

Mason succeeds Kobernik as 183rd RTI commander

Col. Beau Mason took command of the Fort Barfoot-based 183rd Regiment, Regional Training Institute from Col. Kurt Kobernik during a change of command ceremony Aug. 11, 2024, at Fort Barfoot, Virginia. Brig. Gen. Charles B. Martin Jr., Commander of the Virginia Army National Guard, presided over the ceremony and the exchange of organizational colors signifying the transfer of command from Kobernik to Mason.

“I’m honored to be here to acknowledge all of the fine Soldiers and NCOs of the 183rd Regiment and to recognize these two outstanding senior leaders,” Martin said. “There are only six officers serving at this level in the commonwealth, all of whom are the absolute best in their fields and are proven, battle-tested leaders. Col. Kobernik and Col. Mason are among the very best.”

Martin said he loved the rich tradition and symbolism of the change of command ceremony.

“Even though unit personnel, including commanders, come and go, the mission of the unit and its colors are enduring, making this transfer of authority such a profound and important occasion for both the unit and those that command it,” he said.

Read more at <https://ngpa.us/30596>



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Virginia National Guard News Headlines

Cooper’s journey of grit, growth at ARNG’s Best Warrior Competition

For five arduous days, Sgt. Carter Cooper, one of the top National Guard Soldiers in the nation, tackled challenge after challenge at the 2024 Army National Guard Best Warrior Competition, held Aug. 4-8, 2024, at the Ethan Allen Firing Range near Jericho, Vermont.

Read more at <https://ngpa.us/30597>

Ceremony bids farewell to 1940th, 1945th Contracting Teams

The Virginia National Guard officially said goodbye to the 1940th and 1945th Contracting Teams Aug. 10, 2024, during a small ceremony at the 329th Regional Support Group headquarters in Virginia Beach, Virginia.

Read more at <https://ngpa.us/30598>

Rail tank cars added to petroleum training program at Fort Barfoot

After years of planning, the U.S. Forces Command added two rail tank cars to their Petroleum Operations Sustainment Training program to enhance bulk fuel supply training efforts Aug. 23, 2024, at Fort Barfoot, Virginia.

Read more at <https://ngpa.us/30599>

529th CSSB publishes July 2024 newsletter from Poland

The Virginia National Guard’s Virginia Beach-based 529th Combat Sustainment Support Battalion published their July 2024 newsletter from Poland to provide an update on their federal active duty mission.

Read more at <https://ngpa.us/30558>

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Workshop brings together MFTs, MRTs for networking, collaboration

Virginia Army National Guard Soldiers, along with three civilians, participated in the second annual Master Fitness Trainer/ Master Resilience Trainer workshop developed by the Virginia Army National Guard Holistic Health and Fitness and the Resilience, Risk Reduction, and Suicide Prevention teams July 31 to Aug. 2, 2024, at Joint Expeditionary Base Fort Story and the State Military Reservation in Virginia Beach, Virginia.

“Two-week training at the schoolhouse is all they get so this is more of a continuing education mindset,” explained Capt. Brian Harder, Holistic Health and Fitness regional coordinator. “It’s a way to give them a whole lot of different areas they could further pursue on their own time or in the military to further their career.”

The three-day workshop provided training to conduct collective networking and education opportunities to refresh on training, discuss the industry’s education and development updates, and develop an improved network, organizational structure, and esprit de corps amongst all the VAARNG MFT/MRT community.

Master Fitness Trainers were recently renamed Holistic Health and Fitness Integrators.

Holistic Health and Fitness represents a cultural shift in the way the Army trains, develops and cares for Soldiers. H2F addresses the five domains of physical and non-physical readiness (physical, mental, sleep, nutrition and spiritual) through a comprehensive, integrated system of governance, personnel, equipment/facilities, programming and education to optimize individual Soldier readiness, reduce preventable injuries, improve rehabilitation outcomes after injury, and ensure our Soldiers are physically and mentally prepared to fight and win our nation’s wars.

“We’re balancing between MRT and H2F-I, how they’re integrated and where it’s going in the future,” Harder said. “We expose them to all these tools that are out there for them to use.”

More than 20 Soldiers participated in the workshop, which was almost double the last workshop, according to Master Sgt. Ramon Abreu-Perez, H2F state coordinator.

Among the civilians participating were representatives of the Virginia Department of Veterans Services and the Army Recovery Care Program.

“As a civilian who attended, I thought that the workshop was informative,” said Lisa Mooney, with the DVS Virginia Veteran & Family Support Program. “I gained more knowledge about the National Guard. I enjoyed the fact that civilians and National Guard members came together to develop ways to better serve the Soldiers relating to retention, suicide prevention, on and off base resources, mental health support, physical and spiritual health tools.”

“This is an opportunity for H2F-Is to have fellowship amongst themselves and establish a connection with each other,” Abreu Perez explained. “We’re hoping that after this they will have that relationship and that connection.”

Representatives from a number of organizations spoke to the attendees. Virginia National Guard representatives included the chaplain, the state surgeon, Family Programs and Recruiting and



Virginia Army National Guard Soldiers participate in the second annual Master Fitness Trainer/ Master Resilience Trainer workshop Aug. 1, 2024, in Virginia Beach, Virginia.

Retention. Other presenters included the Virginia Department of Veterans Services, Longwood University and Armed Forces Wellness Center.

“As an MRT presenter I enjoyed the updated information and speakers who spoke on the mental and physical wellbeing of Virginia Army National Soldiers,” said Staff Sgt. Wayne Graves, assigned to the Counterdrug Task Force Drug Demand Reduction Outreach Program. “I believe the class gave some tools to use to help me help Soldiers of my unit by passing on the resources available to Soldiers for total wellness. I highly recommend that all leaders take this course for the benefit of their Soldiers.”

Read more at <https://ngpa.us/30600>

MORE ON THE WEB

Task Force Echo ends historic mission

Read more at <https://ngpa.us/30601>

JAG conference brings together VAARNG, VDF

Photos on Flickr at <https://ngpa.us/30590>

VNG crews join flyover honoring Navy Vietnam veteran

Photos on Flickr at <https://ngpa.us/30564>

VDF medical professionals instruct at medic course

Photos on Flickr at <https://ngpa.us/30566>

VNG Soldiers welcome students back to school

Photos on Flickr at <https://ngpa.us/30565>

