

THE BLUEGRASS GUARD

Vol. 28, No. 3

Frankfort, Kentucky

March 1988

Army Physical Fitness Test Scorecard

For use of this form, see FM 21-20; the proponent is TRADOC.

Data Required by the Privacy Act of 1974

Form 705 10 USC 301 2(g) Mandatory disclosure of information on individual physical fitness evaluation is not required unless the information cannot be obtained from other sources.

Print Name (Last, First, Middle Initial) _____ Social Security Number _____

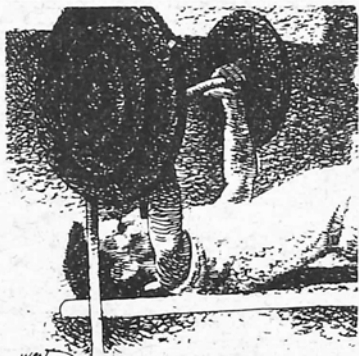
Test One		Test Two	
Date	Grade	Date	Grade
Height		Height	
Unit		Unit	
PU P	Score Initial	PU P	Score Initial
SU	Score Initial	SU	Score Initial
2M Raw Score	Initial	2M Raw Score	Initial
Alternate Event	Alternate Event	Alternate Event	Alternate Event
Time	Go/No Go	Time	Go/No Go
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Comments	Comments	Comments	Comments

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DA FORM 705, 1 FEB 1983 IS OBSOLETE.

Fit to Fight - Fight to Win!

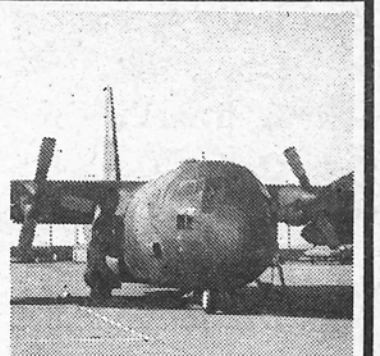
**Get Ready
For PT Tests**
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**Air Guard
To Go To C-130's**
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OUR COVER

Runners who participated in Ft. Knox's Gold Dust Run complete the course in this month's cover graphic. Running is one of many fitness and health issues dealt with in two pages of stories we're publishing this month to help you prepare for this year's PT tests. (Photo by CPT Frank Mattingly)

AT EASE

A glance at the calendar may remind many of you that the PT tests for the year are just a few months away. So if you need to do some toning up or slimming down, give yourself plenty of time to do it. We've devoted much of this issue to physical fitness and health to help you.

You'll notice some changes in our format this month, as *The Bluegrass Guard* begins its second year in its new format. Let us know if you like what you see, and keep us informed about what's happening in your unit.

Call us at: (502) 564-5779
Autovon 366-3600

THE BLUEGRASS GUARD
ATTN: KG-PAO-AR
Boone National Guard Center
Frankfort, Kentucky 40601-6168

TAG LINES . . .

By AG Michael W. Davidson

The Kentucky National Guard is clearly one of the best Guard organizations in the nation. We are going to make it better. Our mission is to train soldiers. By training for our combat mission, we also produce the soldiers and skills necessary to perform our state mission.

Overall, we will continue with the people and the policies that have brought the Kentucky Guard to its current high level of readiness. The changes which we will make are designed to provide additional support for unit commanders to help them accomplish their training mission.

There are four support programs which we are going to put in place:

We are going to implement the Second Army TRAC training evaluation system. This is the unit commander's tool to evaluate his or her training program. It gives all of our trainers the opportunity to organize and assess training at the critical level - the soldier. My staff and I will not evaluate your internal TRAC program. We will evaluate the end product - how well you perform your training mission in a field environment.

By the completion of this year's annual training, each unit must become familiar with the TRAC system. Use this time to walk your people through the TRAC process. We go live fire on TRAC for the Trooper Island planning conference and for training year 1989.

The second support mechanism which we are putting in place is a computerized reporting system. This system, which we will continue to phase in over the next six to twelve months, will decrease the administrative and reporting burden on unit commanders. Our goal is to have the full-time support staff work this system. I do not want unit commanders, officers and NCO's to function as super-grade technicians. Your role is to train and lead troops. The computerized reporting system, operated by the full-time support people, will help free you from paperwork so that you can get on with your real job.

The third support system is a greater emphasis on junior leadership. The Kentucky Guard plans extremely well at the STARC, brigade and battalion levels. When we break down, it

seems to be where the "rubber meets the road," at the junior NCO and junior officer execution level. We will fix that problem. We are going to fill more ROTC Simultaneous Membership Program slots

and then aggressively train these 'third lieutenants'. We will home grow field leadership. At the NCO level, PLDC is going to be a part of every E-5's future, sooner rather than later.

The fourth and final support area is to utilize the active component training assets more fully. Our combat arms battalions will rotate through SIMNET at Fort Knox and ARTBASS at Fort Campbell in training year 1989. We will more fully exploit the training assets available through Readiness Group Knox.

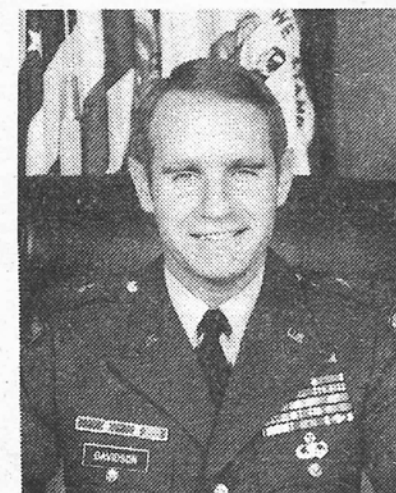
CAPSTONE and directed training association offer great training potential. Overseas deployment for training will be more aggressively pursued. The best test of our ability to pack, move and set up for a combat mission is to do just that. Overseas deployments for training will be programmed for every possible unit.

It is important for all of us to remember that the Kentucky National Guard is already at a very high state of readiness. Calm and continuity will be the order of the day through this year's AT period.

If I could only give one command to the Kentucky Guard, it would be "continue to march," but at double time.

The Kentucky Guard has a long and proud tradition of contributing to the nation's defense in times of war. Today, we assure peace by training for war. Our nation is as safe as we make it - no more and no less.

As you and your families make the continued sacrifice which vigorous training requires, you may do so with the understanding and certainty that what you do keeps our country free. That is a great challenge and a heavy burden. I know the Kentucky Guard will continue to meet that challenge and continue to bear that burden.



ALL AROUND KENTUCKY

Notable Events Coming Your Way

FESTIVAL TIME AGAIN!

Warmer weather signals the start of festival season, and here's a look at the community fests scheduled for next month.

Benton Tater Day -- First Monday in April. "The only festival dedicated to the sweet potato" features arts and crafts, a parade, horse pulls and, presumably, lots of sweet 'taters. Call (502) 527-7665.

Sue Bennett College Arts and Crafts Fest, London -- April 6-9. This annual festival celebrates Appalachian life on the campus of small Sue Benenett College. Call (606) 878-9681.

Pikeville's Hillbilly Days -- Second weekend in April. Pikeville dresses up hillbilly-style, with a parade, music shows and contests to benefit the Lexington Shriners Hospital. Call (606) 432-5504.

Celebrating the Dogwood -- Shelbyville and Paducah each hold festivals in mid to late April, depending on when the dogwoods are in full bloom. Both cities have arts and crafts events, tours and other activities. Call (502) 633-1636 for Shelbyville and (502) 443-8783 for Paducah.

Derby Time Already -- April 29-May 8. Louisville's huge Derby Festival has 70 events, from the Great Balloon Race to the Steamboat Race to the Run for the Roses. Call 1-800-633-3384.

HOP OVER FOR AN EASTER EGG HUNT

These state resort parks are planning children's Easter egg hunts on Easter Sunday April 3, free and open to the public: Kentucky Dam Village, Barren River, Buckhorn Lake, General Butler, Jenny Wiley and Kenlake.

WEEKEND ACTIVITIES AT KENTUCKY STATE PARKS

Spring Fishing Unlimited -- March 25-27, Lake Cumberland

Western Ky. Spring Bike Tour -- March 26, Lake Barkley

Artists' Weekend -- April 8-9, Jenny Wiley

Spring Camparama -- April 8-10, Kenlake

Spring Golf Scramble -- April 16, General Butler

Pioneer Weekend -- April 16-17, Pennyriple Forest

Spring Photography Weekend -- April 22-24, Pine Mountain

THE BLUEGRASS GUARD

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Commander-in-Chief.....Governor Wallace G. Wilkinson
The Adjutant General of Kentucky.....Brigadier General Michael W. Davidson
Deputy Adjutant General, Army.....Colonel James Daniel
Editors.....LT Phil Miller, Mr. Mike Lynch, CPT Frank Mattingly
State Public Affairs Officer.....Major Keith Kappes
Staff.....SSG Steve Wright
Typesetter.....Susan Mayes
133rd Public Affairs Detachment Commander.....Captain J. Gordon Nichols
Other Editorial Board Members.....Captain Gary Wright, Mr. Hank Lindsey

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Jogger on Track to Fitness, Better PT Score

By CPT Richard Haines
Master Fitness Trainer

This SMP is on the fast track -- in several ways. Elias "D" S. Joseph is in the Simultaneous Membership Program, which allows a young soldier to combine ROTC with Guard membership and boost finances for college.

But Cadet Joseph gets around the track in more ways than one. Joseph is a thrice a week jogger who says missing his appointment with fitness leaves him feeling pretty "ucky".

He hails from Carlisle and says he jogs about four miles three times a week, doing an ROTC run Mondays, Wednesdays and Fridays, plus personal jogs later on those days.

He says his personal jogging route provides a combination of hills and straight stretches. The hills, he says, are best for "training effect".

His jogging routine began, he says, as a means to improve his PT test performance, so he launched his own private fitness program. He strives both for distance and speed, he added, because of the time test on the ARNG two-mile run.

Cadet Elias Joseph's jogging route includes hills for "training effect."



Jogger and fitness buff Elias "D" Joseph checks the oil during recent field exercises. He says fitness makes him feel better and more alert. (Photo by SGT Robert Walters, 133rd PAD)

When he recently jogged with a friend, they did six miles, "but I never felt any difference", said the soft-spoken soldier.

Jogging, however, is not his sole means of physical fitness. He also enjoys basketball and does lifts in the gym's weight training room.

While he feels good about his cardiovascular development, like anyone interested in a well-rounded fitness program, he is also conscious of his body fat.

Part of his program he says, is cutting down on "greasy hamburgers". Plus, he says, he makes a point of taking in a salad more regularly than he used to.

His favorite junk food? Cream horn pastries! Huummmh -- "I buy them whenever I'm near them," he confesses. He attributes his fondness for the pastries to his upbringing in Lebanon, home of several French bakeries.

His membership in the Guard has helped him with more than just physical fitness. He reports that as a result of the self-discipline he acquired from basic training, he "gets better grades".

As SMP, the road for Cadet Joseph is a smoother one.

Master Fitness Trainers Score Higher Than Most on PT Tests

By CPT Frank Mattingly

Does the thought of running send chills up and down your spine? Is a push-up something you do only at the table? Is a sit-up what you do while watching the ballgame on television?

Well folks! It's time to dust off those running shoes, break out the sweats and start getting ready for your Army Physical Readiness Test (APRT). For those of us who are under 40 and those over who have been screened it will be time to take the APRT and pass with a minimum score of 60 points per event, total minimum score of 180.

But why settle for just a minimum score when you may be able to do better? Why not try to excel at fitness and receive some recognition for it, too?

To help us pass the test with more than a minimum the Army has instituted the Master Fitness Trainer (MFT) program. According to MAJ Kara Nunn, National Guard Liaison Officer at the Soldiers Physical Fitness School located at Fort Benjamin Harrison, the purpose of the MFT program is to assist commanders in developing physical training programs for individuals and units.

"We strive to give the Master Fitness

Trainer a well-rounded background in a variety of areas," MAJ Nunn said. "The student receives an intensive block of instruction in skeletal and muscular anatomy/physiology.

"In addition, we cover some exercise physiology and the cardiovascular systems. We think that MFT's must have a good understanding of the human body and how it reacts to exercise if they are to be effective."

The school offers courses for both the active and reserve component. There are, of course, some physical requirements for those who want to be Master Fitness Trainers.

Personnel wishing to attend the course must have an APRT score of better than 250 and meet the height/weight standards. They must also be in grades E-6 through E-9 and O1 through O3, with 18 months remaining on enlistments, according to the letter of instruction from the Soldier Physical Fitness School.

According to LT Don Belisle, State Training Technician, SSG Dennie Mahan (Det 1, HHC, 1/149 Inf Mech), LT Billy West (Btry B, 2/138), and LT Gary Tyree (Co. C, 206 En) have passed the course and SGT Joan Kivior (475th MASH) is attending.

Physical Fitness Badge Available for Good APRT Scores



Physical fitness itself is the reward for working hard to get in shape and staying that way to pass the Army Physical Readiness Test. And perhaps nothing motivates a person to get into better shape more than seeing his or her body shedding extra fat and turning more fit and muscular with exercise and proper diet.

But two years ago, the Army added a little extra incentive for getting into shape. It's the Physical Fitness Badge.

According to AR 672-5-1, Military Awards, the Army has developed the award for soldiers who obtain a minimum score of 290 on the Army Physical Readiness Test and who meet the weight requirements of AR 600-9.

Established by the Secretary of the Army on June 25, 1986, the award is designed to reward and inspire soldiers to obtain and maintain physical readiness. Once the badge is awarded, it may be retained as long as a minimum passing score is achieved on later APRT's and weight control requirements are met.

The APRT scorecard (DA Form 705) is used to document an individual's entitlement to wear the badge.

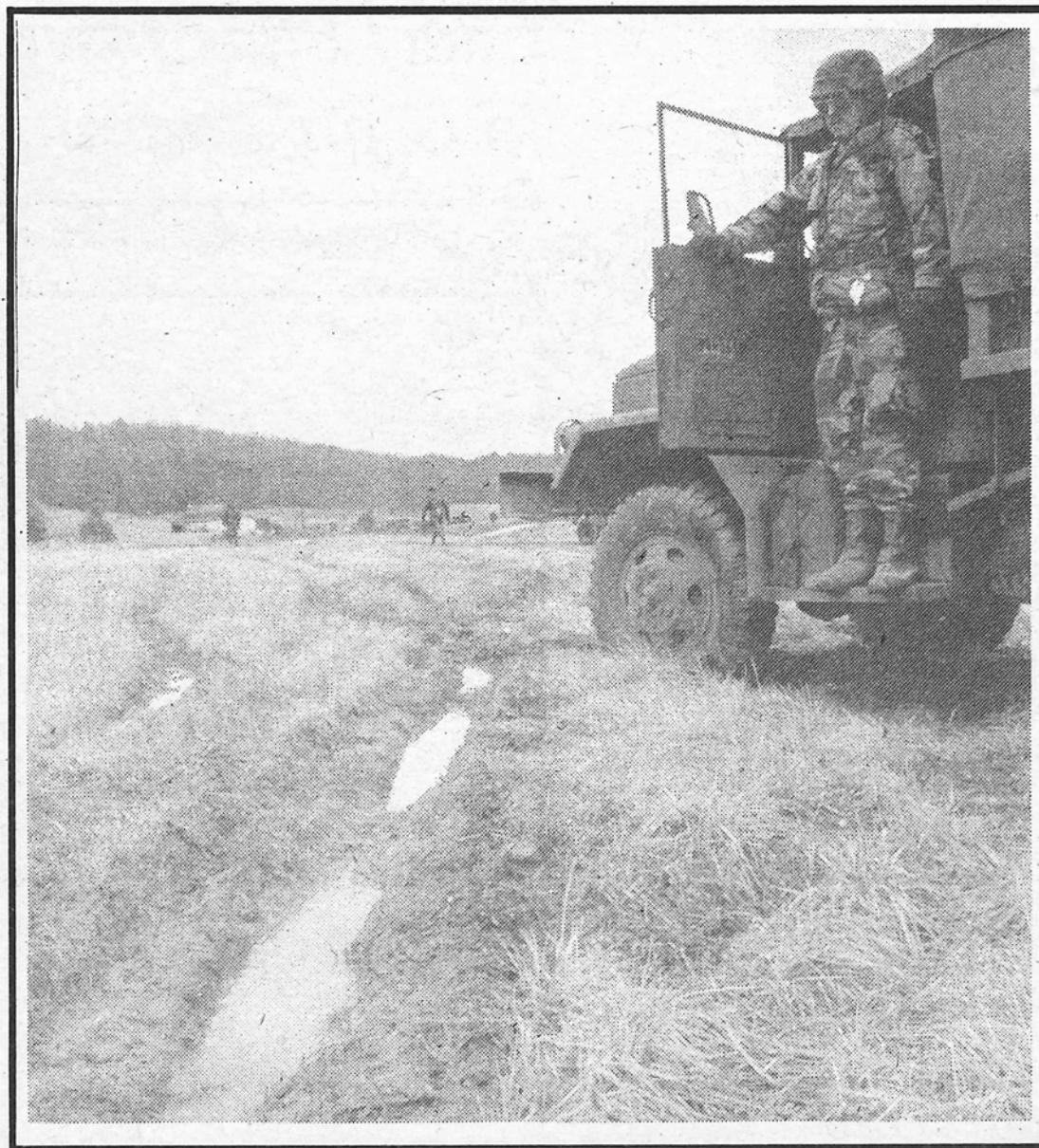
For more information on whether you qualify, contact your training NCO.

WINTER FTX

Photos by CW2 James D. Pope, J

The tactical demands of late-20th century land warfare mean increased emphasis on the Nuclear, Biological and Chemical proficiency of the individual soldier.

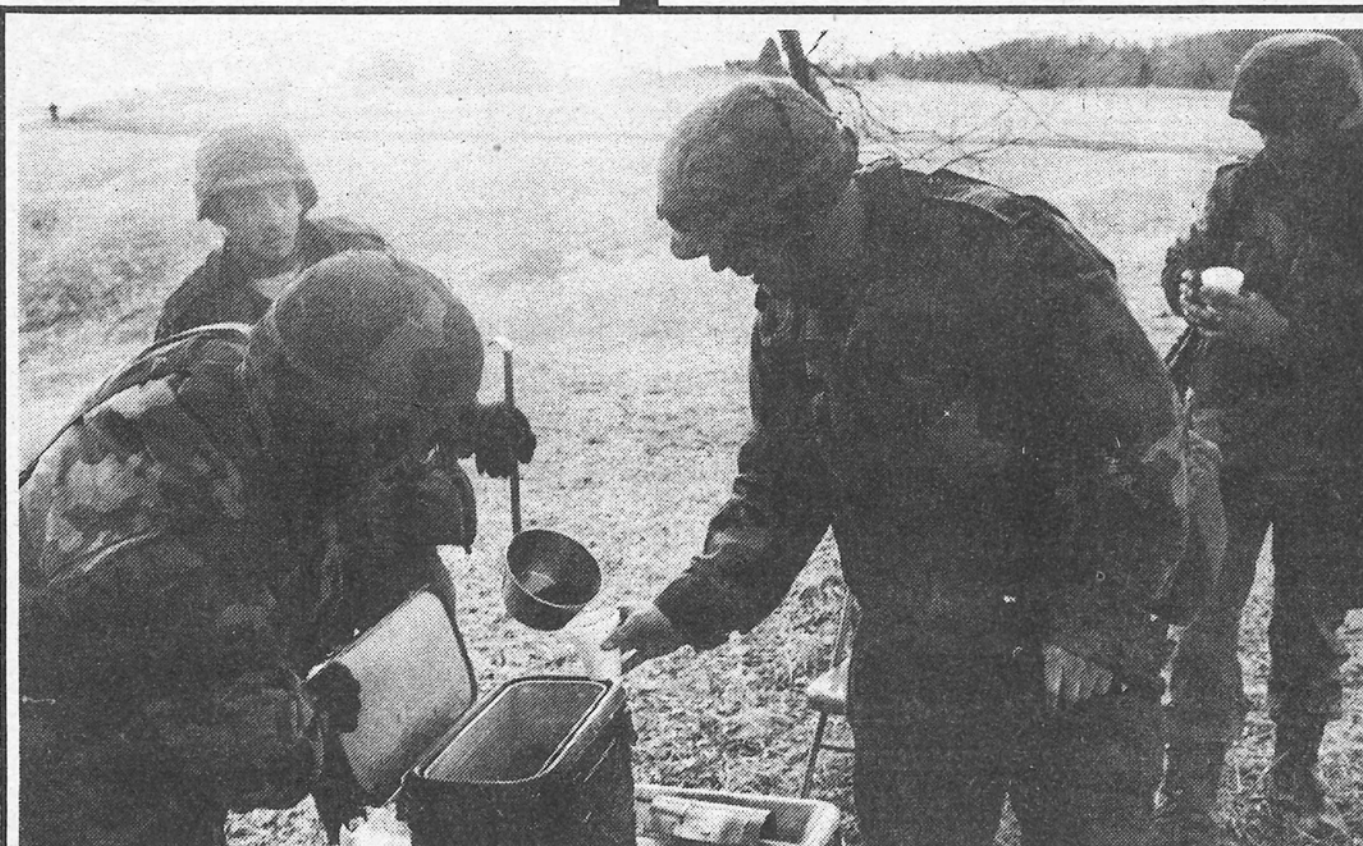
During the month of February, the 475th MASH, 973rd Med Det (Dental) and Companies C and D of the 201st EN BN, not only met the challenge of maintaining field operations while undergoing NBC proficiency training, but met it under the harsh, cold-weather conditions of the Eastern Kentucky Weekend Training Site (EKWETS) in Powell County.



Equipped with 17 dental exam units, the 973rd would process up to 20,000 troops on mobilization. At left, members wrestled with paperwork by lantern light, while another, above, tried to avoid one of the many mudholes.

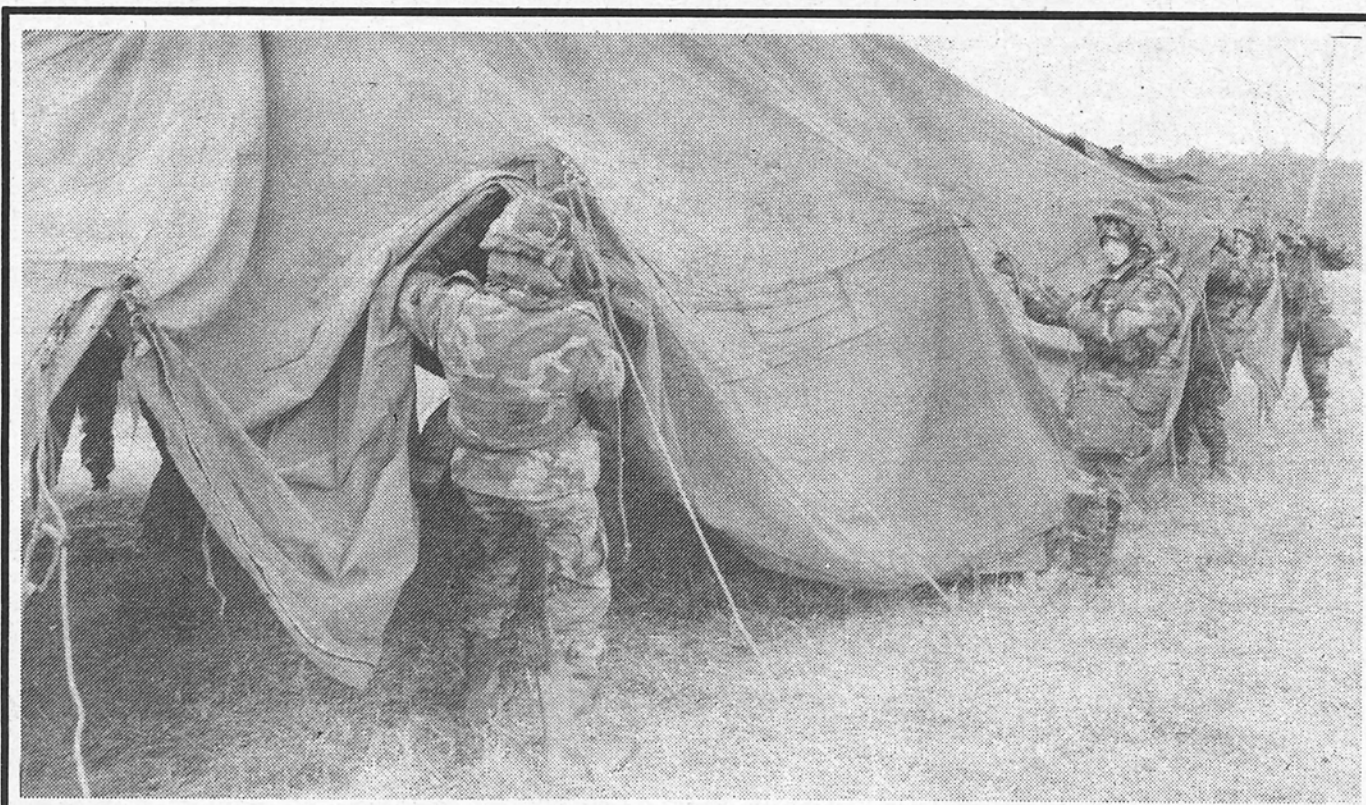


Company C, 201st EN BN, added an additional objective to its scenario...preparing for the adverse weather conditions that might in a desert setting. While taking part in the winter FTX, the unit that it had been selected to support the OPFOR at the National Training Center at Fort Irwin, California, in June.

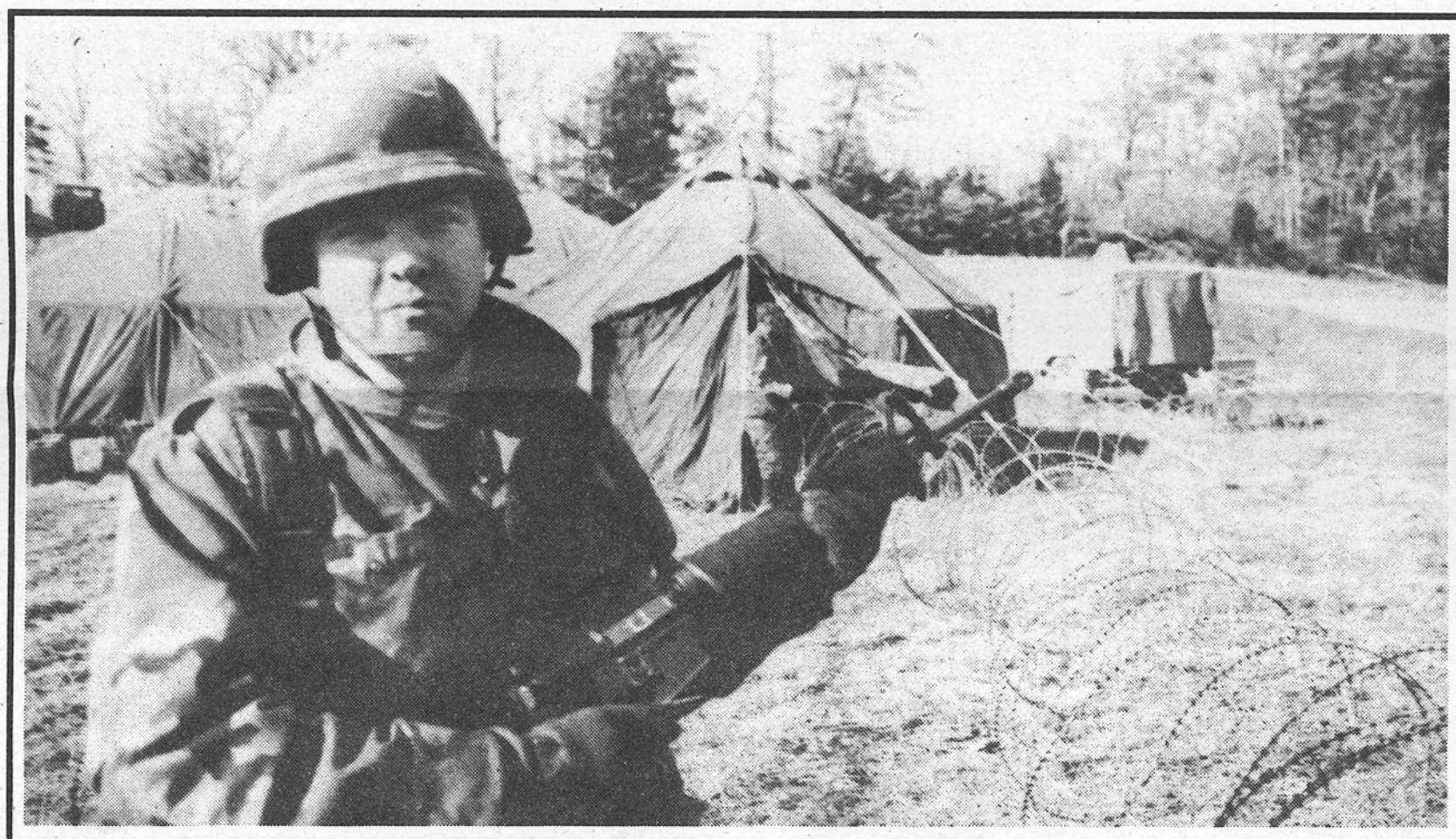


AT EKWETS

er. and LT Phil Miller, 133rd PAD



Equally at home in the field, the 475th Mobile Army Surgical Hospital (MASH) is now equipped with "Temper" tents (left) which may be joined together in different configurations to suit casualty needs, terrain, and climate--a terrific improvement over the GP MEDIUM (right).



Maintaining top security while in a tactical bivouac, soldiers from Company D, 201st Engineer Battalion worked strictly by the rules while controlling all movement into and out of their area.

NBC training
be encountered
was informed
raining Center



FEBRUARY COMMAND CHANGE



Colonel William I. Fox, Jr. receives the colors of the 35th Aviation Brigade from Brigadier General Julius Berthold during change of command ceremonies February 14th at the Boone Center AASF.

Outgoing commander, COL Thomas M. Quisenberry, II (left) will now serve as AASF commander. On extreme right is Brigade CSM Harold B. Parrish. (Photo by LT Phil Miller, 133rd PAD)

Eating for Fitness, Not Fat

Take a Load Off Your Mind, While Taking It Off Your Body

WASHINGTON (ARNEWS) -- "America's Army": 10 facts everyone should know about the importance of nutrition.

Fast eating may contribute to weight problems. The reason is that it takes 20 minutes for the brain to "feel" the first mouthful of food. As a result, fast eaters eat

more food before feeling full than slow eaters.

Because water, which constitutes 50 to 70 percent of a person's body weight, and lean body mass are lost first when dieting, and men have more water and lean body mass than women, men tend to lose weight faster in the

beginning of a diet.

People lose weight more successfully by eating three regular meals a day than one big meal.

The reason is the one-meal-a-day pattern gives the body more calories than it immediately needs, so the food is more likely to be stored as fat.

Where Do Calories Come From?

Many beverages have an extraordinarily high number of calories. For example:

- 12 ounces of non-diet soda have 150-200 calories;
- 12 ounces of sweetened ice tea, 146;
- 8 ounces of whole milk, 150;
- 8 ounces of lemonade, 100-140;
- 8 ounces of Hawaiian punch, 120;
- 8 ounces of beer, 98;
- 4 ounces of dinner wine, 84.

A pound of body fat contains 3,500 calories. Therefore, by eating 500 calories less a day, a person can lose one pound in seven days or four pounds a month.

A person's calorie needs depend on several factors -- such as gender (men need more calories than women), weight (heavier persons need more

calories than lighter persons), activity (active persons need more calories than sedentary persons), age (calorie need decreases with age, particularly after 25), climate (persons in cold or hot climates need more calories than those in temperate zones) and body fat (persons with high body fat content require fewer calories than persons with low body fat content).

The Fat of the Land

Americans get a very high 40 percent of their calories from "fats" -- either those found naturally in food (such as whole milk, poultry, cold cuts, steaks, cheese, nuts, etc.) or fats added to food (such as cooking oils, butter, margarine, mayonnaise, salad dressing, gravies, sauces, etc.).

wich (300 of 685);

- sausage, egg and biscuit (360 of 585).

Decreasing high fat intake will result in weight loss.

Be Patient on a Diet

When dieting, be aware that "plateaus" are to be expected. The conditions of no-weight-loss occur when the body switches from lean body mass to fat for energy.

When fat is burned, water which is heavier than fat is created. The body will lose this water in time. Don't give up! Plateaus are temporary conditions.

When both exercise and dieting are part of a weight control program, use both a tape measure

Americans get a very high 40 percent of their calories from "fats". Eating 500 calories less a day can shed one pound in a week.

Some exceptionally high fat foods:

- hot dogs (120 of their 145 calories are fat calories);
- french fries (126 of 268);
- 8-inch tuna submarine sand-

and scale to measure progress. Losing inches but no weight may indicate you have lost fat and increased muscle. Poor dieting can bring side effects such as more body fat, irritability, craving for sweets, headaches and dizziness.

Fats/Sweets				
Fat can add up from the "extras" you add and the desserts you eat.				
		Total fat	Saturated fatty acids	Cholesterol
		grams	grams	milligrams
Butter	1 tablespoon	11	7	31
Margarine:				
Soft	1 tablespoon	11	2	0
Stick	1 tablespoon	11	2	0
Vegetable oil (corn)	1 tablespoon	14	2	0
Salad dressing:				
Mayonnaise	1 tablespoon	11	2	8
Mayonnaise-type	1 tablespoon	5	1	4
Italian, low-calorie	1 tablespoon	trace	trace	0
Italian	1 tablespoon	9	1	0
Cream:				
Sour	1 tablespoon	3	2	5
Light (table)	1 tablespoon	3	2	10
Nondairy, frozen	1 tablespoon	2	1	0
Cream cheese	1 ounce (2 tablespoons)	10	6	31
Cake, frosted, devil's food	1/12 8"-layer	11	5	50
Brownie	1 brownie	6	1	18
Pie, apple	1/6 pie	18	5	2

Blood Sugar Level Test a Part of Over-40 Screening

By LTC Paula Maionchi
Assistant State Surgeon

The DA has directed that all soldiers forty years old and older have additional health screening as part of their Army physical examination. One of the additional health tests is a fasting blood glucose.

The major sugar in blood is glucose. Your blood glucose level indicates your body's ability to utilize this sugar as a source of energy, your body's ability to convert it into fat and glycogen (for later use) and it's ability to transform this sugar into other chemical building blocks.

The term fasting blood glucose means the blood level of this sugar when blood is drawn after at least 12 hours of refraining from eating or drinking anything that can elevate your blood sugar. The normal fasting blood sugar is about 80-115 mgs percent glucose. A fasting blood glucose in some cases may be an indication of diabetes, which is a disorder of sugar

metabolism. Further testing is required to determine if an elevated fasting glucose is being caused by diabetes.

Many things will cause an abnormally high fasting blood sugar, when diabetes is not present. To avoid an error in your blood sugar measurement avoid the following things for 12 hours prior to having your blood drawn for a fasting sugar level: do NOT eat anything, do NOT drink coffee, tea or diet drinks, do NOT chew gum or use chewing tobacco and do NOT take any cough syrups or use any alcohol containing products. You may drink plain water up to the time your blood is drawn.

It is of vital importance that you do not introduce avoidable errors into your over forty screening physical. By carefully following all of the "do NOTs" listed in the previous paragraph you can help to ensure that only accurate test information will be considered in the evaluation of your over 40 physical screening.

Just the Facts -- the Smoking Facts

WASHINGTON (ARNEWS) -- Almost everyone knows that smoking cigarettes and using other tobacco products endangers health. Several different messages from the nation's surgeon general appear on tobacco products' packages. They warn smokers about the various health hazards. Even as serious and fatal as emphysema and lung cancer sound, most smokers resist thinking ahead 10 or 20 years. What cigarette smoking does to you today, however, should extend your interest -- even for the non-smoker.

- For example, did you know that --
- Studies show that smokers have more

recurrent upper respiratory infections than non-smokers.

- When smokers get colds or the flu, they seem to have a tougher time getting well.
- Non-smokers out-perform their smoking buddies in physical exercise. This includes situps, push-ups and the 2-mile run.
- Smoking contracts blood vessels, restricting the flow of oxygen-rich blood to critical parts of body. This condition impairs performance.
- Risk of cold-weather injuries, such as hypothermia, is greater among smokers.
- Smoking decreases coordination.



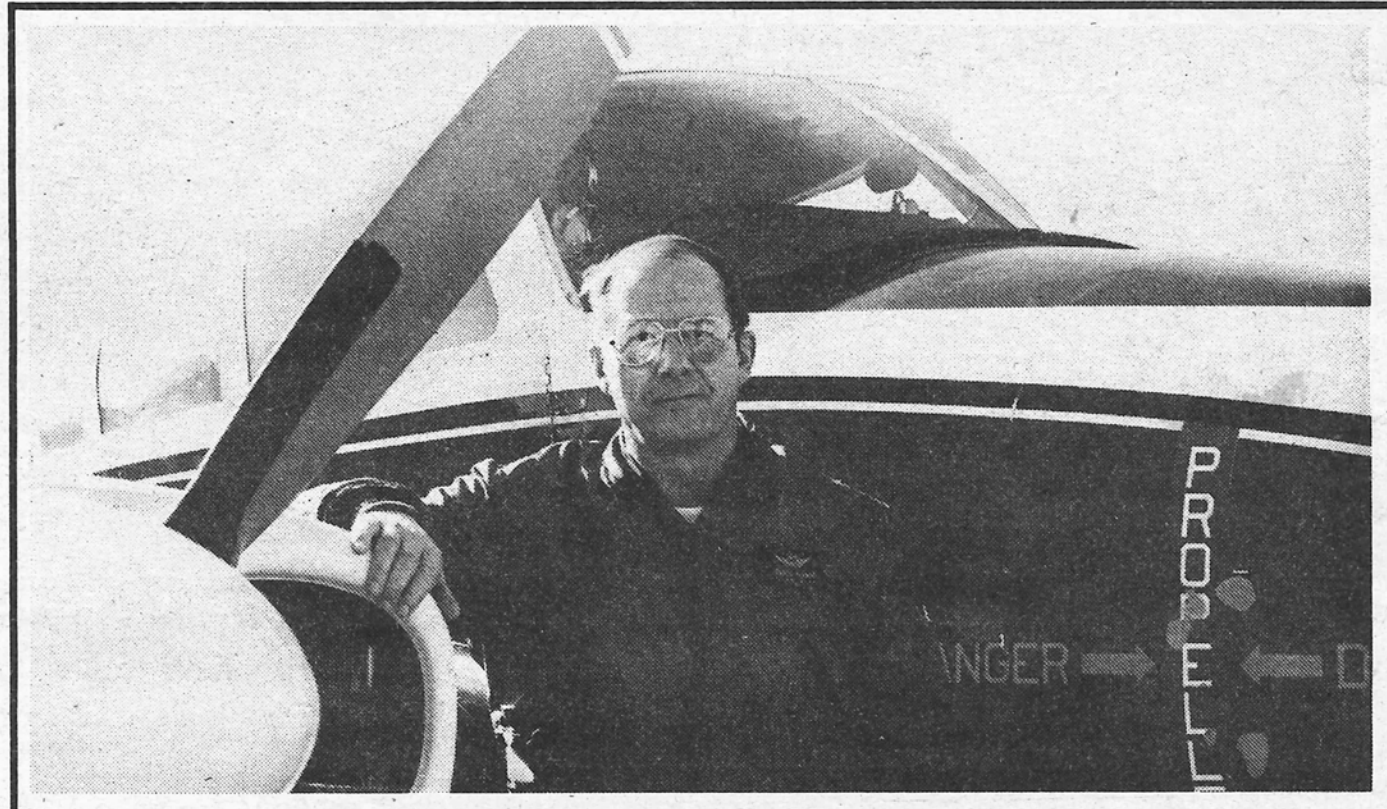
Bird Dogs to Blackhawks KyARNG's Chief Aviator Retires...Along With His Plane

By LT Phil Miller, 133rd PAD

Within just a few days after COL David Fleming officially retired on January 31st as State Aviation Officer for the Kentucky Army National Guard, word was received from Washington that the Kentucky Guard's 28 year-old, twin-engine Cessna U-3 airplane, COL Fleming's airplane, was also being retired...a fitting end to a 38-year aviation career of flying Bird Dogs to Blackhawks.

A native of Fleming County (and a descendent of its founder, Colonel John Fleming) COL Dave Fleming enlisted in the Kentucky Army Guard in October 1949. In 1953 he was commissioned a Second Lieutenant in the 149th Regimental Combat Team (now the 149th Armor Brigade) where he was assigned as a platoon leader in the Heavy Mortar Company.

Finally, in 1956, when the unit changed its mission to artillery, Fleming attended Army flight school and returned to the Kentucky Guard. "When I started out", Fleming recollected, "we had two airplanes, two mechanics and six pilots tucked in the back corner of a hanger in Lexington. Back then we had an L-19 and an L-17 (which we later traded for an L-20



Leaning against the Kentucky Guard's trusty U-3, COL Dave Fleming poses for one last photo with the airplane that took him to every state in the continental United States except Maine. (Photo by LT Phil Miller, 133rd PAD)

Beaver), and in 1957 we received our first helicopter, a Bell OH-13.

"I went to helicopter flight school in 1960...it was an Air Force flight school for Army pilots at Gary Air Force Base in San Marcos, Texas...not long after that the Kentucky Guard got some more OH-13's, followed by a few OH-23 Hiller's."

Shortly after COL Fleming was ap-

pointed commander of the Army Aviation Support Facility in 1970, Kentucky's first UH-1 Hueys landed at Frankfort. Since then, 74,352 accident-free flying hours have been flown by KyARNG aviators in a fleet that grew to include the first entire company of UH-60 Blackhawks in the National Guard, as well as OH-58's, UH-1's, T-42's and, for a short while longer, the

venerable U-3.

When asked how the KyARNG aviation program had changed, COL Fleming replied: "It started out as a small section that provided an aerial observation platform for the ground commander...now it's evolved into the aviation brigade -- the 4th combat brigade of the Army division. The advent of the Aviation Branch in April of 1984 really had a lot to do with that...now I think that while aviation continues its mission as a division combat element, it will also have to turn its attention to air-to-air combat in order to survive on the battlefield."

While he claims the Bell OH-13 "was the smoothest flying aircraft we ever had," the U-3 is still known as "Colonel Fleming's plane" in the Guard aviation community...even though he feels the U-3 does have some inherent flaws... "It works you hard because it is basically unstable, and anyone who's ever flown one will agree with me, but it has a pretty decent speed of 185 knots and good range...I enjoyed flying it."

If the Army said he could keep the U-3 to fly in his retirement? -- "I'd take it...I've flown in every state of the continental United States but Maine, and I wouldn't mind taking the U-3 up there!"

CW4 Birdwhistell Retires as Technician, Takes Active Duty Tour

By SGT Robert W. Pillow
133rd PAD

Edwin G. Birdwhistell would have missed a lot if he had joined the Air Force instead of the Kentucky Army National Guard after graduating from high school.

Birdwhistell, now a Chief Warrant Officer 4 in the Guard, would have missed going through Army basic training as a sergeant, tours at the Pentagon with the National Guard Bureau and shaking hands with Richard Nixon at the Kentucky Derby.

Birdwhistell retired January 31 from his technician position as personnel officer for officers.

Though he retired from the Department of Military Affairs, Birdwhistell's tour of duty with the service, which began in 1951, isn't finished. On February 1 Birdwhistell began an active duty tour as a special projects officer for Adjutant General Michael W. Davidson and deputy Adjutant General COL James Daniel.

He said part of the reason for his retirement and acceptance of an active duty tour was that he wanted to try something new.

"I'll miss it to a degree," he said. "But I felt it was time to give somebody else an opportunity."

Birdwhistell once considered joining the Air Force with his friends after he and they graduated from high school in 1951. He held off on enlisting with the Air Force and joined the Guard instead in June 1951. He was a private in the Headquarters Detachment. He remained with the detachment until 1953, when he went on active duty

with the Army as sergeant. Federal law required all Guard members who enlisted after February 1, 1951, to complete basic training upon entering the Army.

"Sergeant" Birdwhistell took his basic at Fort Knox with Battery B of the 509th Armored Artillery. "It wasn't unusual to see E-6's and 7's in basic then."

Birdwhistell's commander saw that his experience in the Guard had prepared him for the Army. The commander decided that Birdwhistell only had to attend training that qualified him for overseas deployment. "The rest of the time I worked in the orderly room."

The depth of Birdwhistell's military experience made him suspect to the battery commander, especially when the sergeant received a letter from a MG J.S. Lindsey, then the Kentucky Adjutant General.

"He really thought I was a CID plant because I knew too much about the military," Birdwhistell said.

And when the letter from Lindsey came, the battery commander received a call from the battalion commander who was forwarding a message from the regimental commander to find out "who was this sergeant who was getting mail from a general officer". Birdwhistell told the battery commander that he worked for the general before joining the Army.

From Fort Knox, Birdwhistell went to Fort Eustis, Virginia, and Fort Benjamin Harrison, Indiana, where he received on-the-job and school training in personnel. When he returned from active duty in 1955,



On Sunday, January 31, his last day as chief of officer personnel, CW4 Glenn Birdwhistell was on the job at the Kentucky Military Academy, teaching a course in officer development. (Photo by LT Phil Miller, 133rd PAD)

he chose a full-time job with the Guard instead of an officer's commission.

In 1965 he was appointed warrant officer and in 1968 he transferred to the Adjutant General's office. He served directly under seven adjutant generals.

His career included tours with the National Guard Bureau in the Pentagon. During his tenure with the Guard, Birdwhistell has received many medals and commendations.

In 1984 the National Guard Association of Kentucky honored him by electing him president of the organization. He is the first and only warrant officer to be president.

During Kentucky Derby security details

he met several dignitaries and celebrities including former president Richard Nixon.

Birdwhistell hasn't decided when he'll retire from the military, but when he does he'll have plenty to do.

The Anderson County native has a realty and auction business and Black Angus farm with John Perry.

He and his wife Mary Lee, a career state employee who retires at the end of March, will get a chance to travel to Europe to visit foreign exchange students who visited them and their son, Randy, over the years.

"I don't have much time for golf now," Birdwhistell quipped. "Maybe I'll take that up when I retire."

BRIEFLY NOTED

New MASH Detachment Opens in Central City

A new detachment of the 475th MASH has been created in Central City. It will include 32 positions: two doctors, two licensed nurses, 16 practical nurses and 12 patient care specialists.

While the detachment will be under the operational command of the 475th and will conduct field training exercises with the MASH, it will be attached administratively to the 307th Maintenance Company. The 475th will send administrative, logistical and training personnel to Central City during the new unit's IDT's to assist in processing paper work and assuring equipment is provided.

The creation of the unit will provide medical personnel for giving services like physicals and inoculations to National Guard members in the western part of the state. The unit conducts its first drill this month.

More Changes at the Top



Barker



Martin

With the recent retirement of BG Ed Gill from the job of Chief of Staff, Director of Personnel COL Larry C. Barker has become the new chief of staff. His transfer took effect on January 17.

LTC Donnie Martin, a former commander of the 1/149th Infantry and State Training Officer, replaces COL Barker as Director of Personnel, while MAJ Melvin Shelley will leave his post as Training Officer at the Kentucky Military Academy to replace Martin as State Training Officer.

Meanwhile, MAJ Joe Warren has left his job as executive officer of the 138th FA Bde to become deputy director of personnel.



Shelley



Warren

Pistol Team Tryouts in April

Twelve members of the Kentucky National Guard will be selected for the Kentucky National Match Pistol Team from tryouts to be held on April 23 and 24 at Tolgate Pistol Range.

Both Air and Army Guardsmen are invited to participate in the event in which they will shoot both 22 cal. and 45 cal. match grade pistols in three phases.

For more information on the Match contact SFC Jim Mattingly at (502) 564-8597.



The Kentucky Air National Guard will receive eight C-130 Hercules aircraft like this Texas Air Guard C-130 which was at Standiford Field last month. (Photo by LT Phil Miller, 133rd PAD)

Air Guard to Swap Phantoms For C-130 Hercules and New Airlift Mission

Governor Wallace G. Wilkinson announced last month that the Kentucky Air National Guard is trading its RF-4C Phantom II jets for C-130 Hercules transport aircraft as the Louisville-based unit changes its mission from tactical photo reconnaissance to military airlift support.

Gov. Wilkinson said the change in mission, which will primarily involve the air movement of ground troops and related equipment "offers our Air Guard the unique opportunity of directly supporting the other branches of the Nation's military in the defense of America."

"The Kentucky Air Guard has long enjoyed a reputation of having the finest flight crews in the Air Force inventory," Gov. Wilkinson continued, "and there's no doubt in anyone's mind the tradition of excellence that exists today in this tactical reconnaissance wing will continue when the first C-130 rolls onto the Air Guard ramp at Standiford Field."

Known throughout the world as the Hercules, the C-130 has four turbo-prop engines and, when fully loaded, has a top speed of 375 mph, with an average range of 2,000 nautical miles. The aircraft can haul 92 combat-equipped troops or carry cargo loads of up to 50,000 pounds.

"Airlift is a growing mission which will provide long-term growth for the Kentucky Air Guard," said Adjutant General Michael W. Davidson, adding that "approximately the same number of people, both full time and part time military and civilian, will be employed in the new mission".

The Kentucky Air Guard will be trading 18 RF-4's for eight of the C-130 transports, with the scheduled delivery in about a year.

NEW ARMY PHYSICAL READINESS TEST
IMPLEMENTED JUNE 1, 1986

PUSH-UPS

	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52+	
	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX
MALE	42	82	40	80	38	78	33	73	32	72	26	66	22	62	16	56
FEMALE	18	58	16	56	15	55	14	54	13	53	12	52	10	50	9	49

SIT-UPS

MALE	52	92	47	87	42	82	38	73	33	73	29	69	27	67	26	66
FEMALE	50	90	45	85	40	80	35	75	30	70	27	67	24	64	22	62

2-MILE RUN

MALE	15.9/11.9	16.6/12.6	17.3/13.3	18.0/14.0	18.7/14.7	19.2/15.2	19.6/15.6	20.9/16.0
FEMALE	18.9/14.9	19.6/15.6	21.0/17.0	22.6/18.6	23.6/19.6	24.9/20.0	24.5/20.5	25.0/21.0