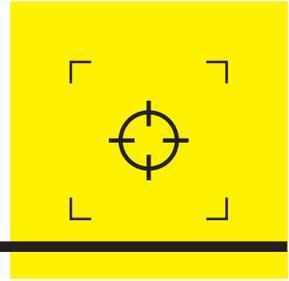


RapidFire

A QUICK ROUND OF GUARD AND DOD BRIEFINGS



BY THE NUMBERS

281,263

Man days that Army and Air Guard troops logged while responding to homeland incidents in fiscal year 2014, according to the Guard's 2016 Posture Statement. Across the country, Guard troops were activated by their governors 200 times.

4

Guard installations that received Secretary of the Army Awards for their environmental program achievements in fiscal year 2014: Camp Blanding, Florida Army National Guard (Natural Resource Conservation); Missouri Army National Guard (Environmental Quality, industrial); Fort Indiantown Gap, Pennsylvania Army National Guard (Sustainability, nonindustrial); and the Minnesota Army National Guard (Sustainability, individual/team).

4,000

California Soldiers and Airmen who have landed jobs over the past three years through the California National Guard's Work for Warriors program, which works directly with job seekers and employers to find a match. The program's original goal: 1,000 jobs over five years.



THIS SONG'S FOR YOU

Guard Soldiers fight, protect, rescue and comfort. They also rock, as two acts have shown recently with songs and videos that pay tribute to their fellow warriors.

In May, Bryan Hayes (above), a singer-songwriter and recently retired infantryman from the Memphis, TN, area, is releasing his third full-length studio album, "Farther Down the Line," which includes the single "I Wanna Run," one of a handful of songs he wrote while on deployment to Iraq in 2010.

The single's video, which can be seen on YouTube and includes a cameo by Tennessee Sergeant Zach Tucker, is a nod to the sacrifice of service members. It depicts a musician coming home from a tour but also

symbolizes a Veteran's return from

a deployment or leave. Hayes, who performs about 175 to 180 shows a year, says he wanted the song to come across as a "heartfelt, sincere thank-you" to troops everywhere and plans for proceeds from the song to go to military support groups such as the Wounded Warrior Project.

In March, the **133rd Washington Army National Guard Band**, which also performs as the group Full Metal Racket, released a video (also accessible on YouTube) for its original song "On Guard We Stand," written by bandleader Sergeant Charyl Sagar. The song, which drew the notice of General Frank Grass, chief of the National Guard Bureau, tells of the challenges the Guard has met over the past decade of war.

Here's hoping both tracks find more listeners—and more fans of those in uniform.



Drop and Do 20. Love, Your Phone.

OK, your goal of getting more exercise just got a boost. Guard Your Health, a health and wellness campaign of the Army National Guard Chief Surgeon's Office (and a GX contributor), has launched FitText, a text-messaging initiative focused on

maximizing PT, preparing for the APFT and supporting overall fitness.

Those who sign up for FitTexts—by texting "fit" to 703-997-6747 (standard text-messaging rates apply)—will receive three to four texts a week to help keep your training on track.

You'll get actionable tips, inspiration and reminders, with the messages linking to more resources related to APFT preparation guides, training routines, breathing techniques, and sleep and nutrition tips. Learn more at GuardYourHealth.com/fit-text.