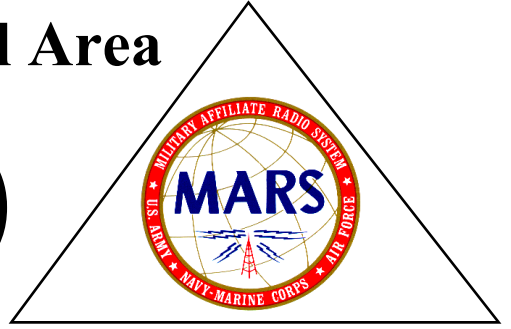


# NAVMARCORMARS - Central Area

# The TRIAD

“Dedicated Volunteers - In Unity Of Purpose - Serving DOD”



January 2007

“Proudly Serving Those Who Serve”

Volume IV, Issue 1

## Nothing Changes If Nothing Changes

There are people who make certain promises to themselves at this time of the year; they are called *New Year's Resolutions*. Some of these resolutions start out with these words:

*“I resolve/I promise to lose x amount of pounds between now and 01 June.”*

*“I'm going to quit smoking in 2007.”*

*“I'm going to pay off two of my credit cards during 2007.”*

*“I'm going to read through the Bible throughout this new year.”*

*“I'm going to save this amount of money by the end of this new year.”*

And they mean it at the time they make this resolution, this promise. Statistics, however, record a significant number of failures. Why? Because these wishes, hopes, and dreams are merely that ....until.....preparations and plans are formulated as to how to turn these desires for change into reality, and a sincere commitment is made to “pay the price” necessary to alter longstanding bad habits and transform them into positive forces.

For instance, if weight loss is a goal, one must assess what kind of goals are realistic and WHAT one must **do** to achieve them. What types of exercise are do-able, and how many times per week? What junk food addictions sabotage my good health, and what are some better food choices that I might substitute?

Similarly, if being more financially sound and responsible seems a priority, am I willing to cut out unnecessary spending in certain areas in order to have more money to save or invest? Will I set aside a certain amount each month to save and be faithful to do so?

Until an individual formulates a plan for change and invests himself in it to some degree, there can be no true expectation that the same negative habits that have become somewhat

entrenched in his life will somehow magically disappear. In other words, Nothing changes if nothing changes!

In science, this is known as the law of inertia, namely, the tendency of a body in motion to remain in motion, or a body at rest to remain at rest **UNLESS** acted upon by an equal or opposing force. For instance, we can expect that a planet will continue in its orbit, traveling as it has for these many years. However, if a large meteor comes into its direct path, all bets are off. Similarly, one's bad habits consign an individual to a sort of orbit, establishing a momentum in the direction that has been set, until something of substance changes all of that. Things will continue as they have, for the most part, until our earnest desire for improvement is equal to or greater than the status quo. Then, something as simple, but forceful, as the introduction of new and better habits and choices can dramatically alter the course we are on and set up a momentum all its own, but this time in a more favorable circuit.

Each new year is pregnant with new opportunities, new challenges and the expectation of new achievements; and so is every new day!. Every day we make decisions---and we are held accountable for the decisions we make.

It is not right, nor is it fair, that State Twos and State Directors have to beg their members to attend every ECOM exercise. At least 80% of the available membership should attend/take part in every ECOM exercise, allowing for 20% who, for good reasons, simply cannot attend **every** exercise. Members are expected to participate fully as Navy-Marine Corps MARS members, and to do so with enthusiasm!Why?

What is the mission of MARS? You'll find it on page 1-2, para 106. sub para a. of NTP 8 (D) DRAFT: *“The mission of MARS is to provide Department of the Navy and Department of Defense emergency communications on a local, national and international basis as an adjunct to normal naval communications.”* Listed functions follow.

# *Pro Forma* ECOM

By Jim, NNN0ASG TWO

I'm sure many of you looked at the title of this article with a question something like "What the heck is this guy talking about ... *pro forma* ECOM?" Well, let me try to explain.

First of all, what is the meaning of "*pro forma*"? Our 'bible' for ECOM, NTP 8(D) Draft, says this for *pro forma*: "(1) a message, the nature of the successive elements of which is understood by prearrangement; (2) a standard form" and our old friend Webster says this: "a standard document or form."

So now that we know this, how can Emergency Communications (ECOM) be *pro forma*? Easy. Chief Navy-Marine Corps MARS has provided us a set of prearranged successive elements (the ECOM messages required) and standard forms (the individual message formats) required to provide his office and others at all levels of the MARS and the national level command chain of the events surrounding an emergency event. Notice we are talking about the communications side of an emergency situation and not the chaos which often surrounds the actual event itself. Standard reports in standard format are required if there is to be full understanding at all levels of command. This philosophy is reinforced by policies in the Department of Homeland Security (DHS) as reflected in their on-line courses such as IS-100, IS-200, IS-700 and IS-800. STANDARDIZATION is the order of the day. How do we get standardization ... thru *pro forma* reports in *pro forma* formats.

A careful study ... notice **study**; this is not browsing material ...of NTP 8(D) and the Central Area Operations Guide (CAOG) will provide you with both the *pro forma* successive elements (messages) and the standard form for each of the elements.

Now, what are these required successive elements (if they are *pro forma*, they are required)? Here are the elements and references for each.

- Implementation Reports (NTP 8 para D710 & CAOG para C730)
- Situation Reports/SITREPs (NTP 8 para D730 & CAOG para C750)
- Operations Report (CAOG para C760)
- After Action Reports (NTP 8 para D740 & CAOG para C770)

These reports are the successive elements that should made during any ECOM event (an event is an actual emergency or an exercise). Note **successive**. This means these reports should be submitted in this order for any ECOM event. The **Implementation Report** tells Chief NAVMARCORMARS and others in the chain of command that something has happened requiring ECOM support for an emergency event. The **Situation Reports** keep the chain of command appraised of the situation in and around the event area. The **Operations Report** provides the chain of command with a "quick look" of operations during the ECOM event. The **After Action Report** provides full information on operations and support during the event; and, perhaps most importantly, provides for an evaluation of performance and response by all levels of command.

In the case of an exercise, there is one more element that is required. While no *pro forma* format is specified, specific contents are specified in the references cited. This element is:

- Exercise Notification Report (NTP 8 para D820 & CAOG para C810.d and C820.a)

This **Exercise Notification** report tells the chain of command to expect exercise traffic at a specific time and date to help preclude confusion of an exercise with an actual event and provides information to enable monitoring of exercise nets as may be desired. This report also sets the objectives for the exercise against which an evaluation should be discussed in the After Action Report.

The standard *pro forma* form for each of the elements is provided in the references cited above. It is emphasized that these formats should be strictly followed. These are not formats from which to deviate, but are formats to be followed exactly. Originality and creativity are not appropriate for these reports. The standardized format of ECOM reports is designed to give the chain of command the information needed in a quickly recognized form. The SUBJ line should be exactly as shown and the contents of specific paragraphs should be only that specified. Exercise markings when appropriate should be exactly as shown.

To assist you in properly addressing the required reports, Annex C of the CAOG was developed with addressees given for each report. In some cases this required the melding together information from several paragraphs of NTP 8(D) Draft. These addressees, along with the message format, should also be considered (Continued on page 3.)

(Continued from page 2.) as *pro forma*. Addresses below or equal to your level of command may be added; above your level of command may not be added. Hopefully this

discussion of *pro forma* ECOM will help you understand proper reporting procedures to ensure we are all sending and receiving clearly the needed information.

## North Carolina Reorganizes for ECOM efficiency

By Lee, NNN0GBL/NNN0SYS

A few months ago, a newly assigned NECOS asked me if I had a Zip code directory that he could use so he could quickly determine where members were located when they checked in to his net.

North Carolina Navy MARS had been using the Zip code areas for organization and net check-ins since well before I joined NC Navy MARS more than a decade ago. The system was easy to understand and worked well when we had a lot of welfare traffic. At that time the NECOS stations needed to be able to quickly determine who to direct traffic to for delivery. However, it has been several years since we last received a welfare message. That's too bad. I used to enjoy calling local folks with a message from their overseas service member. I also enjoyed getting Christmas cards and Thank You notes from families who were grateful for the communications assistance I had provided. Unfortunately, technology has made that aspect of our mission pretty much obsolete.

I explained to my new NECOS that zip code maps were available, but they were not cheap. You can buy a book with Zip code maps for the whole US for about \$30 at Staples or spend \$50-\$150 on the web for a larger NC zip code map. Otherwise, Zip code listings are useless for our purposes. The Zip code system is set up for the convenience of the Postal Service and is based on population. We used the first three digits of the Zip code to split up the state. I live in the "287 area." That area covers the entire western end of North Carolina, about one fifth of the state, but excludes a few square miles around Asheville, which is 288. Zip areas in other parts of the State vary wildly in size, since they are based primarily on population.

That got me thinking. I wasn't happy with our net call-up procedures. I'd heard nearby states call their nets by numbered zones or divisions. In comparison, our check-in system lacked discipline.

I'm also the program coordinator for my county's CERT (Community Emergency Response Team) program. Because of CERT, I knew that the NC Division of Emergency Management (NCDEM) used a system based on county borders to divide up the State Emergency Response organization.

I took a look at the NCDEM web site. There it says,

The state is divided into 15 areas, each branch is responsible for 5 areas. Each branch has a

manager who has overall responsibility for the personnel within the branch. Each area has been assigned a coordinator who will work directly with the counties within his or her area.

It turns out that North Carolina's ARRL ARES organization is also divided up using the same system.

We don't have enough people in NC Navy MARS to make all those personnel assignments ( I'd have to increase my staff by 18 people!). But, it really isn't necessary. We could use a slightly modified system, but generally conform to the NCDEM system. For emergency coordination purposes, we could divide the state into three branches, each of which would consist of five areas, all of about the same land area, and based on county borders. There would be some areas with no members, and others (around Charlotte, and on the East Coast, for instance) where we have 5 or more members.

It made sense to me for a lot of reasons.

1. The system is simple. It's fairly easy to tell approximately where somebody is located. State maps are easy to come by, and the branch and area borders are defined by county lines, rather than the whims of the Postal Service and population centers.

2. It aligns with the NCDEM organization. Since our primary focus these days is emergency communications, we should be able to easily integrate and coordinate with local civilian emergency management organizations.

3. It is in keeping with the federal NIMS (National Incident Management System) and ICS (Incident Command System) guidelines. The span of authority principle tells us to split up the organization so that no one is faced with a large number of subordinate units to manage. (You all are taking the FEMA course series - IC 100, 200, 700, and 800, aren't you? We chose our Branch Managers from those members who had completed the FEMA courses.)

4. Net discipline would be improved. We now call our nets by Branch. It cuts down on confusion and doubling.

5. We could revised our Emergency Calling Tree. The existing tree was inefficient. Under the new system, whoever initiates the call-up, whether GBL, GBL-1 or 2, calls the Branch managers. The Branch Managers call members in the five areas in their branch. The called members then call the other **(Continued on page 4)**

# NEW YEAR'S RESOLUTIONS

By "Mike," NNN0AS4 FOUR

At the start of a New Year most everyone thinks about making resolutions about how they are going to live their life: improve their skills, eat healthier, exercise more, quit smoking, be more forgiving, save more, on and on and on. More often than not, resolutions are broken before the next twelve months have passed.

That is not to say that we don't try year after year. So, with every good intention, let's resolve:

1. To instruct on a directed net. (Do **not** use please, **nor** thank you, say what you want done and end with "OUT". This does NOT mean you cannot thank or express appreciation to members for a job well done. By all means, reward members for their efforts. That gesture is a lot different from "please pass the traffic.")

2. To use the correct precedence and the proword "TIME" when giving a date-time-group (DTG). (The proword "FIGURES" is **NOT to be used when the time line is transmitted**. A DTG appearing elsewhere, such as in the text of the message or as a reference **would then require** the proword "FIGURES." For example: 02 January 2007 in the text would be expressed as "FIGURES ZERO TWO JANUARY FIGURES TWO ZERO ZERO SEVEN.")

3. To **refrain** from using terms such as "Welcome Aboard" and any other little snippets of wisdom on a directed net. (**Wait for the informal portion of the net or a free net** – keep out the extra chatter on a directed net.)

4. To give other MARS agency members or out-of-state members checking aboard your local net, the courtesy of recognition and first comment after all traffic has been passed. (I don't know of any set requirement that governs this, but give them the opportunity to secure early, especially if there is no traffic for them.)

5. **To keep a good Station Log.** (Record all stations checking in, record all traffic handled, frequency(s) used, date of net(s), and use standard abbreviations in order to be able to understand what you wrote a few months later down the road.

6. **To ensure all required reports are completed, correct and are submitted before the deadlines.**

I honestly believe if I can keep these six resolutions for 12 months, I'll be a better MARS operator. I'm sure I could come up with a lot more for self-improvement, but six is my limit, to work on right now. How about yours?

**(Continued from page 3.)** people in their area. Should we get the problem of having too many people to call in an area, we'll add the layer of Area Coordinator to further split up responsibility. I'll be happy to get the problem.

6. The use of common terminology, another principle of NIMS, would be improved. If I were asked for help by somebody in NC Division of Emergency Management, I could say something like, "I have 9 trained communications volunteers available in Area 1, 2 and 3," and it would have meaning to a non-MARS person. Common terminology is vitally important in a disaster situation. That's why we retained the designation of Area even though it seems to conflict the MARS organizational level. It agrees with the NCDDEM and ARES terminology, and is only used within our state. So far, it hasn't caused any problems.

We began implementing the changes in October. Initially there was some resistance, as there always is to change, but the early complaints have been addressed and things are running more smoothly now.

We tested the telephone call-up system during our December Quarterly Emergency Drill and were pleased.

with the results. We're still working on the feedback system and refining other areas where we found problems. We're now revising our state Emergency Operations Plan.

North Carolina is almost 600 miles long, and it's difficult to get everyone together for a face-to-face meeting. We're hoping that by dividing the state into Eastern, Central, and Western branches, we'll have more opportunities for such meetings at the Branch level. We also hope to increase the responsibility of the the three branches for providing local communications during emergencies.

Finally, we're developing an annual training plan centered around the new organization and the Emergency plan, and hope to have that in place before our first Quarterly Emergency Exercise in 2007.

*Some humor: There was a beautiful young woman knocking on my hotel room door all night! I finally had to let her out. A car hit an elderly Jewish man. The paramedic says, "Are you comfortable?" The man says, "I make a good living." I just got back from a pleasure trip. I took my mother-in-law to the airport. I've been in love with the same woman for 49 years. If my wife ever finds out, she'll kill me! ----Henny Youngman*

# NNN0DVG 02/07

JIM, NNN0AS4 TWO AL

It has been requested that the NNN0DVG 02/07, sent out recently by Jim, NNN0AS4 TWO AL, be published in The TRIAD. The reason? It is an excellent recapitulation of ECOMM information and procedures as contained in NTP-8 (D) DRAFT. In view of the mission of Navy-Marine Corps MARS, as stated in the last paragraph, page 1, it is well for all of us, no, it is most important for all of us to be conversant with all matters pertaining to emergency communications procedures. In view of the mistakes we make during ECOM exercises, it is incumbent on all of us to learn as much as we can about how to conduct, and participate in, an emergency exercise so that we can function smoothly as communicators in a real emergency situation. NNN0AS4 TWO AL has laid out in this NNN0DVG 02/07 an outstanding guide of emergency communication procedures. Read it carefully, and get to know real well NTP-8 (D) DRAFT, ANNEX D.

## SUBJ: NNN0DVG 02/07 - 4X3A NET 06JAN07

A. CHNAVMARCORMARS 301100Z JUN 2006 (BCST 05-06)

B. CHNAVMARCORMARS 192000Z DEC 2006 (BCST 07-06)

C. NTP 8 (D)

D. CENTRAL AREA OPERATIONS GUIDE OF 01 SEP 06, ANNEX C

**4. E-MAILING OF ACTUAL EEI REPORTS HAS RECENTLY PRESENTED SEVERAL PROBLEMS.** YOUR ATTENTION IS INVITED TO REFS A AND B. REF A PROVIDES DETAILED INSTRUCTIONS AND REF B CHANGES INSTRUCTIONS FOR THE E-MAIL SUBJECT LINE... REPEAT, E-MAIL SUBJECT LINE... NOTE, THIS IS NOT THE SUBJ LINE OF THE ACTUAL EEI REPORT WHICH IS ALWAYS EITHER 'EEI REPORT' OR 'EEI REPORT UPDATE NR --'. ADDITIONALLY:

A. SOME ACTUAL REPORTS ARE NOT BEING E-MAILED. YOU ARE STRONGLY ENCOURAGED TO E-MAIL ACTUAL EEI REPORTS.

B. 'ZEN/' IN FRONT OF THE 'TO AAN3EEI VA' ADDEE SHOULD ONLY BE USED WHEN AN ACTUAL EEI REPORT HAS ALREADY BEEN E-MAILED. DO NOT E-MAIL EXERCISE EEI REPORTS, THEREFORE, DO NOT PLACE 'ZEN/' IN FRONT OF 'AAN3EEI VA' ON AN EXERCISE REPORT.

## **5. REMINDERS FOR 2007:**

A. PER REF C PARA 106 ECOM IS OUR MOST IMPORTANT MISSION. DIRECTOR REGION FOUR'S STRONG SUPPORT OF THIS MISSION IS EVIDENT IN THAT 30 PER CENT OF ANNUAL 'GREEN C' AWARD IS BASED ON ECOM ACTIVITIES. ECOM POINTS ARE ALLOCATED AS FOLLOWS:

- 1 POINT FOR QUARTERLY ECOM EXERCISES (4 POINTS TOTAL)

- 0.5 POINT FOR QUARTERLY ECOM PLAN REVIEW REPORT (2 POINTS TOTAL)

- 2 POINTS FOR MONTHLY ECOM NET ATTENDANCE BY STATE DIRECTOR OR ECOM ASSISTANT (24 POINTS TOTAL). ECOM NET ATTENDANCE POINTS ARE ASSIGNED AS FOLLOWS:

-- 2 POINTS IF STATE DIRECTOR OR STATE ECOM ASSISTANT CHECKS IN

-- IF NEITHER THE STATE DIRECTOR OR ECOM ASSISTANT CHECKS IN:

-- 1 POINT IF ANY STATION REPORTS AS GUARD FOR ECOM ASSISTANT

-- 0 POINTS IF ANY STATION FROM THE STATE CHECKS IN

-- MINUS 1 (-1) POINT IF NO STATION CHECKS IN FROM THE STATE

B. MINIMUM REPORT REQUIREMENTS FOR ANY ECOM EVENT AND TO RECEIVE CREDIT FOR ECOM EXERCISES ARE:

(1). IMPLEMENTATION REPORT MESSAGE (REF C PARA D710)

(2). ONE SITREP MESSAGE (REF C PARA D730)

(3). OPERATIONS REPORT MESSAGE (REF D PARA C760) (NOTE 1)

(4). AFTER ACTION REPORT (REF C PARA D740)

(5). FOR EXERCISES ONLY -- NOTIFICATION MESSAGE (REF C PARA D820)

NOTE 1: FOR EXERCISES, ALSO REPORT PER CENT MEMBER PARTICIPATION IN THE OPERATIONS REPORT PARA 2.

NOTE 2: ALL EXERCISE MESSAGES MUST BE RCVD VIA MDS. USE OF MDS IS REQUIRED TO EXERCISE STATE'S USE OF MDS AND TO EXERCISE MDS. (Continued on page 8.)

# Prediction: Brace For An Active 2007 Hurricane Season

South Florida Business Journal - December 8, 2006

Once again, scientists are predicting the next hurricane season to be heavier than normal. There should be seven hurricanes, including three major ones, and 14 named storms during the 2007 season, according to William Gray, scientist at Colorado State University.

This year, there were five hurricanes and nine named storms. No hurricanes hit the United States, though, only the 11th time that has happened since 1945. When the 2006 season had fewer storms than predicted, scientists said the El Niño weather phenomenon caused the lower volume. But Gray said its effects have dissipated and won't affect the 2007 storms. In 2005, there were 15 hurricanes and 28 named storms, the most in recorded history. "Despite a fairly inactive 2006 hurricane season, we believe that the Atlantic basin is in an active hurricane cycle," Gray said. He predicted the active cycle to continue for another decade or two.

It's not too early to be thinking about your preparedness for the 2007 hurricane season. If you don't have an emergency generator, this would be a good time to put one on layaway or purchase it outright. Do you have an emergency antenna on standby in case you might need to install it if you suffer damage to your present installation? You'll be hearing more about preparedness in the coming months because we not only face the possibility of hurricanes, there are tornados to consider also. Be prepared! Plan for the future now!

It is well to keep in mind that we are not our own. We have been bought with a price: the broken body and the shed blood of Christ. Also, to say "I will do as I bloody well please!" is not very practical nor is it the intelligent way to go. Remember these words from Proverbs 3:6: "In all thy ways acknowledge him, and he will direct thy paths." That way we will stand a much better chance of finding the right and proper way to go and the right and proper thing to do.

The Lord has put certain fixed limits on the amount of intelligence we may attain; but none on stupidity. Let us then work more toward the one and try our best to shy away from the other!

Love suffers. Love suffers long. Love suffers long and is kind. Love does not behave itself unseemly. Love seeketh not its own. Love is not easily provoked. True.

Henny Youngman says: *Someone stole all my credit cards, but I won't be reporting it. The thief spends less than my wife did. We always hold hands. If I let go, she shops. She was at the beauty shop for two hours. That was only for the estimate. She got a mudpack and looked great for two days. Then the mud fell off. The doctor gave a man six months to live. The man couldn't pay his bill, so the doctor gave him another six months. The doctor called Mrs. Cohen saying, "Mrs. Cohen, your check came back." Mrs. Cohen answered, "So did my arthritis!" Doctor: "You'll live to be 60!" Patient: "I AM 60!" Doctor: "See! What did I tell you?" A drunk was brought in front of a judge. The judge says, "You've been brought here for drinking." The drunk says, "Okay, let's get started." A bum asked a Jewish fellow, "Give me \$10 till payday." The Jewish fellow responded, "When's payday?" The bum said, "I don't know! You're the one who's working." I wish my brother would learn a trade, so I would know what kind of work he's out of. The Harvard School of Medicine did a study to why Jewish women like Chinese food so much. The study revealed that this is due to the fact that Won Ton spelled backward is Not Now. Q: Why don't Jewish mothers drink? A: Alcohol interferes with their suffering. Q: Why do Jewish mothers make good parole officers? A: They never let anyone finish a sentence.*

Q: What's the difference between a Rottweiler and a Jewish mother?  
A: Eventually the Rottweiler lets go.  
Q: Where does a Jewish husband hide money from his wife?  
A: Under the vacuum cleaner.  
There's a company that specializes in packaging materials. It's called Wrapature, Inc. It's surprising how soon later comes after you buy now.

## STATE OF OHIO READIES FOR QUARTERLY ECOM EXERCISE

The above headline should have been the leadoff heading of NNN0GBN's article she sent in for inclusion in the December 2006 issue of The TRIAD. My sincere apology to NNN0GBN and all OHIO members for the error made in the headline of their article. In the DEC 2006 issue of The TRIAD, page 4, the right hand column, the headline had the word **Readiness** in it. It should have been, as above, **READIES**. I regret the error.

# A Woman Of Substance

## Sgt. Leigh Ann Hester, Kentucky National Guard Awarded The Silver Star

There was a time when the term “weekend warrior” was considered an uncomplimentary reference to members of the reserves and National Guard. Today in Iraq and Afghanistan, members of the Guard and reserves are making the same sacrifices and performing identical duties as their active duty counterparts. And it’s 24 hours a day, seven days a week. Just ask Kentucky Army National Guard Sgt. Leigh Ann Hester.

As a member of the Kentucky National Guard’s 617th Military Police Company stationed at Camp Liberty Iraq, Hester and her fellow soldiers were shadowing a supply convoy while searching for improvised explosive devices on March 20, 2005.

That day, around 50 enemy fighters ambushed the convoy with AK-47 fire and rocket propelled grenades. The enemy disabled the lead vehicle, stopping the convoy in a well-planned kill zone.

Hester courageously directed her vehicle’s gunner at the enemy’s strongest position. Meanwhile, Kentucky Army National Guard Staff Sgt. Timothy F. Nein, a squad leader, directed his team through the kill zone between the enemy and the convoy. Once through, Nein’s squad flanked the insurgents, who outnumbered the military police by five to one.

As Nein’s men came under heavy machine gun fire, Hester bravely stopped her vehicle at a flanking position and directed fire to a trench line that provided cover for the enemy. Hester left her vehicle and began engaging insurgents with her service rifle.

She and Nein charged the enemy position with rifles and grenades. She eliminated three of the enemy, and cleared the trench. In total, 27 enemy fighters were killed, six were

wounded and one was captured. Following the battle, the military police captured cell phones, video cameras and video tapes for intelligence purposes and confiscated a cache of enemy weapons and munitions.

Hester and Nein were both awarded the Silver Star for bravery in the battle. She is the first woman to receive the award since World War II. Another female soldier, Specialist Ashley J. Pullen, received the Bronze Star for heroism after exposing herself to enemy fire to provide medical assistance to a critically injured soldier.

Hester says she doesn’t dwell on the historical precedent of being the first woman to receive the award in so many decades.

“It really doesn’t have anything to do with being a female,” she said. “It’s about the duties I performed that day as a soldier.”

“The sacrifices our troops are making in combat, whether they are active duty, Guard or reserve, is not lost on our service staff,” said National Service Director Randy Reese. “We continue to build upon our relationship with the National Guard, and we continue reaching out to the men and women who are returning from wartime service and transitioning to civilian life. Soldiers like Sergeants Hester and Nein inspire all of us to work even harder for our nation’s veterans and their families.”

Hester is humbled by her award. Having returned from Iraq, she is pursuing a career in civilian law enforcement in Kentucky.

(Used by permission from the Disabled American Veterans Magazine, DAV MAGAZINE, JANUARY/FEBRUARY 2007 issue, page 14.)

Intrepidity is an extraordinary strength of soul, which raises it above the troubles, disorders and emotions which the sight of great perils can arouse in it. By this strength heroes maintain a calm aspect and preserve their reason and liberty amidst terrible situations. Anon.

The Central Area Newsletter, **The TRIAD**, is published for the enjoyment and edification of Navy-Marine Corps MARS members. The contents **do not** reflect official Navy positions. EDITOR: Ben NNN0JQC/NNN0ASG EIGHT. 3301 Shannon Rd, Albany, GA 31721-1541. E-Mail: nnn0jqc@navymars.org. Central Area Director NNN0ASG IL: (Vacant). Deputy Director Central Area: Dave NNN0ASG ONE MI. Director Region Four: Jack NNN0AS4 GA. Director Region Five: Tim NNN0AS5 MN. **This is your Newsletter.** In order to keep it going your input is needed and encouraged.

(Continued from page 5)

C. **CRITIQUE YOUR EXERCISES ON THE AIR** AS THE LAST PART OF YOUR EXERCISE. WHILE THE EXERCISE IS FRESH IN MIND IS THE MOST EFFECTIVE TIME FOR YOUR CRITIQUE. **ENCOURAGE DISCUSSION.**

D. ECOM MESSAGES ARE ALL 'PRO FORMA' MESSAGES. THEY SHOULD FOLLOW EXACTLY THE FORMAT IN REFS NOTED PARA 5.B ABOVE. ENSURE MESSAGES ARE ADDRESSED TO ADDEES AS REQUIRED REFS C AND D. IN REF C PAY PARTICULAR ATTENTION TO MESSAGE ADDRESSING REQUIREMENTS IN BOTH PARAS D230 AND D700 -- YOU NEED TO COMBINE THE RQMTS FROM BOTH. EVERY EFFORT HAS BEEN MADE TO PROVIDE DETAILED ADDRESSING INSTRUCTIONS IN REF D AND YOU ARE ENCOURAGED TO USE THAT DOCUMENT AS YOUR PRIMARY SOURCE FOR ECOM MESSAGE ADDRESSING.

E. PAY ATTENTION TO EXERCISE MESSAGE MARKINGS. **'MARS EXERCISE' IS FOR EEI MESSAGES ONLY. ALL OTHER ECOM EXERCISE MESSAGES USE JUST 'EXERCISE' ON THE CLASSIFICATION LINE AND AS THE LAST LINE OF THE MESSAGE. ON OTHER THAN EEI MSGS YOU MAY ADD THE EXERCISE NAME AFTER 'EXERCISE'**

F. **DO NOT USE AN EEI IDENTIFIER AS AN EXERCISE CODE WORD.** THESE IDENTIFIERS SHOULD ONLY BE USED WHERE INTENDED IN EEI MESSAGES.

6. PROBLEM AREAS IN EEI MESSAGES CONTINUE TO BE THE FORMAT OF ITEM NUMBER ONE ('1. REF ...' ETC), NO CITY/COUNTY OR TIME IN ITEM 1.A, NO TIME AND NO LOCATION AND STATION CALL SIGN FOR RADIO/TV STATIONS IN ITEM 1.G. BE SURE TO USE ZULU TIME (DTG FORMAT IS BEST) WHEN REPORTING TIME ANYWHERE IN YOUR MESSAGES (EEI OR OTHER ECOM MSGS). NOTE ALSO THAT SOURCE INFO IN ITEM 1.G IS REQUIRED. FOR ITEM 1.G PARA D901 REF D **DOES NOT** PERMIT 'OPERATIONAL', 'UNKNOWN' OR 'N/A'.

7. NNN0AST ANNOUNCED THE EEI CREATOR PROGRAM ON THE NATIONAL WEB SITE WAS BEING REVISED AND SHOULD BE AVAILABLE SOON.

The above article, adapted from NNN0DVG 02/07, is a succinct treatment by NNN0AS4 TWO AL, of NTP-8 (D) DRAFT, ANNEX D. It is well worth paying close attention to and learning to carry out emergency communication exercises in the manner indicated by ANNEX D.

In regard to the Green "C" Award: we are in the first month of 2007, and there are some states in Region Four who will be aggressively pursuing the owning of this award in 2008. Now, at the beginning of this new year, is the time to get serious about winning the Green "C" Award in 2008. Keep in mind that ECOM will give you 30% of the total toward winning this award--and thirty points are not to be taken lightly! It would be great if more of our states in Region Four would enter into this competition with zeal and the consequent desire to become better ECOM communicators as well as over-all better communicators.

Each state, dig in and make this year a hot pursuit after the Green "C" Award. Nothing ventured, nothing gained. And, **nothing changes if nothing changes!**

Lee, NNN0SYS NC, has send in an article for inclusion in the February issue of The TRIAD entitled **"How To Properly Set Your Dial To Send and Receive Digital Signals On A Navy MARS Traffic Net."** In the introductory paragraph, Lee says, "This article discusses a simple method to calculate the dial setting to put a digital

signal on the correct assigned frequency, using both hardware multi-mode controllers and the MixW sound card program. The article shows how to use the same dial setting for both voice and digital signals."

For some of us who are still struggling along these lines, this article promises to be instructive and encouraging.

On page 7 is an article about Sgt. Leigh Ann Hester, Kentucky National Guard, who was awarded the Silver Star for heroic action against rebel forces in Iraq. She is the first woman to be awarded the Silver Star by the Army since World War II.

Articles of interest about people in our sister states who have distinguished themselves are always welcome, but even more so when the individual is a member of Navy-Marine Corps MARS.

During 2006, we were blessed in that we were spared severe hurricanes. The predictions for 2007 paint a different picture. Preparedness is of the utmost importance. Do as much as you can to protect your home and your family.

Please keep in mind that The TRIAD is your newsletter. Without your active participation in providing articles and calling attention to members of interest, we would not have a newsletter. Let us hear from you right away!