

The Bluegrass Guard

Vol. 15, Issue 2

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

The face of resiliency

A salute to Kentucky Guard youth





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Mayes leaves mark on BAF through empowerment program



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Soldier goes the extra distance for his unit



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Wing supports new CCATT mission training

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Cover Story

Cover illustration by Staff Sgt. Gina Vaile-Nelson

With the largest mobilization of Kentucky Guardsmen since World War II, we salute the military child. Read more about the youth of the Kentucky Guard on page 14





Kentucky NATIONAL GUARD
Unbridled Service

The Bluegrass Guard

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Guardmembers and their Families are encouraged to submit articles meant to inform, educate or entertain Bluegrass Guard readers.

Articles should be submitted in Word format, 10-point arial font and include the writer's name, unit and contact information. Photos should be in .JPEG format with captions submitted via Word document, 10-point Arial font. Send submissions, photos and correspondence to kygao@ng.army.mil.

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Screaming Eagles

Photo by Staff Sgt. Gina Vaile-Nelson, 133rd MPAD

Members of the Fort Campbell-based 101st Airborne Division Screaming Eagles Parachute Demonstration Team soar into Commonwealth Stadium Nov. 6 for the University of Kentucky's Military Appreciation Day game. Read more about the 2123rd Transportation Company's deployment with the 101st on page 24.



Greetings from students

Students from Bridgepoint Elementary School in Franklin County sent holiday greetings to Kentucky National Guardsmen in December.

Some of the children at the school have Family connections to Kentucky National Guard Soldiers, according to Kristen Arnett of Family Programs.

"You can see from the card that they put a lot of thought effort into it," she said.

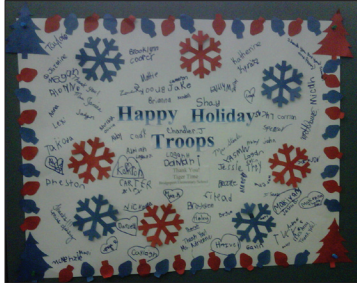


Photo submitted

Letters to the Editor Policy

The Bluegrass Guard values opinions

To comment, keep remarks under 150 words, include your name, rank and address and send them to:

The Bluegrass Guard
 KG-133 MPAD
 100 Minuteman Parkway
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 or: kypao@ng.army.mil

We reserve the right to edit letters for tone, length, clarity and factual accuracy.

Change of Address

Don't miss an issue

All change of address requests should be made by the unit clerk using RCAS for all current Army or Air National Guardsmen. The Bluegrass Guard is mailed out via alert roster addresses at the unit level.

Army Retiree address changes should be made through Staff Sgt. Debbie Devine at the Kentucky National Guard Personnel Services Branch. She can be reached at 502-607-1497 or deborah.devine@ky.ngb.army.mil.

Air Retirees should request changes through retired Chief Master Sgt. James Turpin at jturpin@fewpb.net.

Next Issue

Photo by Sgt. Scott Raper, 133rd MPAD

The Soldiers of the 149th Maneuver Enhancement Brigade, including Sgt. 1st Class Joseph Boccuzzi, will deploy in support of Operation New Dawn in the upcoming months. We will look back at their training and look to the future of Iraq in the next Bluegrass Guard.



Defend against the silent killer

TRICARE Public Affairs
www.tricare.mil

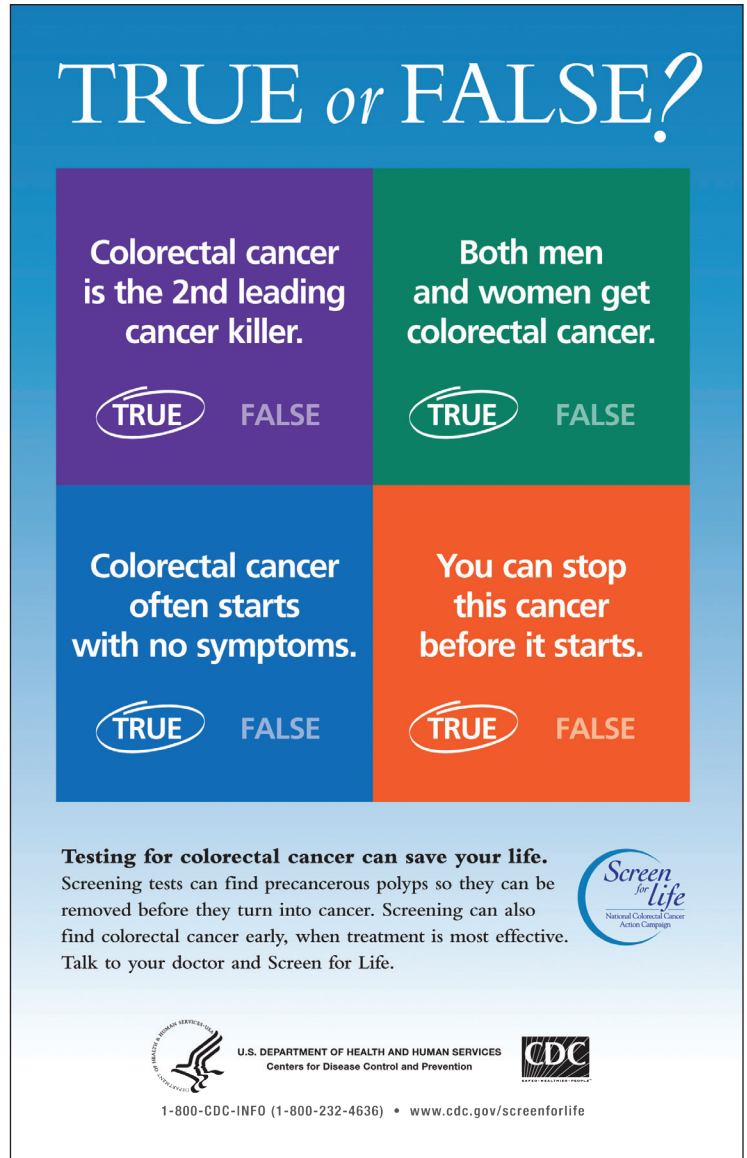
FALLS CHURCH, Va – Colorectal cancer is the third most common cancer among men and women in the United States. Of cancers affecting both men and women, it is the second leading cause of cancer-related deaths in the U.S., according to the Centers for Disease Control and Prevention.

The beginning stages of colorectal cancer often have no symptoms. Because of this, early screening saves lives. The CDC estimates at least 60 percent of colorectal cancer deaths could be prevented with regular screening of everyone aged 50 or older. Screenings can find abnormal growths called polyps that can be removed before becoming dangerous.

For TRICARE Prime and Standard beneficiaries, there are no cost shares or co-pays for colorectal cancer screenings, as well as many other important preventive care services. For Medicare-eligible beneficiaries covered by TRICARE For Life (TFL), Medicare covers colorectal cancer screening tests and TRICARE generally pays the remainder of any costs not paid by Medicare.

Aging increases the risk of developing colorectal cancer, with more than 90 percent of cases occurring in those aged 50 or older. Other risk factors include inflammatory bowel disease, personal or family history of colorectal cancer or polyps, and certain genetic disorders. Some lifestyle factors may also contribute to a person's risk, such as lack of physical activity, low fruit and vegetable intake, low fiber, high fat diet, overweight and obesity, alcohol consumption and tobacco use, according to the CDC.


According to the CDC, when colorectal cancer is found early and treated, the five-year relative survival rate is 90 percent. Today's technology is a powerful tool for catching colorectal cancer and other cancers. There are many types of screening tests available to find colon polyps or colorectal cancer.





TRUE or FALSE?

<p>Colorectal cancer is the 2nd leading cancer killer.</p> <p>TRUE FALSE</p>	<p>Both men and women get colorectal cancer.</p> <p>TRUE FALSE</p>
<p>Colorectal cancer often starts with no symptoms.</p> <p>TRUE FALSE</p>	<p>You can stop this cancer before it starts.</p> <p>TRUE FALSE</p>

Testing for colorectal cancer can save your life.
Screening tests can find precancerous polyps so they can be removed before they turn into cancer. Screening can also find colorectal cancer early, when treatment is most effective. Talk to your doctor and Screen for Life.

 **Screen for Life**
National Colorectal Cancer Action Campaign

 U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention

 **CDC**
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

1-800-CDC-INFO (1-800-232-4636) • www.cdc.gov/screenforlife

Beneficiaries 50 and older should have annual fecal occult blood testing, a proctosigmoidoscopy or sigmoidoscopy every three to five years, or a colonoscopy every 10 years. Those with a higher risk of colorectal cancer due to any of the risk factors previously mentioned, should talk to their doctor about earlier screenings, even as young as age 25.

For more information about colorectal screening, visit CDC's Screen for Life at www.cdc.gov/screenforlife. For more information about TRICARE's coverage of colorectal cancer screenings, visit www.tricare.mil.



Kentucky National Guard Col. James Floyd of Shreveport, La., grips a sheep's head and exposes its teeth to determine its age. Floyd, the Kentucky Agribusiness Development Team 2 team veterinarian has prepared a research project to protect Afghan sheep from worms.

Photo by Spc. Adam L. Mathis/Task Force Red Bulls

KYADT2 leads sheep study for Parwani farmers

By Spc. Adam L. Mathis

Task Force Red Bulls PAO, www.cjtf82.com

PARWAN PROVINCE, Afghanistan –To help move Afghan agriculture forward, U.S. Army Col. James Floyd had to become thoroughly familiar with the back end of a sheep during a visit to the Department of Agriculture, Irrigation, and Livestock in Parwan Province Feb. 3.

Floyd, the team veterinarian for the Kentucky Agribusiness Development Team 2, demonstrated the proper technique to obtain the necessary fecal matter used to assess the intestinal health of the animal.

Floyd's demonstration was part of a trip by the KY-ADT2 to the Parwan DAIL to deliver supplies and provide technical advice in preparation for a study of the effects of deworming medicine on Afghan sheep.

Research like this hasn't been done in Afghanistan since the 1970s and is necessary in a country with 20 million sheep and goats.

"If (Afghan farmers) have not dewormed before, they may see a big difference, however we are not sure if deworming makes a big difference in every location," Floyd said.

Floyd's uncertainty is due to the lack of data. Without data, Floyd and other experts had no way of knowing if deworming treatments should be routinely recommended to improve the health of sheep.

As a result, Floyd and the other veterinarians proposed a deworming study of sheep that could help Afghan farmers and demonstrate to the government the benefit of applied scientific studies in the field.

"We realized we could make this into a project to an-

swer that question ... and get the Afghan government and universities involved,” Floyd said. “We have the goal of demonstrating that this type of research is valid for them to do to generate useful information for the Afghan agriculture.”

Generating this information is relatively simple. In three Afghan provinces, three flocks of sheep will be studied. On the first day, the sheep are tagged, weighed, given a physical evaluation and have their feces sampled to determine the amount of worm eggs present. This procedure is repeated ten days later to determine if deworming on the first day effectively reduced the amount of worm eggs. The data and samples will be collected by Afghan collaborators and analyzed at a Bagram Airfield lab.

“It is very helpful,” said Sayed Mahmood, animal herd manager for DAIL and in charge of collecting the data in Parwan, through an interpreter. “Afghans keep cattle and sheep for everything.”

Floyd hopes that this study has more benefits than just helping sheep. After 30 years of war and devastation in Afghanistan, he hopes this encourages the Afghan people to invest in applied scientific research on farm animals.

“(Afghans) been disrupted for so long that this type of systematic research on animals is pretty well all gone,” Floyd said. “So, this is a new thing for Afghan veterinarians and farmers.” 🐏



Women vendors on BAF

First women set up shop thanks to Mayes

By Staff Sgt. Ryan C. Matson

Task Force Red Bulls PAO, www.cjtf82.com

At Bagram Air Field, you will find something you won't find anywhere else in Afghanistan – the first two Afghan women merchants contracted by the Army Air Force Exchange Service.

“You're number one!” said Maj. Bobbie Jo Mayes, woman's empowerment coordinator with the Kentucky Agribusiness Development Team 2, from Lawrenceburg, Ky., as she put her arms around her friends, Sulhaila Kohistani and Saleha Zareen Dec. 12.

AAFES and the 334th Brigade Support Battalion, 2nd Infantry Brigade Combat Team, 34th Infantry Division, run the bazaar on BAF. The bazaar is comprised largely of local vendors selling locally-made products. Service members, as well as civilians, frequent the bazaar, which provides a boost to the local economy and is particularly busy this holiday season.

Since August, as a result of Mayes' relationships with Kohistani and Zareen, the bazaar also features five women vendors.

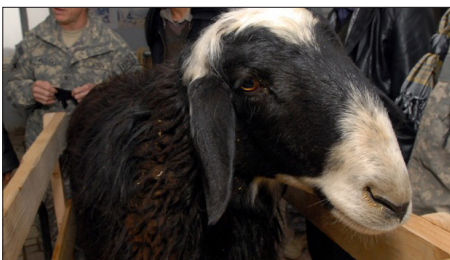
The five women's shops feature handmade clothes for men, women and children, blankets, rugs, shoes, jewelry, leather items and a slew of other products.

Mayes said she became involved with the bazaar after she was contacted by the 86th Infantry Brigade Combat Team, the previous unit in charge of the bazaar. They told her they had some open shops at the bazaar and would like to try to involve some female vendors.

“They couldn't find any local women who would come to it, and I told them I had two very strong women who own their own shops, and so I asked Miss Kohistani and Miss Zareen, and even though Miss Zareen had received death threats before this, they said, ‘You know what, we'll come on base,’” Mayes explained.

Mayes was able to convince Kohistani and Zareen to open shops at the bazaar, while the 86th also added three female vendors of their own.

■ See Bazaar, page 9



Dedication & Distance

By Spc. Michelle Waters

133rd MPAD, michelle.waters@us.army.mil

Whether it's a difficult set of chords, or 13 miles on pavement, Kentucky National Guard Staff Sgt. Michael Embury puts a tremendous amount of dedication into his two passions: music and running.

"He truly is a great guy and leader," said Sgt. Sharon Cates, a clarinetist with the Kentucky National Guard's 202nd Army Band. "He is always there to help someone along with their PT or their music.

"He's always willing to put in extra hours to train a Soldier with running or to help them with difficult music selections. You just know that, with music, he is truly doing what he loves," she said.

In 1993, Embury joined the Guard's 202nd Army Band where he played trumpet on drill weekends and annual training to help pay for tuition expenses of college. He mastered his craft at Eastern Kentucky University where he earned his bachelor's degree in music education in 1996.

In 2004, Embury found himself in the student's seat again working towards a master's degree in education at Miami University in Ohio. He was forced to learn a new

instrument to complete the program. The choice was simple—the bassoon. But not because he was overly enthusiastic about the woodwind instrument; rather because the 202nd was in need of a bassoonist or it wouldn't have a complete ensemble.

"It's quite an accomplishment for a musician to go from a three fingered brass instrument to a required 10-fingered woodwind instrument in such a short amount of time," Cates said. "It takes tremendous dedication to and have the willingness to consistently practice on your own time."

For Embury, it was merely something that he felt he needed to do to help out his unit, but it was a bonus to his career.

"This really isn't about me at all," Embury said. "It's about them."

Them are Embury's Soldiers. More than 40 musicians assigned



to the Kentucky National Guard's 202nd Army Band. No matter what accolades the unit gives him, Embury is quick to remember the band mates he plays with.

The only thing as exhilarating as sitting on stage behind the hot lights making music with other Guardsmen is the runner's high Embury experiences each time his foot hits the pavement crossing the finish line of another marathon.

"It's a rush. Of course, running is made easier by playing instruments because of breathing. I just really enjoy it," he said. "Running is no different than playing an instrument. If you want to be good at it, you have to devote time to work at it."

In 2010, Embury joined the Kentucky National Guard's marathon team because it seemed like a fun



and exciting challenge.

He's a consistent top contender in most of the half marathons he's participated in, with a recent first-place for his age group at the Erie Half Marathon in Erie, Pa., and first in the military division for the Army Half Marathon in November.

"It feels great to be able to devote yourself to something and see the hard work pay off," said Embury.

Embury hopes to eventually attend the Advanced Non-Commissioned Officers Course in the next year.

"I had a brief break in service a few years back. While I was out, I realized how much I missed it because it was like a second family. It's my goal to continue my career in the Guard and enjoy every minute of it," he said. 🐉

■ Bazaar

"They (Kohistani and Zareen) are the two highest women in the provincial government," Mayes said. "They came on base, and it's been a struggle, but that's how it came about."

"The threats they get are because they are so successful, and the men are not necessarily happy with that. But these women show women can make money and they can provide for their families. Eighty percent of the things these women sell go back to their families."

Mayes said she met Kohistani and Zareen through her work with the Women's Empowerment coordinator in the local area. Kohistani is the Parwan Deputy Director of Women's Affairs.

"These are the women who all the others come to for help," Mayes said.

One of the ways Zareen helps the other local Afghan women is through the Women's Handcraft Association of Parwan Province. Zareen said 800 women in the local area work for her to make the clothes, jewelry and other handiwork she sells at her store at the bazaar.

"We are very happy because Maj. Mayes is a very kind woman and she is helping all the women," Zareen said.

Even though there is risk involved, Mayes said the women are courageous pioneers, proving that everything can benefit from a woman's touch. 🐉



Photo by Staff Sgt. Ryan C. Matson/Task Force Red Bulls PAO

Maj. Bobbie Jo Mayes, Woman's Empowerment coordinator with KYADT2, stands with Saleha Zareen and Sulhaila Kohistani inside a store at the Bagram Air Field Bazaar Dec. 12. Zareen and Kohistani are the first two Afghan women mercants contracted by the Army and Air Force Exchange Service in Afghanistan.

Miracle flight

Air Guard brings experience, enthusiasm to CCATT mission

By Lt. Col. Ellen Krenke

National Guard Bureau Public Affairs, kypao@ng.army.mil

LANDSTUHL MEDICAL CENTER, Germany

-- The Air National Guard will contribute much-needed medical expertise to the Critical Care Air Transport Team (CCATT) mission, the top trauma doctor here said on Jan. 10.

“More and more in the Air Force active duty side, the opportunities to take care of ... patients in our day-to-day job are becoming more limited, because many of our facilities are downsizing,” said Air Force Lt. Col. Raymond Fang, the trauma director here at Landstuhl.

“We don’t have busy, comprehensive intensive care units anymore. Other than the people here at Landstuhl and the big medical centers in San Antonio ... there’s not a wealth of critical care experience on the active duty side all the time.”

Since Air Guard medical personnel do this work in their civilian careers, their experience is invaluable.

“They bring, I think, much appreciated manpower, because CCATT has become what they call a high density, low demand capability and to be honest with you the active duty side ... is just getting heavily stressed continually manning all these positions,” Fang said. “So having another pool of personnel who are capable and willing to help man the positions that are needed is welcome.”

In September, Fang spent two weeks at the University of Cincinnati for critical care training along with two members of the Air Guard’s first CCATT.

“I think it is a wonderful thing,” Fang said. “The Air Guard brings a lot of enthusiasm, and they bring a huge amount of personal expertise and experience to the mission.”

As a former CCATT member, Fang said the most challenging part of the job is planning for any contingency.

“You are trying to provide critical care without all the resources you are accustomed to when you are in a fixed hospital,” he said.

At a hospital, if you need a cardiologist or any other medical specialist, all you have to do is call him. When you are flying 35,000 feet over the Atlantic Ocean, you can call a specialist for advice, but they are not coming to the bedside to help you.

“You have to take a very complicated medical situation - taking care of an intensive care patient -- which is very



challenging on the ground and then you multiply the challenge several fold by putting them on an aircraft where they are isolated without all the resources that you are used to," Fang said.

Pharmacy, laboratory and X-ray are also services that you take for granted at hospital.

"For a CCATT mission, you have to plan ahead," Fang said. "You have a suitcase full of medications, which are all commonly used medications or very specific emergency use medication ... if you think you might need something you need to plan ahead and bring it."

Fang said they try to hold patients with head and lung injuries at facilities downrange.

Flight for patients in both these categories will exacerbate their medical issues. The noise and bumpiness of flight can agitate a patient with a

severe head injury, and taking to altitude where the air is thinner can endanger a patient with a severe lung injury.

"Those can be very challenging patients even for very experienced and skilled critical care physicians," Fang said.

Patients who need blood transfusions can be held at Landstuhl until their condition improves, but in the middle of a battle patients at a Level 2 facility have to be moved if possible.

"Some of the patient challenges are reflective of the location they are originating from," Fang said.

A lung rescue team has been formed at Landstuhl for patients who are too sick for a standard CCATT to move. "Sometimes we will launch from Landstuhl down to get them and bring

more equipment and more expertise and experience than a typical CCATT has," he said.

In these instances, Fang said he also looks to the Air Guard personnel for their expertise. "Many of them see very sick patients in their private civilian practices than you might see in the active duty Air Force side. They will again bring a wealth of information, support and experience and capability to some of these very sick patients in the future."

The main benefit of having a CCATT to move patients is that it allows there to be a smaller footprint downrange, Fang said. "It means less medics have to be deployed ... because you aren't managing huge hospitals. You don't have to bring the kitchen sink downrange and have a huge vulnerable target - a hospital."

On the other hand, "we really don't know what all the effects are of moving patients so rapidly," he said. "We may move patients because we have to and because we can, but we don't always know that moving a patient at exactly one day after an injury is the best thing for the patient."

Fang said if we knew that it was great to move patients so quickly then we would put a runway next to every hospital in the United States, throw patients onboard and fly them around for a couple of hours.


"But we don't do that, because we don't know if it is good for the patients," he said. "We do it because we have to, because the facilities downrange are smaller and because we can."

Finally, Fang said the biggest misperception about the CCATT is that it is a flying intensive care unit. However, a typical ICU is painted white and has lots of flashing lights. That is not the case in the back of an aircraft.

"We have taken a very challenging patient care situation and put it in the aircraft and done it with great success and a great safety record... we do it because we have to," Fang said. "I think the people who do this mission deserve a lot of credit for enabling the military medical system to function in this way over all these years."

They also enable the medical community to continue to learn from their actions. "There is a lot of push to ... take [these experiences] and put them to use on the civilian side," Fang said.

For example, in rural Wyoming, a patient could be stabilized at a small hospital and then moved by a CCATT equivalent to a big city hospital, where more resources are available.

"I think there is a lot of what we do which will be translated, but it isn't just doing what we do on the ground." 



Capt. Marsha Starks, a nurse from the 633rd Air Base Wing at Langley Air Force Base, Va., consults with Lt. Col. David Norton about the care of a simulated patient Feb. 11 while onboard a Kentucky Air National Guard C-130 during an aeromedical training class over the skies of Southern Ohio. The class was conducted as part of the Air National Guard's new CCAT assignment.



Inside the 238th

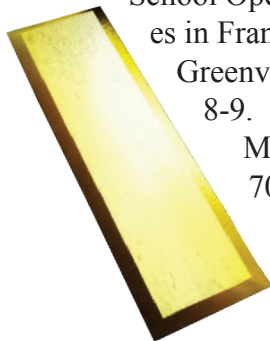
■ This is the first of a series of articles about Kentucky's training regiment

The Bluegrass' path to GOLD

By Staff Sgt. Gina Vaile-Nelson

Editor, gina.vaile@us.army.mil

The 238th Regiment kicked off 2011 with the annual Officer Candidate School Open Houses in Frankfort and Greenville Jan. 8-9.



More than 70 Soldiers attended the workshops to

learn what it takes to complete the traditional and accelerated OCS programs to receive the gold bar of second lieutenant.

"The fact that you are here today is a testament that you want to better yourself and your career," said Maj. Gen. Edward W. Tonini, adjutant general.

On average, 40 Kentucky Guardsmen attend the pre-qualification weekend in February. According to Sgt. 1st Class Anthony Kennedy, OCS training noncommissioned officer, 30

Soldiers start the program and roughly 15-20 Soldiers successfully graduate.

"Last year with the accelerated and traditional programs, we commissioned 23 candidates," Kennedy said.

"The challenges they face in this program build them to be strong officers," Kennedy said.

In 2010, the Kentucky National Guard welcomed 59 commissioned officers to the Army Guard ranks. Among them, 26 were appointments from the Reserve Officer Training Corps followed by 23 graduates of the Kentucky OCS program. Eleven Soldiers received direct appointments.

"The fact that our 238th Regiment produced almost as many commissioned officers as the ROTC programs appointed to us is a testament to what a great training



Photo by O.C. Caleb Riggs/KYARNG

Maj. Kent Cavallini, TAC officer for the 238th Regiment instructs Officer Candidate William Bland and other officer candidates on the proper ways to assault an objective using the sand table method.

program the 238th runs and what a great organization the Kentucky Army National Guard truly is," said Col. Stephen Robinson, 238th Regiment commander.

"The officers who render their first salute at the Kentucky National Guard OCS graduation are the same Soldiers who went to basic with their platoon sergeant, or who attended Warrior Leader Course with their supply sergeant," Robinson said. "These are our home-

grown leaders who will continue the tradition of excellence in service that the citizens of the Commonwealth have come to expect."

For 1st Lt. Melissa Mattingly, the OCS program changed her life.

"Reflecting back on the long road marches, many operations orders, mealtime ceremonies and training exercises is surprisingly enough, a very positive reflection," she said, "and a life altering experience."



directorate, and as the commander for the Headquarters and Headquarters Company, 103rd Brigade Support Battalion.

“The OCS experience made me just a little more resilient and ready to tackle the stressors that will inevitably come with any career at any leadership level,” she said, “whether that be company commander or a position in the civilian workforce.”

“I’m so very thankful to have been a part of this program and

“OCS strengthened my mind, body and soul and prepared me to be a selfless servant in a leadership position.”

The long hours dredging through the training areas at Wendell H. Ford Regional Training Center taught Mattingly how to better lead her Soldiers on the same tactical exercises. Accountability and attention to detail, which is part of the OCS mantra, is something she uses daily as the GI Bill programs manager at the personnel

to serve my Commonwealth and country as a Kentucky Guard officer,” she said.

Though the traditional OCS course for 2011 has already started, Soldiers interested in the accelerated program still have opportunities to run down the path to gold.

For more information about the OCS program, contact Sgt. 1st Class Anthony Kennedy at 502-607-7995.

149th guests of honor at UK



Photo by Staff Sgt. Gina Vaile-Nelson/KYARNG

Soldiers assigned to the 149th Maneuver Enhancement Brigade salute the American flag during the national anthem Nov. 6 at Commonwealth Stadium in Lexington, Ky. More than 700 Soldiers from the 149th MEB attended the University of Kentucky vs. Charleston Southern University game as part of UK’s Military Appreciation Day.

Next Quarter

The backbone of the RTI – NCOs and leadership



Facing her future

By Staff Sgt. Gina Vaile-Nelson
Editor, gina.vaile@us.army.mil

For Kimberly Adkins, the sky is the limit.

The 18-year-old Anderson County High School senior will graduate this spring and attend Western Kentucky University in the fall where she hopes to major in foreign languages and learn Arabic.

Like many high school seniors, she's nervous.

"I don't know how to be a civilian," she said.

"I love the Guard community and I hate to leave it behind," said Kim.

Kim's dad, Sgt. 1st Class Dale Adkins, is her Soldier. His active duty career bounced his Family around the United States, but his enlistment in the Kentucky Guard has kept the Family steady in the Bluegrass.

"It's hard when you don't have a lot of military friends at school," she said. When my dad deployed in sixth grade, it was just me and my sister."

But thanks to the Youth Development Week, the

annual summer camp for Guard children, Kim said she has a support system she needs and has gained the confidence that she can be successful at anything.

"She's taken on more responsibility," said Air Force retired Master Sgt. John Froehlich, Kim's grandfather.

"She has more confidence because she found out what she can do," he said.

Kim was a staple at YDW for the last five years as a camper. She enjoyed dances, swimming parties, platoon exercises and even a late-night soap and shampoo slip and slide in the barracks.

"The vets (of camp) spend time catching up, and helping the new campers," she said. "By the end of the week, it's gone too fast and you aren't ready to leave."

So much so that after last camp, her text



SUITED UP

Cline trades camp uniform for ACUs

By Staff Sgt. Gina Vaile-Nelson

Editor, gina.vaile@us.army.mil

There was once a time when Evan Cline panicked because he thought his head was too small for a Soldier's helmet – he was convinced the Army wouldn't let him in.

Now, 13 years or so later, the helmet fits and so does the rest of the uniform.

"There are a lot of people out there who don't know what it takes to be committed to this career," he said. "I'm ready for this, I want this."

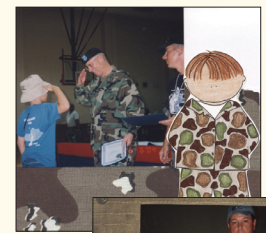
Maybe it's his Family's long line of service. He carries his grandfather's jump wings which he will pin on after he graduates from his initial Basic Training and Airborne School.

His dad, Maj. Chris Cline, will tell you he's known his son would be a Soldier since he was two-years-old. He swore his son into the Kentucky National Guard's 20th Special Forces Group Dec. 7 in Louisville.

"He's a 17-year-old taking a very adult step," Chris said. "And he takes it very seriously."

Another thing Evan takes seriously – Youth Development Week held each summer at the Wendell H. Ford Regional Training Center.

Evan's only missed one year in the nine years of the camp's existence.



messaging bill was outrageous enough that she spent four months doing chores to work it off.

"I've got unlimited text now," she said.

"It's good to spend time with people who have your same political views, same interests and the common military ties," she said.

She hopes this summer to return to YDW not as a camper, but as a volunteer, to make a difference.

"Kids are searching for themselves," she said. "It's our job (as volunteers) to be there.

"I'm excited to see us in a different generation," she said.~

"I skipped church camps and family reunions to go to camp," he said. "The guys are all like my brothers. They know me better than people at my school do."

Evan said YDW was like home, a place where he wouldn't be rejected and a place where he could be himself around kids just like him.

"I'm a military dork," Evan said. "I come from a long line of people jumping out of perfectly good airplanes.

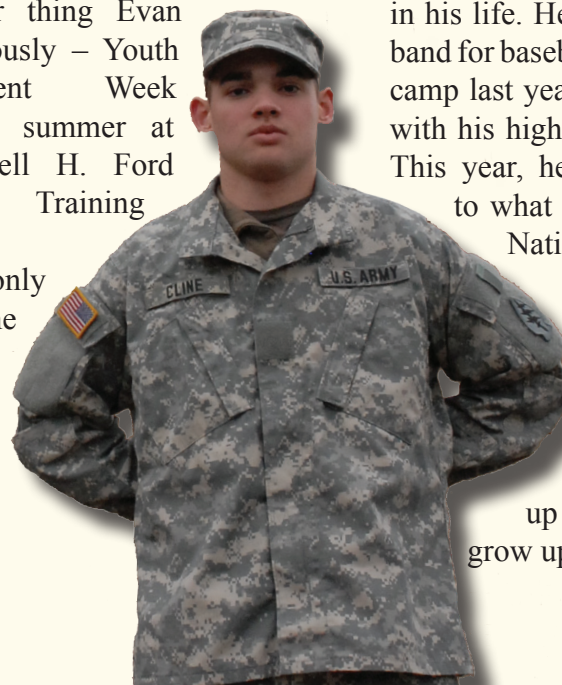
"Camp helped me face my fears," he said. Fears of the dark, heights and sending a loved one off to war.

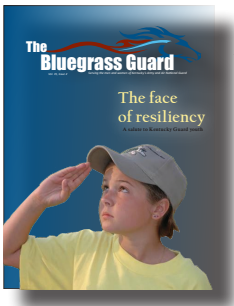
"My dad is going on his third deployment," Evan said. "The friends I've made at camp are a comfort in times like that.

"Military kids go through more than most civilian kids do," he said.

Evan has given up a few things in his life. He had to quit marching band for baseball, then missed part of camp last year due to commitments with his high school baseball team. This year, he will miss camp due to what he calls his "extended National Guard Camp."

"It's going to be difficult," he said about missing the camp. "But in the long run it's worth it. You have to give up some things when you grow up. It's just part of it."~





Campers enjoy a bonding moment during a field exercise.

Archive photo



Children fold the flag at the end of the camp day during YDW 2010.

Photo by Spc. Michelle Waters/KYARNG

By the numbers

- 1,500**
Acres at 4-H Camp
- 1**
July 1 is when applications are due for camp
- 18,000**
Estimated Kentucky National Guard kids
- 1909**
Year that the 4-H was founded

The face of resiliency

Outside agencies team together for 2011 summer camp

By Staff Sgt. Gina Vaile-Nelson

133rd Mobile Public Affairs Detachment, gina.vaile@us.army.mil

According to the Department of Defense, there are approximately 1.7 million American children and youth under the age of 18 with a parent serving in the military.

Nearly 18,000 of those children have a parent in the Kentucky Army or Air National Guard.

And just like their Soldier or Airmen, the youth of the Kentucky National Guard are important assets to our organization, said Capt. Bryan Combs, Family Programs director.

“Due to the geographic dispersion of our Service members and their Families throughout the state, youth programs is an integral piece to the overall well-being and social development of our children by providing them support during both deployment and sustainment operations,” he said.

“Our Service members’ children are the future of the Commonwealth,” he said, “and we are responsible for providing opportunities for their successful development.”

With that responsibility in mind, the Kentucky National Guard leadership sprang into action when talks of budget cuts threatened to end the Kentucky National Guard Youth Development Week for 2011, just shy of its 10th year.

“The JSO and Drug Demand Reduction programs took a big hit,” Combs said, noting that the DDR

program was the main sponsor of Youth Development Week.

“We researched agencies that could possibly help us,” Combs said. “The Kentucky Department of Fish and Wildlife and 4-H stepped in with resources to ensure this program doesn’t end.”

The timing couldn’t have been more crucial with this summer’s deployment of the 149th Maneuver Enhancement Brigade, the largest deployment of Kentucky National Guard troops since World War II.

The troops will deploy this summer, when children are out of school and out of their normal daily routines.

Mobilizations are a time, Combs said, when the Kentucky National Guard youth need stability, mentorship and support from their extended Guard Family to help build their resiliency during the absence of their Soldier or Airman.

“Camp builds a solid foundation and provides an opportunity for children to enjoy the culture of the Guard and cope with challenging times of deployment and extensive separation from their military

Family member,” he said.

“The Family Programs staff and military volunteers strive to support our youth throughout the year, but camp is an annual tradition we wanted to see continue,” he said. “And this year we think it will flourish.”

The partnership between the Kentucky National Guard, 4-H, KDFW and Operation Military Kids is what Combs describes as “win-win.”





Youth Development

Photo Submitted by Kim Adkins

Campers pose for a photo during the 2010 Kentucky Youth Development Week. This year, the Kentucky National Guard has partnered with the Kentucky Department of Fish and Wildlife and the 4-H for the 2011 4-H Military Youth Camp. The 2011 camp is scheduled for 17-22 July at the Lake Cumberland Education Center.

Not only will the campers enjoy the same military etiquette and culture they did when the camp was held at the Wendell H. Ford Regional Training Center, they will also experience many of the same summer camp activities conducted during the conservation camps both KDFW and 4-H host each year.

“The amenities offered at the Lake Cumberland site will allow for high ropes and low ropes courses to build confidence and water sports including canoeing and swimming,” he said, noting that WHFRTC couldn’t accommodate such activities.

For those youth interested in obtaining a hunting and fishing license, a certification course will ensure they properly know how to use firearms and are familiar with Kentucky Laws.

“All hunters need this certification by the age of 12,” Combs said. “The hunter’s safety card is just another positive resource the 4-H and KYDFW were able to offer us.”

For 4-H Youth Development Extension Specialist

Donna Fox, the resources and assistance her organization will provide doesn’t compare to the sacrifices many Guard Families make, she said.

“I feel honored to be working with [The Kentucky National Guard],” she said. “Our missions are very similar - take care of the Family and the community. The military does a great job of that and we are trying to do a good job by combining our resources.”

Fox said she expects camp attendees will quickly pick up on the four critical elements the 4-H camp strives to instill into adolescents: belonging, independence, mastery and generosity.

“We want to foster an environment of respect, helping others, responsibility and community,” she said. “It’s important for the youth to know that there are folks out here who support them,” she said. “I think having more opportunities to interact with other campers in a wide variety of activities will add to their confidence and build relationships that will get them through their tough times.”

Applications for the 2011 4-H Military Youth Camp can be obtained through your FRG or Readiness NCO. They are due July 1. This year’s camp is free and parents are responsible for transportation for their camper to and from the Lake Cumberland Education Center. 🌈

Hurst authors book for children

Staff Sgt. Gina Vaile-Nelson
Editor, gina.vaile@us.army.mil

Lt. Col. Tamara Hurst is a warrior. She's a combat Veteran, in charge of the Commonwealth's National Guard recruiters and responsible for Kentucky reaching recruiting and retention goals.

But her primary duty is commander in chief of the homefront.

As a single mom, Hurst knows all too well the toll a military life takes on children, between deployments and long hours at the office.

"I believe children believe what we tell them," she said. "If we, as the adults, remain positive and tell them the good aspects of the deployment — the way Guardsmen help others and provide freedom in other lands — then they will adopt that philosophy as well.

Hurst said if the deployment is kept on a positive note, some will build their self-confidence through added attention they receive from school administrators.

But Hurst knows that all children are different. "(They) all have a unique experience when their parent or loved one deploys based upon their unique relationship with that parent."

That's why Hurst authored "Because She Loves Me," a tool to help educators and parents get children through deployments or military training.

The goal, Hurst said, is to get children engaged in dialogue and provide a safe place and opportunity for the children to discuss their feelings with an adult they trust.

For Pam Gabbard educational trainer and consultant for Career Cruising, and a school counselor for more than 20 years, the book provides educators and counselors in schools across Kentucky a way to give needed attention to military children.

"There have not been materials developed that guide



Photo submitted

Lt. Col. Tamara Hurst, commander for the 2-75th Recruiting and Retention Battalion is also the commander in chief at home to her three boys, Macauly, Camron and Zachary. Hurst wrote a children's book to help military children with questions relating to having a Family member in the service.

the school counselor in giving the student valid help," Gabbard said. "This book is a guide to assist the student and the remaining parent with their needs.

Gabbard said Hurst's experiences make the book a relateable and enjoyable tool for anyone who interacts with a military child.

As a commander, Hurst said the book is an important tool for unit leaders to push down to the lowest level.

"It's very important for commanders because you want to be able to help your Soldiers. You want to provide resources that are not just lip service but something that Soldiers can use to truly help their situation," she said.

"This book and others like it provide a unique and special experience for the child involved. They deserve the special treatment because they are special — they are the children of our nation's military."

To obtain a copy of "Because She Loves Me," contact your local recruiter or unit FRG leader. 🐞

Helping children through deployment



www.health.mil

A quick search of children and deployment will bring up resources, articles and tips



www.jointservicesupport.org

Calendar of Kentucky specific events and dates

Things to do with the kids:

- ✓ Write a letter
- ✓ Color a picture
- ✓ Create a map
- ✓ Start a journal

Ride: *With steel horses, safety first and always* *Guard provides free classes for Soldiers and Airmen*



By Staff Sgt. Gina Vaile-Nelson
Editor, gina.vaile@us.army.mil

The Army Safety Center reported a continuing downward trend in fatal accidents of Soldiers operating privately owned vehicles.

Fatalities dropped 26 percent from the same time last year.

“This trend is certainly welcome, and it appears we’re headed in the right direction in countering the number one accidental killer of our Soldiers,” said Brig. Gen. William T. Wolf, commander of the Army Safety Center.

One reason for the drop is the emphasis by ground commanders to enforce vehicle and motorcycle safety.

“In 2006 there was a trend of troops buying motorcycles and wrecking them,” said Sgt. Daryl Casey, an instructor for the Boone Center Chapter of the Kentucky Guard Motorcycle Riders.

“People buy bikes that they may not be capable of handling,” he said. “They just hop on and think they can manage, but unfortunately some of them end up seriously injured or worse.”

For that reason, Department of Defense leadership issued strict rules for driving motorcycles on military installations. Outlining safety gear and licensing procedures, the DoD also recommended mentorship programs for young or inexperienced riders.

“I can’t teach you to stay out of accidents,” said Casey. “But through our courses, I can prepare you to handle situations that may arise on your ride.”

According to Sgt. 1st Class Aaron Lester, KGMR director, basic and experienced courses are aimed at establishing a comradery that en-

courages an on-going rider education and skills development to reduce the potential for accidents.

The Kentucky National Guard Policy P08-028 gives commanders the authorization to allow Soldiers to attend a KGMR state-sponsored BRC or ERC to improve their skills.

“A Soldier’s time is valuable,” Lester said. “By allowing a Soldier the opportunity to split-train for this course, the commander limits the impact on the Soldier’s personal time and improves the unit readiness by lessening the dangers inherent to motorcycle riding.

“Safety is the number one priority of all leaders,” Lester said. “The KGMR will ensure your Soldier is ready to ride safely.”

Mark your calendar

All courses are free to Kentucky National Guard Soldiers and Airmen and can be conducted in a drilling status upon approval from the commander. Department of Defense regulations require all military personnel attend a motorcycle safety course prior to riding on DoD installations.

KGMR courses are sanctioned by the Motorcycle Safety Foundation.

For more information on the Kentucky courses, e-mail the KGMR at brerc@bcc.kgmr.org.

■ **May 20-22**

■ **June 10-12**

■ **June 24-26**

■ **July 15-17**

■ **Sept. 9-11**

■ **Aug. 26-28**

■ **Sept. 9-11**

■ **Oct. 7-11**

■ **Oct. 14-16**



Photo submitted

Kentucky National Guardsmen prepare for a 2010 KGMR course to start at the Boone National Guard Center. Soldiers must bring a helmet, eye protection and gloves to the training course, but motorcycles are provided for those who do not own one.

Family Tradition

Woman shares three children, husband with 438th MPs

By Sgt. Mark Owen

438th Military Police Company, kypao@ng.army.mil

Pride, dedication and military service runs deep in the Letcher Family.

Teresa's husband Douglas Sr., served for 12 years with the Kentucky National Guard's Murray-based 438th Military Police Company.

Now, three of the nine Letcher children follow in his footsteps.

"It's bitter sweet," she said. "Sweet is I'm proud of them. I couldn't be more proud of them. The bitter part is the reality of them serving means their lives could be in danger."

In December, Teresa loaded up her four younger children and met sons Andrew and Douglas, both privates in the 438th MP Co., for the unit's annual Christmas dinner at the Murray armory. The party is a tradition for the 438th MPs, providing Families time to bond with one another and to give children a chance to tell St. Nick their wishes.

"This could be the last Christmas for a while," Teresa said, holding back tears. "At least for a couple years together."



With a multi-Soldier Family like the Letchers, deployments and training schedules mean some holidays, birthdays and special occasions get put on hold – sometimes for multiple years at a time.

This particular celebration was Andrew's first drill with the 438th MPs after attending Basic and Advanced Individualized Training at Fort Leonard Wood, Mo. His other brother, Timothy, will join the 438th after training.

After years of attending the festivities as a child, Andrew said the familiar faces among the crowd made him more at ease, and less nervous about his first drill.

"I've gotten to know people here," he said. "It makes it a little easier."

And when the same Family has been in the same unit for a while, it makes the deployments a bit easier – knowing who is a part of the uniformed Family that will protect your Soldier.

Andrew will deploy with the 149th Maneuver Enhancement Brigade this summer as part of the largest mobilization since World War II.

This will be the first deployment for the Letcher Family. While Teresa said it will be tough, she's thankful for the support she knows will come from the unit she's been a part of for so long.

Before the holiday dinner closed, 438th MP Company Commander, Capt. Melissa Davis recognized the Soldiers from the 438th who will support the 149th MEB on deployment, and applauded the Families for their support.


"To see other people recognize and verbalize it," Teresa said, "is special, it's appreciated." 

Photo by Sgt. Mark Owen/KYARNG

Teresa Letcher and five of her nine children enjoy a holiday meal during the 438th Military Police Company's 2010 Family Readiness Group gathering. Three of the Letcher children are in the Kentucky National Guard, including Pvt. Andrew Letcher and Pvt. Dustin Letcher, both members of the 438th MPs. Another son, Timothy is assigned to a Recruiting and Retention Recruit Sustainment Program awaiting training.



Photo by Maj. Ben Singleton/KYARNG

Maintaining the flock

Keeping birds in air is more than one-weekend-a-month job

Story by Spc. Will Bolton

133rd MPAD, kypao@ng.army.mil

FRANKFORT, Ky. -- “We are hands down the best aviation unit in the state,” said Kentucky National Guard Sgt. 1st Class Bernard D. Adkins.

Sitting behind the flight operations desk, the 38-year-old crew chief technician manages and maintains flight operations at the Army Aviation Support Facility for his Charlie Company 1st Battalion 376th Aviation, 63rd Theater Aviation Brigade headquartered at Frankfort’s Boone National Guard Center.

Adkins isn’t just tooting his own horn either. In March 2009, the 63 TAB was assigned to the Chemical Biological Radiological and High-Yield Explosive Consequence Management Response Force.

Under CCMRF, the 63rd TAB is responsible for

any and all kinds of large scale disasters that would necessitate a large scale evacuation of people; including natural and manmade. Organizing a response to one of these scenarios takes more than just a laptop and a phone.

“What we bring to the table is that higher level headquarters that can process all the overwhelming data that’s going to come in and try to make sense of it and prioritize missions versus asset availability,” said Adkins.

“We want to get as much help out to the civilian community that we possibly can with what we have available,” he said.

And available to assist the Commonwealth or any other states is a fleet of Kentucky’s UH-60 Blackhawks and OH-58 Kiowas paired with New

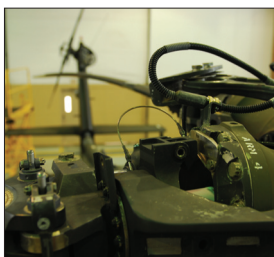




Photo Submitted



Photo by Spc. Will Bolton/KYARNG

Kentucky aviators and aviation support personnel keep the fleet of UH-60, OH-58 and New York National Guard's CH-47 aircraft maintained at the Army Aviation Support Facility at the Boone National Guard Center in Frankfort. Operations run around the clock to ensure the 63rd Theater Aviation Brigade is ready to assist with emergencies, natural disasters or federal activation at all times.

York National Guard's CH-47 Chinooks.

But for Adkins to keep the birds in the air, the 63rd TAB headquarters relies on the maintenance expertise of Kentucky National Guard of Master Sgt. Richard A. Hackett Sr. The senior aviation sergeant and his crew maintain the operational status of the Guard's fleet on a daily basis.

"Any day it could be half a dozen to a dozen people just maintaining aircraft in different varieties and different degrees," said Hackett.

Most of those people, Hackett said aren't on the flight line. They are the mechanics, supply and administrators who ensure the aircraft are ready for the pilots.

The Kentucky Guard standards are set extremely high, Hackett said. "We look at things that, if anything is a thousandth of an inch wrong, we have to fix it," said Hackett.

"If I see a crack or a scratch, then



Archive photo


the part's no good I can't put it back into service. Everything has to be 100 percent," said Hackett.

The Kentucky National Guard maintains daily flight operations for training purposes and in support of the needs of the Commonwealth and for the CCMRF mission.

During recent training with the

New York Guard, frigid temperatures forced the Kentucky support crews to find innovative ways to keep the aircraft deiced.

"This was the first time we've had a Chinook in a Kentucky hangar," Hackett said.

"It was quite interesting to pull the 47 into the bay to keep it from icing up." 

From the heart

Tonini, leadership applaud 2123rd TC Purple Heart recipients

The Soldiers of the 2123rd Transportation Company directly engaged in combat with the enemy more than 40 times during the unit's year-long deployment in support of Operation Enduring Freedom.

It conducted cargo transportation and armed escorts for more than 150 convoys, and traveled more than 600,000 miles throughout eastern Afghanistan. The unit was responsible for delivering supplies and equipment to more than 20 forward operating bases and combat outposts throughout the region.

The 2123rd set a new standard while in Afghanistan," said Maj. Gen. Edward W. Tonini, adjutant general. "The 101st asked for this unit by name to execute the tough transportation missions, and they were superb every time."

The Unbridled Service the 101st Airborne Division came to expect from the 2123rd TC was matched only by the Unbridled Spirit of its Soldiers.

During the deployment, the Army awarded 18 Purple Hearts and more than 80 Combat Action Badges to the 2123rd TC.

Here are two of the hundreds of stories from the 2123rd TC's deployment.



Photo by Staff Sgt. Gina Vaile-Nelson/KYARNG

Staff Sgt. Chris Eden, 2123rd Transportation Company, was wounded Oct. 30, 2010 in an IED attack.

Soldier stays positive, thanks family and police

By Staff Sgt. Gina Vaile-Nelson

Editor, gina.vaile@us.army.mil

Staff Sgt. Chris Eden received the Purple Heart Nov. 6, from Maj. Gen. Edward W. Tonini, adjutant general for Kentucky, at the University of Kentucky Medical Center in Lexington, Ky.

Eden is recovering from injuries suffered Oct. 30, when his Mine Resistant Ambush Protected vehicle was hit by an improvised explosive device in Afghanistan while on a convoy escort.

Eden said he took the brunt of the blast which hit under his seat, breaking his back.

"I've been blessed," he said. "Things could've turned out a lot worse.

"But they didn't do a good enough job 'cause here I am," he said.

His dedication to service and positive outlook on the incident is what Tonini said separates him from others.

"You are a perfect example of a Soldier," Tonini said. "Everyone admires and asks how we get people like

“

I know it's been hard for my mom, but that's a cross that we have to bear.

— Staff Sgt. Chris Eden
2123rd Transportation Company

”

you. We are very fortunate as a nation and as a Kentucky National Guard to have you.

"This is not the presentation that you want to make," Tonini said, "but after the fact it's quite an honor to say you gave – you shed your blood for your nation to keep people free. That's really what it's all about."

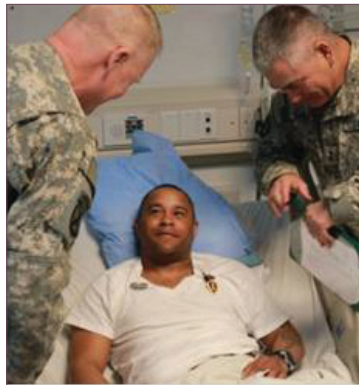
Eden is no stranger to selfless-service. This was his second deployment in support of the Global War on Terror, with one tour served in Iraq. When he's not wearing the Army uniform, he serves as a police officer for the Lexington-Fayette County Urban County Division of Police.

"The support that I get from the guys I work with is unbelievable," he said. "And so is the support I get from my Family.

"I know this has been hard for my mom, but that's a cross that we bear," he said. 🦄



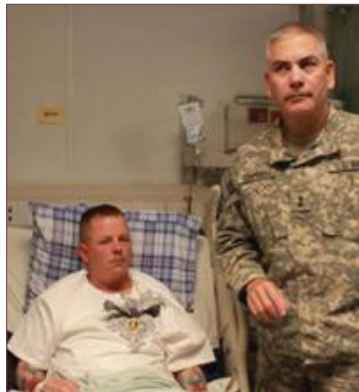
Sgt. 1st Class Michael Osbourne



Staff Sgt. Tory Lowery



Staff Sgt. Dennis LaFrancois



Sgt. Allen Jones

Photos submitted

BAF attack injures Soldiers

By Capt. Stephen Martin

Public Affairs Officer, stephen.d.martin@us.army.mil

BAGRAM, AFGANISTAN – Four Kentucky Army National Guard Soldiers from the 2123rd Transportation Company received the Purple Heart during a ceremony Dec. 30, at Bagram Air Field, Afghanistan.

The Guardsmen received the award following an attack on the base that same day.

Sgt. 1st Class Michael Osbourne, Staff Sgt. Tory Lowery, Staff Sgt. Dennis LeFrancois and Sgt. Allen Jones received the revered medal by Maj. Gen. John Campbell, commander of the 101st Airborne Division.

More than a dozen Soldiers received the Combat Action Badge for the Dec. 30 attack.

"We are incredibly lucky that this incident was not much worse than it was," said Capt. John Moore, commander, 2123rd TC.

"These guys must have an angel on their shoulders," he said. "I'm very proud of the quick response from their battle buddies to get them immediate aid and then get them to the hospital." 🦄

GUARD THE ENVIRONMENT

ENVIRONMENTAL GUARDIANS

Environmental Guardians

By Sgt. Paul Evans and Sgt. Bryan Ploughe
UPAHRs, kypao@ng.army.mil

More than 100 of Kentucky's newest Soldiers first mission was to give back to local communities by assisting country officials with area beautification projects at local parks during October drill.

From Glasgow to Berea, Guardsmen assigned to the seven Recruit Sustainment Programs participated in Guard the Environment, a nation-wide grass roots effort aimed at environmentally-friendly activities that give back to our local communities.

"Most of these Soldiers come from families we see at the grocery store and ball parks on a regular basis," said Barren County Judge Executive Davie Greer.

"They truly represent our Hometown Heroes. This is just one more display of the unity we have," she said.

According to Sgt. Robert Foushee, 2/75th Recruiting and Retention Battalion, the event was as beneficial to the recruits as the communities.


"This is an excellent opportunity to teach young Soldiers to be positive stewards of the environment and give something back to the community in a big way," he said. 



Photo by Sgt. Paul Evans/KYARNG

Sgt. 1st Class Zachary Young observes Pvt. Trevor Praska, Charlie Company, 1st Battalion, 149th Infantry, load trash into a bag at one of the collection points at Owsley Fork Lake in Berea, Ky., Oct. 23. Young's RSP Area 4 cleaned up the Madison County park as part of Guard the Environment initiative.

Sounding the horn

Photo by Sgt. Mark Owen, 438th Military Police Company

Soldiers assigned to the Kentucky National Guard's 438th, 940th and 617th Military Police Companies take cover as tornado warning sirens sound at the Wendell H. Ford Regional Training Center in October. The military police were training as part of the 149th Maneuver Enhancement Brigade's mobilization preparation.



And the winner is ...

Sgt. Kirk Barber

The Public Affairs Office congratulates Sgt. Kirk Barber, 1st Battalion 411th Logistical Support Regiment, U.S. Army Reserves based at Fort Knox, for entering and winning our iPod Touch giveaway!

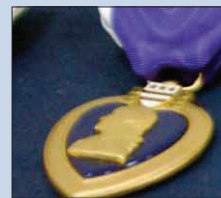


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This Issue:



7 — Women's empowerment in Afghanistan



24 — Wounded Warriors honored

Next Issue:



— 149th MEB makes history
 UPAHR story of the quarter

Facebook Fan Page of the quarter



Log on to Facebook and join the 149th MEB's Official Fan Page to keep up on its deployment.

Look for us on your favorite Social Media and follow us at:

www.kentuckyguard.com

