
The Bluegrass Guard

Volume One, Issue Three

serving the men and women of Kentucky's Army and Air National Guard

Summer 1997



Thunder over Louisville!

**The Kentucky Air and Army National Guard
team up to thrill audiences in celebration of
the 50th anniversary of the U.S. Air Force**

photo by Staff Sgt. David W. Altom



THE GENERAL POINT OF VIEW



by Brigadier General John R. Groves Jr.
Adjutant General of Kentucky

Training.

This is a word that's all too familiar with anyone who's ever been in the military, often conjuring up memories of endless hours in classrooms and in the field, going over procedures and equipment with pointless repetition, checking off a block in the training schedule and then heading for the mess hall.

For the men and women of the Kentucky National Guard, however, the concept of training goes beyond merely "fulfilling the requirements." Because the range of missions for any National Guard unit is so wide and varied, training is a constant process — a way of life, if you will — necessary toward honing those skills essential for mission success.

Whether you're refueling a C-130 in a tactical environment, firing live rounds on a tank range or supporting the administrative requirements for your unit, training is a part of everything you do. It's what makes us strong as a team, and teamwork, as every soldier and airman knows is how we get things done in the Kentucky National Guard.

I am very proud of the training that I've seen, and I'm impressed with the initiative that both our junior and senior leaders have taken to ensure that the training we do is meaningful and effective. This isn't always an easy thing to do; downsizing and budget cuts have proven to be formidable obstacles to building a good training environment, but they are also the reason we need to build a strong and healthy training philosophy.



If there was any single idea that I could use to describe the essence of how the Kentucky National Guard trains, it would be the notion of *realism*. Making your training real, taking it out of the classroom and into the field, that's what adds credibility and authenticity to the learning process, building valuable experience for when our troops will need to depend on themselves — and each other — the most.

Realistic training is specific and it's thorough. Every good trainer makes sure that his team knows what it is they're training for and why it's important; no one assumes anything and guesswork is kept to a minimum. Likewise, shortcuts don't exist in realistic training; ignore an emergency procedure in training and you'll ignore that procedure when you need it for real.

Creativity and innovation are partners in training success. This is something that's done at the small unit level as well as at the brigade and wing. Troops have improvised minefields by laying out blocks of wood and clothesline when training aids weren't available. To save on fuel and ensure a safe mission, pilots have built oversize sandtables and walked through their

flightplans, verifying communication and navigational checkpoints in the process, preparing them for when it would be real.

These are the actions of inspired people, determined to fight the odds, to make sure their troops are safe, successful and motivated. Their measure of success can be found in operational readiness reports and in status of resources and training systems. Even more importantly, it can be found in the field, in the rising waters of a flood or the dusty plains of a desert; it can be found in the taking of an objective during a battlefield exercise, or in the face of a grateful citizen during a natural disaster.

Try to remember this, above all else: the next time you're called up in the interests of the Commonwealth or the nation, when the uncertain may be staring you in the eye, your training is key to your success ... and your safe return.

The Bluegrass Guard

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It's a riot!

Kentucky Guardsmen team up with law enforcement agencies for groundbreaking training exercise

story and photos by
Spc. John Kibler

133rd Mobile Public Affairs Detachment

In a first-ever exercise of its kind for the Kentucky Army National Guard, more than 300 soldiers from 2nd Battalion, 138th Field Artillery teamed up with local law enforcement officers to train in civil disobedience control and tactics at Florida's Camp Blanding.

Adding to the tactical flavor of the three-day exercise was a flight on a C-130H transport provided by the Kentucky Air National Guard's 123rd Airlift Wing.

"With the use of the aircraft we were able to simulate a mobilized deployment, something we in the artillery don't get to do very often," explained 1st Lt. Brian F. Wertzler. He was particularly pleased to note that all this was being done during a regularly scheduled weekend drill. "Packing up our gear and deploying like this gives us a more realistic dimension to our



training."

And training is what it's all about. To maintain proficiency, Kentucky National Guard soldiers require eight hours of civil disobedience training each year. This allows the soldiers to maintain familiarity with the techniques and tactics of the police and to give officials from the law enforcement community the chance to train with the same soldiers that may be assisting them in the future.

The exercise took place at the state-of-the-art urban combat training site used by the Federal Bureau of Investigation and other agencies to train agents preparing for the 1996 Summer Olympics in Atlanta. The facility is a realistic small "city" secluded in the Florida woods, complete with vacant buildings designed and built to provide trainees with an authentic experience in an urban setting.

"This is the first time a civil disobedience exercise on this scale has taken place," said Lt. Col. Robert M. Nicholas, who commanded the 2/138th Field Artillery during the exercise. "It's been great having them (the police) here to help."

Along with officers from Fayette, Hardin and Nelson Counties, troopers from the Kentucky State Police helped train soldiers in aspects of

crowd control, building searches, baton usage, hostage negotiation, personal searches, handcuffing and minimum use of force training. After a break, the Guardsmen began the first of three simulated disturbances designed to test their training. Volunteers dressed in civilian clothing created disruptions which the soldiers had to manage.

"We were impressed by their dedication and their enthusiasm," said Officer John S. Taylor of the Lexington-Fayette Urban County Detention Center.

"The exercises went really well," said Nicholas. "The troops have worked hard and put in a lot of time and effort. This exercise gives our soldiers a basic understanding. In the future we would like to do this again and include the other public service organizations that should be involved, like the fire departments."

"I hope we have provided these soldiers with a rewarding training experience," said Officer Maurice Greene, of the Nelson County Police Department.

"What I've learned here today could save my life," said Spc. Michael W. Sturgeon. "This training has been great."



By
Staff Sgt. Dale Greer
KYANG
Public Affairs Office

Nearly a million people gathered here this spring to celebrate the Air Force's 50th anniversary and witness *Thunder Over Louisville*, one of the largest air shows in the history of North America.

The two-day event, which kicked off the city's two-week long Kentucky Derby Festival, focused unprecedented attention on the history and future of the U.S. Air Force.

More than 700,000 residents and visitors including Air Force Chief of Staff Gen. Ronald Fogleman gathered along the banks of the Ohio River on April 19 to see the aerial acrobatics of the U.S. Air Force Thunderbirds, parachute demonstrations by the AFSOC Stars and U.S. Air Force Academy Wings of Blue and flybys of virtually every aircraft currently in the Air Force fleet.

The eight-hour birthday bash also included appearances by several warbirds, as well as aircraft from the U.S. Army, Coast Guard, Marine Corps and Navy.

The Thunderbirds proved to be the highlight of the show for many, but the grand finale a 30-minute fireworks extravaganza offered a compelling anniversary salute.

More than 44 tons of rockets illuminated the Louisville

Thunder over Louisville



BOOMS!

Kentucky Guard celebrates 50th anniversary of Air Force

skyline in a demonstration that dwarfed the displays of the opening and closing ceremonies of the 1996 Summer Olympic Games.

It was the largest such event on the continent this year.

Thunder also included a static display of aircraft that gave citizens a chance to see these military machines up close and talk to the men and women who have dedicated their lives to the defense of freedom.

More than 230,000 attended the display, held on base April 19-20.

Paul Gold, a Louisville native who attended both events, appreciated the opportunity to examine so many

exotic aircraft first-hand, describing the static display as "incredible."

"It's a wonderful collection, and I think it's great that everybody can see a little bit about the airpower we have and where our tax dollars are going," Gold said.

Gold was particularly impressed by the Thunderbirds.

"Their demonstration proves that the Air Force is recruiting excellent men and women to fly these airplanes and that their training is fantastic.

"It's a good investment for the American people to keep this commitment going.

"My hat is off to the Air Force for the outstanding job they're doing."

Cindy Hettinger, another Louisville native, who attended the static display with her 10-year-old



photos by Senior Master Sgt. Dave Tinsley, KYANG



photo by Staff Sgt. David W. Altom

What goes up must come down A member of the 123rd Special Tactics Flight (above) completes his parachute jump from a Kentucky Army Guard UH-60 Blackhawk with a patriotic flair.

An historic display Nearly a quarter of a million visitors took the opportunity to visit a display (right) of more than a hundred state-of-the-art and vintage military aircraft, including the U.S. Air Force's C-5 Galaxy, C-17 Globemaster and KC-10 Extender. A B-1 Lancer crewmember (below) provides an impromptu briefing to an enthusiastic fan.



photo by Tech. Sgt. Charles Simpson, KYANG

daughter, Ashley Blackburn, spent the day talking to aircrew members about the jobs they perform.

"The medical plane was really nice because one of the guys on it told us all about their missions and what they do," she said. "That was really great."

But Hettinger said the best aspect of the airshow was the positive feeling it gave her about her nation's military.

"It makes me really proud," Hettinger said.

"When we were at the airshow at the river, and they had the flag flying and all the planes were going over, it really gave me a sense of patriotism.

"When you see the men and women who dedicate their lives to this, it kind of gets you choked up a little bit."

Public response like that is what events like



photo by Senior Master Sgt. Dave Tinsley, KYANG

Thunder are all about, said Col. Ed Tonini, chief of staff for the Kentucky Air National Guard, which sponsored the airshow along with the Kentucky Derby Festival.

"No peacetime event in the history of this country has provided so much concentrated public exposure to any branch of the military," said Tonini.

"Thunder Over Louisville gave us an unprecedented opportunity to tell the public about the Air Force's golden legacy and boundless future--to salute the commitments of our veterans and demonstrate the dedication of the men and women who serve the cause of freedom in the Air Force today, as well as tomorrow.

photo by CW4 Dean Stoops, Co. B, 1/114 Avn.



The troops from Co. B, 1/114th Aviation slingloaded artillery while Sgt. Keith Gribbins and Staff Sgt. Gary Daniel -- of Co. F, 135th Avn -- fired up a generator.



photos by Staff Sgt. David W. Altom

Annual Training

Sometimes it seems as though there are many jobs in the Kentucky Guard as there are people.

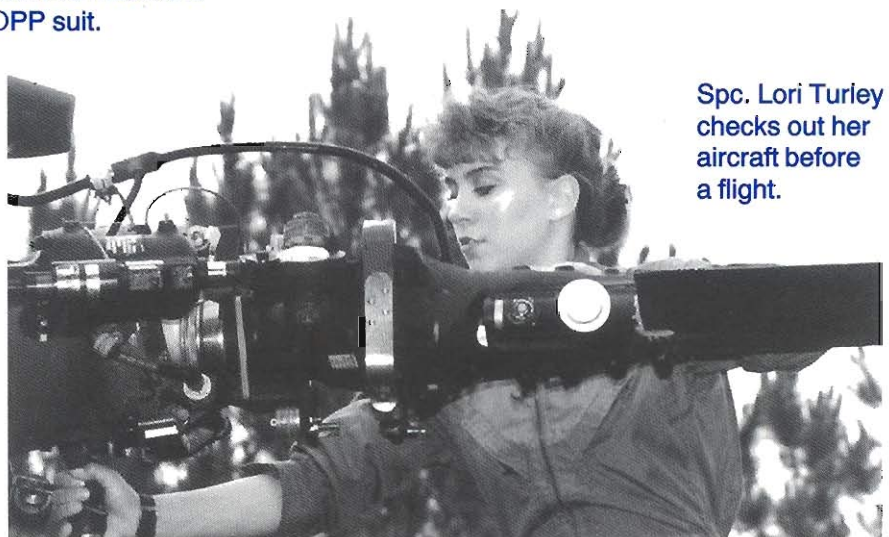


Spc. Staci Godbey and Sgt. Kenneth McQueary set up the headquarters tent for the 103rd Forward Support Battalion.



photos by Staff Sgt. David W. Altom

Everyone's favorite: Summertime training in a protective mask and MOPP suit.



Spc. Lori Turley checks out her aircraft before a flight.



photos by Staff Sgt. David W. Altom



ENGINEERS

GET THE JOB DONE!

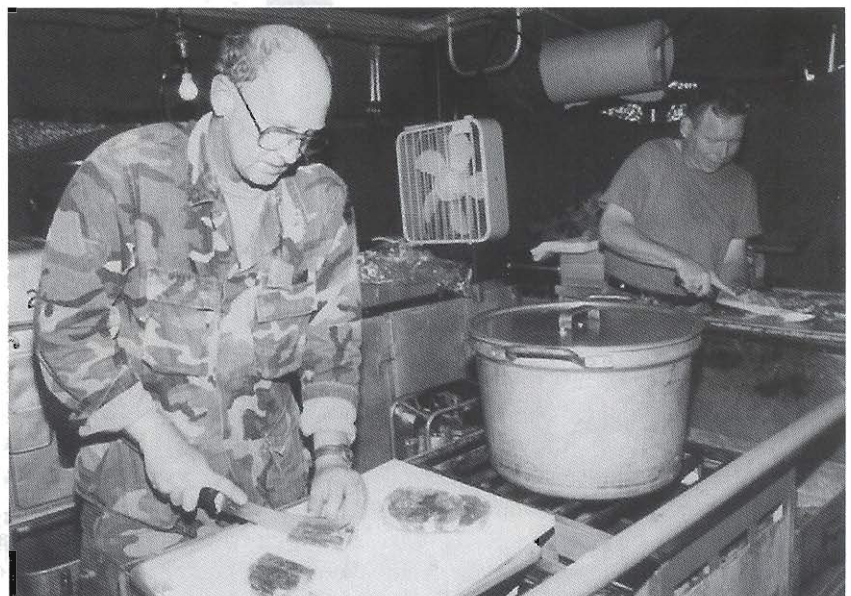
In the wake of this spring's flood, the soldiers of the 206th Engineer Battalion were eager to brush up on their combat skills at the Western Kentucky Training Site.

Pvt. Matthew Jones (above) checks the detonation cord to a training land mine.

Spc. Tony Asbury and Sgt. Ricky Bussell (top right) get down and dirty while deploying their bangalore torpedo.

Staff Sgt. Milford Jones (above right) goes over the procedure for breaching a minefield with his squad members, Sgt. George Wilson, Spc. Chris Audrey and Spc. James Cadle.

Spc. Larry Fritts and Spc. Keith Berkeihiser know their peppersteak will be held to high standards when the troops come in from a long, hard day in the field.



Junior Guardsmen on duty

Soldiers give students a taste of military life

by Spc. Karen Roche
133rd Mobile Public Affairs Detachment
photos by Maj. Phil Miller

It all began like any other military exercise, getting people organized, shouting orders and setting up tents. Equipment had to be sorted and prepared, and missions had to be assigned. Just another weekend for the Kentucky Guard? Well, not exactly

Twenty-five students from the Barren County Junior Guard were working alongside the soldiers of Headquarters and Headquarters Service Battery, 1st Battalion, 623rd Field Artillery. The objective: to train, to get motivated and — if you're so inclined — to even have a little fun.

Set up in conjunction with the Kentucky National Guard's Drug Demand Reduction Program, the Junior Guard is designed to give middle school students a different perspective on life.

"We were looking for something for those students who fell through the cracks, the kinds of kids who didn't participate in the usual after-school clubs and activities," said Allen Poynter, coordinator for the Barren County Youth Services Center. "We figured if we could teach these kids the skills and discipline that it took to succeed in the military, it would help motivate them and build their self-esteem. And maybe that would in turn carry over into the classroom and the home."

Enter the Kentucky Army National Guard. As every Guardsman and woman will tell you, training is something that we do all the time, and when the soldiers of the 1/623rd heard about what Poynter and



his colleagues had in mind, they were happy to share the wealth.

"The Junior Guard offers kids something that's unique," said Maj. Ron Turner, administrative officer for the 1/623rd. "The training we provide is something they wouldn't normally get. And because it requires teamwork, it helps instill in them a sense of belonging. That's what we're after."

In addition to meeting twice a month, an overnight field training exercise was arranged to give the students an opportunity to experience what life in the military is all about. They were given classes in land navigation, the proper use of camouflage, and physical training. They even got to see what it was like to use night vision goggles.

Highlights of the weekend included a chance to do some rappelling and then get on the 50 foot long "slide for life." Everyone took part in the training, including members of the faculty, much to the delight of the students.

Originally targeted toward students judged to be at risk, the Barren County Junior Guard has built so much enthusiasm among its members that it's been offered to other students as well. Older, more experienced participants have been enlisted as cadre, giving them the chance

to give as well as take orders. In addition, 7th graders will be added this year to the middle schoolers who are already participating and, according to Poynter, as these students advance through high school, the program will expand to accommodate their continued interest.

"The Junior Guard has been an absolute asset to us," said Michelle Pedigo, principal of Barren County Middle School. "It's had a profound

affect on students who may be headed down the wrong road, and it gives kids who don't fit in with our more traditional programs a place to belong. We're looking at major effects here, behaviors become more positive, grades are improving. We're even seeing a marked increase in parent participation. There is no better formula for success than that."

The future of the Junior Guard looks promising. Some of the youths have been so motivated by their experiences that they've decided to join the Kentucky Guard. Others talk about finding equally challenging career paths, and that's all right with Turner.

"We're giving back to the community," he said. "The people here have done so much for us, we want to have a hand in helping these kids become better citizens. That's what this is all about."



Kentucky Army Guard receives new aircraft

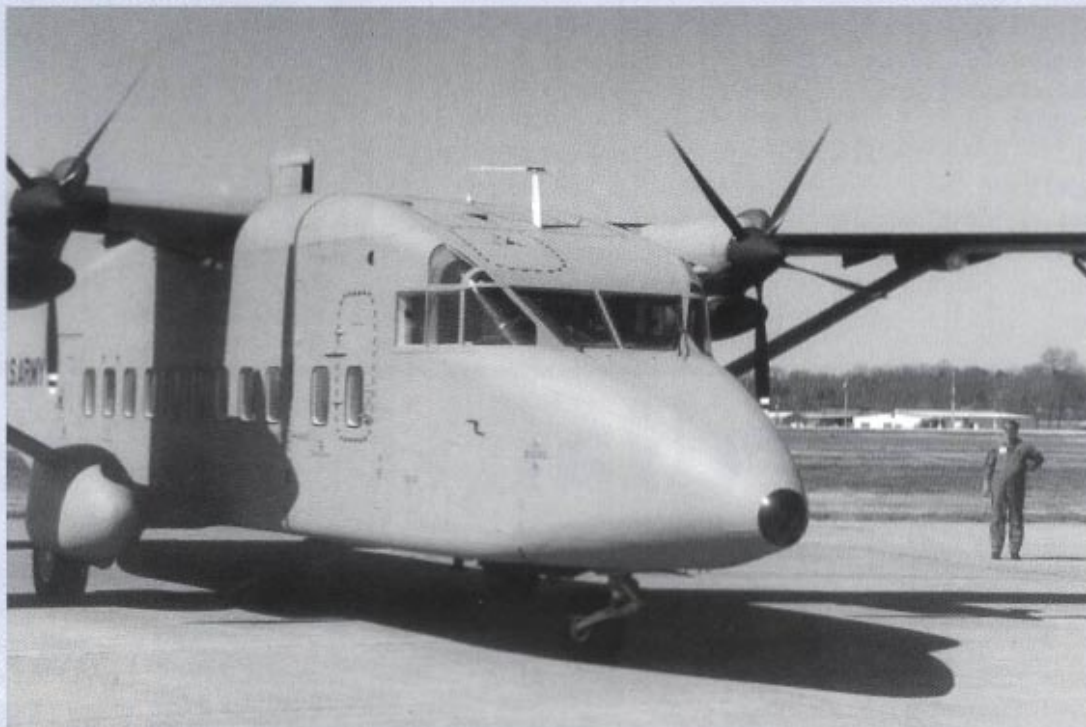
C-23 Sherpa brings new mission, training opportunities to soldiers

*story and photo by
Staff Sgt. David W. Altom*

The Kentucky Army National Guard recently took delivery of the newest addition to its aviation fleet, the twin-engined C-23 Sherpa air transport.

Capable of transporting more than 7,000 lbs of equipment or 30 fully equipped soldiers, the Sherpa is assigned to Detachment 3, Company H, 171st Aviation, based at Booue National Guard Center.

The first of two eventual aircraft, the addition of the C-23 Sherpa to the Kentucky Army Guard brings new missions, as well as new training opportunities. Ten jobs are included in the assignment, which will give Kentucky Guardsmen the mission of transporting personnel, supplies and equipment, parachute operations and backup aeromedical evacuations.



The word *sherpa*, by the way, refers to a people of Tibetan descent living on the southern side of the Himalaya Mountains in Nepal and Sikkim, noted for their ability at mountaineering.

Kentucky Army Guard engineers and military police took a break from this year's flood duty to support the residents of Adair County when more than fifty homes

Mother Nature strikes again!

were destroyed by a tornado that swept through the community of Cane Valley.

photos by Staff Sgt. David W. Altom

Arriving within hours of the tragedy, Spc. Robert Doolin (right) and other members of the 223rd MP Co. provided security for local residents while the 206th Engineer Battalion (left) began cleanup operations.



Kentuckians attend national family support workshop

A delegation of volunteers representing the Kentucky National Guard recently attended the National Guard's Annual Family Program Workshop in Orlando, Florida. Designed to explore ways to provide support to the families of National Guard members, the five-day event was also attended by Lt. Gen. Edward Baca, Chief of the National Guard Bureau.

Participants in the Kentucky delegation included (left to right) Mary Ames, Tommie Duke, Master Sgt. Carl Evans, Barbara Groves, Rita Baca, Gail Pace-Bowling, Lt. Gen. Baca, Elizabeth B. Cox and Debi Beisler. Representatives of the Kentucky National Guard Family Support Program included Staff Sgt. Donna Clemens and Sgt. First Class Kenny Bruner (right)



Guardian *angel of mercy*

by Staff Sgt. David W. Altom
photo by Maj. Phil Miller

The first time you meet Jennifer Garda, you can't help but smile. She's usually the one who starts it, whether she's in her nurse's uniform at her civilian job or wearing BDU's in the field; there's that twinkle in her eye, a light-hearted joke, and then the next thing you know, you're at ease and smiling right along with her as though you were a pair of old friends.

Actually, it's kind of contagious, which is ironic, considering her job as a medical professional.

A veteran of the Persian Gulf War, Lt. Col. Garda currently runs the preventive medicine section for Detachment 5, Headquarters, State Area Command, (Army Medical Detachment). Duty with the Kentucky Army Guard has meant going overseas in support of medical missions more often than many of her active-duty counterparts. Her itinerary is always filled with exotic names like Barbados, Dominica, Guatemala, and Ecuador, and the pride she shows when talking about her adventures is as real and natural as the hard work that it took to accomplish the mission.

"Working in countries like Dominica and Ecuador, for instance, was neat," she said. "Our people were able to help improve the level of health care there,



teaching them the basic skills that most of us take for granted. It's exciting, sure, but it's also an opportunity to make a difference for people who don't have access to proper facilities or resources. Just getting some of the simple things, like motrin, is a big deal to them."

Coming home from trips to Third World countries is always something of a culture shock for Garda.

"Get me home to air conditioning and access to a shower and I'm pretty happy," she said. "It certainly makes me appreciate we have here."

Working at her civilian job at Cardinal Hill Hospital in Lexington, Ky., Garda's responsibilities bring her to the front line in helping the physically handicapped. Like some of the places she's visited in South America, this is a place where her strength and that ever-

present smile come in handy.

"We try to rehabilitate our patients to be fully productive and to deal with their pain," she explained. "We use a lot of humor therapy to help them get through their difficulties."

Although she works mostly with adults, Garda expressed a fondness for her experience in helping handicapped children.

"I worked a lot with preschool handicapped children, which was actually fun. Those kids are great. They cope better than adults."

For her work in that field, Garda was named Case Manager of the Year by the Association of Rehabilitation Nurses.

Garda appreciates how closely her civilian and military careers intertwine, building on each other and giving her the kind of experience that proves invaluable when the going gets tough.

"Being in the Kentucky Guard has definitely helped me with my civilian job. The leadership training I received provided a positive boost in building my management skills. In the nineteen years I've been in the Guard, I've gotten to do a lot of things I wouldn't have been able to do if I hadn't been in the military."

Then, with that sparkle in her eye and that smile on her face, she lets you know what she really thinks. "And you know what? I still love it!"

Education Update

by Spc. Stephen Woolverton, STARC PAO

Kentucky National Guard soldiers are becoming more involved in the education of high school students through the use of the Career Direction Workshop (CDW).

The CDW helps each high school student plan for their future by taking them through a critical career decision process. Students find out what kind of careers there are in today's world, decide what areas they are most interested in, and then they set training and education goals that will help them along their way. They are also taught where to look for their post-high school education and how to obtain financial aid.

The final portion of the workshop consists of instructions on completing job

applications, resume writing, interviewing, and making intelligent choices regarding responsibility, friends and substance abuse. The CDW is presented by Kentucky Guard area representatives at local schools as a 2-5 day program, fulfilling several KERA requirements.

"Last year we held the Career Development Workshop at more than 200 schools," said Sgt. First Class J. C. Newton, who helps coordinate the CDW program. "We were able to help more than 50,000 students decide on what they wanted to do with their lives."

According to Newton, career standards throughout the United States are rising, and that includes those in the military as well. All of the branches now require a high

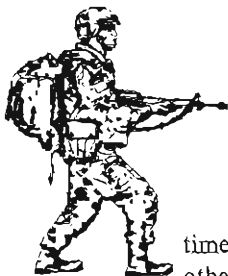
school diploma for entrance into the service and are stressing higher education among all ranks and ages.

"Due to the increased education standards our young people are having to face in both the military and the civilian job markets, the Kentucky National Guard wants to do every thing we can to make sure these kids get what they deserve," said Newton. "By pitching in with programs like the Career Direction Workshop, we're not just helping the Kentucky Guard, but we're helping Kentucky."

For more information on the Career Direction Workshop program, contact Sgt. First Class J.C. Newton at 502-564-8516.

Career Direction Workshops give students a career boost!

Now it's time to get **IN GEAR!**



with Sgt. First Class Steve Collier
133rd Mobile Public Affairs Detachment

Taking up from where we left off last time, let's finish packing the grunt's briefcase, otherwise known as the backpack.

You should include in your kit at least one Meal, Ready-To-Eat (MRE), regardless of whether you actually like the thing. If you have to drop your ruck and run after the bad guys and all you have on you is your LBE, you won't have to worry about where your next meal is coming from. To make that MRE more enjoyable you might pack some individual packets of condiments such as salt, pepper, dried garlic or even salsa or chili sauce. It's amazing what a bit of cayenne will do to corned beef hash. Mmmm, good!

Also, gather up a few goodies like 550 cord, a pocket knife and sharpening stone, and maybe even a small hygiene kit with a toothbrush, disposable wipes and toilet paper.

One thing that you'll really appreciate will be an extra pair of socks (two, if you have room) and a change of underwear. Roll'em up good and tight and stick'em in a ziplock bag sealed with duct tape (which you keep in your pack, right?). Lastly, strap a poncho and liner to your backpack and you're all set.

Now, next time you're taking a break during one of those long walks in the woods, you can have dry feet while you're enjoying your snack under your makeshift hooch.

Remember, any fool can be miserable.

See you next time.

The Last Word

The salute used by today's military had its origin in another time; a time when kings wore armor and courtly manners flourished.



It was the Age of Chivalry. The etiquette of the day dictated that should two friendly knights meet, each would raise the visor of his helmet, show his face and pay proper respects to the other. Since both knights were completely clad in steel, they could recognize each other as friend or foe by the distinctive emblems and devices on their armor, another custom that still lives.

Etiquette also decreed that the knights salute with their right hands. The right hand was the sword hand; raising it was a sign of trust.

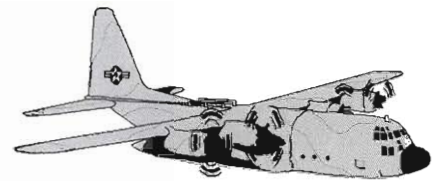
Even after modern firearms had made steel armor a thing of the past, the knightly gesture of raising the right hand continues to be recognized as the proper greeting between military men and women around the world.

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