

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 Some feel the term is obsolete based on a high ops since tempo since 9/11; others think it proudly defines our part-time service mandated by law.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

A “sibling rivalry?”

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

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

- 7011USMC

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

-Phantom

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

-mryan525, a Guard combat medic

‘Weekend

Is the term appropriate?

Let’s keep it

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Warrior'

Or inappropriate?

Let's let it go

By Air Force Master Sgt. Greg Rudl
NATIONAL GUARD BUREAU

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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



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



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



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



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



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



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



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



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



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



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



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



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



Athletes extra

Who they are and what they did to

Feminine physique

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

-PFC. KARINA PARAON

Olympic bound

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

Batter up

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

-CAROL CARPENTER

Stellar rise

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

-TECH. SGT. ALEX SALMON

Quiet brain

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

-CMSGT. GONDA MONCADA



Extraordinary deserve it

Skiers & shooters

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

Not just the dogs

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

Mr. 402

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

-DANIEL TERRILL

Contender

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

Sore feet

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



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

The highs of caffeine consumption



Photo by Sgt. David Bruce

By Army Sgt. David Bruce
INDIANA NATIONAL GUARD

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

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

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

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

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

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

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

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

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

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

much caffeine.

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

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

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

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

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

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

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

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

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

Too much caffeine?

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

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

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

-The Mayo Clinic

Always Ready, Always There,

Always Healthy

American Heart Association features Army Guard on work site wellness panel

Contributed by ARNG Decade of Health Team

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

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

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

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

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



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

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

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

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



The Army National Guard Readiness Center is the first DoD entity to receive a gold-level achievement award by the AHA/ASA as a Start! Fit Friendly Workplace and be recognized by Forbes Magazine for two years running.

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

Walk this way

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

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

Seventy years a NEIGHBOR

Camp Atterbury native remembers post history

By John Crosby

CAMP ATTERBURY PUBLIC AFFAIRS

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

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

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

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

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

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

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

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

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

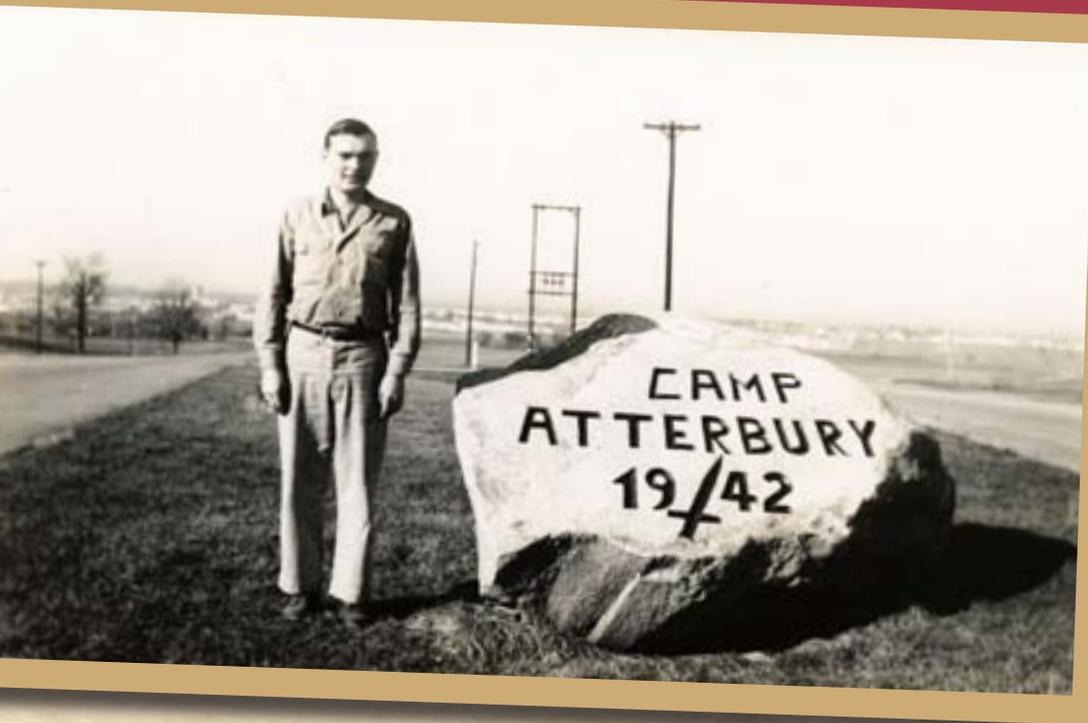
"The first vehicle I drove up here was a ton-and-a-half Ford truck," said Johnson. "It was painted olive drab. One day I looked at the grill of the truck and saw something shiny. I knew Army vehicles weren't supposed to have anything shiny on them so I took my fingernail and scratched at it and the paint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

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

Working as a truck driver he hauled everything from barbed



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



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

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

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

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

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

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

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

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

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

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

Continued on next page

Unit Anniversary

Utah military intelligence unit celebrates 50 years

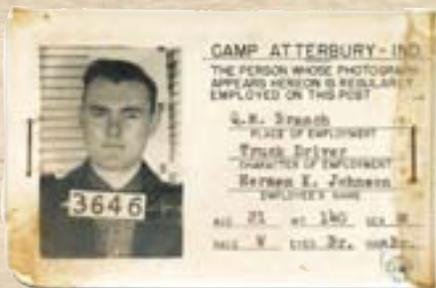
A handful of original members of the 142nd Military Intelligence Linguist Company, which was created Feb. 12, 1960, joined dozens of other current and former members of the 142nd Military Intelligence Brigade, and its sister unit, the 141st MIB, in Draper Headquarters auditorium in February to honor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

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

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

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

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

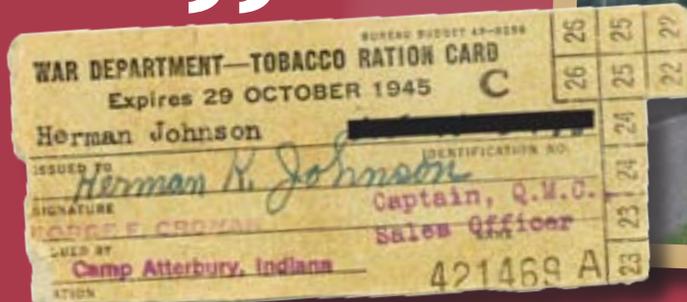


Johnson's Civil Service identification card he used to gain access to Camp Atterbury in 1942. (Courtesy photo)

set on the nation.

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

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



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

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

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

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

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

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

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

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

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

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



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

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

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

Johnson has seen Camp Atterbury dwindle and he’s seen it flourish

but all the while his roots have remained firmly planted. His house may have been taken but his heart and soul will always be a part of post history. !

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



Congratulations to the Outstanding Airmen of the Year



Senior NCO



Honor Guard Program Manager



NCO



Honor Guard Member



Airman



First Sergeant



OUR OF RESPE

In-demand honor guards train intense



T
ECT

ly for veteran funerals

By Army Maj. Craig Heathscott
ARKANSAS NATIONAL GUARD

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

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

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

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

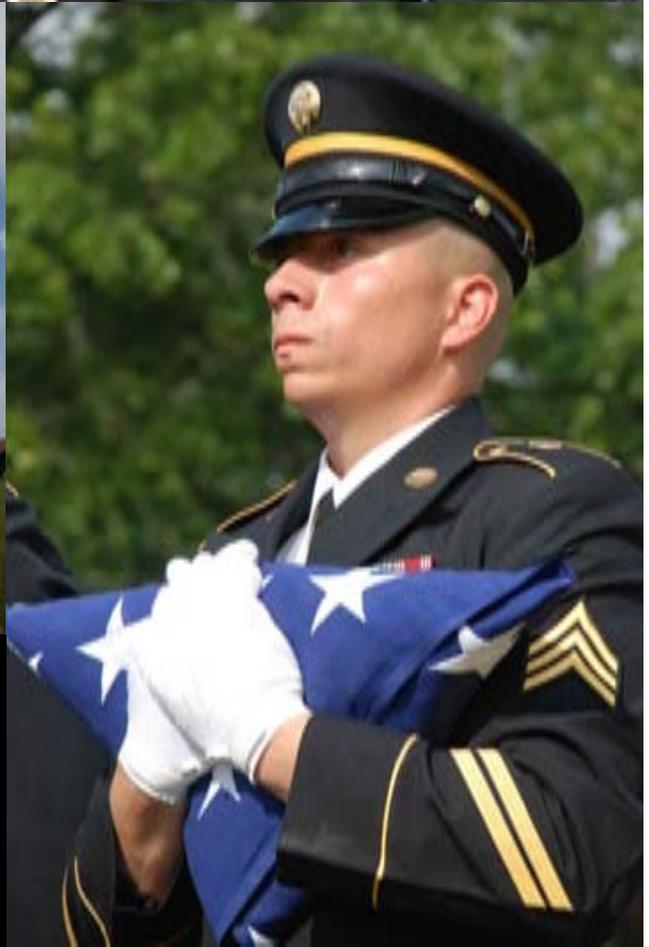
On this day, instead of marching over to the ‘next of kin’ and presenting the flag, the NCOIC simply hands it to his instructors, Justin Helton and Tim Ferrell. They understand the meaning of pride, honor and respect as the two served in the Army’s famed ‘Old Guard’ at Fort Myer, Va. They have participated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

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

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

‘Reflection of what they lost’

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



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

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

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

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

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

Uniforms under a microscope

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

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

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

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

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

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

53: Percentage that Guard participated of all DoD funerals

2005: Year that National Guard Funeral Honors Program began

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

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

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

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

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

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

Program in high demand

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

carry out the funeral honors.

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

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

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

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

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

"The reach of this program is beyond the 54 states and territories when you think about it," said Col. John "Jack" Frost, commandant. "It encompasses a nation, thousands upon thousands of veterans here and gone, and those who have supported them throughout their lifetime."

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

Dad, I
joined up
because of
you

Unlikely reunions

Son, I
reenlisted
because of
you



Spc. Jason Crews



Sgt. Jack Crews

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

Crews inspires Crews

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

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

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

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

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

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

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

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

“Momma didn’t like it,” Jason said, when asked what she thought about the simultaneous deployments.

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

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

Catching up in Khost

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

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

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

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

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

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

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

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

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

als are pinned to deserving Soldiers.

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

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

Seizing the moment

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

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



Col. Jeff H. Holmes patches his son.

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

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

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

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

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

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

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

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

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

In-theater family reunions

Tips...

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

What to talk about...

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

What not to...

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

Summer

Military family

Discounts

Museum visits

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

Amusement parks

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

Programs for kids

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

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

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