

THE EVERGREEN

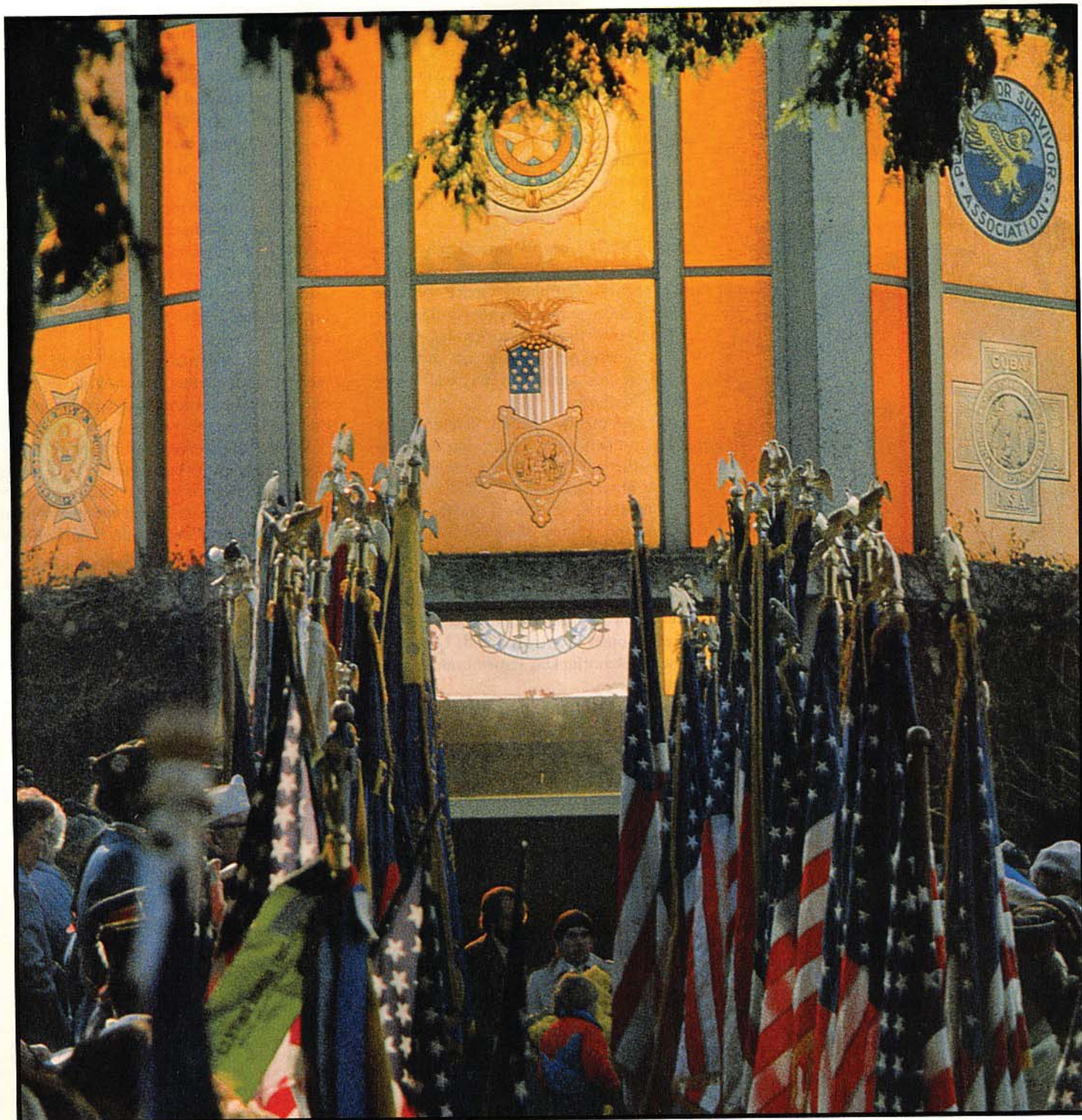
April, 1983, Vol. 13, No. 1

Washington Army and Air National Guard, Camp Murray

Tacoma, WA 98430

Veterans Memorial in Seattle, focal point for patriotic holidays — See pages 2, 10, 11

Photo by Capt. Don C. Brunell



M*A*S*H's immediacy moved us more than memories it mirrored

By Capt. Don C. Brunell

As I watched with tens of millions the final episode of M*A*S*H, I wondered why that record-breaking American TV audience ignores the equally emotional events that annually occur on Veterans and Memorial Days.

M*A*S*H ended its 11-year run as a true-to-life war series that depicted the human tragedy, close comradeship of American GIs and a Korean people ravaged by war. The comedy of the motion picture and television series is now part of history. The all-star TV



Capt. Don Brunell, 181st Infantry Brigade (M). PIO officer.

cast finished the series with a touching two-and-one-half-hour farewell and left for other castings. But the thing that suddenly struck me was the human tragedy of war persists and largely is ignored.

I would not, I admit, have given a thought to Veterans Day last November if I'd not been asked by our unit to photograph the color guard at a Seattle cemetery. But after covering the event, I was moved, confused, and left wondering what the point of the ceremony and meaning of the day actually were.

On one hand, I saw TV camera crews tripping over one another, radio reporters fighting for microphone space on the podium, and newspaper writers looking for all the angles. When a Guard member passed out, the newspaper reporter was more interested in this temporary physical lapse, than the ceremony.

I felt the media covered Veterans Day looking to open the wounds from the Vietnam Conflict and not to reflect on the meaning of the observance.

On the other hand, I saw a small group of veterans and others there to pay their respects to fallen husbands, brothers, sisters, and friends. To them, it didn't matter whether Veterans Day 1982 was dedicated to the Vietnam veteran; they attend Veterans Day ceremonies every year, and, I suspect, will be at Memorial Day remembrances year after year.

A question still lingers in my mind: Why did so many people tune in the final showing of M*A*S*H—a realistic, but fictional setting—and those same people ignore Veterans Day?

But it is not only Veterans Day that Americans largely overlook, but Memorial Day, Flag Day, Presidents Day, Martin Luther King Day and Armed Forces Day.

Americans are a "here and now people." We are so caught up in where we're going that we forget where we've been. More importantly, who sacrificed to enable us to en-

joy our freedoms and high standard of living.

For example, if you polled most U.S. citizens about Memorial Day, they would respond that it is the opening of summer—the first big three-day weekend.

On Veterans and Presidents days, most of those with the day off probably go fishing or to the shopping center to take advantage of the special sales.

Maybe we need to revise our scheduled holidays. Lump all memorial holidays except Christmas, Easter and the Fourth of July into one and celebrate them in the middle of the week and in the midst of winter. Then set aside three-day mini-vacations at the beginning of each season to break up the rest of the year.

That arrangement might bring more meaning to the intent of each holiday, but it only would be successful if Americans took the time to remember and to care.

M*A*S*H is over and Monday Night Football doesn't begin until fall. Since Memorial Day is on a Monday—May 30—maybe we can take a few minutes to remember those living and dead who've made it a little easier for us.

Veterans Day 1982 made me realize that I'd forgotten about friends that died in Vietnam or whose fathers didn't make it home from Korea or World War II.

We have lots to be thankful for and we should remember that what we have did not happen by accident. People made it happen. They deserve higher ratings this year.

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COVER PHOTO: The Veterans Memorial Chimes, Chapel and Tower located at the Washelli Cemetery. This facility was built by veterans organizations and displays their emblems.

**THE ADJUTANT GENERAL
 CAMP MURRAY
 TACOMA, WASHINGTON
 98430**

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 of the Washington ARNG and ANG personnel*

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Training

So you think you might like to fly a 'chopper...

By SSgt. David Largent

You can usually hear them before you can see them. They appear on the horizon and move across the sky seemingly with no effort at all. They disappear as quickly as they appeared, the sound dying out shortly after they are out of sight.

Do you stop and watch as the helicopters fly overhead? Ever wonder what it's like to be a helicopter pilot? For some members of the Washington National Guard wondering has been replaced with training.

One Washington National Guard member has recently finished and three are presently attending undergraduate pilot training.

"We haven't had any quotas for flight school until the last year or so," said Lt. Col. Timothy M. Flynn, state Army aviation officer for STARC. "It looks like we will be getting them regularly now," he added.

1st Lt. Bruce W. Morrison, flight operations officer, 116th Attack Helicopter Troop, is the latest Washington Guard member to graduate from flight training.

Morrison must not only keep up on his flying skills, but he is in charge of ensuring that aircraft are available at all times and that the flight plans are filed for his unit.

"I enlisted in the National Guard in 1976 as a medic," said Morrison. As a specialist four Morrison decided to attend

Washington Military Academy. Once he finished WMA, Morrison received his commission and worked as an infantry platoon leader and later went on to flight training.



1st Lt. Bruce Morrison

There are several things to consider besides just wanting to become a pilot. You must be able to leave your family and job for about nine months and be ready to become involved in an intense training program.

"I'm getting ready to submit my application," said Sgt. Mark D. Logan, flight operations specialist, 116th Attack Helicopter Troop.

"It takes a lot of time to find the people you need to get the right paperwork and to find out all the qualifications," said Logan, "but if you really want to go to flight school it's worth it. I should be able to take a leave of absence from my civilian job to attend flight school, although the leave will affect my seniority."

"Right now I wouldn't go to flight school," said SFC Thomas J. Leonard, flight operations NCOIC, 116th Attack Helicopter Troop. "But if the opportunity had been offered to me when I was younger, I would have grabbed it.

"I've flown in Vietnam and I work with the pilots now, but I'm very secure in my job right here on the ground. If someone wants to go to flight school and is truly interested, I would encourage them to go because aviation is the best thing in the world," added Leonard.

To qualify for initial flight training, personnel must have a high school diploma, a standard score of at least 110 on their aptitude selection test (FAST-OB) for officers or at least 300 on the enlisted version of the test (FAST-WOCB).

In addition you must have completed or be undergoing a course in basic combat training, have at least three years of service remaining prior to ETS at the time of issuance of orders, have no military or civil court convictions or adjudication as a juvenile offender, meet the height and weight standards described in AR 40-501, and have your application processed prior to becoming 27.5 years old.



An attack helicopter of the 116th Attack Helicopter Troop lifts off the ground during training.



Members of Company B, 181st Support Battalion load on amphibious landing craft from 1118th Transportation Company.

Medics mobilize by land, sea, air

Story and photo by Capt. Don C. Brunell

SEATTLE—Most people envision an Army medical unit as a mass of confusion and pure panic as depicted in the M*A*S*H television series. But not so in all medical companies.

“It can get that way,” said Capt. Dick LaFave, commander of Company B, 181st Support Battalion, “but we hope through our recent mobilization training that we can mobilize in an orderly fashion with a minimum of confusion.”

Company B convoyed from Seattle to Fort Lewis in February and loaded on amphibious landing craft from the 1118th Transportation Company. The equipment was on- and off-loaded at Fort Lewis because the off-loading site in Tacoma was not available; however, the unit members floated from Fort Lewis to Tacoma as part of the exercise.

“It gave our troops a feel for the landing craft and water movement,” LeFave added.

In March Company B took part in a deployment exercise at McChord Air Force Base. Troops and equipment loaded up in Seattle, convoyed to McChord, and deployed to the Green Line—the final preparation point for aircraft loading. The unit prepared for loading onto a C-141 transport.

“The exercise,” LeFave concluded, “gave us a good chance to test our mobilization plan, so if we have to pack up and move out in a hurry, we’ll be familiar with how it’s done.”



CWO4 Richard Bishop

Without WSMC, Guard ships would be sunk

By SFC Joe Zambone

The main mission at Tacoma’s Watercraft Support Maintenance Center (WSMC) is simple: keep the boats afloat. Without stringent maintenance, of course, ships have a bad habit of running out of power far from land, running aground because of faulty sonar, or even taking an unscheduled plunge if hull plates tear loose in a storm.

WSMC services all floating craft assigned to the 144th Transportation Battalion, but instead of weekend M-Day servicing, they’re the civilian technician support element. They work all week throughout the year, and whatever they do is subject to ultra-high maintenance standards. Sailors of the 144th would have it no other way. . .

For many years the head technician at WSMC was CW04 Richard “Rick” Bishop; he still serves, after a full-time retirement, as skipper of the FS-313 Freight Ship.

Bishop’s replacement as WSMC foreman is CW02 Doug Miller, 46, a Tacoma native with nearly 30 years as a National Guardsman. His career began with enlistment on Dec. 8, 1953, in the 530th AAA Battery, which reorganized in 1959.

From there Miller went to the 241st Signal for about six months, then to the 506th Transportation Company, which is still one of the boat units based at Pier 23.

“At that time,” said Miller, “the 506th only had the FMS (Floating Machine Shop) barge, the 100-foot tug and the T-Boat, not a whole lot of anything compared to what is moored around here now.”

WSMC currently “cares for” some 19 Mike Boat landing craft, the FMS, several tugboats, a floating crane barge, the FS-313, a fuel barge, and a few other assorted small craft.

Community Service

Unit sets high standard of community service

By Capt. Don C. Brunell

SEATTLE—The 181st Support Battalion, Washington Army National Guard, not only has a full training calendar each year, but its list of community involvement projects is extensive.

Among the items on the agenda annually are Seafair, the Patriot Run, KIRO Variety Club Telethon, March of Dimes Walk-a-lot, and providing numerous color guards for Seattle area ceremonies such as Veterans Day.

Ramrodding the community activities is CSM Richard Gore, a full-time Washington Army National Guard technician here.

Each year, the 181st Support Battalion provides men and equipment for the Seafair Hydroplane Races on Lake Washington.

"Over the years," Gore said, "we've provided doctors, medics, medical-aid stations, communications equipment, helicopters, and other manpower and logistical support."

"Our troops not only feel it is important to train hard during weekend drills," Lt. Col. Gerald Link, commander of the 181st, said, "but it is important for the Washington Army National Guard to be visible in community activities. Therefore, our people give free-

ly of their personal time to help with worthwhile community projects."

One vital service the 181st support is the King County Police Search and Rescue Program.

"We support this program with tents, heaters, radios and gamagoats on rescue missions," Gore said. "Ground support for search and rescue is extremely important. Many times we're the link between military air operations and ground search parties."

Since the start of the training year in October, the 181st has sponsored an Open House to give the community a look at the Washington Army National Guard and just concluded an Easter Food Drive for Northwest Second Harvest and the Pierce County Food Bank.

SSgt. James Marcoll, a supply technician for HHD, 181st Support Battalion, coordinated the food drive which concluded in March.

"We non-commissioned officers felt," Marcoll said, "that there are many hungry people that are our neighbors in Seattle and Tacoma that need help. The food drive was a continuation of the Christmas Spirit when many organizations in our area pitched in to help those in need."

In May the 181st will assist with Armed Forces Day activities at the Sandpoint Naval Support Facility and sponsor its second annual Patriot Run at Marymoor Park in Redmond.

In 1982 the Patriot Run drew more than 750 runners and netted more than \$500 which was donated to SEA-VAC, a Seattle area Vietnam veterans organization.

"This year," added Capt. Larry Kirchner, chairman of the Patriot Run, "we're donating the proceeds to the Children's Home Society."

Later this year, the 181st will support the KIRO Variety Club Telethon and the March of Dimes Walk-a-lot with men and equipment.

Finally, CSM Gore added, the 181st will provide support to many parades in Western Washington including the Peter Puget Days celebration in Bellevue.

"We view the National Guard as a citizen-soldier organization," Gore concluded. "We're involved because we feel people ought to know that the Guard cares and serves—both in peace and in emergency situations such as Mount St. Helens eruptions."



Members of the 181st Support Battalion assist the Seafair medical team in loading injured driver John Walters of the Pay n' Pak into the medivac helicopter during last year's hydroplane races.

Photo by Sp4 Don Green



Seafair's medical team carries John Walters to the medivac helicopter after his near-fatal crash in the Pay n' Pak. Photo by Sp4 Don Green



Company C, 3rd Battalion, 161st Inf. (M) provides home for students who can't make it in the regular classroom.

Infantrymen ride to rescue of problem students

Story and photos by Sp4 Randy Bourne

The times of the cavalry riding over the horizon to save the day may be gone, but the spirit of those times lives on at the Redmond National Guard Armory.

One weekend a month the armory is home to C Company, 3rd Battalion, 161st Infantry, but on weekdays it is something else altogether. From 9:00 to 2:00 daily the company dayroom is a classroom for 10 children ages 12 to 16 years old.

These kids all have one thing in common. They were not making it in regular school. Some of them have been in trouble and are not allowed back at their school, and some have learning disabilities and can't keep up with the regular curriculum.

The school is called the Lake Washington Individual Progress Center and is taught by Pam Slyter and her aide, Sue Mankowski.

Pam, a former Lake Washington school teacher, started the program on her own last September, when the district dropped its program.

"The main obstacle to starting the school was to find a classroom," she said. "Most places would not rent to me when they found

out what I wanted to do, or they asked for such a high rent that I would have to charge an unaffordable tuition."

Then one day she read an advertisement about the National Guard being there to help the community. "I walked into the armory and before I knew it I had a classroom," she said.

Maj. Robert Stromberg, head of engineering at Camp Murray, helped her negotiate the first year's contract. She pays approximately \$350.00 per month for use of the room.

Slyter has high praise for C Company and the National Guard. "Everyone has been really helpful and nice to us. They're a great group of people," she said.

The unit personnel seem to feel the same way about the school.

"They have been great, I don't even know they are in the same building except when they pass by my office on the way to lunch or home," said Sgt. James T. Horn, the unit administrator. "I work here all week long as a civilian, and we've never had a problem."

Slyter summed up her feelings with a smile.

"Without the support of the 3rd Battalion, 161st Infantry and the Washington National Guard, this school could not exist



Teacher — Pam Slyter

and these kids would be on the street. The Guard really is there to help the community and they're not afraid to get involved."

Who said the cavalry-to-the-rescue concept is gone?

Letters To The Editor

Journalist advised to 'walk a mile in WMA's shoes'

WASHINGTON MILITARY ACADEMY
Washington Army National Guard
Officer Candidate School
Camp Murray, Tacoma, Washington 98430

WMA-26 January 22, 1983

SUBJECT: Rebuttal to EVERGREEN article.

Did you see the article on the W.M.A. in the last issue? We sure did. By "we" I'm referring to the W.M.A. staff and my teammates—the Officer Candidates of Class 26. We feel the article painted a very distorted and simplistic picture of our program, and, to put it mildly, were quite upset. As Class 26's Morale Officer, I feel both obligated and privileged to offer this rebuttal.

To infer that "The most important factor of the Officer Candidate's training is the ability to

creatively and masterfully stutter, stammer and quake while being yelled at by their TAC Officers" is more than ludicrous, it's an insult to the memories of the valiant W.M.A. graduates who, while selflessly paying the ultimate price demanded of a soldier, didn't stutter, stammer or quake.

Talk to rocks? Yes, we've talked to rocks. After our inattention to detail resulted in a faux pas, it was not unusual to find us engaged in that sort of activity. Result: we now pay attention to detail. Would you want to follow an inattentive officer into a combat situation?

Reflecting back on my initial reaction to the aforementioned article, I'd have to say that, more than any other factor, my ire was raised by the fact it was written by an outsider. Sp5 Denman is not now, nor has she been, an Officer Candidate. She hasn't had to dry the tears

of frustration that flow when your best just isn't good enough. She hasn't had that jump-up-and-down exuberance when a teammate finally overcomes an obstacle. I'm not about to imply, Sp5 Denman, that you don't have pride. I don't know you that well. But, I'll bet you dollars to donuts that you'd come out of the W.M.A. program with a far greater measure than you now possess. We will.

In summation, Sp5 Denman, as one journalist to another, let me leave you with a timeworn piece of advice: Don't criticize someone until you've walked a mile in his shoes—or, in our case, our spit-shined jump boots.

O.C. Robert J. Scheidt
Morale Officer
Class 26

Evergreen journalist owes WMA apology?

Dear Editor,

(Following letter edited to allow for space limitations. Editor.)

It was obvious after reading Sp5 Karen Denman's Washington Military Academy article in January's "Evergreen" that she has passed on a superficial and prejudicial opinion of the Officer Candidate School program in the State of Washington.

Denman's lead into her story is almost correct; that is, the candidates *are* at WMA to learn discipline, military bearing, and uniformity. However, whether they are *demand*ed to do so with sense of humor intact is questionable — questionable because the training of young officers is a serious business to the staff of this fine military institution.

No one is going to deny that candidates do have their barracks "redecorated" by the TACs. Likewise, it is well known that the maximum hearing distance of a candidate is 18 inches. But, to infer that the safety of these people is taken so lightly as to allow them to run out in front of a speeding car is nothing short of ludicrous.

One major point needs to be made clear, that there is a real reason behind the yelling, running, cleaning, being inspected (and reinspected), and having barracks decorated. Denman touched on the word in her first paragraph: "Uniformity." Why uniformity? Because it means not just looking alike; it means being together, working together, playing together, learning together. All the so-called "harassment"

that these candidates receive is well planned to reinforce their dependence on each other. Someday that dependence may extend to a battlefield situation.

If she had taken the time to really get to know what WMA is all about, by talking to the candidates and staff of the Academy, Specialist Denman could have written a really inspiring article and still have provided plenty of chuckles about candidates hatching from yellow helmets. As it stands, in my opinion, she owes the entire WMA class and staff an apology for the way she has demeaned the school.

Sincerely,

Pat Munyon
Sp5, WashARNG

Readers have misplaced their sense of humor?

Dear EVERGREEN,

People normally don't write letters to the editor when they like something (at least I don't). However, since there has been so much rumor running amok through the streets and tank trails of Camp Murray in regard to the article on WMA (January 83 issue), I want to go on record to say I thought the article was hilarious. The imagery and play on words were, without doubt, the most

ingenious aspects of that article. It was in no way disparaging to WMA — it showed no disrespect, no intent to demean. The style of writing is not unlike another resident genius of yours, namely Joe Zambone.

The key phrase in this article is "a sense of humor." My god, who could survive OCS (anywhere) without one? And although "a sense of humor" was mentioned in the first and last sentence of the article, some of your readers regrettably missed it.

Because Zambone's recent article on Second Looeys and this one of Denman's have both come under fire, I'm tempted to wonder if perhaps some of your readers have misplaced their own sense of humor. I sure hope not — whither goest humor goest sanity. . .

Shirley P. Turner
Capt., MP, WashARNG
State EEO Officer

In Search Of

Goal for WMA Class #27 is 80-100 candidates

An active recruiting campaign is now underway to enroll qualified candidates for the Washington Military Academy Class #27.

Through a computer printout, a list of qualified candidates has been drawn up. The computer printout will be distributed to commanders, and they are asked to recommend individuals on it who are in their unit.

Further contacts are made through the Fort Lewis *Ranger* to attract regular Army personnel, and contacts are made with the Army Reserve for prospective candidates. Encouragement is given to staff, company commanders and personnel to look for good candidates.

In June an orientation will be held at Camp Murray for all prospective candidates who have been contacted and for anyone else interested in attending the Washington Military Academy. The recruiting goal is to have 120 candidates at this orientation. Candidates will be shown the type of training involved at WMA.

Lt. Col. Douglas R. Cresswell, academy commandant, hopes to have 80-100 candidates starting class #27. Normally about 60 candidates start and approximately 30 complete the challenging task of becoming an officer.



WMA cadets head for skull work in the classroom.

Photo by SSgt. Dave Largent

Days To Remember

May, June months honor country and veterans

Editors note: The following stories are a reminder of the upcoming holidays, a time set aside to honor those now serving and in memory of those who gave their lives in service to their country.

Armed Forces Day, May 21

The first Armed Forces Day was proclaimed back in 1950 by President Harry S. Truman. Celebration of this day is on the third Saturday in May.

It serves as a reminder of the debt we owe our fighting men and women. Weaponry and militia are displayed at this time to further the public's awareness of our strength.

Though it is observed annually, Armed Forces Day is not considered a legal or public holiday.

Overseas bases open their doors to nationals of host countries on this day.

Though each branch of the service has its own birthday, public recognition of all military is reserved for Armed Forces Day.

Armed Forces Day will be celebrated May 21, 1983.

Memorial Day, May 30

The first national Memorial Day observance in the United States was held approximately 110 years ago when the Grand Army of the Republic decided in 1868 to decorate the graves in Arlington National Cemetery, located just across the Potomac River from Washington, D.C. The end of May was selected as an appropriate time because flowers were more available at that time of year.

The crowd attending that first Memorial Day at Arlington Cemetery was approximately the size of that usually attending today's observance, about 5,000 people. Then, as now, small American flags were placed on each grave in the cemetery.

The 1868 ceremonies centered around the mourning-draped veranda of the Arlington mansion, once the home of Gen. Robert E. Lee. On that day, Gen. and Mrs. Ulysses S. Grant and other Washington officials presided. After the speeches, a procession headed by children from the Soldiers' and Sailors' Orphan Home and Grand Army men wended its way through the cemetery. Prayers were said, hymns sung, and the graves scattered with flowers.

This year Memorial Day falls on May 30. Special services commemorating America's war dead will be held across the country, with a national ceremony centering, as it did on the first Memorial Day, at Arlington National Cemetery.

Wreath-laying at the Tomb of the Unknown Soldier is a symbolic tribute to all of America's service members who have fought and died in defense of freedom. It is a tribute for the many men and women who have served their country in honored glory.

Continued on page 11

More Days To Remember

Flag Day, June 14

Flag Day is celebrated by Presidential Proclamation on June 14, marking the anniversary of the Congressional Resolution on June 14, 1777, which established the Stars and Stripes as the U.S. national banner.

A turn-of-the-century Flag Day proclamation expressed well the significance of the observance:

“We celebrate Flag Day because this flag which we honor and under which we serve is the emblem of our unity, our power, our thought and purpose as a Nation. . . It floats in Majestic silence. . . And yet, though silent, it speaks to us, speaks to us of the past, of the men and women who went before us and of the records they wrote upon it.”

The flag has always had a special significance for members of the Armed Forces. During the Civil War, for example, more Medals of Honor were awarded for incidents involving the flag than for any other type of action.

On the sea, it was a sign of surrender when a country's national ensign was hauled down. During one famous battle when the American national flag was shot away, the enemy ship asked if the American vessel had surrendered. The ship was the *BON HOMME RICHARD*, commanded by John Paul Jones. His answer resounds through history: “I have not yet begun to fight.”

When President Woodrow Wilson gave his Flag Day message in 1917, shortly after the U.S. declaration of war against Germany, he noted the sacrifices that had been and would be made by those who followed the U.S. flag into battle.

He said, “We are about to bid. . . the young, the strong, the capable men of our Nation to go forth and die beneath it on fields of blood far away. . . for some old, familiar, heroic purpose for which it has seen men die on every battlefield upon which Americans have borne arms since the Revolution.”

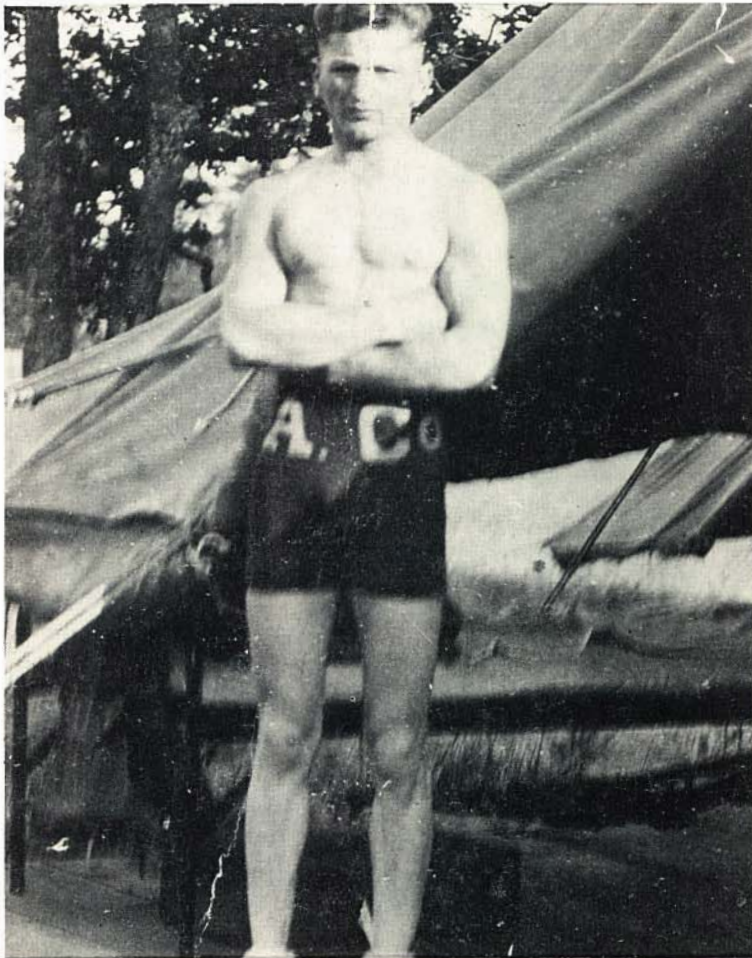
That purpose, he pointed out, was the preservation of liberty. And American liberty—with all it entails—continues to be symbolized by the U.S. flag wherever it waves.

Gov's Guard supports Duke's Gurkhas



Lt. Col. David B. Morgan, commander of the 1st Battalion, 7th Duke of Edinburgh's own Gurkha Rifles, was met at McChord Air Force Base with a Washington Army National Guard sedan. The sedan, used by Morgan during their six-week training exercise, is one of the many vehicles the National Guard provided the Gurkhas.





Abe Bridge was the featherweight boxing champion of Camp Murray.



Standing in front of an old artillery piece, Abe Bridge takes a break from training.

Commitment to fitness



Abe Bridge's dedication to physical fitness showed clearly even in his fifties.

By Capt. David Matthews

He was the featherweight boxing champion of Camp Murray and he won a girl's heart.

A love story in the National Guard? Yes indeed, one spanning over 60 years.

The boxer was private Abe Bridge, later a National Guard major; and the girl, his granddaughter, a National Guard first lieutenant.

Today 1st Lt. Cheryl Kaplan is in the Washington Army National Guard not only because she loved and admired her grandfather, but because she modeled her life after his.

And his life was physical fitness.

True, there are no newspaper accounts of her that read like one of his:

TACOMA, 1920 — "Bridge slipped the old kayo to Eddie Blanche in the third round and won a chance as a preliminary at the Crystal Pool next Tuesday evening, which Bridge accepted."

But Kaplan's regimen of aerobics five or six times a week derives directly from his life-long influence.

"When my two sisters and I came up from California on summer visits, grandfather worked us out in his basement gym," Kaplan explained. "We did exercises, hit the punching bag, threw the medicine ball, and then went for a swim in Lake Washington near Madison Park."

The sisters were not as fond of these activities as Cheryl was, so she has carried the legacy forward as a physical fitness enthusiast and as a professional nutritionist.

"My grandfather was a life-long enthusiast who worked out twice a day and stayed fit until age 70, before cancer took his life," said Kaplan. "He practically lived at the YMCA, teaching kids to swim and box."

"He's the one who influenced my career choice, including the National Guard. He cherished his duties. He especially loved exercising Bailey, his favorite National Guard horse," Kaplan said.

Since there are no more horses in the Guard to exercise, Kaplan's duties will be a bit different.

"I am what you might call a dietary



After being sworn in by her uncle, Admiral Herbert Bridge, 1st Lt. Cheryl Kaplan receives appropriate congratulations from her husband Capt. Allen, Kaplan, D.M.D.

ss spans 3 generations

ecologist," she said. "I'll work on the Guard's menu planning committee to preserve the delicate relationship of our bodies with the fuel we consume—food. That, and weight control."

Kaplan's position is one of only 25 dietetic positions in the Guard nationally. She works out of STARC (State Area Command) as a Medical Specialty Corps member, under the supervision of Col. George Koss and Col. Leon F. Aller, Jr., who was influential at the National Guard Bureau in obtaining the position for our state.

Kaplan expects to be most active and influential herself at future summer camps. She will be there to improve the menus with "more fiber, more fresh fruits and vegetables, and fewer saturated fats."

Her role as a weight-control counselor will be based on advising changes in food intake, eating behavior, and exercise.

As a dietitian with a Master's degree in Public Health Nutrition, Kaplan believes the Guard can derive great fitness benefits from following the guidelines of the Senate Select

Committee on Nutrition.

In the past she has served 1,200 preschool children and their families through the Seattle-King County Head Start Program.

When she had her own babies—Stacey, 3 and Adam, 1— she swam daily right up to delivery day. That's indicative of her commitment to fitness.

That commitment can be traced back 60 years to the featherweight boxing champion of Camp Murray, Abe Bridge.

And the commitment runs in the family. Bridge's nephew is Admiral Herbert Bridge, the senior admiral in the United States Naval Reserve, and a former boxing pupil of Abe's.

Kaplan's husband, Capt. Allen M. Kaplan, D.M.D., is the dental officer for Company B, 181st Support Battalion, WashARNG. His background as a forensic dentist was described in the pages of the *Evergreen* in 1981.

So the love story continues on several fronts, as 1st Lt. Cheryl Kaplan tries to 'slip the old kayo' to inadequate nutrition and weight-control problems in the Guard.



1st Lt. Cheryl Kaplan carries on family commitment to the National Guard and physical fitness.

'Total' fitness may change Guard lifestyles

By SSgt. Doris Nelson

Guardsmen may need to change their lifestyles in the future to comply with the Army's increased emphasis on "total" fitness.

The Army's total fitness program integrates not only weight control, but other programs such as sports, nutrition, and alcohol and drug abuse treatment. This "total" fitness emphasizes a health-enhancing lifestyle.

The surgeon general's task force on physical fitness is working closely with other Army agencies on ways to develop weight control through diet and nutrition training; stress reduction through behavioral modification training; and aerobic, strength and flexibility improvement through fitness and conditioning programs.

The Army is enforcing new fitness standards in part because of the direct connection between an individual's stamina and his ability to be effective in combat.

With the Army's stress and commitment to "Total" fitness, the push will be seen and felt in the National Guard. New standards in physical fitness and weight control will be implemented in the future.

Army National Guard Physical Fitness and Weight Control Program interim change to NGR 600-9 expands ARNG Physical Fitness Test to three events and increases frequency of weight check to semi-annually. The fitness test will include the push-up and sit-up events of the Army Physical Readiness Test (APRT) for personnel under 40.

Active Army recently established the APRT requirements to include sit-ups and push-ups with a two-mile run for over-40 soldiers.

For the Army National Guard, the implementation of the over-40 APRT is not expected in the near future, according to Lt. Col. Charles W. Barnes, the National Guard Bureau staff officer for all physical fitness requirements:

"Only those Guardsmen who have been medically screened in accordance with AR 40-501 would be required to do the over-40 APRT. The National Guard is in the process of establishing a program at this time to conduct medical screening. However, due to the large numbers involved in this process, the bureau anticipates, in the interim that over-40 Guardsmen will continue with the four-mile road march," he said.

Weight control programs and nutritional awareness at various installations have proven to be effective not only for soldiers but their families. The "lifestyle" program at Fort Eustis, VA, has provided a model for other posts and installations to follow.

At this time in the National Guard, it is each individual's responsibility to lose the weight necessary to reach the standards set forth in NGR 600-9. The dietitian will assist Guardsmen to achieve their weight loss goals.

1st Lt. Cheryl Kaplan, Army Medical Specialists Corps, is a dietitian with STARC. Kaplan stated that it is important to become aware of what you are eating and be able to make educated choices.

Kaplan stated that there are three means to

weight control: caloric intake, management of eating habits, and exercise. It is the individual's responsibility to attain results.

Kaplan is available for providing any kind of information or for assisting anyone in weight control education.

At the local level, all applicants for the Washington Military Academy must meet the weight requirements of Appendix A, NGR 600-9. No waivers are authorized. Any candidate who is overweight when he/she reports to the annual training period will be sent back to the unit of assignment.

The message is coming down to Guard members that "total" fitness is important to the individual's well being and ultimately to the Army's existence. The Army will be fit.

181st schedules charity run for fun, funds

By Capt. Don C. Brunell

SEATTLE—The 181st Support Battalion, Washington Army National Guard, has scheduled its second annual Patriot Run for Sunday, May 22 at Marymoor Park on Lake Sammamish.

According to Capt. Larry Kirchner, chairman of the event, the Run will be held in conjunction with Armed Forces Day activities in the Seattle area and features a five- and 12-kilometer race. Race activities begin at 7:30 a.m.

Kirchner said the 1982 event was a "big success with about 750 runners from Western Washington competing."

The 1982 race generated a \$500 donation to SEA-VAC, a Seattle-based Vietnam veterans organization. SEA-VAC helps vets-in-need, providing them with counseling, job applications and other services.

Kirchner said proceeds from the 1983 Patriot Run will be donated to the Children's Home Society, which helps needy young children between seven and 12.

"Our donation is part of a \$200,000 drive Children's Home Society is undertaking in 1983 to help keep their vital programs going," Kirchner said.

Entry forms will be available at various sports shops in Western Washington or can be obtained by writing Capt. Kirchner, 181st Support Battalion, 1601 W. Armory Way, Seattle, Washington 98119.

The deadline for entering and receiving a T-shirt, plus the entry fee discount is May 1. Entries received before May 1 should enclose a \$7 fee. Runners also may enter on race day for an \$8 fee.

National Guard runners will receive a credit for their four-mile requirement if they complete the race.

Refreshments will be served following the race. There will be prizes awarded in all age classes.



Patriot Run division winners will receive gift certificates.

Photo by SSgt. Les Dotson

News From The 'Top'

Pride, the key to successful NCO development

By CSM Durwood Johnson

On my visits to all the units around the state, I am asked many questions concerning the Non-Commissioned Officer Development Program (NCODP). Let's discuss what NCODP can do for you and your units.

1. What are the objectives of NCODP?

- Strengthen and enhance leadership development of the first line NCO supervisor.
- Assist and provide guidance on the continuing development of NCOs.
- Increase the confidence of the NCO as a leader.
- Realize the full potential of the NCO support channel for the chain of command.
- Improve unit effectiveness.

2. Who should be involved in NCODP?

All soldiers who demonstrate the potential for, or currently performing in, a leadership position will participate in NCODP.

3. Who is responsible for NCODP?

It is the responsibility of the commander to provide the time, guidance, and resources to conduct NCODP. It is the responsibility of the CSM/ISG to see that the training is accomplished.

Our most effective units are those where the officer leadership and senior NCOs have built an environment that encourages initiative and responsibility, and where the NCOs respond strongly and positively.

NCOs must be developed to a higher degree than ever before; the NCO must train, lead, and care for his soldiers. Both individual effort and team building demand a strong corps of qualified NCO trainers.

The FORSCOM Commander, General Richard E. Cavazos, also has some concerns about NCO development:

"We will never have all the NCOs we are authorized. We must train the junior leaders we have now to be prepared to go to war on short notice. Therefore, crews, teams, and units will not be zeroed out simply because they are lacking the authorized leadership. Soldiers will be designated as junior leaders and trained to fill these positions. This will put an additional demand on the chain of command. Their training must be supervised, starting with basic responsibilities and tactics."

Everything I have said is from AR 350-17, Non-Commissioned Officer Development Program (NCODP), dated Dec. 1980, and Washington Supplement 1 to AR 350-17.



CSM Durwood Johnson

Finally, as your state sergeant major, permit me to give some direction to this most important program.

- NCODP is simply placing emphasis on those things that we should be doing.
- The senior NCOs, together with the commander, should honestly evaluate the needs of their NCO corps, and then devise a plan to bring this group up to acceptable standards.
- NCODP is for NCOs and is operated by the NCOs.
- There is no standard curriculum applicable to all units. It must be tailored to the needs of the individual unit.
- Don't build a cut-and-dried NCO school. Be flexible!

6. NCODP should be on the training schedule with a record of subjects or skills to be covered, and an attendance roster should be filed in your training records.

7. Consider a wide range of subjects. Any subject covered that will enhance the NCOs knowledge and ability is good NCODP.

8. The true evaluation of your NCO is not just an IG inspection. It isn't words, training schedules, or paperwork, but it is how well your NCOs are functioning.

9. This program is presented in scheduled one hour blocks of training time, eight times a year to get us better qualified on any weaknesses we have as NCOs.

You and I know that when a job is done poorly, most probably it is due to a lack of pride or motivation. Personal pride is the key to having success. Without it, there is little motive to excel.

How is pride established in the young NCO?

We as senior NCOs must set the example. Demonstrate your pride and interest by getting involved in what our young NCOs are doing, giving encouragement and showing appreciation by recognizing individual effort.

Enthusiasm is very contagious, and gets more positive results than any other single effort. Be positive in each thing that you do in your units and we will achieve the results that we want to see.

Bill would lift prohibition on judges in Guard

Editors Note: The following story should be of interest to those who have read our stories on Maj. Richard A. Strophy and Patricia Aiken, which appeared in the January '83 issue of the *Evergreen* on page 20.

Strophy and Aiken are county judges serving with the WashARNG Judge Advocate General office. Both have received a legal stay order from the state attorney general's office pending final disposition of SB 3393.

Washington judges would be eligible to join the National Guard if legislation approved by the state Senate becomes law.

Sponsored by three attorneys who are state senators, the measure (SB 3393) corrects a quirk in current law that prohibits judges from joining the National Guard.

Sen. Dick Hemstad of Olympia, who co-sponsored the bill with Sens. Phil Talmadge

of Seattle and George Clarke of Mercer Island, said the measure "repeals a provision in the law which prohibits any member of the judiciary from being an active member in the National Guard or Air National Guard."

The prohibitive statute is contained in the law which stipulates the procedure for selecting the state adjutant general and assistant adjutants general.

The state military organization has 12 legal positions within both the Air National Guard and the Army National Guard.

Normally, attorneys in the military belong to the Judge Advocate General Corps.

The legislation was unanimously approved by the state Senate and has been referred to the House of Representatives for further study.



One of the many conflicting pieces of evidence in the controversial issue of the birthdate of the Washington Guard is a photo showing Company A and staff of the Washington Army National Guard at the first encampment at Two Oakes in 1885.

Birthdate of Washington Guard in dispute

By Capt. Richard Patterson

Should we be preparing for a centennial celebration or are we 30 years behind the times? What date or at least what year should we set for the 100th-year birthday of the Washington National Guard?

These questions and others are flying about Camp Murray, and it is apparent from the "official history" that the choice just might be a matter of interpretation.

One interpretation would have the centennial an event that has already come and gone. Another, the one creating the current excitement, would have us gearing up for the celebration right now.

Here's what I've been able to extract from those official volumes. You be the judge.

From the Territorial Indian Wars of the 1850's to statehood in 1889, dates still vie for recognition, so how about 1850 for round figures?

Somebody thought so and celebrated with a parade in Olympia on May 6, 1950 according to a notation in documents in the state military archives in Olympia. But round figures may be deceiving.

On March 2, 1853, President Fillmore signed the Organic Act creating the Washington Territory and Maj. Issac Stevens was appointed first governor and commander-in-chief of the militia. With a commander-in-chief you would think he must command something. A Washington militia or National Guard? Maybe. . . .

By January 1855, the territorial legislature enacted the first militia laws. With the laws on the books, do you have a militia or National Guard? Maybe. . . .

During the years between 1855 and 1858 a couple of dozen units were mustered into service, primarily to handle Indian uprisings and settlement problems.

In February 1858, the Legislative Assembly amended the Militia Laws of 1855 to provide for organizing *active* companies

of militia and to provide authority to the governor to order out the militia in the event of an emergency. Now the governor has authority. Does this mean it's a real militia or National Guard? We must be getting close. . . .or are we? Maybe. . . .

Next comes 10 years of more units formed, more Indian battles, and an official "First encampment of organized militias." Now that we've fought and died in battle and officially "encamped," are we now the Washington National Guard? Maybe.

And what of the interpretation of the centennial lies ahead in the 1980s? More on that legalistic interpretation in the July *Evergreen*.

Briefly Noted

Blow your own horn

We appreciate receiving articles and/or photos from you. If you have a story to tell please submit your article to: Editor, *Evergreen* 122nd Public Affairs Detachment, Washington Army National Guard, Camp Murray, Tacoma, Washington 98430.

See photo this page; it proves we mean business.

Pay information available

Members of the Washington Army National Guard who have questions about their retired pay, as they approach age 60, may write to specific offices for information.

The services send those who have qualified for retirement pay the necessary forms several months before they reach their 60th birthday, but those who do not receive the forms, or have questions, may contact the following offices:

Commanding Officer, U.S. Army Reserve Component Personnel and Administration Center (Attn. Title III unit) 970 Page Blvd., St. Louis, Mo. 63132

Those seeking information should include full name, date of birth, service number, Social Security number and mailing address.

Insignia wear clarified

Officers and warrant officers (AC and RC) will wear nonsubdued grade insignia on the utility/camouflage cap. Skill badges will not be worn on the BDU cap. BDU caps will not be starched, according to a Forces Command directive.

New machine-gun model approved

The Department of the Army has approved tests on a new 5.56mm machine gun that will eventually replace the M-60 machine gun for standard use in infantry units. The new weapon, which fires the same ammunition as the M-16 rifle, will be called the Squad Automatic Weapon (SAW).

Camouflage field jackets on the way

Camouflage field jackets should be in the Army's supply system in March and in clothing sales stores sometime in April, according to DA officials.

Although the camouflage field jacket is making its debut this year, the plain green field jacket will not disappear until Oct. 1, 1985.



Computer graphics 'chart' the future

Let's get organized! Computer applications can help make that possible. Here Capt. Steve Crowell, left, and SSgt. Elisa Greiff of the 215th Engineering Installation Squadron, Washington Air National Guard, utilize a Tektronix graphics computer and digital plotter to produce new organizational charts. In civilian life, Crowell is a systems analyst with Tektronix, the manufacturer of the device, and Greiff is a senior in electrical engineering at the University of Washington.

White T-shirt with BDUs

An update on the white T-shirts with BDUs issue: The United States Property and Fiscal Office (USPFO) stated in its information letter 2-83, dated 3 Feb. 1983, paragraph 2 item b, that white, brown or green undershirts are authorized for wear with the BDUs in the ARNG until October 1983.

However, officers and AGR personnel were required to wear brown T-shirts effective 1 Jan. 1983.

Military honored at new dome

Washington National Guard will co-sponsor Military Evening, an event scheduled during Celebration'83, the grand opening of the Tacoma Dome.

Festivities begin with a special dedication of the Veterans Plaza at 5 p.m. April 22. The doors to the Dome will open at 6 p.m. with a no-host social hour, followed by dinner served at 7 p.m.

Class "A" uniforms or "coat and tie" are appropriate wear for this social function.

Tickets are \$10.00 per person and will be sold on a first come, first served basis. Exactly 168 of 1,400 tickets have been reserved for Guard members.

For information concerning ticket sales contact Sgt. Maj. Harry Black, 593-5340, SCAN 462-5240, or Maj. Dave Siefert 964-6419, SCAN 431-1419.

Trek special offered to Guard

Northwest Trek Wildlife Park announces a special admission price on Armed Forces Day, May 21.

On this day, armed forces members with a valid identification card will be admitted for \$2.50. This fee will be the same for spouses. In addition, children 5-17 will pay \$2.00 per person and children four and under are admitted free.

The park will open at 10 a.m. with tram tours running hourly from 11 a.m. to 5 p.m. The guided tram tour shows North American animals in natural habitats. There is also a walk-through exhibit with wolves and small animals, over five miles of nature trails, and a snack bar. Picnic lunches are welcome.

Evergreen first place magazine

The Evergreen won first place for magazine-format papers in the recent "Best Newspaper Contest" sponsored by the National Guard Association of the United States. Last year the Evergreen placed second in this national competition.

The paper received an honorable mention plaque in the Department of Army's Keith L. Ware competition this year. The Evergreen took first last year.

The staff of the Evergreen also received several Fourth Estate awards from U.S. Forces Command for excellence in design and writing.

'Twins' keep troops in shape, morale up

Story and photo by Capt. Don C. Brunell

SEATTLE — To say that it is difficult to tell Drs. Herbert and Nunzio Parisi apart is an understatement. Both are assigned to Company B, 181st Support Battalion.

"Most people think we're identical twins, but we're not," said Lt. Col. Herbert Parisi.

"One way to distinguish between us is that Herbert is a lieutenant colonel and I'm a major," said Maj. Nunzio Parisi.

The difference in rank is because Herbert joined the Washington Army National Guard in October 1981 and Nunzio was commissioned in October 1982.

"The Parisi have really added to the morale of our unit," said Capt. Dick LeFave, commander of Company B. "They are 60-year-old soldiers who love to go where the troops go and do what they do.

"When the troops see the Parisi in their raingear taking part in mobilization exercises or sitting in the assembly hall cleaning their protective masks, our morale goes up 100 percent," LeFave added.

In civilian life, the Parisi are physicians at Madigan Army Hospital and live in Tacoma.

Not only are the Parisi look-alikes, but their careers and lives are very similar.

The Parisi were part of an eight-children family which included two sets of twins. They were raised in Maine and prior to World War II attended Bates College, Lewiston, Maine, and studied electronics.

Both served together in the U.S. Navy for a year and a half. They were separated in the Navy when the War Department issued a directive separating family members after five Sullivan brothers were killed when their destroyer was sunk.

Both served in the South Pacific during the war and were retained for an additional year of service following the war's conclusion.

The brothers returned to Maine and took pre-med training at Colby College.

"Medicine was a familiar field for us," said Herbert. "Our father graduated from Harvard Medical School and taught medicine at Boston College, Middlesex and Northwestern universities."

They received their medical training at the College of Osteopathic Medicine and Surgery (COMS), Des Moines, Iowa. Dr. Herbert Parisi served his internship in Waterville, Maine; while Dr. Nunzio Parisi went to Lansing General, Lansing, Michigan.

After practicing separately in Iowa, Philadelphia and Seattle, both became civil

service doctors at Balboa Naval Hospital, San Diego. After 10 years in San Diego, both transferred to Madigan Army Hospital, Fort Lewis, in 1977.

Asked why they joined the Washington Army National Guard when both were recruited by Dr. Jim van Delden, who worked at Madigan and was a Guard member, Herbert had this to say:

"I guess it was in the back of our minds for years, but we really didn't think seriously about it until Jim (van Delden) asked us to join."

Both Parisi are married and have a son and daughter each.



Parisi brothers could pass for identical twins.



MSgt. Lester L. Warringer of Federal Way is one of the most talented individuals in the Washington Air National Guard. His many activities suggest the coming of the 50-hour day.

Time waits for no man, ordinarily

Time waits for no man, with the possible exception of MSgt. Lester L. Warringer, 56, Federal Way, one of the most talented individuals in the Washington Air National Guard. His activities suggest the coming of the 50-hour day.

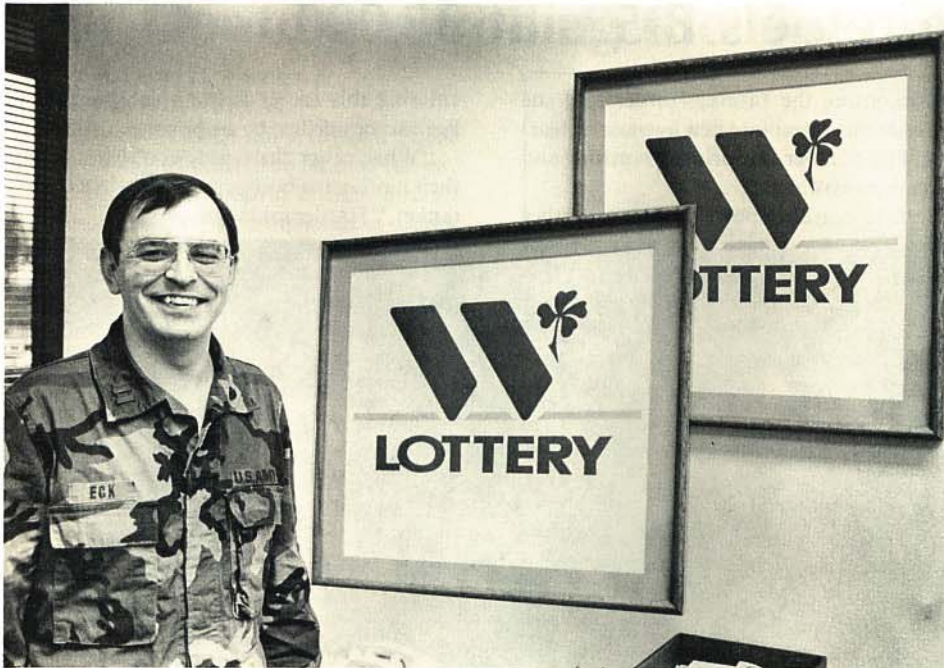
This multi-talented Guardsman is a private pilot, a licensed air traffic controller, an amateur "ham" radio operator, an electronics expert, photographer, lapidary professional and computer operator.

In his civilian capacity, Warringer works in electronics quality control for the Boeing Aerospace Company. He was recently

honored by his civilian employer as recipient of the Director's Award in quality control.

The father of 10 children, he and his wife have operated a day-care center for the past 10 years, providing a loving home environment for 16 foster children, many of whom remain in contact with their foster-parents.

Two of his natural children are presently serving in the U.S. Air Force, one in England, the other in North Carolina.



Capt. Charles (Peter) Eck stands in his civilian office, where he works as deputy director of the Washington State Lottery.

Millionaire-maker 'aides' AG

Capt. Charles (Peter) Eck doesn't make millions for a living, he makes millionaires.

Eck, aide de camp for Maj. Gen. George E. Coates, the adjutant general, is also the deputy director of the Washington State Lottery.

He was the deputy director of the Pennsylvania State Lottery, but was lured to Washington by the "challenge of starting a new lottery from scratch."

A five-year veteran of the Pennsylvania National Guard, Eck, a newcomer to

WashARNG, says, "In my position as the general's aide I am getting exposure to all different levels of the Guard and am learning more about the Washington Guard."

Eck enjoys his job with the state lottery.

"It's fun making millionaires," he said. "Awarding prizes is very fulfilling, a lot of people really need the money. No one loses with the state lottery, everyone benefits either directly or indirectly from the revenue it generates."

Eck also finds a parallel between his military and civilian careers. "There is a great deal of intense planning, logistics, promotion and education of the public involved in a successful lottery. In many ways it is like a command post exercise in the military. For each different lottery game a new plan must be developed.

"There are 83 lotteries in 62 different countries around the world. Seventeen are in the United States and the number is growing rapidly," Eck said.

"There is only one drawback to being deputy director of the State Lottery," said Eck, "I can't play the Washington State Lottery."

Sgt. Jimmy Yoon, going home with the National Guard

While most of the world was watching Hawkeye, Hotlips, and the rest of the 4077th prepare to return from Korea, the 248th Transportation Battalion was preparing to depart for that country.

One member of the 248th, Sgt. Kwang "Jimmy" Yoon, was especially looking forward to the trip because for him, going to Korea means going home.

Jimmy recently moved to Washington when his civil service job as an electronic equipment repairman was moved from California to the Logistics Center at Fort Lewis. He heard that the 248th was going to Korea this year, so he joined the commo section at the 248th's headquarters.

"One of the main reasons I joined this unit was so I could visit my home again," he said. "I had been planning to go back to Korea to visit my friends and my mother,

who is ill. After the moving expenses I could not afford it though. Now that I'm in this unit I'll get to see all of them like I had planned."

Returning to Korea will be a happy occasion for Yoon, who grew up and lived most of his adult life there. He was a ROK (Republic of Korea) soldier for 13 years and fought in Vietnam for Korea.

After moving to the U.S. he spent three years in the United States Army, then was hired as a civil service technician in California for another three.

"It's all worked out in the end, and I will get to visit home which makes me very happy," Jimmy said.



Sgt. Jimmy Yoon performing a com check

Mother of two refuels B-52s at 35,000 feet

By Lt. Col. Stan Witter, Jr.

Refueling B-52 bombers and other military aircraft 35,000 feet over various parts of the world is the new part-time occupation for a charming 35-year-old sergeant in the Washington Air National Guard.

Dianne C. Harder of Spokane recently graduated from the USAF KC-135 tanker boom operator school at Castle AFB, California. She is the first woman to qualify for this important job in the Washington Air Guard.

The mother of two school-age daughters, Harder joined the Air Guard in 1980 following graduation from Eastern Washington University in fine arts.

Most individuals entering basic military training are younger than Harder, but she said her age, maturity and education enabled her to embark in this new career without any difficulty.

An active individual, Harder, when not engaged in her new occupation with the Air Guard's 116th Air Refueling Squadron, finds time for water-color painting, refinishing furniture, and wood working.

Concerning the future, Harder said she will continue to explore new avenues of learning. Her number-one priority is raising and educating two daughters.

Both girls are supportive of their mother

entering this career field, which has rarely been accomplished by a woman.

"What other little girls could brag that their mother is a boom operator on a KC-135 tanker," Harder said with a smile.



Aboard a KC-135, Sgt. Dianne C. Harder of Spokane serves as a boom operator refueling aircraft.

Guard water-purity career spills over to civilian life



SSgt. Gary Byron is shown here working on the water purification system for the 286th Engineers.

By Capt. Don C. Brunell

The civilian potential of your Guard training may someday surprise you — it did SSgt. Gary Byron.

In 1972 Byron was a senior at Western Washington University, and, like many other college students in the early 1970s, was on the verge of being drafted.

Byron, a math-physics major who plan-

ned a teaching career, joined the 286th Engineers, Washington Army National Guard, and asked to be placed in the water purification section.

Little did he know when he enlisted, that his military training in water purification would spill over to his civilian occupation.

Byron, now water purification supervisor

in the 286th Engineers, abandoned a possible teaching career when he returned from his initial active duty training.

"The teaching field was saturated," he said. "I saw an ad in the *Bellingham Herald* in which the City of Bellingham advertised for someone to manage its water treatment system—so I applied."

Byron's application was hung up for almost a year while the City of Bellingham sought funding for the position. Meanwhile, Byron completed his college degree at Western Washington University, where he earned a B.A. in math and physics.

Finally, in 1974, the city funded the position and Byron was hired the day after he returned from annual training.

"If it were not for the National Guard, I might not have found a profession that I really enjoy," Byron said. He has been in his position with the city since, although he looks forward to moving on to a similar position with a larger municipal water system.

In the 286th Engineers Byron worked his way through the ranks and now supervises the seven-member water purification section.

"I enjoy the Guard," Byron concluded, "and I plan to make it a career. It sure introduced me to a field of work that I enjoy."

Report From Spokane

Air Guard controlling the skies over Coeur d' Alene

By MSgt. Lester L. Warriner &

Lt. Col. Stan Witter, Jr.

"Cessna 741 KILO, this is Coeur d' Alene tower. . . you are cleared to land on runway two." Another successful civilian aircraft operation has been accomplished at a non-federally controlled airport because of a vital service performed by the Washington Air National Guard.

Since 1970, the Air Guard 242nd Flight Facilities Flight at Spokane International Airport has been providing air traffic control for the Coeur d' Alene Municipal Airport.

CMSgt. Bill Farrer, full-time technician who directs the program, said the Spokane unit was the first in the nation to provide this type of weekend support for a civilian airport. Similar facilities are also operated from Minneapolis, St. Paul, and St. Louis, Missouri.

"This weekend tower control operation provides excellent training for our complement of 42 air traffic controllers," he said.

"The only problem we have in training air traffic controllers is the fact that they become so well trained, they often leave for high-paying controller jobs at airports throughout the country. We have lost 20 individuals in the past who are now full-fledged FAA control tower operators," he pointed out.

Chief Farrer is FAA-certified as a control tower operator and examiner. He has been with the unit in Spokane since 1966.

"Individuals desiring to become controllers must pass an aptitude test and a type-



The Air Guard 242nd Flight Facilities Flight at Spokane International Airport provides air traffic control for the Coeur d' Alene Municipal Airport. It enables 42 Air Guard traffic controllers to receive excellent weekend training.

two flying physical. They then spend nearly five months at an Air Force controllers school. Following completion of the school, the individual then spends six to 10 months at a training location before becoming fully qualified."

Farrer said that because of the mobile equipment used by the 242nd, the unit can deploy anywhere in the world to provide vital air traffic control for military operations.

"Air Guard personnel receive valuable 'hands-on' practice in aircraft tower control while serving a need for this northern Idaho community," Farrer said.

Civilian pilots using the Coeur d' Alene Airport regularly express appreciation for this professionally-conducted Air Guard operation, another in a long list of community services performed by the Washington Air National Guard.

Commander of Air Guard concludes 40-year military career

By Lt. Col. Stan Witter, Jr.

The highest ranking officer in the Washington Air National Guard, Maj. Gen. Lloyd W. Lamb, 58, Spokane, will conclude a military career which spans 40 years, on Mar. 31. He was the first individual in the history of the Washington Air Guard to attain two-star rank.

Presently the commander of the Washington Air Guard, Gen. Lamb is a command pilot with more than 4,000 flying hours. He has piloted a number of propeller and jet aircraft during his long career, including the KC-135 air-refueling tanker. He received his pilot wings and became a second lieutenant in 1944. His first assignment overseas was piloting a P-51 Mustang fighter in the European Theater during World War II.

He joined the Air Guard in 1950, and has served in a number of command positions, including commander of the 142nd



Maj. Gen. Lloyd W. Lamb

Aerospace Defense Wing in Spokane, and director of operations at State Headquarters, Tacoma. He was called to active duty with the USAF during the Korean Conflict, serving as a captain with an aircraft control and warning squadron in Alaska.

A native of Spokane and a graduate of Lewis and Clark High School, he attended the University of Washington prior to entering the service in the second world war.

Active in community affairs, he is presently a member of Spokane's Downtown Rotary Club, Spokane Chamber of Commerce and the El Katif Shrine. In his civilian job, he is owner of Broberg Travel Service in Spokane.

Lamb and his wife June, are the parents of three married daughters.

No replacement has been announced for his position as commander of the Air National Guard.

Affirmative Action: redress or reverse discrimination?

By Capt. Shirley Turner

Too often we hear that "affirmative action" is just another word for "reverse discrimination." This kind of thinking is borne out of fear (or at least anxiety) that is not always unfounded.

Affirmative action is a kind of deviation from the normal processes that have been in effect for many years. At this point you may be asking, "Why do we need any such deviation or departure from what we already have?"

What we have is institutional discrimination. Despite the best of intentions and the most open-minded and sincere leaders, we have inherited institutions/organizations whose established policies and procedures adversely impact on a particular group because of race, ethnic affiliation, gender, religion, or national origin. For example, within our society, few minorities or women have been permitted to rise to positions of supervision or management.

The question becomes, then, how do we break out of an established pattern of unconscious, institutionalized discrimination? Affirmative action is the taking of positive steps to overcome past disparities in the application of civil rights for all our citizens.

There are at least two kinds of affirmative actions.

One type requires two separate listings for qualified applicants: the usual rank-ordered list and a second list of minority applicants, also rank ordered. An organization is then urged to select from the list of qualified minority applicants whenever possible.

In this type of affirmative action, the person selected for a position may or may not be the *best* qualified candidate. The city of Tacoma currently uses this type of affirmative action program.

The second type of affirmative action requires only one list of qualified applicants, but where *both* a majority and a minority are considered *qualified* for a particular position, the selector is encouraged to choose the minority applicant. If an affirmative action program is ever to be considered "fair," this second type is probably the most fair or just for all concerned. The Washington National Guard subscribes to this second type of affirmative action.

It is also important to understand the distinction here between "qualified" and "best qualified." Any position requires certain qualifications, but many positions need not be filled by the "best qualified" when basic qualifications will do. This concept is probably the most misunderstood because we are a society that has been taught that best is always preferable, that if we are one step up on someone else it logically follows that we should have the advantage. Personal experience should have taught us that this is clearly not true.

The Affirmative Action Plan, the document itself, is primarily a series of statistical analyses of the various ethnic/gender groups within the military as compared to these same groups in the larger civilian populace. The purpose of these analyses is to determine whether a particular group is under-represented.



Capt. Turner

In simple terms, if the figures show that Native Americans, for example, make up 12 percent of the civilian population in the state of Washington, but only 2 percent of the total Washington National Guard, then specific actions need to be taken in order to bring these two figures closer together. An AAP also offers suggestions for actions that could be taken.

An affirmative action plan is not only required by law, it is also solicited by people of good conscience. As an instrument for insuring equality of treatment, it should not be feared by anyone. Only in the misunderstanding and misapplication of this document is there any threat at all — and that's a threat to all of us.

Air Guard units nearing 100 percent fill



MSgt. Charles Wolf

By MSgt. Charles J. Wolf

For the first time in history, two communications units in the Washington Air National Guard have reached 100 percent actual manning. This means that all authorized positions are filled by qualified personnel in both the 143rd Combat Communications Squadron, Seattle, and the 256th Combat Communications Squadron, Camp Murray.

Communications units as a whole are now manned at 94.7 percent. Five units assigned to the 141st Air Refueling Wing at Fairchild AFB are also manned at 100 percent or more, and the overall manning for the flying units is currently 98.2 percent.

While some individuals may credit our impressive growth to the lagging economy, I believe the main reason for our success is

because of the dedicated selling efforts by the men and women presently in the system, who are spreading the word on the value of Guard membership.

Although our recruiters in both Eastern and Western Washington have done an outstanding job, they can't do the job alone. It is obvious by our latest statistics that many people are putting their shoulders to the recruiting wheel.

We have now reached a portion of our long-sought-after recruiting goals, and all of our members can share this good fortune.

On behalf of our commanders, and my fellow recruiters, thanks for your help, and may we continue to sell our quality program to new and prospective members.

Pettersen, first to receive new Air Guard award

Capt. Steve Pettersen recently became the first recipient of the newly instituted Air Force Achievement Medal. Making the presentation was Maj. Gen. Lloyd W. Lamb, commander of the Air Guard. The award was for Pettersen's management of the first Washington Air National Guard Command Leadership Academy.

As the project officer of the Air Guard Leadership Academy, Pettersen selected the faculty, designed the curriculum, and arranged the logistics—facilities, meals, housing, and audio-visual equipment. The purpose of the two-part academy, a four-day in-residence course and a six-month internship, is to teach potential unit commanders what it is to be a unit commander in the Air Guard.

The Academy was held at Eastern Washington University in Cheney.



Robinson top soldier

Sp4 Richard Robinson, Jr., a member of HHC, 181st Support Battalion, was delighted and pleasantly surprised when he was named "Soldier of the Year" for 1982 in the WashARNG.

Army National Guard awards

The following award announcements have been received by the Evergreen:

Army Achievement Medal

MSgt. Donovan L. Elliott
Hq. STARC, WashARNG

Meritorious Service Medal

CSM Robert G. Simms
Hq. 81st Inf. Bde (M), WashARNG

Washington Army National Guard Legion of Merit

Col. Roy F. Torey
Hq. WA. State Guard, Camp Murray, Tacoma
SFC Steven M. Sandlin
Hq. STARC, WashARNG

Washington Army National Guard Legion of Merit Medal

Col. James L. Yearout
Hq. STARC, WashARNG
Sgt. Maj. Clyde A. Paulson
Hq. STARC, WashARNG
SFC Charles M. Stemp
Co. B, 1st Bn., 303rd Armor, WashARNG

Washington Army National Guard Distinguished Service Medal

Maj. Tony E. Axelson
HHD, 181st Support Bn., WashARNG

Washington Army National Guard Commendation Medal

Col. Sylvester C. Iffert
Hq. State Guard, Camp Murray, Tacoma
Lt. Col. Warren G. Mau
Hq. WA. State Guard, Camp Murray, Tacoma
Lt. Col. Charles E. O'Donovan
Hq. WA. State Guard, Camp Murray, Tacoma
Lt. Col. Francis A. Savereux
Hq. WA. State Guard, Camp Murray, Tacoma
Capt. Shirley P. Turner
Hq. STARC, WashARNG

On The Lighter Side

M*A*S*H your food: 'Suicide is painless. . .!'

By SFC Joe Zambone

Current Guard Bureau directives call for troops to maintain certain maximum weights based upon their age and height. The theory here is that those who overlap their belt, and must look in the mirror to fasten a belt buckle, will abide by these words of compulsory wisdom and shape up. Or ship out, as the ultimate effect may be.

Such directives, however, simply do not affect those of us in Washington state—we who have, if nothing else, a problem with not weighing *enough*. Platoons of skin-and-bones soldiers can be seen all over our sunny state, leading the casual observer to comment on how mess halls must be saving lots of money on chow.

Recognizing underweight status as a serious problem for many WashARNG soldiers, I've done some studying on the situation and have come up with a few concrete suggestions on how to pack those pounds on.

The easiest way to add a full pound per weekend drill period is to eat lunch in the unit mess hall. Military menus are apparently designed to provide at least 5,000 calories per person per meal. They are also designed by wispy gnomes weighing not mor'n 100 pounds, and who inhabit a special Top Secret building near the Pentagon in Washington, D.C.

These wispy folks are like those you see at pizza parlors, downing two family-size cartwheels chased with two pitchers of beer. Such hands-on experience in eating offers menu designers the chance to give field troops absolutely bang-up heavy-weight food.

In the chow line ask for extra gravy with the roast beef or whatever is being camouflaged that day. A spoonful of gravy, made the Army way, would fuel an M-60 tank for 300 yards travel. It will add an ounce or more to your lithe frame.

Add plenty of bread and butter to your tray. Instead of using low-calorie margarine, Army menus allow pure butter which is chock-full of lovely fat globules which will bulge that ol' middle. Each slice of bread is worth about 75 calories, too.

Drench your salad with dressing. The menu *never* uses low-calorie dressing, at maybe 16 calories per serving. Instead, what you'll find is rich and creamy stuff which packs a whallop of 80 or more calories per half-ounce serving. If you take only four servings you can pack an extra ounce and a half on the bod in one meal.

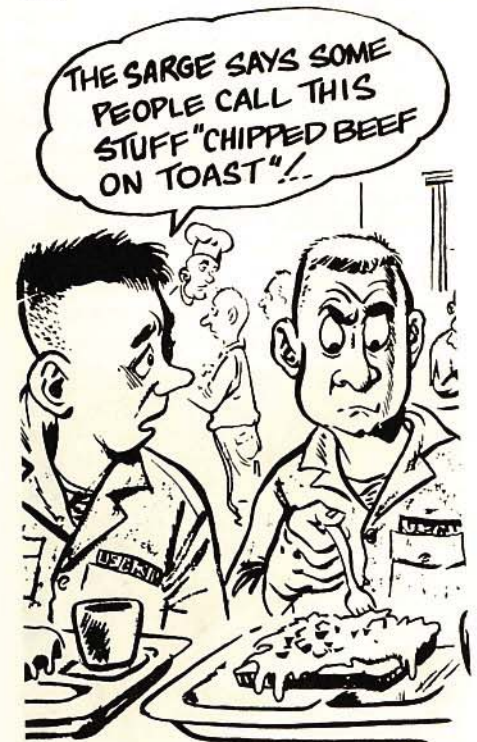
Plead with the chef to give you an extra allotment of Jello, which is pretty much petrified sugar and water. Raw sugar is called simple carbohydrate, and elevates the production of insulin in the body so much that some folks even contract diabetes in later life. A bit of whipped cream on the Jello can turn the dish into a 500-calorie attack on underweight status. Go for it!

Pass on the carrot sticks, celery, lettuce leaves and that sort of junk. They do nothing for your weight, and serve only to dress up the serving line should a dignitary visit the mess hall.

Drink lots of milk, since instead of low-fat moo juice, like most folks drink nowadays, military mess halls serve the rich stuff with beads of fat afloat. Good for about 300-400 extra calories per meal if you drink several glasses.

In lieu of moo try the punch of the day, which is made from sugar and water. It clocks at about 150 calories a big glass. Good stuff for putting on pounds fast. Can also be used in making moonshine or fueling flamethrowers.

Those are just suggestions. Let the mess hall menu be your guide to gorging. You'll have no trouble gaining a pound or two per drill.



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