

OUR VEHICLES OUR SUPPLIES OUR COURAGE YOUR GUARD

Your Guard can be counted on when called to respond to wildfire or other natural disasters that threaten your community's safety and property. The Citizen-Soldiers and -Airmen of the National Guard fight fires on the ground and from the skies, while providing food, water and shelter to victims, and evacuating those in harm's way. Striking back at wildfire is just one way that the more than 459,000 men and women of your Guard protect our homeland in times of need, demonstrating their commitment to be *always ready, always there*.

When wildfire strikes, your National Guard
is always ready to strike back.



Always Ready, Always There.
THE NATIONAL GUARD
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CHRONICLING THE 460,000+ MEN AND WOMEN OF THE NATIONAL GUARD

ON GUARD



JUNE 2010 • VOLUME 2 • ISSUE 2

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From the Editor:

I've been at the helm of the On Guard for four years now, and it always amazes me the array of missions the Guard is asked to do. It seems that whenever there are lives or property at risk, the Guard is part of the response effort, in numbers few and large.

From a sole helicopter and crew rescuing a stranded hiker in Denali National Park, to thousands called up to protect shoreline from toxic crude in the Gulf, the Guard is what the states turn to in an emergency.

"Disaster on the horizon" on page 5 gives an overall picture of what's been done by hardworking and ingenious troops fighting an environmental disaster in the Gulf Coast.

From energy lost to energy saved: the Guard is doing a lot to shrink its utility bills at its many facilities as we found out. From painting roofs a lighter color so that they reflect the hot summer sun, to installing solar arrays that turn it into electricity, the Guard is working hard to meet federal goals on energy use.

*Soldiers rarely show emotions in combat, but you'd be hard pressed **not** to find tears in the eyes of fathers and sons who reunite while in Iraq in Afghanistan. We highlight three pairs in "Unlikely Reunion."*

Along with our talented staff, we feature several stories from the field.

Army Maj. Craig Heathscott from the Arkansas Guard will put you at attention in "Out of respect," an article about Guardmembers in a rigorous military funeral honors course. Only perfection will do in the presence of a grieving family. One student said it all: "We are a reflection of what they lost."

Tech. Sgt. Oshawn Jefferson chronicles the efforts of a handful of Ohio Air Guard civil engineers in Afghanistan that are "laying the foundation for a successful troop surge."

We scooped up an article from the Indiana Guard on caffeine use and re-ran it here so you can brew over your use of the Guard's number-one stimulant. Thanks for lifting our awareness Sgt. David Bruce.

There's also some "news you can use"—a few safety messages and a list of summer family discounts.

As always, thanks for reading and let us know what you think.

-Master Sgt. Greg Rudl

ON GUARD

THE NATIONAL GUARD ONLINE MAGAZINE
www.ngb.army.mil/magazine/index.html

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The On Guard online magazine is published quarterly using federal funds under provisions of AR 360-1 and AFI 35-101 by the Command Information Branch of the National Guard Bureau's Public Affairs Office for all members of the Army and Air National Guard, their families, retirees and civilian employees. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force or the National Guard Bureau.

SUBMISSION

E-mail your stories and photos for possible inclusion. We prefer that photos be high-quality digital (300 dpi or more) and e-mailed to: **Editor.OnGuard@ng.army.mil**

On Domestic Response



Soldiers with the Louisiana Army National Guard work through the night to construct a Tiger Dam interlocking water diversion system in Grand Isle, La., May 31 in support of the Deep Horizon oil spill clean-up efforts. (Photo by Staff Sgt. Jeffrey T. Barone)

A man in a blue uniform is sitting on the edge of a boat, looking out at a construction site at sunset. The sky is filled with orange and yellow clouds, and the sun is low on the horizon. In the background, a yellow excavator is visible on a beach. The man is wearing a blue t-shirt and blue pants. The text "DISASTER ON THE HORIZON" is overlaid on the image in a large, bold, white font.

DISASTER ON THE HORIZON

Guard battles new enemy
in defense of our shores >>>

Guard in epic battle to protect Gulf Coast from oil contamination

Just days after oil was detected leaking from where the Deepwater Horizon drilling rig once stood, thousands of Guardmembers from at least six states were called up to assist local communities in the cleanup and removal of oil and to protect critical habitats from contamination.

But as hundreds of thousands of barrels of oil continue to billow out of a broken riser pipe almost a mile down, and with many experts saying that the leak won't be stopped until as early as August when relief wells are drilled, can the Guard really make a difference?

The answer is simple: They already have. From building barriers that protect sensitive marshlands to giving officials a bird's eye view of oil slicks, Guardmembers are a much-needed asset in the fight.

As with any national crisis, the Guard is once again part of the solution, supporting federal, state and local organizations.

Heavy equipment operators, communications and security specialists, civil engineers and

strong-backed sergeants went to work immediately. They deployed boats, all-terrain vehicles, dump trucks, security vehicles and communications equipment to the affected area.

The Guard has made a difference on land:

One of the Guard's biggest feats occurred June 7 when it filled eight breaches on Pelican Island in coastal Plaquemines Parish, La., with sandbags ranging from 2,000 to 4,000 pounds each. The same day it finished installing almost six miles of a shoreline protection system near Venice, La.

In the air:

Helicopters have sling-loaded sand bags weighing thousands of pounds and have dropped them into island breaches to stem the flow of oil into critical waters and marshes. Many of the same helicopters are also employed to transport Soldiers and Airmen to

This is Cajun ingenuity. This is south Louisianians at our best to fight and protect our way of life

-Louisiana Gov. Bobby Jindal after observing oil suction operations June 9

These Tiger Dam systems are interlocking rubber bladders filled with water which create a continuous barrier to prevent oil from washing ashore. (Photo by Staff Sgt. Jeffrey T. Barone)



and from remote work sites, and to transport the critical pieces of engineering the troops need to perform their missions, such as fuel pallets and generators.

In the water:

The Louisiana National Guard deployed a 380-foot, floating bridge to serve as temporary wharf; it was once used by U.S. forces to cross the Tigris and Euphrates Rivers during the invasion of Iraq.

Non-Gulf states are pitching in too:

Helicopters and aircrews from the Illinois, Missouri, Florida, Mississippi and Nebraska, some of them veterans of Hurricane Katrina and Gustav relief, were brought in.

Though the work ahead may seem daunting, the Guard knows what to do in a disaster and how to recover from one. It has removed fallen tree limbs after tornados in the Midwest, plowed snow-drifts after blizzards in the North and West, and used special equipment to check for toxic wastes after hurricanes in the South.

Though the cleanup and the capping of the leak may have most people's attention, the Guard is providing security, medical capabilities, communications support and command and control functions.

What began as a "potential" environmental disaster has, by most accounts, become America's worst.

As the scope of it intensifies over the summer and with the threat of hurricanes and tropical storms looming, Citizen-Soldiers and -Airmen in the affected Gulf states will continue to do battle.

While many of us will enjoy the lazy days of summer, Guardsmen will be toiling in the heat, humidity and a toxic environment—in a fight never before seen by them or America. 🇺🇸

-Compiled from news articles

Defending our shores

Current Ops in the Gulf

ERECTING BARRIERS

When these 7,500 pound bags of sand are placed together, they form a barrier wall that protects from encroaching oil. A 1,000 of them were used to erect a 2.5-mile barrier wall by Soldiers of the Louisiana National Guard May 29 on the shoreline of Port Fourchon to protect Bay Champagne.

HELICOPTER SUPPORT

UH-60 Blackhawks and CH-47 Chinooks are sling-loading sand bags, often weighing up to 6,000 pounds, and dropping them into island breaches to stem the flow of oil into critical waters and marshes. They also transport Soldiers and Airmen to and from remote work sites, and carry critical pieces of engineering the troops need to perform their missions, such as fuel pallets and generators.

TIGER DAMS

Tiger Dam systems are interlocking rubber bladders filled with water which create a continuous barrier and are being used as a preventive measure in case oil washes onto shore. Guardmembers are building miles of them, including a 5-3/4 mile one near Venice, La.

VACUUM BARGES

Operated by Guardmembers, these oil vacuum cleaners are made from pumps connected to tubes that can be individually operated by Soldiers to collect oil up to a mile out in the gulf. The two vacuum barges currently in operation, one comprised of military float bridges and the other on a civilian barge, are recovering about 1,000 gallons of oil each per day.

CLAIM INFORMATION

About 200 Alabama Guard members are working with local officials to ensure the paperwork to make any claims to British Petroleum is getting into the hands of those who may be eligible to file a claim

AERIAL RECONNAISSANCE

Specialists from the Florida Fish and Wildlife Conservation Commission have been flying in a Florida Army National Guard C-23 Sherpa airplane and an LUH-72 Lakota helicopter over the Gulf of Mexico each day, to spot oil encroaching near the beaches of Florida's Panhandle.

Time line to disaster

April 22

Deepwater Horizon oil rig sinks

April 24

First oil leaks discovered; USCG elevates response

April 25

Overflights indicate the oil spill size is approximately 48 miles wide by 39 miles long

April 30

The secretary of defense authorizes under Title 32 the mobilization of the Louisiana National Guard to help in the ongoing efforts to assist local communities in the cleanup and removal of oil and to protect critical habitats from contamination

May 1

Coast Guard Commandant, Adm. Thad Allen appointed to serve as national incident commander

May 4

SECDEF authorized use of Title 32 status for up to 17,500 Guard members in four states: Alabama (3,000), Florida (2,500), Louisiana (6,000) and Mississippi (6,000).

May 7-8

A 125-ton container dome is placed over the largest of the well leaks; it fails when gas leaking from the pipe combined with cold water to form methane hydrate crystals that blocked up the steel canopy at the top of the dome

May 13

1,304 Guard personnel supporting oil response—952 from the Louisiana are



A Louisiana Guardsman works through the night in Grand Isle, La., May 31. (Photo by Staff Sgt. Jeffrey T. Barone)

**... that leaves a lot of Guardsmen ready to help.
And if our governors call on them, I know they'll be
ready, because they're always ready**

-President Barack Obama June 15 referring to the 1,600 Guardmembers already called up and the 17,500 that could be



Louisiana Guardsmen hook sling cables, attached to sandbags, to the bottom of a Florida Guard CH-47 Chinook helicopter in Buras, La., June 5. (Photo by Spc. Tarell Bilbo)

providing command and control and sandbagging support to St. Bernard and Plaquemines parishes, supporting marina operations and conducting HAZMAT training; 323 from the Alabama are deploying protective barriers around Dauphin Island and conducting sandbag and security operations; 25 from the Mississippi National Guard personnel are providing helicopter support and liaison officers to aid local officials with emergency response

May 17

Elements of Louisiana Guard's 205th Engineer Battalion work with 1st Battalion, 244th Aviation Regiment fill and airlift sandbags to fill 16 breaches spanning more than seven miles from Pelican Island to Scofield Island, La.

May 20

Personnel and vessels from the USDA's Natural Resources Conservation Service assist the Louisiana Guard with technical engineering recommendations for stabilizing beach and headland areas where sand and earthen material is being placed to plug openings to prevent the oil from entering the wetlands

May 26

BP starts "top kill" attempt to seal the blown-out well

May 26

Missouri Guard UH-60 Black Hawk helicopters from Fort Leonard Wood, Mo., help with the response

May 29

Soldiers of Louisiana Guard's 527th and 769th Engineer Battalions complete a 2.5-mile wall of sand-filled Hesco Concertainer

Historical perspective

Not the Guard's first oil spill

By Bill Boehm

NATIONAL GUARD BUREAU

During the country's last, large-scale national oil spill, the crash of the Exxon Valdez in Spring 1989, the Alaska National Guard assigned 130 Guardsmen to duty after that ship ran aground on a reef in Prince William Sound and leaked over 10 million gallons of oil. The accident caused a tremendous amount of environmental damage and calls to halt all oil tanker traffic in the Sound. Until the Deepwater Horizon mishap, the Valdez tragedy evoked images of environmental catastrophe to millions.

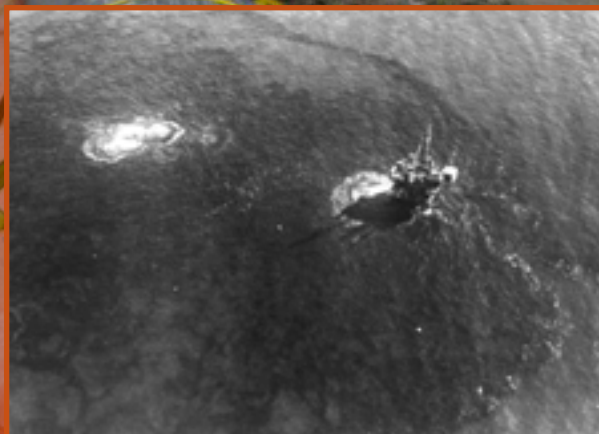
Another oil spill that holds a stronger parallel to today's current tragedy took place Jan. 28, 1969, near Santa Barbara, Calif. An offshore oil platform wellhead there blew out and spewed over 3 million gallons of crude into the Pacific Ocean, killing thousands of birds and other marine life. It will be remembered by thousands of images of volunteers along the shoreline trying to save wildlife and minimize coastline damage.

The tragedy ultimately led to the start of the modern environmental movement. Soon afterward, the Environmental Protection Agency was founded, and other legislation put in place nationally in the interest of minimizing offshore drilling to protect wildlife and seaside habitats in waterway areas.

The Santa Barbara spill did not, however, spur Gov. Ronald Reagan to call out the California National Guard to assist in the cleanup or provide any security or crowd control. The decision to sideline the Guard may well have been a political one, since the presence of uniformed Soldiers or Airmen may have agitated local citizens on the beachfront. The Guard's force structure could have provided security at the disaster site, expediting volunteer efforts to clean birds and other animals by hand.

Now juxtapose the absence of Guardmembers in 1969 with the prominent role it's playing in the Gulf today. The fact that the National Guard has been tasked to assist in fighting the environmental damage of an oil spill speaks to how the Guard has evolved in the last 10 years. It has acquired equipment and capabilities that allow it to battle natural and chemical disasters. It underscores its transformation from a reserve force to a strategic fighting force, ready to tackle any challenge with which it is presented.

-Boehm is an NGB historian



Overhead photograph of oil spilled from the drilling platform, Santa Barbara, Calif., January 1969. Courtesy of the U.S. Geological Survey.

units in Port Fourchon, La., to help keep oil-tainted water from reaching Bay Champagne near Port Fourchon, La.

June 12

Hesco barrier wall equipment staged in Cameron to be placed along eight miles of shoreline by Louisiana Guard members

June 16

President meets with BP executives at the White House

June 22

Construction of 8.5 miles of wall barriers by Louisiana's 225th Engineer Brigade continues in six areas along the coast of Cameron Parish in an effort to keep oil-tainted water from reaching inland

June 30

Tropical Storm Alex turns into a hurricane and threatens Texas' coast; hampers efforts to control the spill; Texas Guard on standby

July 2

Louisiana governor announces that the Guard is providing a special team to assist the Coast Guard. The team will provide real-time information of skimming operations and oil collection

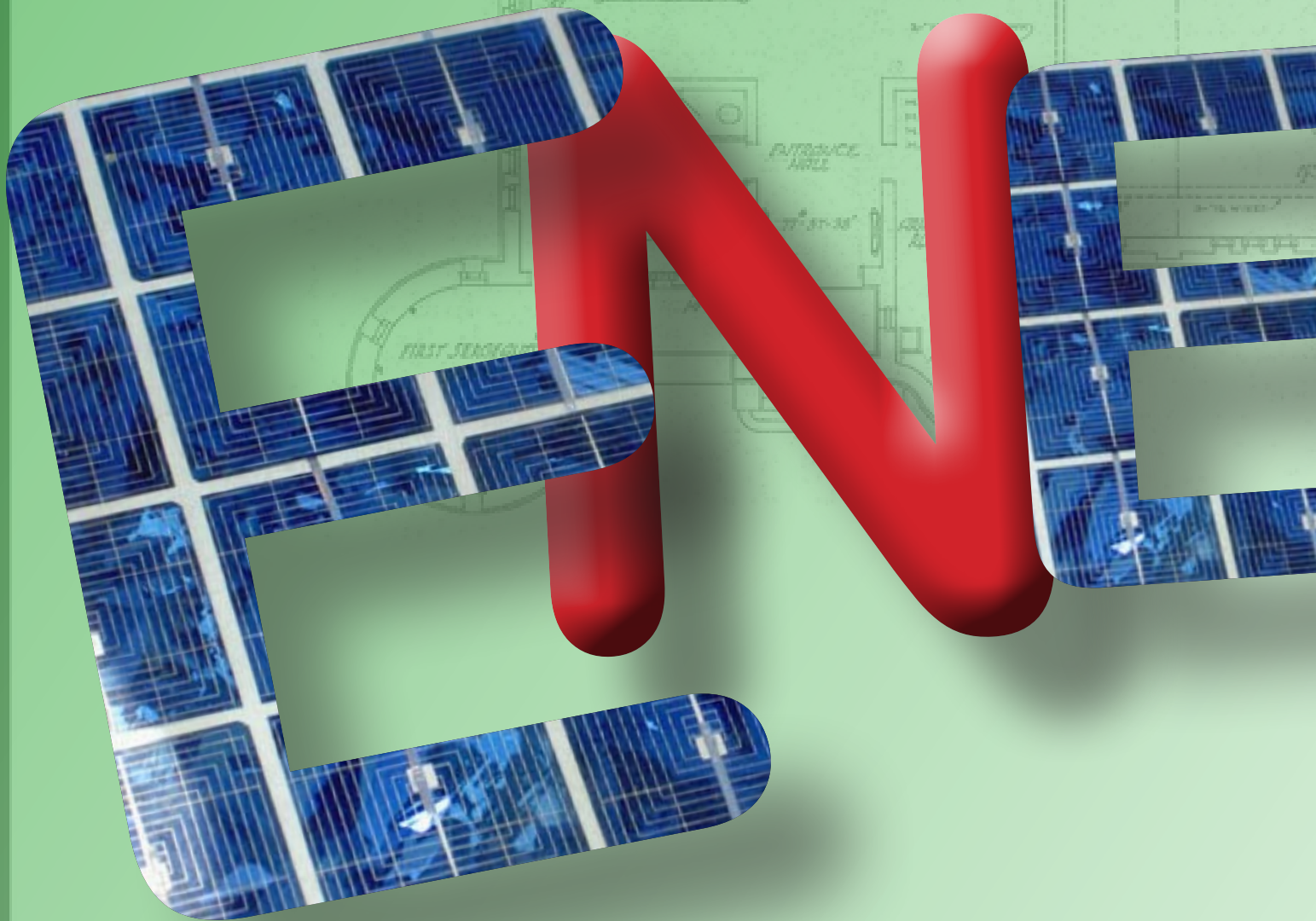
July 8

Officials announce that the Mississippi Guard has successfully taken part in the first monumental use of a state-of-the-art secure digital interoperable radio system that enables direct communications with the Coast Guard and civilian state agencies to guide cleanup vessels

-Compiled from www.whitehouse.gov and various National Guard news articles

With several green initiatives

Guard facilities are using less



The environmental disaster in the Gulf got us thinking about how the Guard uses energy and what's being done to use it more efficiently. Like the rest of America, we rely on petroleum products to power our tanks, trucks, aircraft and ground equipment, allowing us to operate whenever and wherever needed.

Though the Guard won't be operating any solar-powered jet fighters or battery-

powered tanks any time soon, and its demand for petroleum products is unlikely to wane, it is making great strides in how it heats, cools and lights its many facilities.

Like never before, the Guard is installing renewable energy systems based on solar and wind power and constructing more sustainable buildings. It's all part of a plan to use less energy but still remain a formidable fighting force.



Air Guard works to lower its utility bills

By Air Force Master Sgt. Greg Rudl
NATIONAL GUARD BUREAU

The Air National Guard is working to lower its utility bill or at least slow the increase over the next few years.

Last year, it paid \$82 million for power to its 100 or so bases and 77 geographically separated units (GSUs), according to the ANG Renewable Energy Office. Two-thirds of that cost came from electricity and one-third from gas.

The Air Guard and the entire DoD must meet a goal of reducing energy intensity by 30 percent by 2015. It's a 10-year, 3-percent-a-year requirement that started in 2005.

"Energy intensity" is based on the power used per square foot of facility space.

Helping to meet that goal is Bob Bossert, the ANG's facility energy program manager, and his team at the Civil Engineering Technical Services Center at Minot Air Force Base, N.D. They support the field in all facility-related issues, including heating and

air conditioning and roofing systems.

They also make sure that the Air Guard achieves its energy goals by "reducing consumption and generating energy using renewables." The blueprint for that plan is conducting energy audits, installing smart meters and performing retro commissioning.

Energy audits

One way that Bossert's team helps the field save money on utility bills is by facilitating energy audits.

They contract with a team that visits a facility, identifies energy conservation opportunities and measures and assists them with programming projects.

He said the team will visit all ANG bases by the end of 2010.

The teams are typically made up of four to five people that spend two weeks on location.

"We'll take those energy audits and [from them] generate projects that upgrade our systems to make the buildings more efficient," said Bossert.

For the record, ANG facilities consumed 4.2 million MMBTUs (one million British Thermal Units), split roughly between electricity and natural gas, he said.

Smart meters

It's not using only less power, but consuming it at the right time. Energy used during peak hours costs more.

Bossert's office has facilitated the installation of smart meters at ANG facilities that monitor electric, gas and water consumption in real-time.

"We can track building by building the energy used ... every 15 minutes" and identify high-consumption buildings and high-demand times, he said.

The data supplied can be used to change work processes, like staggering the startup of shop equipment, which decreases the use of electricity during peak demand.

"Let's take washing an aircraft: Can we do that in the morning when the electricity is cheaper than in the afternoon when we'll pay more for it?" said Bossert.

Efficient systems

Along with energy audits and the smart meters, his office is doing the "blocking and tackling" of the ANG's energy program, so that bases can win at the utilities game.

They are doing facility retro commissioning – a process that seeks to improve how building equipment and systems function together – of between 1 to 1.5 million square feet of space at ANG bases per year.

"That's where a contractor will go in, evaluate how the heating, AC and lighting systems are working ... calibrate what needs calibrating, fix what's broken and get those systems working as efficiently as they can," he said.

Homemade green energy


Another way the Guard is controlling its utility bill is by producing its own renewable energy. Several facilities have installed or will be installing solar and wind systems. These systems produce power for the base and power that can also be fed back into the grid for energy credit.

The Air Guard must meet a goal of having at least 25 percent of its energy come from renewable, domestically produced sources by 2025.

Fresno Air National Guard Base in California has been operating solar arrays for about three years that produce 700-750 kilowatts per year, said Mark Bailey of the ANG renewable energy office, who works with Bossert. The 180th Fighter Wing (FW) of the Ohio Air Guard has also built one.

Bailey said that the Air Guard realizes that solar power can be produced in places where one wouldn't normally think it could and during the winter.

"Toledo [180th FW] found out that even when they have snow on the ground and snow on the solar panels, they're still producing electricity," said Bailey, adding that newer technology that improves performance is making this possible.



Arizona's 162nd Fighter Wing installed mobile solar flood-lights on its flight line at Tucson International Airport. (Photo by Maj. Gabe Johnson)

On a smaller scale, Arizona's 162nd FW set up six trailer-mounted solar lighting systems to replace fuel-burning generator flood lights around its base at Tucson International Airport.

Even micro wind farms are being considered in geographically unlikely Guard bases like Duluth, Minn., and Columbus, Ohio, said Bailey. The base at Great Falls, Mont., home of the 120th FW, is looking into putting a fair-sized wind generation system in, which could be the largest so far for the Air Guard, he said.

The Virgin Islands Air National Guard on the island of St. Croix is considering one



Truax Field in Wisconsin is installing geothermal power. (Photo by Tech Sgt. Ashley Bell)

as well, which could satisfy all of its energy needs. "They get a lot of wind and they pay a lot for power [too]," said Bailey.

Bailey said some bases, like Truax Field in Madison, Wis., home to the 125th Fighter Wing, are specifying in their contract with their power supplier that they only want power from renewable sources.

"They are 100 percent-purchased green power—their power comes from wind sources from throughout the Midwest," he said.

But renewable for renewable sake is not in the ANG's energy plan. "We're trying to implement and install it where it makes sense, and not where it doesn't," said Bossert.

Bases in sunny areas that are paying a lot for electricity are prime candidates. Also important is whether the state supports it. Bossert singled out New Jersey, California and the Northeast.

Even if installing solar panels isn't economically feasible today, the Air Guard is constructing buildings that can be retrofitted later: "So, if all of sudden three years from now panels are half what they cost today, a facility will be ready for them."

Other efforts

Roofs are being scrutinized as well. The nearly completed ANG Readiness Center at Joint Base Andrews, Md., will be topped with Sedum, a small plant with special water-storing leaves. The plants will not only insulate but reduce storm-water run-off, an issue in the Chesapeake Bay watershed.

Bailey said Rickenbacker International Airport in Columbus has installed white "cool roofs" on several of its buildings. They reflect sunlight better, reducing heat transfer to the building and cooling costs in the summer.

And then there's mother earth.

"About 25 percent of the bases either have or are putting in at least one geothermal system – either a retrofit or a new construction," said Bailey. A building at Truax Field is putting in a geothermal system that consists of 70 wells with pipes inside to tap mother earth's energy potential.

New construction

The ANG is saving on its utility bills now and will be in the future by erecting buildings that use less energy. It's called sustainability.

Bossert said it's done by, "orientating the building on the lot so it takes best advantage of daylight and any existing trees ... so that you have to use less heating and cooling and lighting."

The ANG Readiness Center received a Leadership in Energy and Environmental Design (LEED) silver certification – the industry standard for green buildings – and more are on the way.

Ben Lawless, chief of the operations division for the ANG's Installations and Mission Support directorate, said recently that "green" buildings "are lower cost to operate, lower cost to maintain and provide a better

work environment for the folks who have to do the day-to-day work in them."

Using less

Along with information campaigns that remind troops to turn off lights and computers during off-hours, and installing sensors that do that for them, the ANG is even looking at other energy drainers. The cost of lighting pop machines at bases got the attention of process managers with the ANG's waste-busting AFSO21 office. They saw thousands of dollars in energy savings by dimming the machines.

Bossert said leadership has bought-in to the energy conservation movement. He credited Col. Bill Albro, who leads the ANG's Installations and Mission Support Directorate, for his vision in many of the areas mentioned. He has been proactive and even ahead of the Air Force, not only in discussion and planning, but allocating money for energy audits, meters and an improved ANG energy plan.

That plan states that facilities need to reduce and change their energy use because of rising utility costs, national security and energy independence issues, limited resources, climate change and the need to meet federal goals.

And it also states that "it's the right thing to do."

In a world that's getting smaller every day, who could argue that it's not? 🌱

ANG's renewable energy systems

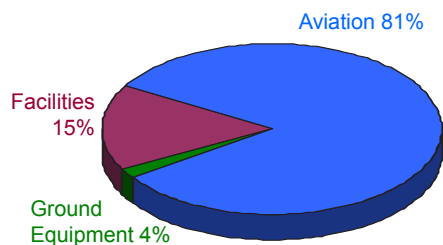
Operational

Fresno, CA – 660 KW
Toledo, OH – 734 KW
Camp Perry, OH – 220 KW
Phoenix, AZ – 16.8 KW

In development

Burlington, VT
Otis, MA
Tucson, AZ
Channel Island, CA
Buckley, CO

Total Energy Cost = \$7 billion



Sources: DESC FY07 Cost Data, Air Force Total Ownership Cost Data, Fuels Enterprise System, Federal Automotive Statistical Tool, and Annual Energy Management Report to Congress

Facility energy consumption is only a small part of the Air Guard's total. This was the energy cost for the entire Air Force in 2007.

States going green with renewable power

The Kentucky National Guard is a little “greener” with the help of its partners in state government and the private sector.

Crews installed solar panels at the



Kentucky installed 400 solar panels on the three buildings this year.

Wendell H. Ford Regional Training Center in Muhlenberg County earlier this year. This state-of-the-art 10,000-acre training facility for the Kentucky Guard will be partially powered by the 84 kilowatt photovoltaic solar arrays found on the administration building and two of the center's barracks.

The 400 solar panels on the three buildings are “grid-tied,” meaning that the power produced will first be used by electrical loads within the facility. Any excess power produced will flow back onto the grid, running the facility power meter backward and creating a credit. The net effect of the system will be to reduce the cost of electricity for the facility.

This initiative was driven by Kentucky's Comprehensive Energy Plan released by the governor and presidential executive orders. Both the state and federal directives strive for a greener environment and reduced CO2 emissions through the utilization of renewable energy sources such as solar.

“The Kentucky Guard and the Department of Military Affairs continue to implement energy projects that include geothermal, solar and high-efficiency energy upgrades,” said Maj. Gen. Edward W. Tonini, adjutant general for Kentucky.

The project was completed in association with Finance and Administration Cabinet through the utilization of \$553,499 in Ameri-

can Recovery and Reinvestment Act funds.

One of the largest solar installations in Kentucky, the system is capable of producing about 100,000 kilowatt hours of renewable green energy annually. Reductions in greenhouse emissions by 79.2 tons are expected, equivalent to the CO2 emissions from 8,078 gallons of gas consumed, or the amount of carbon sequestered by the planting of 1,841 tree seedlings grown for 10 years. The subsequent reduction in commercial power, potential flow-back credits to the utility companies and the sale of sustainable/renewable energy credits on the open market should reduce the training center's annual utility expense by \$40,000 to \$60,000 or more.

In Nevada

A 1.2 megawatt solar panel was recently installed at the Joint Force Headquarters in Carson City, Nev. Large arrays of solar panels now tower over portions of the parking lot like an energy efficient shade for cars.

The solar panels are expected to be completed by August. Once they're up and



Nevada Joint Force Headquarters' solar project is nearing completion. (Photo by Sgt. 1st Class Erick Studenicka)

running, the solar panels will be able to completely power the facility in prime conditions when skies are clear and the temperature in the '70s. The facility also will feed unused energy back into the power grid.

Over the next 20 years, the energy savings are expected to be in the millions, McElroy said.

The project is being funded and constructed by the private firm Sierra Solar, which

What YOU can do to save

Preserving resources starts with the individual. The increased cost of energy has made a significant impact on everyone's finances, including the base you work at. Adopt some of the below suggested energy-saving ideas, and you can make a difference at work (and home):

- ☼ Close off unoccupied rooms
- ☼ Lower thermostat at night
- ☼ Use window blinds; open when sunny to heat room
- ☼ Utilize natural lighting when possible
- ☼ Use compact fluorescent bulbs
- ☼ Use task lighting in place of overall room lighting when possible
- ☼ Examine potential for lighting occupancy sensors
- ☼ Reduce the number of lamps in corridors without significant reduction in lighting levels
- ☼ Select energy-efficient office equipment
- ☼ Put air conditioner adapters on a power strip that can be switched off; adapters draw continuous energy
- ☼ Unplug battery chargers when the batteries are fully charged or chargers are not in use
- ☼ Attach door sweeps to the bottom of doors leading outside

will sell the power back to the National Guard at a fixed rate of 15 cents per kilowatt hour for the next 20 years.

McElroy said the project is estimated to cost about \$18 million.

In Ohio

The Ohio National Guard cut the ribbon July 6 on a new photovoltaic solar field at Beightler Armory in Columbus.

The state also has fields at Guard facili-

Army Guard readiness centers conserving energy

The Army Guard has about 3,000 readiness centers (armories) across the country. While older ones have been demolished and others returned to the community for other purposes, several are scheduled for preservation, restoration or reuse. Some armories are being replaced by newer, more energy efficient structures or renovated with energy-saving enhancements. Some recent "green" accomplishments include:

✿ The Arizona Army National Guard's 5,200 square-foot Eco-building in Phoenix is an adobe-style office building that is completely independent of conventional utilities, including electricity, sewer and municipal water. It is constructed with many recycled materials, including 5,000 used tires and windows taken



from buildings previously scheduled for demolition. Other sustainable strategies include a closed-loop wastewater treatment system; passive solar design; day-lighting; solar-powered evaporative cooling; and rainwater harvesting and collection. The building is powered by four,

400-watt wind turbines and an 18 kilowatt photovoltaic array. Each year the building saves about \$6,750 in electricity costs and 60,000 gallons of water.

✿ The Colorado Guard has a new Army Aviation Support Facility that was constructed primarily from recycled and locally-made materials. In addition, the facility is lighted almost entirely (over 90%) by sunlight during day-time operations. The facility uses roof runoff to irrigate drought-resistant plants and makes use of waterless urinals. The facility also has a unique modular design that accommodates a full-time staff of 70 people and "expands" to handle the drill weekend staff of 350 Soldiers.



✿ The Hawaii Guard is breaking ground on a new facility they will share with other agencies and that will make use of photovoltaic panels to help reduce energy usage and costs.

✿ The New Mexico Guard is building a 30-module, 54-kilowatt photovoltaic solar farm. This solar project will not only reduce the amount of electricity bought from the service provider but will also reduce the amount of green house gases generated.

✿ The New Jersey Guard recently completed a 170-kilowatt photovoltaic car port. It takes under-utilized space to provide shelter for parked vehicles and generates electricity for some of its Sea Girt training site facilities. The renewable energy produced will reduce approximately 165 tons of green house gas emissions annually.

-Compiled from 2010 Army Posture Statement and www.solar-ippedia.com



Eco-friendly in Pennsylvania

Two recent construction projects Fort Indiantown Gap, Pa., have illustrated what the Pennsylvania Army Guard and other states are doing to build more sustainable and eco-friendly structures.

The recently remodeled Unit Training Equipment Site there was made of renewable, recycled and regionally manufactured materials that take less energy to build and deliver. The facility used 27,000 square feet of translucent light panels that maximized natural light and reduced the need for the artificial kind. It also used light-

colored material for concrete mixtures which decreases heat islands in the parking areas.

The Ammo Supply Point at Fort Indiantown Gap achieved the LEED Silver certification by having many of the aforementioned eco-friendly initiatives. It also created hybrid parking and car pool sections in the employee parking lot and included parking for bicycles

Additionally, the dozens of readiness centers that are being built or upgraded throughout the state are being outfitted with many eco-friendly features, to include: energy management control systems, oil-water separators, storm water detention facilities, high-efficiency lighting with occupancy sensors.

-Sgt. Matthew E. Jones, Indiana National Guard

ties in Toledo and Newton Falls. All three projects, including the 374-panel solar array in Columbus, were funded through the American Recovery and Reinvestment Act of 2009.

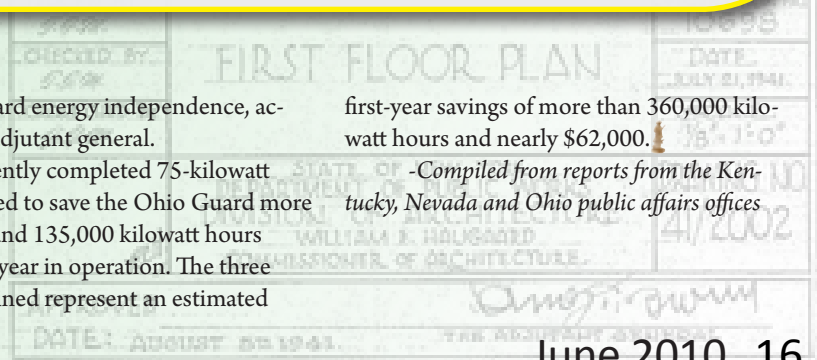
The state currently has five solar fields in operation and is determined to continue its efforts to explore renewable energy sources

and move toward energy independence, according to its adjutant general.

The recently completed 75-kilowatt array is expected to save the Ohio Guard more than \$11,500 and 135,000 kilowatt hours during its first year in operation. The three projects combined represent an estimated

first-year savings of more than 360,000 kilowatt hours and nearly \$62,000.

-Compiled from reports from the Kentucky, Nevada and Ohio public affairs offices



Small team



Ohio RED HORSE Airmen build facilities for warfighters

By Tech. Sgt. Oshawn Jefferson
USAFCENT COMBAT CAMERA TEAM

As the troop surge continues in Afghanistan, a 15-man team of Airmen are paving the way to ensure warfighters here at Camp Leatherneck have facilities they need to win the fight.

"Our mission here is to construct the facilities that directly support the joint-Coalition war-fighter," said Capt. Nick Anderson, 1st Expeditionary RED HORSE Group officer-in-charge, deployed from Nellis Air Force Base, Nev. We have a young and energetic team, we're small but we are making a big impact."

The team he's describing is made up of Airmen from the Ohio Air National Guard's 200th RED HORSE Squadron.

Although the team has been in country less than a month, it's working on several projects worth about \$2 million. The projects include a new RED HORSE compound, a K-SPAN metal tent for the U.S. Army's inbound 502nd Bridge Maintenance Brigade, a foundation for a new fire station, grading a burn pit, constructing an evaporation pond to collect waste water and a river bed extension to prevent flooding, all to be completed by mid July.

"As soon as we arrived and we saw an immediate push for us to get started on our projects," said Tech. Sgt. Alfredo Perez, 1st ERED HORSE Group river bed project manager deployed from Nellis AFB. "As Air Force engineers, we are playing a big role in preparing our camp for the troops coming in. I feel like every project we are working on is making a difference and adding something useful to the fight."

While a regular RED HORSE squadron has between 70 to 130 Airmen; the team of Total-Force Airmen has had to adjust with their limited recourses and personnel. Normal decisions that may take a month can take just two days.

"When we do surveys, we normally have an officer and an engineering assistant survey a site and put it into a system we use called CAD to calculate the exact dimensions of a work site," said Master Sgt. David Hughes, 1st ERED HORSE Group site supervisor deployed from the Ohio ANG's 200th RED HORSE Squadron at Camp Perry, Ohio.

"Our guys have to do it with their equipment and draw plans by

hand in a couple of days. With the troop buildup we don't have time to sit around to make a decision we have to trust our guys and make a decision. It speaks volumes about the quality of Airmen we have out here doing what they've got to do to get the job done."

As the team works from sun up to sun down to get projects completed, the 14 pieces of construction equipment and three trucks the RED HORSE team utilizes have to continue running in peak condition.

Big

"If there is daylight outside we are working," said Staff Sgt. Terry Broshious, 1st ERED HORSE Group vehicle maintainer deployed from the 200th. "We cannot afford to have one vehicle out of order, we have a small team so we have to stay on top of all of our projects and as long as we are working my team is going keep them running."

RED HORSE Airmen may be building the facilities to improve the quality of life for Coalition Forces here, but they credit Prime BEEF Airmen stationed at the camp for having a plan in place for the camp before the RED HORSE Airmen arrived.

"It's great that Air Force RED HORSE and Prime BEEF engineers have the opportunity to team up at Camp Leatherneck," said Anderson. "The outstanding infrastructure and contract management that they provide the Marine leadership here has enabled the camp growth to happen smoothly."

As RED HORSE continues to support Joint and Coalition Forces, they're enabling expeditionary combat power on the air, and the ground Airmen are laying the foundation for a successful troop surge.

"I love getting the chance to show people what we got," said Tech. Sgt. Bill Walter, 1st ERED HORSE Group vehicle maintainer deployed from the 200th. "The Air Force is here doing our part in Afghanistan and as the facilities go up, people will see the big impact a small team of Airmen can have."

RED HORSE

Rapid Engineering Deployable Heavy Operational Repair Squadron Engineer

Left: Tech. Sgt. Bill Walter, vehicle maintenance NCO-in-charge assigned to the 1st Expeditionary RED HORSE Group, puts away an elevation measuring tool at a work site at Camp Leatherneck, Afghanistan. Bottom: Staff Sgt. Terry Broshious left, a vehicle maintainer, and Walter stand outside their CONEX workshops.



impact



Have

a safe

Readiness Center Airmen pause to reflect on safety, well-being

By Air Force Master Sgt. Mike R. Smith
NATIONAL GUARD BUREAU

Airmen from the Air National Guard Readiness Center (ANGRC) participated in the Air Force-wide "Wingman Stand-Down" by reflecting on safety and being good wingmen.

A group of about 1,000 Airmen from the ANGRG gathered June 9 at the theater on Joint Base Andrews, Md., to hear leaders talk about safety and the wingman concept.

"In order to accomplish our mission effectively, each of us has to be a wingman, leader and a warrior," said Air Force Lt. Gen. Harry Wyatt III, director of the Air Guard. "We all have personal stories illustrating the wingman concept, when either we have helped someone overcome a problem or they have helped us in a time of need."

The wingman concept can be as simple as being aware of risky behavior and looking out for fellow Airman to prevent injury, accidents and death, said officials.

Wyatt said the Air Guard lost seven Airmen to suicide this year and another 10 were killed in automobile, motorcycle, recreational and other ground mishaps.

"These numbers are alarming, and should serve as a wake-up call for all of us," he said.

Wyatt called motor vehicle and motorcycle accidents preventable with good judgment.

"At least 70 percent of those accidents involve reckless behavior, such as speeding, distracted driving involving cell phones or text messaging, drinking and driving and failure to wear personal protective equipment, including seat belts and helmets," he said.

Wyatt also noted that the purpose of the stand-down was to reenergize the wingman concept as a foundation to suicide prevention.

"The chief of staff's guidance for stand-down 2010 emphasizes awareness, accountability, team building, communication and interaction – not one-sided lectures," said Wyatt. "I encourage you to develop activities that enhance awareness of these issues and promote communication and development of the wingman concept."

Air Force Col. Michael McDonald, the ANGRG commander, and Col. John Slocum, the Air Guard's safety director, also spoke.

"We need to take care of each other," said McDonald. "If you don't like the term 'wingman,' then think of a brother-in-arms, or a best friend, or a buddy, or a partner; whatever you want to call it, the concept is there, and it means we are going to take care of each other."

Army Guard urges commanders to 'make a difference'

By Air Force Master Sgt. Greg Rudl
NATIONAL GUARD BUREAU

The Army Guard experienced an increase in non-duty, or off-duty, fatalities during last year's "Critical Days of Summer," said John L. Cicilese, a safety & occupational health specialist at the Army Guard Readiness Center.

He said that the Army Guard suffered 37 off-duty fatalities in 2009:

Of the nine personal injury-type accidents, two drowned, two died from electrocution, one from a lightning strike, one in a house fire, one fell in a cave, one died from an accidental shooting, and one died from a hit and run.

Of the 28 vehicle fatalities, 12 died in a car or truck, 15 on a motorcycle and one on an ATV. The common causes for all POV fatalities were loss of control, excessive speed and struck by another driver.

In 2008, the ARNG had 32 off-duty fatalities:

Of the four were personal injury-type accidents, three drowned while swimming and one was an accidental shooting.

Of the 28 vehicle fatalities, 11 died in a car or truck and 17 on a motorcycle.

The common causes for all POV fatalities were excessive speed, failure to stay attentive and loss of control, he said.

Cicilese said that despite the increase, he believes the states are getting the message out to Soldiers to be safe all year round and especially during the summer.

"NGB [National Guard Bureau] encourages all commanders to get involved with their Soldiers and to make a difference," he said. His office has been receiving more requests than normal for motorcycle training, as well as a greater awareness of the hazards

e summer

Keep in mind this summer...

Now that warmer weather is here, keep the following points in mind while planning your activities:

👉 Risk management is a tool to assist us in fighting these summer hazards. It can be done on the fly, anywhere, anytime, by anyone. Simply ask yourself: What am I doing? What can go wrong? Could I hurt myself or others? What actions can I take to reduce or eliminate danger?

👉 Be a good battle buddy/wingman. This involves

watching each others' backs to prevent injury or loss of life. A good wingman will recognize risky behavior and have the courage to speak up.

👉 Make safety a habit. Wear seatbelts in cars and required protective equipment on motorcycles. Remain alert while at the wheel and plan rest breaks at frequent intervals. Don't speed - it is better to arrive late than not arrive at all. Don't drink and drive. Anticipate the unexpected and be ready to react.

-Courtesy of the 129th Rescue Wing, California National Guard



Whether flattering or not, “weekend warrior” has been used to refer to Guardmembers and other reservists for years. Some feel the term is obsolete based on a high ops since tempo since 9/11; others think it proudly defines our part-time service mandated by law. We explore that debate here.

A “sibling rivalry?”

At NationalGuard.com's forum, a discussion of the appropriateness of the term lead to a broader debate about the reserve component compared to active duty forces. Here were some posts on that subject:

"It's akin to sibling rivalry. In a nutshell; Envy! AD you have to be a Joe 24/7 365, live under the iron rule (UCMJ) ... Being a “weekend warrior” is the best of both worlds – being a [G.I.] Joe and civilian. As a traditional Guardsman, you get to come home after a drill and never miss a beat. Great benefits in both. But think about it: No [crummy] duty stations and details, officers/NCOs playing big daddy 24/7/365 (restricting leave & liberty), and not being homesick – close to family & friends. Either way it is a win-win.

- 7011USMC

"I love the Guard for 2 main reasons. In no particular order. (1) We handle home and away. We respond to disasters here on the home front that affects our neighbors. ... We handle missions in combat zones that help secure the freedoms of our nation. (2) We bring skills that most RA [Regular Army] guys have forgotten or don't have. They forget we have massive civilian training on top of our military. Take a hard charging NCO or field grade officer, now he/she is great at the military stuff. Now, make that person a retail manager of large retail store handling 100+ employees with all their drama and schedule dilemmas. Now mix in the public (if you have ever dealt with the public you know what I am talking about). Have that leader manage the company, make a profit, all under stress they you have a very good multitasking individual."

-Phantom

"I would contend that I am a warrior. Period. All day, every day. Uncle Sam just pays me for the weekend I come in."

-mryan525, a Guard combat medic

‘Weekend

Is the term appropriate?

Let's keep it

By Air Force Master Sgt. Mike R. Smith
NATIONAL GUARD BUREAU

After writing a recent article on traditional Guardmembers, I received a comment from one of my interviewees – who had reviewed a draft of it – saying that my use of the term “weekend warrior” had a negative connotation of National Guardmembers and their families.

I was curious, because, I like the term. I like the words Weekend Warrior; as a writer I like how the words sound and look on a piece of paper, and I like the idea of someone giving up their free time to serve as a “warrior on their weekend.” Therefore, I asked some of my colleagues here: “do you think of weekend warrior as a negative stereotype for today’s National Guard?”

To my surprise, I received a mixed response: some thought that it was derogatory, while others said it was just an easy way to describe a traditional Guardmember. As for me, I would be proud to be a weekend warrior these days.

So my question to you is: do you think the label weekend warrior a negative?

If you have not been in a cave for the past nine years, you know that your average Army and Air National Guard man or woman is, by far, among the most experienced and patriotic servicemembers the military has in its arsenal. I have traveled enough as a military journalist to know this, and I have personally met and interviewed hundreds of Guardmembers, serving at all corners of the globe.

Today, I think the term no longer recalls images of those fictional mess-ups trying to get Rambo out of his hideout.

The traditional Guardmember remains the backbone of the National Guard and is more than likely serving one-weekend-a-month because he or she is on a much-needed break between back-to-back combat deployments, or from serving their governor in

state emergencies. This makes their title as weekend warrior inspiring, impressive and something tangible to the community he or she serves, and serves in. It conveys a thought of, “If he or she is a Weekend Warrior, look at how much more they are doing.”

Yes, he or she is a professional warrior and, yes, they are still spending their weekends serving their community, state and country. However, there is much more.

They are increasingly more manned, experienced, trained and equipped than they have ever been. They may be tired, and their families may want them home for the weekends (because they have not seen them much since 9/11), but they continue to come in for those weekend drills, and those annual training days that require them.

Our Citizen-Soldier and -Airmen obligation of citizenship, serving community and country, remains the core of who we are.

As the Guard grows more and more into an operational force, let us be careful not to cast aside our militia identity to become that standing force that our Founding Fathers intended us to offset. If anything else, let us continue to debate that identity.

We remain “always ready, always there.” We are proud of that, and no, we will not shy from our state and federal oaths that come with being weekend warriors, Guardmembers, Soldiers, Airmen, patriots, neighbors, dads, moms, brothers and sisters, nor the endless duties that it brings us when we “put down the plow and grab our muskets” on every fourth Saturday and Sunday.

As for me, I surely will not stop the presses over using the term. I like it. In fact, I offer a new definition, and so should you. 🗡️

**What do you think?
Click here
and let us know.**

Warrior'

Or inappropriate?

Let's let it go

**By Air Force Master Sgt. Greg Rudl
NATIONAL GUARD BUREAU**

Yes, hundreds of thousands of traditional Guardmembers drill on weekends, doing some extra-ordinary things, like fast-roping from a helicopter to building a school playground. And this is often a far cry from what they do in the civilian world during the week. But to call them weekend warriors for this reason alone is both inaccurate and inappropriate.

Being a warrior doesn't end when those Guardmembers leave the armory or base on Sunday night. In order to pass fitness tests, they have to stay in shape on their own time. In order to pass exams that will advance their careers, they have to study on their own. Maintaining Soldier and Airmen skills requires commitment beyond a weekend.

Leaders too are going above and beyond their weekend obligation. They routinely have to put in more time than just the drill weekend keep themselves and their troops truly combat-effective.

The Office of Army Reserve History said in a 2006-07 report that the term is "an anachronism. Today's Army Reserve Soldiers must be in a constant state of readiness. Consequently they must be fully trained and equipped."

At Air Force Reserve Command's glossary of terms, weekend warrior is, "an obsolete term used to describe the minimal requirement for once-a-month training for Guard and Reserve members." The key word there is obsolete.

In late 2008, assistant secretary of defense for reserve affairs Thomas F. Hall said that the implementation of many of the recommendations of the 2004-convened Commission on the National Guard and Reserves brings the traditional reserve role of the weekend warrior to an end and moves the U.S. military closer to a true total force. "It

means a transition from a strategic reserve to an operational reserve," he said.

Just try to tell the family of Guardmember that their loved one is a weekend warrior. Post-9/11 ops tempo now means 12- to 18-month deployments and if they're merely just WWs, why are there so many programs to ease the burden on families as the missions continue in Iraq, Afghanistan and other areas?

Those that would want to degrade and demean the Guard use the term. At the time of publication, the U.S. House of Representatives is considering a probe into whether members of Washington's 41st Infantry Brigade Team returning from a 10-month tour of duty in Iraq were systematically denied benefits. Medical personnel at Joint Base Lewis-McChord, Wash., giving post-mobilization health assessments to them actually had a PowerPoint presentation labeling them weekend warriors.

Scrap the term—it's inflammatory and creates division in our armed forces, especially when they have to work together overseas. The command chief master sergeant of the 451st Air Expeditionary Wing at Kandahar Air Base, Afghanistan, took aim at the Guardmember/weekend warrior stereotype in a recent column: "... it doesn't take long working side-by-side with these professionals [Air Guard members] for that thinking to be dispelled," he said.

Luckily, the phrase is not only dying out in reference to Guardmembers, but all reserve component members.

Look what Lt. Gen. John F. Kelly, commander of Marine Forces Reserve and Marine Forces North, said recently: "It's a different reserve today; it's not a weekend warrior organization like it used to be. At least half of the reservists I've met have had multiple tours in Iraq or Afghanistan or the Horn of Africa. They're an operational reserve."

I say strike weekend warrior from DoD's vocabulary and replace it with Citizen-Soldier and -Airmen, as we are productive and law-abiding in peace time, and war fighters when called to duty. 🇺🇸



[Some] think we did a bait and switch on the people who joined the National Guard by forcing them to do OIF and OEF ... I say 'yes'. I say we're in the National Guard for a reason. We joined to be first-team players. We didn't join to be on the sidelines. We don't want to be weekend warriors. ... That's why not many people want to be called that anymore, because I don't think it really expresses who we are."

**-Gen. Craig R. McKinley, NGB chief,
during a town hall meeting at Joint Base
Andrews, Md., in May**

"A lot of folks joined the Army and Air National Guard to do one weekend a month and two weeks in the summer so they wouldn't have to go to Vietnam. That's sad, but that's true. But that has nothing to do with the force I'm looking at today. Because all those folks who joined for that particular reason are no longer with us. The folks we have to today ... when they sign on the dotted line, they know there's a pretty good chance they will be deployed somewhere. That's O.K.—they want to be operational. They don't just want to be a weekend warrior—they want to be a warrior all the time."

**-Lt. Gen. Harry M. Wyatt III, ANG director,
during a town hall meeting in May**

"If someone calls me a weekend warrior, I'll call them to the gym and put the boxing gloves on."

**-Marine Reservist, Sgt. Richard Litto,
recently called up to serve Marine Air
Support Squadron 6**



Members of Freestate Challenge Academy class #34 cheer for their fellow graduates receiving diplomas during commencement at Aberdeen Proving Ground, Md., June 12. (Photo by Tech. Sgt. Gareth Buckland)



Soldiers of the 438th Chemical Company fire their M-16 assault rifles on a firing range at Camp Atterbury, Ind. (Photo by Spc. John Crosby)



Soldiers shielded by ballistic blankets detonate a charge to remove a door. (Photo by Sgt. Jonathan Haugen)



Soldiers of the 1st Squadron, 82nd Cavalry, 41st Infantry Brigade Combat Team march in formation during a demobilization ceremony in April in Bend, Ore. (Courtesy photo)



Soldiers from 438th Chemical Company, 81st Troop Command, Indiana Army National Guard, do some flutter kicks in a mud puddle after a vehicle recovery exercise June 19. (Photo by Sgt. Joseph Rivera Rebolledo)



A crew chief assigned to the South Carolina's 169th Aircraft Maintenance Squadron salutes an F-16 taxiing out to the runway. (Photo by Staff Sgt. Jorge Intriago)



Students at Mt. Healthy Elementary School in Columbus, Ind., show their appreciation for Camp Atterbury Soldiers during the school's safety day June 1. (Photo by T.D. Jackson)



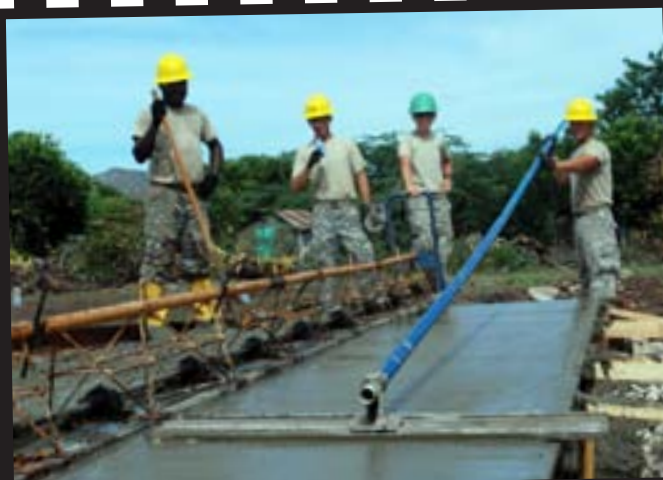
119th Civil Engineer Squadron members approach a mock aircraft burn pit during fire-fighter training at the North Dakota Air National Guard Regional Training Site, Fargo, N.D. (Photo by Senior Master Sgt. David Lipp)



A 196th Maneuver Enhancement Brigade Soldier qualifies on the .50 caliber machine gun at a range at Fort Hood, Texas, as the unit prepares for deployment. (Photo by Sgt. Rebecca Linder)



Indiana Spc. James Olberding qualifies with his M-9 pistol in the prone position. (Photo by Sgt. Joseph Rivera Rebolledo)



Louisiana Soldiers pour the foundation for a school in Haiti June 22. (Photo by Spc. Jessica Lopez)



Nevada Guard military police make sure the people of Haiti safely enter the L'Etere Medical Assistance site June 19. (Photo by Spc. Jessica Lopez)



Athletes extra

Who they are and what they did to

Feminine physique

There's being in good shape and then there's Alaska Staff Sgt. Diane Singh-shape. This Drug Demand Reduction NCO won first place in the overall fitness category at the National Physique Committee's Last Frontier State Fitness, Figure and Bodybuilding Championships in April (drug free, we're sure). She competes in the figure category, which focuses more on muscle tone and symmetry rather than the muscle building itself. "I feel like I'm showing people that Soldiers have discipline, practice good health and are physically fit," she said. She went on to finish second in a division at the Emerald Cup Championship, the sixth largest bodybuilding competition in the world and the largest here. "I work out six times a week and always have to plan what to eat ahead of time."

-PFC. KARINA PARAQAN

Olympic bound

The third annual Army National Guard Combatives Tournament held in April had a record number of competitors, but the tournament may be known for the gutty performance of one female Army specialist from Idaho. Elisha Helsper took on the men in the flyweight division and made history as the first woman to reach the finals. She finished second – a disappointment though: "I came here expecting to take first," she said. "I felt like I should win it." And why not? Helsper said she grew up on the mat and is known in Mixed Martial Arts circles. The 27-year-old wrestled for her high school varsity team and has a 6-2 mark in women's MMA, including two pro

Batter up

She led the Air Force women's team to the full-services Armed Forces Women's Softball Championship title. She captained the Armed Forces All-Tournament team, which took second place at the 2009 Amateur Softball Association National Championship. She was named the 2009 Air Force Female Athlete of the Year. With those accomplishments, Master Sgt. Karrie Warren, 32, who's a member 601st Air and Space Operations Center at Tyndall Air Force Base, is a Guard athlete extraordinaire. This champion's breakfast usually includes oatmeal and a banana or whole wheat toast and eggs. She credits her father's insistence for her success in sport.

-CAROL CARPENTER

Stellar rise

Finishing a marathon on the 50-yard-line of the University of Nebraska Lincoln's Memorial Stadium with a large crowd is made better when you're the top National Guard finisher. That's what Oregon 1st Sgt. Seven (no, it's not Steven) Richmond did at this year's Lincoln/National Guard Marathon in 2 hours, 42 minutes, 24 seconds. Bravo! What's really remarkable is that it is only his second year of running seriously. He said a runner's background doesn't matter. All that matters is the work you put in prior to the race. "I am a great example. I didn't start running until I was 34. Look at me now."

-TECH. SGT. ALEX SALMON

Quiet brain

Recuperating from Post Traumatic Stress Disorder tends to limit your options, but don't tell that to Texas Army Spc. Shawn Porter – he took gold in the inaugural Warrior Games in May competing in the 10-meter air rifle standing/non-supported and the 30-meter recurve-bow open events. The 136th Military Police Battalion Soldier was deployed to Afghanistan in 2009 but had to be medically evacuated after being diagnosed with a tumor. While recovering from surgery to remove it, he was diagnosed with the PTSD. This athlete extraordinaire felt that keeping active would help him recover. "The intense six to eight hour rifle and archery training is helping me to quiet my brain," he said. "When I shoot I can only focus on one thing and I believe the sport has helped me therapeutically."

-CMSGT. GONDA MONCADA



deserve it

Skiers & shooters

Skis were made to go downhill—right? Not if you're a biathlete. You have to ski uphill first with an eight pound rifle on your back to enjoy the thrill of the downhill, and do it over and over again on trails more hilly than a motocross course. The Guard has two biathlon stars: Utah Sgt. Jeremy Teela has been on the last three U.S. Olympic biathlon teams and is a seven-time U.S. National Champion; and Vermont Sgt. Jesse Downs has dominated Guard biathlon over the past few seasons. Did you know that Nordic skiers have the highest VO2 max levels of endurance athletes?

Not just the dogs

All extraordinary athletes must be able to endure. Staff Sgt. Harry Alexie and his dog team endured 1,159 miles in more than 12 days over the frozen Alaskan countryside in last year's Iditarod. They finished 37th in the race while squeezing in two to three hours of sleep at infrequent rest stops. One 130-mile stretch of trail along the Yukon River took two days to complete because of headwinds and drifting snow. And don't think the dogs do all the work – mushers have to run up hills to lighten the load. Unlike most athletes, this Kwethluk native doesn't train in the weight room. He gets his conditioning from doing chores like carrying heavy buckets of dog feed, cleaning the yard, hitching the team up and going for training runs.

Mr. 402

The highest PT score of all time? Nebraska Pfc. Holden Isley may have it when he did 132 push-ups and 114 sit-ups in two minutes and ran two miles in 11 minute, 53 seconds, at basic training in late 2008. Those scores earned him 402 points on the extended scale of his Basic Combat Training Army Physical Fitness Test, one of the highest his drill sergeants 3rd Battalion, 13th Infantry Regiment at Fort Jackson, S.C., had ever seen. One DI was so impressed that he wanted the APFT score card laminated and hung inside the bay to motivate future recruits. "I wanted to leave something here so that people would remember my name," said Isley. The second best score in the company was 319.

-DANIEL TERRILL

Contender

Spc. Samuel Vasquez, a Pennsylvania Guard Soldier, has more than 100 fights under his belt. None was more important than at the All-Army Boxing Trial in April where he defeated a formidable opponent to claim light-middleweight champion. "He's disciplined, he trains hard, and it pays off. I'm so very proud of him," said his father. Vasquez will compete in the U.S. championships in July in Colorado and then go to Camp Lejeune, N.C., where American fighters will take on Olympic hopefuls from 26 other countries in October. "These are all stepping stones to getting to the Olympic Trials in 2011," Vasquez said. "If I finish in the top eight in my weight class (in July), I get a seed in the Olympic Trials."

Sore feet

Twenty one marathons in 21 days? Sounds impossible, but Army Col. Jack Mosher and Maj. Jay Brock shared the load on this 21-day, 550-mile "Resiliency Run" from Maine to Washington D.C. dedicated to encouraging the warrior spirit in everyone. Their objective over the three weeks: raise awareness of military and family wellness programs, increase support for the long-term care of veterans, and avoid blisters.



Who's your pick for an extraordinary Guard athlete. We want to know. E-mail us at editor@On-Guard.ng.army.mil.

The highs of caffeine consumption



Photo by Sgt. David Bruce

By Army Sgt. David Bruce
INDIANA NATIONAL GUARD

It is a morning ritual played out across North America. The greeting of sunrise is marked by the creation of a liquid infusion to help clear the cobwebs, to jump-start mental alacrity. It is the best part of waking up, or so we have been conditioned to believe.

Coffee is perhaps the most pervasive of caffeinated concoctions; however, it is only one in a plethora of beverages promising a quick boost.

According to the Food and Drug Administration, 80 percent of American adults consume caffeinated beverages. So with most of the country, to include the National Guard, operating on a caffeinated buzz, what exactly is caffeine and what are the effects and consequences of this seemingly omnipresent drug of choice?

"Caffeine is a naturally occurring substance in plant alkaloids, such as coffee, tea and chocolate," said Dr. Daymon Evans, a physician at the Camp Atterbury Troop Medical Clinic in Indiana.

Evans said caffeine is a stimulant that simulates the effect of adrenaline in the human central nervous system. As a result, mental alertness is increased

and physical fatigue is reduced. Caffeine also acts as an appetite suppressant.

Like any drug, caffeine has its share of side effects. It makes insomnia worse and causes increases in gastric acid, which exacerbates ulcers and gastro-esophageal reflux disease, said Evans.

"At high doses, caffeine causes anxiety, jitteriness and a loss of fine motor control. It raises blood pressure and pulse rate—artificially causing the heart to work harder and thus putting more pressure on blood vessels," said Evans.

Caffeine also acts like a diuretic, which causes frequent urination. Without sufficient intake of liquids, dehydration may occur.

Of course, we are either oblivious to or care little for the side effects associated with too

much caffeine.

In a military training environment, policies regarding caffeinated beverages vary. In certain service schools, the use of them is curtailed – if not banned outright.

Warrant Officer Jason Compton, Warrant Officer Candidate School enrollment manager at the Indiana Regional Training Institute at Camp Atterbury, said that caffeine was a privilege for students.

"During phases one and two, the warrant officer candidates are not allowed anything with caffeine. At the end of phase three, they can have coffee in the morning, if their senior [Train, Assess, Counsel] officer allows," said Compton. "W-O-C-S is a high stress, physically demanding course. The proponent branch school at Fort Rucker, Ala. dictates the no caffeine policy."

Limiting caffeinated beverages leads to increased water consumption and environmental adaptation for the students, he added. While caffeine can give you a boost of energy, it is unsustainable with the physical demands of the course such as sleep deprivation, increased stress and spontaneous physical training sessions.

"We get mild complaints about the restriction, but Soldiers adapt well to no caffeine," said Compton.

While coffee is the most commonly consumed caffeinated beverage, energy drinks have exploded in popularity. Display cases at military post exchanges or any convenience store offer a dizzying array of choices of beverages to attain energy levels rivaling a 7-year-old with attention deficit disorder.

Pfc. Dale Amidon of Troop B 1-172 Cavalry (Mountain) said that energy drinks are his choice of pick-up.

"In the field, coffee is a luxury," he said. "It's easier to take energy drinks to the field than to try brewing coffee out there."

Whether by coffee, tea or energy drink, Soldiers will continue to consume caffeinated beverages to keep their energy levels up regardless of the inevitable crash. And there will be a crash. Caffeine is no substitute for diet, exercise and rest, warrior or not.

Too much caffeine?

Most experts say adults should consume no more than 300 milligrams a day.

- Generic-brewed coffee (8 oz) = 95 - 200 mg
- Shot of espresso = 58 - 75 mg
- Energy drink (8.3 oz) = 76 mg
- Energy drink (Lg.) = up to 160 mg
- Soft drinks (12 oz) = 0 - 71 mg

The amount of caffeine in coffee varies widely due to the roasting of the beans. Darker roasts tend to have less caffeine than lighter roasts.

-The Mayo Clinic

Always Ready, Always There,

Always Healthy

American Heart Association features Army Guard on work site wellness panel

Contributed by ARNG Decade of Health Team

Recent studies show that the greater Washington region has one of the highest levels of adult obesity, heart disease and stroke in the nation. It also has one of the highest rates of uncontrolled hypertension in women.

For individuals, this translates into an increased risk of heart attack and stroke. For the business community, this can mean a steep incline in health-care premiums, lowered productivity and increased absenteeism. Given the continuing economic pressures that companies are facing, wellness has a proven impact on improving the bottom line.

Executive leaders from over 30 major regional and international companies, including Maj. Gen. Deborah Wheeling, deputy surgeon general of the Army Guard, were featured panelists at the Greater D.C. Area Affiliate's annual American Heart Association's Start! Executive Leadership Breakfast May 3.

The panel addressed their strategies and successes in incorporating wellness programs, including AHA's walking program Start! into corporate culture.

Wheeling credited the benefits of using online media to reach ARNG Soldiers and Families with the ARNG surgeon's wellness program, Decade of Health. This program annually targets a specific area to boost medical readiness and boost Family awareness ranging from oral health to resilience. This year's campaign, Ready & Resilient II, "Strength from Within" focuses primarily on providing resources



Maj. Gen. Deborah Wheeling, deputy surgeon general of the Army Guard

and tools that build body, mind and spirit and embraces stroke prevention as part of an alliance forged with the AHA/ASA in 2007.

"The goal of this program is to promote health literacy, healthy lifestyles and

also enhance resiliency in our active members as well as their families," said Wheeling. "Our alliance with the American Heart Association is designed to leverage the strengths of both organizations. AHA/ASA materials and programs are based on scientific research and provide information that is accurate, respected and helpful. In return, the Army National Guard offers to the AHA/ASA a unique way to get their messaging out to all Guard Soldiers and potentially to over 9 million other members of the Department of Defense community. This partnership has significantly increased our ability to help to promote health and awareness amongst the Army National Guard and has helped us to achieve our goal of, "Always Ready, Always There, Always Healthy."



Walk this way

Research has shown that the benefits of walking and physical activity for only 30 minutes a day include:

- Reduced risk of coronary heart disease and stroke
- Lower blood pressure
- Lower high cholesterol and improved blood lipid profile
- Reduced body fat and controlled body weight
- Enhanced mental well-being
- Increased bone density, hence helping to prevent osteoporosis
- Reduced risk of cancer
- Reduced risk of non-insulin dependent diabetes

The AHA's Start! program is built on a simple premise – walk more, eat well and you will live longer. Start! focuses on walking as an activity because it's accessible, free and has the lowest dropout rate of any type of exercise.

Seventy years a **NEIGHBOR**

Camp Atterbury native remembers post history

By John Crosby

CAMP ATTERBURY PUBLIC AFFAIRS

Camp Atterbury was born from Indiana farmland, rising from the fields of two townships that once provided families with crops and livestock, and used the soil to train men to fight, feeding the World War II war machine.

The Japanese attacks on Pearl Harbor in 1941 lit the fuse that kicked the War Department's plans for a central Indiana Army camp into action. An estimated 600 families were uprooted from their sleepy, 100-year-old farm towns of Kansas and Pigsah, and forced to sacrifice their land for a greater good: victory over the Axis Powers in Nazi-occupied Europe and the Japanese empire in the Pacific.

One such man, Herman Johnson, now 87 years old, made this sacrifice, but he didn't move far. He was born on Feb. 26, 1923, and raised during the Great Depression on what is now today's 92nd Division Street at Camp Atterbury. Perhaps it was convenience, stubborn nature or just fate that drove Johnson to pack his things and moved a few hundred yards up the road when his family's property was condemned in 1942. He still resides in that same home today just outside the camp's razor-wire fence.

From his home, he witnessed the quiet countryside he grew up on turn into a sprawling military post, producing hundreds of thousands of combat-ready troops. He watched as the "The Great War" was followed shortly by the Korean War. He witnessed the post lay almost dormant in subsequent years when the Department of the Army turned it over to the Reserves. He watched the camp spring into action again after the terrorist attacks on 9/11. Johnson has lived at Camp Atterbury's doorstep for more than 65 years and continues to watch history being made.

"Atterbury's been about 90 percent of my life," said Johnson laughing, "I just can't seem to get away from it."

As a younger man, Johnson worked at a factory cutting sheet metal when the government condemned his home. Nevertheless, he still attempted to enlist in the military, but was denied because of medical reasons. After moving into his new house up the road, he sought work with the war effort at Camp Atterbury, helping build new complexes for the influx of Soldiers to come.

"They wanted to get this camp built," said Johnson. "Anyone who could drive a nail or saw a board, they hired them. And they worked daylight 'till after dark, seven days a week."

Between February and August of 1942, more than 1,700 buildings were constructed for the oncoming surge. On June 2, 1942, Camp Atterbury Headquarters cut its first order, rendering the post operational.

Johnson found work there with the Civil Service as a truck driver for the post motor pool, the beginning of an ongoing working relationship with the camp.

"The first vehicle I drove up here was a ton-and-a-half Ford truck," said Johnson. "It was painted olive drab. One day I looked at the grill of the truck and saw something shiny. I knew Army vehicles weren't supposed to have anything shiny on them so I took my fingernail and scratched at it and the paint chipped right off. I could see chrome.

"Well, I kept going and after about a week and a half I had the first-ever Army truck with an all-chrome grill," Johnson said, laughing. "See, what it was, was the Army needed vehicles so bad they bought civilian vehicles right off the assembly line and slapped GI paint on them. [The grill] didn't last very long 'cause boy, after my first inspection, they slapped more paint on it."

Working as a truck driver he hauled everything from barbed



Herman Johnson holds a Nazi pin he found in a warehouse during World War II at Camp Atterbury while he was a truck driver for the civil service there. (Photo by John Crosby)



Herman Johnson stands next to the Camp Atterbury Rock in 1944. The rock was carved by an Italian prisoner of war housed there. The rock still sits in the same spot today, welcoming Soldiers and civilians to the post and reminding them of the camp's origins. (Photo Courtesy of Herman Johnson)

wire to chlorine water purification cylinders. He hauled welding equipment for ongoing construction and oxygen tanks for the post's medical facility, Wakeman Hospital, one of the largest, most technologically advanced hospitals in the nation at that time. But Johnson's bread and butter came from working at the post Bakery and Officer's Club.

was 35 miles an hour to get better gas mileage and to save the tires on your vehicle."

During trips in Indiana's icy winter, Johnson would wrap all of

Continued on next page

Johnson had his first interaction with enemy prisoners-of-war in this job, as more than 15,000 German and Italian POWs poured into the camp's POW compound. Although fraternization was explicitly forbidden, many POWs held jobs throughout the camp, making it difficult to avoid direct contact with them.

Johnson worked directly with German POWs, as a handful was assigned to help him load and unload his truck.

"I didn't speak a word of German," said Johnson smiling. "They couldn't tell a crate of butter that goes in the refrigerator from a crate of beans that go in the pantry. [The German prisoners] couldn't pronounce my name. They'd call me 'human.' They'd ask 'was ist das, human' or 'what is this?'"

"If I goofed up, they'd tell me something in German," continued

Johnson, laughing. "They could've been givin' me a mouth full of cuss words but I'd never have known it!"

He built lasting relationships with the officers at the officer's club and they gave him more responsibility. He would travel 40 miles each way to Indianapolis hauling food and supplies. This was no easy task due to the government's rationing sanctions



Johnson's Civil Service identification card he used to gain access to Camp Atterbury in 1942. (Courtesy photo)

set on the nation.

"Food was rationed, gas was rationed, the shoes on your feet were rationed, hell, even the speed was rationed," said Johnson. "If you were traveling to Indianapolis or Chicago or Louisville, the speed limit

Unit Anniversary

Utah military intelligence unit celebrates 50 years

A handful of original members of the 142nd Military Intelligence Linguist Company, which was created Feb. 12, 1960, joined dozens of other current and former members of the 142nd Military Intelligence Brigade, and its sister unit, the 141st MIB, in Draper Headquarters auditorium in February to honor the unit and its members' service.

Having suffered from a lack of proficient linguists during conflicts in World War II and Korea, they founded and based the linguist company at Fort Douglas to take advantage of the unusually high number of foreign-language speakers in Utah.

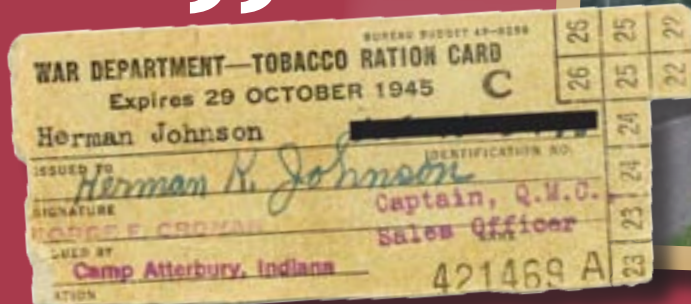
The 142nd soon grew to include 90 members speaking a variety of languages to include German, French, Italian, Dutch, Swedish, Danish, Norwegian, Finnish, Greek, Spanish, Portuguese, Japanese, Korean and Chinese.

The company was reorganized as the 142nd Military Intelligence Battalion in 1980 and later was divided into two battalions (the 141st and 142nd) in 1988, thus creating the 300th Military Intelligence Brigade.

The 300th currently manages over 1,600 linguists in eight states, half of which reside in Utah, and who collectively speak and are trained in over 25 languages.



“Food was rationed, gas was rationed, the shoes on your feet were rationed, hell, even the speed was rationed”



his produce and supplies in heavy Army blankets to keep them from freezing. His safe driving and reliable hauling secured him a job at the camp until after the war.

Johnson recalls the abrupt end of the war in Japan.

“The [atomic] bomb dropped and everyone went crazy,” said Johnson. “I was in the officer’s club and I heard someone screaming. He came running through the French doors with both fists in the air, hollering. I thought he was throwing a fit. ‘It’s over!’ he said ‘It’s over!’”

A convalescent home was being built to add more beds to the already huge 9,000-bed Wakeman Hospital, which was overflowing with wounded at the time. “When the carpenters heard the news they threw their tools up in the air and left,” said Johnson.

“We all thought it was great,” Johnson continued. “It only took two bombs to end the whole war. We didn’t know we’d be still indirectly fighting over nuclear energy today.”

The flow of troops continued through Camp Atterbury after the war was over. It was transformed into a “separation center” to discharge and out-process returning Soldiers from overseas.

“The war ending was a huge relief on everyone,” said Johnson. “Everyone was focused on getting the Soldiers home.”

In 1946, Wakeman Hospital disbanded and operations at the post began to wind down. Johnson was finally laid off from the Civil Service in 1948. He went back to work in a factory in Columbus, Ind., and enjoyed the peace.

Peace, however, was short lived as the Korean War broke out in 1950. Camp Atterbury again opened its gates and his quiet community was interrupted by hundreds of thousands of busy men, the sounds of gunfire and artillery explosions and tanks tearing up the dirt roads around his home day and night, winter and summer.

“War makes everybody hurt, civilians and the military,” said Johnson, adding that civilians were willing to share the hardships with Soldiers and make sacrifices to support them.

Johnson chose to return to the post to take back his old job working for the Civil Service until the post shut down again after the Korean War.



Herman Johnson may have seen these muddy and tired 28th Infantry Division Soldiers from the Pennsylvania Army National Guard marching back to their barracks after training at Camp Atterbury in May 1951. Courtesy photo.

Camp Atterbury has always been a huge part of Johnson’s life and today, nearly 70 years after Camp Atterbury’s construction, he connects with the camp through the post museum, the post commander and the Soldiers that deploy through the mobilization platform to fight the Global War on Terrorism.

He maintains a collection of letters from old post commanders, pictures and other memorabilia and he stays involved with the Former Landowner’s Association; a group of former landowners and descendants of former landowners who lived on property that was acquired by Camp Atterbury. They convene annually, on land previously owned by Camp Atterbury, at Johnson County Park, across the street from today’s post’s gates.

Johnson has seen Camp Atterbury dwindle and he’s seen it flourish but all the while his roots have remained firmly planted. His house may have been taken but his heart and soul will always be a part of post history.

The Army Guard's Best Warrior Competition
takes place July 27 - Aug. 2 at Fort Benning, Ga.



Congratulations to the Outstanding Airmen of the Year



Senior
NCO



Honor Guard
Program Manager



NCO



Honor Guard
Member



Airman



First
Sergeant



OUR OF RESPE

In-demand honor guards train intense



By Army Maj. Craig Heathscott
ARKANSAS NATIONAL GUARD

Silently, six Soldiers work in tandem to fold the American flag. Poetically, this red, white and blue symbol of a nation is folded 13 times into a triangle. Upon the final fold, the flag is handed to a steely-eyed Soldier for some final caressing.

The Soldier methodically moves his gloved-hands over the flag feeling for imperfections in the fold – nothing but perfection will suffice. His arms crisscross the flag as he holds it tight against his chest until done. Its white stars and a blue background are accented against a uniform adorned with various ribbons and medals. He stands statuesque in the sweltering Arkansas heat. The only hint of mortality is the perspiration that begins to roll down the seemingly stone face.

The Soldier begins his precision move to hand off the flag. It exchanges hands several times before reaching the head of the casket and enters into the arms of the NCO-in-charge (NCOIC). With a salute rendered, and the delivery complete, the NCOIC stands facing the six like-figures, at attention facing the casket.

Quietly, a voice commands “ready, face” and the six Soldiers turn as if one. The NCOIC watches as they depart and fade into the distance. Finally, he is left alone, literally alone, as there is no seventh man on this day – no fallen Soldier. Today is a training day for the National Guard’s Honor Guard Training Course at the Professional Education Center (PEC).

On this day, instead of marching over to the ‘next of kin’ and presenting the flag, the NCOIC simply hands it to his instructors, Justin Helton and Tim Ferrell. They understand the meaning of pride, honor and respect as the two served in the Army’s famed ‘Old Guard’ at Fort Myer, Va. They have participated in the funerals of Presidents Ronald Reagan and Gerald Ford.

The course Helton and Ferrell teach is a two-week ‘train-the-trainer’ course covering all aspects of military funeral honors, including firing party, transfer of remains, uniform standards, escort missions, drill and ceremony, weapons handling, as well as military funeral honors history.

Its 16 students find themselves in a classroom consisting of rows of tombstones, an old-fashioned hearse and a casket. Today marks the end this surprisingly exhaustive, yet rewarding, course.

‘Reflection of what they lost’

“You’re there to give honor to a fallen Soldier,” said Sgt. 1st Class Michael Rios of the New Jersey National Guard, who attended the course. “For me, our presence instills the picture of the veteran that passed away. I believe the next of kin looks at us and sees their loved one; we are a reflection of what they lost.”

ly for veteran funerals



Soldiers face the riggers of a two-week National Guard Honor Guard Training Course at the Professional Education Center at Camp Joseph T. Robinson in North Little Rock, Ark. Graduates of the program are deemed certified trainers and then can go back to their state/territory and provide instruction to fellow Soldiers who will participate in their state Funeral Honors Program. Photos Army Maj. Craig Heathscott.

"I had one family member tell me, 'my husband wore that uniform,' and that should drive home that this is one of the most important jobs in the military. Our fallen veterans deserve the proper honors, and my uniform must be up to standards. They risked their life for our freedom, and they deserve the best."

Another student, Sgt. Chris Canady of the Georgia National Guard, reiterated the statement of his fellow classmate. "During the time that the family is going through a hard time, you are representing the military at the highest standard because you are the last thing they see as far as the military and their loved one. The mental toughness and discipline is pretty intense."

For Canady, simply attending the course at the PEC was deemed an honor: "Being sent to PEC from Georgia is a privilege, not a right. You must have experience coming into the program as you're standing in front of two members of the 'Old Guard' that are serving as your instructors. Even though I've done a lot of funerals, I was very nervous coming to PEC."

Canady and Rios recalled a week earlier standing at attention for long periods of time during uniform inspections; inspections that could be deemed a failure for wearing uniform accoutrements as little as one-sixteenth of an inch off. And Rios fondly recalls – with a smile – the numerous hours spent looking over and pressing his uniform.

Uniforms under a microscope

Even the most minute detail can't be overlooked in this world of exacts. The long hours would pay off for Canady and Rios when their peers graded their uniforms a week earlier. Standing at the position of attention, they waited patiently as their fellow Soldiers moved a six-inch metal ruler around their uniform, taking measurements that require 20/20 vision just to make out. The creases, overall uniform fit and general appearance are the focus of this block of instruction. Only two small errors are allowed, but fortunately, each individual in this class is a 'go' at this station.

"Literally, you can spend hours creasing your shirt with steam," said Canady, referring to the classroom portion focused on uniforms where steam machines are actually used. "That, along with worrying about errors of

one-sixteenth of an inch, requires discipline. Now, take all that in consideration and then stand at the position of attention for long periods of time at the head of a casket, and do it flawlessly. You do it because you love it. You do it out of respect."

Each of these Soldiers brings a different level of experience to the class. At the high end, Canady has participated in over 300 funerals. He's helped lay to rest veterans from the Korean War, World War II and the Pearl Harbor attack, and a 20-year-old KIA.

It was an increase in aging veterans and the passing of public law by Congress

carry out the funeral honors.

The need for standardization in training is evident from the fact that over 652,000 veterans have died across all of DoD and over 323,000 Army veterans have passed away. And while all these vets are authorized military honors funerals, the families don't all make the request.

"The ARNG Funeral Honors Program establishes a direct connection with local communities and state government, and in effect, they take a lot of pride in what they do," said Sgt. 1st Class Jeffery Gilbert, Training NCO for the PEC Honor Guard Training

Course. "Our program ensures there is a national standard, and veterans get the respect they deserve. Aside from that, 'Big Army' doesn't have a school that teaches how to conduct military funeral honors, and we participate in 80 percent of all Army funerals."

In total, the Army Guard participated in a staggering 111,524 funerals in 2009 with that number expected to increase substantially this year. In the same year, the National Guard participated in over half (53 percent) of all DoD funerals. The need to have nationally trained standard is understandable.

Considering Guard Soldiers participate in over 80 percent of all Army funerals – active and reserve – and a huge percentage of DoD funerals, the commandant of the PEC understands the importance of this training.

"The reach of this program is beyond the 54 states and territories when you think about it," said Col. John "Jack" Frost, commandant. "It encompasses a nation, thousands

upon thousands of veterans here and gone, and those who have supported them throughout their lifetime."

"It's more than going to class and getting a passing grade and a diploma. I ask you, 'have you ever seen a classroom environment that can give you chills, instill pride and demand respect?' Well, that's what SFC Gilbert, and his team, are challenged with daily, and that's what they deliver in a short amount of time. But much of the kudos must go to the states for sending such highly motivated, experienced Soldiers who make all that possible." 🇺🇸

111,524: Funerals that the Army Guard participated in 2009

53: Percentage that Guard participated of all DoD funerals

2005: Year that National Guard Funeral Honors Program began

13: Number of times the flag is folded before it's presented to deceased servicemembers's family

300: Funerals that Sgt. Chris Canady, Georgia National Guard, took part in last year

80: Percentage of all Army funerals that the Guard participated in last year

3 to 7: A rifle party will consist of an odd number of servicemembers within this range

1862: Year "Taps" was composed by Union Army's Brig. Gen. Daniel Butterfield while in camp at Harrison's Landing, Va.

that allowed every eligible veteran the right to receive a respectful and dignified tribute that brought the National Guard into funeral honors ceremonies. Along with Veterans Service Organizations, the National Guard was authorized to perform ceremonies in the late 1990s.

Program in high demand

The National Guard Funeral Honors Program began in 2005 and is currently active in 52 of the 54 states and territories. While funding and policy standards are controlled at the national level-National Guard Bureau and course taught at PEC, the states and territories

**Dad, I
joined up
because of
you**

Unlikely reunions

**Son, I
reenlisted
because of
you**



Spc. Jason Crews



Sgt. Jack Crews

Three fathers, three sons,
three special meetings
half way around the world

Crews inspires Crews

Spc. Jason Crews of the Tennessee National Guard remembered the many times his father would take him to the armory when he was growing up, even letting him climb on the military vehicles in the motor pool.

It was contagious—Jason followed in his father's footsteps and joined the Guard, working as a driver.

"He was practically raised in the Guard," said father Sgt. Jack Crews, a truck commander with Regimental Fires Squadron, 278th Armored Cavalry Regiment, 13th Sustainment Command (Expeditionary). "I joined the Guard in 1988 when Jason was born ... I have a picture of me holding him when I graduated [Primary Leadership Development Course]."

After not seeing each other since August of 2009, the two reunited at Contingency Operating Base Marez, Iraq, May 9.

Fighting back tears, he recalled the letter that Jason sent him while at basic training in August 2008.

"He appreciated me for teaching him responsibility. At the time he thought I was ... being tough on him. But when he got to basic, he saw the [purpose]," Jack said.

Like he had inspired his son to join the Army, his son would inspire him years later: After a 10-year break in service, the 49-year-old father of four decided to reenlist.

Jack said that of all the family reunions, this one topped the list.

"Momma didn't like it," Jason said, when asked what she thought about the simultaneous deployments.

However, she won't have to wait too much longer, as both father and son are coming home soon.

-Capt. Kevin D. Levesque, Tennessee Army National Guard

Catching up in Khost

It's a stifling 95 degrees when Lt. Col. James Girdley, an Army Intelligence officer assigned to the Indiana National Guard, steps off a helicopter at Forward Operating Base Salerno.

His trip is not over: he must take a convoy to another base on the other side of Khost City, known for Taliban and family feuding in the streets. He's headed there to see several members of his company receive various awards, including one for his son, Staff Sgt. Ashton Girdley, a mechanic also assigned to the Indiana Guard.

As soon as the convoy reaches the outpost overlooking Khost City, Girdley hops out of the Mine-Resistant Ambush Protected vehicle to search for his son. He's not seen him since last year when the company deployed from Indiana.

From out of nowhere, Staff Sgt. Girdley tackles his father with a hug—a family reunion commences.

"It was great seeing my dad in Afghanistan since he is working out of FOB Lightning, which is several hours away by convoy," says Staff Sgt. Girdley. "The last I heard he wasn't going to be able to make it down because the Pass (Khost-Gardez) has been too dangerous."

After touring the camp, the father and son retire to a porch for a cold drink. The two discuss family, food, weather and fire fights. Staff Sgt. Girdley tells his father about one just two weeks earlier.

"The Afghan National Police called us and the Afghan National Army for back-up; they were involved in a fire fight and being overwhelmed by the enemy in Khost City. We quickly rolled out, set up a perimeter around the enemy and returned fire, unloading 6,203 grenades, 150 M4 rounds and over 1,000 M240 rounds."

Father finds out that son won't be receiving his decoration today because of lost paperwork. "I will be proud to watch my brothers-in-arms receive theirs," said Staff Sgt. Girdley.

As the ceremony begins the mood in the air is sombre. The temperature starts to cool with the rain clouds rolling in. Fourteen Combat Action Badges, 12 Combat Infantry Badges, and two Army Accommodation Med-

als are pinned to deserving Soldiers.

After the ceremony, food is served out of a tiny, makeshift chow hall. The Gridley's find a comfortable place to stand and eat since there is limited seating. Conversations start flowing, Soldiers laugh and play games out in the small courtyard before it starts to rain. Even with so much going on, there was a sense of calm and happiness amongst this Indiana family.

-Airman 1st Class Laura Goodgame, Regional Command East Public Affairs Advisory Team

Seizing the moment

There was one combat patch ceremony that Col. Jeff H. Holmes was not going to miss: the one that included his son.

"I haven't been able to attend all the regiment's subordinate combat patch ceremonies, but it was very special for me and I wanted to make sure I was here for it," said Holmes, commander of 278th Armored Cavalry Regiment, 13th Sustainment Command



Col. Jeff H. Holmes patches his son.

(Expeditionary), stationed at Contingency Operating Base Taji, Iraq.

This proud Tennessee father placed a combat patch on the right shoulder of his son, Spc. Hulon Holmes, a gunner with 3rd Platoon, F Troop, 2-278th ACR.

Col. Holmes said these ceremonies typically happen after 30 days into a rotation.

"It exhibits a lot of respect from one combat veteran to the other, and a significant transition in one's career to put one on," said he said, and added that it's rarer still when a father has a chance to put a combat patch on his son.

"I wanted to seize the moment," he said.

"I didn't expect that this would be able to happen," said Spc. Hulon Holmes. "It was nice to see him in general, but for him to be able to put the patch on me, it was a great moment."

Hulon Holmes said he is proud to serve under his father and could not ask for a better assignment. His father was patient with him, he said, and never pressured him to join the military.

"He left that completely up to me," said Hulon Holmes. "Eventually, it just kind of got to me. I knew it was something that I wanted and needed to do." 🍷

- Sgt. John Stimac, 13th Sustainment Command Expeditionary Public Affairs

In-theater family reunions

Tips...

- Before you embrace, make sure your weapon is on safe
- Be ready to share war stories (where, when, how many and what kind of ammo fired)
- Don't commandeer a vehicle just for the purpose
- Don't go AWOL for it
- Let your commander in on your plans
- If all else fails, try a virtual reunion via the internet

What to talk about...

- The weather, food in the chow hall, favorite sports team
- What you will do when you get home

What not to...

- How worried mom or dad is that you're both deployed at the same time
- Mission critical information
- Close calls
- Family problems

Summer

Military family

Discounts

Museum visits

This summer, more than 600 museums in all 50 states are offering free admission to active duty military personnel and their families from Memorial Day through Labor Day to show their appreciation for those who are serving this nation. To receive a free visit voucher, click [here](#).

Amusement parks

With Disney's Armed Forces Salute, available through August, active and retired U.S. military personnel (including active members of the National Guard) or their spouses can purchase Disney's 4-Day Military Promotional Base Tickets for \$99, plus tax, for themselves and up to five additional family members or friends for use at Walt Disney World Resort. All tickets and options are non-transferable and must be used by Sept. 30, 2010. www.disneyworld.com/military

Programs for kids

Operation Military Kids and **Operation Purple Camps** will sponsor summer camps nationwide for school-age military children. **The First Tee** offers children of Guardmembers programs at a chapter of The First Tee in their community at no charge. And, the **Department of Defense Education Activity** will offer a summer enrichment program at 62 sites worldwide that emphasizes math and language arts skills. To find more family resources visit the **Military Spouse Network**.

"One percent of Americans may be fighting our wars, but we need 100 percent of Americans to support them and their families"

-First Lady Michelle Obama at the National Military Family Association's summit: "When Parents Deploy: Understanding the Experiences of Military Children and Spouses" in May