

The National Guard

# ON GUARD

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## Guard runner places 4th in Marine marathon

by Nebraska Army National Guard  
Public Affairs Office

2nd Lt. Sean P. Fitzwilliam, Battery A, 3rd Battalion, 117th Field Artillery, of Troy, Ala., placed first among National Guard runners, and finished fourth overall in the 14th Annual Marine Corps Marathon held in the capitol city Nov. 5th.

Fitzwilliam, with a time of 2:26:50, was closing on the three leaders and may have won the "Run Through the Monuments" marathon but he had to stop for several minutes near the end due to leg cramps.

"Because there was such a crowd of people at the start, I was forced back behind over 200 runners in the early part of the race, but by the 18th mile mark, I had worked my way up to 4th and to 3rd at the 21st mile. It was near the 24th mile when I had to stop and rub my legs because of the bad cramps. I felt great and was ready to win the race but my legs just would not cooperate," Fitzwilliam said.

### FIRST TIME

Fitzwilliam, normally a two mile track racer, has run in only two other marathons and this was his first time for the Marine Corps event.

"I'm starting to like these marathon events and I think I'll start preparing, now that I've done this well, for the next Olympics," he said.

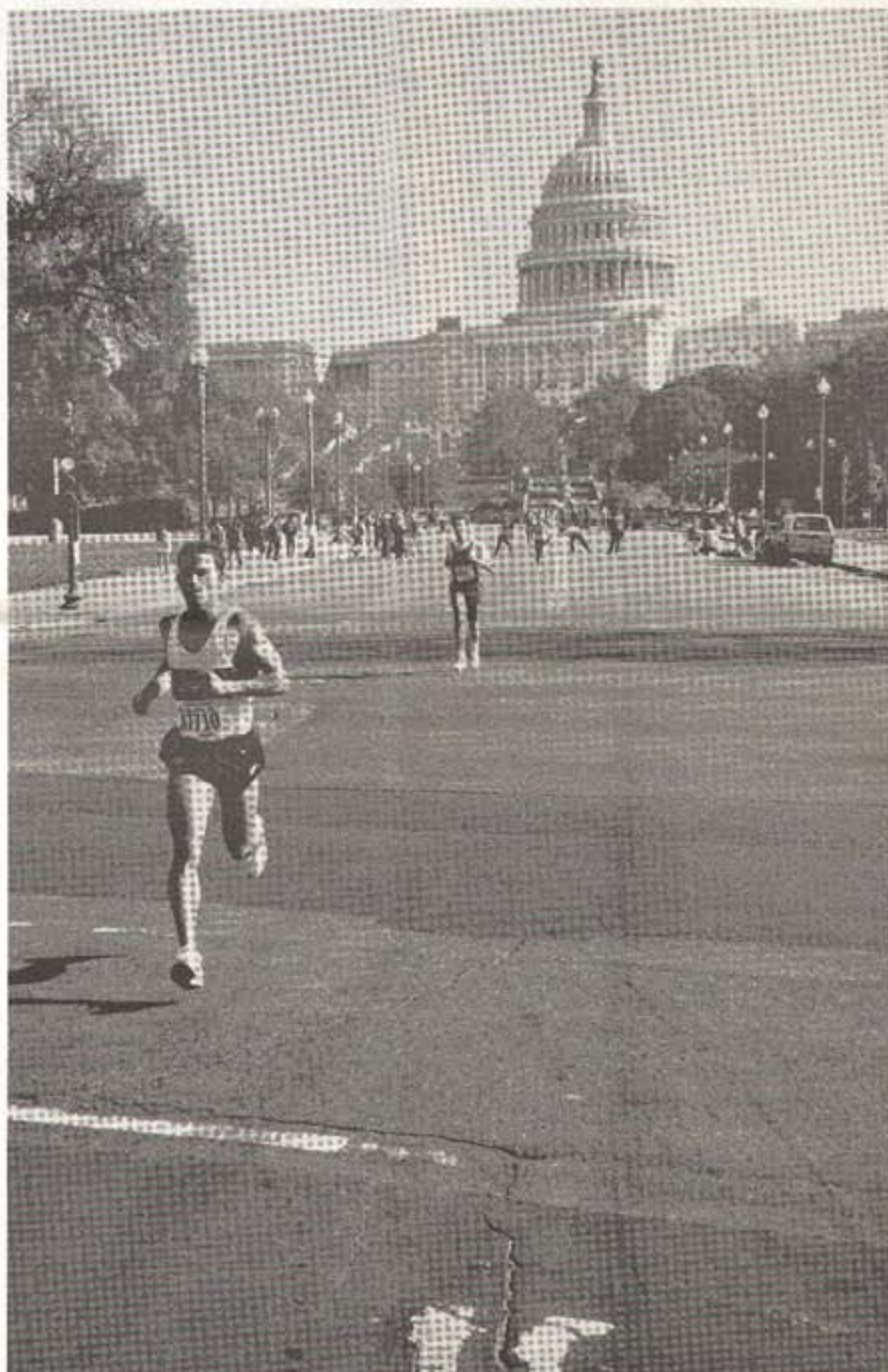
This year's marathon had a record 13,000 runners start from the Marine Corps (Iwo Jima) War Memorial in Arlington in superb weather conditions. The 26-mile, 385-yard course which was lined with more than 100,000 spectators, winds around the Pentagon, across the Key Bridge into Georgetown, along the Potomac River past the Kennedy Center and onto Constitution Ave. toward the nation's capitol.

Sgt. Sandra K. Jensen, Headquarters, Headquarters Company, 132nd Support Battalion, Madison, Wis., turned in a 2:58:44 time to be the National Guard's female winner and finish 13th overall for the women's division. This was an exceptional finish for Jensen since she was up against former University of Virginia track star and world-ranked marathoner Laura DeWald who took first place in 2:45:16.

### HONOR TO RUN

"It's such an honor to run for the Guard in this marathon that I always give it my best effort," said Jensen.

Specialist Jay Woods, 1457th Engineer, Provo,



**CAPITOL SCENE**—Alabama National Guard 2nd Lt. Sean P. Fitzwilliam has little time to catch the scenery of the nation's capitol as he runs past the Capitol building enroute to a fourth place finish in the Marine Corps marathon in November. (Nebraska National Guard photo).

Utah, winner of both the Lincoln, Neb., marathon, and the All-Guard Marathon Team trials last May, was running with the leaders to the 20-mile mark when he became ill and had to drop out.

"I would love to win this marathon," said Jay,

"since my dad was in the Marines for 24 years; I'll be back next year."

The overall winner for the second year in a row was Jim Hage, a 31-year-old attorney from Lanham, MD, who finished in 2:20:23.

# Looking back ... for what it's worth

This issue marks the end of another calendar year and a time we traditionally take to reflect on our accomplishments, disappointments and good times in the past 12 months.

The publishing cycle for **On Guard** isn't such that we can look back to the past calendar year and reflect, but we can look back with pride on the accomplishments during the fiscal year which was FY1989.

There many occasions, activities, personalities and accomplishments which continued to represent the National Guard in a favorable light and which garnered national and international attention for its people and capabilities.

## WHALE RESPONSE

Fiscal Year 1989 was barely into its first fledgling steps when the Alaska National Guard was thrust into the international spotlight with its efforts along with those of environmentalists, Native Alaskans, and the world in general—to include the Soviet Union—as its struggle to save three whales who had become trapped in the ice floes in the Arctic circle and appeared doomed as their life giving breathing holes slowly iced over.

Literally tens of millions of people throughout the world watched as members of the Guard, their huge flying crane helicopters and more exotic devices from private groups attempted to break a way through the ice for the stranded whales. Eventually the smallest of the trio slipped beneath the ice never to be seen again, but, thanks to a Soviet ice breaker, the remaining duo made their way to freedom.

What was not apparent, was the continuous, round-the-clock news media support, press room and media news center maintained by the Alaska Guard public affairs office throughout the rescue effort. Lt. Mike Haller, TSgt. Kris Weston and others of the Alaska PA staff worked to present the best support possible from the Guard, and it showed!

## ARMENIA EARTHQUAKE

Soon after a violently strong earthquake shook Soviet Armenia to its roots in December '88, leaving thousands dead, and hundreds of thousands more homeless, members of Mississippi's 172nd Military Airlift Group found themselves not only enroute to the ravaged area, but one of the first U.S. aircraft to actually land on Armenia soil in a huge airlift to assist victims of the quake. Their efforts, while not gaining specific national media attention, nonetheless represented yet another example of the capabilities of the Air Guard to respond on short notice and in top-notch manner to a need almost anywhere in the world.

## TRAINING TEMPO

And, while these efforts continued to show the "humanity assistance" nature of the Guard, continued intense overseas training and support tempos contributed to more achievements for the National Guard as, by the end of the fiscal year, more than 150,000 soldiers since 1983 had participated in overseas training.



**HURRICANE RELIEF**—Members of Puerto Rico's National Guard exemplify just one of the Guard's dual roles as an emergency relief force in the aftermath of Hurricane Hugo late in FY89. They also fulfill an important federal mission in the nation's defense. (Puerto Rico National Guard photo).

Members of Texas' 149th Tactical Fighter Group trained in far-off arid regions of Turkey, while other Guard pilots and crews continued their support to the U.S. Southern Command and its forces in Panama and other Central American countries in light of strained, highly-sensitive and adverse international relations with the Panamanian dictator.

Training payoffs included the World International Helicopter Championships in Paris in September in which Army Guard competition teams placed 3rd, 4th and 7th against the best helicopter pilots the world had to offer.

## PEOPLE, TOO

People were also making history for the Guard in FY89.

The Army's theme for the year was "The NCO," and **On Guard** took on the task of profiling interesting NCOs in their work and featuring "what it takes to be a good NCO" as the year progressed.

Sgt. 1st Class Judy Haste from Virginia became the first woman named as the top recruiter of the year for the Army National Guard.

And, keeping with the theme of "The NCO," the Army National Guard named its first Soldier and NCO of the Year in FY89 with the nods going to SSgt. Rodger M. Jones of Ohio as the NCO of the Year and to Spec. William D. Broxton of Virginia as the first Army Guard national Soldier of the Year.

## ON GUARD ROLE

Throughout this past fiscal year, **On Guard** has attempted to bring word of significant happenings which affect individual members of the Guard and their families.

When DoD decided to implement a commissary privilege card, we attempted to get the word out in a fashion which would be easily understood and could be used by unit commanders in their unit newsletters and statewide newspapers.

More importantly, however, we have been able to "showcase" some of the people, units and leaders within the National Guard and their accomplishments. That is our greatest satisfaction and indeed one of the reasons we changed the format of **On Guard**. We welcome your stories and photos and pledge we will strive to use them in a meaningful manner.

## How do I get 'On Guard?'

Glad you asked. "On Guard" is mailed to a computerized list which was created several years ago. Invariably, there are some mistakes in the list, but we work to keep it up-to-date with monthly revisions based on information we obtain from individuals who send us their correct addresses. From those addresses we correct the mail list and "viola" you're in the system.

If you are not getting the "On Guard," write us and give us your correct address, or call the Associate Editor, Lt. Phil Blahut at autovon 289-1924, commercial (703)756-1924, and we'll work to place you into the system correctly.



**On Guard** is a funded monthly bulletin board newspaper published in accordance with AR 360-81 and AER 190-1 and distributed to 7,500 units of the Army and the Air National Guard for the benefit of their members. The content of **On Guard** is prepared, edited and provided by the National Guard Bureau Public Affairs Office, and does not necessarily represent the official views of the U.S. Government, the Department of Defense, Department of Army or Air Force, or the National Guard Bureau. Submissions or questions concerning this publication should be addressed to NGB-PAC, Attn: Editor, **On Guard**, c/o Command Information Team, NGB PAC, 4501 Ford Road, Alexandria, VA 22302-1456 or by calling (202) 756-1923 or AUTOVON 289-1923.

Lt. Col. Pete Wyro, Editor; 1st Lt. Phil Blahut, Associate Editor

# NGB names media finalists for Army, AF contests

The National Guard Bureau recently announced the finalists in its preliminary competition for the Army's Keith L. Ware print media and Army wide broadcast media contests, and the Air Force wide media contest for 1989.

Finalists in the National Guard competition were submitted for Army wide and Air Force wide judging in October. In previous contests, National Guard winners have included Sgt. 1st Class Joe Zambone from Washington's 122nd Public Affairs Detachment who placed third in the Army's Keith L. Ware competition for his editorial commentaries in 1988.

## ARMY GUARD FINALISTS

The 1989 finalists in Army Guard newspaper competition included Nebraska's "Prairie Soldier," edited by Maj. Bonnie Hallman, and Wisconsin's



"At Ease" with Lt. Robert Giblin its primary contributor. In other categories were the District of Columbia's "Capital Guardian," with Sgt. Houston Murphy, editor, while Washington state's "Evergreen" edited by SSgt. David W. Largent and Maryland's "Freestate Guardian," with Air Guard Capt. Mike Milord the main contributor were finalists in their news magazine category.

Individual award finalists for newswriting were Maj. Joy Cole Moser, Kansas, Sgt. Houston W. Murphy, D.C., and Sgt. Bill Crosby, California, while Buddy Garrett, Arkansas, Sgt. Cynthia Loughran, Washington, and Sgt. 1st Class Joe Zambone were finalists in feature news writing.

Editorial finalists included Maj. Don Brunel and Sgt. 1st Class Joe Zambone, both from the 122nd Public Affairs Detachment, Washington. Sgt. Houston W. Murphy from the District of Columbia was the finalist in the sports writing category.

Lt. Phil Miller from Kentucky, SSgt. David Largent from Washington, and Sgt. Rich Bartell, also from Washington, were finalists in the category for feature news stories which included photo journalism, while the finalist in the photography category was Massachusetts's SSgt. Randy Piland.

Lt. Phil Thronton of Kansas was the finalist for the graphics art category, with Lt. Col. Keith Kirchofer, from Kansas finalist in the cartoon category.

Maj. Nancy Wetherhill of South Dakota was a finalist in the special achievement category for "Coyote Country" and was joined as a finalist by SSgt. Terry Messmer, from North Dakota for the "Nodak Guardsmen."

Kentucky's "Bluegrass Guard" was the finalist for special achievement in support of the Army theme, "Year of the NCO," while the finalists for the category for a special issue published during

annual training included the "Iowa Minuteman," with Sgt. John W. Scheffler, Jr. principal contributor, "Minuteman" by the 65th Public Affairs Detachment, Massachusetts, and "Bullseye," published primarily by SSgt. Donald Green, Jr., Washington.

## ARMY BROADCAST FINALISTS

Maj. John Guarascio, Jr. of New Jersey was the finalist in the local radio news category, while Video Teams One and Two from Kentucky's 133rd Public Affairs Detachment joined Missouri's 70th Public Affairs Detachment as finalists in the local television features judging.

Other broadcast finalists included Sgt. Roger R. Berlander and Capt. Michiel N. Ford, both from Kansas in the special internal radio information program category.

The finalists for special internal information television programs included the Texas Public Affairs Office for its "Sentimental Journey" video, and 2nd Lt. Lee V. Webb, from the 107th Public Affairs Detachment, Florida, for the video, "Florida National Guard: Army and Air Force on Call."

## AIR GUARD FINALISTS

Finalists in the Air National Guard included the "Potomac Air Militia," with Maj. Phyllis Phipps-Barnes primary contributor for the 113th Tactical Fighter Wing, District of Columbia, and the "Granite State Refueling" newspaper for New Hampshire's 15th Air Refueling Group, with 1st Lt. Colleen M. Cotton prime contributor in their category.

In another newspaper category Capt. F.W. Bauer of New York's 106th Air Rescue and Recovery Group was a finalist with "The Guardsman Flyer," while Montana's Capt. Suzan H. Lane was a finalist for with the 148th Fighter Interceptor Group's "On Five."

The 117th Tactical Reconnaissance Wing of Alabama had a finalist in SSgt. Steven J. Green for "Team Talk," and was joined in its category by Lt. Col. Frank J. Adinolfi, Jr. of New York's 105th Military Airlift Group for "The Stewart Flyer."

TSgt.s Jeffry S. Sansbury and Jenny L. Montgomery, both with Kentucky's 123rd Tactical Airlift Wing, were finalists in the news writing category, while feature writing finalists included Nebraska's TSgt. Victoria Cerino, Kentucky's TSgt. Jeffry S. Sansbury and the District of Columbia's SrA Portia Williams.



## Clearing up 'NG News'

A commercial publication entitled "National Guard News" has been distributed in three states during the past year and may be causing some confusion, especially among Guard members responsible for day-to-day activities at armories and bases.

The "National Guard News" is not a publication which has been authorized by the National Guard Bureau even though it may contain Army and Air Guard emblems in its flag at the top of page one. It is strictly a commercial venture on the part of a private publisher in no way connected with, nor sanctioned by the National Guard Bureau.

Rhode Island and the District of Columbia have contracts with private publishers for the production of a newspaper which is used as the respective command newspapers. In each of these instances, a specific relationship has been established through the solicitation and awarding of a contract for the publication. No such relationship exists between "National Guard News" and the NGB.

Defense Department policies prohibit federal military agencies from endorsing, either directly or indirectly, one entity, whether it is a commercial or a non-profit organization, over another. This holds true in this case as well, and includes the use of federal personnel, their time or equipment for the distribution of other than official publications. State policies may vary and should be reviewed if there are questions concerning placement of publications such as "National Guard News" in unit armories, which may be state property, or on bases.

## GUARD PUBLICATIONS

The National Guard Bureau Newspaper, "On Guard" is the only authorized newspaper for NGB. In addition, almost every state publishes a "command" newspaper for distribution to the homes of individual guard members, and most Air Guard units publish either unit newspapers or newsletters as part of a network of publications intended to provide members of the Guard timely information on major activities and as tools to support retention efforts.

Individuals having questions concerning publications should contact their state public affairs officer or the NGB Command Information Team which may be reached at auto/von 289-1923 or commercial (703) 756-1923.

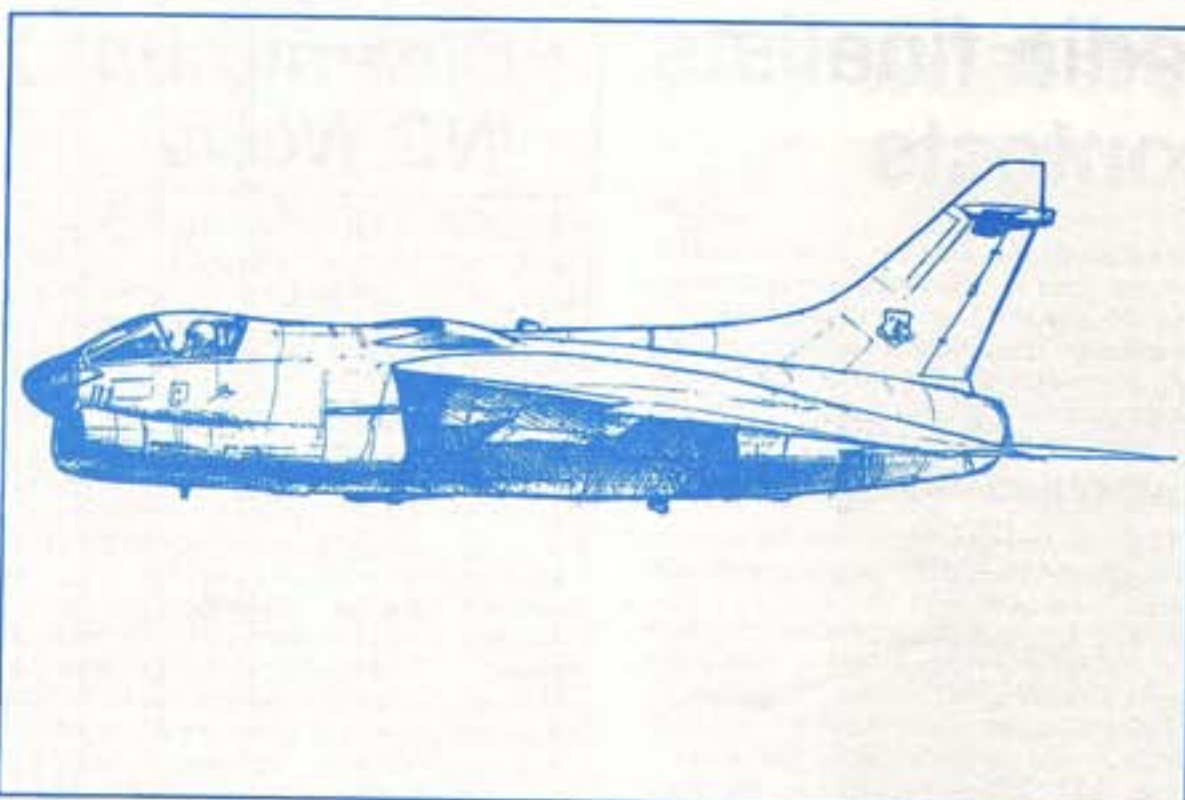
## Appeal court for Vets set

The Air Force News Service reports that the newly established Court of Veterans Appeals held its first session in October.

The court was created in legislation last year as a separate judicial body to hear and rule on appeals of veterans' claims decisions rendered by the Department of Veterans Affairs.

As such the court offers a new avenue of judicial review for America's veterans and ends years of debate concerning how best to resolve appeals in a court of law.

Under the new law, veterans may challenge VA decisions in the Court of Veterans Appeals, following procedures similar to those used in several other special U.S. Appeals courts. The legislation also allows for appeals to be elevated to higher U.S. courts including the Supreme Court.



### 'Cracks' Corrected

## A-7's back to flying after completing inspections

The Air National Guard's A-7Ds and A-7Ks are again fully operational in an unrestricted, combat ready condition now that the full fleet has been thoroughly inspected. The Air Force ordered the inspection after a crack was found in the lower skin of the left wing of an ANG A-7D.

Of the 365 aircraft inspected, 282 were found to have small, repairable crack indications.

According to LTV, an aircraft product manufacturer, the primary reason for the A-7D and A-7K wing skin cracks was a pattern of usage more

severe than was originally measured in the A-7D Aircraft Structural Integrity Program (ASIP).

The replacement skins are warranted for 4,000 flight hours and would incorporate fatigue life improvements now under development through a company-funded program.

Prior to the first aircraft incident involving a fatigue crack in the lower wing skin of an A-7D, the A-7 had flown approximately five million hours without any evidence of primary structural problems.

## Contact lens use is OK'd

Soft contact lenses are now an option for Air National Guard crew members who wear glasses. For those who choose to wear them, it is important to understand the risks and benefits associated with the type of visual correction.

Contact lenses provide some advantages: enhancement of peripheral vision, reduction of reflection, elimination of fogging, more stability during aggressive in-flight maneuvering, and more compatibility with support equipment. However, there are adverse conditions, too, such as the irritation which the dryness of cockpit air at altitude can produce irritation, especially in flights of more than four hours duration. Also, infections related to contact lens wear can occasionally lead to corneal scarring and result in permanent grounding. There are precautions which must be taken to minimize the complications in contact lens wear.

### FUNDING NOT AVAILABLE

Funding for contact lenses is not currently available in the Air National Guard. However, such funds may be appropriated in the future. Active duty ANG aircrews who choose to wear contact lenses may, at their own expense, purchase contact lenses from civilian eye care specialists. In

order to fly while wearing contact lenses, the aircrew member must select his/her lenses and solutions from the approved Air Force list. This list is being forwarded to each ANG medical unit. Furthermore, each aircrew member must maintain one spare set (two, if on mobility) in the base life support shop.

Three important points to remember are the following:

- Contact lenses **do not replace eyeglasses** for the flyer. Eyeglasses must be immediately available in the aircraft whenever flying with contact lenses.

- **20/20 visual acuity** or better **must be maintained** with the lenses inserted and with spectacles immediately after removing the contacts.

- Every ANG aircrew member who desires contact lenses for in-flight use, **must attend** a flight surgeons briefing prior to purchasing contact lenses.

Vision is one of the most important assets to the flyer. Carefully weigh the risks and benefits before proceeding. **FLY SAFELY!**

Persons with questions may call the Air National Guard Support Center, autocon 858-3443, or commercial (301) 981-3443.



CSM William L. Duncan, Jr.

## CSM Duncan retires after 43-yr service

Command Sgt. Maj. William L. Duncan, Jr., the Hawaii Army National Guard's top enlisted soldier, retired recently after more than 43 years of military service.

Duncan, 62, who served as Hawaii's top senior enlisted advisor, was provided with a military ceremony in his honor at the 29th Infantry Brigade (Separate) headquarters. He was also awarded the Legion of Merit by Maj. Gen. Alexis T. Lum, Hawaii Adjutant General.

## Changes mean band tours

Before 1988, no National Guard band had ever traveled overseas to perform for foreign listeners. Thanks to a change in policy, three separate bands or groups of bands have performed across the Atlantic in recent periods.

Last May, Oklahoma's 145th Army Band flew to Turin to play for the sixty-first annual meeting of the Associazione Nazionale Alpini, an organization for Italian soldiers trained in mountain fighting.

Last June, Pennsylvania's 28th Infantry Division Band flew to Chateau Thierry, near Paris, to play for ceremonies commemorating the division's liberation of France during World War II.

Last November, the combined forces of New York's 199th Army Band, Camp Smith, Peekskill, and 42nd Infantry Division Band, New York City flew to Lyon, the third largest city in France, for a series of four separate performances during a week-long tour of duty, the longest of the three stays overseas.

### Know what?

Today's Air National Guard accounts for almost 90 percent of the Air Force's fighter interceptor missions which protect the U.S. from aerial attack. Air Guard pilots fly some of the latest aircraft including the F-16 "Fighting Falcon" and the F-15 "Eagle."

# 'shorttakes'

## CONSERVATION AWARDS

Of the 11 nominees submitted by the Army National Guard competing in the 11th annual Secretary of the Army Energy Conservation Awards program, two units made it to the top of the list.

In first place was the Tennessee Army National Guard, followed by the Montana Army National Guard. Both units were cited for significantly reducing energy consumption "without adversely affecting readiness." They received their appropriate awards and trophies at an awards ceremony on August 31st at the Pentagon.

## OUTSTANDING SOCIAL ACTIONS

The 181st Tactical Fighter Group Social Actions office, Indiana Air National Guard was the recipient of the 1988 ANG "Outstanding Social Actions Office of the Year Award" by Maj. Gen. Philip G. Killey, Director, Air National Guard, recently.

"This unit's significant contributions to the goals of equal opportunity and treatment, drug and alcohol abuse control, and human relations within the Air National Guard have made them truly deserving of this award," stated Killey.

## LAUNDRY ASSISTANCE ANYONE?

Army National Guard units having field laundry and bath missions can receive on-site technical assistance from the U.S. Army Troop Support Agency (TSA), Fort Lee, Va.

A visit schedule is developed to ensure all units benefit from the program. However, any request for assistance will take precedence over this schedule. TSA funds the program, so there is no expense to the ARNG unit.

Requests for assistance should be sent to Commander, U.S. Army Troop Support Agency, ATTN: LOTA-CS-L, Fort Lee, Va. 23801-6020. Indicate what type of assistance is needed, preferred date of visit and name and number of a point of contact. POC: **Claude Rudd, TSA, Autovon 687-3713/4245** or commercial (804) 734-3713/4245.

## STEWART ADDITION

The skies around the Stewart Airport, home of the New York Air Guard's 105th Military Airlift Group and its giant C-5A cargo aircraft, will be getting crowded soon according to United Press International wire reports.

The reason? American Airlines has announced plans to offer the first regularly scheduled passenger service from Stewart, 50 miles north of New York starting in April 1990.

According to wire reports, plans are for three daily flights to Chicago, and three to Raleigh-Durham, North Carolina.

## CCAF'S 75,000th

New Jersey Air Guard SSgt. Alonzo G. Paul, III, became new graduate number 75,000 when he accepted his diploma recently from the Community College of the Air Force (CCAF).

Assigned to New Jersey's 177th Civil Engineering Squadron, Paul is a firefighter who earned his CCAF degree in Fire Science as part of a graduating class of 4,888 members.

The CCAF was established in 1972 to provide enlisted personnel with degree programs which related directly to their Air Force jobs. It is the only

Department of Defense school which offers degrees solely to enlisted members.

"Enlisted people who successfully complete CCAF degree programs sharpen leadership and management skills and gain a deeper knowledge of their Air Force specialties. This enables them to perform better on the job and enhances readiness throughout the Air Force," explained Col. Russell A. Gregory, the CCAF commander.

## FOOD SERVICE EXCELLENCE

The 1729th Maintenance Co., Maryland Army National Guard tied for first place in the reserve field kitchen category in competing for the Philip A. Connelly Awards for excellence in food service.

Runner up was the Louisiana National Guard's 2228th Engineer Company. The awards were presented by the Army's Troop Support Agency.

## ANG ORGANIZATIONAL EXCELLENCE

Seven Air National Guard units were winners of the 1989 Air Force "Organizational Excellence Award" which were announced by Maj. Gen. Philip G. Killey, director, Air National Guard recently.

The recipients were: I.G. Brown Air National Guard Professional Military Education Center, Knoxville, Tenn., and Headquarters's, Idaho ANG, Iowa ANG, Louisiana ANG, New Jersey ANG, Utah ANG and Missouri ANG.



## FUELS MAINTENANCE EXCELLENCE

The 1989 American Petroleum Institute Trophy Award in the ANG category was presented to the 155th Tactical Reconnaissance Group, Nebraska Air National Guard.

This unit was recognized as the best of its kind in the ANG for operating excellence in base fuels management.

## ODT TO AVCRAD

A company-size unit from the Illinois Army National Guard became one of the first of its size to deploy to the European AVCRAD, draw aircraft from storage, and subsequently fly them to West Germany to support their Capstone gaining headquarters during exercise Caravan Guard.

The guardsmen deployed first to Brussels and then to West Germany where they participated in Caravan Guard, as part of their annual training. While there, an Army Materiel Command (AMC) Europe Public Affairs Office escorted a film crew to cover the major overseas deployment and produce a report which was aired on the American Forces Radio-Television network.

# 'Armor' describes innovation

The search for innovative ways to train and to improve training while also making the best use of training time is just one of the continuing success stories within the Army National Guard.

One recent example is reflected in the September to October issue of "Armor" magazine in an article written by Lt. Col. Gerald R. Whitfield, commander of the 1st Battalion, 632nd Armor, Wisconsin Army National Guard and Maj. Douglas L. Dilday, the Army Advisor to the unit, in which they describe a system using a large "snake" board painted indoors on the wall of a unit's armory and the tank thermal sight.

Scale targets glued or bracket-mounted to the wall appear warmer than the wall when viewed through the thermal sight and the placement of three-dimensional targets along the snake-like paths—requiring vertical, horizontal and diagonal movement—resulted in common manipulation exercises when used with the M55 laser to engage the targets.

These innovative approaches, when combined with a Tank Crew Evaluator enabled the tank crews to work through their gunnery commands and cycles and, at the same time, provide a challenge for the crews during their training, all within the confines of the unit armory.

As the different companies within the battalion began using the training enhancer, they began adding their own "innovations" to the system.

"Company C wanted a greater variety of targets," wrote the authors noting that the unit had added a flat two-dimensional target which was heated with small hand-sized heating pads similar to those used by hunters to keep their hands warm in winter. Another unit added 35-mm color slides for target identification training.

# 116th HSB rounds-out 4th ID(M)

In response to a decision to reduce its active duty end strength by more than 7,000 personnel in 1990, the Army recently announced the deactivation on Dec. 15, 1989 of one brigade of the 4th Infantry Division (Mechanized) at Fort Carson, Colo., and the designation of the 116th Heavy Separate Brigade, Army National Guard as the round-out unit for the 4th Infantry Division starting Oct. 1, 1989.

The 116th, headquartered in Boise, Idaho, was converted from an armored cavalry regiment Sept. 1, 1989. Its units include the 1st battalion, 82nd Infantry, in Bend, Ore., the 3rd battalion, 116th Armor, in La Grande, Ore., the 2nd battalion, 116th Infantry, in Twin Falls, Idaho, 1st battalion, 148th Field Artillery in Pocatello, Idaho, 145th Combat Support battalion in Caldwell, Idaho, and the 129th Engineer Company, St. Anthony, Idaho.



**'DISCOVERY' PATCH**—Astronaut John M. "Mike" Lounge presents I.G. Brown Professional Military Education Center Commander, Col. Larry W. Martin an organizational patch for the center which was carried into space on a recent 'Discovery' orbiter mission.

## 'Discovery' astronaut gives patch to ANG's P MEC

An organizational patch for the I.G. Brown Air National Professional Military Education Center (PMEC) has been returned to the Center after being carried into space on the orbiter, Discovery, by Astronaut John M. "Mike" Lounge.

Astronaut Lounge, a veteran of two NASA space shuttle flights, was a recent visitor to the I.G. Brown ANG PMEC located at McGhee Tyson Airbase, Knoxville, Tenn. where he presented the patch to Col. Larry W. Martin, Commander, PMEC, and briefed PMEC students and staff and members of the 134th Air Refueling Group on the nation's space program.

An additional briefing was given to the students

of Porter Elementary School, PMEC's "adopted" school. He answered questions from students about the NASA program after showing slides and a film about his recent mission, the first following the 1986 Challenger disaster.

Lounge explained that astronauts chosen for each mission design their own mission patches. The patch for his recent four-day mission includes a Big Dipper made up of seven stars representing the seven aboard the Challenger. Lounge presented the school with one of his personal patches that had been carried into space.

Lounge is assigned to a crew of another shuttle flight scheduled for launch next spring.

## Louisiana challenges Nebraska claim

Louisiana has challenged Nebraska's claim of being tops in the Army Guard as the state with the highest percentage of officers with at least two years of college. The October 1989 issue of **On Guard** included a story in which Nebraska claimed that its 98.6 percent was the highest percentage of officers in a given state who had completed two years of college.

In Louisiana's challenge, Lt. Maria Jonkers, State Public Affairs Officer writes, "We in Louisiana challenge Nebraska's claim of having the greatest percentage of officers with at least two years of college. They stated they rank 98.6 percent of their officers. Well, we boast a rate of 99.65 percent of our officers having at least two years of college. In fact, to be specific, only 3 of our officers lack the required number of hours, and one of those officers is only one hour away."

"Just thought I'd set the record straight," she concluded.

Any other takers?

## PMEC noted for its work

The Air Guard's I.G. brown Professional Military Education Center near Knoxville, Tenn. received its fourth Air Force Organizational Excellence Award recently for its exceptional work from October 1986 to the end of September 1988.

The center was cited for its work in training almost 6,000 Air Guard, Air Force Reserve and active Air Force men and women, thereby contributing to the overall readiness and effectiveness of the Air Guard and its active counterparts.

Air Guard Director Maj. Gen. Philip G. Killey presented the award.

## ARNG seeks nominees for MacArthur award

Maj. Gen. Donald Burdick, Director, Army National Guard has announced the initial selection process in the 1989 **General Douglas MacArthur Awards** for the best company grade officers in the Army National Guard and has urged adjutants general to canvas their states for "the junior officer that best exemplifies the ideals associated with this award."

In just their third year, the awards are presented by the General Douglas MacArthur Foundation in coordination with the Department of Army annually to the top captains and lieutenants in the Total Army. Of 26 awards in all, five go to the top Army National Guard officers in the five geographical Army regions.

The NGB selection board chooses one award winner from each Army region and the winners are presented their engraved awards in ceremonies by the Army Chief of Staff in late April or early May.

National Guard Regulation 672-1 governs the Trophies and Awards program and includes the criteria for eligibility. To be eligible for consideration, the individual must be a lieutenant or captain, must meet the Army height and weight standards

in AR 600-9, and must have passed the Army Physical Fitness Test within six months of Dec. 31, 1989. Captains nominated must not be on a promotion list for major by Dec. 31, 1989.

### OUTSTANDING LEADERS

The purpose of the award is to recognize outstanding company grade leaders who exemplify the "duty, honor, country" ideals associated with the Pacific Theater Commander during World War II.

Nominations for the award must include records and reports reflecting the outstanding performance by the individual through the previous calendar year. Commanders must provide examples of the outstanding accomplishments of their nominees through documents such as ARTEP ratings, weapons qualifications, physical fitness, school scores, Annual Training and Drill attendance records.

The nominees major unit accomplishments during the calendar year as well as recommendations from the individuals' supervisors, commanders and/or their senior Army advisors may be used to substantiate the nominees' qualifications.

## Oops! We goofed

**Oops!** We goofed.

In its August 1989 issue, **On Guard** mistakenly referred to New Mexico's outstanding 7th battalion, 200th Air Defense Artillery (HAWK) commanded by Lt. Col. George Mendoza as having evolved from another outstanding battalion, the 5th battalion (ROLAND) which was deactivated a year ago.

While Mendoza has been the commander of both outstanding battalions, a feat worth mentioning in itself, the HAWK battalion did not evolve from the ROLAND battalion. Each has had its own specific heritage. State Public Affairs Officer Tom Koch also points out that neither battalion has ever been a Chaparral unit.

We regret the error and certainly commend the members of the HAWK battalion on their accomplishments.

# Military family strengths may prove helpful

by Beth Brock  
Vandenberg AFB, Calif.

There may be something to learn from military families.

Military families come in different shapes, sizes and colors. They're often hustled from place to place, which affects friendships, schooling and lifestyles. Families often suffer from the separations caused by duty requirements, social obligations or other activities.

Before long, parents discover their children are gone and living their own lives and only memories—sometimes painful—are left behind.

People who feel they're missing out on building closer relationships with their children—and their spouse—can turn things around by following these suggestions:

- **Decide to do it.** People need to make conscious efforts to develop togetherness.

- **Develop a plan.** People make time to develop their careers, educational and financial plans, but fail to make plans for creating and nourishing family togetherness. Spend at least two hours with your children on the weekend as well as some time during the week. Children should know that they are important enough to get their

parent's undivided attention.

- **Get the whole family involved.** Find out what each member likes to do. Take turns participating in the interests of all by making plans, setting dates and doing them.

- **Take time to listen** to each other. Through listening, a person can share in the lives of other family members.

- **Build relationships** by establishing two-way communication.

- **Become "other oriented."** People tend to put themselves first. Become compassionate, open and sincere to each family member.

The key to lifetime family success is building togetherness, through honest communication and commitment. Sure it costs time and energy, but the payback is unbeatable. (MAC News Service)

**Editor's Note:** Although only about ten percent of the National Guard—the AGR Tour members and their families—share the same environment as their active duty counterparts in the Army and Air Force, the thoughts and suggestions in this article can be applied to all families—including those of Traditional Guardsmen. The key is to adopt them to your own family situation.



**FINALLY**—Montana's MSgt. Daniel D. Heim-bignee, a member of the National Guard Bureau Marathon team catches his breath after completing the Marine Corps Marathon in Washington, D.C. in November. (Nebraska National Guard photo).

## The Tragedy Of CHILD ABUSE



## Don't take electricity for granted

by Richard J. Lord  
base fire inspector  
Charleston AFB, S.C.

Most of us take electricity for granted. We stick two or three prongs in a wall outlet and all kinds of gadgets function on cue. But let that invisible current pass through your body and you'll realize that you aren't wired for 220 or even 110 volts.

People can usually walk away from minor shocks—tingling a little and feeling slightly chagrined. But if the amperage is strong enough and if any combination of a number of variables exist, your insurance company will be sending a check to your beneficiary.

I had the sad experience several years ago of attending the double funeral of a 43-year-old father and his 18-year-old son, who were electrocuted. They were installing an irrigation pump in an orange grove and the crane they were using struck some low-hanging electrical lines. This experience left me sadder, but wiser.

Slow down and think about what you're doing. Avoid unneeded sadnesses for the people you love. Ask yourself: Is the ladder safe here? If it falls, would I come in contact with electrical wires? Is the electric appliance I'm tinkering with unplugged?

One common problem that fire and safety inspectors constantly encounter in military settings is floor buffer safety hazards. The floor buffer takes a tremendous amount of abuse, and the person using it is frequently standing on a wet floor. When a cord frays, or is damaged, a shock is just waiting to happen. Look over all equipment before you use it.

Air Force mishap reports often reflect these causes: the worker failed to exercise good judgment; was fatigued; failed to comply with technical data or safety standards or didn't recognize the hazard. In other cases, supervisors failed to provide adequate training.

The bottom line is everyone must be concerned about safety—especially their own. (MAC News Service)

# Don't let it happen!

# 169th TFG wins Gunsmoke 89 meet

by 1st Lt. Phil Blahut  
National Guard Bureau

Once the smoke cleared the skies in Nevada, only one team out of many had won it all at the Air Force Gunsmoke '89 competition. Number one in the top five "Overall Top Team" was the **169th Tactical Fighter Group**, McEntire ANG, S.C.

Based on accumulated points, the 169th F-16 team won by placing in the top five in many categories. Overall "Top Gun", 2nd place pilot was Maj. Waymond Nutt and 5th place, Maj. Timothy Rush. Maj. Waymond Nutt tallied up two more

first's in the "Low Angle High Drag Bomb" and "Low Level Bomb" categories.

In the categories "Overall Navigation/Attack" and "Dive Bomb", Maj. George Jernigan took second and fifth, respectively.

The 169th took first in the "Top Team Aircraft" F-16 category which in total, gave them the winning points to clinch first place for Gunsmoke '89.

During the awards banquet, Maj. Gen. Billy G. McCoy, Tactical Fighter Weapons Center Commander pointed out some of the highlights this year's competition. "On the maintenance side of the house, your skill and professionalism have been outstanding," he said. Scheduling effective-

ness—100 percent; Air aborts—zero; non-effective sorties—zero; 466 sorties flown with 464 having been scheduled. We could have asked for no better."

"The flying was superb, he said. "The best dive bomb sortie hit the tank turrent with three of his four bombs. In the low angle high drag bomb category three participants put 17 of their 24 bombs on the tank turrent. In level bombing, the top six flyers hit the turrent with 16 of 24 bombs released. Nav/Attack was scored at 1,796 points out of a possible 1,800, and finally the strafe—200 hits out of 200 rounds fired. Outstanding!"



**BREAKING GROUND**—A South Carolina "Swamp Fox" F-16 breaks ground for "Gunsmoke 89" competition.



**CAREFUL DOES IT**—South Carolina SSgt.s Mark Drafts and Brad Gibson maneuver munitions into place during "Gunsmoke 89."

**FINAL CHECK**—Sgt. Melissa Speas makes a final check prior to competition.



**SWAMP FOXES**—A line of South Carolina F-16's enroute to "Gunsmoke 89" competition.



**AWAY WE GO**—A "would be victim" is plucked from the water using a "Billy Pugh" net during a demonstration of its newfound emergency rescue capabilities by the Minnesota National Guard. (Minnesota National Guard photo).

## Minnesota tests rescue device, the 'Billy Pugh' net

by Capt David S. Wirwahn  
Minnesota National Guard

The wind from the hovering helicopter pushed waves and downpour rain across the lake as the stranded "victim" struggled to reach the life-saving net that had splashed down 20 feet away.

Once inside the net, the victim watched the water fall away until he was 100 feet up, dangling beneath an Army National Guard helicopter, spinning and turning, on his way to the nearby shore and safety.

This was just a training run, but Guard officials know that the day could come when the emergency would be all too real—and they want to be ready with a new capability in their "rescue arsenal."

The occasion was a demonstration to the Minnesota Emergency Managers at Ruttger's Bay Lake Lodge in Deerwood, Minn.

The new rescue device was the "Billy Pugh" net which can be used to extract stranded victims from

burning skyscrapers, impenetrable forests, mountaintops, and bodies of water.

"The 'Billy Pugh' net has been used extensively out west in mountain rescues," said Capt. Mike Strouse of Anoka, military support officer for the Minnesota National Guard. "The net would also be of great value in river floods where rising water levels can trap individuals on islands surrounded by swirling water. 'This was the first time we (the Guard) had practiced a rescue with a live subject. I was pleased at how well it went—I was pulled out of the water in 30 seconds. It was really quick,'" Strouse said.

According to Strouse, the net is made of a polyurethane material and is 6 feet in diameter. It can hold up to eight people, depending on the circumstances of the rescue.

Minnesota Guard officials planned to practice rescuing Guard volunteers from tall structures sometime in the future. Using its new-found "rescue enhancer", the "Billy Pugh" net.

## Chaplain has dual roles

by Michael B. Abrams

The new pastor of Sacred Heart of Jesus Catholic Church is a priest and a first lieutenant. As such, he claims to be as comfortable in priestly robes as he is in BDUs.

To the Anniston, Alabama community, the new pastor is known as the Rev. Richard E. Donohoe, but Alabama Army National Guard soldiers know him as Chaplain (1st Lt.) Richard E. Donohoe.

One of the factors that may have had a role in his bishop's decision to send Donohoe to Anniston was the fact that the priest was a chaplain in the Alabama Army National Guard. He is assigned to the 1st Battalion, 131st Aviation in Montgomery, Ala.

Donohoe is the only Catholic chaplain in the Alabama Army National Guard, and says there are approximately 300 Catholics in the state's National Guard which has almost 21,000 members.

"I find that duty with the National Guard revitalizes me. It is a different ministry and a nice distraction. While I hate to get up early on the days I drill with the unit, I feel so good when I get back. I truly feel better and more prepared to do my job here after my drills," said Donohoe.

Donohoe is particularly proud of two accomplishments. He was ordained a Catholic priest by Pope John Paul II and he earned a baccalaureate degree in Sacred Theology magna cum laude.

## 29th Bde conducts memorial

by 2nd Lt. Dan Okamura

HONOLULU, Hawaii—The 29th Infantry Brigade (Separate), Hawaii Army National Guard, conducted its annual memorial ceremony in November in honor of brigade members and Army Reservists who died while on active duty during the 1968 Vietnam service mobilization.

The ceremony began with the playing of the National Anthem by the 111th Army Band on the front lawn of the Brigade's headquarters and was followed by an invocation and memorial address.

Afterwards, there was a reading of the brigade followed by the placement of a flower spray in front of the permanent memorial plaque. The ceremony ended with a 21-gun salute, and the playing of taps and Hawaii Pono'i.

More than 20 years ago on May 13, 1968, the 29th Infantry Brigade, under the command of Brig. Gen. Frederick A. Schaefer III, reported to Schofield Barracks for active duty in Vietnam.

More than 200 officers and 2,700 enlisted men of the Hawaii Army National Guard were mobilized for active federal service. Out of that total, more than 1,100 men went on to serve in Southeast Asia. The National Guard soldiers were released from active duty in December 1969.

Twenty-nine members of the 29th Infantry Brigade and Army Reserve died while on active duty. The units received 533 awards and decorations.

## Two named to Pa. HOF

The Pennsylvania Air National Guard (PAANG) recently inducted Brig. Gen. (Ret) Peter R. Phillips and Lt. Col. (Ret) William A. Shomo into its Hall of Fame during the Second Annual PAANG Flight of Freedom Honors celebration held at Ft. Indiantown Gap, Pa.

Established in 1988, the PAANG Hall of Fame recognizes individuals who made unique and exceptionally meritorious contributions to the status, operations, prestige or mission of the PAANG or who have demonstrated exceptional bravery or gallantry in the protection of life or property while serving in the PAANG.

## Coupons aid savings

KELLY AFB, Texas (AFCOMS)—Air Force commissary customers saved more than \$70.6 million using coupons in fiscal year 1989. The Air Force Commissary Service accepted 127,574,183 coupons during the year.

This figure has skyrocketed since 1987, when 107.1 million coupons saved patrons \$49.8 million. In 1988, the figure increased slightly, with shoppers using 117 million coupons to save \$56.6 million.

The average face value of each coupon has also increased from 46 cents in 1987 to 48 cents in 1988, to 55.4 cents now.

AFCOMS received almost \$9.4 million in coupon handling fees that was reinvested in the operations and maintenance fund. The handling fees would operate at least four average-sized commissaries for the entire year.

Customers who use coupons can offset the five percent surcharge paid in the commissary.

# Beware! Get rich plays are better left alone!

by Capt. Nikki Collins  
assistant staff judge advocate  
Little Rock AFB, Ark.

"Earn hundreds, even thousands of dollars with your spare time and in the comfort of your own home," the local newspaper advertisement reads, but a wise consumer should be cautious.

The Federal Trade Commission reports fraudulent work-at-home schemes are among the most frequent complaints received by consumer protection agencies. It's hard for the unsuspecting consumer to differentiate the legitimate work-at-home schemes from the frauds, and there are plenty of unscrupulous promoters of fraudulent schemes ready to take advantage of the uninformed consumer.

The danger of fraudulent work-at-home schemes is that a person will expend considerable start-up expenses with hopes of income that never comes. Instead of the promised supplemental income, the person ends up with a depleted bank account.

## BEST DEFENSE

The best defense against the frauds, other than ignoring all such advertised offers, is to educate oneself to differentiate between the legitimate and the fraud.

Fraudulent work-at-home schemes come in many disguises. The more frequent fall into two categories: envelope stuffing operations and piece or craft work assembly. Typically, a fraudulent work-at-home starts with a "help wanted" newspaper classified advertisement. Such ads often promise quick earnings of hundreds, even thousands of dollars. Generally, the interested party is advised to write to some distant post office box for more information. Some of these schemes go so far as to set up a local contact.

## STUFFIN' SCHEME

The envelope-stuffing scheme has several variations. One is for the company to provide all the

necessary materials, and promise the person something like "25 cents for all the envelopes stuffed." **Imagine the person's chagrin when their paycheck for 25 cents comes in the mail.**

Piecework schemes generally require the unsuspecting consumer to invest considerable money in start-up equipment and supplies. These, the scheme organizers claim, are necessary to produce the goods the company promises it will purchase for the investor. In fraudulent schemes, the company is either never heard of again, or the consumer is told that everything sent back for the company to buy fails to meet the company's high standards of quality.

## 'FREE' MONEY

One of the more blatant schemes involves the consumer sending a fee for information on how to earn "big money fast," in their spare time. Here, the consumer is simply sent instructions on how to establish their own fraudulent operations aimed at bilking fellow consumers with their own "get rich quick" newspaper ad. Those foolish enough to try this ploy, should be aware they run the risk of criminal prosecution and can be fined up to \$10,000.

## BE SKEPTICAL

If you're considering investing time or money in a work-at-home enterprise, the Federal Consumer Affairs Agency says be skeptical of what is claimed. Take time to research the company, or at least ask plenty of questions. Find out whether the pay is a salary or a commission and ask who will pay and when. Finding out the total cost of the enterprise for supplies and equipment might flush out a fraud.

The key is to be careful. Many fraudulent schemes are set up well enough that there is little, if anything, that a victim or government agency can do once the defrauder has gotten away with the family savings. (MAC News Service)

## NCO Ribbon policy is revised

The policy for wearing the NCO Professional Development Ribbon within the Army National Guard has been changed to bring it in line with Army policy on the wear of numerals with the medal which was changed in July.

In a Oct. 26, 1989 all states message, Army Guard officials announced the change which eliminates the wearing of numerals 1 and 5 on the ribbons, and outlines provisions for the wear of numerals to reflect the professional development achievements of Army Guard NCOs.

Under the Army's revised policy, the basic ribbon now represents the primary level while numerals 2, 3, and 4 represent basic, advanced and senior levels.

Under the Army Guard changes, individuals who completed the active Army or Reserve Component Primary Leadership (PLC) primary NCO, PLDC or BNCOC or other basic NCO academy course before Oct. 1, 1987 will be authorized to wear the NCO Professional Development Ribbon without a numeral. Graduates of a Reserve Component Advanced NCO Academy prior to Oct. 1, 1987 will be authorized to wear the numeral 2 and graduates of a Reserve Component Senior NCO Course or First Sergeant's Course will be authorized to wear the numeral 3. Graduates of the Sergeant Major course will be wearing the numeral 4.

Graduates of NCOES after Sept. 30, 1987 may wear the ribbon with the numeral that reflects the highest level of professional development attained.

## Brits compare field training

Two soldiers from the United Kingdom joined members of Ohio's 73rd Infantry Brigade at Camp Grayling for training recently and came away with increased respect for their Army Guard exchange training counterparts.

Territorial Sergeants Stephen A. Dwyer and Simon A. Routh, both members of the Queen's 3rd Battalion of Yorkshire joined the Ohio Guardsmen for two weeks of training less than a week after Dwyer celebrated his marriage.

Both U.K. soldiers described the training as tough and demanding, and both noted that the wet, cold weather they encountered at Camp Grayling pretty much made them feel almost at home.

"I think infantry training and the problems we have at home are pretty much the same," noted Dwyer who added, "I'm very impressed with the professionalism and enthusiasm of the soldiers of the Ohio Guard."

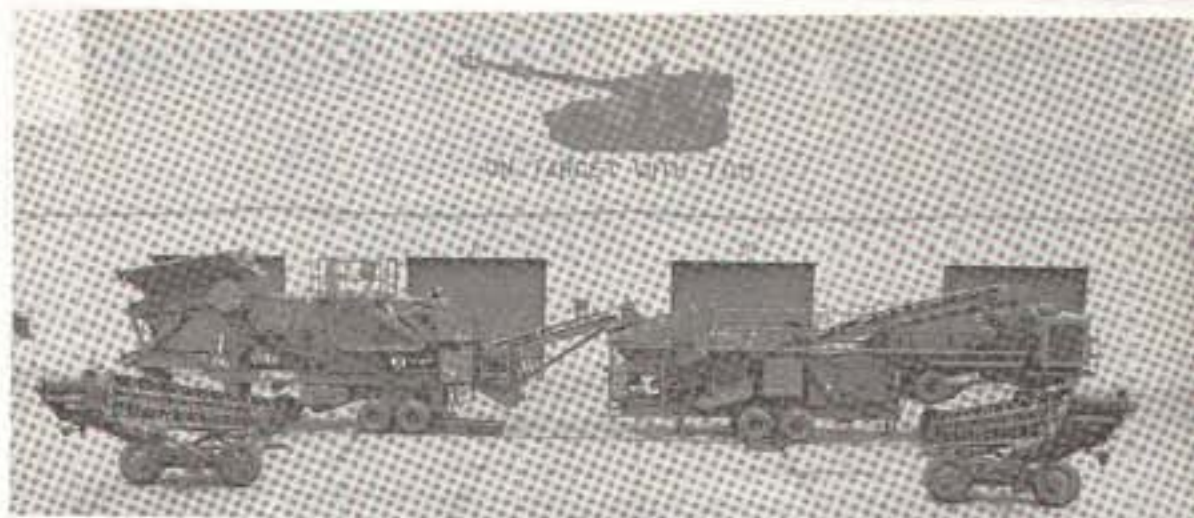
Sgt. 1st Class Michael Burris, 73rd Brigade Public Affairs Office contributed to this story.

## "BATTLE HYMN" ORIGINS?

The lyrics for the "Battle Hymn of the Republic" were written in 1861 by Mrs. Julia Ward Howe who disliked the words used by troops to the music written in 1852 by William Steffe. It was printed first in Feb. 1862 in the "Atlantic Monthly" and became an instant hit.



**HELPING HAND**—Florida Air National Guard members finish loading one of eight trucks bound for Charleston, S.C. with relief supplies in the aftermath of hurricane Hugo. Florida Air Guard members gathered three of the eight truckloads of relief supplies for the disaster victims. (Florida Air National Guard photo by MSgt. Robert Tanner.)



**'CRUSHER' AND SOME**—The 62-ton Tennessee rock crusher almost dwarfs a maintenance shop at Letterkenny Army depot. (U.S. Army photo by Pat Moore).

## Tenn. crusher ready after complete overhaul

Weighing in at more than 62 tons and measuring almost the length of a football field, a rock crusher belonging to the Tennessee Army National Guard arrived at Letterkenny Army Depot, Pa., for a major overhaul.

The crusher had been used to support Guard engineering units in Honduras who were building roads and airfields there. The unit was deemed inoperable due to rugged terrain and use.

### ONE OF FIVE

The large used crusher, is one of only five in the National Guard inventory, providing support for five to seven units who depend on its operation for readiness and training.

The huge machine, which actually is five separate units linked together, became a priority overhaul project and was assigned to the Letterkenny Depot for completion.

Dave Shearer, lead mechanic, had to determine

the parts requirements for the project, often finding that many parts were obsolete or hard to find. Team members spent months locating manufacturers to supply parts necessary for restoration.

### DEVELOPED REFERENCE

A track record of all parts was established by the Critical Maintenance Parts Team and will be used as a valuable document for future projects as a reference. The parts reference will benefit the National Guard unit receiving the overhauled rock crusher and others who use and maintain it.

Each component was disassembled, sand blasted, welded, repaired, painted and reassembled to bring the unit up to a Code A, or like new, condition.

Almost one year to the day the rock crusher is now complete and ready for staging. The Letterkenny depot just learned that a similar unit from the Maine Army National Guard is on its way.

***You must  
use right  
PC-IV mail  
addresses,  
'fer sure***

In the April issue of **ON GUARD** a complete listing of the National Guard Bureau offices that relocated at Park Center IV was published. It is important that you use these correct addresses to avoid loss or delays of mail. The following list is provided again. Please **CLIP, SAVE and USE!** Mail sent to incorrect addresses may be lost or delayed in delivery.

National Guard Bureau  
Information Management Agency (NGB-IMA)  
4501 Ford Avenue  
Alexandria, VA 22302-1449

National Guard Bureau  
Army National Guard Personnel Center  
(NGB-ARP-C)  
4501 Ford Avenue  
Alexandria, VA 22302-1450

National Guard Bureau  
Surgeon's Support Center (NGB-ARS-MS)  
4501 Ford Avenue  
Alexandria, VA 22302-1451

National Guard Bureau  
Training Support & Management Branch  
(NGB-ARO-M)  
4501 Ford Avenue  
Alexandria, VA 22302-1452

National Guard Bureau  
Fiscal Accounting Branch (NGB-ARC-A)  
4501 Ford Avenue  
Alexandria, VA 22302-1453

National Guard Bureau  
Office of Technician Personnel (NGB-TN)  
4501 Ford Avenue  
Alexandria, VA 22302-1454

National Guard Bureau  
Eastern Classification Activity (NGB-ECA)  
4501 Ford Avenue  
Alexandria, VA 22302-1455

National Guard Bureau  
Command Information Team (NGB-PAC)  
4501 Ford Avenue  
Alexandria, VA 22302-1456

National Guard Bureau  
Historical Services Team (NGB-PAH)  
4501 Ford Avenue  
Alexandria, VA 22302-1457

### GUARD PEOPLE

In FY88, there were 48,216 officer and 406,966 enlisted personnel of which minorities accounted for 2,704 officers and 111,285 enlisted members, or about 24 percent of the Army Guard authorized strength.



**FOUR TIME CHAMPS**—Members of the 125th Fighter Interceptor Group, Florida Air National Guard Women's softball team hold the winning trophy in the 1989 annual Air National Guard Softball Championship games held in Sioux Falls, S.D. (Florida Air National Guard photo.)

# ARNG takes 3 firsts in Army contests

Nebraska and Washington were big winners as seven of the Army Guard finalists in the Army-wide print media Keith L. Ware awards and two broadcast media finalists were selected as winners in the Army's annual media competition.

"The Prairie Soldier," edited by Maj. Bonnie L. Hallman and published by the Nebraska Army National Guard was named the top Army newspaper in the Authorized Non-commercial offset category, while Washington's Sgt. 1st Class Joe Zambone, who, last year, was a third place winner for his editorial comment, grabbed the top award in this year's competition. SSgt Donald W. Greene, a member of Washington's 122nd Public Affairs Detachment and the editor of "Bullseye" won the top award for a newspaper published during Annual Training.

"Prairie Soldier" was cited by National Guard Bureau judges for its clean, crisp writing, interesting story content and imaginative, attention-getting layout and photography.

Zambone gained recognition from Bureau judging for his dry humor and engaging wit which captured the "human" element within everyday Guard activities.

"Bullseye" captured the judging from the National Guard Bureau with strong writing and photography capturing the emotion and impact of Guard training.

## OTHER WINNERS

In addition to the first place finishers, other National Guard finalists who reached the top three rungs in their own judging categories included Wisconsin's "At Ease," which placed third in the Authorized Non-commercial offset category. The

APRIL 1989

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# Prairie Soldier

Nebraska Army and Air National Guard

Lincoln, Nebraska

## Training time in the Rockies:

Brigade convoys to Fort Carson

well-written and attention-getting newspaper is edited by Lt. Robert Giblin. "At Ease" and "The Prairie Soldier" were the only submissions from the National Guard in their category, yet they garnered two of the top three awards.

Washington's 122nd Public Affairs Detachment also garnered second place in the Newsmagazine category for the "Evergreen" which was edited by SSgt. David W. Largent, and another member of unit, Maj. Donald C. Brunell, placed third in the editorial or commentary category behind the winner, Zambone.

Lt. Col. Keith Kirchofer placed second in the published cartoon art category for his work with the "Plains Guardian" from Kansas.

## BROADCAST AWARDS

In broadcast news categories, Kentucky's Video Team Two from the 133rd Public Affairs Detachment placed second in the Army's local television or features used on the air category for segments entitled "Ambush," "3AD Combined Arms," and "Thought for Food."

In the Special Internal Information television program category, Florida's 2nd Lt. Lee V. Webb took second place with his fast-paced and vivid "Florida National Guard: Army and Air Force on Call."

National Guard winners in the Army competition will receive certificates or plaques after the beginning of next year.

## 'Ideas for Excellence' stressed by Army Guard

by Lt. Col. Alfred T. Taylor, Jr.

America is inspired by excellence and aspires to excellence if one judges by the proliferation of publications on the subject. Works such as *In Search of Excellence* by Tom Peters have provided the underpinning of a program in the Army National Guard (ARNG) that is now entering its fifth year and its first under the name "Ideas for Excellence" (IEP).

The current program, and its predecessor, the Model State Program are patterned after the former Model Installation Program (now Ideas for Excellence) managed by the Army. The major difference between the programs is that while the Army has combined its Model Installation and Suggestion Programs into one entity, the ARNG has yet to do so.

## SIMPLE CONCEPT

The IEP concept is simple: we can improve the way the ARNG does business through the innovative use of existing resources and the modification or elimination of regulatory or administrative restrictions to efficient operation. To this end, IEP provides the commander with a means to get a suggestion for improvement or change to the leadership very rapidly.

## IN EACH STATE

Each state or territory has an IEP director who has the necessary forms for submitting a proposal. If, for any reason, the director cannot be identified, the suggester may contact the Army Guard, NGB-level IEP manager or his assistant on auto-voice 584-8156 or commercial (301) 671-6839 for guidance. IEP Proposals are sent through channels within the state or territory for review and concurrence. Proposals passing this scrutiny are sent to the IEP office in the Comptroller Division at Edgewood, Md. for initial staffing.

A written acknowledgement of receipt is sent to the suggester and a point of contact is provided. The idea is reviewed for functional propriety and forwarded to all Divisions/Offices in the Guard Bureau for review. A short suspense is placed on the functional proponents for their response. If the proposal is complex, or requires the concurrence of the Department of the Army or the Office of the Secretary of Defense, the review

period lengthens by an additional 30 to 45 days. When all comments are received, a decision package is prepared and forwarded to the Deputy Director, Army National Guard.

## TEST PERIOD POSSIBLE

If the subject of the proposal is within the authority of the NGB, approval, if warranted, can be granted immediately or conditionally pending the outcome of a test period, usually one year in length. Where an Army regulation is involved, a request for waiver authority for the specific purpose of testing the idea is requested from the Department of the Army.

The goal of the IEP is to test new ideas and procedures to determine if they produce the hoped-for savings and/or efficiencies, and to determine if the suggestion is applicable ARNG-wide.

In some cases, the suggestion may be of applicability only to a specific location or class of activity. In other cases the procedure or change in procedure is applicable ARNG-wide and may result in substantial savings.

The suggestions vary widely in scope, from a proposed addition of a block on an administrative form to clear up confusion, to video taping briefings, to proposing greater budgetary autonomy. All ideas are treated equally, without regard to source and are staffed through the review process with a bias toward adoption if at all possible. The program is most responsive to the needs expressed by those in the field whose day to day experience with a regulation, procedure or process compels them to observe that "there has got to be a better way ... and I know what it is". IEP provides the vehicle to get that better way to the attention of those who can bring it into being quickly.

## 40 PERCENT APPROVED

The Program has a 40 per cent lifetime approval rate for ideas submitted to it. In some cases the savings are substantial, such as in the case of purchasing a trailer at a cost of \$77,000, in lieu of leasing one to move tanks over public roads. Prior to the purchase of the trailer, approximately ten times the cost had been expended for commercial transportation of these loads over a three year period.

More modest savings were obtained when a different type of cold weather battery was recommended for use, since it also performed better in warm weather, thus reducing the frequency of replacement. This case, handled by DA, will result in a monetary award of \$1,000 to the suggester.

Not all suggestions save money. Most produce efficiencies of operation such as the reintroduction of a more user friendly vehicle dispatch form which also provided needed information to the driver in one document. The common thread throughout the program is the recognition that a climate of interest in doing things, better, cheaper, or more efficiently can foster those desired results by its very being. These productivity-enhancing ideas result in a tremendous savings of effort, manpower, and financial resources on behalf of the Army National Guard.

## Happy 353rd birthday, National Guard

December 13th marks the 353rd anniversary of the National Guard.

On Dec. 13, 1636, the Massachusetts Bay Colony divided its militia into three regiments which still exist today in the Massachusetts Army National Guard. These are the oldest units in the U.S. Army and, in fact, are among the oldest military units in the world.

# ARMY GUARD TOUR NOTES



## TARP SCHEDULE

The FY-90, Tour Advisory Review Panel (TARP) schedule has been approved. The TARP schedule will be sent to each Title 10 Long Tour soldier (either for action or as information). Briefly, the panels will be conducted as follows:

- **Lieutenant Colonels** (O-5) to **Colonel** (O-6) and **Master/First Sergeant** (E-8) to **Sergeant Major** (E-9) in January.
- **Major** (O-4) to **Lieutenant Colonel** (O-5), and **Sergeant First Class** (E-7) to **Master/First Sergeant** (E-8) in February.
- **Captain** (O-3) to **Major** (O-4) in March.
- **Continuation** only in April.
- **Battalion Command** in October.

## INFO UPDATE

All Title 10 Long Tour Program soldiers are reminded that it is their responsibility to provide updated information to be included in their tour folders. As a minimum the documents required include: assignment preference statement, DA official photo, NGB Form 34, DA Form 2-1/DA2, SF 93, SF 88, biographical outline, university/college transcripts, and OERs/EERs (minimum of last four).

## WARRANT POC

CW4 Colvin J. (Buddy) Abel has been selected for a tour with NGB-ARP-CT as an action officer responsible for all Warrant Officer actions. He will also serve as the branch POC for RPAS verification, and have the lead on TARP actions. His telephone number is: (703) 756-4821, or AV 289-4821.

## New AF Fitness Standards

The Air Force has announced the transition to new Physical Fitness Performance standards over a four year period which began Oct. 1, 1989. The changes indicated in the increments below reflect those changes. Those times indicated by (1) are for individuals 35 and older, only. Increment 1 began Oct. 1, 1989, Increment 2 begins Oct. 1, 1990, Increment 3 begins Oct. 1, 1991, and Increment 4 begins Oct. 1, 1992. The beginning dates of each increment are the dates those standards become the measuring rule for physical fitness levels of Air Force personnel.

| AGE                  | 1.5 mile run<br>minimum time |       | 3-mile walk<br>minimum time |          |
|----------------------|------------------------------|-------|-----------------------------|----------|
|                      | MEN                          | WOMEN | MEN                         | WOMEN    |
| <b>29 &amp; LESS</b> |                              |       |                             |          |
| Increment 1          | 14:00                        | 15:30 | 40:54                       | 43:52    |
| Increment 2          | 13:20                        | 15:30 | n/a                         | n/a      |
| Increment 3          | 12:40                        | 15:30 | n/a                         | n/a      |
| Increment 4          | 12:00                        | 15:30 | n/a                         | n/a      |
| <b>30-39</b>         |                              |       |                             |          |
| Increment 1          | 14:45                        | 16:00 | 42:15                       | 45:15    |
| Increment 2          | 14:00                        | 16:00 | 41:30(1)                    | 44:00(1) |
| Increment 3          | 13:15                        | 16:00 | 40:45(1)                    | 42:45(1) |
| Increment 4          | 13:15                        | 16:00 | 40:00(1)                    | 42:00(1) |
| <b>40-49</b>         |                              |       |                             |          |
| Increment 1          | 15:30                        | 17:00 | 44:30                       | 47:45    |
| Increment 2          | 14:40                        | 17:00 | 43:30                       | 46:30    |
| Increment 3          | 13:45                        | 17:00 | 42:45                       | 45:15    |
| Increment 4          | 13:00                        | 17:00 | 42:00                       | 44:00    |
| <b>50+</b>           |                              |       |                             |          |
| Increment 1          | 16:30                        | 18:00 | 47:15                       | 50:45    |
| Increment 2          | 15:45                        | 18:00 | 46:30                       | 49:30    |
| Increment 3          | 15:00                        | 18:00 | 45:45                       | 48:15    |
| Increment 4          | 14:30                        | 18:00 | 45:00                       | 47:00    |

## On this day ...

### December 1

Black seamstress Rosa Parks is arrested in Montgomery, Ala., for refusing to give up her seat and move to the back of a municipal bus. Her arrest and subsequent boycott of the bus system lead to legislation that ended racial segregation on municipal buses. 1955.

### December 2

Medal of Honor authorized. 1861.

### December 4

U.S. bombers strike the Italian mainland for the first time in World War II. 1942.

### December 5

Prohibition repealed. 1933.

### December 6

Army engineers complete construction of the Washington Monument. 1884.

### December 7

Pearl Harbor Day—Japanese warplanes attack the U.S. Pacific Fleet. 1941.

### December 8

United States declares war against Japan. 1941.  
United States and Soviet Union sign a treaty eliminating medium-range and shorter-range nuclear missiles. 1987.

### December 10

National Drunk and Drugged Driving Awareness Week begins.  
Human Rights Day.  
A treaty is signed in Paris ending the Spanish-American War. 1898.



### December 12

U.S. cavalry formed. 1776.

### December 15

Bill of Rights (first 10 amendments to the U.S. Constitution) goes into effect. 1791.

### December 16

A major German counterattack late in World War II begins at the Ardennes forest of Luxembourg called the "Battle of the Bulge." The drive was unsuccessful. 1944.

### December 17

Wright brothers achieve first sustained powered flight. 1903.

### December 18

Thirteenth Amendment, which abolishes slavery, goes into effect. 1865.

### December 20

Louisiana Purchase territory formally transferred from France to the United States, doubling the size of the latter. Price tag: \$15 million (less than 3 cents per acre). 1803.

### December 22

Germans demand surrender of American troops at Bastogne, Belgium, in World War II. Brig. Gen. Anthony McAuliffe replies, "Nuts." 1944.

### December 23

Hanukkah begins.

### December 24

United States and Great Britain sign the treaty of Ghent in Belgium, ending War of 1812. 1814.

### December 25

Christmas Day.  
Gen. George Washington recrosses the Delaware River and defeats 1,400 Hessians at Trenton, N.J., the next day. 1776.

### December 27

Soviet Union invades Afghanistan. 1979.

### December 29

Emmeline Pankhurst is arrested on vagrancy charges in Boston for wearing pants. She has a job, so the charges are dropped and she is released with some "wholesome advice about her eccentricities" from the judge. 1852.  
Last major conflict between Indians and U.S. troops at Wounded Knee Creek, S.D. 1890.

### December 31

New Year's Eve.

# People to People

## NGAUS MERITORIOUS SERVICE AWARD

Mr. Junius Joyner, Jr., National Guard Bureau, was presented the National Guard Association of the United States' Meritorious Service Certificate at the Association's 111th General Conference, in Detroit, Michigan.

The National Guard Association created the Meritorious Service Certificate specifically to recognize individuals for significant contributions in behalf of the National Guard or the National Guard Association of the United States.

This year's Awards Program recognized 25 units and 73 individuals for outstanding performance and support of the National Guard and the National Guard Association of the United States.

Next year's awards will be presented during the 112th General Conference in Reno, Nev. Nominations for the NGAUS individual awards will be solicited in early 1990.

## FIRST AID SKILLS CAME IN HANDY

The first aid skills of TSgt. Dalton M. Maurin, a medical supply technician with the 190th Air Refueling Group Clinic, Kansas Air National Guard, Topeka, Kan., paid off this year during a trip to his Annual Training site in California.

With his family, Maurin headed west on a vacation tour enroute to California when he came upon an accident scene near the Grand Canyon. The accident consisted of a compact convertible thrown 50 feet off the winding road, its rear wheels propped high against a Redwood tree and the nose of the car down against another tree.

Three ladies who once occupied the car were scattered near the tree, apparently thrown when the car went airborne and collided. Since it was dark, Maurin directed his car's high beams into the scene and proceeded to assist the accident victim's.

"One victim was badly injured," said Maurin. He assessed there was a possible head and back injury and broken ribs. He welcomed the sound of advancing ambulance sirens while he administered first aid.

"Getting First Aid training year after year really pays off when you need it most," said the supply technician. "It's a good feeling that the skills one learns can be applied anywhere in life."

## VIRGINIA'S NCO OF THE YEAR

After competing against six of the best NCOs from around the state, Staff Sgt. Joseph C. Sokohl of Army Troop Command was named the Virginia Army National Guard's NCO of the Year for 1989.

The Adjutant General, Maj. Gen. John G. Castles, announced Sokohl's selection and formally presented him with the Virginia Bronze Star, the Minuteman Trophy and a \$50 U.S. Savings Bond at the Virginia Army/Air National Guard Enlisted Association Conference.

Sokohl is operations sergeant for Headquarters, Army Troop Command, and assists in overseeing the operations and training of six subordinate units. In addition to "making sure soldiers (in Troop Command) know how to fight," Sokohl handles NBC training and evaluation and the training portion of mobilization files, evaluates office automated equipment security, writes operations orders, and provides administrative support for Troop Command's operations section.

Commenting on the reasons for Sokohl's selection as NCO of the year, his supervisor, Maj. Charles E. Floyd, cited "intellect, hard work and dedication to his job."

## MICHIGAN AIR GUARDSMEN AWARDED ARMY AWARD

Five enlisted Tactical Air Control Party members (TACPs) from the 172nd Tactical Air Support Squadron, Battle Creek Air National Guard, Mich.,

were recently presented with the "Yankee Excellence" award by Maj. Gen. Chester Gorski, Commander of the 26th Infantry Division (Yankee), Massachusetts Army National Guard, for their efforts in support of the "Yankee Excellence IV" command post exercise held at Fort Drum, N.Y.

During the July exercise, TSgt. Bruce Davis, SSgt. Lester Falkowski, Steve Schaeffer, David Schneider and Ricky Wilkerson, all TACPs, worked as Army/Air Force liaison helping the Army battle staff coordinate the use of fighter aircraft against "enemy" targets.

Using four mobile radio vehicles airlifted from Battle Creek to Fort Drum, located 80 miles north of Syracuse, the TACPs quickly established two "fixed" field sites linking up with the 26th Infantry Division operations center. From these sites, some of the TACPs deployed to more remote locations to work with brigade level command staff.

The TACPs efforts were noticed. At the exercise after-action briefing Gen. Gorski praised the Army-Air Guard teamwork. "We need to have the Air Guard with us. They help us think about how close air support can be used to win the battles; to think in advance and plan," said Gorski.

## TRANSPORTATION AWARDS ANNOUNCED

The Director, Air National Guard, Maj. Gen. Philip G. Killey, recently announced the recipients of the 1989 Air National Guard Individual Transportation Awards.

SMSgt. John E. Campbell, 171st Air Refueling Wing, Pennsylvania Air National Guard was named the Outstanding Transportation Senior Noncommissioned Officer of the Year.

## Guard gives earthquake aid

The Army and Air National Guard responded after a killer earthquake shook and devastated California cities in October.

Under the direction of the Federal Emergency Management Agency, missions were set up to provide the California Emergency Services the people, supplies, equipment and support to start disaster rescue and clean up.

Five Air National Guard units were involved. The 129th Aerospace and Recovery Group, Moffett Naval Air Station, Calif., flew an HC-130 Hercules and two H-3 helicopters on damage assessment and medical evacuation missions. The 146th Tactical Airlift Wing, Point Mugu, Calif., transported medical specialists and their equipment aboard six C-130s. The 162nd Combat Communications Group, Sacramento, Calif., sent five members to the disaster area, to provide communications assistance. The 106th Aerospace and Recovery Group, Suffolk County, N.Y., provided pilots and a loadmaster to help their California-based counterparts with flying missions and the 163rd Tactical Fighter Wing, Fresno, Calif., sent in personnel and heavy equipment from their Civil Engineering Squadron to help clean up.

The California Army National Guard responded with personnel, medical assistance and aviation support from the following units. The 175th Medical Brigade; 40th Infantry Division, 3rd Brigade; 115th Aviation Support Group; Headquarters STARC and Army Troop Command.



**GIFT OF LIFE**—Florida 125th Fighter Interceptor Group member 2nd Lt. John Thompson relaxes after giving the universal "gift of life" during a recent blood drive while phlebotomist Janet Brumacher checks his progress. (Florida National Guard photo by MSgt. Robert Tanner).

# Guard team does well in Marine marathon

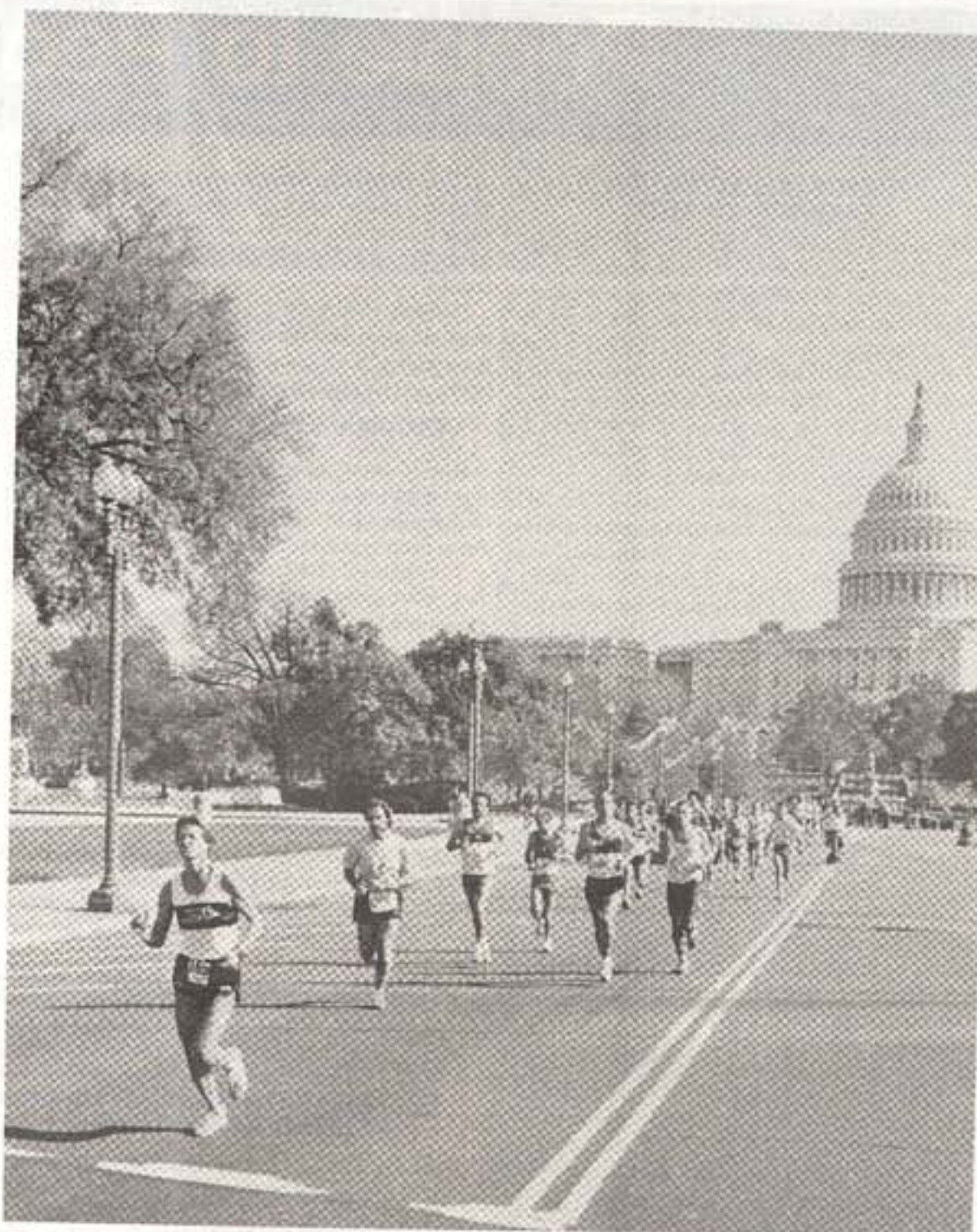
Guardsmen participated in four categories against other military teams in the recent Marine Marathon. Here are their results.

The 3rd place Team, open category (under 40 years of age) finalist were 2nd Lt. Sean P. Fitzwilliams, Ala., 2:26:50; Sgt. Michael L. Ziegler, Wisc., 2:32:47; Spec. Reinaldo Zayas, P.R., 2:34:24; and Spec. James H. Gronemus, Wisc., 2:51:14.

In the 1st place women's team—overall were Sgt. Sandra Jensen, Wisc., 2:58:44; Spec. Lynn Kuda, Hawaii, 3:11:46; Spec. Kelly Watkins, Utah, 3:21:09; SrA. Debra Hebert, La., 3:22:22; SSgt. Debra Metcalf, Minn., 3:26:10; Warrant Officer Dixie Kulp, Pa., 3:33:21 and Sgt. Paula Lindahl, Hawaii, 3:34:34.

In the 1st place masters team (age 40 and over) were SSgt. Laddie H. Shaw, Alaska, 2:37:48; MSgt. Daniel D. Heimburger, Mont., 2:39:48 and MSgt. Dennis R. Smith, Mich., 3:07:20.

In the 2nd place masters team (age 40 and over) were Maj. Robert B. Williams, Ind., 2:43:38; Maj. Douglas H. Woodsmall, Calif., 2:49:57; Maj. Thomas Frazee, Ind., 3:00:26; Sgt. 1st Class Arthur Goldman, Ind., 3:00:44 and SSgt. Ben J. Valdez, Wyo., 3:09:36.



**LEADING THE PACK**—Sgt. Sandra Jensen, Wisc., finishes 13th overall and 1st in the female Guard competition in this year's Marine

Marathon in Washington, D.C. (Nebraska National Guard photo).



**AFTER THE RACE**—Sgt. Paula Lindahl, Hawaii Guard, relaxes and takes in nourishment after competing in the Marine Marathon recently in Washington, D.C. (Nebraska National Guard photo).

## Air Guard fact ---

Numerically, the Air National Guard's almost 115,000 personnel makes it the fifth largest air force in the world, yet it operates on about three percent of the total Air Force budget.

# Happy Holidays!

