



New Hampshire National Guard Cycling Team Raises Money for Cancer Center

Four members of the NHNG Cycling Team participated in the September 18, 2010, "Peddling for Payson" ride to raise money for the Payson Center for Cancer Care at Concord Hospital. Capt Sue Barricklow, Master Sgt Kevin McElroy, Senior Arm Cara Bellerose and Ed Sargent together raised \$1,165.00 for the center's Gene Gillis Fund. The fund provides financial support to cancer patients and their families for out of pocket expenses.

"I did the Payson Ride for my father, who was diagnosed with brain cancer in Nov 2009," said Bellerose. "He received treatment at the Payson Center and at Concord Hospital."

The annual cycling event offers a 25, 50 and 75 mile course. Bellerose and Sargent each peddled 50 miles through the hills of Concord, Hopkinton and Warner while Barricklow rode the 25 mile route. This year, 240 riders participated, raising over \$85,000. This is the third year members of the NHNG Cycling Team participated in the fundraising event. The group hopes to do other charitable cycling events in the future.

"We participate in charitable events in an effort to build stronger positive connections within our local community," explained McElroy, NHNG Cycling Team founding member. "Our NHNG Cycling Team has been pretty successful in providing opportunities for anyone with like interests. We encourage anyone who has some cycling experience to join us. We focus on safe riding skills and setting a good example; and mixing-in a lot of fun on the roads."

The NHNG Cycling Team currently meets every Wednesday at noon in Concord. New members are always welcome. For more information, contact MSgt McElroy at kevin.mcelroy1@us.army.mil

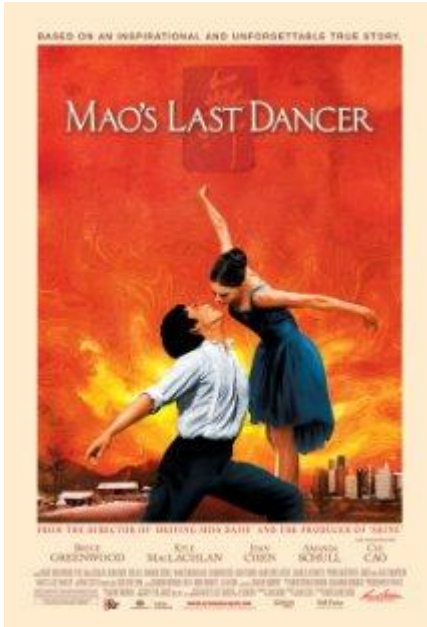


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- NHNG Member Recognized for Work with the Diversity Council
- Disability Awareness Month: How aware are you?
- Native American Heritage Month –New Hampshire Tribal History
- Coaching for Success!
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HISPANIC HERITAGE MONTH * 15 SEPTEMBER – 15 OCTOBER 2010

Disabled Employees Awareness Month * October 2010



Mao's Last Dancer *The true story of a Chinese defector.*

In 1979, a young Chinese ballet dancer named Li Cunxin travelled to Texas on a cultural exchange. In Texas, the young man fell in love with an American woman and with the United States. The movie follows Li's struggle to stay in America, while worrying about the welfare of the family he left behind in China.

The movie's tagline, "before you can fly, you have to be free" captures the spirit of Li's journey. At 11, the young man was selected by the Chinese government to study ballet. The oppression of life in China is a stark contrast to the western civilization he encounters in Houston, Texas. Li discovers a world that opens not only his mind but allows room for creativity and exploration.

Although the film is a typical underdog movie – and offers the audience little surprises – it is a pleasure to watch. The cast, especially Bruce Greenwood, give solid performances. It the dancing, however, that steals the show.

Cast: Bruce Greenwood, Kyle MacLachlan, Joan Chen, Chi Cao, Amanda Schull.

Director: Bruce Beresford

Screenwriter: Jan Sardi, based on the autobiography by Li Cunxin

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Interested in joining the council?

Contact Capt. Barricklow @

603 225-1236 or

suzanne.barricklow@us.army.mil



Disability Awareness Month by Cindy Barnard

Does someone you know or someone you love have a disability? My family may be unusual, but three members incurred spinal cord injuries as young men (from logging, a car accident and, most recently, a motorcycle accident), another has been blind from birth, a young nephew has a form of autism, a military member lost the use of one limb, a beloved sister had multiple sclerosis, two cousins have brain injuries, we have faced mental illness, and a number of aging family members have profound hearing loss. In addition, I have battled a cognitive issue during the past five months. As a result, breaking down barriers for the disabled has become a way of life for our family!

I have been more fortunate than most individuals with disabilities. My NHNG colleagues have demonstrated remarkable support and I am able to continue to perform my job. This is not true for most adults with disabilities. While unemployment across the country averages 10%, unemployment for the disabled is above 60%. Fortunately, there are federal programs in place to help people with special physical and mental needs gain and retain jobs. The Rehabilitation Act, enacted in 1973, protects the rights of applicants and employees of the federal government. The American with Disabilities Act, signed into law in 1990, similarly protects employees in the private sector. This year, President Barack Obama instructed the Federal Government to develop methods to increase the number of disabled workers in its ranks, and lead the way in fostering an inclusive work culture that welcomes the skills and talents of all qualified employees.

The Rehabilitation and American with Disabilities Act did not come because politicians thought it was a good idea. It came because people with disabilities and their advocates fought, protested and pushed those in power to provide access and equality. Nearly 48 million Americans experience some type of physical or mental disability in their lifetime from birth, accident, disease or aging. Everyone in the workforce has a responsibility to develop knowledge and understanding of disabilities.

*Are you familiar with the **Wounded Warrior Project**? The project mission is to honor and empower wounded warriors. The project purpose is to (1) raise awareness and enlist the public's aid for the needs of severely injured service men and women, (2) to help severely injured service members aid and assist each other, and (3) to provide unique, direct programs and services to meet the needs of severely injured service members. They have resolved there be no difference in the care provided for any Total Force Member—active, Guard or Reserve. For more information visit the woundedwarriorproject.org.*



NHNG Diversity Newsletter

Celebrating our members and our communities

Fall 2010

Volume 2

Hurling Diversity by First Sgt Lore Ford



First Sgt Lore Ford

When I was first asked to contribute an article about the sport of Hurling for the Diversity Newsletter I thought to myself, “how could Hurling be taken as diverse”? After all, Hurling is the national sport of Ireland and is hardly known to the rest of the world. It is played almost solely in Ireland and almost exclusively by the Irish, just as it has been for over two-thousand years.

The sport of Hurling is older than the recorded history of Ireland and is widely considered to be Europe’s oldest field sport. A stick and ball game, Hurling is played on a field that is over fifty percent larger than a football field. The player’s tool of the trade, a “hurley” is a club looking stick made of Ash that is used to propel a small ball, known as a “sliotar”, through a goal or through uprights in order to score. It is a sport full of physical contact; the speed and strength needed to excel at it have caused it to be known as the “Warrior” sport. The legend of Cu Chulainn, who as a child slew a giant hound with a hurley and sliotar, is ingrained in the psyche of the Irish and evokes a sort of hero status on Hurling players.

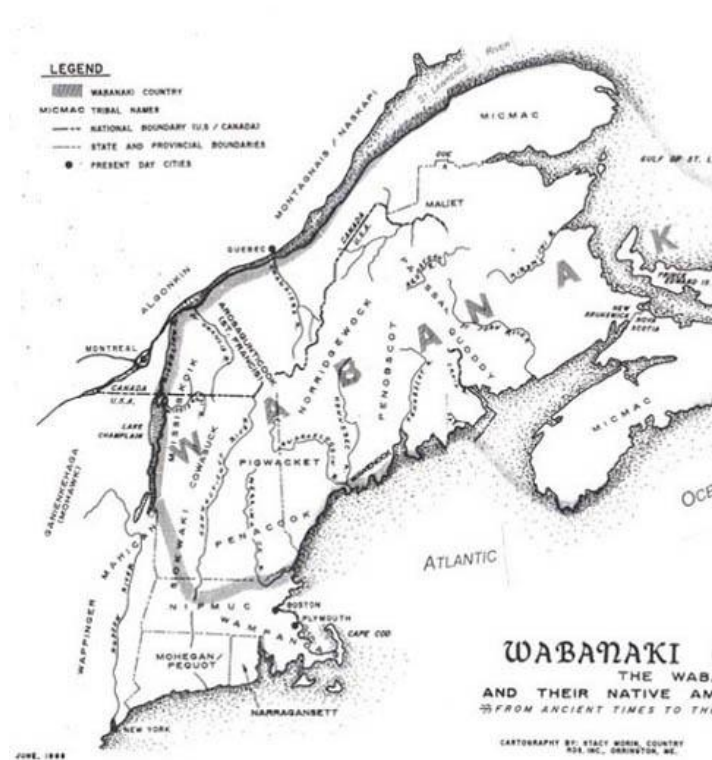
Throughout the history of Ireland, accounts of Hurling being used to train warriors or to settle border disputes are extensive. The first recorded Hurling match occurred in 1272, when fifty-four warriors from opposing clans viciously battled each other in a Hurling match before the Battle of Moytura. It is said that even the invading Vikings took up the sport before they were cast out of the Emerald Isle. Hurling is widely considered to be the ancestor of several other sports, including Ice Hockey, Field Hockey and Golf.

Hurling became a part of New Hampshire and National Guard history when members of C Company, 3-172d Infantry stopped in Shannon Ireland on their lay-overs between the US and Iraq in 2005. The members of the company, in an attempt to develop a healthy outlet that would keep them together over the years, noticed a Hurling match being played on the television. The fast pace, full-contact and the intensity of the sport was enough to entice several members of the unit to start New Hampshire’s first Hurling club. Since its formation, the Barley House Wolves Hurling Team has grown to over 35 members from all over the state. Many of the members of the team are National Guardsmen, including Infantrymen, Military Policemen, Mechanics and JAG attorneys. The club has also opened its arms to those outside of the organization recruiting plumbers,
(continued on page 8)



What Happened to the Native Americans of New Hampshire?

Before New Hampshire was settled by Europeans in the 17th century, the region was inhabited by an Algonquin speaking tribe called the Abenaki. The Pigwacket Abenaki band occupied the northern region of New Hampshire, east into what is now Maine. The Penacook Abenaki band occupied the area south of the White Mountains to what is now the border with Massachusetts. All Abenaki people were part of a larger group of Native Americans called the Wabenaki Federation. The Wabenaki consisted of tribes from the Canadian Maritime Provinces to what is now Western Vermont. The Wabenaki tribes spoke similar Algonquin based languages and shared some common customs and culture.



In the early 17th century, European settlers began to encroach upon the traditional Wabenaki lands, bringing epidemics that killed thousands. Violent conflicts between the two cultures grew in the next few decades, and by mid-century the natives of New England faced extinction. The French in Quebec offered the Abenaki, and other Wabenaki tribes, refuge in areas along the St. Francis River. Native Americans began to emigrate from their traditional homelands in the New England area to Quebec around 1669. The settlers who relocated to areas in Quebec became known collectively as the “St. Francis Indians.” Many St Francis Indians served alongside the French during the French and Indian War of 1756-1763. Notably, the St Francis Indians took part in the siege and defeat of British and Colonial troops at Ft William Henry.

In retaliation for atrocities committed against British and Colonial troops at Ft. William Henry, Robert Rogers led his Rangers to raid and burn the village of St. Francis in 1759. In 1760, Quebec came under British control and the government began to restrict Native Americans to settlements in reservations. By the end of the 18th century, the Abenaki and other distinct tribes of the Wabenaki Federation had virtually vanished from New Hampshire and New England. Today, there are no federally recognized tribes in New Hampshire. However, the Abenaki customs and language remain due to the efforts of Wabenaki descendants in the region.



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Staff Sgt Luis Cepeda, MEDCOM, receives a Volunteer Appreciation Award from Diversity Program Manager Capt Suzanne Barricklow during the Hispanic Heritage Month Celebration at JFHQ, Concord on 15 September 2010. Cepeda serves as a member of the NHNG Diversity Council and is the Hispanic Federal Employees Special Emphasis Program Manager. This year, Cepeda organized the Hispanic Heritage Kick-Off Celebration that included music and Mexican food samples.

The Diversity Council is always looking for volunteers. Interested?

Contact Capt Suzanne Barricklow;

Chief Mater Sgt Bill Frament; or

Senior Master Sgt Fred Balas

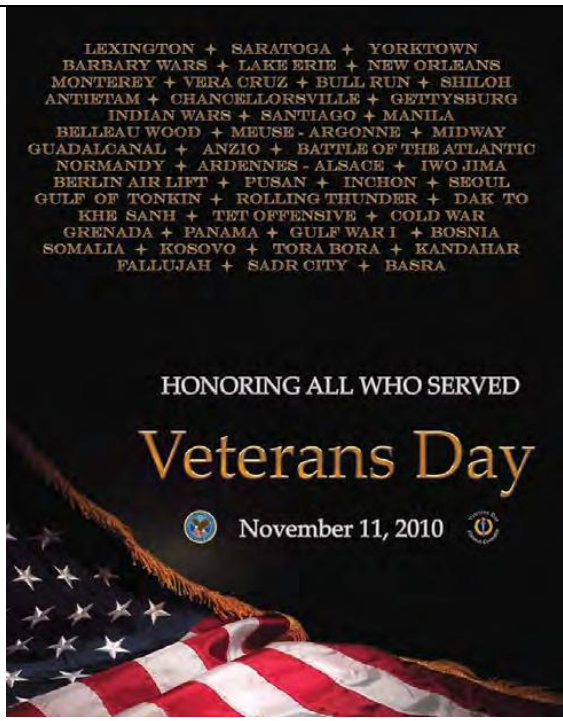
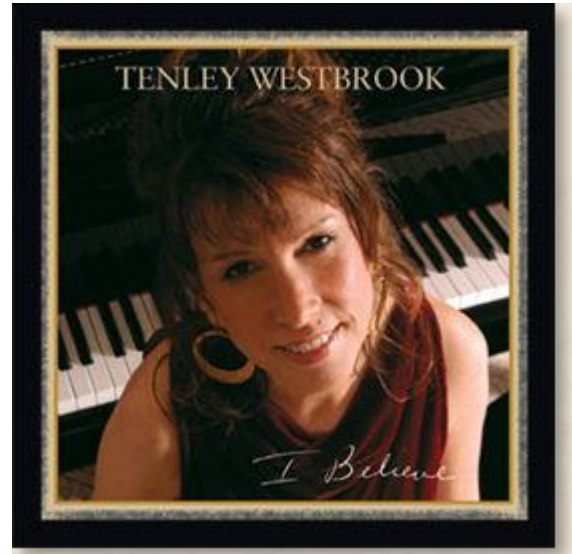


TENLEY WESTBROOK'S CHRISTMAS FOR THE TROOPS

Saturday December 18, 2010 1:00 P.M.
First United Methodist Church
129 Miller Avenue, Portsmouth, NH 03801

Recording artist and singer-songwriter Tenley Westbrook, a well known fixture of the New Hampshire seacoast music scene, will be hosting a very special live Christmas Concert to be webcast around the globe to military personnel and their families on Saturday December 18, 2010 at 1:00 pm (EST) at the First United Methodist Church, 129 Miller Avenue, Portsmouth, New Hampshire, 03801. The concert will include Christmas and patriotic music by Tenley Westbrook and

several guest artists, who include John Paul, Daniel King and Leslie Loomis, along with holiday video greetings by military personnel to and from their families. Members of the military, their families and the public are invited to attend this free concert. Seating will be limited and on a first come first serve basis, so concert goers are asked to pre-register online at www.tenleywestbrook.com.



Veterans Day is observed on November 11th, which commemorates the suspension of World War I hostilities at the eleventh hour of the eleventh day of the eleventh month in 1918. First designated Armistice Day in 1918, the name changed to Veterans Day in 1954, to honor those who served in all conflicts.

The Uniform Holiday Law passed in 1971 to merge four holidays: Washington's Birthday, Memorial Day, Columbus Day and Veterans Day. The intent was to observe all the days together in conjunction with a weekend, to encourage travel and other activities. Many citizens felt the patriotic importance of November 11 far outweighed any other factors, and President Gerald Ford signed legislation returning the Veterans Day observance to November 11, beginning in 1978.

Veterans Day honors the men and women, living and dead, who served honorably in times of peace and war.



NATIVE AMERICAN RECIPE - Indian Pudding

INGREDIENTS

- 1 quart [milk](#)
- 1 cup [cornmeal](#)
- 4 tablespoons [butter](#)
- 1/2 cup [honey](#)
- 1/3 cup [molasses](#)
- 3/4 teaspoon [salt](#)
- 1 teaspoon [ginger](#)
- 1/2 teaspoon [nutmeg](#)
- 1/2 teaspoon [cinnamon](#)
- 3 [eggs](#)
- 1/2 cup [raisins](#) (optional)
- [Whipped cream](#) or [vanilla ice cream](#)

DIRECTIONS

1. Preheat oven to 325°F
2. Bring milk to a boil and slowly sprinkle in the cornmeal, stirring with a wire whisk to keep it smooth. Lower the heat and cook until mixture thickens, about 10 minutes.
3. Add the remaining ingredients, except the eggs, and allow the mixture to cool slightly. Blend in the lightly beaten eggs and pour the pudding into a greased 2-quart baking dish.
4. Bake 45 minutes to an hour, or until pudding is firm. Serve warm or cold with whipped cream or vanilla ice cream.

HURLING DIVERSITY (continued from page)

bartenders, college students and two Irish-born players into their ranks. These men have not only helped to train the fledgling team but have added an extra dimension to the team as they travel and play other teams from around the US and abroad.

The Wolves have played opponents from all over the United States and Canada, including Allentown, Milwaukee, Montreal and Portland, Maine. In addition, several members of the team recently returned from a trip to Ireland where they honed their skills in several training sessions and matches with Irish club and Army teams. These matches are always physical, with hurleys' being splintered, blood being shed and the occasional appendage being fractured. It's not unusual for tempers to flair. True to the Warrior spirit however, the games usually end with revelry at the local pub, sharing the stories and camaraderie that go with a hard fought battle.

So there was my answer. Whether Irish-born or American, Military Policeman or Plumber, hurling has brought a diverse group of men together to play and fight as warriors' side-by-side in an ancient sport. Hurling has allowed us to transcend cultural and societal norms and fostered a respect and admiration for the team, our team-mates and the game. Much like the National Guard, which draws from all walks of life to create an efficient warrior force, Hurling has brought men from all different backgrounds together to battle together on slightly less dangerous fields.



Coaching for Success

by Staff Sgt Lina Cotto and Cindy Barnard

It is amazing how once we hold a leadership or supervisory position we are under the impression that with the responsibility, the innate ability to speak to their leaders, peers and/or subordinates will follow. As most people have experienced in life, whether it is through school, work, or their personal experience this is not the case.

On 23 and 24 September Rich Meiss of the Bob Pike Group came to Pease to further develop skills of effective coaching. Thirty NHNG leaders had the opportunity to learn and practice skills to deal with difficult people issues, enhance effective communication, give and receive feedback, reduce conflict, improve quicker problem resolution, and techniques to encourage employees in a way that leads to better performance and higher productivity.

This was not a typical military training which often uses lecture or death by PowerPoint. Participant-centered training allows time for concepts to be taught, for attendees to practice new skills in a variety of settings and to use life experiences to learn from one another. Coaching is a core competency needed in today's high performing workplace that will benefit the entire organization as NHNG leaders gain the opportunity for growth and development. This training has the ability to transform managers from bosses to coaches who will in turn grow their people and as Maj Gen Reddel has said time and time again we have the responsibility of delivering the message, "to inspire and get buy in from the Great Grandfather, the Grand Father, the Father and the son."

For more information on "Coaching for Success" and other local human resource development courses, please contact the Human Resource Development (HRD) office at 603 227-1582 or 603 227-1407

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. "

Maya Angelou