

# Alabama Guardsman

Vol. III 2013

A publication for the Citizen-Soldiers & Airmen of Alabama



## *In this issue:*

*Are you preparing today for the 2013 tax year?Pg.2*

*The Adjutant General and State Command Sgt. Maj. Pg.3*

*Snap Shots: Highlights in the Alabama National Guard Pg.4*

*Background and History of the Alabama National Guard First Installment: 1807 through the Battle of Manassas Pg. 6*

# Taxes: Are you preparing today for the 2013 tax year?

**Lisa J. Gamble, AFC®, MBA**  
**Joint Family Support Assistance**  
**Program**

Tax season is in full swing for the 2012 calendar year. However, the 2013 tax year will be over before we know it. We are already 2 and a half months into 2013. One of the significant changes in the tax law is a decrease in our take home pay effective January 1, 2013, thanks to the ‘Fiscal Cliff’ and the jump in the Payroll Tax Rate from 4.2 percent to 6.2 percent. What can or should we do to prepare for the 2013 tax season?

Let me encourage you to seek the advice of a tax professional regarding the changes in the tax laws that took effect January 1, 2013. Now is the time to make any needed adjustments as tax credits and exemptions. The rules for itemizing deductions may have changed for you and/or your family. A tax attorney or tax professional, such as a CPA, can advise you on the new tax laws and how it pertains to your individual/family situation.

One of the best ways to save on taxes today is to contribute and participate



Contributed/image

*Alabama Guardsmen should make any needed adjustments now for changes in tax law for 2013.*

in your employer sponsored retirement plan. For the calendar year 2013 you may contribute up to \$17,500 per year in retirement accounts such as a 401(k), 457, TSP account if you are under age 50. For those age 50 and over, there is a ‘catch up’ provision that allows an additional contribution of \$5,500 per year. If your employer has a contribution match, PLEASE participate so that you get those matching funds. That’s free money! If your employer matches dollar for dollar up to, say, 3 percent and you don’t participate, that’s like turning down a 3 percent raise! Not many of us would turn down a raise! Also, you will be accomplishing two things: 1) You’re saving for your retirement today, and 2) You’re reducing your taxable income as money

saved in a defined contribution plan, like those listed above, which are funded with pre-tax dollars. That means you don’t pay federal or state taxes on your contributions going in. The funds will be taxed at retirement when withdrawn.

For those that may be deployed during the 2013 tax year, the Annual Defined Contribution Limit is \$51,000.

For a free, no-cost, private and confidential retirement review, contact:  
 Lisa J. Gamble, AFC®, MBA  
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 MFLC Personal Financial Counselor  
 205-382-0370 (Confidential Cell) \* 205-477-5512 (Confidential Fax)  
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 Serving Military Families in Alabama

## Alabama Guardsman

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## On the Cover

*Soldiers from Alabama’s Joint Force Headquarters in Montgomery conduct their annual individual weapons qualification at Pelham Range, Ala., February 2, 2013. Soldiers are required to remain proficient in the use and care of the assigned weapon. (Photo by Staff Sgt. Christopher Davis, Public Affairs Office).*

## Adjutant General

# Community involvement is a worthwhile mission



**Maj. Gen.  
Perry Smith**

We often talk about the roots of the National Guard, about the first muster of the militia in 1636. We talk about that heritage of the Citizen-Soldier being a point of pride for us in

the oldest military institution of the United States. I am certainly proud of that also. However, I am struck by how often someone asks me what the difference is between the Guard, the Reserves and the active duty

Army.

It seems that though we Guardsmen understand what makes us unique, we may not be doing a good job of reaching out to our communities and ensuring that they understand we are the Soldiers and Airmen who are long-term members of their community. Unlike the active duty, most of our Soldiers and Airmen are part of the communities for most of their lives. Unlike the active duty and the Reserves, National Guardsmen have been activated time and again to assist during the emergency response to tornadoes, hurricanes, winter storms, earthquakes and other disasters, and will continue to be always ready, always there in these

cases.

Each of us should consider ourselves an ambassador of the Guard, telling our friends and communities about the Guard. This is not just for recruiting – though we should always be on the lookout for good candidates to fill our ranks – but it is to let taxpayers know what they are paying for and how to get the most value out of their money.

There are several ways we can be more engaged in our communities. I encourage all leaders, especially commanders and senior officers and noncommissioned officers, to reach out to area civic organizations to speak with them about the Guard's (Please see **COMMUNITY**, page 5)

## State Command Sergeant Major

# Mentoring is a key to developing and strengthening leadership



**Command Sgt.  
Maj.  
Eddie Pike**

We must coach and mentor our young officers and noncommissioned officers (NCOs) and spend time with subordinates, talking with them face-to-face about their performance

and problems. Everyone wants feedback. We need to tell Soldiers and Airmen when they make mistakes and then coach them to succeed. Nothing is more important than taking the time to mentor subordinates.

The first duty of any leader is to create more leaders.

The word “mentor” comes from the name of an ancient Greek teacher who was responsible for his student’s moral, physical and mental development. In the same context, mentoring is relevant today since there is a need for us to share knowledge, experience and values with the less experienced members of our profession. We owe it to our subordinates and our units to invest our time for their personal growth and professional development.

Each of us can be a mentor, whether NCO, officer or civilian. We all have experience to give if we share these experiences and lessons

we derive from them. Mentoring is simply giving of your knowledge to other people. A platoon sergeant can be a mentor by taking time to share his or her experience with a young squad or section leader in order to help him or her become a better NCO. A senior NCO can help a young lieutenant or captain with a field problem or give advice about how to deal with Soldier and Airmen problems and how to care for their subordinates. Mentoring works with the higher ranks too.

The Army has no formal program or checklist for mentoring. To be an effective mentor, you need the experience and wisdom of your years (Please see **MENTOR**, page 5)

# Snap Shots

A look at some of the recent highlights from the Alabama National Guard



Contributed/photo

*The 135th Expeditionary Sustainment Command arrived in Kuwait for their deployment earlier this month. Brig. Gen. Donald Tatum, Commander of the 135th, was there to greet every Soldier as they stepped off the plane.*



Brenda Thomas/photo

*Ten Soldiers from the Alabama National Guard completed Officer Candidate School at Fort McClellan March 15, 2013. Alabama's Adjutant General, Maj. Gen. Perry G. Smith, joined them for their graduation and pinning ceremony.*



Jamie Brown/photo

*MONTGOMERY – Maj. Gen. Sheryl Gordon greets Col Stelian Moise, Romanian Quality of Life Directorate, at the Joint Force Headquarters building here March 7, 2013. Also traveling in the group was Col Traian Ciupitu, Romanian Land Forces. They were both here to learn about how to establish a Family Support Group system and to learn more about the Alabama National Guard's programs for veterans and their families, before, during and after deployments.*

*(COMMUNITY continued from page 3)*

abilities and unique dual-mission. Also, we can allow certain groups to rent our armory space for their special events, family reunions, and other social or civic gatherings. Every community member who walks into an armory will be exposed to the professionalism of the force that resides there.

*(MENTOR continued from page 3)*

and one vital quality—you have to care. If you really care about your profession and your subordinates, then you, as a leader, will devote the time and attention to those warriors. We can afford to do this in peacetime as the big payoff is increased combat readiness.

Mentoring is a key way in which we exercise leadership and strengthen our Army and Air Force values. Giving of ourselves by sharing our knowledge and experience

Remember that Guardsmen are citizens first and always. We are Soldiers and Airmen to protect our citizenship and that of those around us. Let us get involved in our communities, strengthening them and informing them about the history, capabilities, mission and value of the Alabama National Guard. Lead from

the front!

\*Note: If you are interested in speaking to a civic group about the Alabama National Guard, you may contact the Public Affairs Office at [int-paoal@ng.army.mil](mailto:int-paoal@ng.army.mil) for more information.

is the most important legacy we can leave to those who follow. That's making history in our own time and demonstrating that "Leadership Makes the Difference."

Think about this: Somebody in your career helped develop your personal and professional attributes long before the term "mentor" was popular. Somebody down there, a sergeant or an officer, coached you and taught you and inspired you to develop into the kind of officer or NCO

that is selected to command and lead our Soldiers and Airmen today. There really is no greater sense of self satisfaction than to take a young sergeant or a young lieutenant or captain and watch him or her grow. This is the greatest long-term legacy that you can leave. Throughout the ages, the most celebrated leaders in the profession of arms began their rise with the simple words, "Sergeant, show me how."

## *March is Women's History Month*

*Date: Wednesday  
3 April 2013*

*Come celebrate  
Women's History Month 2013*

*Time:  
1000-1045*

*presented by the  
Special Emphasis Program Committee*

*Guest speakers include:*



*MG Sheryl Gordon  
Alabama Army National Guard*



*Martha Roby  
U.S. Representative Alabama*



*Col Judy Dailey  
Alabama Air National Guard*

*Place: JFHQ Atrium*

**\*\* Please be in your  
seat by 0950**

## Background and History of the Alabama National Guard

### First Installment: 1807 through the Battle of First Manassas

By Master Sgt. Janine M. Jordan  
Senior Historian

The National Guard Historical Annual from 1938 shows that the history of the Alabama National Guard dates back to the mustering of the first militias<sup>1</sup>. The Militia Act of 1792 established the militia system in the United States officially; the act had the individual states controlling the militia during peacetime, and enabled them to be called to federal duty during war<sup>2</sup>.

A story from Army Strong Stories explains that our tradition of military lineage and honors was adopted from the "British tradition of keeping the memory of regiments active even after those regiments have been deactivated or renumbered."<sup>3</sup>

The regimental system encourages units to "celebrate their heritage by having traditional colors, holding the battle honors of their forebears, and fostering fierce loyalty to their regiment."<sup>4</sup> In 1957, the Combat Arms Regimental System was begun to build esprit de corps and celebrate Army history. Twenty-four years later (in 1981), the U.S. Army Regimental System was set up to continue the traditions. This means that any and everything these units do adds to the heritage of the unit, and soldiers are encouraged to act in accordance with their unit's history and add to the honors already accumulated.<sup>5</sup> We are able to trace an existing unit's history back to its militia days using the Regimental System. One of the units you will read about that has a history that can be traced back to the pre-Civil War days is 1st Battalion, 167th Infantry Regiment, Alabama Army National Guard.

Col. John H. Napier III wrote in "A Brief History of the Alabama Citizen Soldier,"<sup>6</sup> that the Mississippi Territory, including the portion that is now Alabama



Contributed/Image

*Gen. Bee leads the 4th Alabama against Matthew's Hill during the Battle of First Manassas. Fourth Alabama; Painting by Don Troiani. Re-printed with permission.*

(Alabama settlements in the Tombigbee-Alabama Water Basin, and the Tennessee River Valley), was organized in 1798. Napier also wrote that "in 1807, it passed a Militia Law that prescribed universal military service for each free male between the ages of 16 and 50, each of whom had to provide his own equipment. This would later become the basis for Alabama's military organization, after Statehood in 1819."<sup>7</sup> He said that, in the meantime, "the Mississippi Territorial Militia saw active service in the War of 1812 and the Creek War of 1813-1814, including units from what would later be the Alabama counties of Mobile, Madison, Baldwin, Clarke and Washington."<sup>8</sup>

Alabama settlers fought alongside militiamen from Tennessee, Mississippi and Georgia in several battles, including the Canoe Fight, the Battle of the Holy

Ground, the Battle of the Horseshoe, and the Battle of Burnt Corn. Their perseverance forced the Creeks to cede much of their land to the United States.<sup>10</sup> Napier wrote that "Alabama became a state in 1819 and enacted its first military legislation in 1820." He said that Alabama "followed the Mississippi model in providing for a statewide military organization headed by an Adjutant General (the Governor being Commander-in-Chief) and divided territorially into divisions and brigades. It mandated frequent musters and permitted incorporation of a volunteer company in each militia regiment with the prerogative of choosing its own uniform." Alabama was divided into four divisions of nine brigades, with at least one regiment or battalion in each brigade. Each brigade was to be commanded by a brigadier general.

(Please see HISTORY, page 7)

*(HISTORY continued from page 6)*

Also according to Napier, “in 1835, Alabama volunteer companies went to help Texas gain its independence from Mexico and many Alabamians were shot after surrender at the treacherous execution at Goliad. Former Monroe County resident Col. William B. Travis commanded the garrison at the defense of the Alamo, and Sam Houston had first won his spurs as a junior officer at the Battle of Horseshoe Bend near present-day Alexander City.”<sup>12</sup> He also wrote that a regiment of Alabama volunteers fought in Florida in the Second Seminole War in 1836. This regiment was comprised of several volunteer companies, which included the Selma Guards and the Montgomery True Blues. It was commanded by Col. William Chisholm of Montgomery. The Florida mission, near Tampa Bay, was four months long and was based around Fort Foster, which was later called Fort Alabama. A tribe of Seminoles repeatedly tried to capture the fort, but were unsuccessful. Three Alabama militia regiments contained Indians of the Creek Nation protesting their forced removal during the Trail of Tears, across the Mississippi River to present-day Oklahoma.<sup>13</sup> Napier also wrote that “in 1837, a new Militia Code extended the list of occupations exempt from militia duty and emphasized the division of service between the two classes of enrolled militia and volunteer companies.”<sup>14</sup>

Due to the Texas War for Independence and border raids by troops from Mexico, the U.S. declared war on Mexico. From 1846 to 1848, Alabama furnished one regiment, two battalions, and three singular companies for service in the Mexican War from local units. The First Alabama Volunteers were commanded by Col. John R. Coffee. This regiment was the largest group to participate in the Mexican-American War.

Nine hundred soldiers entered Vera Cruz, Mexico, following a naval bombardment. They marched into the town of Jalapa, intending to move to Mexico City, but Mexico had already surrendered. Due to anxiety over slavery in the 1850's, according to Col. Napier, “Major Jefferson Buford of Eufaula led a battalion of Alabama and Georgia immigrant volunteers to Kansas Territory, but the Free-Soilers won out. In 1859 Brown tried to raise a slave insurrection in Virginia, and the frightened South began to arm in earnest, and Secession loomed.” In 1859-60 the Alabama Legislature chartered at least 60 volunteer military companies<sup>15</sup>.

Southern secession began in November 1860, after Abraham Lincoln was elected US President. She wrote that Alabama seceded in January 1861 (as the third to secede). Governor A.B. Moore then “ordered the First Volunteer Regiment to seize federal military posts in the Mobile area, including the Mt. Vernon Arsenal.”<sup>17</sup> It was then that he told the Second Volunteer Regiment to go “help Florida, Mississippi and Louisiana troops occupy US installations.”<sup>18</sup> In March, the Army of Alabama was organized for 12-month service. Many U. S. citizens had a feeling that “a struggle was inevitable and that a resort to arms must follow the demand for the withdrawal of U. S. forces from southern ports.”<sup>19</sup> The Southern authorities demanded that federals withdraw from Fort Sumpter. They did not withdraw, and the Confederate Provisional Government in Montgomery ordered the attack on Fort Sumter in the Charleston, South Carolina harbor. The Civil War began and all Alabama troops were transferred into the Provisional Army of the Confederate States. The troops served mainly in northern Virginia and Tennessee.<sup>20</sup>

The 4th Alabama Infantry Regiment was organized at Dalton, Georgia, May 2,

1861, and mustered into service for twelve months at Lynchburg, Virginia. On May 9, 1861, they proceeded to Harper's Ferry. The 4th Alabama consisted of 1400 men, and was commanded by Col. Egbert J. Jones of Athens, Alabama. The unit later moved to Winchester, where it became part of Gen. Barnard Elliott Bee's brigade - of which the 2nd and 11th Mississippi, 1st Tennessee, and 6th North Carolina were the other regiments. On July 21, 1861, in an attempt “to cripple the newly assembled Confederate Army at Manassas, Virginia, the Union Army, under the command of Brig. Gen. Irvin McDowell, fired the opening shots of the first major battle of the Civil War.”<sup>21</sup> Both armies consisted of volunteers with regiments of both sides wearing blue and gray uniforms. The article shows that “the brunt of the Union attack fell on the Confederate left flank. Confederate Brig. Gen. Barnard Elliott Bee, Jr., having recently resigned from the U. S. Army (and still wearing his blue uniform), realized that the army's left flank was seriously exposed. Gen. Bee ordered the Fourth Alabama Regiment to advance rapidly to close the gap in the Confederate line where federal troops had broken through. The Fourth Alabama held position for over an hour and repulsed several Union regiments, which stalled the Union advance and gave the Confederate forces time to regroup. The Fourth Alabama pushed the federals back, which led the South to victory at Manassas. The Fourth Alabama played a prominent part in the fighting all day and contributed in a major way toward the Confederate victory.”<sup>22</sup>

Out of 750 Soldiers of the Fourth Alabama Infantry Regiment who were engaged at First Manassas, 38 were killed, and 208 were wounded. Gen. Bee was one of those killed; he was succeeded by Gen. W.H.C. Whiting.<sup>23</sup> The Battle of First  
**(Please see HISTORY, page 8)**

*(HISTORY continued from page 7)*

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Manassas would be the first evidence that the Civil War would be a difficult struggle. This battle is also referred to as the First Battle of Bull Run, since it was fought near Bull Run Bridge. Confederate soldiers tended to name battles after nearby towns (Manassas, VA), while Union soldiers tended to name them after geographical features (Bull Run Creek). Confederate Gen. Thomas J. Jackson got the nickname "Stonewall" when he stood firm at high ground during First Manassas, even though his forces were outnumbered.<sup>24</sup>

Fourth Alabama; Painting by Don Troiani  
Re-printed with permission

The National Guard Bureau, in an article that accompanies the above painting about the 4th Alabama's participation in the Battle of 1st Manassas, states that the 4th Alabama participated in "every major battle of the Eastern Theater of the Civil War and never surrendered its colors."<sup>25</sup>

[The heritage and traditions of the Fourth Alabama are carried on by the 1st Battalion, 167th Infantry Regiment, Alabama Army National Guard, which is currently deployed to Afghanistan.]

Next installment: Participation in other Civil War Battles: including second Manassas, Sharpsburg, Gettysburg and the next 100 years.

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### End Notes:

1. National Guard Historical Annual from 1938, National Guard Educational Foundation, Washington, DC., accessed February 22, 2013, <http://www.ngef.org/index.asp?bid=70>.
2. Ibid.
3. "Army Lineage; Where the National Guard Always Wins. Army Strong Stories," Army Strong, accessed February 22, 2013, <http://armystrongstories.com/army-stories/army-lineage-where-the-national-guard-always-wins>.
4. Ibid.
5. Ibid.
6. Napier, John H. A Brief History of the Alabama Citizen Soldier, accessed February 20, 2013, <http://sdf.alabama.gov/about-asdf/history>.
8. Ibid.
9. Ibid.
10. "Creek War of 1813-14," Encyclopedia of Alabama, accessed February 21, 2013, <http://www.encyclopediaofalabama.org/face/Article.jsp?id=h-1820>.
11. Napier, "Brief History."
13. Ibid.
14. Ibid.
15. Ibid.
16. Marie Bankhead Owen, L.L.D., State Director, Alabama State Department of Archives and History, *The Story of Alabama; A History of the State* (Lewis Historical Publishing Co., Inc., N.Y. Vol. II, 1949), 637.
18. Ibid.

**(Please see HISTORY, page 9)**

*(HISTORY continued from page 8)*

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19. Ibid.

20. Ibid.

21. "Bull Run, First Manassas," The Civil War Trust, accessed February 15, 2013, <http://www.civilwar.org/battlefields/bullrun.html?tab=facts>.

22. Ibid.

23. "4th Alabama Infantry in the American Civil War," Civil War Index, accessed February 15, 2013, [http://www.civilwarindex.com/armyal/4th\\_al\\_infantry.html](http://www.civilwarindex.com/armyal/4th_al_infantry.html).

24. Ibid.

25. "Fourth Alabama," National Guard Bureau, accessed February 16, 2013, [http://www.nationalguard.mil/resources/photo\\_gallery/heritage/4thalabama.html](http://www.nationalguard.mil/resources/photo_gallery/heritage/4thalabama.html).

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## Next Issue

*-Soldiers of the 1st of the 167th Infantry Battalion complete more than 10,000 missions in Afghanistan*

*-Members of the 226th Maneuver Enhancement Brigade deploy to Afghanistan*

*-Alabama Air National Guardsmen participate in Spartan Race*



# ALARNG Monthly Safety Bulletin

**SAFETY FIRST! PREVENTION ALWAYS!**

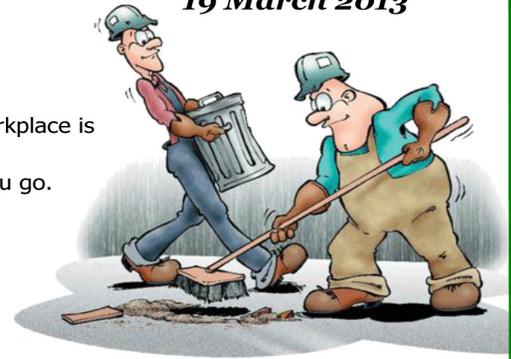
19 March 2013

## Clutter Causes Casualties

What does housekeeping have to do with safety? Lots! A clean and orderly workplace is essential to avoid falls, fires and many other kinds of accidents and injuries.

Consider your daily routine and think of ways to keep your workspace tidy as you go. It may take some time to get accustomed to a new habit, but once you start keeping your workspace neat and organized, you will likely find you work better and faster, and feel better about your space.

**Clutter and disorder contribute to workplace accidents. To help prevent them, use this checklist to help you find and eliminate the hazards of poor workplace housekeeping:**



- ◆ Floors are free of water, mud, ice, grease, trash and waste materials.
- ◆ Traffic routes remain clear. They are free of tripping hazards such as electrical cables, hoses and stored materials.
- ◆ Exits and stairways are well marked. They are kept clear at all times and are not used for storage.
- ◆ Fire extinguishers are kept charged according to a regular schedule. They are located where they will be easily accessible in case of a fire. They are not obstructed by stored materials.
- ◆ Trash cans are located where they are needed, and are emptied regularly.
- ◆ Oily rags are disposed of in covered metal cans.
- ◆ Lighting is adequate for safety. Burned-out lights are replaced promptly. Put your heat ticket in if it is not the bulb but the fixture!
- ◆ Supplies and materials are stored safely. They are stacked so they cannot fall.
- ◆ Any potentially hazardous materials are safely stored in the correct kinds of containers. They are correctly labeled and accompanied by Material Safety Data Sheets. Storage arrangements take into account the requirements of temperature, ventilation and humidity for various materials. Potentially incompatible materials are separated.
- ◆ Flammable and combustible materials are stored away from sources of ignition.
- ◆ Machinery is kept clean, free of oil, grease and dust. Equipment is maintained properly to prevent fires and accidents.
- ◆ Tools are cleaned and put away right after they are used. There are designated places for tools.
- ◆ Work stations are left clean at the end of the shift.
- ◆ Surfaces and equipment are checked over regularly for hazards such as protruding nails and rough surfaces. These could cause accidents such as eye injuries, cuts and bruises.
- ◆ Stools and chairs are placed so they are not tripping hazards. They are kept in good repair. When chairs or stools are damaged, they are removed from service so they cannot be used accidentally.
- ◆ Drawers and cabinet doors are kept closed to prevent tripping accidents. Filing cabinets are filled from the bottom up to prevent them from tipping over.
- ◆ Any smoking is confined to certain designated areas. Ashtrays are available and are used.
- ◆ Lunch areas are kept clean and free of trash. Washrooms are also kept clean and dry.
- ◆ Everyone takes responsibility for jobsite housekeeping. All employees know how to report safety hazards so they will be corrected.

**Remember, a safe workplace depends on each and every employee taking responsibility for good housekeeping—to prevent fires, falls and other accidents.**



**State Safety Office:**

Director – MAJ Charles K. Terry, email: [charles.k.terry@mail.mil](mailto:charles.k.terry@mail.mil); (334) 271-7418  
Safety Specialist – CW2 Tod Vann, email: [tod.vann@us.army.mil](mailto:tod.vann@us.army.mil); (334) 213-6392

**SAFETY BULLETIN**



# Marriage Enrichment Seminars & Single Soldier Seminars

Make a commitment to your marriage and your relationship with your spouse. Plan to attend a Marriage Enrichment Seminar (MES) hosted by the State Chaplains Offices & State and Family Programs Office. This is a very fun informative weekend where couples practice developing communication, problem solving, and relationship building skills. The seminar is presented in a relaxed, non-confrontational, positive setting. Activities are intermingled throughout the seminar to add “fun to the learning.” Activities designed to strengthen relationships, inspire hope, rekindle marriages, and start the journey of healing relationships. We strongly encourage the chain of command to support and facilitate a service member’s desire to attend any of the MES scheduled below.

Information will be provided for couples seeking services beyond the scope of the Marriage Enrichment Seminar.

Now we are also offering an event for single Soldiers! This first Single Soldier Seminar (SSS) will be hosted by our State Chaplain’s Office and will be led by CH Meredith Davenport & CH Richard Browning. Come enjoy spending the day with fellow single Soldiers as we discuss relevant topics including “How to Avoid Marrying a Jerk(ette).” We will also focus on issues that relate to single moms/dads as well as Soldiers who have gone through divorce. It will be fun, informative, and help prepare you to make good choices that encourage a great life both now and later.

These seminars are provided at no cost to military members or their spouses. These events will be in lieu of drill.

## **MES Dates and locations:**

27-28 April 2013 – Huntsville, AL  
 8-9 June 2013 - 4-H Center - Columbiana, AL  
 17-18 August 2013 – Mobile, AL

## **SSS Date:**

29 June 2013  
 Location is TBD

For further information please contact CH (MAJ) Wylly Collins or SGT Barbara Hayes in the **State Chaplains Office at 334-270-2996** or email [barbara.p.hayes2@mail.mil](mailto:barbara.p.hayes2@mail.mil).

The Army Strong Bonds Program provides general background information about the different types of events available for Soldiers to include SB for Singles, Couples, Families, Pre- and Redeployment.

[www.strongbonds.org](http://www.strongbonds.org)