

Memorial Day ceremonies honor the fallen

Virginia National Guard Soldiers and Airmen and members of the Virginia Defense Force celebrated, honored and remembered the men and women of the U.S. armed forces who made the ultimate sacrifice in service to their country May 29, 2023, at multiple Memorial Day ceremonies across the state.

Maj. Gen. Timothy P. Williams, the Adjutant General of Virginia, delivered remarks and laid a wreath at the Virginia War Memorial Shrine of Memory honoring VNG Soldiers and Airmen along with Command Chief Master Sergeant Kelly B. Reich, VNG Senior Enlisted Leader, at the Commonwealth's Memorial Day Ceremony. During his remarks, Williams spoke about gaining a perspective about how the Virginia War Memorial provided such an important connection to fallen service members

"For the Virginia National Guard, this is the place where we honor the fallen from the Bedford Boys and other heroes from World War II to our Soldiers lost in the last two decades of the Global War on Terror," Williams said. "Let us never forget the price they paid along with their other fellow Virginians to help keep us free."

Read more at <https://ngpa.us/25521>



Maj. Gen. Timothy P. Williams and Command Chief Master Sergeant Kelly B. Reich lay a wreath at the Shrine of Memory May 29, 2023, at the Virginia War Memorial in Richmond, Virginia.

Virginia National Guard News Headlines

DMA employees honored during recognition luncheon at Fort Barfoot

Maj. Gen. Timothy P. Williams, the Adjutant General of Virginia, and retired Brig. Gen. Walt Mercer, Virginia Department of Military Affairs Chief Operations Officer, presented awards to DMA employees as part of a state employee recognition luncheon May 11, 2023, at Fort Barfoot, Virginia.

Read more at <https://ngpa.us/25524>

VNG hosts combined arms marksmanship match

The Virginia National Guard's Marksmanship Training Unit tested the skills of nearly 90 shooters during the Adjutant General's Marksmanship Match, a three-day combined arms match held May 19-21, 2023, at Fort Barfoot, Virginia.

Read more at <https://ngpa.us/25522>

VDF hones skills at statewide exercise, collaboration with CAP

Members of the Virginia Defense Force honed their communication and access control skills during a statewide hurricane response exercise May 6, 2023, at multiple locations across Virginia.

Read more at <https://ngpa.us/25525>

329th RSG conducts logistics and OPD exchange in Tajikistan

Soldiers assigned to the Virginia Beach-based 329th Regional Support Group conducted logistics and military decision making process exchanges with the Republic of Tajikistan May 8-12, 2023, in Dushanbe, Tajikistan.

Read more at <https://ngpa.us/25527>

Join the Virginia Army National Guard, Virginia Air National Guard or the Virginia Defense Force

For information about joining the Virginia Army National Guard, the Virginia Air National Guard or Virginia Defense Force, visit the appropriate link below:

Va. Army National Guard

<http://nationalguard.com/va>

Va. Air National Guard

<https://go.usa.gov/xGmKG>

Va. Defense Force

<http://vdf.virginia.gov/joinvdf/>

Join the Virginia National Guard Alumni Network

<https://go.usa.gov/xzGT3>

Va. NCO, West Va. Soldier take top honors at Region II BWC

The Virginia National Guard's Staff Sgt. Dan Abbott and the West Virginia National Guard's Spc. Bret Williams took top honors after the five-day Army National Guard Region II Best Warrior Competition May 15-19, 2023, at Fort Barfoot, Virginia.

Abbott, a 12N horizontal construction engineer assigned to Fort Barfoot, was named Region II Noncommissioned Officer of the Year, and Williams, a 12W carpentry and masonry specialist assigned to the 922nd Engineer Detachment, was named Region II Soldier of the Year. The West Virginia National Guard's Staff Sgt. Avery Liller and the Pennsylvania National Guard's Spc. Nicolas Shaffer were named runners-up in their respective categories.

Eleven ARNG NCOs and Soldiers representing Virginia, Maryland, Delaware, West Virginia, Pennsylvania and the District of Columbia participated in the five-day competition, which tested their physical and mental strength, stamina and endurance over the course of various tests and challenges.

"I have the utmost respect for these guys," said Command Sgt. Maj. Irving Reed Jr., the Virginia Army National Guard command sergeant major. "We threw a lot of stuff at them this week and they dealt with it. I'm extremely proud of each and every one of them. Based upon what we saw, I think we're going to be strong going to nationals. I think we're sending two strong candidates, and who knows what might happen."

The competition kicked off the day the Soldiers and NCOs from the region arrived at Fort Barfoot with a written exam. The next day, the competitors' endurance was tested with a 13-mile ruck march, followed by a series of Army Warrior Tasks, which included a grenade throw, a communications test, medical and weapons proficiency tests and chemical, biological, radiological and nuclear protective gear knowledge. After the AWTs, contestants traveled to Virginia State University in Ettrick, Virginia, to conduct a combat water survival test.

The next morning, the NCOs and Soldiers conducted a physical fitness challenge followed by a timed confidence course consisting of seven different obstacles. Later, the group tackled day and night land navigation.

On the last two days of the event, the group competed in a timed multi-weapon challenge and conducted appearance boards before the recognition ceremony.

Abbott, who placed first in the physical fitness challenge, the multi-weapon event, land navigation and the confidence course, said it takes more than physical prowess to be successful in this type of competition.

"Physical preparedness was huge, and honestly, a huge part of it was mental toughness," said Abbott. "It's just being determined that you're going to succeed no matter how bad it hurts. A competition that runs at this level - there's no way that you're going to be so physically prepared that it's not going to break you off. These are built to break Soldiers down, that's the whole idea."

Williams, who finished the ruck march with the fastest time and performed strongly in the other events, credited his train-up for preparing him to win Soldier of the Year.



The Virginia National Guard's Staff Sgt. Dan Abbott and the West Virginia National Guard's Spc. Bret Williams take top honors after the five-day Army National Guard Region II Best Warrior Competition May 19, 2023, at Fort Barfoot, Virginia.

"I think the best thing that helped me was the ability to get on ADOS orders before the week and really train up with my NCO," said Williams. "He really pushed me to my limits while we trained. I did a lot of studying, physical activity and some shooting and land nav."

Williams and Abbott both are ready to represent Region II and their respective states at the national-level competition, scheduled for July 2023 in Alaska.

Read more at <https://ngpa.us/25523>

MORE ON THE WEB

H2F trainer advises on goal setting strategies

Read more at <https://ngpa.us/25526>

AG COC ceremony to feature F-22 flyover, artillery salute

Read more at <https://ngpa.us/25528>

183rd RTI trainers teach Ohio Airmen infantry skills

Photos on Flickr at <https://ngpa.us/25401>

34th CERFP trains up for external evaluation

Photos on Flickr at <https://ngpa.us/25367>

Hubbard promoted to brigadier general

Photos on Flickr at <https://ngpa.us/25382>

