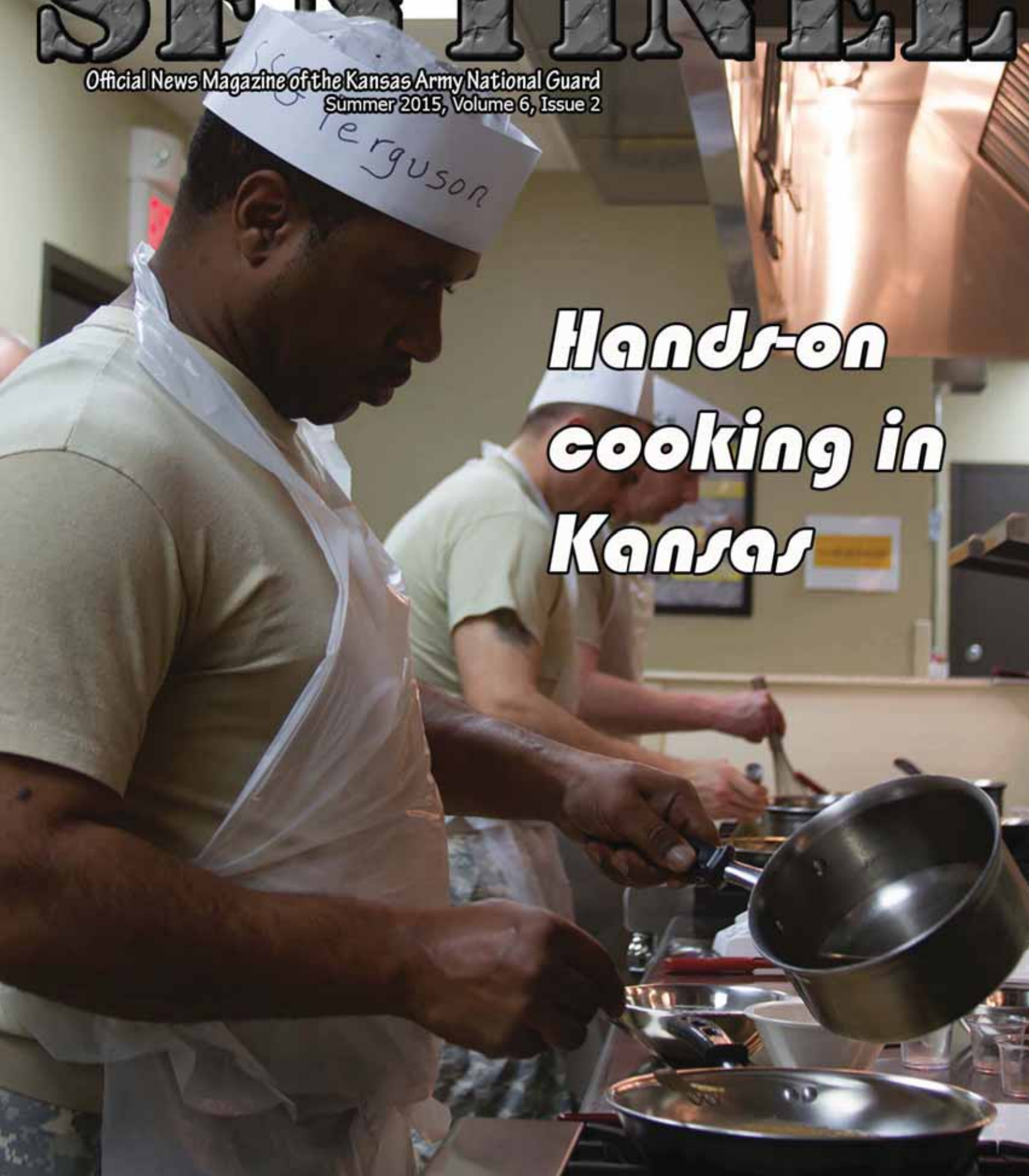


# Kansas SENTINEL

Official News Magazine of the Kansas Army National Guard  
Summer 2015, Volume 6, Issue 2

***Hands-on  
cooking in  
Kansas***



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### On the Cover

Staff Sgt. Antonio Ferguson of the Louisiana National Guard prepares gravy March 17 at the 235th Regional Training Institute's Culinary Center of Excellence, Salina, Kansas. The center draws Guard, Reserve and active duty Soldiers from across the nation training to become Army food service specialists. Photo by Sgt. Zach Sheely, Public Affairs Office.

The *Kansas Sentinel* is an authorized, official publication of the Kansas Army National Guard. It is published to provide information about the KSARNG and its Soldiers, at home and deployed. It is published by the 105th Mobile Public Affairs Detachment, Topeka, Kansas.

The views expressed herein are those of the authors and subjects and do not necessarily reflect the official views, opinions or constitute an endorsement by the U.S. government, the Department of Defense or the Department of the Army. This publication does not supersede information presented in any other official Army or Department of Defense publication.

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# FROM THE COMMANDER



Team, I hope this finds all of you and your families doing well. It's that time of the year again. Some units have just finished annual training, others are in the middle and the rest later this year. Command Sgt. Maj. James Moberly and I had the pleasure of joining Maj. Gen. Lee Tafanelli, the adjutant general and Command Chief Master Sgt. James Brown, incoming command senior enlisted leader, in visiting a number of units at Fort Riley and Salina recently. There was a lot of good training (and learning) going on in the middle of some rainy and humid conditions ... great Soldiers doing great things.

Change and challenge remain with us. In fact, probably the one constant is change. The Kansas National Guard continues to shape itself for the future. We will retain the 170th Maintenance Company and may add another signal company to our inventory of units within the state.

There still remains some uncertainty as we travel from where we are today to the new normal. There are things we do not control. However, there is much we do control or directly influence and readiness, strength, recruiting and retention are areas where you and I can make a difference. Making that difference is critical to

our success. Help put qualified young men and women into our formations and help retain those that we have.

Although there is much change and uncertainty, now and for the next few years, there are other factors that are indeed certain. We will continue to need those young citizens of our communities to join our ranks. Despite changing force structure and funding, everyone in uniform today has a place in the Kansas Army National Guard tomorrow.

Keep up your good work. Thus far, annual training has been conducted safely. Everyone stay on that path. Take care of your Soldiers and keep an eye on your buddy. Build some bridges and break down some walls. I am proud to be on your team.

Very Respectfully,

*Robert Windham*

Brig. Gen. Robert Windham  
Kansas Army National Guard Commander  
Assistant Adjutant General-Army



## Fresh food at a fraction of the cost

By Sgt. Zach Sheely  
*105th Mobile Public Affairs Detachment*

Walking into the new Culinary Center of Excellence at the Kansas Regional Training Institute in Salina, Kansas, is like entering the set of a cooking show.

Contestants, or in this case student Soldiers, offer their freshly-prepared dish for critique from the judges, eliciting comments such as, “Too nutty,” “A little runny” or “This meets the standard.”

The judges, Staff Sgt. Adam Cloyd and Staff Sgt. Hector Medina, are the only certified food service instructors in the Kansas Army National Guard. Their job is to train food service specialists from across the nation in the commercial-grade kitchen.

“The Army relies on the sustenance it receives,” said Medina. “Without it, nothing else runs. If you don’t have food,

you have no energy. It’s important that Soldiers are getting the right quantities and nutritional value.”

The 28-day food service specialist course features classroom instruction and hands-on training at individual cooking stations to train prospective U.S. Army, National Guard and Army Reserve food service specialists to deliver a standardized food product for one person to up to a battalion-sized element.

During a typical drill weekend, National Guard Soldiers may receive food catered from a civilian vendor, or be offered a Meal, Ready-to-Eat. In garrison and in theater, Army dining facilities are operated by civilian contractors. For Sgt. 1st Class David Medina, course supervisor, his dream is to put the responsibility of feeding Soldiers back into the well-trained hands of fellow Soldiers.

“It’s going to save the Army a lot of money,” he said. “Contracting is very expensive. Getting catered meals or going out to a restaurant, that’s a waste of money.”

Hector Medina echoed his brother’s sentiment and estimated that “serving fresh food prepared by Soldiers in place of an MRE (meal ready to eat) can save approximately \$6 per Soldier. It’s more cost-effective to serve troops fresh food, as opposed to an MRE.”

Students are required to complete two phases, garrison and field food service. The students will train on a mobile kitchen trailer and a containerized kitchen for the field service portion.

Students are taught to read and follow recipes and learn simple techniques such as the proper way to chop vegetables, to more complex disciplines like making a roux.



But it's not only about making good food.

"It's not just cooking the food," said Hector Medina. "It's keeping temperature logs on the refrigerator, labeling ingredients and sanitizing equipment and cooking areas."

Historically, the Army cook may not

be the most glorified job in the military, but the Medina brothers entered the Army in the job field, and their passion is obvious.

"I don't like the term 'cook,'" said David Medina. "You can go to McDonald's and be a cook. I prefer the term 'food service specialist,' because, to me, that means you care about what you're doing."

While some military occupational specialties do not transfer into the private sector, cooking offers many opportunities in civilian employment.

"We're always doing our mission," said Sgt. 1st Class Robertson Winters, previously an automated logistics specialist with the 250th Forward Support Company, Kansas National Guard, who is reclassifying as a food service specialist. "The thing I like is that you're not simulating, you are actually doing it. There's a lot you can take away from this course, at home and in the culinary arena."

David Medina said that the institute could use more instructors to facilitate the course, and he, along with Cloyd and his brother, Hector, have big dreams for the culinary institute.

"Why not bring military couples in here?" David Medina said. "What a great way for a couple to be intimate. Bring them in here and teach them to cook dinner together. Also, some of the kids, why not teach them a safe way to make a grilled cheese sandwich or macaroni and cheese not from a box?"

The Culinary Center of Excellence offers a glimpse into the future and a nod to the past when it comes to Army chow.

"We're headed in the right direction here," David Medina said. "We're helping save money, doing it the right way. The military runs on its stomach and in a split second, if there's not the proper training, you can wipe out a whole unit."



Staff Sgt. Shaun Myers prepares a gravy dish March 17, 2015. Myers, of the Iowa National Guard, is training to become an Army food service specialist. *Photo by Sgt. Zach Sheely, Public Affairs Office*

**Top Left:** Sgt. Ivan H. Payne, Missouri Army National Guard, left, and Staff Sgt. Shaun Myers, Iowa Army National Guard, prepare gravy at the 235th Regional Training Institute's Culinary Center of Excellence in Salina, Kansas, March 17, 2015. The Kansas Army National Guard's Culinary School of Excellence, located at the Kansas Regional Training Institute and facilitated by 2nd Battalion, 235th Regiment, is a state-of-the-art facility that opened in August 2014. *Photo by Sgt. Zach Sheely, Public Affairs Office*

**Right:** Students of the Culinary Center of Excellence at the 235th Regional Training Institute in Salina, Kansas present their freshly-prepared bowls of gravy for critique March 17, 2015. *Photo by Sgt. Theresa Vail, Public Affairs Office*



## Murdock takes command of 69th Troop Command

By Sgt. 1st Class Jessica Barnett  
105th Mobile Public Affairs Detachment

Soldiers, family and friends were on hand April 11 to witness the time-honored ceremony of the passing of the colors as Lt. Col. Thomas C. Barnett Jr. turned over command of the Kansas National Guard's 69th Troop Command to Col. Roger D. Murdock at Nickell Armory, Topeka.

"I served in the 69th from probably a captain on to lieutenant colonel," said Murdock, who has previously served with the brigade. "It is a privilege to come back to it."

"The Soldiers of the 69th Troop Command have done an outstanding job, especially in the last three years," continued Murdock. "I would just like to tell them 'Thank you for a job well done.' I am thankful to have the opportunity to follow Tom Barnett because he has done such a great job with the unit."

"The 69th Troop Command has worked so hard to become what they are," said Barnett. "I was very proud to stand up and talk about what they have accomplished. I'm the commander, giving directions, but it's really the Soldiers that make things happen."

Barnett will continue his military service as the next deputy commander of the 130th Field Artillery Brigade in Manhattan, Kansas.

"It is so wonderful to go back to artillery and so sad to leave at the same time," continued Barnett.

The 69th Troop Command is brigade to 11 subordinate to include Headquarters and Headquarters, 69th Troop Command; 105th Mobile Public Affairs Detachment; 102nd Military History Detachment; 137th Chaplain Detachment; 1979th Contingency Contracting Team; 1989th Senior Contingency Contracting Team; 35th Division Band; Headquarters and Headquarter Company, Joint Forces Headquarters Kansas; 1074th Field Trial Defense Team; 1174th Senior Trial Defense Team; and the KSARNG Medical Detachment.

Murdock enlisted in the Kansas Army National Guard in 1985, and received his commission as a second lieutenant in the



Brig. Gen. Robert Windham (right), commander of the Kansas Army National Guard, entrusts the colors of the 69th Troop Command to Col. Roger Murdock (left), incoming commander, signifying his confidence in his ability to handle the responsibility of command. The ceremony was held in front of family, friends and Soldiers at Nickell Armory, Topeka, Kansas, April 11, 2015. Photo by Sgt. 1st Class Jessica Barnett, 105th Mobile Public Affairs Detachment

Corps of Engineers through Wichita State University Reserve Officer Training Corps in 1986. During his career, he has served as platoon leader, company commander, logistics officer, assistant brigade logistics officer, assistant intelligence/training officer, operations officer, brigade operations officer, support operations officer, battalion commander, director of Operations for the Kansas National Guard and director of Personnel and Manpower, KSNG. He is currently assigned as the deputy chief of staff – Army for the Kansas Army National Guard.

Barnett began his career in the Kansas Army National Guard in April 1985 and received his commission as a second lieutenant as a field artillery officer following completion of the Kansas Army National Guard Officer Candidate School in July 1987.

His assignments with the Kansas National Guard include fire direction officer, electronic warfare officer, assistant fire support officer, fire direction officer, battalion fire support chief, liaison officer, battery commander, assistant fire support coordination officer, operations officer,

field artillery intelligence officer, effects coordinator, HQ, 35th ID; operations officer, division operations officer, senior space operations officer, and chief of operations for the 35th Infantry Division.



Outgoing commander Lt. Col. Thomas C. Barnett Jr. speaks to the Soldiers of the 69th Troop Command following the change of command ceremony at Nickell Armory, Topeka, Kansas, April 11, 2015. Photo by Sgt. 1st Class Jessica Barnett, 105th Mobile Public Affairs Detachment



# Guard assists Governor's Easter Egg Hunt



Pfc. Bradley Thomas, a military police officer with the 35th Military Police Company, stands in front of the Governor's mansion at Cedar Crest, Topeka, Kansas, during the Governor's annual Easter Egg Hunt March 28, 2015. He was one of several military police on-site to help with the event. *Photo by Spc. Anna Laurin, 105th Mobile Public Affairs Detachment*

By Capt. Kevin Anderson  
105th Mobile Public Affairs Detachment

More than 500 local Kansans gathered on a brisk morning to partake in one of the state's time-honored traditions, the annual Governor's Easter Egg Hunt, March 28, 2015.

Gripping their Easter baskets, standing behind the starting line, children eyed the open fields around the Governor's mansion, full of Easter eggs. Anxious and cold parents, stood behind them watching their children enjoy the experience.

Pulling off such a wonderful community event requires dedication and planning. Leading the charge to plan the Easter Egg Hunt this year was Maj. Amy Blow, an officer in the 190th Medical Group, Kansas Air National Guard.

Planning for the Easter Egg Hunt began 30 days prior and culminated in a wonderful event for the families in attendance, according to Blow. Throughout

the planning process, Blow incorporated elements from the Kansas Army and Air National Guard, the Civil Air Patrol, the Kansas National Guard Teen Council and the Capital Police to ensure all aspects of the event were properly executed.

Blow said the goal of the event was twofold.

"First, to demonstrate the appreciation of the governor and his family to the community by hosting the event," said Blow, "and second, to have the National Guard and other agencies have a presence in the community and assist with a wonderful event."

One unit specifically tasked to support the event was the 35th Military Police Company, Kansas Army National Guard. The noncommissioned officer in-charge for the event from the MP Company was Staff Sgt. Kevin Fischer. Fischer worked the Easter Egg Hunt nearly eight years earlier as a lower enlisted Soldier and returned to the event this year as a key member of the leadership.

"The Easter Egg Hunt has always been a great event and when I had the opportunity to be involved with it again, I couldn't pass," said Fischer.

The event provided the MPs with real-world training and honed their military occupational skills.

"We got to practice our entry control point, cordon and personal security skills," said Fischer.

While real-world experience and training was the MP Company's primary goals for the event, Fischer was quick to point out "the Easter Egg Hunt is a great way for the National Guard to interact with the community."

It is not unusual for a Guardsman to find his military and civilian careers overlap and such was the case for one of the MP Soldiers at the event.

Sgt. Ynacio Bautista is a member of the Military Police Corps in the Kansas National Guard and also a capital police officer for the state of Kansas. On the day of the Easter Egg Hunt, he found himself working the event in the latter role. He said that there are similarities to the military

and civilian aspects of law enforcement and enjoys the ability of combining his dual careers. Bautista volunteered for the event because he believes it is important for those in the local community to interact with law enforcement personnel.

"The Easter Egg Hunt builds community trust by interacting with the public in a fun and safe environment," he said.

Although the kids, ages 1 to 6 years-old, began scouring out the Easter eggs in the field before Gov. Sam Brownback officially said "Go," the event went off without a hitch. Brownback took the time to thank all of the National Guard members and other units involved in the planning and staffing of the event.



Hezekiah Talbert, 9, and Jeremiah Talbert, 3, of Topeka, Kansas, dig through their baskets to discover what is inside their eggs at the Governor's annual Easter Egg Hunt out front of the Governor's mansion at Cedar Crest, Topeka, Kansas, March 28, 2015. This year tickets were hidden within various eggs that could be registered to win a bike. *Photo by Spc. Anna Laurin, 105th Mobile Public Affairs Detachment*

# Kansas Army National Guard Best Warrior Competition

By Sgt. Zach Sheely  
105th Mobile Public Affairs Detachment

Eight National Guardsmen representing units from across Kansas converged on the Great Plains Joint Training Center near Salina, Kansas, March 19-21 to contend in a grueling competition to determine the Best Warrior in the Kansas Army National Guard.

Staff Sgt. Jeffrey Austin and Senior Airman Dean Johnston, joint terminal attack controllers, 284th Air Support Squadron, Kansas Air National Guard, claimed the title of Best Warrior in the Soldier and noncommissioned officer categories, respectively.

This was the first time Airmen participated in the Kansas National Guard Best Warrior Competition and Command Sgt. Major James J. Moberly, command sergeant major, Kansas Army National Guard –Land Component, explained that the future model of the event will be a joint-service competition.

“The Airmen this year were my test subjects,” he said. “Next year we will open the competition to the 184th Intelligence



Senior Airman Dean Johnston, left, and Staff Sgt. Jeffrey Austin, joint terminal attack controllers, 284th Air Support Operation Squadron, plot their points on a map of the land navigation course at the Great Plains Joint Training Center, near Salina, Kansas, during the Best Warrior Competition March 19, 2015. Johnston and Austin won the Soldier and noncommissioned officer categories of the traditionally Army-only event.

*Photo by Sgt. Zach Sheely, 105th Mobile Public Affairs Detachment*



Wing and the 190th Air Refueling Wing.”

The competition pushes contenders to their limits, testing their mental fortitude, physical stamina and knowledge in all facets of Soldier skills and Army doctrine. It’s an exercise in resilience under stress.

“There’s a lot for these contenders to be able to know and do,” said Command Sgt. Maj. Ricky Matticks, commandant, 235th Regional Training Institute. “It’s a long race. It’s not necessarily about winning each event, it’s how you average.”

Day one of the arduous three-day event was the most physically demanding.

The day began with an Army Physical Fitness Test – two minutes of pushups and situps and a timed two-mile run – and weigh-in, followed directly by land navigation, wherein competitors had to locate five points on a four square-mile course as fast as possible using only a map, protractor and compass. Then, during a nearly 12-mile ruck march – conducted in accordance with Army Air Assault standards – each participant, wearing body armor and Kevlar helmet, carried a 35-pound pack over the rolling terrain of Smoky Hill Weapons Range without being told the distance or time they would be walking. Once finished with the ruck march, competitors were given an additional three points to find on the land-navigation course under the darkness of nightfall – all within roughly 12 hours.

Day two tested marksmanship, starting with zeroing and qualifying with the M4 carbine. Next, a “mystery event” included a live-fire exercise with the M249 squad automatic weapon, M320 grenade launcher and 12-gauge shotgun as competitors moved from range to range on foot. The event wasn’t timed, but only the first four to finish were awarded points. There was also record qualification with the M9 pistol. Then each competitor conducted a call for fire drill and wrote an essay on the subject of mentorship.

The final day, each participant was given a written exam and scrutinized on their appearance in their service uniform by a board of sergeants major, who asked them questions on modern Army doctrine.

Throughout the event, competitors were tested on various warrior tasks including assembling and disassembling



Six Kansas Army National Guard Soldiers and two Kansas Air National Guard Airmen compete for the title of the Kansas National Guard’s Best Warrior at the Great Plains Joint Training Center, near Salina, Kansas, March 19-21. The grueling competition is intended to test mental and physical fortitude and determine the best overall enlisted service member and noncommissioned officer. *Photo by Sgt. Zach Sheely, 105th Mobile Public Affairs Detachment*

the M249, calling in a medical evacuation and identifying and treating battle wounds.

“This competition has been years in the making,” said Brig. Gen. Robert E. Windham, commander, Kansas Army National Guard-Land Component. “Every year it gets a little better and a little more challenging.”

At its heart, the Best Warrior Competition is designed to build morale among competitors, their units and the Kansas National Guard as a whole.

“It brings me back to the core of Soldiering,” said Matticks. “It’s what the basics of Soldiering are all about, and I think that’s what really motivates these guys.”

Sgt. Michael Meyer, combat engineer, 772nd Engineer Company, was motivated by sheer will. Meyer, a 53-year-old native of Higginsville, Missouri, won his company-level Best Warrior event months prior, and was nearly three times the age of most of his fellow competitors.

“My pride won’t let me stop,” he said. “I can’t quit. I had to talk myself into continuing, but once a quitter, always a quitter, so I just had to keep moving. I may not win, but I won’t be last.”

Ultimately, no competitor quit. Each showed strengths and also learned lessons

to take back to their respective units, according to Moberly.

“This also serves as an external evaluation for me on the quality of training within my subordinate units and what shortcomings need to be addressed,” said Moberly. “I think this competition is critical to monitoring the readiness of our force and, most importantly, recognizing the top individuals.”

Windham strongly encouraged all who love being a Soldier to compete in future Best Warrior Competitions.

“Everybody that competed is a winner,” he said. “The competitors are the pride of the Kansas National Guard, but at the end, there’s only one number one.”

Winners of the competition at the state level will go on to a regional event against winners from neighboring states. Since the official National Guard competition hasn’t opened to Airmen yet, the two runners-up, Sgt. Matthew Copeland, tank gunner, Company D, 2nd Combined Arms Battalion, 137th Infantry Regiment, Emporia, and Spc. Karson Zeltwanger, computer detection systems repairer, 995th Maintenance Company, Concordia, represented Kansas in the Region V competition at Fort Leonard-Wood, Missouri, in May.

## 35th Infantry Division conducts accelerated training exercise

By Staff Sgt. Jennifer Milnes  
*35th Infantry Division*

Training is a necessity to remain a versatile and relevant fighting force. Training allows Soldiers to expand upon their own skills and gives unit leadership the opportunity to improve overall unit capabilities. Members of the Army National Guard's 35th Infantry Division recently conducted a first-of-its-kind warfighting exercise to better test and prepare its troops for potential future missions.

The 35th ID conducted the 2015 Santa Fe Exercise with a training scenario utilizing a live simulation. The simulation was provided by the Global Simulation Capability (GSC), a section of the National Simulation Center (NSC) at Fort Leavenworth, Kansas. While live simulation exercises are typically built to span one to two weeks at a time, the 35th Infantry Division modified the timeline in order to successfully complete the exercise in a single drill weekend.

"We are the first National Guard division to have utilized the Global Simulation Capability and complete it within a drill weekend," said Maj. Gen. Michael D. Navrkal, commander of the 35th ID. "Although the GSC has worked with other units before, they have typically been active duty units or National Guard or Reserve units in a longer annual training status."

By completing the process in a weekend, the 35th ID was able to look at their war-fighting functions and how they act with one another. This training will in turn help the Division with their upcoming annual training mission in June and beyond.

The training scenario was largely successful due the military's new WARSIM Federation, a group of constructive simulations that collectively simulate military operations and stimulate Mission Command Systems (MCS).

"The WARSIM Federation is the 'optimal' tool for division and higher command post exercises," said Col. Charles Allen, the chief of Global Simulation Capability Division National Simulation Center at Fort Leavenworth. "Normally the WARSIM Federation requires a lot of overhead, but through 35th Infantry Division and GSC's combined planning effort, we demonstrated that the WARSIM overhead can be greatly reduced, but still meet 'focused' training outcomes."

Allen added that the GSC looks forward to working with 35th ID in the future and other Army National Guard divisions to meet their training objectives.

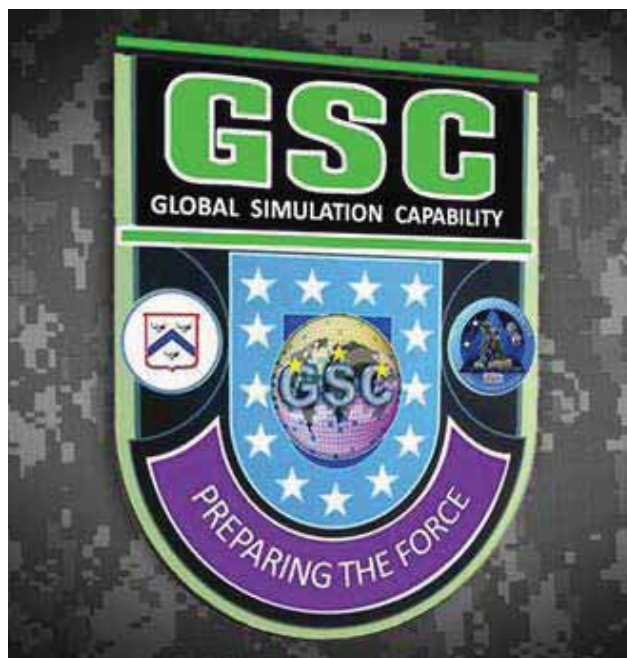
Maj. Jason Inskeep, training officer for the 35th ID, noted that one of the more beneficial aspects of the exercise was that it provided additional training time for their command staff to operate through a unit Command Post Exercise, allowing for further enhancement of their battle drills.

"Having a scenario that is played out in real time allows troops to 'fight the deep fight' using the Fires and Targeting sections specifically, but also having the air/ground coordination," said Inskeep.

Also in attendance, were coaching mentors from the Army's I Corps out of Joint Base Lewis-McCord in Washington, who advised and shared thoughts with members of the 35th ID on ways to improve future processes.

"The organizations are about the people, the processes, the systems and the structure," said Navrkal.

"We were able to touch on all of those with this training and most impressively, we were able to advance our readiness while keeping our Soldiers, equipment



and resources at home station," Navrkal continued.

Though the simulation spanned only 12 hours of operations over a two-day period, it involved months of planning, coordinating and utilizing resources within condensed time and budgetary constraints.

"When you haven't used this type of simulation in this capacity before and you have coordination among the unit, the GSC and the Mission Training Complex (use of their rooms, network and some of their equipment), there is a lot of communication that needs to happen," said Inskeep.

After completion of the exercise and a thorough group after action review, Inskeep is certain that the division can now narrow future planning for similar exercises down from six months to a mere 100-120 day planning cycle.

"We're the first division to take advantage of what I believe is a great opportunity and partnership with the Combined Arms Center training area on Fort Leavenworth," Navrkal said. "We'll only continue to grow this partnership and build better more collaborative training."



# Kansas anglers compete in veterans tournament



By Capt. Michael Sullivan  
105th Mobile Public Affairs Detachment

Anglers from across Kansas narrowly missed strong early morning storms to participate in the 11th annual Kansas Veterans Memorial Fishing Tournament at Coffey County Lake near Burlington, Kansas, April 25.

The event, hosted by the 2nd Battalion, 130th Field Artillery and supported by Wolf Creek Generating Station, is held in memory of the fallen heroes of Kansas who gave the ultimate sacrifice for the American way of life.

Retired Maj. Gen. Tod Bunting, the former adjutant general of Kansas, and retired Command Sgt. Maj. Stephen Rodina have been part of the fishing tournament since its inception 11 years ago. They see it as an important way to remember members of the Kansas National Guard who lost their lives.

"We believe in tradition," Bunting said during the post-tournament ceremony. "We started this for our first two Soldiers that we lost after 9/11. One of them was an avid fisherman. His dad told us that it's what he loved to do. We started it for that reason."

Following their retirement four years ago, Bunting and Rodina were hopeful that the tradition would continue.

"The 2-130th folks share our passion for this," said Bunting. "I don't think it is ever going to go away. And the people

The father and son team of Jack Fisher (left) and George Fisher (right), display their trophies after winning the 11th annual Kansas Veterans Memorial Fishing Tournament at Coffey County Lake near Burlington, Kansas, April 25. The pair was presented their trophies from (pictured behind left to right) retired Command Sgt. Maj. Stephen Rodina, retired Maj. Gen. Tod Bunting and Adam Heflin, CEO of Wolf Creek Generating Station.

*Photo by Capt. Michael Sullivan, 105th Mobile Public Affairs Detachment*

from Wolf Creek have been here all along. We love this tournament. We aren't fishermen. We only come down to cheer you on and give the awards you deserve."

Wolf Creek, which contributes both financially and with hundreds of volunteer hours to make the tournament happen, has about 1,000 full-time employees and roughly 20 to 25 percent of those employees are veterans.

"With that many veterans in our work force it is a natural extension to support the National Guard and veterans groups in our state," said Adam Heflin, CEO of Wolf Creek. "Having something like this that supports the veterans and having it out on the lake ... this is a great match for community outreach for us."

The tournament saw 15 of the 19 registered boats actually hit the water to compete. Only the top five fish were weighed as part of the final contest.

The winning team was a father and son pair – Jack Fisher from Wichita, Kansas, and George Fisher, from Atlanta, Kansas. The duo hauled in 8 pounds, 7 ounces of fish.

George retired from the Army after 26

years and enjoys helping out the troops.

"I'm a veteran myself," said George. "I look to come and support anything to do with the veterans."

His son, Jack, enjoys the time fishing with his father noting that they are great "fishing buddies."



Ryan Morrell, 12, Wichita, Kansas, and his dog, Pickles, help ready a boat prior to setting out to fish with his father, Ryan, at the 11th annual Kansas Veterans Memorial Fishing Tournament at Coffey County Lake near Burlington, Kansas, April 25. *Photo by Capt. Michael Sullivan, 105th Mobile Public Affairs Detachment*

# Kansas leaders visit troops in the field



Brig. Gen. Robert Windham (left), commander of the Kansas Army National Guard, and Maj. Gen. Lee Tafarielli (right), adjutant general of Kansas, and other VIPs stopped by Battery E (Target Acquisition), 161st Field Artillery's annual training at the Great Plains Joint Training Center in Salina, Kansas, June 7, 2015, to visit with Soldiers and commend them on their training progress. Photo by Sgt. 1st Class Jessica Barnett, 105th Mobile Public Affairs Detachment

By Sgt. 1st Class Jessica Barnett  
105th Mobile Public Affairs Detachment

Three units of the Kansas Army National Guard were visited by senior leaders during their annual training June 7, 2015, at Fort Riley and Salina, Kansas.

Maj. Gen. Lee Tafarielli, adjutant general of Kansas; Brig. Gen. Robert Windham, commander of the Kansas Army National Guard; Command Chief Master Sgt. James Brown, incoming command senior enlisted leader of the Kansas National Guard; and Command Sgt. Maj. James Moberly, command sergeant major of the Kansas Army National Guard, observed Soldiers of the 1st Battalion, 161st Field Artillery; 2nd Battalion, 130th Field Artillery; and 35th Military Police Company as they conducted unit-specific collective training.

The day started out in the field of Fort Riley observing the 1st Bn., 161st FA fire 155 howitzer rounds, followed by a visit to the forward operating base of the 2nd Bn., 130th FA at the Smoky Hill Range of the Great Plains Joint Training Center in Salina.

"We are in day four of our live fire

exercise," said Sgt. 1st Class Douglas Spencer, battalion master gunner, 1st Bn., 161st FA. "It's a lot of fun. It means a lot to our regiment to showcase our ability to the leadership, to see that they actually care. Seeing them puts a smile on the Soldiers' faces."

During their visit, the senior leaders talked with junior enlisted and listened to issues and concerns the Soldiers have, along with ideas for improvements to increase opportunities and to meet their units' training objectives. Tafarielli also took the time to ask Soldiers about their civilian life, progress on Structured Self Development courses and about their day-to-day annual training experiences.

"It is reinvigorating for me to watch the great training that is going on with our Soldiers," said Tafarielli. "A lot of times we don't have that opportunity to see those Soldiers work on their collective training requirements. To be able to come to Fort Riley or Salina and watch them do that is really special for me and the other senior leaders."

During the visit, Tafarielli recognized individual Soldiers by calling them out in front of their unit and presenting them with an adjutant general's challenge coin

for going above and beyond and making a difference in their unit.

"We always try to come out and recognize all the Soldiers," said Tafarielli, "but it is just not possible, so we try to find one or two Soldiers that are really going above and beyond and making their unit a better place and improving training for our Soldiers."

Capt. Nicky Inskeep, commander of the 35th Military Police, was happy with her Soldiers' progress during annual training and that the adjutant general and senior leadership could come out to observe their hard work.

"They work hard sun up to sun down and they are an outstanding group of Soldiers," said Inskeep. "I know it means a lot to them that he takes the time to come out and see their training, to see all that they have been learning."

"This is why they joined the National Guard," said Windham, "to go out and Soldier and be out here. Even though it is really humid today, there is no lack of mosquitoes and there hasn't been a lack of rain, not a one of them commented about that and they were out here doing what they love to do. So, it is a real pleasure to be here and see them in their element."





# KANSAS NATIONAL GUARD

CURRENT AS OF 10/27/14

Resources for Service Members & Families in need or in crisis.



## MILITARY ONESOURCE

1-800-342-9647 [www.militaryonesource.mil](http://www.militaryonesource.mil)

## CHAPLAIN

Providing religious, spiritual and general life counseling.  
100% confidential.

### State Chaplain

CH (COL) David Jenkins

Office: (785) 274-1515 Cell: (785) 231-4742

Cell #2: (785) 438-9145 [william.d.jenkins30.mil@mail.mil](mailto:william.d.jenkins30.mil@mail.mil)

### 190th ARW Chaplain

CH (LtCol) Oliver Bergeron

Office: (785) 861-4001 Cell: (316) 210-7956

DSN: 720-4001 [oliver.bergeron@ang.af.mil](mailto:oliver.bergeron@ang.af.mil)

### 184th IW Chaplain

CH (LtCol) Terry Williams

Office: (316) 652-9601 Cell: (316) 304-2306

[terry@rivercc.org](mailto:terry@rivercc.org) or [terry.williams@ang.af.mil](mailto:terry.williams@ang.af.mil)

### Full Time Support Chaplain

CH (MAJ) John Potter

Office: (785) 274-1515 Cell: (785) 220-9480

[john.r.potter.mil@mail.mil](mailto:john.r.potter.mil@mail.mil)

### Full Time Support Chaplain Assistant

SSG Jimmy Boss

Office: (785) 274-1514 Cell: (785) 215-4067

[jimmy.d.boss.mil@mail.mil](mailto:jimmy.d.boss.mil@mail.mil)

## SUICIDE HOTLINE

1-800-273-TALK (8255)

## PSYCHOLOGICAL HEALTH

Provides complimentary, confidential consultations to Service Members and their families. The services covered include but are not limited to: anger management, stress related issues, relationships, finance, children acting out, and problems at school.

### Psychological Health Coordinator

Kansas State Director of Psychological Health

John Kriss

Cell: (785) 338-6951 [John.p.kriss.ctr@mail.mil](mailto:John.p.kriss.ctr@mail.mil)

### 190th ARW Director of Psychological Health

Robert Johnson

Office: (785) 861-4792 Cell: (785) 217-7325

DSN: 720-4792 [robert.johnson.8@ang.af.mil](mailto:robert.johnson.8@ang.af.mil)

### 184th IW Director of Psychological Health

Jeri Kennedy

Office: (316) 759-8901 DSN: 743-8901

Cell: (316) 617-6401 [jeri.kennedy@ang.af.mil](mailto:jeri.kennedy@ang.af.mil)

## FAMILY ASSISTANCE OFFICE

Provides information on and referral to essential services, including: Financial Assistance, Legal Referral, Follow-Up and Outreach

### Hiawatha: Cherie Herlinger (Coordinator)

(785) 806-1761 [cherie.l.herlinger.ctr@mail.mil](mailto:cherie.l.herlinger.ctr@mail.mil)

### Iola: David Fehr

(785) 806-1756 [david.a.fehr4.ctr@mail.mil](mailto:david.a.fehr4.ctr@mail.mil)

### Wichita: Renee Henry

(785) 806-1754 [renee.m.henry6.ctr@mail.mil](mailto:renee.m.henry6.ctr@mail.mil)

### Lenexa: Tammy Alsup

(785) 806-9842 [tamatha.d.bullardalsup.ctr@mail.mil](mailto:tamatha.d.bullardalsup.ctr@mail.mil)

### Salina: Kara L. Marlow

(785) 991-0706 [kara.l.marlow.ctr@mail.mil](mailto:kara.l.marlow.ctr@mail.mil)

### Hutchinson: Jennifer Villarreal

(785) 991-0712 [Jennifer.l.villarreal10.ctr@mail.mil](mailto:Jennifer.l.villarreal10.ctr@mail.mil)

### Lawrence: Hannah Roland

(785) 213-3012 [hannah.b.roland.ctr@mail.mil](mailto:hannah.b.roland.ctr@mail.mil)

## JFHQ-SARC

### 1st Lt. Tim Traynor

Office: 785-274-1578 [timothy.p.traynor2.mil@mail.mil](mailto:timothy.p.traynor2.mil@mail.mil)

Cell: (Emergency or to report an assault) 785-438-0017

<https://www.safehelpline.org> 877-995-5247

### JFHQ-KS Victim Advocate Coordinator (VAC)

MSgt Kristina Perkins - Cell: 785-207-8530

[Kristina.s.perkins.mil@mail.mil](mailto:Kristina.s.perkins.mil@mail.mil)

## TRANSITION ASSISTANCE ADVISOR PROGRAM (TAA)

Helping Service Members access Veteran Affairs' health care services, benefits and employment assistance.

### Howard Steanson

Mobile: (785) 806-4179 Office: (785) 274-1188

[howard.l.steanson.ctr@mail.mil](mailto:howard.l.steanson.ctr@mail.mil)

### TRANSITION ASSISTANCE SPECIALIST (TAS)

MAJ Charles Lunkwitz

Mobile: 785-817-2960 Office: 785-274-1129

[Charles.t.lunkwitz.mil@mail.mil](mailto:Charles.t.lunkwitz.mil@mail.mil)

## AIRMAN & FAMILY READINESS PROGRAM MANAGER

### 190th ARW: Adrienne Dickey

Office: (785) 861-4940 Cell: (785) 806-1252 DSN: 720-4940

[adrienne.dickey@ang.af.mil](mailto:adrienne.dickey@ang.af.mil)

### 184th IW: Hilari Delarosa

Office: (316) 759-7092 Cell: (316) 617-804 DSN: 743-7092

[hilari.delarosa.civ@ang.af.mil](mailto:hilari.delarosa.civ@ang.af.mil)

## EMPLOYER SUPPORT OF THE GUARD AND THE RESERVE

Helping resolve conflict between employers and Service Members and locate companies who are hiring Guard members and Reservists.

### Paul Swanson

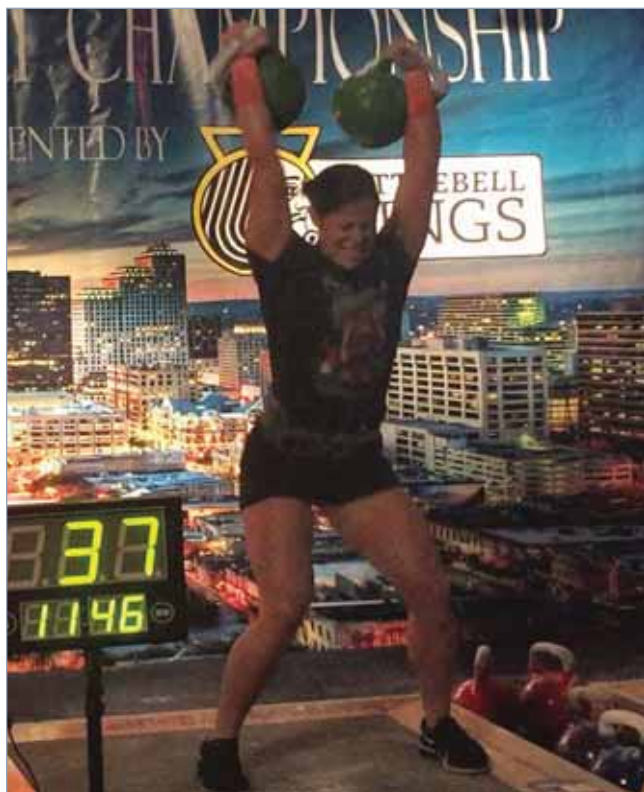
Mobile: (785) 217-4828 Office: (785) 274-1559

[www.esgr.mil](http://www.esgr.mil)

[paul.a.swanson10.ctr@mail.mil](mailto:paul.a.swanson10.ctr@mail.mil)

These resources are for all KSNG Service Members and their families regardless of their duty status.

## Soldier sets new precedent and record in kettlebell



Sgt. 1st Class Kimberly Fox, a readiness noncommissioned officer of Detachment 2, Company C, 2nd Battalion, 211th Aviation Regiment (General Support Aviation Battalion), performs a jerk near the end of her set during the kettlebell competition at the Texas Open Kettlebell Sport Championships May 23 in Austin, Texas. *Photo courtesy of Sgt. 1st Class Kimberly Fox*

*By Spc. Jen Bjorgaard  
105th Mobile Public Affairs Detachment*

Sgt. 1st Class Kimberly Fox has always been athletic. She has been involved in sports from a young age, and as an adult she began practicing martial arts jiu-jitsu and muay thai. So when her husband introduced her to kettlebell swinging three years ago, she took to it immediately. Soon after, when a family friend told her that the kettlebell exercise was also a competitive sport, she was hooked.

"I decided to compete really early on," said Fox. "My first competition was after six months of training."

In the three years since making the decision to compete, Fox has

been very busy. She became a mother, a full-time readiness noncommissioned officer with Detachment 2, Company C, 2nd Battalion, 211th Aviation Regiment (General Support Aviation Battalion) in the Kansas Army National Guard and is co-owner of Fox Fitness with her husband in their hometown of Wichita, Kansas.

However, none of that stopped her from setting a new world record for female kettlebell competitors at the Texas Open Kettlebell Sport Championships May 23 in Austin, Texas.

Fox achieved her record-setting performance by completing 38 long cycle repetitions with two 24 kg. kettlebells (52.9 lbs. each) in a 10-minute period. A long-cycle repetition

consists of lifting the kettlebells to your chest in a motion called a "clean" and then completing a "jerk" with the kettlebell to an overhead lockout position. This cycle is performed repeatedly without setting the kettlebells down.

What makes Fox's achievement even more remarkable is that until recently, women were not allowed to compete in the two arm long cycle.

"Traditionally, women were only allowed to compete in 'snatch,'" said Fox. "But they were later allowed to compete in one arm long cycle and only in the last year or so, two arm long cycle."

In fact, female participation in the two arm long cycle is so new, that a ranking table has not yet been established. So, while Fox's performance set a record

for female competitors, she did so by receiving a men's ranking.

"To my knowledge, I am the first woman to receive a men's ranking," said Fox. "It may have set a little bit of a precedent. Currently, there are no women's TALC ranking tables. So, until they are created, we only have the men's ranking tables to go off of."

Fox received a men's ranking of level 2 with her two-24kg kettlebell performance. This left her only 30 repetitions short of achieving the men's highest ranking for that class – Master of Sport. Fox says that's her next training goal.

To reach Master of Sport for her desired class, Fox has some intense training ahead of her.

"I have to drop a weight class while still maintaining my strength and trying to hit 50 reps," said Fox. "I think I will compete again in five or six months."

Training for this sport requires a lot of strength, but Fox says mental toughness is an important part of the equation as well.

"Standing under the weight is a mental struggle," said Fox. "Every moment after the first five minutes, your brain is telling you to put down the weight. I think the Army has made this task easier. The Army has driven me to always want to be better than the last, to never quit nor accept defeat. Those words we learn when we first join the Army, when we speak that creed, it changes you!"

While Fox has great plans for herself in the kettlebell world, she says that more than anything she hopes to get more women involved in the sport. For those considering joining this challenging arena, she offered the following guidance.

"Lift! I don't just mean kettlebells," said Fox. "My best piece of advice is, don't forget, not every set has to be a new personal record to produce results. Love the process."

Some of the information contained in this article was obtained from and used with the permission of [www.kbfitbritt.com](http://www.kbfitbritt.com). A video of Kimberly Fox's performance at the Texas Open Kettlebell Sport Championship can also be viewed there.





# 105th MPAD's leadership shares unique bond

By Capt. Michael Sullivan  
*105th Mobile Public Affairs Detachment*

The Army Ranger's primary mission is to engage in close combat and direct-fire battles. To become a Ranger, volunteers go through one of the most rigorous and difficult training courses for which a Soldier can volunteer.

During the two months of training, emphasis is placed on the development of individual combat skills and abilities through the application of the principles of leadership, while further developing military skills in the planning and conducting of dismounted infantry, airborne, airmobile, amphibious independent squad and platoon-size operations. Soldiers are trained to complete any mission, even through high stress situations such as food and sleep deprivation.

Graduates of the Ranger School earn the coveted Ranger tab to wear on their uniform, which ends up being a very small population in the Army. That number is even smaller when talking about the National Guard. There are Ranger-tabbled Soldiers in the Kansas Army National Guard, however, according to Command Sgt. Maj. James Moberly, command sergeant major of the Kansas Army National Guard – Land Component, only one unit, the 105th Mobile Public Affairs Detachment out of Topeka, Kansas, can claim that its command team, first sergeant and commander, are both Ranger qualified.

For a unit to be successful there needs to be a high amount of respect between the commander and first sergeant. The MPAD's commander, Maj. Matt Keane, and first sergeant, Master Sgt. Brent Anders, looked to their Ranger tabs as an immediate way to bond when Anders joined the MPAD recently.

"I was very excited about it because it creates an instant bond," said Keane. "You didn't have to go to Ranger School together to be able to bond over the experience you both went through while you were there and the lessons that you took away from it."

According to Anders, seeing a Ranger tab in the Kansas Army National Guard is a rarity and seeing his commander with the tab, was something he hadn't seen since his time in the infantry on active duty.

"Achieving the Ranger tab is a unique and special thing. I'm always looking to see who else has gone through it ... so when I got attached here, one of the first things I saw was that my commander had a Ranger tab," said Anders.

Keane and Anders agree having the Ranger tab isn't about exchanging war stories and comparing who did what while at training, but rather the experience they can share with their Soldiers at the unit level. When Keane became the commander of the MPAD nearly four years ago, he wanted to raise the training level of the MPAD's warrior tasks, in addition to their specialized public affairs training. He and Anders believe that their Ranger training background has helped with that.

"We may be military journalists, but we are Soldiers first," said Keane. "The concept behind Ranger school, if you don't end up in the Ranger regiment, is that you take the skills you learned back to your unit and you share those skills with everyone else and ideally elevate the unit on a whole with what you have taken away from Ranger school."

The Soldiers of the 105th MPAD have taken notice that on top of the Ranger tabs that their command team wear, Keane and Anders are experienced professional Soldiers with multiple deployments

between them. These experiences, along with the help of other experienced combat Soldiers in the unit, have allowed the MPAD to conduct a more exciting level of training to go along with journalistic training including small unit tactics, modern Army combatives and combat water survival training.

"Having a single member of your command team Ranger-qualified provides a great opportunity to learn leadership and tactics from the best," said Sgt. 1st Class Eric Dahlquist, broadcast journalist with the 105th MPAD. "But having both our commander and our first sergeant Ranger-qualified has led to some unique training experiences for a unit such as the MPAD. They understand that it is important for our Soldiers to experience the great training that we would normally just provide media coverage of other units doing."

In addition to their comradery there is still a level of friendly Ranger competition between Keane and Anders. Anders doesn't hold it over's Keane's head that his training was longer since he went to Ranger School in 1994 when the desert phase was still a requirement. And Keane only gives simple reminders to Anders that he had the faster time in the 2-mile run for the unit's most recent APFT for which the two earned the highest scores in the unit.

It is in part this bond and the pair's willingness to lead from the front that has helped the MPAD continue to grow and develop.

"One of the key things (with earning a Ranger tab) is setting the example for others to follow," said Anders. "And that is something that we live by. I think the key aspect of all of this is setting that high bar and expecting that from your Soldiers. Not expecting anything from them that you don't expect from yourself."

# Chaplains balance military duty with service to God

Steven D. Larson  
Public Affairs Office

**L**ike most ministers of the Christian gospel, John Potter thinks a lot about his “flock.” “I’ve got a rather unique parish,” said Potter. “It’s about 5,300 people. They all dress the same on Sundays, they know how to use an M16 just like a spoon.”

Potter, a major in the Kansas Army National Guard, is the deputy command chaplain for Joint Forces Headquarters in Topeka. As such, he is one of a handful of chaplains in the Kansas National Guard and the only full-time chaplain.

“Every battalion and every major command has a chaplain,” said Potter. “If we were full up, we would have 16 chaplains.”

To be a military chaplain, Potter explained, candidates must be ordained by their own faith group.

“On the Christian side of the house, you have to have a Master of Divinity degree,” said Potter, who received his degree from Nazarene Theological Seminary in Kansas City.

“That will vary from those other categories of chaplain, but they would have to have something that is equivalent to a Master of Divinity.

“We have Buddhists, Christians, Hindus, Jewish chaplains and Muslim chaplains. It doesn’t matter if you’re a rabbi or imam, they still have to follow those same rules.

“I actually came in the Army as an E-4, as a specialist,” said Potter. “I was a chaplain’s assistant. I was very happy with that role. In time, I felt that God was calling me, kind of nudging me to do more with that. I had already graduated from K-State, already had my undergrad and I never wanted to go to school again in my life.

“But God kept nudging,” he continued. “I found out the National Guard would help pay for that, so I started seminary, became a chaplain-candidate.”

Potter explained that once a Soldier has his religious credentials, they can go to Chaplain Officer Basic Course at Fort Jackson, South Carolina.

“You learn how to first, be a Soldier,” he said. “You do everything that would happen to any Soldier at basic training except we don’t fire a weapon because we’re not combatants. The last half of the program is focusing on your role as a chaplain.

Not just being an officer, not just how to salute, how to wear the uniform, but how do you actually perform and how do you become a chaplain. They’re not teaching you how to be a minister that already happened at seminary – but how can you be a counselor.”

Prior to becoming a chaplain, Chaplain (Capt.) Dan Pempin, chaplain for the 2nd Combined Arms Battalion, 137th Infantry Regiment, already knew how to be a Soldier.

“I was commissioned in the infantry in 2000,” said Pempin, “so I started off my career as an infantry officer on active duty and did that for the first four years of my career. Then I went into an inactive reserve status for about two and a half years before I rejoined in the reserves and served in a training support battalion out of Leavenworth, Kansas. During that time I felt the calling to become a chaplain and started the process of seminary.

“When you become a chaplain, you have two routes you can take, a federal or a state. I chose to go the state route because I wanted to serve Kansas as a chaplain.”

Potter said a military chaplain has two primary responsibilities – to perform religious services and provide religious and other support.

“The big thing that we provide is counseling,” he said. “The unique thing with that is it’s confidential. Any time somebody wants to talk to a chaplain, it’s always going to be private, it’s going to be off-record, It doesn’t go up the chain of command, it’s not shared with individuals unless that Soldier gives you a release to share that information.”

“We, as chaplains, have privileged communication,” explained Pempin, “which means I have no requirements to provide any information they’ve given to me outside of that relationship that I’ve established.”

Although counseling may involve a variety of issues, relationships, financial problems and substance abuse generally head the list for Soldiers.

“There are a lot of challenges for anyone who’s married,”





Chaplain (Maj.) John Potter is the deputy command chaplain, Joint Forces Headquarters, Topeka, Kansas.  
*Photo by Steve Larson, Public Affairs Office*

said Potter. “Military couples have a higher rate of divorce, they have more risk factors because they’re frequently separated. All these things can add to some difficulty in military life.”

“When I was in Southeast Kansas with the 891st Engineer Battalion, employment was a big deal,” said Pempin. “There are just not a lot jobs out there for Soldiers or we weren’t getting Soldiers correctly linked up. So, there are financial problems. ‘Hey, I can’t pay this bill’ or ‘I need help here.’”

“When you come to the chaplain, it’s always on the lowest level,” said Pempin. “I think a lot of Soldiers try to self-cure themselves or to go as far as they can by themselves. So, normally, when they come to see me, it’s moments when they’re very depressed or they have a lot of issues. Luckily, we chaplains have this reputation out there that says we’re approachable. People can come and see us when they need help with things the average person may not be able to fix.

“What’s good for me, as a chaplain,” Pempin said, “is here in Kansas, we have a lot of family programs, we have a lot of assistance, other things in place.”

“One of the great things we do is the Strong Bonds program,” said Potter. “We do these marriage retreats or marriage enrichment programs. That’s one of the best parts of my job, it

really is. Just helping couples focus on their marriage, keep it strong, keep it vibrant. A relationship can kind of wither on the vine if we’re not feeding it in the right way. It reminds us of how we need to connect as husband and wife. How we need to connect as a couple and work on our family.”

Potter and Pempin agreed that building relationships with the Soldiers is vital to their ministry.

“I’m a chaplain who believes you earn the relationships you have with the Soldiers, so I want Soldiers to see me doing the things that they do,” said Pempin. “Being a prior-service guy, being in the infantry, I understand soldiering. I believe Soldiers should see their chaplain being a Soldier as well, being able to perform a lot of the skills they have the ability to do. To build that unit relationship, those are things that are important to me and I believe they’re important to the Soldiers.”

“Where your unit goes, you go,” said Potter. “A chaplain will go to the range. I’m not going to go shoot, but that’s where your unit is, that’s where the soldiers go.

“There’s a real beauty in being a chaplain at the battalion level because you really doing relational ministry,” he continued. “You’re going out to the motor pool and you find out if someone’s been laid off. You help them, you pray for

them, you offer support and help. You find out if somebody's had a miscarriage, you go visit them at the hospital. You go help families when a family member dies. You go help when somebody's at risk of suicide.

"Ministry can be messy. It can be dirty, it can get sweaty," said Potter. "It can get nasty at times. But that's when you have closeness, that's when you can share that there's compassion. That's when you can talk about what grace really is and just how we're supposed to function.

"My boss talks about loving one another. Those aren't just words on a page. It's tough to make that happen."

Often, their ministry takes Potter and Pempin outside of the office and outside of regular business hours.

"Some days can be feast or famine," said Potter. "Think of it like a fire department. They're there, they're ready. Some days you don't have a fire. When you do, everything stops. Whatever you had planned and you go on the call because there's a problem.

"The phone can ring and we may have a casualty assistance visit. We may have a couple that's had a fight and someone got kicked out of the house and they want to talk," he said. "We can meet here in the office. I can go meet them at a McDonald's, not a problem. We're always willing to talk and meet somebody."

"We are chaplains 24-7," said Pempin, whose workday job is alcohol and drug control officer for the Kansas Army National Guard managing the substance abuse program. "Lots of times we're contacted throughout the week to help Soldiers with certain situations. We are to be used by the unit whenever they need us. If that's during the week, that's fine.

"I have emails this morning from Soldiers who need me to call them later on today," said Pempin. "You're always a chaplain, almost like you're always a Soldier. If duty calls during certain times, you must answer that call."

Being a chaplain also entails a balancing act between military duties and religious responsibilities, particularly when a Soldier is of a different faith.

"In Kansas, there are 78 different faith groups in the Kansas Army National Guard," said Potter. "That's a lot of religious diversity in our force. That's not a bad thing. Everybody is entitled to the same constitutional right to worship as they see fit. That's the beauty of America.

"I'm the caretaker for them," he continued. "I'm not trying to sign people up for Sunday school classes. My mission is to protect their religious freedom. They have the right to worship as they see fit. So if I have a Wiccan in my battalion, I will find out what that person needs. If I have a Buddhist in my battalion, I will see if they need some Buddhist prayer beads. You could even have multiple Roman Catholic Soldiers. I can't perform Mass,

but 'Do you need rosaries? Would you like a Saint Christopher medal? Would you like a Roman Catholic Bible?'"

"The military is a plural organization," said Potter. "There are more atheists than Southern Baptists in the active Army. They're all your Soldiers, though. It doesn't matter what's on their dog tags. Those are all my Soldiers. They are all my military family."

"When I counsel a Soldier, the first thing that I let the Soldier know is the only counseling I can provide them is based upon my faith," said Pempin. "So, if they want to ask a question, then my opinions or my thought process is always going to filter through my own faith background. Most of them are absolutely fine with that. It doesn't bother them because they have a question or they have the need for a solution and sometimes they don't really care where that comes from. For me, I just try to be open with them."

"As a Christian, I believe in relational evangelism," said Potter. "I believe that a good Christian witness is demonstrating love and faith, just like Christ, to someone I may not agree with.

It may open a door where we have a spiritual conversation down the road."

"If a chaplain is going out there and trying to beat people over the head and get them into services, you might be a really good preacher, but how relational are you going to be with those people who are outside the Christian faith?" asked Potter. "How can you attract someone to your faith? Through your behavior and through your example, through the words you use."

In building those relationships and protecting his Soldiers' rights, Potter has been rewarded with multiple ministry opportunities.

"I've had some of the most interesting Bible questions I've ever had on the firing range," said Potter. "Everybody is shooting their M16s and someone just walks up and 'I was reading the Book of Revelation last night and it says here in 19:16... did Jesus have a tattoo?'"

"What?"

"It says that Jesus had some marks on his leg. 19:16. Look it up."

"Okay, let's grab the Bible. Show me where you're at. Let's look at it together."

"That's the conversation I had," said Potter. "That's one of the greatest compliments, that somebody trusts you enough to come and ask you a spiritual question."

"I had a group of Buddhists on my second deployment. I asked them 'What do you need? What can I do to help?' Because I went out and I sought them out, when there was some family emergencies, they came and talked to me. They asked me to pray for them.

"They asked a Christian minister to pray for them," he repeated. "That's powerful."

**"Luckily, we chaplains have this reputation out there that says we're approachable. People can come and see us when they need help with things the average person may not be able to fix."**

**- Chaplain (Capt.) Dan Pempin**



# Kansas SENTINEL



Looking for stories, photos or video products from around the Kansas Army National Guard?

105th MPAD Facebook site (stories, photos, video products and more)

<https://www.facebook.com/105thMPAD>

For digital flip-magazine issues of the *Kansas Sentinel*

<http://issuu.com/ks105thmpad>

For PDF copies of the *Kansas Sentinel*

<http://www.kansastag.gov/NGUARD.asp?PageID=396>

For the 105th MPAD's DVIDS site (stories, photos, video products)

<http://www.dvidshub.net/unit/105MPAD>

For PDF copies of the *Plains Guardian*

<http://www.kansastag.gov/NGUARD.asp?PageID=7>



## Kansas Adjutant General's Department

<http://www.kansastag.gov/>



### Looking for a job? Check out these links.

HRO Webpage – all open full-time positions for Army & Air Guard (Technician and AGR)

[http://www.kansastag.gov/fedhro\\_default.asp](http://www.kansastag.gov/fedhro_default.asp)

USAJOBS - Link (using the key word search of Kansas National Guard)

<https://www.usajobs.gov/>

Army Guard Traditional M-Day vacancies

<http://kansastag.gov/OPP.asp?PageID=557>

Air Guard "Traditional" vacancies

<http://www.kansastag.gov/OPP.asp?PageID=601>

Civilian Jobs for National Guard Members

<http://kansastag.gov/NGUARD.asp?PageID=455>

Kansas Army National Guard <http://www.kansasarmynationalguard.com/>



# HELP

*from a friend*

**Master Sgt. Lyle Babcock is a combat veteran who has served more than 30 years in the Army. He is an avid fisherman. He loves to kayak. He suffers from post-traumatic stress disorder. With help from counseling and a 100-pound Labrador named Gunther, he finds peace on the water.**

By Sgt. Zach Sheely, 105th Mobile Public Affairs Detachment

For many service members suffering from post-traumatic stress disorder, simply admitting the need for help may be the most difficult thing they ever do.

Master Sgt. Lyle Babcock spent nearly 15 months deployed to Afghanistan in support of Operation Enduring Freedom. In the time since his return, Babcock has grappled with this personal battle.

An Army veteran of nearly 31 years, Babcock, a management analyst for the human resources office at the Kansas National Guard



Gunther plays in the water at Lake Shawnee in Topeka, April 22, 2015. Photo by Sgt. Zach Sheely, Public Affairs Office

Joint Forces Headquarters in Topeka, served from 2012-2013 as the noncommissioned officer in charge of the 102nd Military History Detachment, documenting the missions of the U.S. military serving in Afghanistan. His duties included collecting documents, taking photos and videos and conducting interviews with Soldiers to gather their perspective on the war.

Babcock voluntarily extended his deployment several months and looked back fondly on his experience, saying that he “would do it again in a heartbeat,” and even that it was “fun.”

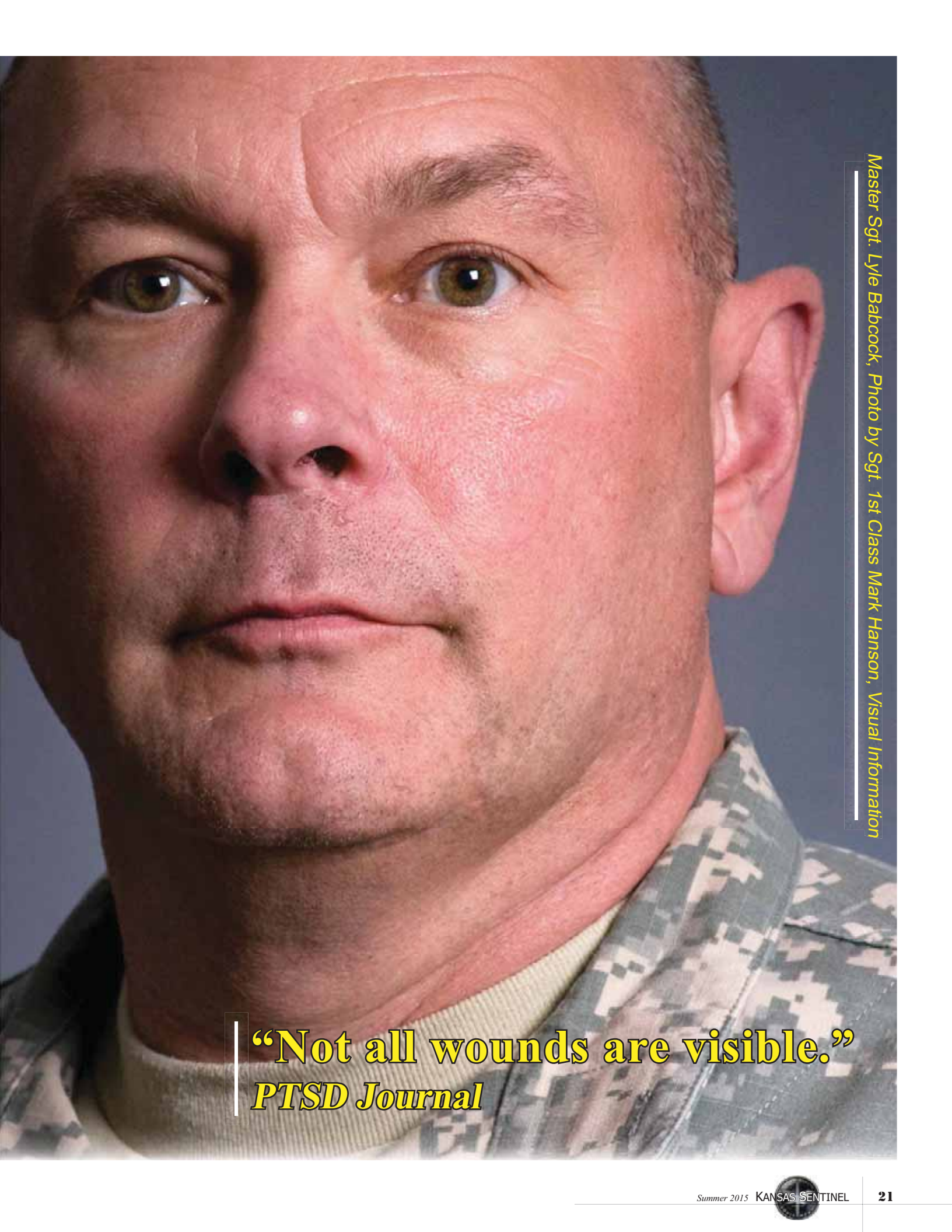
However, when he returned home, his wife Traci immediately noticed a difference in him.

“When he came off the plane, he was very stiff, still very much in that ‘military mode,’” she said. “He was kind of standoffish. He wasn’t sure how to act or feel.”

Babcock wanted to drive the family’s vehicle home from the airport, scaring everyone in the car.

“He drove like a crazy person,” Traci said.





Master Sgt. Lyle Babcock, Photo by Sgt. 1st Class Mark Hanson, Visual Information

**“Not all wounds are visible.”**  
***PTSD Journal***





“He was tailgating people and driving really fast, because that’s how they have to drive over there to stay alive – point A to B as fast as you can.”

What really alarmed Traci is that her husband couldn’t sleep in bed with her.

“I preferred sleeping on the couch, it felt more secure,” Lyle said. “Over there, you go to bed, you know where your gun’s at, and you know where things are at. You get back, all of a sudden things are different and you don’t feel as secure.”

Back at work, in the garrison environment of JFHQ after a month of leave, his newly-developed hypervigilance and paranoia didn’t mesh well with his co-workers. He hit a turning point when he “swung on” a co-worker merely because she unwittingly startled him.

“I had a panic attack. Instant cold sweats, and I felt very insecure and unsecure,” he said. “I ended up leaving without telling anyone. That’s when I knew something was way off. I was emotional. What the hell just happened and why? What’s going on?”

Dr. Chalisa Gadt-Johnson, a licensed psychologist and chief of the stress disorder treatment program at the Colmery-O’Neil Veterans Affairs Medical Center in Topeka described the four primary clusters of PTSD symptoms.

“There are intrusive symptoms including nightmares, flashbacks or invasive thoughts,” she said. “There’s hyper-arousal – can’t concentrate, irritability, difficulty sleeping and paranoia. Negative thinking and emotions, including fear, anxiety, guilt and shame. And finally, avoidance. They avoid doing everyday things like going to Walmart to avoid feeling distress.”

Gadt-Johnson said that people who experience symptoms in all four categories meet the criteria for a PTSD diagnosis. She noted said PTSD isn’t limited to only those who’ve experienced or seen the worst and it’s not even limited to service members or people who have personally experienced traumatic events.

“PTSD is a non-discriminatory disorder,” Gadt-Johnson said. “It can affect anyone who experienced, witnessed or knows someone they care about who experienced some sort of trauma event.”

Babcock’s biggest roadblock in admitting that he was experiencing PTSD symptoms and seeking support was his concern of how others, particularly those

in leadership may view him.

“I really didn’t want to admit that I had PTSD,” Babcock said. “That was a hard road for me. I looked at it as a failure. It meant you’re weak or at least that what I perceived it as.

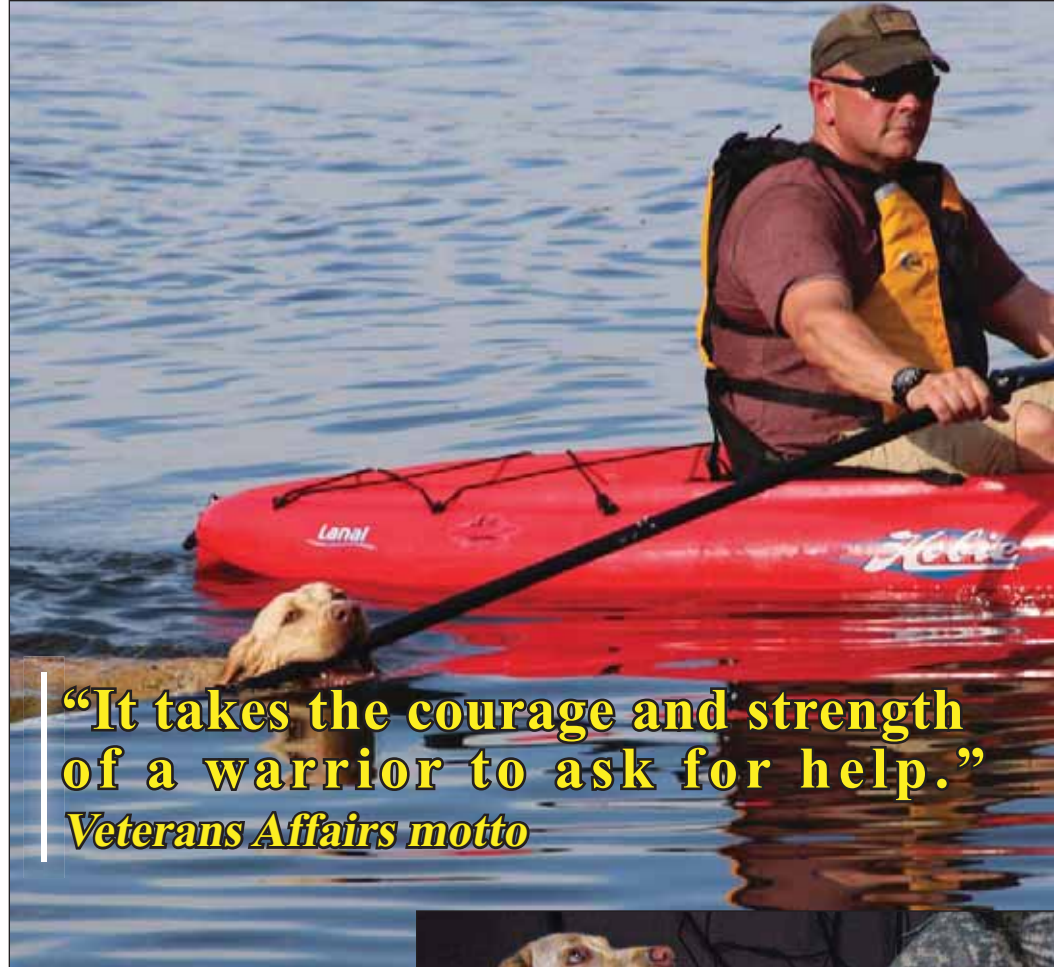
“How would other people perceive it?” he continued. “How would my leadership perceive it? I was worried about the stigma of somebody dealing with PTSD is like a powder keg ready to explode at any time.”

Maj. Gen. Lee Tafaanelli, the adjutant general of Kansas, said it’s up to every member of the organization to crush that stigma.

“Many people think that they can deal with (PTSD) themselves, so that stigma may even be on them,” said Tafaanelli. “They think there’s something wrong with them and they really don’t want to let leaders know.”

Tafaanelli urged those in the Kansas National Guard who may be dealing with any of the symptoms of PTSD in silence to “Give your chain of command a chance to help you. There’s no sense in suffering or dealing with this on your own.

**“It takes the courage and strength of a warrior to ask for help.”**  
**Veterans Affairs motto**



“The first thing is coming to grips with recognition that you do need some help and there’s no shame or embarrassment in that,” said Tafaanelli. “We all find ourselves at points in our lives where we do need somebody to lean on and do need the ability to reach out.”

Gadt-Johnson said that a person living with PTSD doesn’t have to be a prisoner to their symptoms.

“If you manage your symptoms, you can go out and live a full, quality life,” she said. “PTSD is a part of you, but it doesn’t have to be a factor for you.”



Master Sgt. Lyle Babcock and his service dog, Gunther, are virtually inseparable, at work and play. *Photos by Jane Welch and Sgt. Zach Sheely, Public Affairs Office*



When Babcock started volunteering in the PTSD clinic at the Topeka VA medical center, he realized he wasn't alone, that others were struggling with the same inner turmoil.

"It was good to just sit down and talk with other vets and realize we're all dealing with the same stuff," Babcock said.

That realization prompted Babcock to seek additional help in regaining control of his life. A major breakthrough came with his introduction to Gunther, a two-and-a-half year old, 100-pound yellow Labrador retriever who is Babcock's constant companion, allowing him to live and work through his PTSD.

"He's been a godsend to me," Babcock said. "He's allowed me freedom from my own prison."

One way Babcock relieved stress was through his love of being on the water. While researching kayaks to purchase, he discovered a group called Heroes on the Water, a nonprofit organization that helps service members and veterans relax, rehabilitate and reintegrate through kayaking and fishing.

A few months later, Babcock, along with a group of volunteers, started the Kansas chapter of Heroes on the Water.

Through HOW, Babcock learned of a group called Warrior's Best Friend that provides service dogs to veterans and service members struggling with PTSD and/or a traumatic brain injury. As Babcock learned more about the program and the service dog available, he realized that he might be interested in being paired with the dog himself. After discussing it with family, friends and a Veterans Affairs counselor, Babcock decided to take a leap of faith and filled out the application to be paired with Gunther.

"Our pairing was quite unique," said Babcock. "He'd never been around water, so the first time I took him to the lake, of course it was like glass. He stepped right off the dock, headfirst into the water. His eyes were huge. I was right down there encouraging him and pulled him out of the water. That was the instant we connected."

The two go everywhere together – restaurants, the grocery store, the lake and even to work.

However, gaining clearance to bring Gunther to the office was a lengthy process for Babcock. The most difficult part was disclosing that he needed help.

"You want me to admit to you that I'm broken and that I want to start bringing a service dog in," Babcock said. "That was a road block. That took me a long time to write that request and actually send it in. Looking back, it was a hard, but a necessary step."

At work, Gunther soon became one of the "employees."

"I know my co-workers had some apprehensions about me bringing a service dog into the work area," said Babcock. "Most of them had never been around a service dog before. I think some of them thought that Gunther would be like their pets at home – constantly seeking attention or being a distraction at work. I think they were shocked at how well trained Gunther is and most of the time they don't even

realize he's there with me.

"When Gunther walks into the office with me, my co-workers greet him and tell him good morning. They look after him – the way they look after me. I understood that by taking this step there was a chance it would have a negative impact on others around me, which is the last thing I wanted. But the opposite has been true. They have been very accepting of Gunther and of the fact that I am receiving counseling for PTSD."

Gunther didn't only have to integrate at work, but also at home with Traci, the family's Pomeranian, Pookie and their three cats.

"We laid a few ground rules," Traci said. "I don't need the added work. It's his dog, but Gunther is definitely part of the family. He's really grown on me. He's a real likable dog. He's well-mannered and well trained."

"I learned, during the pairing process, that having a service dog is a lot of work and responsibility," Babcock said. "They are 100 percent dependent on you, from feeding to cleaning up. They become dependent on you as much as you become dependent on them. A service dog is not for every service member or veteran dealing with PTSD, but he's changed my life for the better."

Gadt-Johnson said there are other treatment options including peer-to-peer, group and peer-to-counselor counseling which can teach better coping strategies.

PTSD is not a new affliction, nor is it new to the Kansas National Guard, but for those suffering in silence Babcock shared this advice.

"The first step in reclaiming your quality of life is to seek out help," he said. "Sometimes the biggest step is admitting to ourselves that we can't do it on our own, putting our pride aside and asking others for help."

"I was afraid to take that first step," Babcock admitted. "But now that I have, I wish I'd done it sooner. I'm starting to feel more in control of my life. My battle buddy, Gunther, is by my side, helping me get through the rough spots in my day. I don't know what I'd do without him, but it took admitting that I needed help in order to get where I am today."

For information on treatment, please visit <http://www.va.gov/healthbenefits/apply/veterans.asp>.

# Part-time bodybuilding champion, full-time Guardsman

By Maj. Matt Keane

105th Mobile Public Affairs Detachment

“His passion is what separates him from the rest.” This is the type of high praise given to fitness expert and bodybuilder Sgt. 1st Class Charles “Chip” Cunningham by his own soldiers for his efforts to motivate them to attain their physical fitness goals.

That particular quote came from Staff Sgt. Joshua D. Littlejohn, who worked as a section sergeant under Cunningham in the 369th Brigade Signal Company, Kansas Army National Guard. Littlejohn had packed on some extra pounds after getting engaged and his fiancé had their second child, before he turned to Cunningham for help.

“He motivated me to better myself. I’ve been on Sergeant First Class Cunningham’s program since mid-January and I’m already down 37 pounds. I really believe in his program,” said an enthusiastic Littlejohn. “I’ve already seen great improvements in my strength, endurance and agility. But more importantly, others have noticed my overall improvement as a person,” added Littlejohn.

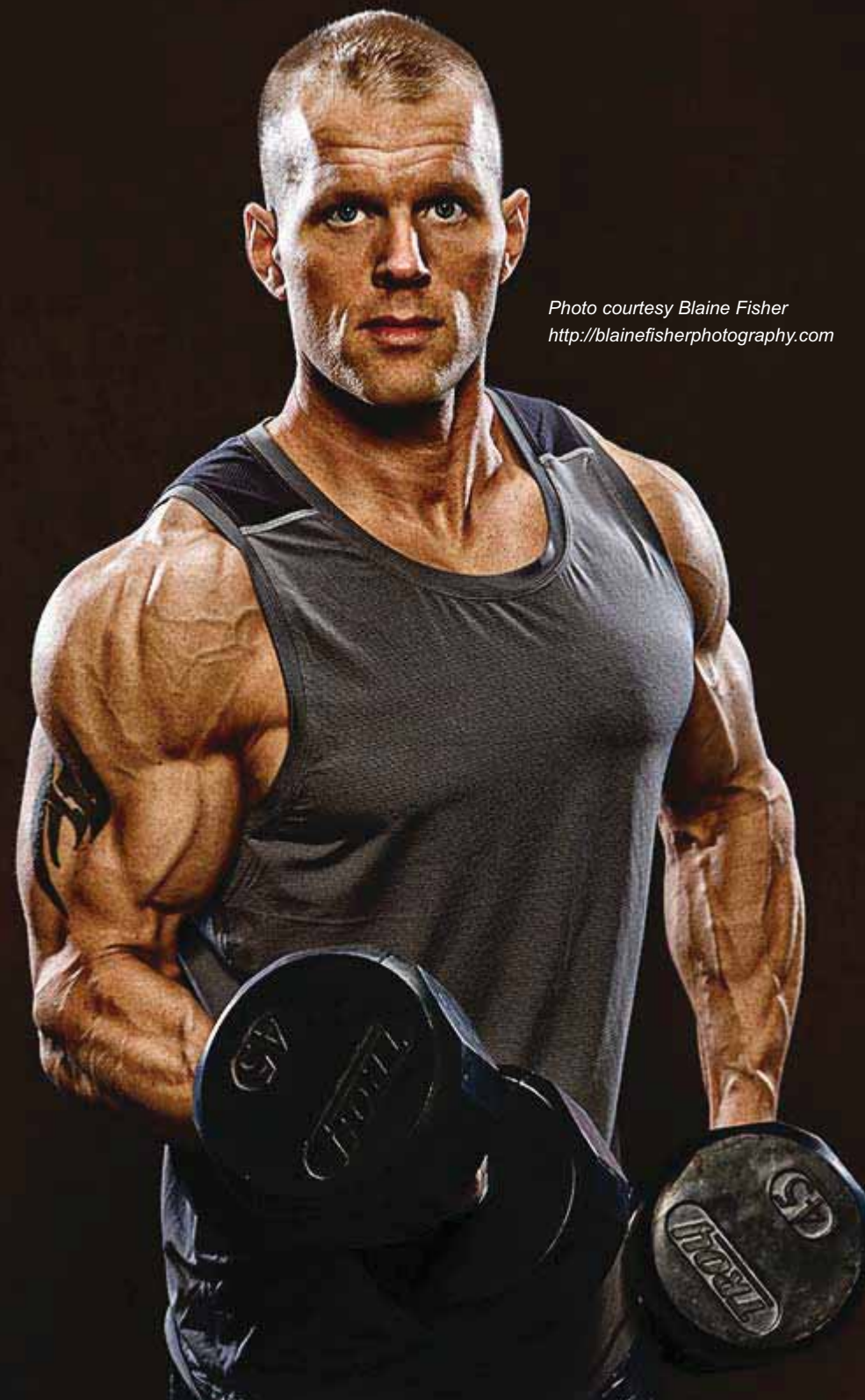
Cunningham wasn’t always a bodybuilder and fitness expert. He had always been in decent physical shape since he enlisted in Kansas Army National Guard in August 2000. He was a regular competitor and place finisher in the Adjutant General’s Army Physical Fitness Test Challenge from 2002 to 2005. But it wasn’t until a deployment to Egypt’s Sinai Peninsula with the 2nd Battalion, 130th Field Artillery in 2008 that Cunningham elevated his workout hobby into something more.

“I really wanted to learn about the education and nutrition aspects behind fitness,” said Cunningham.

So he took advantage of his Post-9/11 GI Bill benefits and enrolled in an online program while he was deployed. Cunningham earned a bachelor’s degree in health and fitness in 2013.

“I was always active and into lifting and working out, but in 2013 I really started to zone-in and apply all of my knowledge of

Photo courtesy Blaine Fisher  
<http://blainefisherphotography.com>





nutrition to my own eating habits,” said Cunningham.

It was this focus on nutrition that transformed Cunningham from physically-fit soldier into a competitive bodybuilder. Since turning that nutrition corner in 2013, Cunningham’s fitness accolades have been stacking up like weights on a barbell.

Cunningham captured first place against 20 competitors in the physique division and was the overall physique champion of the Spring Me vs. Me bodybuilding competition in Excelsior Springs in March 2014. He again reached the top of the podium in October at the National Physique Committee All Stars bodybuilding competition in the tall physique division in Overland Park. In November, Cunningham successfully defended his title at the Winter Me vs. Me competition against 18 challengers.

Cunningham has received several physical fitness training certifications, but is particularly proud of becoming an Army Master Fitness Trainer. He graduated from the challenging month long course at Fort Riley in April 2014.

In October 2014 he was chosen out of thousands of contestants to be a brand ambassador for nationally recognized nutrition supplement maker, MusclePharm.

MusclePharm sponsors athletes such as professional golfer Tiger Woods and San Francisco 49ers quarterback Colin Kaepernick, as well as former bodybuilder and movie star Arnold Schwarzenegger. Cunningham represents supplement brand on social media and at regional fitness events.

While Cunningham is proud of his accomplishments and the mounting recognition he is receiving for his bodybuilding and fitness expertise, he remains dedicated to being a Kansas Army Guardsman first and makes taking care of his soldiers a top priority.

Cunningham has served as the readiness non-commissioned officer for the 369th BSC at the Kansas City armory for almost three years. He helped stand up and activate the unit in May 2012. During that time he has helped numerous soldiers like Littlejohn to improve their APFT scores and to make healthy living a



Sgt. 1st Class Charles “Chip” Cunningham, readiness non-commissioned officer for the 369th Brigade Signal Command, Kansas City, Kansas, works with two Soldiers during their free time at the Kansas City Armory on ways to enhance their mobility and improve exercise technique June 3, 2015. *Submitted Photo*

priority. Even though his personal fitness brand is growing, especially on social media, his focus remains on his troops.

“I want to help and motivate soldiers to live a more sustainable and healthy lifestyle,” said Cunningham. “Many people in the military make nutrition and fitness more complicated than it needs to be.”

One of his priorities was to help his own soldiers break down their daily routines to find adequate time to squeeze in simple workouts. Cunningham noted the importance of personal goal setting and time management when it comes to fitness.

“If you put your mind to it and apply yourself, personal fitness goals definitely attainable,” he said. “Leading by example is the most important thing I can do and as a Readiness NCO I really know the impact that poor fitness can have on a unit.”

The 369th had a pass rate of 60 percent on its first unit APFT. After

Cunningham began developing personalized workout and diet plans for the company’s soldiers and spending time with them in the gym, the unit’s APFT pass rate soared to 96 percent.

“Sergeant First Class Cunningham always keeps our soldiers motivated,” said 1st Lt. Nicholas J. Brownlee, 369th company commander. “He is always looking out for them and even sends them regular motivational texts and Facebook messages to encourage them to work out when we are not at drill.”

While Cunningham acknowledges that he has a passion for competing and improving his own physical fitness, he plans to take a short break from competitive bodybuilding to focus on training others to reach their fitness goals.

“My main passion is trying to help others achieve their goals through the lessons I’ve learned about myself,” said Cunningham.

# Kansas builds for El Salvador

Story and pictures by Sgt. Jeff Daniel  
211th Mobile Public Affairs Detachment  
U.S. Army Reserves

Soldiers from the 226th Engineer Company out of Augusta, Kansas, and Salvadoran army engineers from Battelion Ingeniero Centra out of Comando de Ingenieros de la Fuerza Armada, wrestle with the concrete pump house as the weight bears down on them under the Salvadoran sun.

The joint effort to place concrete into sidewalk forms on May 27, 2015, signals the schoolhouse in Sitio Del Niño is almost ready to be handed over to the local school children who currently have only tin roofs and dirt floors.

This and several other projects throughout El Salvador are part of Beyond the Horizon 2015. BTH15 is a joint humanitarian and civic engineering exercise sponsored by U.S. Southern Command and the government of El Salvador to show support for the country of El Salvador.

To help fulfill the mission in El Salvador, the Kansas National Guard was tasked with several two-week rotations at the schoolhouse site here. Earlier rotations

had completed several walls of the schoolhouse using concrete blocks and work on the roof of the twin-building schoolhouse. The current group of the guard has been tasked to complete the last concrete placement to create sidewalks and a foundation for a future kitchen area. They will also place primer and paint on the walls.

Many of the Guardsmen have never traveled out of the country prior to this two week mission.

"Google is your friend when it comes to getting everyone ready for the culture," said Sgt. 1st Class William Kerby, noncommissioned officer in charge with the 226th. "But there is nothing like the real thing and being on CIFA and being around the El Salvadoran army, especially the engineers and with having to compliment the El Salvadoran engineers here, it has been a big eye opener for several of them."

Spc. Dana Sisler, a masonry and carpentry specialist with the 226th Engineer Company and hailing from Hutchison, Kansas, said that this was her first time out of the country and her experience is better than expected.

"I thought it would be a little bit worse. I thought the humidity would be worse," she said.

Working alongside the Salvadoran engineers proved to be a successful challenge.

"The first few days we didn't have interpreters, so we had to show them what to do and couldn't really put them to good use. Today we had interpreters so they were helping us pour concrete and they did a great job," said 1st Lt. Michael

Bryant, the officer in charge for the project and platoon leader with the 226th Engineer Company.

Kerby said that communicating with the Salvadoran engineers has been adequate.

"We've been able to get by with a lot of hand gestures," said Kirby.

Sisler said, "I only know how to read a little Spanish and I had to use a lot of hand gestures to map out what needs to be done," referring to the Salvadoran's willingness to help her perform her job site duties.

The Kansas Guard will take home lessons and memories as they complete the mission. BTH15 gave them the opportunity to work with engineers from abroad, eat different types of food and most importantly meet their customers.

"My Soldiers can actually see who they are building for, their customers," said Kerby, referring to the opportunity to have the school children visit the new buildings during their rotation.

"This experience has show me how we in the U.S. are spoiled compared to other countries," said Sisler. "I feel like they don't have as much as we do."

"Doing this project here, we are surrounded by poverty and we can tell we are making a difference," said Bryant. "On the ground level, we are here to support this community. At a much higher level we are here to build relationships with the United States and El Salvador and to support this bond between two countries that hopefully will bear a lot of fruit down the road."

Sisler summed up her experience so far in one word, "Amazing."





Sgt. Richard Swink, a heavy equipment operator with the 242nd Engineer Company out of Coffeyville, Kansas, who hails from Marion, Kansas, plays a game of tag with students at a school building project in Sitio Del Niño on May 28 during Beyond the Horizon 2015. Photo by Sgt. Jeff Daniel, 211th Mobile Public Affairs Detachment

Warrant Officer Brandon Pawloski, an operations officer with the 226th Engineer Company out of Augusta, Kansas, who hails from Wichita, Kansas, shows some photos to students at a school building project in Sitio Del Niño on May 28 during Beyond the Horizon 2015. BTH15 is a joint humanitarian and civic engineering exercise sponsored by U.S. Southern Command and the government of El Salvador to show support for the country of El Salvador. Photo by Sgt. Jeff Daniel, 211th Mobile Public Affairs Detachment



Pfc. Johnnithan Foster, a heavy equipment operator with the 242nd Engineer Company out of Coffeyville, Kansas, who hails from Lawrence, Kansas, assists Pfc. Manual Panameno, with Batallon Ingenieros Centro out of Comando de Ingenieros de la Fuerza Armada, pour concrete into forms to make a sidewalk at a school building project in Sitio Del Niño on May 27 during Beyond the Horizon 2015. Photo by Sgt. Jeff Daniel, 211th Mobile Public Affairs Detachment





# Guard youth forge lasting friendships at

By Sgt. Brandon Jacobs  
105th Mobile Public Affairs Detachment

Guidons flap in the wind as children dressed in brightly colored shirts march in formation, echoing their leaders' cadence.

This scene is repeated every year at the Kansas National Guard's Operation Kids Camp. The weeklong event, held May 25-29 at the Great Plains Training Center, Salina, Kansas, hosts children of service members ages eight to 12.

"This program is to show kids what their parents do during annual training or drill," said Michelle Jones, Kids Camp volunteer camp director. "It gives Guard kids a chance to network with other military kids."

Over the course of the week, the campers build lasting friendships while exploring their parents' day-to-day military experiences. Teambuilding starts at day one, when campers are assigned to squads. The first mission of the week is to decorate their squad's guidon and get to know their squad mates.

Soldiers and Airmen of the Kansas National Guard volunteer their time to run stations and events for the campers, such as the Virtual Battle Simulator, a computer based training system for infantry soldiers; the Engagement Skills Trainer, a rifle simulator that mimics a rifle range; and a football field full of inflatable playground.

"We just couldn't do it without our team of volunteer service members," said Jones. "They are a great team of dedicated people."

Other organizations donated time and resources as well. Kansas State University - Salina gave tours of their engineering and aeronautical training facilities, including a tour of the active flight line.

Deidra Stanley and her Australian Sheepdog, Ally Rose, came out from the Kansas Search and Rescue Dog Association to give a demonstration of how a search operation is conducted.

After a jam-packed day of events and educational trips, campers report to their open bay barracks for squad time.

"Squad time is my favorite," said Justice Dunbar, age 12 of Eskridge, Kansas. "We hang out in the bay or sometimes go outside and play soccer. It's really fun."

"It's good for the kids to intermingle and play," said Air Force Master Sgt. Tina Perkins, a volunteer squad leader. "It encourages teamwork and networking."

Teamwork is a continuing theme throughout the week, finishing with a parade ground ceremony that displays the campers' hard work and teambuilding as they march in formation and call cadence.

By the end of the week, the 89 campers had gained valuable insight into their parents' Guard lives and built lasting friendships.

"This is my favorite summer camp," said Ann Hess, age 11 of Manhattan, Kansas. "I wish I could stay longer."



Deidra Stanley and her Australian sheepdog Allie Rose from the Kansas Search and Rescue Dog Association, demonstrate their search and rescue skills for the campers at Operation: Kids Camp, in Salina, Kansas on May 27. Operation: Kids Camp is put on by the Kansas National Guard Family Programs to help build community and team skills. Photo by Sgt. Brandon Jacobs, 105th Mobile Public Affairs Detachment



# annual Kids Camp



Members of the mint squad practice their marksmanship skills on the Engagement Skills Trainer during Operation: Kids Camp. The camp was conducted to help the children of Soldiers and Airmen of the Kansas National Guard build a sense of community. *Photo by Sgt. Brandon Jacobs, 105th Mobile Public Affairs Detachment*







# MILITARY ESCORT REFLECTS ON SACRIFICE OF FALLEN WARRIOR

By Capt. Kyle Key  
National Guard Bureau

It would be the most difficult duty she ever completed in the military but yet the most honorable and solemn act of respect she could give to her family and country.

Chief Warrant Officer 4 Lisa Bryan received a call military families fear when a loved one is deployed to a combat zone. Her cousin, Marine Corps Lance Cpl. Hatak-Yuka-Keya Martin “Sonny” Yearby was killed in action Sunday, May 14, 2006 while conducting combat operations in Anbar Province, Iraq.

It was Mother’s Day. Two Marines in full dress delivered the shattering news to his parents Justin and Mary Yearby. Hatak’s father turned to the one person in the family who could relate as a warrior, intimately familiar with the culture of the Mvskoke (Muskogee) Creek and Choctaw tribes and their tradition of service.

“When my cousin Justin called with the unbelievable news of Hatak’s death, I asked if I could go to Dover Air Force Base and bring him home,” Bryan said. “As a Native American it is important to us that the body is not left alone. Having a family member there to bring him home meant a lot and was very important to me as well.”

Serving as an escort is a difficult and emotional task even for a service member with no familial ties to a fallen Soldier. The cascading range of emotions began when Bryan received Sonny’s personal effects and a flag from a casualty assistance officer at the Air Force Mortuary Affairs Operation Center. The following morning, she escorted his body to Philadelphia and flew to Houston where she spent a seven-hour layover in a hot and humid airport cargo warehouse. Bryan stood in her Army Class A uniform for nearly the entire time, never leaving his side.

“I could feel Hatak’s presence,” she said. “I prayed with him, for him and just talked. We were close.”

They departed Houston that evening and arrived in Oklahoma City just after midnight.

A garage door slowly rose at the cargo warehouse dock where Sonny would make his final journey home. The light pierced through the darkness on a crowd of more than 200 family members and friends waiting to receive their fallen warrior. Solemnly, an honor guard detail from the U.S. Marine Corps draped an American flag over Hatak’s casket.

“That was when it was the hardest for me,” said Bryan. “When the door was raised and I saw how many people showed up at two in the morning from Marietta and Overbrook to honor him.”

Chief Warrant Officer 4 Lisa Bryan of the Kansas Army National Guard holds a photo of her late cousin Marine Corps Lance Cpl. Hatak-Yuka-Keya Martin Yearby who was killed in action May 14, 2006, while conducting combat operations in Anbar province, Iraq. Bryan escorted his body from the Air Mortuary at Dover Air Force Base, Delaware, to Yearby’s hometown in Overbrook, Oklahoma. *Photo by Capt. Kyle Key, National Guard Bureau*



U.S. Marine Corps Lance Cpl. Hatak Yuka-Keyu Martin Yearby performs a traditional dance during a powwow competition, circa 2005. Yearby competed in powwows and traveled with his family all over the world prior to joining the U.S. Marine Corps in May 2005. Just two months after he was deployed to Iraq, Yearby was killed by a roadside bomb in Anbar Province on May 14, 2006. *Courtesy photo from Chief Warrant Officer 4 Lisa Bryan*



Hatak was a citizen of the Choctaw Indian Nation and was an accomplished Native American dancer. Traditional dance is significant to Native Americans, culturally rooted and expressed for rituals, ceremonies, going to battle and honoring fallen warriors, she said. It was a part of Sonny's way of life that he fully embraced.

"Hatak loved to dance, to compete and let the Spirit take over," Bryan said with a grin. "He was a great kid and always made you smile and laugh."

Though it was difficult losing her young cousin, Bryan said there is still so much to be thankful for.

"Native Americans are all very grateful for sacrifices made by our military members and all the great freedoms we have in our country as a result of their service," she said. "It's always important to know your history but more importantly to remember those who have gone before you. I think we look at Memorial Day as a day of remembrance and celebration of our warriors and what they've accomplished."

Bryan is a citizen of the Mvskoke (Muskogee) Creek Indian Nation, a tribe that boasts a rich history of service to include one Congressional Medal of Honor recipient, 2nd Lt. Ernest

L. Childers for his heroism in World War II. According to the Department of Defense, Native Americans have the highest number per capita serving in the military of any ethnic group. Bryan's family tradition of service is no exception.

"My Aunt Rachel served in the Women's Army Corps for the 555th Army Air Force at Love Field in Dallas, Texas during World War II," Bryan said. "She's one of five women in my life who have been great mentors. Last November, she attended the unveiling ceremony for the Women's Veterans Memorial in Del City, Oklahoma. She is 91 and still sparky!"

Her uncle, Phillip Coon, was a decorated WWII veteran who survived the Bataan Death March and persevered through three agonizing years as a Japanese prisoner of war. He passed away in June, 2014.

Bryan is a member of the Kansas Army National Guard and is currently serving on active duty as a new media integrator for the Guard Strength Division at the National Guard Bureau in Arlington, Virginia.

Today in the Army and Air National Guard alone, there are approximately 3,800 Native American men and women currently serving, carrying on the tradition of the "way of the warrior."

## MARRIAGE ENRICHMENT WEEKEND

**July 17-19 2015**

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**Lodging, breakfast and lunch will be provided.  
Married couples only event –  
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***Whether you've celebrated one anniversary or 20, as an Army couple you can anticipate more excitement – and expect more challenges – than the average civilian couple. Long separations, the stress of military life, deployments, and reintegrating as a couple once your loved one comes home can subject Army marriages to extreme hardship.***

***The marriage enrichment retreat is designed to strengthen relationships, inspire hope, and rekindle the spark in marriages.***

***For more information please contact the Chaplain Office at 785-274-1514 or [jimmy.d.boss.mil@mail.mil](mailto:jimmy.d.boss.mil@mail.mil)***

# Officer candidates take to the sky



Officer candidates, currently completing training with 1st Battalion, 235th Regiment Officer Candidate School, exit a UH-60 Black Hawk helicopter as part of Phase 1 training at the Great Plains Joint Training Center in Salina, Kansas, June 13. The Soldiers practiced providing cover while the aircraft landed. *Photo by Capt. Kevin Anderson, 105th Mobile Public Affairs Detachment*

By Capt. Kevin Anderson  
105th Mobile Public Affairs Detachment

Officer candidates from Kansas, Missouri, Nebraska, New Mexico, Oklahoma, Oregon and Texas descended on the Great Plains Joint Training Center in Salina, Kansas, to complete Phase 1 training of Officer Candidate School, June 6-21. During Phase 1 training, officer candidates are placed in a variety of platoon and squad positions and evaluated on their leadership potential, ability to maintain accountability of equipment and their execution of training missions.

More than 100 candidates conducted training at the GPJTC, each seeking to become a commissioned officer in the Army National Guard for their state. The officer candidates are supported by more than 80 cadre members from all seven states, all of whom ensure the candidates receive realistic and valuable training to become future leaders.

In addition to all of the required tasks during Phase 1 training, the leadership of the Kansas Officer Candidate School wanted to expand the opportunities for the officer candidates by including an air movement into this year's training. To accomplish the air movement, the Kansas OCS turned to the 1st Battalion, 108th Aviation Regiment, Kansas Army National Guard, which operates UH-60 Black

Hawk helicopters. Roughly 10 Soldiers, in addition to four crew members, can ride inside a Black Hawk helicopter.

Maj. Adam Pawlosky, commander of the Kansas Officer Candidate School and acting operations officer for Phase 1 Training, said an air movement was important because "it gives the officer candidates an orientation to the equipment in the Army National Guard and demonstrates the capabilities of our inventory. . . [an air movement] also helps officer candidates function as a team, by boarding and exiting the aircraft safely."

Pawlosky also noted that conducting an air movement was yet another leadership challenge for the officer candidates to execute.

Many candidates were excited about the air movement, especially since the event was almost canceled earlier in the day. The first designated group of Soldiers flew at 7:30 a.m., but later flights were delayed due to rainy weather conditions in the area.

During the delay, the officer candidates were busy preparing for their day and night land navigation tests, conducting movement drills and setting up a variety of military equipment and tents. However, as conditions improved and the weather lifted later in the day, so did many of the gloomy attitudes, particularly when the chopping sound of Black Hawks could be heard in the distance.

Officer Candidate Ward Hohmann, of the Texas National Guard, was on the first flight when the air movements resumed in the afternoon. The only word he could use to express how he felt after the flight was "Hooah!" Hooah is an Army word used to describe anything from fun to terrifying. However it appeared Hohmann had more fun based on his ear-to-ear grin when he left the helicopter landing zone.

1st Lt. Christopher Schmidt, of the Missouri National Guard, added that there is certainly a morale aspect associated with the air movement.

"The officer candidates are going through a right-of-passage right now," said Smith. "We wanted to add something fun for them in addition to their training."

Sgt. 1st Class John Beckman, of the Kansas National Guard, made the point that "this may be the only opportunity to ride in a Black Hawk helicopter for some of these candidates, so it was important to give them this opportunity."

Officer Candidates Jonathan Smith, of the Nebraska National Guard, and Amanda Kelso, of the Texas National Guard, shared Beckman's sentiment.

"It is something I will never forget. It has been the highlight of Phase 1 so far," said Smith.

Kelso added that getting to see the Kansas landscape from 150 feet, while traveling at over 100 mph, was her favorite part of Phase 1.



# OPSEC

## Not only for work anymore

*Information from  
Chief Warrant Officer 3 Scott Sackrider, State Cyber Security Officer*

Operations Security, or OPSEC, is the process by which we protect unclassified information that can be used against us. For the workplace, this means protecting our strength and readiness in personnel, equipment and training. We must also protect our troop movements, communications and any other information which may aid those who wish us harm.

Traditionally, having the mail stopped or having a neighbor pick up newspapers when we were on vacation are forms of OPSEC. We did not want burglars (or nosy neighbors) to know we were out of town or how long we would be gone.

Today's OPSEC is a bit more involved, especially with smart phones and social media. One can obtain enough information from Facebook, Twitter and other sources to paint an accurate picture of someone's life ... past, present and future. Facebook has an entire section dedicated to family safety at <https://www.facebook.com/safety>.

Here are a few good practices to keep your family, coworkers, home and workplace safe while you're away.

1. Don't post any information about your trip until you return.
2. On your smartphone, be very cautious about geotagging pictures. This allows you to embed information in the picture file about location, time, accuracy and place names.
3. Ensure your friends know not to mention your absence.
4. Don't accept any friend requests without knowing them personally. You can ask their intentions without accepting them.
5. When you return, if you find your house unsecured, do not enter. Call the authorities and have them do a walk-through. This not only protects you, but preserves the crime scene if there is an issue.
6. Don't post about future deployments, training or business trips.
7. Don't post full names of those who don't use them on social media.
8. Don't list your specific job. This is not only to protect sensitive positions, but a target can be obtained through business acquaintances.
9. Don't "Check in" on social media.
10. Do not have your profile picture in uniform, whether it be military, emergency services or a fast food business.
11. Have someone check on your home frequently, inside and out.
12. You can use social media to your advantage. Many attractions and hotels have specials online. Just be careful of what information they require of you and if you need to make any arrangements public.

It is quite a balancing act. Sharing your memories and activities with loved ones while denying the same information to everyone else. It's not difficult, but it takes awareness and a healthy sense of caution knowing what is out there.

Footnote: If you wish to have your family members or others in your civilian jobs take the Cyber Awareness training (and many folks do), you can take it without registering at <http://iatraining.disa.mil/eta/cyberchallenge/launchpage.htm>



# AROUND THE GUARD

Sgt. 1st Class Jessica Barnett, 105th MPAD



Multiple Soldiers of the 1st Battalion, 161st Field Artillery were recognized with awards and certificates for their hard work of going above and beyond their normal duties during annual training in a ceremony held at Camp Funston on Fort Riley, Kansas, June 9, 2015.

Spec. Anna Laurin, 105th MPAD



On May 21, 2015, the Mustang Club of the Greater Kansas City hosted the Wounded Warrior Family Support's High Five Tour for a community gathering and display of the club members' mustangs as well as the WWFS's two handicapped Ford vehicles covered with signatures while at the Laird Noller Ford dealership, Topeka, Kansas.

Submitted Photo



Kansas Lt. Gov. Jeff Colyer, M.D. and Maj. Gen. Lee Tafanelli, the adjutant general, present a framed copy of Gov. Sam Brownback's proclamation declaring April 24 Genocide Remembrance Day to Armenian Defense Minister Seyran Ohanyan.

Spec. Anna Laurin, 105th MPAD



Lt. Col. Carla Hale, commander of the 169th Combat Sustainment Support Battalion, and Sgt. Maj. Craig Tunheim, command sergeant major with the 169th CSSB, change the patches on leadership of the companies within the 169th CSSB, Olathe Armory, Olathe, Kansas, May 2, 2015. The battalion now wears the historic patch of the 130th Field Artillery Brigade.



Spec. Jen Bjorgaard, 105th MPAD



Staff Sgt. Mark Nussbaumer, a broadcast journalist with the 105th Mobile Public Affairs Detachment, breaks the surface of the water during the unit's Combat Water Survival Training and Water Confidence Training at the Great Life YWCA in Topeka, Kansas, June 7, 2015.

Spec. Anna Laurin, 105th MPAD



Lt. Col. Carla Hale (second from left), commander of the 169th Combat Sustainment Support Battalion, passes on the noncommissioned officer saber to Sgt. Maj. Ronnie Brandt (second from right), incoming command sergeant major, during a change of responsibility ceremony for the battalion held May 2, 2015 in the Olathe Armory, Olathe, Kansas.

Sgt. Zach Sheely, 105th MPAD



Soldiers of 2nd Battalion, 130th Field Artillery, Kansas Army National Guard, fire reduced-range practice rockets from a High-Mobility Artillery Rocket System June 14, 2015, at Fort Riley, Kansas.

Submitted Photo



Sgt. 1st Class Ranie Ruthig and Staff Sgt. Shawn Chaney of the Kansas Regional Training Site-Maintenance show off their newly minted certificates from the National Institute for Automotive Service Excellence.



# The Guard at

The Kansas Army National Guard participated at the SpongeBob SquarePants 400 race held at Kansas Speedway in Kansas City, Kansas, May 9, 2015. Guardsmen from throughout the state participated in the static displays outside of the racetrack.



Soldiers of the 2nd Combined Arms Battalion, 137th Infantry, Manhattan, Kansas, greet race fans and answer questions about the M1 Abrams Main Battle Tank at Kansas Speedway in Kansas City, Kansas. The Kansas National Guard partnered with Kansas Speedway to create this display at the SpongeBob Square Pants 400, held May 9, 2015. *Photo by Sgt. Brandon Jacobs, 105th Mobile Public Affairs Detachment*



Soldiers of the 2nd Combined Arms Battalion, 137th Infantry, Manhattan, Kansas, talk with some younger race fans at Kansas Speedway in Kansas City, Kansas, May 9, 2015. The Kansas National Guard and the Kansas Speedway continued a partnership that has spanned several race seasons and allows Guardsmen to show off equipment to the public. *Photo by Sgt. Brandon Jacobs, 105th Mobile Public Affairs Detachment*



Race fans young and old gather around to take a peek at a M142 High Mobility Artillery Rocket System at Kansas Speedway, Kansas City, Kansas. National Guardsmen from the 2nd Battalion, 130th Artillery Field Artillery Brigade were on hand before and after the race to answer questions about their equipment and greet NASCAR fans. *Photo by Sgt. Brandon Jacobs, 105th Mobile Public Affairs Detachment*