

# MARYLAND ARMY NATIONAL GUARD RECRUIT SUSTAINMENT PROGRAM

MDARNG Recruiting Site  
<http://mdarmyguard.com>

## NEXT DRILL 16-17 September 2017

### DRILL SCHEDULE

**16-17 September 2017**

14-15 October 2017

4-5 November 2017

2-3 December 2017

20-21 January 2018

24-25 February 2018

17-18 March 2018

[www.facebook.com/MDARNG](http://www.facebook.com/MDARNG)

RSP updates on your

smart phone text:

**MDRSP to 95577**

Attendance at the Recruit Sustainment Program (RSP) is **mandatory**. If you must be absent from training (illness, scheduling problems, etc.), contact your recruiter or Company RSP NCO as soon as possible. They will provide guidance for providing documentation and on making up the missed training. You will remain attached to the RSP until you have completed all of your Initial Active Duty Training (IADT). After completing IADT you will participate in a Graduation and Battle Handoff Ceremony and introduced to a representative from your Unit.



## RECRUITING & RETENTION BATTALION

### Battalion Commander

CLEVELAND F. HENRY, JR

LTC, FA, MDARNG

RRB COMMANDER

Office: (410) 702-9701

Cell: (443) 904-9079

[cleveland.f.henry.mil@mail.mil](mailto:cleveland.f.henry.mil@mail.mil)

### Battalion Executive Officer

FAITH A. COURVILLE

CPT, AM, MDARNG

RECRUITING & RETENTION COMMAND

Office: (410) 702-9668

Cell: (301) 537-8236

[faith.a.courville.mil@mail.mil](mailto:faith.a.courville.mil@mail.mil)

### Battalion Command Sergeant Major

KENNETH T. KLEIN

CSM MDARNG

RECRUITING & RETENTION COMMAND

Office: (410) 702-9705

Cell: (240) 344-5406

[kenneth.t.klein.mil@mail.mil](mailto:kenneth.t.klein.mil@mail.mil)

# GOLD PHASE

# A COMPANY

## ATTENTION GOLD PHASE:

First of all congratulations on a job well done! You are now officially MOSQ'd Soldiers!!!

### What to bring to drill:

- ID/CAC card and ID tags
- ALL** Medical & Dental Records
- ALL** records from IET
- Naturalization Documentation (if applicable)**
- Proof of Honor Grad/High PT for Recognition
- PT gear
- Report in ACU's/OCD

### What to expect during drill weekend:

#### Saturday:

- Report to Bldg. 4229 with all records (0800-0900)
- Clothing & Equipment issue (Havre de Grace)
- Bonus/Education Benefits Counseling
- Employment briefing
- Assembly of Initial Equipment

#### Sunday:

- Periodic Health Assessment (PHA)
- Graduation Practice
- Luncheon with unit representatives
- Patch Ceremony

**RSP GRADUATION CEREMONY 1300 Sunday 17 SEP**  
**STARK RECREATION CENTER**  
**BLDG E4140 AUSTIN ROAD**  
**APG-Edgewood Area, MD 21010**

You can do the following survey before drill:

Periodic Health Assessment (PHA) For PHA registration you need Your CAC card; go to:

<https://rc.mods.army.mil/MHA/pdha/DHADeploymentCheck.aspx>

Click new form on the right side of the page

## First Sergeant's Message

For those of you who will be shipping in the next few months, you need to make sure you are ready for the challenges you are going to face at Basic Combat Training (BCT) and Advanced Individual Training (AIT). That means not only being physically prepared, but mentally as well. Make sure you continue to be proactive on your APFT standards, as this will help you in the future. Do not wait until drill to conduct PT, working out a minimal of 4-5 days a week will help you successfully complete Basic Combat Training (BCT) without any injuries.

Talk with your Recruiter or one of the cadre members at RSP concerning any changes since your enlistment. Some examples are: **change of address, bank account, marital status, or you have become a new parent. We also need to know about any open law violations. All of these could prevent you from shipping, if we are not aware of them ahead of time.** We are here to help you successfully start your military career. Always remember, you are the future of the Maryland Army National Guard and a member of the family. This is a life changing career and not just a job!

**1SG Tina Sievers & 1SG Mark Bagley**

## Points of Contact

Your primary Point of contact is always your recruiter.

If you are unable to reach your Recruiter:

Senior RSP NCO:                      SSG Booker  
Office: 410-702-9011      Cell: 410-979-5276  
[Ciara.m.booker.mil@mail.mil](mailto:Ciara.m.booker.mil@mail.mil)

RSP Contractor:                      Ms. Diane Groft  
Office: 410-702-9632      Cell: 717-634-9114  
[diane.l.groft.ctr@mail.mil](mailto:diane.l.groft.ctr@mail.mil)

First Sergeant 1SG Sievers      240-529-2005  
Commander MAJ Davis      443-845-6291

NCOIC's

Team 'W'      SFC F. Cox      410-292-4530  
Team 'N'      SFC Maxwell      443-379-6897

**Report Time: 0800-0900**

**Report Place: Bldg 4228**

**First Formation: 0915 at Barracks**

# Drill SGT Notes

# B COMPANY

Drill Sergeant

Comments:

-Greeting of the weekend when any drill Sergeant says good morning/evening/night, the phrase for this weekend which you will respond back with the proper time of day AND **“Always motivated Drill Sergeant!!!”**

Males- don't forget to shave and get a haircut prior to Saturday's check in.

Females - take off all acrylic nails, hair ties must be the same color of your hair and if wearing makeup make sure it is in a neutral color.

ALL - wear black or white socks with NO logos on the side. Bring back everything that was issued to you if this is not your first drill. You are not staying at a hotel so be sure to bring your own towel and shower shoes (flip flops) \*optional...

NOTE- Random inspections will be conducted. Do not bring any unauthorized items to include; candy, weapons, iPad, sexual paraphernalia, etc... If you have a question about what is not allowed ask any NCO at check in.

**ALWAYS MOTIVATED!**

**PHYSICAL READINESS TRAINING WILL BE THE MORNING OF SUNDAY DRILL.**

**Remember to bring your complete PT uniform to include white socks and running shoes for morning PT. Weather permitting.**

**EVERYONE SHOULD HAVE BEEN ISSUED TRADOC Pam 600-4 THE SOLDIER'S BLUE BOOK (The Guide for Initial Entry Training-IET). Don't wait OPEN it up today and familiarize yourself with everything in it! **ESPECIALLY:** ARMY HISTORY-BCT Requirements THE ARMY VALUES-TNG PHASES AIT Requirements-Code of conduct-The Army Song-Rank structure-General Orders-Warrior Tasks & Battle Drills-APFT-UCMJ**

**DON'T WAIT UNTIL THE LAST MINUTE GET PREPARED TODAY!**

## **GUARDSMAN FOR A DAY**

Tell your friends, family and co-workers to come out and join us for an RSP drill weekend. Help them to understand this important career decision you have made and see if they too are ready to join you living the Army Values, reaping the educational benefits and most of all **servicing your country!** Remember those individuals you bring to RSP (GFAD) that lead to an enlistment are a promotion for YOU!

## **Points of Contact**

Your primary Point of contact is always your Recruiter.

If you are unable to reach your Recruiter:

Senior RSP NCO: SFC Michael Boettger  
Office: 410-702-9054  
Cell: 443-641-4233  
[michael.h.boettger.mil@mail.mil](mailto:michael.h.boettger.mil@mail.mil)

RSP Contractor: Mr. Dan Granofsky  
Office: 410-702-9634 Cell: 410-877-4805  
[daniel.m.granofsky.ctr@mail.mil](mailto:daniel.m.granofsky.ctr@mail.mil)

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First Sergeant-1SG Bagley 410-292-4375  
Commander-CPT McGraw 443-465-0686

NCOICs

Team 'E' MSG Sutphin 240-529-7066  
Team 'S' MSG Mccluskey 443-204-4686

*Report Time: 0800-0900*  
*Report Place: Bldg 4228*  
*First Formation: 0915 at Barracks*

## **IMPORTANT NOTES:**

**-EVERY RECRUIT MUST HAVE AN ARMY EMAIL ACCOUNT**

**-EVERY RECRUIT MUST ESTABLISH A MYPAY ACCOUNT**

**- EVERY RECRUIT Begin hydrating for drill NLT 5 days prior to RSP drill.**

**INCREASE YOUR CHANCES OF SUCCESS BY BEING CONFIDENT, PHYSICALLY FIT AND RESILIENT AT ALL TIMES! STUDY YOUR BLUE BOOK, ASK QUESTIONS AND FULFILL YOUR OBLIGATIONS.**

# NUTRITION TIPS-WARRIOR FIT-WORKOUTS

Warrior Fit Members:

**The Cold Months are rapidly approaching....don't forget that eating healthy, working out, and staying hydrated are still important even when it's cold outside!!**

## Healthy eating important!

When combined with exercise, a healthy diet can help you lose weight, lower your cholesterol level, and improve the way your body functions on a daily basis. People of different ages and activity levels have different calorie needs. How much you eat of a certain type of food, such as fruits and vegetables, should depend on your individual calorie needs. For example, a person who needs 1,500 calories per day will have food serving requirements that are different from someone who needs 2,600 calories per day. Take a look at the U.S.

Department of Agriculture's website ChooseMyPlate.gov offers good information about nutrition for children and adults.

## Physical activity in the cold months is just as important!

Take five to 10 minutes and do some low level [aerobic exercise](#) like [jogging](#) in place or doing jumping jacks. That way, when you step outside, you'll already be warm! Dressing properly can also help. Wear layers so that you can peel them off as your [body temperature](#) increases. Just because there might be snow and ice outside there are always local gyms you can use as well. As long as you have your CAC card, you can access any active military gym!!

## AKO (Army Knowledge Online)

Do you have an AKO account?

Do you know your user name and password?

If you cannot answer "YES" to both questions, please contact your recruiter immediately! Not only is AKO a requirement for shipping, it is also a very important communication tool that links to your MyPay, email account, training information and individual readiness.

## WEIGHT CONTROL STANDARDS

Army Regulation 600-9, The Army Weight control Program, states that each Soldier (commissioned, warrant, or enlisted) is responsible for meeting service weight control standards.

On the day of your MEPS physical you met the Army weight control standards. It is your responsibility to remain in compliance. You must meet the same requirements when you ship to Basic or Advanced Individual Training.

Know your maximum weight allowed (or body fat percentage if necessary). You will be weighed on if needed, taped each month at drill in order to ensure you maintain the Weight control standard.

## RSP TRAINING

**RED Phase** is your first drill weekend with the Recruit Sustainment Program (RSP). Red Phase weekends will teach the recruit the basics of being a Soldier in the ARNG Physical Fitness Assessment.

**QUICK SHIP Phase** is your first drill and only weekend with the Recruit Sustainment Program (RSP) prior to shipping to Basic Combat Training (BCT). It is a combination of the RED and BLUE Phases

**WHITE Phase** varies in length to cover the period between the RED and BLUE Phases and is designed to mimic the training environment you will enter at Basic combat Training (BCT).

**BLUE Phase** is the final drill before shipping to BCT or to Advanced Individual Training (AIT). Blue Phase also allows the Cadre one last quality check to ensure that you are Mentally Prepared, Physically Fit and Administratively Correct.

**GREEN Phase** is for warriors who have completed BCT and have returned to RSP prior to attending AIT. Green Phase reintegrates BCT graduates into the RSP through advanced training, and sustains Soldiering skills learned at BCT.

**GOLD Phase** will be your final drill with RSP. It will ensure that you are Administratively Correct to join your MDARNG Unit. You will be introduced to a member of your unit at the RSP Graduation Ceremony.

## "The Soldier's Blue Book"

NOW available in the Google Play Store. It can be downloaded by clicking this link and selecting install on an Android device: <https://play.google.com/store/apps/details?id=mil.army.bluebook&hl=en> or by opening the Google Play App and searching for Soldier's Blue Book. The app provides Soldiers with a copy of The Soldier's Blue Book that they will utilize in basic training and it contains checks on learning. An IOS version of this app is not currently available for I-phones but there is a PDF file of the Blue Book (attached) that can be viewed on I-phones. It can also be downloaded from TRADOC's website here: <http://www.tradoc.army.mil/tpubs/pams/TP600-4.pdf>.

It is recommended that all Soldiers are encouraged to download the Soldier's Blue Book App or PDF upon enlistment and begin becoming familiar with the content in preparation for Basic Training.

## BLUE / QUICK SHIP PHASE

All Blue and Purple Phase Warriors will need their Photo ID, SS Card, ATM Card and any change documents for the Pre-Shipper Brief and Counseling on Saturday. Verify your AKO and MyPay accounts prior to Drill.

To receive Basic Allowance for Housing you must have a copy of a lease or mortgage, with your name on it, dated prior to the date on the MEPS orders (MEPS orders are usually published 30 prior to Ship Date) The Address for the Lease / Mortgage must be the same as your orders which is the address you used for enlistment. **If there is a discrepancy – contact your Recruiter.**

**CAC CARD WEBSITE:** Walk through site step by step CAC installation @ [www.militarycac.com](http://www.militarycac.com)

MDARNGBenefitsGuide:

[www.md.ngb.army.mil/absolutenm/articlefiles/842MDARNG\\_Benefits\\_Guide\\_130129.pdf](http://www.md.ngb.army.mil/absolutenm/articlefiles/842MDARNG_Benefits_Guide_130129.pdf)

## **Soldier Transportation Schedule**

### **Pickup**

#### **Route 1**

Cheltenham (0530) 9900 Surratt's Rd, Cheltenham, MD 20623  
Glen Burnie (0630) 14 Dorsey Rd, Glen Burnie, MD 21061  
5<sup>th</sup> Regiment (0700) 29<sup>th</sup> Division St, Baltimore, MD 21201

#### **Route 2**

Green Belt (0700) will be picked up at **White Oak Armory**  
White Oak (0700) 12200 Cherry Hill Rd, Silver Springs, MD 20904  
Ellicott City (0730) 4244 Montgomery Rd, Ellicott City, MD 21043

#### **Route 3**

Salisbury (0515) Royal Farms, 101 N. Salisbury, Salisbury, MD 21801  
Queen Anne (0615) 3011 Starr Rd, Queen Anne, MD 21657  
Elkton (0745) 101 Railroad Ave, Elkton, MD 21921

#### **Route 4**

Cumberland (0430) 1100 Brown Ave, Cumberland, MD 21502  
Hagerstown (0600) 18500 Roxbury Rd, Hagerstown, MD 21740  
Frederick (0700) 8501 Old National Pike, Frederick, MD 21701

#### **Route 5**

Westminster Armory (0600) 350 Hahn Rd, Westminster, MD 21157  
Pikesville (0630) 610 Reisterstown Rd, Pikesville, MD 21208  
Parkville (0700) 3727 Putty Hill Ave, Parkville, MD 21236

***Privately owned vehicles:*** Recruits are not authorized to drive their own vehicles unless instructed to do so by their recruiter.

All vehicle keys will be secured by your phase instructor for the weekend.

### **HISTORICAL DATES FOR September:**

2 SEP-Victory in Japan Day (VJD)

<http://www.history.com/topics/world-war-ii/v-j-day>

4 SEP-Labor Day

<http://www.timeanddate.com/holidays/us/labor-day>

11 SEP-Patriots Day

[https://en.wikipedia.org/wiki/Patriot\\_Day](https://en.wikipedia.org/wiki/Patriot_Day)

14 SEP-Star Spangled Banner written

[https://en.wikipedia.org/wiki/The\\_Star-Spangled\\_Banner](https://en.wikipedia.org/wiki/The_Star-Spangled_Banner)

16 SEP-National POW/MIA Day <http://www.pow-miafamilies.org/events/recognition-day/>

17 SEP-US Constitution Ratified <http://www.u-s-history.com/pages/h372.html>

23 SEP 1899-VFW created

[https://en.m.wikipedia.org/wiki/Veterans\\_of\\_Foreign\\_Wars](https://en.m.wikipedia.org/wiki/Veterans_of_Foreign_Wars)

27 SEP-Gold Star Mother's Day

[https://en.wikipedia.org/wiki/Gold\\_Star\\_Mothers\\_Club](https://en.wikipedia.org/wiki/Gold_Star_Mothers_Club)

## **Prepare Yourself Administratively**

You can help prepare yourself using the acronym **APPLE MD**. This acronym is used in screening prospects for enlistment. You must **continue to meet the Enlistment Eligibility Criteria until you have completed AIT**.

**A-AGE** you are as old as you are – nothing you can do about it. However, does your Social Security Card match your Birth Certificate? Did you enlist under the name on your Social Security Card? Remember to have your Social Security Card and State issued photo ID when you report to MEPS to ship.

**P-PHYSICAL** Has anything changes since you took the Entrance Physical? Have you seen a doctor or gone to the hospital? **If you have - contact your Recruiter immediately.** Do you still meet Height and Weight Standards?

**P-PRIOR SERVICE** This mainly affects Phase 2 Shippers (Green Phase). Do you have a copy of your Clothing Record? Do you have **everything** that was issued at BCT?

**L-LAW VIOLATIONS** Has anything changed since you enlisted? Did you get a Traffic Ticket? Even if it is paid – **contact your recruiter immediately** – at a minimum you will need to have the paid receipt when you return to MEPS.

**E-EDUCATION** Official Transcripts and Diplomas that must be in your records. Even if you have given it to your Recruiter – take a copy with you to MEPS.

**M-MARRIED** Did you get married since enlistment? **Contact your Recruiter immediately.** All married soldiers, even if you were married when you enlisted, should have a copy of their certified (file number and raised seal) marriage certificate when they report to MEPS.

**D-DEPENDENTS** Do you have any Dependents? (Spouse, children, stepchildren) You will need to have copies of Spouse's State issued Photo ID, copies Spouse's and dependent children's SS Cards. Parental Affidavits, Custody Agreements, or Family Care Plans if required. **If any doubt – contact your Recruiter immediately.** Does your Spouse and/or dependent children (over 10 years old) have a Military ID Card?

### **OTHER REQUIREMENTS**

#### **BAH**

To receive Basic Allowance for Housing (BAH) you must have a copy of a lease or mortgage, with your name on it, dated prior to the date on the MEPS orders (MEPS orders are usually published 5-30 DAYS prior to Ship Date). The Address for the Lease / Mortgage must be the same as your orders which is the address you used for enlistment. **If there is a discrepancy – contact your Recruiter.**

#### **MYPAY**

Everyone needed to have a SF1199a Form (Direct Deposit) to Enlist. Once you have set up your AKO account you will receive information via your AKO email concerning the set up of your **MyPay** account. This is where you will find your Leave & Earning Statements (LES), W-2s and all information concerning your pay status. If you change bank account and/or have moved, you can update your information in MyPay. (Always remember to report these changes to your unit as well.) If you feel you have a pay concern, you will need to access your LES to show the concern.

# THE CHAPLAIN'S CORNER



I recently had the sad honor of performing the funeral of one of our brothers in arms. SPC (MDARNG) Andrew Goodwin took his own life the week of August 20. We don't know exactly when because he was alone. We don't know exactly why because he didn't express any intent or reason for this last tragic decision in his all too brief life.

SPC Goodwin, or Andy as I knew him, was more than a MDARNG Soldier to me. I had known Andy for a big part of his short life. He began to attend a church I pastored around 2003 or so. He was a middle schooler at the time. He was the same age as my twin daughters, and attended Aberdeen Middle School with them. He was a good looking kid with a great sense of humor, a quick wit, and a personality that attracted everyone. As a father of twin daughters Andy's age, that made him a threat... but I digress.

As Andy matured, he struggled to find his path in life. Like all of us, he didn't always make the best decisions, but he had an amazing family and community supporting him, and eventually he seemed to find a path in life that truly suited him: a path of service. It began with his involvement in the Abingdon Volunteer Fire Company; an involvement that quickly became a passion in which he excelled. It continued with his enlistment in the MDARNG which also became a passion. He excelled in RSP, BCT, AIT, and served his aviation unit with distinction. It seemed as if Andy had hit his stride, and while, like all of us, Andy still had his struggles, none of them seemed to indicate that this rising star would soon bring his life to an end.

I tell you this very real and very sad story to say this. I am Andy. You are Andy. We are all Andy. He wasn't "different." He wasn't "destined" for suicide. He was a normal person – with everything going for him. He was you and me, and just like Andy, we too are just as vulnerable to whatever it is that drives a person to make that one, last, fateful, and tragic decision. Don't kid yourself. Both you and the Soldier next to you are every bit as vulnerable.

Let us commit not to let this tragic story repeat itself. Every member of the Guard will be receiving a resource list this month with information about how and where to reach out for help. KEEP IT! If not for you, for your battle buddy, for your friend, your neighbor, or your loved one. And as always, know that your Chaplain is always available to provide that safe space to talk and receive assistance.

For God and Country,

Chaplain Dowell

[tdowell@mddf.maryland.gov](mailto:tdowell@mddf.maryland.gov)

(443) 206-4949

## Recruiting & Retention Operations SGM

### Resilience

When we hear this word we think of the power point class that we are required to sit through at RSP. In the military environment, this word is most often associated with reducing suicide by Soldiers. To you, the new Soldier preparing to ship to Basic Combat Training, AIT or One Station Unit Training, Resilience is best described by its' definition: "Ability to recover rapidly from illness, change, or misfortune".

As you prepare to ship, change will be constant. You have to become or stay physically fit, you will wake up early, you will be pushed physically and mentally, you will be away from home, friends and family (some for the first time), you will do and learn things you have never tried before. You will have Drill Sergeants in your business. You will use muscles you have never used before and you will be sore, tired and stressed. Think back to the lessons taught in that power point class and use them. Think back to the reason that you decided to join the MDARNG in the first place. You are not on this journey alone and thousands of Marylanders have made this journey before you.

When you are at the Reception Battalion and you have to stay an extra day because your paper work was not correct, be resilient! When you get to your Training Company and the Drill Sergeant is on your case or you miss home, be resilient, you will make it through. Be resilient, recover rapidly from the change and take on the next challenge. You have made a big decision and commitment to become a member of the Maryland Army National Guard and there is a light at the end of the tunnel (and it is not a train). Push yourself to finish what you started. Your family, friends and this battalion are cheering for you and we want you to succeed. Be Resilient!

#### *"Provide The Line"*

John A. Pownall  
Operation Sergeant Major  
Maryland Recruiting & Retention Battalion

☎ Office: 410-206-8695

[john.a.pownall.mil@mail.mil](mailto:john.a.pownall.mil@mail.mil)

### JOB SITES

If you are looking for a job in Maryland please register at our state site:

<http://www.msccn.org/MDNationalGuard/MDJobs.html>

Once registered you will receive personal advice on resume writing and job searching. Other helpful sites:

[www.usajobs.gov](http://www.usajobs.gov)

<http://www.baltimorecity.gov/Government/ActsofStateLegislature/CivilServiceCommission.aspx>

[www.vetjobs.com](http://www.vetjobs.com)

<http://www.indeed.com/q-gateway-jobs.html>

[www.recruitmilitary.com](http://www.recruitmilitary.com)

<https://h2h.jobs/>

[www.clearancejobs.com](http://www.clearancejobs.com)

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

<https://www.fbo.gov/>

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

For additional job information contact our state rep at (410) 576-6177

For information regarding:  
Direct Officer Appointments  
Officer Candidate School  
West Point Scholarship opportunities  
Warrant Officer Opportunities  
ROTC Scholarships

Please contact:

Jason M. Booth  
CPT, MP, MDARNG

Officer Strength Manager

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