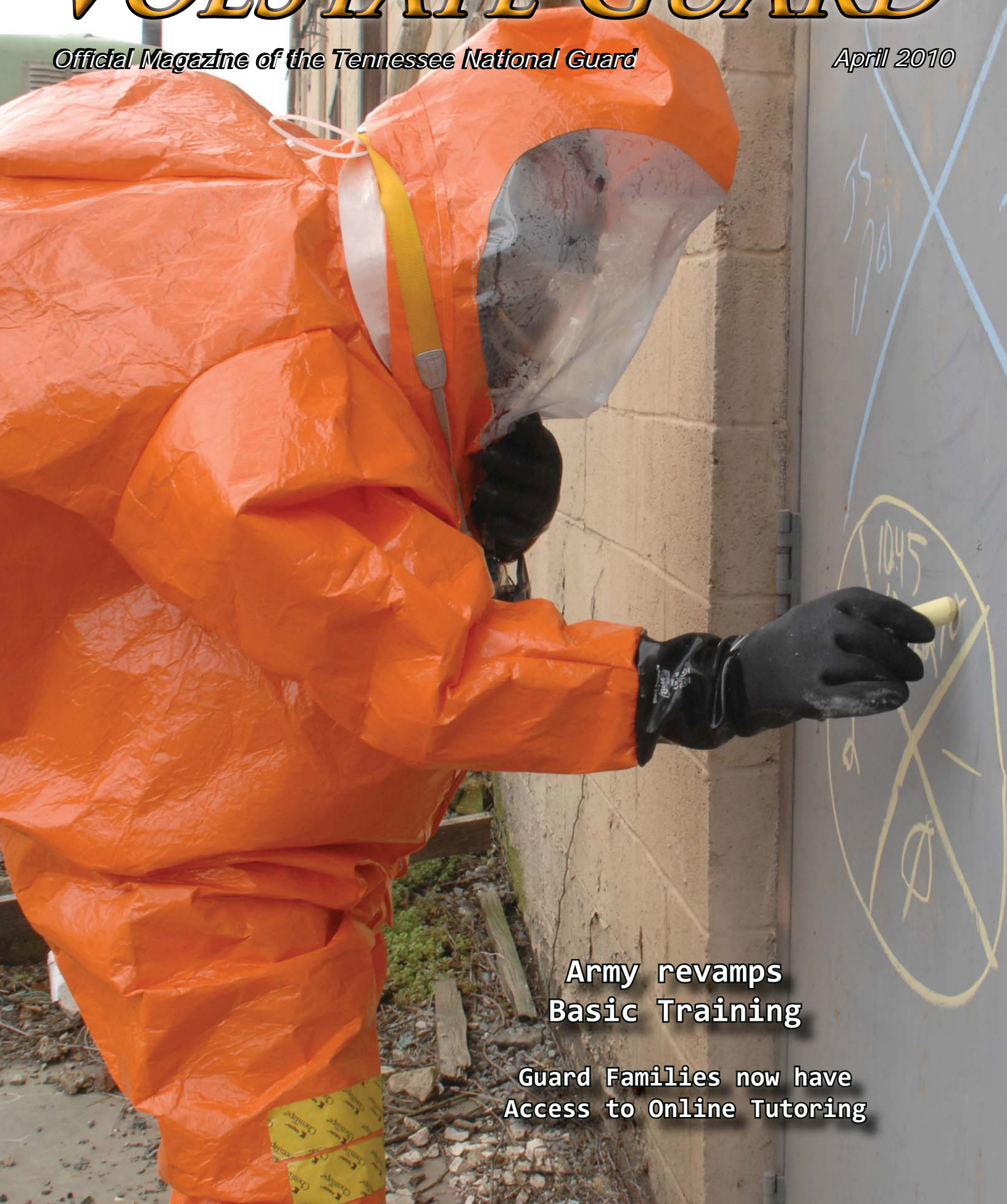


VOLSTATE GUARD

Official Magazine of the Tennessee National Guard

April 2010



**Army revamps
Basic Training**

**Guard Families now have
Access to Online Tutoring**

IN THIS ISSUE

- 03** Army revamps Basic Training
- 05** 134th visits Union Grove Elementary
- 06** 45th CST trains at former TN State Prison
- 08** Guard Families Get Access to Online Tutoring
- 09** Nat. Guard Honors Columbia Elementary/
- 10** Andrew Jackson Wreath laying
Preserve Your Wartime Letters
- 11** Saratoga Technologies receives “Pro Patria”
- 12** 278th ACR Monumnet dedicated
- 13** RCAG/ETT Homecoming Photos
- 15** 1/230th ACS Homecoming Photos

On the Cover:

During a recent exercise, a survey team member with the 45th Civil Support Team, Tennessee National Guard, marks an entrance door with chalk to inform other responders of the threat and situation inside. The exercise was part of the unit’s external evaluation held at the old Tennessee State Prison in Nashville, March 9 and 10.
(Photo by Capt. Darrin Haas.)



VolState Guard is published to provide command and public information about Tennessee Guard Soldiers and Airmen deployed throughout the world. Views expressed herein are those of the authors and do not necessarily reflect the official view of and it is not endorsed by the U.S. Government, the Department of Defense or the Departments of the Army and the Air Force. This publication does not supercede any information presented in any other official Air or Army publication. Articles, photos, artwork and letters are invited and should be addressed to: Editor, VolState Guard, 3041 Sidco Dr., Attn: TNPAO, Nashville, TN 37204.

For more information, the staff can be reached by telephone (615) 313-0633, or by email to robin.olsen@us.army.mil.

VolState Guard reserves the right to edit all material. Published works may be reprinted, except where copyrighted, provided credit is given to VolState Guard and the authors. Distribution of the VolState is electronic and can be downloaded at: <http://www.tnmilitary.org>

The Adjutant General
Maj. Gen. Terry M. “Max” Haston

Asst. Adjutant General, Air
Maj. Gen. William R. Cotney

Asst. Adjutants General, Army
Maj. Gen. William M. Maloan
Brig. Gen. Isaac Osborne

Commander Land Component
Col (P) William D. Wenzler

Director Joint Public Affairs
Maj. (Ret.) Randy Harris (Army)

Deputy Director Joint Public Affairs
Capt. Darrin Haas (Army)

Editor
Staff Sgt. Robin Olsen (Air)

Mail: Tennessee National Guard
c/oVolState Guard
3041 Sidco Dr, Attn: TNPAO
Nashville, TN 37204

Army drops bayonets, busts abs in training revamp

Story By: Susanne M. Schafer, Associated Press

New Soldiers are grunting through the kind of stretches and twists found in “ab blaster” classes at suburban gyms as the Army revamps its basic training regimen for the first time in three decades.

Heeding the advice of Iraq and Afghanistan combat veterans, commanders are dropping five-mile runs and bayonet drills in favor of zigzag sprints and exercises that hone core muscles. Battlefield Sergeants say that’s the kind of fitness needed to dodge across alleys, walk patrol with heavy packs and body armor or haul a buddy out of a burning vehicle.

Trainers also want to toughen recruits who are often more familiar with Facebook than fistfights.

“Soldiers need to be able to move quickly under load, to be mobile under load, with your body armor, your weapons and your helmet, in a stressful situation,” said Frank Palkoska, head of the Army’s Fitness School at Fort Jackson, which has worked several years on overhauling the regime.

“We geared all of our calisthenics, all of our running movements, all of our warrior skills, so Soldiers can become stronger, more powerful and more speed driven,” Palkoska said. The exercises are part of the first major overhaul in Army basic fitness training since men and women began training together in 1980, he said.

The new plan is being expanded at the Army’s basic training installations.



Basic training Soldiers battle each other to hone warrior skills, during pugil stick training at Fort Jackson in Columbia, S.C., Feb. 24. (Photo by Brett Flashnick, Associated Press.)

Drill Sergeants with experience in the current wars are credited with urging the Army to change training, in particular to build up core muscle strength. One of them is 1st Sgt. Michael Todd, a veteran of seven deployments to Iraq and Afghanistan.

On a recent training day Todd was spinning recruits around to give them the feel of rolling out of a tumbled Humvee. Then he tossed on the ground pugil sticks made of plastic pipe and foam, forcing trainees to crawl for their weapons before they pounded away on each other.

“They have to understand hand-to-hand combat, to use something other than their weapon, a piece of wood, a knife, anything they can pick up,” Todd said.

The new training also uses “more calisthenics to build core body power, strength and agility,”

See Basic, Cont. on Page 4

Basic Cont. from Page 3

Palkoska said in an office bedecked with 60-year-old black and white photos of World War II-era mass exercise drills. Over the 10 weeks of basic, a strict schedule of exercises is done on a varied sequence of days so muscles rest, recover and strengthen.

Another aim is to toughen recruits from a more obese and sedentary generation, trainers said.

Many recruits didn't have physical education in elementary, middle or high school and therefore tend to lack bone and muscle strength. When they ditch diets replete with soda and fast food for healthier meals and physical training, they drop excess weight and build stronger muscles and denser bones, Palkoska said.

Lt. Gen. Mark Hertling of the Army's Training and Doctrine Command, the three-star general in charge of revamping all aspects of initial training, said his overall goal is to drop outmoded drills and focus on what Soldiers need today and in the

future.

Bayonet drills had continued for decades, even though Soldiers no longer carry the blades on their automatic rifles. Hertling ordered the drills dropped.

"We have to make the training relevant to the conditions on the modern battlefield," Hertling said during a visit to Fort Jackson in January.

The general said the current generation has computer skills and a knowledge base vital to a modern fighting force. He foresees Soldiers using specially equipped cell phones to retrieve information on the battlefield to help repair a truck or carry out an emergency lifesaving medical technique.

But they need to learn how to fight.

"Most of these Soldiers have never been in a fistfight or any kind of a physical confrontation. They are stunned when they get smacked in the face," said Capt. Scott Sewell, overseeing

See Basic, Cont. on Page 5



Third Platoon basic training Soldiers at Fort Jackson, perform exercises in the Army's new physical training regimen during early morning PT in Columbia, S.C., Feb. 24. (Photo by Brett Flashnick, Associated Press.)

Basic Cont. from Page 4

almost 190 trainees in their third week of training. “We are trying to get them to act, to think like warriors.”

For hours, Sewell and his Drill Sergeants urge on helmeted trainees as they whale away at each other with pugil sticks, landing head and body blows until one falls flat on the ground. As a victor slams away at his flattened foe, a Drill Sergeant whistles the fight to a halt.

“This is the funnest day I’ve had since I’ve been here!” said 21-year-old Pvt. Brendon Rhyne, of Rutherford County, N.C., after being beaten to the ground. “It makes you physically tough. Builds you up on the insides mentally, too.”

The Marine Corps is also applying war lessons to its physical training, adopting a new combat fitness test that replicates the rigor of combat. The test, which is required once a year, has Marines running sprints, lifting 30-pound ammunition cans over their heads for a couple of minutes and completing a 300-yard obstacle course that includes carrying a mock wounded Marine and throwing a mock grenade.

Capt. Kenny Fleming, a 10-year-Army veteran looking after a group of Fort Jackson trainees, said men and women learn exercises that

prepare them to do something on the battlefield such as throw a grenade, or lunge and pick a buddy off the ground. Experience in Iraq has shown that women need the same skills because they come under fire, too, even if they are formally barred from combat roles.

“All their exercises are related to something they will do out in the field,” Fleming said, pointing out “back bridge” exercises designed to hone abdominal muscles where Soldiers lift hips and one leg off the ground and hold it steady.

“This will help their core muscles, which they could use when they stabilize their body for shooting their weapon, or any kind of lifting, pulling, or something like grabbing a buddy out of a tank hatch,” Fleming said.

Fleming said those who had some sort of sports in high school can easily pick up on the training, while those who didn’t have to be brought along. One hefty Soldier in a recent company he trained dropped 45 pounds and learned to blast out 100 push-ups and 70 sit-ups, he said.

“We just have to take the Soldier who’s used to sitting on the couch playing video games and get them out there to do it,” Fleming said.



Staff Sgt. David Dalton looks on as Capt. Rick Steen explains to the 4th graders where they were located on their deployments. (Photo by TSgt. Kendra Owenby, 134th ARW.)

134th ARW Visits 4th Graders Who Wrote Letters to Them

Capt. Rick Steen, 134th Air Refueling Wing Chaplain, and Staff Sgt. David Dalton, 134th ARW Civil Engineering Squadron recently visited a 4th grade class at Union Grove Elementary School in Friendsville.

The class wrote letters to the two Airmen while they were deployed and the two Airmen were asked to share their experiences from their recent deployments with the students.

Steen recently returned from a two month deployment to Antarctica and Dalton from a four month deployment to Iraq. The visit was sponsored in part by the Family Readiness Section to help the youth better understand guard member deployments and their duties while on deployment.

Lethal Confines: Searching for silent killers in an abandoned prison

Story and Photos By: Capt. Darrin Haas

It was cold and dark when two members of the Tennessee National Guard's 45th Civil Support Team first stepped into Death Row. The only light illuminating the cell-block came from their hand-held flashlights as they searched from cell to cell.

Sgt. Stephen Evans and Sgt. Wesley Groves, survey team members with the 45th, swiftly searched the cell-block looking for evidence that may have caused the prison inmates to become deathly ill earlier in the day. They found it on an inmate's desk; a clear liquid in an eye-dropper, chemical and biological books, and a shank.

Based on evidence collected earlier, Evans and Groves suspected that the liquid was botulism, a nerve toxin that can quickly lead to paralysis and death. Wearing full protective gear, to include a Drager re-breather, mask, and a "level A" containment suit, they carefully documented the eye-dropper's location and took a sample.

As they finished, a call came over their radios: abort! A violent inmate was unaccounted for and roaming free throughout the prison. Following protocol, the team had to gather their tools and race back to their decontamination area, no easy task in an airtight suit, wearing 65 pounds of gear, and possibly surrounded by deadly microscopic toxins. They would



Two survey team members with the 45th Civil Support Team photograph and take samples of possible toxic evidence discovered during the unit's external evaluation at the Tennessee State Prison on March 10.

be easy prey for someone with nothing to lose.

This was just one of the many events that transpired during a major training event conducted as part of the 45th's external evaluation, on March 9 and 10, at the former Tennessee State Prison.

Organized and evaluated by U.S. Army North, which is responsible for homeland defense and defense support of civil authorities, the 45th is evaluated every 18 months and the exercises are created to be as realistic as possible.

"Realism is the key to success," said Capt. Jason Stockton, the survey section commander. "All training has to

be done as realistic as possible, because when on an actual mission and you are working with chemical or biological agents, there is no room for error."

This philosophy was seen throughout all phases of the exercise.

"We did not know when or where the event would take place," said Sgt. David Owen, a survey team member. "I was alerted a little after midnight on the 9th, and we had less than an hour to be back at our armory prepared to deploy anywhere for anything."

"After reporting in, we were

See Prison, Cont. on Page 7

Prison Cont. from Page 6

briefed on our mission. For this incident, we were informed that 150 inmates were eating dinner in the auditorium at the Tennessee State Prison in Nashville when an inmate threw containers filled with chemicals producing chlorine gas into the crowd, possibly gang related,” Owen said. “There were also reports of inmates getting deathly ill, vomiting, and having high fevers. Some suspected poison in the food.”



A survey team member with the 45th Civil Support Team inspects a toxic sample taken during the unit’s external evaluation at the Tennessee State Prison on March 10.

By 2 a.m., the 22-person team with all its support equipment was at the prison conducting operations.

“This was a very complex mission,” said Evans. “The scenario stated that we were at a working prison and had to follow all the protocols as if inmates were still in the facility. This made our mission particularly challenging.”

The survey section is broken into an A and B team. “Each team was responsible for different buildings throughout the prison, to include the auditorium, working areas, and cell blocks,” Owen said. “Each area was recon’ed, and when evidence was found, it was documented, photographed, and samples were taken. Everything is treated as a crime scene.”

“Because of all our gear and the amount of air our oxygen tanks hold, we often have to make

more than one trip into a contaminated area,” said Evans.

When the Soldiers leave the contaminated area, they had to go through a complete decontamination of all their equipment and their person. Samples are taken to the 45th’s mobile laboratory and the team’s physician, who specializes in chemical and biological response, is on-hand to take care of any medical problems.

The exercise lasted all night and the entire next day, most team members staying awake for over 48 hours.

“It can be tough work, but very rewarding,” Evans said. “This is just one example of what we are capable of doing.”

“Our mission on scene is critical,” said Stockton. “Our job is to support civil authorities at a domestic Chemical, Biological, Radiological and Nuclear incident site. We identify agents, assess the consequences, advise the incident commander, and assist state and federal agencies.”

“It was also challenging to work inside the old Tennessee State Prison,” said Owen. “It helps me think outside the box when on real-world missions. You never know where you can be called to or what you will be doing.”

The Tennessee State Prison has been closed since 1992 and has been the location for several films to include *The Green Mile* with Tom Hanks and *The Last Castle* starring Robert Redford.

With this evaluation complete, and the unit excelling at all their tasks, they are now re-certified and ready to be called out on their next real-world mission.



Sgt. Stephen Evans, a survey team member with the 45th Civil Support Team, checks his oxygen flow before doning his level “A” contamination suit prior to entering a “contaminated” area at the old Tennessee State Prison in Nashville.

National Guard Families Gain Access to Free, Online Tutoring

Story By: Elaine Wilson, American Forces Press Service

The Defense Department has launched a free, online tutoring service for servicemembers and their families.

The Web site is <http://www.tutor.com/military-programs>.

The site offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more.

Marine Corps and Army families have had access to the program for more than a year. Seeing the value, Defense Department officials decided to expand the service to encompass all servicemembers and their families, officials said.

“Providing 24/7 academic and career support for military families during a time when so many parents have a deployed spouse has been an important and well-received benefit for Marine Corps

and Army families,” said Tommy T. Thomas, Deputy Undersecretary of Defense for Military Community and Family Policy.

“We are pleased to expand this program to all U.S. military families and provide peace of mind that their children are never alone when it comes to learning – there is always a certified, professional tutor available to help,” he said.

Active-duty servicemembers, National Guard and reserve personnel on active duty in a deployed status, Defense Department civilians in a deployed status and their dependents are eligible to participate, officials said. Along with test preparation, the site is open to students of any age – from kindergartners to high school seniors – for one-on-one help in math, science, social studies and English.

Many of these students are making the most of the live, one-on-one help. “Thanks for having this service when our family is separated at this time due to deployments and training,” a 6th grader of a Marine commented. “My father is unable to help one-on-one.”

“I really appreciate this,” another program participant, a 9th grader, said. “It really helps me understand my schoolwork. It’s going to really help me ace my exams coming up! I am definitely going to use this very often.”

Tutor.com’s network includes more than 1,800 professional tutors and career specialists who have delivered more than 5 million one-on-one tutoring sessions since 2001, officials said. Each tutor is certified through the site, and all sessions are recorded for quality control.

Algebra

Geometry

Chemistry

English

Physics

Calculus



Trigonometry

National Guard Honors Columbia Elementary School students

Story and Photo By: Capt. Darrin Haas



Third-grade students from Columbia's Highland Park Elementary School were honored March 6 by the Tennessee National Guard's 267th Military Police Company, of Dickson, when presented a large, framed mosaic print of the United States flag for their support of the unit during its deployment to Iraq.

Officially called the "Outstanding Center of Influence Award," it is given to a business, group or individuals selected by the unit for going "above and beyond" in supporting the soldiers during deployment.

Ruth White, a teacher from Highland Park Elementary, accepted the beautiful mosaic on behalf of her 3rd-grade class during Freedom Salute Ceremonies in Dickson recognizing soldiers, their families and members of the community.

"Those children were unbelievably supportive while we were deployed," said Sgt. 1st Class Thomas Isbell, Readiness Non-Commissioned Officer for the 267th MP's. "At least once a month, for the entire time we were there, they sent us boxes of games, books, food, socks, and other items.

"It felt good and kept morale high knowing that folks back home were thinking about us when we were thousands of miles away in Iraq."

On behalf of her third-grade students at Columbia, Tenn.'s Highland Park Elementary School, Mrs. Ruth White, teacher, (middle), accepts the Outstanding Center of Influence Award from Col. Patricia Jones, Human Resources Director, (left), and Maj. Gen. Max Haston, Tennessee's Adjutant General, (right), during the 267th Military Police Company Freedom Salute ceremony held on March 6.

Preserve your wartime letters

Story By: Staff Sgt. Robin Olsen

Tucked away somewhere, you or a loved one may have kept a personal letter or email sent during a time of conflict from someone fighting for our country. These irreplaceable mementos should be stored properly so they may forever be cherished as a record of the sacrifices made by our servicemembers and their families.

Don't throw them away or delete them. Preserve them. Some good ways to preserve these special notes, first if it's an email, print it out. Do not write on, staple, tape, paper clip, glue, or laminate your letters. Don't tie them up in rubber bands or stick post-it notes on them. All of these things can cause indentions, rust marks, or discoloration. The laminating process, which is irreversible, ultimately ruins the paper. Also, keep the envelopes. Dates and addresses are

important historical information.

Store your letters in a place that is well insulated and where there isn't a lot of humidity, nor too dry. Damp air causes the paper to deteriorate and they could possibly develop mold. Dry air can cause paper to become brittle and fall apart. Keep them separate from newspapers, as this paper can be highly acidic and may stain your letters.

If you need to repair or restore your letters, consider contacting a professional conservator. To find a conservator nearest you, contact the American Institute for Conservation of Historic and Artistic Works at <http://aic.stanford.edu>, or by phone at (202) 452-9545.

For more information, visit the Legacy Project online at <http://www.warletters.com/>.

President Andrew Jackson honored in ceremonies

Story and Photos By: Capt. Darrin Haas

Maj. Gen. William “Mike” Malone, Deputy Commander Joint Force Headquarters for the Tennessee National Guard, represented the President by laying a wreath at President Andrew Jackson’s tomb on March 15, commemorating the 243rd anniversary of the President’s birthday.

The annual tradition, held at the Hermitage, is part of a memorial celebration honoring the seventh president’s many accomplishments and legacy. It is hosted by the Ladies Hermitage Association.

A color guard was provided by the Tennessee National Guard as well as bugler, Sgt. Glen Tate, of the 129th Army Band.

The memorial ceremony was established in 1967 as part of a program by the White House to honor all former presidents on the anniversary of their birth dates. Malone represented President Barack Obama at the ceremony.



Above: Staff Sgt. Joe Wilson, 129th Army Band, stands near one of the wreaths placed near President Jackson’s tomb during a ceremony held March 15.

Below Right: Maj. Gen. William “Mike” Malone, Deputy Commander Tennessee Joint Force Headquarters, salutes during the ceremony honoring President Jackson.

Below Left: A wreath laid at the tomb, March 15.



Saratoga Technologies is presented the ESGR “Pro Patria Award”

Story By: Allan Walters, Senior Vice President, Saratoga Technologies

Saratoga Technologies was presented the ESGR “Pro Patria Award” March 15.

This is the highest award that can be presented by a state to an employer for their support of Guard and Reserve Forces. The Pro Patria Award is given annually to one employer in the state who has demonstrated outstanding support for the Guard and Reserve.

Saratoga Technologies has supported its Guard and Reserve employees by maintaining contact with them while they are in annual training or activated for deployment, participating in ESGR activities such as lunch with the boss, and featured Guard/Reserve employees on their Web site.

During the deployment of the 176th Combat Service Support Battalion of Gray, Tenn., Saratoga Technologies developed a Web site for the unit which connected them with their home base in Gray, their Family Readiness Group, and Headquarters in Nashville. This site allowed the Soldiers and family members to communicate during the deployment.

According to Joe Thomas, Chair for the Tennessee Committee of ESGR, Nashville,

“Saratoga Technologies has gone above and beyond in their support for our troops. When America’s employers support our Guard and Reserve, this becomes a force multiplier that strengthens the national defense of the United States”.

“We support our employees who serve in the Guard/Reserve and are happy to do so”, said David Temple, President of Saratoga Technologies. “What they do to protect America is very important.”

Lt. Col. Von Weisenstein, Commander of the 176th CSSB, said “When the employers support our Guard/Reserve Soldiers it makes their job a whole lot easier and helps the unit to accomplish its mission.”

Saratoga Technologies is an information technology solutions company that offers products, software, services and solutions that are focused on enabling their customers to benefit from technology. Saratoga specializes in managed computer networking services, printer/copier repair, telephone systems, accounting software, web design, application development and other technical services.

Saratoga Technologies, the winner of the Pro Patria Award, was presented the award by ESGR March 15. From left to right: Joe Thomas, Lt. Col. Thomas von Weisenstein, David Temple, Chris Patterson and James Cross.

(Photo provided by Saratoga Technologies.)



278th ACR honored with Mississippi Monument

Story and Photos Provided By: Lt. Col. John Krenson, 2/278th ACR Commander

As the 278th Armored Cavalry Regiment was saying farewell to their loved ones at the Joint Forces Training Center at Camp Shelby, Miss., and preparing to leave for their deployment to Iraq, a monument in honor of the unit was also dedicated there Jan. 28.

The base of the monument begins with a rough chiseled vertical face and tapers into a smooth face angled foundation. This signifies the original settlers of the Tennessee frontier including trappers and Indian fighters who ventured across the Appalachian Mountains and tamed a wilderness into the 16th State of Union. It is from this hearty breed of adventurous people that forms our foundation.

The main body of smooth face limestone forms a cradle supporting cavalry sabers engraved on a light background buffed face. It is inscribed with the 278th motto "I Volunteer, Sir". The main body represents the citizens and communities of our State which provide continued nourishment of our ranks with volunteers and the support of the citizens, government, and communities of which we service.

On the opposite side, inscribed are the names of 14 fallen heroes who gave their lives for their State and Nation during the Regiments service in Operation Iraqi Freedom 2004-2005. The names and faces are fresh in the minds and hearts of the troopers who continue to serve the Regiment. A reminder of the "Ultimate Sacrifice" prepared to pay by each member of the Regiment.

The crossed sabers represent the origin of the cavalry heritage created by John Sevier and the original mounted militia formed to fight the British during the Battle of Kings Mountain, North Carolina.

The bottom part of the main body representing the citizens of our State and Nation is inscribed with the verse found in Isaiah 6:8 "Who shall I send and who will go for us? Then I said, here I am: sendme".

The monument is capped by the Regimental Patch which has three stars to represent the three grand divisions of the State. These stars are void of color and texture and represent all those before us who have served and those who have made the ultimate sacrifice to the service of their State and Nation. Unknown names and faces no longer with us. Bodies that no longer occupy our ranks, but the impression remains.



Unknown names that forever remain with the Regiment, and the sacrifices never forgotten.

RCAG/ETT Homecoming March 27

Photos By: Nate Crawford and John Evans





1/230th ACS Homecoming March 20

Photos By: Nate Crawford and Darrin Haas



