

# Bluegrass Guard

Vol. 19, Issue 4 - September 2016

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



## The Right Steps

How to use education benefits to max your education

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**KNOW YOUR  
EDUCATION  
BENEFITS?**

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4 MINUTES  
TO A BETTER  
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# AROUND TH



**JFHQ** - Kentucky Guardsmen celebrated their differences at the second Diversity and Inclusion Day in Frankfort, Aug. 12.



**63rd TAB** - Air crews with Det. 1, Co. C, 2nd Battalion, 238th Aviation simulate a rooftop extraction during a joint-organization exercise with the Bluegrass Emergency Response Team, at Muscatatuck Urban Training Center in Butlerville, Ind., on July 22.



**75th TC** -Maj. Kris Morlen relinquished command of the 41st Civil Support Team to Maj. Joseph Whitt during a change of command ceremony, Aug. 5.



**138th FAB** - The 138th played host to members of the Djiboutian artillery during a live-fire exercise at Fort Knox, Aug. 20. The visit was part of Kentucky's State Partnership Program with Djibouti.



**238th RTI** - Col. Jeff Casada received the colors of the 238th RTI from Brig. Gen. Scott Cambell during the regiment's change of command Aug. 20 in Greenville. Casada assumed command from Col. Hal Lamberton.



## On the Cover:

Sgt. Sarah Wilson with the 149th Brigade Support Battalion has earned her bachelor's and master's degrees from Western Kentucky University through the education benefits she receives as a Guardsman. This summer, she began her doctorate, also at WKU. (U.S. Army National Guard photo by Sgt. Piero Thol )

*Read the story on page 10.*

# THE GUARD



**149th MEB** - Col. Alexander Stewart took charge of the 149th MEB from Col. Jerry Morrison during a change of command ceremony in Richmond, July 17.

**123rd AW** - Maj. Gen. Mark R. Kraus, Air National Guard assistant to the commander, U.S. Air Forces Central Command, officially retired during a ceremony June 12, concluding 43 years of service to the active-duty Air Force and Kentucky Air National Guard.

## Bluegrass Guard

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The Bluegrass Guard is distributed free to all members of the Kentucky Army and Air National Guard, retirees of the Kentucky National Guard and to other interested persons by request.

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Circulation: 11,500

Please report any corrections to:

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Only 12.6% of Kentucky Guardsmen have reported earning their bachelor's degree.  
**Are you taking the right steps for your education?**

## IN THIS EDITION...

**6** Fitness Corner - Tabata workout for APFT improvement

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# The new go-to man for education & incentives

Chief Warrant Officer Thomas Maness

## How long have you been in the Kentucky National Guard?

*19 years with no retirement in the near future.*

## How old are you?

*39 years old.*

## What is your position at Joint Force Headquarters?

*I am the Officer In Charge in the Education Office in Frankfort. The job educates Soldiers on the military's educational benefits. I started Aug. 8th, 2016.*

## Have you used the Army's educational benefits?

*"Yes. I've been able to use state tuition assistance and the GI Bill to work on my Bachelor's degree."*

## Why do you think education should be stressed?

*"Education is huge because without your bachelor's degree or some sort of education, you're really not setting yourself up for success. You have to be competitive with the rest of the workforce."*



## Do you have any advice for new soldiers about education?

*"New soldiers should look to their readiness NCO about college benefits, and learn from other people's mistakes."*

## Any advice for young warrant officers?

*"Before you answer a question make sure you have an accurate answer. Gain your command team's trust."*

## What do you do for fun?

*"I like to play basketball and soccer with my kids."*

## Thoughts on replacing Capt. Jeremy Harper in this role?

*"From the transition brief that he gave it was obvious that he was very educated in that section and had done a great job."*

## Is there anything about you that would surprise others?

*"I like to sing in my office."*

## What is your main goal for your new job role?

*"I just hope to maintain the standard, help out the Education section, and the men and women of the Kentucky National Guard."*

Contact CW2 Maness at 502.607.1916 or by email at [thomas.maness.mil@mail.mil](mailto:thomas.maness.mil@mail.mil)

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

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# BACKBLAST AREA CLEAR!

Story and photo By Pfc. Nasir Stoner  
133rd Mobile Public Affairs Detachment

Soldiers with Delta Company, 1st Battalion, 149th Infantry had the rare opportunity to fire Javelin missiles during the unit's annual training at Fort Knox, July 26, 2016.

Ten Soldiers were able to launch an FGM-148 Javelin, a portable, self-guided, "fire-and forget," anti-tank missile system, which no other Kentucky National Guard unit has been able to train on in the last decade.

Capt. Michael Moynahan, commander of Delta Co. said that shooting the Javelin is a great opportunity for his unit.

"This is certainly a unique training event," Moynahan said. "It falls right in line with what our job would be if we were deployed."

Delta Co. is the weapons company for the 1/149th, thus familiarization training on the Javelin is integral to their mission.

Soldiers launched the Javelin downrange aiming for and hitting their targets hundreds of yards away.

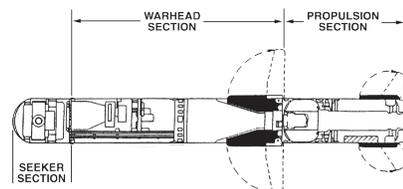
Aside from becoming familiar with the weapon system to maintain a unit standard, this also accomplishes a personal goal for some Soldiers in Delta Co.

"The Soldiers who were able to fire the 10 live rounds, this will be a career highlight for them I can assure you," said Moynahan.

Spc. Jaydee Hart, assigned to Delta Co., had the opportunity and proved his commander right.

"Honestly, it was intense," he said. "It was a once in a lifetime experience and is honestly my number one experience in my career."

## FGM-148 Javelin Anti-Tank Missile



RANGE	2,500 M
WEIGHT	22.3 KG
MISSILE LENGTH	1.1 M
MISSILE DIAMETER	1.27 M
ARMOR PENETRATION	800 M
WARHEAD	TANDUM HEAT
GUIDANCE SYSTEM	IMAGING INFRARED

# FITNESS corner

Master Sgt. Jay Taheny, Master Fitness Trainer  
Kentucky Recruiting & Retention Battalion

## ROUTINE

My workout routine consists of doing CrossFit five times per week. I follow a regimen that can be found on a blog belonging to Misfit Athletics, a CrossFit gym based out of Maine. Time permitting, a daily yoga session to help increase mobility and range of motion. Visit [www.ROMWOD.com](http://www.ROMWOD.com). I try to be “active” on my rest days, which usually means playing sports or doing something active with my family.

## FITNESS SUCCESS

My definition of fitness success is General Physical Preparedness (GPP). An individual with a high level of GPP has the aerobic conditioning to easily run a mile or more, move heavy weights consistently, and the mobility to do so safely.

## RECOMMENDATIONS

I’m not a huge fan of the APFT as a physical fitness test. But, it is the standard by which our fitness is measured, so it is necessary to work on improving our ability to do pushups, sit-ups, and the two mile run to standard. Everyone has a varying level of physical fitness, but one truth is inescapable: If you want to get better any of the APFT events, you have to do the APFT events.

One of my favorite exercises to improve pushups and situp is “tabata” (pronounced tuh-bah-ta). This is basically a rep scheme where you do eight rounds of 20 seconds of work, each followed by 10 seconds of rest. Your goal should be to do the same number of reps in every round, but try to get the highest number of reps possible. Your “score” is the lowest number of reps you completed in any round.

To complete a push up and situp Tabata workout, download a free tabata app to your phone and set your timer for 8 rounds of 10 and 20 second intervals.

The same concept applies to running. Start out with :30-:60's, where you run 30 seconds and walk 60 seconds to recover. Complete 10 rounds. If you're comfortable with that, move up to 6-8 rounds of 60-120's. Also incorporate some terrain runs and hill repeats. A 20 minute terrain run on a trail with hills is great for aerobic conditioning. Doing hill repeats 15-20 sprints going uphill and walking back down is great for anaerobic conditioning.

## TABATA

4-minute APFT improving workout

PUSH-UPS / SIT-UPS - 20 Seconds

REST - 10 Seconds

PUSH-UPS / SIT-UPS - 20 Seconds

REST - 10 Seconds

PUSH-UPS / SIT-UPS - 20 Seconds

REST - 10 Seconds

PUSH-UPS / SIT-UPS - 20 Seconds

REST - 10 Seconds

PUSH-UPS / SIT-UPS - 20 Seconds

REST - 10 Seconds

PUSH-UPS / SIT-UPS - 20 Seconds

REST - 10 Seconds

PUSH-UPS / SIT-UPS - 20 Seconds

REST - 10 Seconds

PUSH-UPS / SIT-UPS - 20 Seconds

REST - 10 Seconds



# Artillery calls in air assets

Story By Maj. Carla Raisler  
133rd Mobile Public Affairs Detachment

**F**ield Artillery and Aviation Soldiers worked together to conduct combined training on medical evacuation training (MEDEVAC) and Sling Load operations during the 2nd Battalion, 138th Field Artillery Battalion's annual training at Fort Knox, June 3-19, 2016.

The 2/138th completed section certification and live fire exercises in order to reach section level proficiency and complete howitzer and fire direction control certification, the primary focus for the unit's annual training. Their mission also included medical evacuation (MEDEVAC) training, sling load operations, and a convoy movement through improvised explosive training lanes to a secondary tactical assembly area.

Soldiers from the 2/138th and Detachment 1, Charlie Company, 2nd Battalion, 238th Aviation worked hand in hand to

provide relevant and realistic MEDEVAC training by providing air support to Soldiers on the ground.

Sgt. 1st Class Jeremy Lowe, flight medic for 2/238th, and Staff Sgt. Stephen Roberts, battalion medic for 2/138th, trained medics and Soldiers from the 2/138th on procedures for assessing, treating, preparing and loading casualties onto aircraft. The training prepares medics for the stress and disorientation that occurs during a casualty evacuation.

"Training with aircraft gives my medics the ability to train under the stress of a real world scenario," said Roberts. "If I can stress them out here, they will be better prepared in an actual emergency."

During their advanced individual training, medics receive blocks of instruction on each step of patient care, from point of injury to releasing the patient to the flight medic. This was the first time many of the medics

were able to put all that training together and work directly with aviation. Pfc. Austin Mackey, a healthcare specialist (68W) also known as a combat medic, was able to build on his training by going through the field training.

"This was a complete first for me," said Mackey. "We went from the point of injury, to my treatment of the patient, and then we CASEVAC to the Blackhawk site so I was treating en route,

and then we got there and met up with the litter team who helped get them on the bird. I learned how to load the patient, what hand motions to use, and went over the MIST report."

The M.I.S.T. Report has recently been incorporated into the 9-Line MEDEVAC format and traditionally comes after the 9-Line Format. The M.I.S.T. Report stands for:

**M** – Mechanism of injury (mine, rocket propelled grenade, improvised explosive device, etc.)

**I** – Type of Injury (found and or suspected)

**S** – Signs (pulse rate, blood pressure, respiratory rate)

**T** – Treatment given (morphine, tourniquet, etc.)

The MEDEVAC training was just the beginning of an innovative and ambition-training plan developed by the battalion staff.

While the M109A6 Howitzers (Paladin) continue to fire late into the evening for night certification, the battalion operations staff prepared for the next big mission: Sling Load Operations. Sgt. Maj. Ernie Conyers, operations sergeant major for Headquarters and Headquarters Battalion 2/138th, explains that the decision to sling load developed from conversations with the 63rd Theater Aviation Brigade.

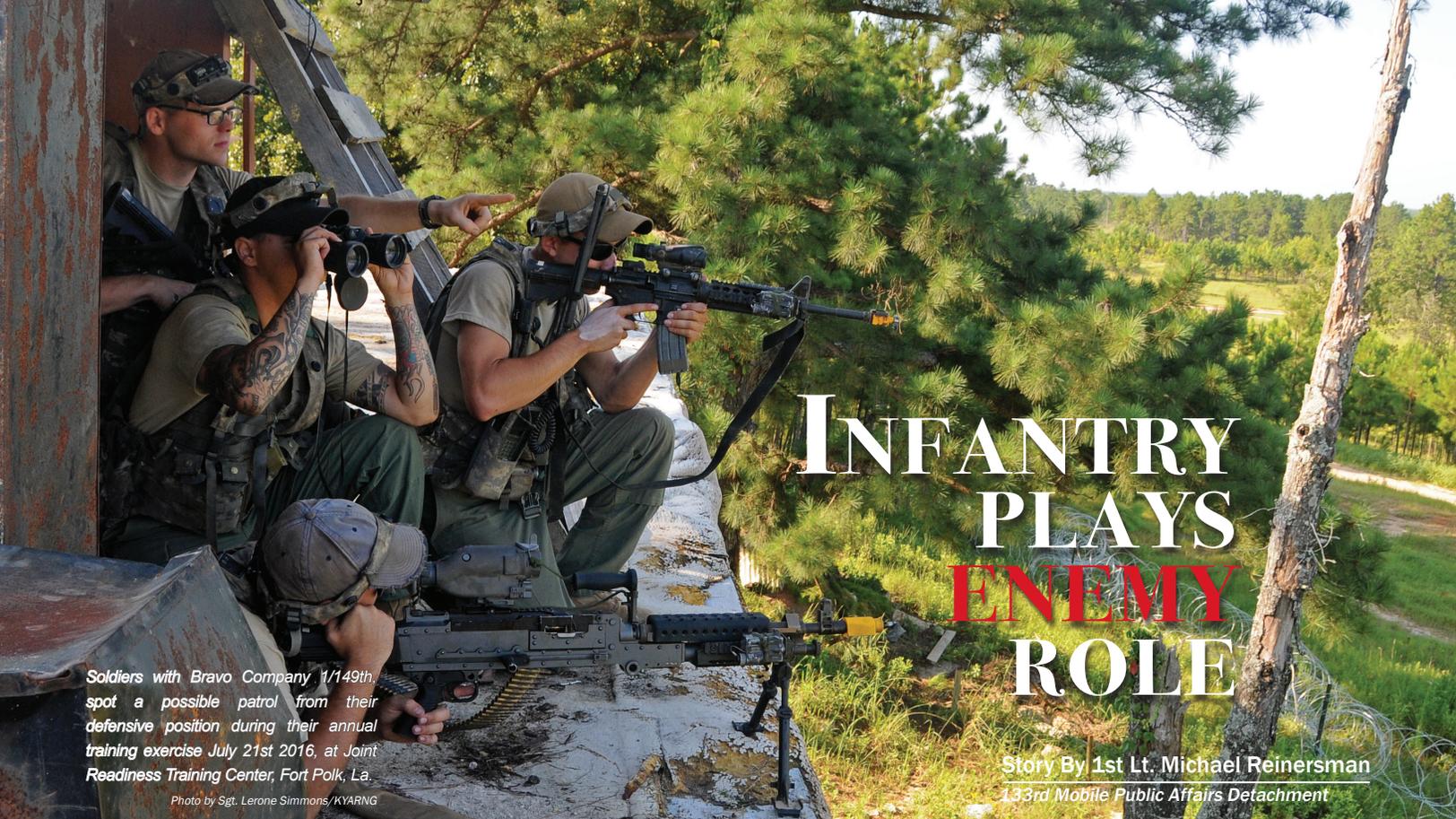
"Aviation wanted to train on sling load operations and we needed to jump our TOC," said Conyers. "They hadn't had the opportunity to move 155 ammo before, so this was a great opportunity for everyone."



Photo by Staff Sgt. Stephen Roberts/KYARNG

Sgt. 1st Class Jeremy Lowe, flight medic, Det 1, C. Co., 2nd Batt., 238th Avn, trains Soldiers of the 138th Field Artillery Brigade on how to evacuate a casualty.

■ **More**, Read full story at [kentuckyguard.dodlive.mil](http://kentuckyguard.dodlive.mil)



# INFANTRY PLAYS ENEMY ROLE

Soldiers with Bravo Company 1/149th spot a possible patrol from their defensive position during their annual training exercise July 21st 2016, at Joint Readiness Training Center, Fort Polk, La.

Story By 1st Lt. Michael Reinersman  
133rd Mobile Public Affairs Detachment

Photo by Sgt. Lerone Simmons/KYARNG

**M**ore than 400 Kentucky Guardsmen from the 1st Battalion, 149th Infantry honed their warrior skills while acting as the opposition force during their annual training at Joint Readiness Training Center, Fort Polk, Louisiana July 10-30, 2016.

The Kentuckians played the role of the South Atropia People's Army, a fictional force used by the U.S. military during training exercises.

Their role as opposing forces was to increase the combat readiness of the New York National Guard's 27th Infantry Brigade Combat Team as a realistic defensive and offensive force during their rotation in 'the box'.

The box is comprised of 200,000 square acres of fields, marshlands and makeshift towns used to replicate villages in Eurasia.

The 14-day force-on-force fighting scenario helped to better prepare units for situations they may encounter on the battlefield.

"This is a training dream, no administrative work and all our time is spent in the field," said Sgt. Matthew Walton, unit training non-commissioned officer, Alpha Company, 1/149th.

"We have battalion sized infantry units attacking us and this is beneficial to our Soldiers who are holding new positions in the unit," he said. "This gives us different perspective of the fight, and allows us to utilize small unit tactics."

Although Kentucky Guardsmen were portraying the enemy, the battalion's leadership turned this into a unique opportunity to conduct infantry platoon maneuver training to all units during the exercise.

"This is a true assessment of our ability

to maneuver, call-for-fire, defend and coordinate with adjacent units on the battlefield," said Capt. Joshua Bailey, company commander for Charlie Co., 1/149th.

"We have relied on and used 60mm and 80mm mortar systems during the simulated fight and that's one aspect of training we don't do very often," said Bailey.

Sgt. Jonathan Johnson, a mortar man, attached to Bravo Co. 1/149 said, "At Fort Knox we get to fire mortars, but being here at Fort Polk, it gives us the opportunity to integrate and move with infantry units.

"It's better training for my mortar team and if we get deployed together we will know what to do," he said.

As the only offensive unit in Kentucky with the mission to close in and destroy enemy, the 1/149th is gaining valuable experience in fortifying defensive positions, placing improvised explosive devices and learning how to operate surface-to-air missile systems.

Role playing aside, training in 100-degree heat, deploying concertina wire, placing obstacles, digging and sleeping in fighting positions, and conducting patrols throughout the day and night tested the toughness of the infantrymen.

"I know what my guys can take, they're tough and they're proving it," said 1st Lt. Michael McFadden, Alpha Co., 1/149th company commander.

McFadden, along with other leadership, appreciated the high level of tactics and realistic training the JRTC implemented, and they plan to use these skills for future training exercises back in the Bluegrass.



Photo by 1st Lt. Michael Reinersman/KYARNG  
Sgt. Jonathan Johnson with Bravo Co. 1/149th moves his M224 mortar system into a new fighting position.

# Avoiding a water crisis



Spc. Chase Byrum, petroleum supply specialist with Distribution Company, 149th Brigade Support Battalion fuels an M978A4 HEMTT Tanker at Harold L. Disney training area, June 5, 2016 in preparation for a Logistics Package (LOGPAC) convoy. The convoy transported freshly purified water from the site to the Wendell H. Ford Regional Training Center in Greenville, Ky., more than 250 miles away.

**Story and photo by Maj. Carla Raisler**  
*133rd Mobile Public Affairs Detachment*

It takes an entire battalion to support the critical mission of delivering supplies to units across the state. One of the mission critical tasks is water purification.

Soldiers from the 149th Brigade Support Battalion conducted water purification and convoy operations across the commonwealth during annual training June 4-18, 2016.

The team that operates the Tactical Water Purification System (TWPS) is the only one of its kind remaining in the Kentucky Guard. This is the first time the unit conducted collective training to produce clean water and deliver it by military convoy to Greenville, Kentucky nearly 250 miles from its point of origin at the Harold L. Disney Training Site in Artemus, Kentucky.

Sgt. Earl Cooper, a water treatment specialist with the Distribution Company explains the process of setting up and running the TWPS in a field environment.

“The setup and operation takes three people and can produce 1,500 gallons of clean water per hour for up to 20 hours a day,” said Cooper. “In this setup our biggest challenge was to figure out how to pull the water all the way up this hill, motioning to a 100 foot slope, dense with vegetation, leading down to the Cumberland River.

In order to pull the water up the 100-foot slope, a diesel-powered hose is used. This provides enough suction to get the water into the first holding bag.

Once the water goes through the purification process it is certified by Barbourville’s water treatment plant. Eric Trent, an analyst with the water treatment plant, tests the sample

with Colilert-18, which simultaneously detects both total coliforms and *Escherichia coli* in the water.

“It takes 18 hours to test the water,” Trent says. “It has to test negative for any bacteria to be considered safe.”

The ability to provide potable water to Soldiers in the field and to civilians during declared emergencies is essential to maintaining and sustaining life, explains Lt. Col. Kevin Jones, commander 149th Brigade Support Battalion.

“Three days without water is all it takes before it becomes a crisis,” said Jones. “With only one water purification team in the state that means we are it. We are who gets the call.”

Those calls average two to three times per year, and it is everything from frozen city pipes to destruction caused by natural disasters.

“The water section is my critical mission, if we can’t provide water we can’t do our job for Kentucky,” said Jones.



■ **More**, Read full story at [kentuckyguard.dodlive.mil](http://kentuckyguard.dodlive.mil)



Photo by Sgt. Piero Thol/KYARNG

# Stairway to Education

## Two degrees and counting for Kentucky Soldier

Story By Staff Sgt. Scott Raymond  
Kentucky National Guard Public Affairs

“

*My military and educational experiences have both shaped me to be an assertive, strong, educated woman who does not see a cap on the things that I can accomplish.*

”

It took her four years to earn the title sergeant. Soon, Sarah Wilson could also be addressed as doctor.

The communications non-commissioned officer with the 149th Brigade Support Battalion has spent the better part of five years enhancing her education, all in the hopes of becoming a clinical psychologist.

Being a member of the Guard is helping her get there.

“As far as the Guard’s part in my educational success, it has definitely been a keystone. The educational benefits alone have been such a blessing to allow me to have more financial freedom at this point in my education.”

When Wilson enlisted in 2009, she still had five months until her high school graduation. She said she just couldn’t wait. In 2011 she enrolled at Western Kentucky University. A short three years later she earned her Bachelor’s of Arts in psychology.

As a Soldier and student, Wilson was eligible to use state and federal tuition assistance programs to help with her education. All thanks to a desire at a young age to join the military.

“Since I was a young girl I always wanted to be a pastry chef, a pilot in the Air Force, and a psychologist,” she said. “Growing up, I kept growing a passion for helping others, kept loving sweets, and

kept longing to be a Soldier.”

Wilson grew up listening to stories from her grandparents who served in the military and a cousin in the Marine Corps. So it wasn't a surprise to anyone when she enlisted.

As the youngest child, with two older brothers, Wilson said from an early age she had to be tough. When one of those brothers, Staff Sgt. Ethan Wilson joined the Guard in 2008, she realized her path.

“It became clear that the Guard was my calling so that I could spend more time with family, obtain an education, and contribute to serving this nation,” she said. “I have always been a tough female but the military gave me that much more motivation to prove myself.”

As an 18-year-old, Wilson enlisted as a communications systems operator, partially because of a fondness of electronics and her high ASVAB score. She thought it was a great fit, until the Army phased out the MOS and she re-classed in 2013 as a multichannel transmission system operator. It was just an upgrade, in a highly technical and challenging job series.

“It is really intense completing a higher-level degree, all the while being an integral part of a headquarters company,” she said. “Both roles are very demanding, and leave little time for errors. It honestly is like living two different lives. Both push me to take on more responsibilities and act under pressure to ensure that each mission or assignment is completed on time to the best of my ability.”

“My training in the Guard has greatly influenced and shaped me into the person that I am today. I am able to successfully function while understanding that no matter what exhaustion or stress I am currently experiencing, I just have to keep trucking on to accomplish what is necessary because tomorrow will always be a new day.”

Leaders in the 149th BSB have taken notice of the academic NCO. They vouch for her work as a Soldier and the respect she has earned in the battalion. Capt. David Short commands Headquarters and Headquarters Company, 149th BSB, said he never has to worry about the unit's communication plan with Wilson on the job.

“Sgt. Wilson is an outstanding Soldier who continuously performs above and beyond her rank in a very professional manner,” said Short. “We can rely on her capabilities of taking on greater responsibilities, and because of that, she has become a very respected NCO and is well-liked for her hard work.”

Immediately after her bachelor's degree, Wilson started her Master's in Psychology. Because she finished her first degree in three years, she had tuition assistance left over and put it toward her next step.

The more she learned about the military, the more she realized the growing need for those trained to help Service members deal with psychological concerns like PTSD.

“I was always a little helper, and really affected by people experiencing troubles and negative things in life. I think that just evolved into a desire to help in any way I could. When I learned of the help that could be achieved through the world of Psychology, I felt like I had found my calling and what would be my niche.

“Getting to the level to provide the caliber of help that I

perceived as actually contributing and making a difference required me to obtain a certain level of credentials. These credentials can only be obtained at the doctoral level.”

Wilson began her doctorate in August of 2016. While she has expended her state and federal benefits as a Soldier, she is continuing her education at WKU where she qualifies for a special military tuition rate that will save her a considerable amount of money.

She knows her calling is sending her to a tough job, but Sarah Wilson has embraced the challenges to be the best version of herself.

“In the end, my military and educational experiences have both shaped me to be an assertive, strong, educated woman who does not see a cap on the things that I can accomplish.”



Western Kentucky University

Special Military Tuition Rate of \$250/credit hour

Voted Best for Vets College by Military Times  
Designated as military-friendly school since 2009 by  
G.I. Jobs Magazine  
Earned top 10 status by U.S. News & World Report for  
on-line learners.



# Making education

## G.I. Bill

	CH1606 MGIB-SR	CH33 Post 9-11 GI Bill	GI Bill Kicker
Eligibility	<ul style="list-style-type: none"> <li>• 6yr reserve contract</li> <li>• HS Diploma/GED</li> <li>• Completed IADT</li> </ul>	Served 90+ cumulative days after 9/11 [Deployed, AGR, Active Component, T10 ADOS, or certain T32 ADOS orders (11 SEP 2001 – 21 May 2002)]	Service members may contract: Extend for 6 years at ETS, Extend for 6 years in ROTC/OCS/WOCS, or agree to 6 year obligation within 90 days of commissioning
Eligibility Tier	None	All benefits tiered based on service 90 days+.....40% 6 months.....50% 12 months.....60% 18 months.....70% 24 months*.....80% 30 months*.....90% 30 days, disability discharge.....100% 36 months*.....100% *May include IADT if after 9/11	None
Monthly Benefit	Up to \$368/mo paid to student	Housing allowance: <ul style="list-style-type: none"> <li>• Equal to BAH of E5 with dependents at school zip code (\$900-\$1,400 in KY)</li> <li>• Up to \$805.50/mo if strictly online</li> </ul>	Adds to existing GI Bill rate: <ul style="list-style-type: none"> <li>• \$200/mo</li> <li>• \$350/mo (ROTC/OCS/WOCS)</li> </ul>
Tuition Benefit	None	Up to 100% tuition paid to school (Private schools capped at \$21,970.46)	None
Book Stipend	None	Up to \$1,000/yr paid to student	None
Duration	<ul style="list-style-type: none"> <li>• 36 months of benefit</li> <li>• Eligibility lost upon discharge (except medical)</li> </ul>	<ul style="list-style-type: none"> <li>• 36 months of benefit</li> <li>• Expires 15 years after last day on active duty</li> </ul>	<ul style="list-style-type: none"> <li>• 36 month benefit</li> <li>• Pays out in conjunction with GI Bill</li> <li>• Eligibility lost upon discharge (except medical)</li> </ul>
Combination	May combine with <ul style="list-style-type: none"> <li>• State TA</li> </ul>	May combine with <ul style="list-style-type: none"> <li>• State TA</li> <li>• Federal TA</li> </ul>	<ul style="list-style-type: none"> <li>• Increases GI Bill benefits.</li> <li>• May also use State and/or Federal TA.</li> </ul>
Yellow Ribbon	None	Yes! Participating schools waive some tuition costs for those at 100% tier	None
Transferability	None	YES! May be eligible if <ul style="list-style-type: none"> <li>• Completed 6 years service</li> <li>• Agree to 4 years service after transfer               <ul style="list-style-type: none"> <li>• No flags</li> </ul> </li> <li>• Spouse and children (under 23) are eligible</li> </ul>	None, though VA may pay higher rate to dependent using Post 9-11 GI Bill

# benefits work for you

## Tuition Assistance

### Federal Tuition Assistance (FTA)

#### How Do I Qualify?

- Currently serving in the Army National Guard
- Completed at least one year of service from your AIT/BOLC graduation date
- Do not have an ETS or MRD prior to completion of course(s)

#### Service Obligation:

Officers/Warrant Officers incur a 4 year service obligation (2 years if AGR)

#### What Do I Get?

- Up to \$250 per semester hour up to 16 SHs per fiscal year
- Lifetime limit of 130 Undergraduate semester hours
- Lifetime limit of 39 Graduate semester hours

#### FTA may pay towards the cost of tuition ONLY IF:

- College/university is regionally or nationally accredited AND is a GoArmyEd participant
- The funded course(s) meets a requirement in your documented degree plan from the school
- Maintain an undergraduate GPA of 2.0 for FTA-funded courses
- Maintain a graduate GPA of 3.0 for FTA-funded courses
- Is NOT used in conjunction with Chapter 1606 MGIB-SR or Chapter 1607 REAP

Apply at [goarmyed.com](http://goarmyed.com)

### State Tuition Assistance (STA)

#### Eligibility Requirements:

- Completed basic training or contracted 09R
- Have a current passing APFT
- Meet height weight standards
- Not currently flagged
- Have no AWOL periods within the previous 12 months

#### Program Specifics:

- Will pay up to 12 Semester Hours \*\*in-state, in-classroom rate, NO fees\*\*
- Unit must validate Soldiers application
- May be used with Fed TA &/or GI Bill
- Schools CANNOT be changed < 30 days from start of classes
- May be used towards 1st Bachelor's degree or less

#### Current lifetime caps are (law authorizes adjustments based on tuition increase):

- Kentucky Community and Technical Colleges: \$20,000
- Comprehensive Public / Private University: \$40,000
- Research University: \$50,000 \*University of Louisville or University of Kentucky
- Any usage prior to Fall 2016 term does not count towards the lifetime cap.

# AIR GUARD EDUCATION OPPORTUNITIES:



Airmen are eligible for the same State Tuition Assistance Programs, GI Bill & Post 911 benefits as Soldiers.

## Community College of the Air Force

- Federally-chartered degree-granting institution that serves the U.S. Air Force's enlisted force.
- Accredited by Southern Association of Colleges and Schools Commission on Colleges in 1980.
- Partnered with more than 108 affiliated Air Force schools, 82 Education Service Offices located worldwide, and more than 1,500 civilian academic institutions to serve approximately 300,000 active, Guard, and reserve enlisted personnel.
  - Annually awards over 22,000 associate in applied science degrees from 68 degree programs.
  - Accepts civilian institution transcripts toward degree.
  - Educational opportunities for enlisted Airmen to earn a CCAF degree online through General Mobile Program.
  - Requirement for promotion to senior master sergeant & chief master sergeant.



## College Partnerships

- Classes offered at the Air National Guard Base (KYANG) through partnership with the University of Louisville (UofL)
- Encourage use of Kentucky's only General Education Mobile (GEM) certified college- Maysville Community & Technical College (MCTC)
- Maximizes educational benefits through CLEP testing register at <http://louisville.edu/testing/clep>
- Practical alternatives to college algebra through Klamath Community College.



# BECOME THE AIRMAN YOU WERE MEANT TO BE

For more information on these programs contact Master Sgt. Zakiya Taylor  
502-413-4421

# M A I N T E N A N C E



Story and Photo By Lt. Col. Dale Greer  
123rd Airlift Wing Public Affairs

More than 260 Air National Guardsmen from five states attended a unique, weeklong course in aircraft maintenance in Savannah, Georgia to enhance proficiency in everything from hydraulics to electrical generation.

The annual event, now in its eighth year, is called Maintenance University, explained Capt. James Campbell, the course's detachment commander. It was created in 2008 by maintainers at the Kentucky Air National Guard's 123rd Airlift Wing because of the difficulty that traditional Guardsmen have accomplishing proficiency training on drill weekends.

Those Guardsmen often have to juggle conflicting demands during drill, from mandatory medical exams and physical fitness testing to ancillary training events like suicide awareness and information security, Campbell said.

"Drill weekend is very compressed, with a lot of appointments, ancillary training and all the other things that drill-status Guardsmen have to do to maintain readiness," said Campbell, commander of the Kentucky Air Guard's 123rd Maintenance Operations Flight in Louisville.

"But those things take time away from our primary mission, which is aircraft maintenance, and many of our Airmen

wanted more hands-on time with the aircraft. So Maintenance University was designed to get our Airmen off base for a solid week, to a place like Savannah, Georgia, where they could do nothing but work on aircraft in a structured training environment."

Staff Sgt. Ernst Visscher, a C-130 crew chief from the Montana Air National Guard, said it's a great idea.

"As a drill-status Guardsman, this gives us a lot more experience than we can get at home station," he said. "Yesterday, we did an engine run, which is something I've never done back home. That was a really great experience."

Campbell said participation in Maintenance University has grown every year — a testament to its efficacy. What began as a way to keep traditional Kentucky Air Guardsmen proficient on C-130H aircraft maintenance has expanded to include units from a half-dozen locations and more than 1,000 total Airmen.

This year, participating units included the 103rd Airlift Wing, Connecticut Air National Guard; the 120th Airlift Wing, Montana Air National Guard; the 139th Airlift Wing, Missouri Air National Guard; and the 165th Airlift Wing,

Georgia Air National Guard.

The course, staged at the Air National Guard's Air Dominance Center June 13 to 18, offered other benefits in addition to helping Airmen maintain proficiency, Campbell said. One of those is informal networking.

"If you've got a problem with hydraulics and you can't figure it out, who do you call?" Campbell said. "Maintenance University gives our Airmen a chance to develop a network of maintainers at other units that they can bounce ideas off of. Now they have a name, now they have a face, and they can ask, 'Hey, have you guys seen this, and how did you fix it?'"



U.S. Air Force Staff Sgt. Michael Marks, a propulsion mechanic from the Kentucky Air National Guard's 123rd Airlift Wing, removes an engine from a C-130 Hercules aircraft at the Air National Guard's Air Dominance Center in Savannah, Ga., June 15, 2016.

■ **More** , Read full story at [kentuckyguard.dodlive.mil](http://kentuckyguard.dodlive.mil)

# Those Who Benefited

## Which path will you choose?



**Spc. Savannah McMullin**  
**STATE TA**

Spc. Savannah McMullin, a 68E (Dental Specialist) with the Kentucky Medical Detachment is using the Guard's state tuition assistance to pursue her bachelor's degree.

McMullin, 19, is currently pursuing her degree in chemistry at Eastern Kentucky University in the Pre-Med program. She is attending school part-time in this upcoming term as a sophomore after being a full-time student her freshman year.

"I got into the Guard because I wanted to serve my country, but the educational benefits are definitely a bonus."

"Having my tuition paid by the Guard helped me to be able to live better than the average college student. I'm not struggling financially compared to other students. Last year I got \$400 a month during school, on top of my tuition being 100% paid for."

McMullin plans to go on to medical school to pursue her dream of becoming a doctor.



**Sgt. 1st Class William Ainsworth**  
**POST 9/11 GI BILL**

Sgt. 1st Class William Ainsworth, a 35F (Intelligence Analyst) with the 149th MEB obtained a bachelor's degree using his Post 9/11 GI Bill and state tuition assistance.

Ainsworth, 41 used his military educational benefits on and off from 2006-2016. After taking a break, Ainsworth continued his education full-time in 2013. He obtained his bachelor's degree in physics from the University of Louisville in the spring of 2016.

"I believe obtaining my degree has put me in a better position to pursue my career. One of my goals is to be able to positively influence the youth."

"Hopefully this put me on a path of becoming a teacher to influence the younger generation. Within five years of accepting a teaching position, I have to get my master's."

Ainsworth plans to gain experience using his bachelor's degree, then he will move forward with his education and earn his master's degree.



**Maj. John Harvey**  
**FEDERAL TA**

Maj. John F. Harvey, a 90A (Logistics) officer with the 149th MEB, has utilized Federal Tuition Assistance to pursue a master's degree.

Harvey, 39, is pursuing his master's degree online from Columbia Southern University in Public Administration receiving \$250 per credit hour, from the Guard. He has a bachelor's degree in journalism from Southern Illinois University.

"There are so many benefits in the military that people should take advantage of."

"Receiving my master's degree helps a lot in the work force and at home. Being able to take the online courses for free because of the Guard gave me more money and time to spend with my family"

"Having a master's creates longevity for my jobs. I'm able to get a master's degree with nothing out of pocket, which is great! I've got two young kids and a wife. So it's not taking away from my family."

# The couple that studies together...

Story by Pfc. Nasir Stoner

133rd Mobile Public Affairs Detachment

The Kentucky National Guard is big on both helping its members and their families be financially stable and get an education. Staff Sgt. Louis Pence and Spc. Brittne Pence, both serve in the Guard and are happily married. They have taken great advantage of both of these aspects of the Guard over the years.

Louis and Brittne have been married since December 2015. They met while in uniform and have one daughter. They are also both using the Post 9/11 GI Bill to pursue their bachelor's degrees.

Louis, a Recruiting and Retention NCO in Bowling Green, Kentucky has served for nine years. He is working on getting his bachelor's degree in Marketing and Business Management from McKendree University in Radcliff.

Brittne Pence is a human resources specialist who is going for a degree in human resources at Western Kentucky University. She is attending school full-time while working as an administrative assistant part-time.

Louis is pursuing his bachelor's on a part-time basis to better himself at his full-time job.

"I haven't completed my degree yet," he said. "But I went into marketing to better help me with recruiting."

Louis said that as soon as he enlisted into the Guard he knew exactly what he wanted to do while serving, which included a deployment to Jordan in 2013, along with higher education.

"I wanted to get something out of my education that I could use in my career in the National Guard," he said. "I always wanted to be a recruiter for the Kentucky National Guard since shortly after I was recruited. I knew that the best way to achieve that was to get some education in marketing and sales."

Louis said that the educational benefits of the Guard have greatly impacted their family life.

"The ability to attend school and not worry about piling debt and additional sacrifices has allowed my wife and I to chase our dream jobs," Louis said.



Brittne also has enjoyed the advantages of the Guard's financial assistance and opportunities.

"My educational benefits have helped me to go to school without any debt," she said. "And it allowed me to work a part-time job and not worry about not being able to pay the bills."

Brittne also said that being a human resources specialist in the military has helped with getting her degree in that same field. Being in the military has laid out the basics for her human resources courses so she can be one step ahead in class.

Being in the Guard hasn't just been a walk in the park, however. It has come with sacrifices, as well.

In 2013, the Pence's deployed to Jordan before they were married. And even though Louis said he re-enlisted for the deployment, it was a rough time because he was away from his daughter. However, Brittne said that the deploy-

ment to Jordan was the best experience she has had since joining.

"I've had so many good things come from it," she said. "Like experiencing new culture and deploying with my best friend made it a great time in my life."

Brittne said the hardest part about being in the Guard is being on a different training schedule than her husband and not seeing him as much as she would like. She said she tries to embrace everything else that comes with wearing the uniform.

Brittne has been in the Guard for six years and plans to stay in for two more. She plans to pursue her master's degree right after she gets her bachelor's, she said.

Louis plans on staying in the Guard until his retirement, he said. He would also like to use his educational benefits to obtain a master's degree.

Although the military can have its drawbacks on a marriage, the Pence's have been able to greatly benefit from being in the Guard and enjoy each other along the way.



**Photo Essay by Staff Sgt. Scott Raymond**  
*Kentucky National Guard Public Affairs*

Soldiers with three branches of the Kentucky Army Guard shared the fields of the Wendell H. Ford Regional Training Center in Greenville, Ky., June 14 for a combined arms breach exercise.

Engineers with the 1123rd Sapper Co., MPs from the 198th MP Battalion and air crews with the 63rd Theater Aviation Brigade trained together for a full-scale exercise to test the skillset cooperation of different forces with in the Guard.

“ Working together with the MPs made this exercise so much more realistic and beneficial to our unit’s training. It’s easier for us now to see the bigger picture of how we fit into combat operations. ”

- Sgt. Brock Vincent, 1123rd Sapper Co.



■ More. See more photos at [www.flickr.com/Kyngpao](http://www.flickr.com/Kyngpao)



# NORTHWESTERN EXPOSURE

Kentucky Guardsmen train with West Coast counterparts for disaster response.



Photo by 1st. Lt. Michael Reinersman/KYARNG



Photo by 1st. Lt. Michael Reinersman/KYARNG



Photo by Sgt. 1st Class Gina Vaile-Nelson

Story by Sgt. 1st Class Gina Vaile-Nelson  
133rd Mobile Public Affairs Detachment

Though scientists can't predict when the next major movement of either fault line will occur, the National Guard Bureau is prepared to respond with highly trained and specialized units known as Chemical, Biological, Radiological, Nuclear, High-Yield Explosives (CBRNE) Enhanced Response Force Package (CERFP).

NGB strategically placed these CERFP teams in each of the 10 FEMA regions throughout the U.S., and June 7-9, members of the Oregon and Kentucky National Guard CERFP, along with the Utah Homeland Response Force (HRF) and aviation assets from the Idaho National Guard, exercised their abilities to respond to a simulated 9.0-magnitude earthquake and the aftermath of a tsunami during Cascadia Rising 2016.

"A natural disaster is going to make a lot of chemical messes," said Army Guard Sgt. 1st Class Joshua Harmon, a CBRNE specialist assigned to Headquarters and Headquarters Company, 103rd Chemical Battalion and Logistics Chief for KY-CERFP. "That's where we are going to be our best because of our additional resources."

Kentucky National Guardsmen assigned to the Burlington, Kentucky-based 103rd Chemical Battalion and the 123rd Airlift Wing make up the KY-CERFP team. The Soldiers and Airmen undergo hundreds of hours of additional certifications that are maintained on a yearly basis in order to provide command and control (C2), search, extraction and rescue, fatality search and recovery, decontamination and medical care to evacuees of a disaster situation.

According to Air Guard Master Sgt. Nikki Nazworth, the medical liaison officer (LNO) for KY-CERFP, exercising with other regions provides the Kentucky team with the ability to network with others before a disaster strikes.

"We've worked together for five years," she said of the KY-CERFP, "and became purple very quickly."

The purple that Nazworth describes is the joint-effort between Army and Air Guard units and their civilian counterparts.

"It's good to work with other states' teams because we know

our FEMA reps, our local police and fire chiefs. But up here, where we could be, we don't," she said. "It's good to make those contacts, so that we aren't just meeting for the first time during a real-time situation."

Cascadia Rising 2016 is the largest emergency preparedness drill in the Pacific Northwest. More than 20,000 people at the local, state and federal levels participated, according to FEMA.

For Oregon Army National Guard Staff Sgt. Justin Rogers, a DECON LNO and small-arms maintenance operator assigned to the 3670th Maintenance Company, creating partnerships with Kentucky is just one aspect of the value of Cascadia Rising.

"If we actually have something like this happen, Oregon is not going to be 100 percent," said Rogers, clarifying Oregon's Citizen-Soldiers will also be impacted on a very personal level.

"With us being here, where we know our friends and our family are, everyone here will burn themselves down," he said. "We can't do it by ourselves. We need units like Kentucky, that can come in from places that are not like a third world, and come help us sustain our operations."

The exercise in mission sustainment and transfer of authority is something that Hatfield said was important for the KY-CERFP to experience.

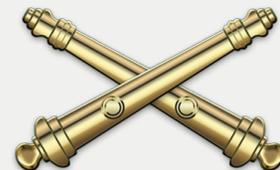
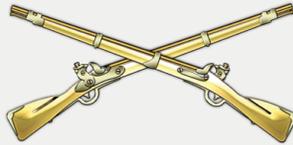
"What we wanted to do was learn from the Oregon-CERFP to see how they operate," said Army Guard Lt. Col. Bill Hatfield, KY-CERFP and 103rd Chemical Battalion commander. "We also wanted them to take away from our practices, and I think we've done exactly that."

"We are always evolving," he said. "When we train with other units or other states and task force, we are constantly evolving our techniques, tactics and procedures."

"Whether it is the New Madrid Fault or a tornado in West Liberty, or any other disaster," Hatfield said, "We are a phone call away from help."

■ **More**, Read full story at [kentuckyguard.dodlive.mil](http://kentuckyguard.dodlive.mil)

# Leaders have to be decisive. Which branch will you choose?



Become an officer. Enroll in Officer Candidate School. Commissioned officers in all of the National Guard's career fields hold positions of tremendous authority. They are proven leaders, willing to accept challenges, make important decisions and take on great responsibility.

For more information contact Maj. Jason Aliff  
(502) 607-1153 or [jason.l.aliff.mil@mail.mil](mailto:jason.l.aliff.mil@mail.mil)

# MYTH VS FACT

## Officer Candidate School

**OCS is an easy way to receive a commission.**

**MYTH.** OCS is a challenging fast paced environment in which a Soldier is trained and evaluated for the opportunity to commission as an Officer. Throughout OCS Officer Candidates are evaluated in various leadership positions and are held to stringent academic requirements. OCS is a physically challenging and rewarding experience that grows Soldiers into leaders.

**Traditional OCS takes too long.**

**MYTH.** Yes, the traditional OCS program is 18 months long, however it is held on a traditional drill weekend schedule. Currently Officer Candidates report on Friday evenings once a month and are released on the following Sunday evening. Traditional students attend “zero phase” and phase two here in Kentucky and report to the Alabama Military Academy at Ft. McClellan for phase 1 and Phase 3. Phases 1 and 3 are two week tours that count as the Officer Candidates Annual Training and consists of both classroom and field training activities.

**I get paid as an E-6 while in OCS?**

**FACT.** Once enrolled in OCS a Soldier is promoted to the pay grade of E-6. So, with great responsibility, comes better pay!

**There are more benefits to going ROTC than OCS.**

**MYTH.** ROTC is the largest commissioning source in the U.S. Army and turns out some great Officers (some of our Cadre are ROTC Alumni) however, in OCS you will be training with your peers that will continue on in service for the rest of your career. Also, there is a great chance that your OCS Cadre could be your future commander or possibly a peer. The relationships you make in OCS will follow you for your career, which can be extremely beneficial.

**I don't have to have a college degree to enroll in OCS.**

**FACT.** To be eligible for OCS you must have completed 90 credit hours towards a bachelor's degree and have a minimum GT score of 110. If you haven't completed your degree yet, but have completed 90 credit hours, you must also have a degree completion program in place and be prepared to attend your Basic Officer Leaders Course within 24 months of your OCS graduation.

**I have to keep the same MOS (branch) if I graduate from OCS.**

**MYTH.** While in OCS you will submit a “wish list” of your top desired branches. Much like ROTC you will be assigned a branch based of various factors including the current needs of the Kentucky Army National Guard.

Have more questions about becoming an officer?  
**Text KYGUARD to 95577**

# CONCEALED CARRY

## DO'S



- Treat a firearm as if it is loaded at all times.
- Be aware of your surroundings: identify any threats or innocent bystanders.
- Keep your finger off the trigger until you plan to shoot.
- Take concealed carry and self defense classes. **KNOW YOUR RESPONSIBILITIES**

## DON'TS



- DON'T leave your firearm loaded and unsecured (like in your desk).
- DON'T wear improper clothing. If people can see your firearm then it can make you a target.
- DON'T point your firearm at anyone. Practice good muzzle awareness. This applies to when the firearm is loaded or unloaded.
- DON'T assume you know all the firearm laws in each state. Read and follow them.

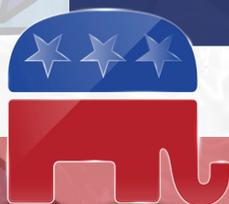
*Kentucky National Guard Soldiers, have the unique ability to carry our personal firearms while in uniform. This is a tremendous responsibility and should be not taken lightly. Refer to **Kentucky Revised Statute (KRS) 237.110**, which governs the criteria for carrying a concealed deadly weapon in Kentucky, and **KRS 503**, which defines justification of using physical force in self-protection, when and where such force is lawful, and also when physical force is unlawful.*



## Political Do's & Don'ts

- DO vote and encourage others to vote
- DO attend political events in off-duty status
- DO display campaign signs
- DO donate money to a political party or candidate
- DO display support with bumper stickers on your personally-owned vehicle (one per vehicle)

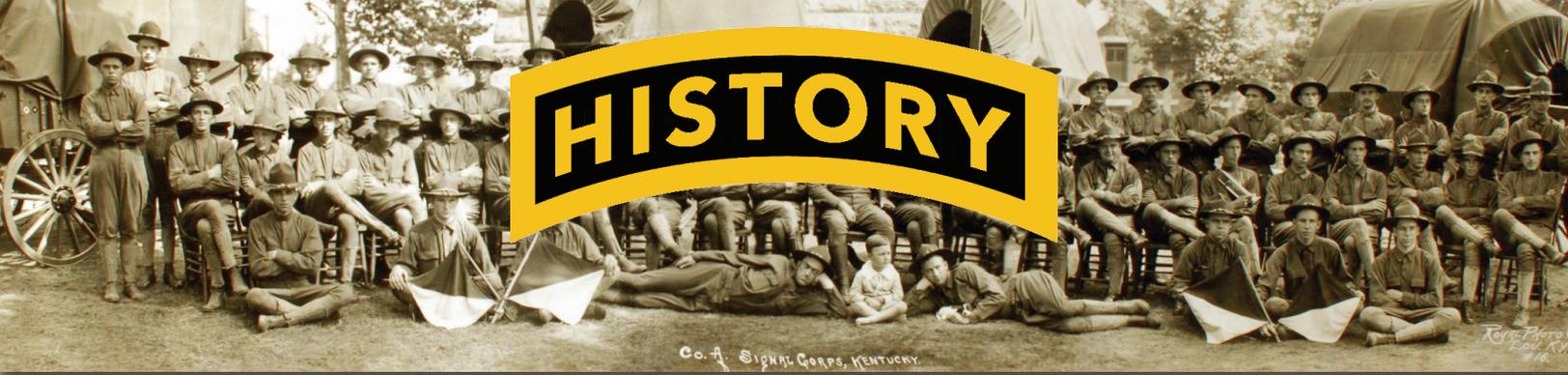
- DON'T express opinions that could be seen as an endorsement by any branch of service or the DoD
- DON'T attend political events in uniform
- DON'T work or volunteer as a political fundraiser or for a fundraising event in uniform
- DON'T organize, lead, sponsor or speak at political events in uniform
- DON'T sign or circulate petitions on military installations



*"Nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting."*

Franklin D. Roosevelt





## CENTENNIAL OF THE MEXICAN BORDER CAMPAIGN

More than 2,300 Kentucky National Guardsmen were mobilized for the Mexican Expedition in June, 1916 following hostile activity on the Mexican border. They were part of nearly 110,000 National Guard troops called up by President Woodrow Wilson during the campaign.

In March, 1916, Pancho Villa ordered a raid across the border to strike Columbus, New Mexico. In retaliation for the U.S. support of Venustiano Carranza during the Mexican Revolution of 1910, Villa began attacking American citizens and forces along the border.

Villa's forces burned the town and looted military supplies. They were also responsible for the killings of 17 Americans in the northern Mexican town of Chihuahua.

Wilson responded by sending 10,000 active duty Soldiers under the command of Gen. John J. Pershing to secure the border and chase down Villa. While Villa was not caught, U.S. forces did stabilize the border and ensure the safety of citizens living in the area.

The campaign was one of the largest military operations since the Civil War and provided the U.S. valuable training leading into World War I.

Kentucky Guardsmen trained at Fort Thomas, Kentucky and in August, 1916 they moved to Fort Bliss, near El Paso, Texas. They were stationed at Camp



Owen Biene two miles from Fort Bliss. They were attached to the 10th U.S. Provisional Division under command of Brig. Gen. Charles G. Morton.

Their mission was to conduct patrols along a sixty-mile stretch of the Rio Grande River to Fort Hancock and to provide reserve support for the active duty mission.

The Kentuckians probably got their first opportunity to see military aircraft in action as the 1st Aero Squadron conducted operations and messenger services in the area. It may have even been the first airplane many of them had ever seen.

In February, 1917 they were ordered back to Fort Thomas and mustered out.

Several members of the Kentucky Guard perished on the border or after returning home from Pneumonia and other communicable diseases. As was often the case, camp life held as many dangers from disease as duty on the front lines from bullets.



Visit [kynghistory.ky.gov](http://kynghistory.ky.gov) for more Kentucky Guard history



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www.kentuckyguard.dodlive.mil

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