper. Why don't you come snuggle with me and color until I am done. Then, I will be glad to play with you." Talking openly reminds everyone that there's nothing to feel guilty about. You'll have more to offer after recharging.

**Encourage Others to Take Care of Themselves-** Self-care is a gift to share with others. Once you have learned the importance of nurturing yourself, support others in doing the same. If you have friends, military or civilian, who seem emotionally or physically drained, encourage them to look after themselves. Help them to brainstorm activities and way to follow through on self-care. Refer them to supportive resources. Teaching others about self-care will reinforce the lesson that you have already learned: Healthy self equals healthy parent. ZERO TO THREE is a national nonprofit whose mission is to support the healthy development and well-being of infants, toddlers, and their families. For more information on ways to support you and your young children, visit our Web site at: [www.zerotothree.org/military](http://www.zerotothree.org/military)

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# Heroes on the Homefront

## Who Needs Superman? by Sgt. Robert Jordan

Fire. Your car has skidded 50 feet off the roadway, your bleeding from multiple wounds and the car is filling with smoke. As you come to, you see figures running to help you. One smashes the driver's side window with a bare fist and begins to bend the door frame to get you out. Is this a nightmare or the latest comic book movie? No, it is NC National Guardsmen coming to the rescue.

Maj. Jerry Baird, of the 130th Combat Support Brigade headquartered in Charlotte, and Capt. Stephen McCormick were traveling north on U.S. 1, May 6, on their way to Ft. Dix for a career course when they passed an accident.

"All the cars ahead of us were hitting their brakes, and glanced around and saw what I thought was an old accident since no one was stopping to help," said Baird.

The car was near the tree line at the bottom of the slope below the road and was smoldering. "I saw a hand up in the window and knew someone was in there," said Baird. "Stop, someone is in the car," said Baird to McCormick.

McCormick stopped the car and called emergency services. After the car stopped, Baird ran down the slope through the early morning fog just before 7 a.m. and found the car bent nearly to a 90 degree angle around a large tree. From the impact the front seat slammed forward as the front end crumpled leaving a small space between the floorboards the dash.

"I looked inside the window, under the dash I saw legs on the driver side, on the



**The window in the passenger side door was smashed to ventilate the car so the driver could breath, then the door frame was bent to get her out to safety.**

passenger side the front seats pushed up and trapped against the dash," said Baird.

Baird tried every door but could not open the doors stuck in the warped car frame as the driver regained consciousness. "I was looking for a way in, pulling on every door handle," said Baird. "She (the passenger) began yelling for help as the car began filling with smoke,

The front end, crushed against the tree, broke open the battery and acidic fumes began to fill the car and even choked Baird. "A small fire was going and the battery was

burning with acidic fumes and smoke," said Baird.

In the smoke filled car, the single occupant began to struggle, "she was hollering for help as the car filled up with smoke," said Baird. "She was panicking and I could not see her."

Baird's bare fist smashed a window to ventilate the fumes. "You do without thinking, I hurt my hand and cut it up pretty good," said Baird.

The woman inside the car screamed to get her out of the burning car. Baird pulled on the door bending it back but not enough for the woman to get out.

The car had run down a road sign and the post that held the sign was sheared off and lying on the ground near by. Baird tried to pry the door off with the post but was still jammed.

McCormick and a passer-by came down the embankment to help. Together they were able to pry the door off.

The woman was able to slide under the dash and was pulled to safety as emergency services arrived.

Baird received medical treatment on the scene for cuts to his hand and left with McCormick soon after to Ft. Dix.

The next day the woman's father called Baird at Ft. Dix after tracking down his phone number to say thank you. How did the father know to find Baird and McCormick, "she remembered you had a national guard t-shirt on," said the father.



**The vehicle was sitting in the treeline rapped around a tree when Maj. Baird and Capt. McCormick stopped to help the driver.**



# Heroes on the Homefront



## NC National Guard has HART by Sgt. Jessica L. Sheldon



A UH-60 Blackhawk was the aircraft used in the rescue. Photo by Sgt. Jessica L. Sheldon

A stranded young female rock climber had fallen 20 to 30 feet down in the Linville Gorge, 500 ft below the top of Short Off Mountain, which is 3000 ft in total height, on the North West slope which has a vertical rock face of nearly 600 ft. Her husband was suffering from hyperthermia and the two other hikers with them would soon be in the same condition as the air temperature fell well below freezing. The night was a moonless night where even Night Vision Goggles (NVG) struggled to absorb enough light to focus. A UH-60 Army National Guard Blackhawk crew and a team from the Helicopter Aquatic Rescue Technicians (HART) from Burke County, NC were the only ones capable of reaching the stranded hiker.

Lt. Col. Paul Barbee, commanding officer of the National Guard Aircraft, and his crew from Salisbury, NC were requested to assist in the rescue because they had hoist capability to conduct an extraction. The NC National Guard crewmembers were Barbee, Pilot in Command, Maj. Kevin Wisniewski, co-pilot, crew chief/hoist operator, Staff Sgt. Robin McDaniel and the crew chief was Sgt Todd (Edger) Bowers.

The first attempt to reach her was made at 1:30 in the morning. The rescuers from Burke County, Jeff Hibbard and Brad Browning, were lowered down to assess her position and condition. The helicopter had to maneuver within 30 ft from the rock face and tree limbs were in very close proximity to the rotor systems. The gusts of wind that funneled through the gorge made the flight more difficult, according to Barbee.

Then Hibbard and Browning were lowered on the hoist to the ground. The two rescuers climbed for 15 minutes back up to where the victim was trapped against the rock face and requested by radio the crew lower a back board, and additional rescue equipment to stabilize her for the rescue hoist extraction. Once the hiker was safely 'packaged' they moved her to a more suitable pickup location that had room for the rescue litter to be hoisted up through the tree tops. 40 minutes later the victim and Browning were hoisted back into the aircraft and the team began four more hoist extractions to get the remaining three hikers. At 3:30 in the morning Hibbard, who was the last on the ground, was hoisted out.

"We were all very aware that there was no room for less than our best performance from all crewmembers...seconds hovering next to the granite rock face seemed like minutes and the minutes seemed like hours," said Barbee.

The NC Army National Guard and the Burke Co. Emergency teams have partnered on a number of other occasions to train for life saving events such as this one. However, they have never trained in such dangerous circumstances before.

"It means a lot to be able to look the other members of the rescue team in the eye and know what they are thinking, their capability, and see the fact they have no reservations in your ability to get them in and out safely," said

Barbee.

From start to finish the mission lasted a total of five hours. Barbee described a sense of relief immediately following the completion of the mission. He said that his crew was quite during the flight back to Salisbury.

Barbee stated that the reality of the mission and the true impact of what would have happened if they would have failed began to set in on their way home, "It was obviously a very demanding mission that required us all to put forth our best efforts in conjunction with the civilian rescuers and any one item going wrong could have resulted in a very different outcome."

According to the Blackhawk commander, without the challenging training and the professional relationships they were able to form with the Burke Co. rescuers, the mission probably would not have been so successful. For this mission to be such a success, the civilian rescuers had to have complete faith in the Blackhawk crew, they had to be lowered into the gorge and secure the victim and hoist them back up. The rescuers' mission is dangerous and their lives depend on the ability of the aircrew. This mission did not allow for any errors. Not only did the lives of the hikers depend on the team's capabilities, but so did the lives of the National Guard crewmembers and the HART team. These men have a dedication to the community and the safety of its members, the many hours of training paid off. These men worked as a team and turned a potentially catastrophic situation into a success story.

**The members of the rescue team that worked together to save lives.**







**NC N**  
**Guard**  
**Yesterday**  
**Tom**







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**Heroes;**  
**y, Today and**  
**orrow**







# Heroes on the Homefront

## Stepping Up in a Big Way By Sgt. Robert Jordan



Just before dawn on August 18, dozens of volunteers swarm around a pick up truck loaded with hundreds of rods and reels, case after case of bait for the Second Annual “Step Up For Soldiers” Fishing Tournament at the Kure Beach Pier.

Nearly 200 children of service members statewide enjoyed a half day of free fishing at the pier, food, awards and prizes with each child receiving a free fishing rod and reel.

The tournament is one of several projects to help Soldiers and their families. This year, hundreds of bags of school supplies for children of service members, home improvement supplies at cost or donated and pledges from volunteers across southeastern N.C. to help injured Soldiers returning to N.C. have been provided by “Step Up For Soldiers”.

Started in November 2004 by building wheelchair accessible ramps for two local North Carolina National Guard Soldiers, “Step Up For Soldiers” continues to support returning veterans with home modification and personal transporters.

“All I had to do was ask,” said Thomas Russell of Kure Beach and the man behind “Step Up For Soldiers.”

Russell a 20-year veteran of the New York Police Department moved to Kure Beach when he retired from the department in 2004. After finishing building his new home at the beach his wife gave him a new challenge, helping a local injured National Guardsman just back from deployment as she handed him a local paper detailing the Soldier’s return.

Having served in the Active Army 1966 to 1968 with a tour in Viet Nam, Russell was eager to help a fellow Soldier. He was surprised, “National Guard, I thought that was just a few weeks a year.” He spoke to the local Family Readiness Group and “Things just started to take off.”

After speaking to friends and fellow volunteers, they started to customize wounded Soldiers’ homes to improve mobility and access for the Soldier. One project soon lead to another and help kept pouring in.

“One man overheard me at a store talking about a project and he came up to me and said come see me next week,” said Russell. The opportunity to talk about Soldiers is the key, “once I explain, things change, people keep doing the right thing.”

There is no paid staff and everyone is a volunteer working on local projects. “Step Up is small and completes local projects that way we are visible locally,” said Russell. “You do not know what you can do until you do it.”





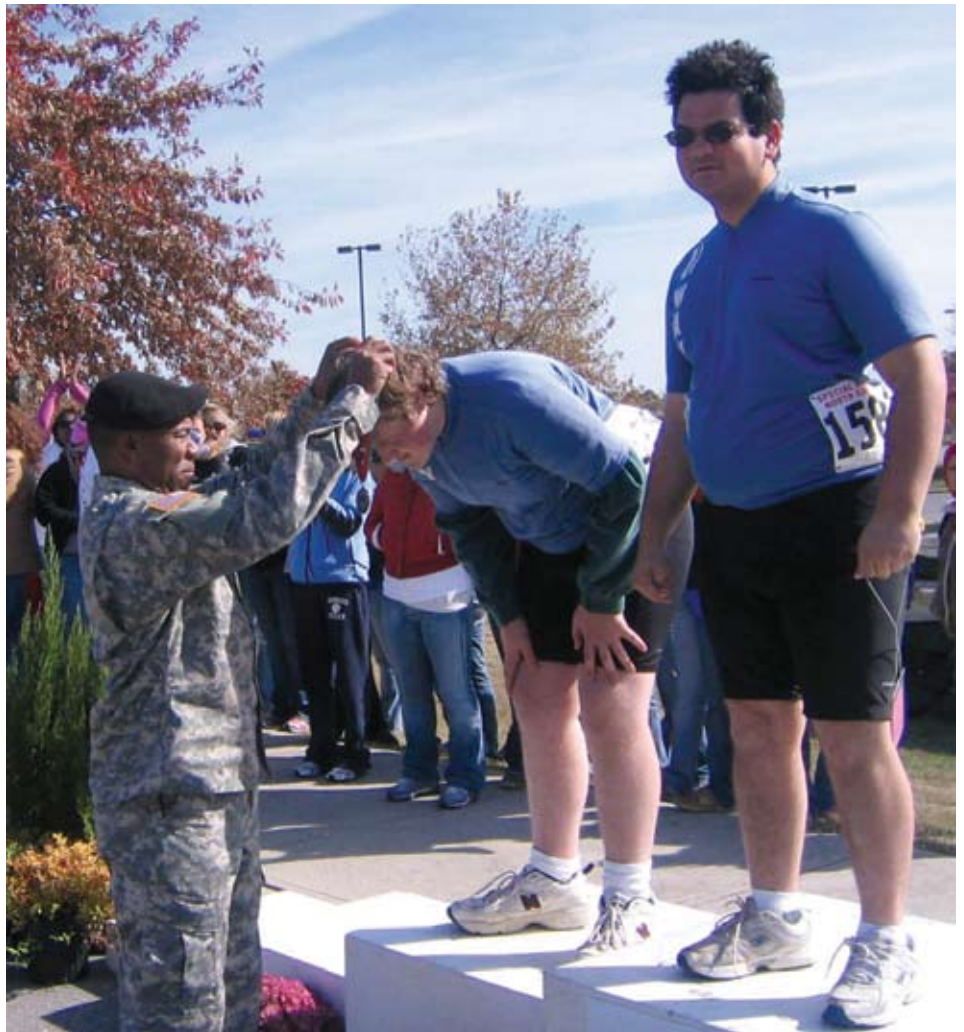
## NCNG Support Saves Communities By Sgt. Kathryn Jarvis

For almost 40 years, the Special Olympics has been providing intellectually disabled children and adults with a chance to compete in year-round games. During the Summer Games participants compete in events such as softball and gymnastics. In the winter, competition does not stop just because of the cold. Competitors of the Winter Games continually grow with more confidence while participating in events such as ice skating and skiing. At the end of the 3-day competition the winners go home with a medal and all participants leave with more than a prize.

According to a recent research study conducted in 2004 by the University of Massachusetts, the University of Utah and the Gallup organization participants gain social skills, self-confidence and self-esteem. This is a life-long award that can spur continuous improvement and growth for mentally disabled children and adults. Life changing results don't come without hard work and volunteers.

For more than two years the North Carolina National Guard has been able to provide support to the state's Special Olympics program through the Innovative Readiness Training Program (IRT). In 1993 IRTs, then known as Civil Military Programs, began across the nation. The National Guard and Reserves would perform job specific training for unit readiness while giving back to the American people. The North Carolina National Guard has used their experience and skills of Soldiers and Airmen for community infrastructures, medical services and support and youth training programs such as the Special Olympics.

North Carolina Guard members have practiced setting up various types of tents, directing traffic, control points and driving various types of vehicles. In a recent article Proud to Serve, written by Megan O'Donnell, N.C. Special Olympics (SONC) Vice President of Communication, Susan McNally, SONC Summer Games Volunteer Logistics Manager said, "I can't say enough about the NC National Guard". She continued with, "I had them delivering equipment, setting up tents, loading boxes, filling water coolers... They could not have been easier to work with and so genuinely eager to help out." What the North Carolina National Guard can do in one day may take volunteers of Special Olympics of North Carolina much more time to accomplish. High Point Parks and Recreation Department employee and SONC volunteer Games Director said in the



**A NC Army National Guard Soldier presents medals to Special Olympics Participants. Photo donated by Special Olympics.**

article, "The Guardsmen actually built our bocce courts the day before the competition began ... They were so efficient and organized! They were tremendous!"

The Guard has been adding value to the community across the state with the construction of the several engineering projects to include the Southwest Middle School Football Field Complex in Gastonia and the Camp Barnhardt Boy Scouts of America Rifle Range in New London. Col. William Johnson, North Carolina National Guard Director of Installation Management, said, "Since Soldiers must train in their MOS skills, they might as well be doing the training in support of their communities." The National Guard's support has saved communities several thousands of dollars that would have been spent towards contractors, equipment and manpower. Col. Johnson

said, "Small municipalities and organizations generally do not have the budgets in place to perform this work on their own but can afford to pay for construction equipment fuels and construction materials." This helps build or rebuild infrastructures for communities that could not afford all construction costs and helps to increase the community pride.

Author Robert Putnam said in his book Bowling Alone: The collapse and revival of American community, "Community connectedness is not just about warm fuzzy tales of civic triumph. In measurable and well-documented ways, social capital makes an enormous difference to our lives." Soldiers and Airmen of the North Carolina National Guard are not only heroes to the world and our nation; they are heroes across North Carolina making a difference one community at a time.



# Heroes on the Homefront

## 690th Teams Up to Save 'Fellow American' By Sgt. Kathryn Jarvis



**The wrecked Sportage Kia had to be opened with the 'Jaws of Life' to rescue the driver. After the driver was rescued, the Kia was rolled off of its side in order for the wrecker or haul it away. Photo by 1st Lt. Patrick Brozowski.**

On June 1 the 690th Brigade Support Battalion (BSB) packed their equipment and began their convoy from Kinston, NC to Fort Pickett, VA for their weekend drill training. Every month this unit trains on a variety of skills but on this trip the Soldiers were tested in a real world emergency.

On Interstate 95 (I-95) just past the Virginia/North Carolina State line, a few miles from a small Virginia town called Stony Creek, traffic on I-95 proceeded as usual until about 10:30 pm the driver of a white, 4-door, Kia Sportage lost control and flipped onto the median. A cloud of dust filled the air and when it cleared the white car was laying across the median and the inside lane on the passenger side with its tires still spinning.

1st Lt. Patrick Brozowski, Commander of the 690th BSB, directed the lead convoy vehicle to pull over. "I immediately called for my combat lifesavers and my medic to move up to the scene and assess the situation," said 1st Lt. Brozowski. Sgt Peter Danza, a Transportation non-commissioned officer (NCO), and Sgt Robert Womack, a Supply and Logistics NCO, were the first Soldiers to the over-turned vehicle. The accident victim was alone and landed in the back seat of her car.

With National Guard training and more than a decade of firefighting experience Sgt Danza knew he needed to calm the driver down and check her for any injuries. "She had a compound open fracture to the right

calf and other fractures...I had Sgt Womack provide a splint and wraps to take care of her leg."

While the Soldiers assisted the accident victim 1st Lt. Brozowski and three others worked to keep the traffic moving. "The wrecker that was in our convoy had moved into the near lane to assist with moving traffic into the outside lane. Three of my Soldiers produced flashlights and started to move traffic into the outside lane."

Sgt Patrick Hinson, Communications Sergeant, used his Soldier's skills and training to help keep traffic moving along the interstate. "We have been going through Ready Reaction Force (RRF) training for several months and some of the tasks we had been training on were what we were using that night." Soldiers secured an area and established a traffic control point and directed traffic. A total of eight Soldiers helped keep traffic moving. When Staff Sgt James Reed, a Light Wheel Mechanic, first saw the accident he knew, "We got to get this traffic slowed down, diverted." He proceeded to move the wrecker to block traffic and turned on its warning lights. Not only did he assist with diverting traffic he also used the strobe lights

and flood lights on the wrecker so others could see the car and assist the driver. First responders had not arrived but Soldiers from the 690th were able to stabilize the patient's injuries and control the bleeding.

The victim's pulse was being monitored by Sgt Sabrena Wells, a Medic in the 690th and a Licensed Practical Nurse at Fort Bragg. Sgt Wells said, "I reassured her that everything was going to be okay. I assessed her level of consciousness, she was aware of who she was but not to the place and time."

Suffolk County Sheriff was the first of the responders in the area to arrive. 1st Lt. Brozowski said, "...he saw that our Combat Lifesavers (CLS) crew had things under control and he moved to help traffic control. A few minutes later the Stony Creek volunteer fire department and Chief arrived followed by the paramedics. Soldiers of the 690th continued to support the first responders with whatever assistance they needed. While the firefighters used the Jaws of Life to help extract the victim, the Soldiers directed traffic, collected the victim's items strewn along the highway and set up a landing zone for the life flight helicopter.

The Soldiers of the 690th BSB left the scene for Fort Pickett at 12:30 am but not before they took charge of an emergency situation when needed. 1st Lt. Brozowski is proud of his Soldiers, "It was an outstanding example of the caliber of Soldiers that we have in the North Carolina National Guard, they helped save the life of a fellow American."







## Bringing a Community Together By Kathleen Flaherty



**Mr. Weeks is speaking at the meeting of the Community Area Resource Team (CART). Weeks is the Director of the Veterans Service Office.**

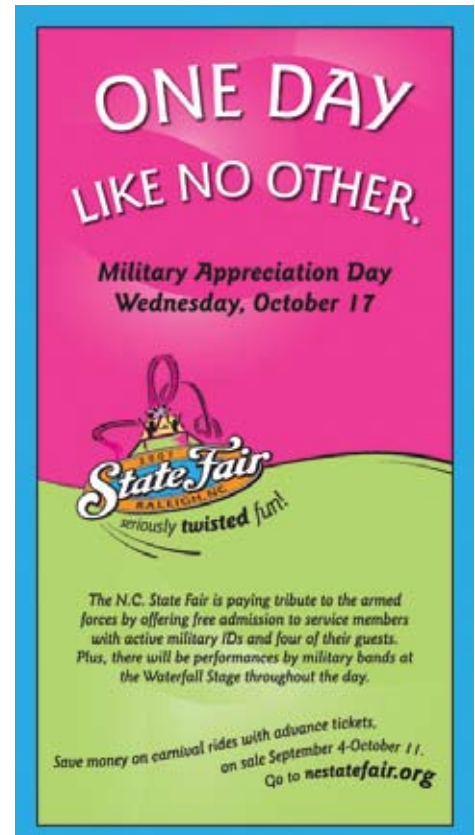
Community Area Resource Team (CART) is an initiative started in April 2007 by NCNG Family Readiness, Kati Toney - Charlotte ARNG FAC and Kathleen Flaherty - 145th AW/WFPC. The goal of CART is to develop ongoing programs to support military members, veterans, and their families within the community through the interaction of committee members. In order for the CART's civilian community membership to be able to address military family needs, it was important for them to understand what issues are being faced by Active duty, Guard and Reserve members, veterans and military families in the community where they live. Ultimately, CART will enable military families to receive assistance from the closest source regardless of military affiliation.

At our second meeting on August 22, 20 members divided into six working groups (Mental Health, Childcare, Legal, Youth Programs, Doctors and TRICARE, and Finance), sharing information, identifying the issues, and starting on a path to help. The TRICARE committee quickly went to work, identifying the need for an increase of TRICARE providers in this area. Dates are set to bring together TRICARE representatives, governmental officials, and area hospitals and doctors to build up our TRICARE network doctors for our military members, veterans, retirees and their families. Many leaders from across Mecklenburg

County have joined together to become this area's Community Area Resource Team. At this past meeting several agencies were present and included:

- American Red Cross
- United Way
- Charlotte Knights, Minor League Baseball
- Clear Channel Communications
- Combined Forces Military Support Group
- Alliance Credit Counseling
- JP Morgan Chase Bank
- Department of Veterans Affairs
- Ameriprise Financial Group
- Department of Social Services
- Mecklenburg County Parks and Recreation
- Mental Health Association of Central Carolinas
- and Representatives from Congresswoman Sue Myrick's office and Congressman Robin Hayes' office.

These businesses and agencies work together to benefit military members and their families. If you know of anyone in the Mecklenburg County government, Business or medical professions who would be interested in finding out how you can support the military men and women, veterans and their communities. You can contact Kati Toney or Kathleen Flaherty at 704-398-4949 for more information.



## 'Drug Proofing' by Kathleen Flaherty

"How to Drug Proof Your Kids" is a community-based program that equips parents with tools and strategies, enabling them to strengthen their families and more effectively steer their children from the harmful use of drugs. The NCNG Counterdrug Task Force Drug Demand Reduction partnered with Safe and Drug Free Schools of Union County and offered a 6 session, parent training titled "How to Drug Proof Your Kids (DPYK)". The sessions were held 6 Tuesday nights in a row, from 7 August through 11 September. This was the third DPYK event conducted this year, but the first for Union County.

"We believe building a heritage for your family is one of the most important things you can do. That heritage must include the education and care that children need to preserve their health and achieve their potential. How to Drug Proof Your Kids, stems from our genuine concern for families and the understanding that their health is linked to the welfare of our country.", Focus of DPYK.

# Service at Home and Abroad

## NCARNG Units



### 30TH BRIGADE COMBAT TEAM (HEAVY)

- 30th Headquarters Headquarters Co.
- 30th Special Troops Battalion
- 120th Combined Arms Battalion
- 252nd Combined Arms Battalion
- 150th Armored Cavalry Reg (WVARNG)
- 230th Brigade Support Battalion
- 1st Battalion 113th Field Artillery



### 130TH COMBAT SUPPORT BRIGADE (MANEUVER ENHANCEMENT)

- Headquarters Headquarters Co.
- 690th Maintenance Battalion
- 105th Engineer Battalion
- 505th Engineer Battalion
- 105th Engineer Group



### 449TH THEATER AVIATION BRIGADE

- Headquarters Headquarters Co.
- 1st Battalion 130th Aviation
- Det 1 A Co 1st BN 58th Air Traffic Svcs
- B Co 1st Battalion 126th Aviation Regiment
- 226th Division Aviation Support Battalion



### 60TH TROOP COMMAND

- 42nd Civil Support Team
- 139th Rear Tactical Operations Center
- 730th Quartermaster Battalion
- 5th Battalion 113th Field Artillery
- 217th Personnel Services Company



### 113TH FIELD ARTILLERY BRIGADE

- Headquarters Headquarters Battery
- 105th Military Police Battalion
- C Co 161st Area Medical Services Battalion
- 630th Combat Sustainment Support Battalion

## Deployed Units

### OPERATION JUMP START

- 126 Guardsmen (Air & Army)

### GERMAN

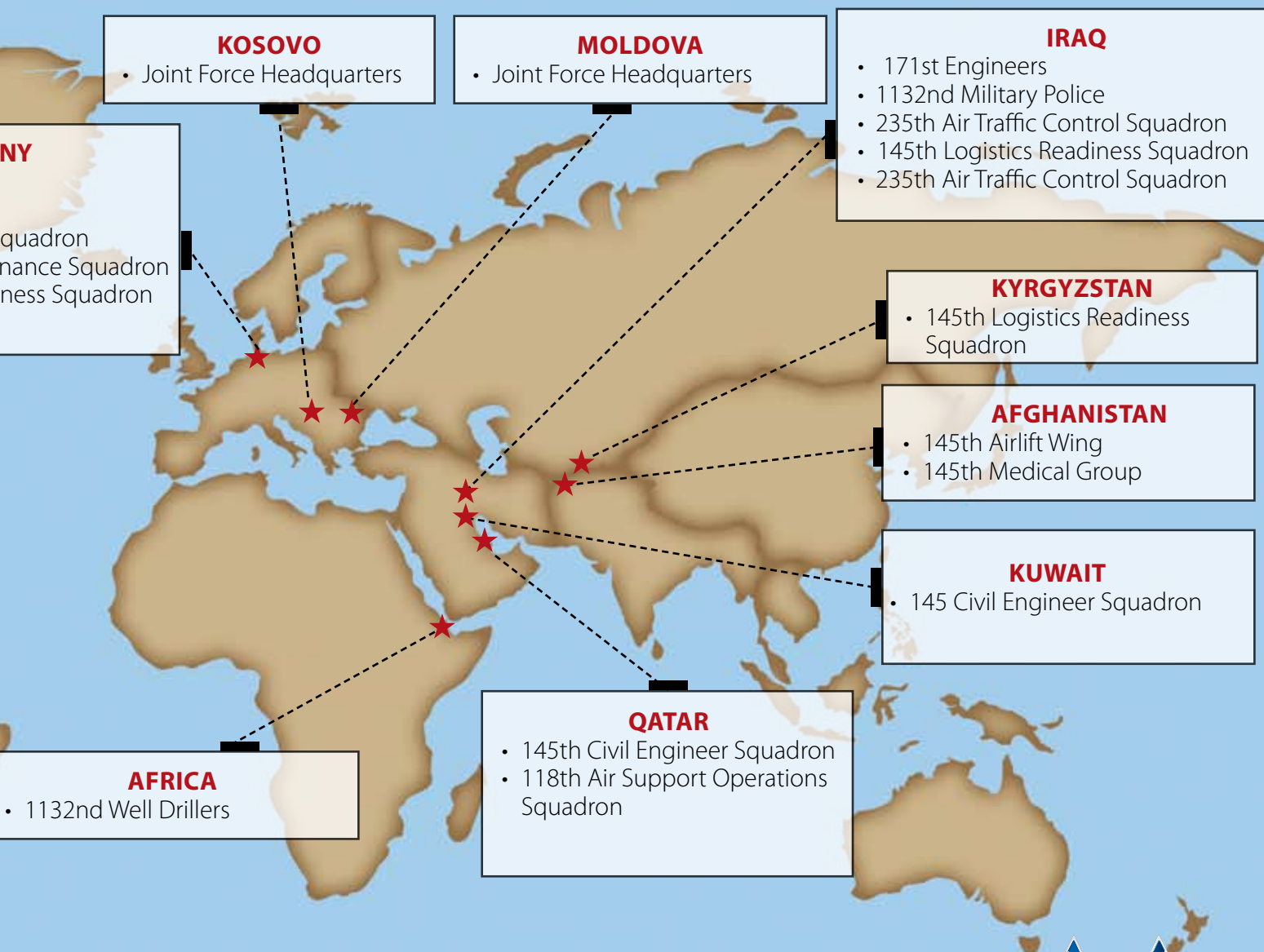
- 156 Airlift Squadron
- 145th Airlift Wing
- 145th Maintenance Squadron
- 145th Aircraft Maintenance Squadron
- 145th Logistics Readiness Squadron

### AIR NATIONAL GUARD OIF U.S. AIR BASE SUPPORT

- 145th Airlift Wing
- 145th Aircraft Maintenance Squadron
- 145th Security Forces Squadron
- 145th Aerial Port Squadron
- 235th Air Traffic Control Squadron
- 145th Civil Engineer Squadron
- 145th Maintenance Squadron
- 156th Weather Flight
- 156th Aeromedical Evacuation Squadron

**Total deployed = 787 Guardsmen**

# As of 21 September 2007



## NCANG Units



### 145TH AIRLIFT WING

- 145th Mission Support Group
- 145th Civil Engineer Squadron
- 145th Logistics Readiness Squadron
- 145th Security Forces Squadron
- 145th Medical Squadron
- 145th Aircraft Generation Squadron
- 145th Aerial Port Squadron
- 145th Maintenance Squadron
- 145th Aircraft Maintenance Squadron
- 156th Airlift Squadron
- 156th Aeromedical Evacuation Squadron



### 118TH AIR SUPPORT OPERATIONS SQUADRON



### 235TH AIR TRAFFIC CONTROL SQUADRON



### 263RD COMBAT COMMUNICATIONS SQUADRON





# Chaplain's Corner

## Doing All You Can



**Maj. Steven King**  
Army Chaplain

"So, don't get tired of doing what is good. Don't get discouraged and give up, for we will reap a harvest of blessing at the appropriate time." (Galatians 6:9)

If you are a normal person like me, you may often wonder if all the good you are trying to do is making any long term difference or significance. When we do not see immediate results, it is very easy to just give up. I was recently encouraged by an event that happened to me and I hope that it encourages you as well.

During a recent unit Welcome Home Ceremony, a returning soldier stopped me to say hello, whom I was very surprised to see.

While we had been deployed together three years earlier, as is often the case, this soldier experienced many severe difficulties with his family situation, which caused me in turn to spend many long hours assisting him in coping with his situation. Looking now at this same soldier was like looking at a new person. The stress he had experienced before was now gone and his whole outlook had significantly changed. We talked for awhile as he shared with me what had transpired since we last saw each other and thanked me for the time I had spent with him. It blessed my heart to see how well he is now doing.

This is a lesson for us all, whether we are working what seems to be mundane tasks in our unit or workplace, or giving of yourself on the behalf of family and friends; remember that what you are doing is somehow making a profound difference in the lives of others, even

you cannot see the results. It is very possible that God may be working a miracle through your life for another who needs it, just through the simple things you do each day.

John Wesley encouraged early Methodists by saying:

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can".

God bless you and your families, and continue doing all the good you can!

*If you would like to speak with  
Chaplain King you may call:  
919-664-6198  
or  
1-800-621-6198*

## ESGR Chairman Retires By Johnny Dwiggins

Mr. Bud L. Brown had the distinct privilege of holding the position of Chair of the North Carolina Committee for Employer Support of the Guard and Reserve (ESGR) for the past six years. He served honorably in this position from October 2001 to September 2007. He has completed 35 years of continuous public service as an active and influential member of the North Carolina ESGR Committee. His exemplary public service to the United States and the State of North Carolina in support of the employers of Guardsmen and Reservists and Reserve military units is worthy of the highest praise. Mr. Brown served over 20 years as an Active Duty soldier, both enlisted and officer, prior to becoming actively engaged with the North Carolina ESGR Committee.

Mr. Brown is recognized as one of the more dynamic Committee Chairmen within ESGR. The North Carolina Committee consistently leads the way when new programs are introduced by the National Committee. Through Mr. Brown's dynamic and creative leadership, the North Carolina Committee has been a pace setter in developing innovative approaches to building strong employer relations in the state.

Early in his tenure as Chair, Mr. Brown placed increased emphasis on reaching out to employers, in addition to service members. His Employer Outreach initiatives resulted in more committee members becoming directly

involved with proactively communicating with the employers of Guard and Reserve members. His efforts resulted in NC ESGR contacting over 4,000 employers with over 3,400 signing Statements of Support. Plus over 3,600 Employers have been recognized by ESGR with Patriot, Above and Beyond, Pro Patria awards including five employers receiving the Secretary of Defense Employer Support Freedom Award during his tenure as chairman.

His concern for service members led to him visit senior commanders of each branch of the reserve components in North Carolina to establish a supportive link between them and the North Carolina ESGR Committee. He launched a campaign to reorganize and provide a clear focus to the committee. He initiated a strategic plan in order to provide clear focus and direction for all committee members. He re-organized the committee's geographical areas, appointed area chairmen, identified four major functional areas for committee operations and launched a recruiting campaign that doubled the size of the committee. Throughout Mr. Brown's tenure as Committee Chairman, he continually tweaked the organization to ensure relevancy to the State's employers and all seven branches of the reserve components.

Mr. Brown is an untiring volunteer who has provided countless hours of dedicated public service to North Carolina and the

Department of Defense. He achieved a Gold Presidential Volunteer Service Medal each year since ESGR began participating by contributing over 1,300 volunteer hours per year. He is well on his way toward achieving the Presidents Call to Service Award for 4,000 hours of volunteer service. Additionally, he led the North Carolina Committee to volunteer over 28,000 hours per year during 2005 and 2006 and this year. Because of his professionalism, interpersonal skills and dynamic leadership, the North Carolina ESGR Committee is in the forefront in providing education on USERRA to employers and their Reserve component employees. He has ensured that conflicts between employers and their Reserve and National Guard men and women are resolved quickly.

Mr. Brown's exceptional patriotism, outstanding leadership and selfless dedication to his country and the men and women of the Reserve and National Guard reflect great credit upon himself, the North Carolina ESGR Committee and the Department of Defense.



**Bud L. Brown retires**



## NC National Guard Supports School Tools By Kathleen Flaherty



**Last year, with the support of the NC National Guard, the School Tools Campaign collected and distributed over 97,000 lbs of school supplies to 48,000 students in 22 counties.**

Throughout the month of August, WSOC-TV Channel 9 in partnership with Classroom Central and Communities in Schools and the continued support of the North Carolina National Guard Counterdrug Task Force Drug Demand Reduction section, held its 11th annual School Tools Campaign. The School Tools Campaign operates in Mecklenburg County and 21 surrounding counties and is this region's largest school supply collection effort.

School Tools Campaign would not be the success it is today without the continued support of the North Carolina National Guard. NCANG Guardsmen collected 220 donated barrels, prepared and delivered them throughout the

month of July to 188 collection sites in participating surrounding counties. By August 1st all barrels were in place and waiting to collect donations. Knowing that the barrels were well-manned by the North Carolina National Guard personnel, community partners were able to focus on distribution of these collected school supplies to needy families. In addition to these collection sites, the School Tool Campaign was held at the Panthers Stadium on 24 August; at Duke Energy on 29 August and at WSOC Channel 9 on the 31st of August.

Over 98,000 students will show up to their first day of school without pencils or paper. Their parents are faced with

finding affordable housing and buying food and gas, leaving school supplies to take a back-seat to these more pressing needs. The need for donated school supplies is great, especially for these families. Since the first School Tools Campaign took place in 1997, the Campaign continues to grow.

Last year, with the support of the North Carolina National Guard, the School Tools Campaign collected and distributed over 97,000 lbs of school supplies to 48,000 students in 22 counties. Twenty six tons just in Mecklenburg County distributed to thousands of children in Charlotte-Mecklenburg Schools. This year their goal was even higher.



## A Rose of Thanks By Sgt. Robert Jordan

Matthew Hunt was robbed at gunpoint late 2006 at a Charlotte Domino's Pizza and it changed his life, "I could feel sorry for myself or I could make it a positive."

Hunt, founder of "A Rose of Thanks", seeks to send a personalized greeting card to every deployed Service Member in the global war on terror, "a simple thank you," said Hunt. The cards have a rose design and are given to individuals to personalize and send to Soldiers.

The rose design was chosen since the first cards were to be sent out with an actual rose but sending such a large order proved difficult, "when you ask for a price on 200,000 roses the silence is deafening," said Hunt.

Hunt had the idea to send a card of a rose but still needed a design. "I met a graphic artist on Myspace.com early this year, she asked how can I help and donated the design."

With the design, the cards soon followed but getting others to customize the cards came next. Sponsors, organizations and friends soon came to help.

Hunt called into a national sports radio talk show that asks listeners for inspirational stories of helping others. A 5-minute call to the David Stein Show got one listener to

call in and request 350 cards to send to the listener's old unit that was deploying.

Hunt belonged to an online fan network that put him in touch with a production

Resources Director for the company came into the Charlotte location where I worked," said Hunt. The director was interested in the project and said to send it again.

Hunt was to visit some friends near the Domino's corporate headquarters when he called the Dominos main office. "A friend said I could have five minutes and 15 minutes later I had a 1,500 dollar donation," said Hunt.

A trip to get cards to the Emmys also provided a golden opportunity. The David Stein Show host said if Hunt was in the region to visit anytime, "I did and was on the air for three hours that day talking about the project."

Hunt admits that getting the corporate and individual sponsors are critical to his success. "The bottom line if you don't ask you will never receive, everyone sent in a little piece."

Hunt, who served as a Soldier in the U.S. Army 1983 to 1992, continues his work to send cards to every deployed Service Member, "I am blessed to be alive, anything I can do to give back, the cards are just a beginning, it is not about me, it is about caring and giving back."



Angelena Dockery and Diane Coffill of the Family Readiness Program stand with Matthew Hunt with a poster of the 'Roses of Thanks'.

company, GBK, working for the Emmy Awards. VIP's will be given a dozen cards to personalize and then the cards will be sent randomly to deployed Service Members.

His employer also helped. "I asked Dominos to help and had just received the turn down letter by mail as the Human

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