

Kansas SENTINEL

Official News Magazine of the Kansas Army National Guard
February 2012 Volume 3, Issue 1



**KSNG
welcomes
new spiritual
leader**

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Newly appointed Kansas National Guard state chaplain, Chaplain (Lt. Col.) David Jenkins (left) presents Chaplain (Col.) Donald Davidson, former state chaplain, with a statue of a chaplain conducting field service during his retirement ceremony at the Nickell Armory, Topeka, Kan., Jan. 8, 2012.
 Photo by Sgt. Jessica Barnett

The *Kansas Sentinel* is an authorized, official publication of the Kansas Army National Guard (KSARNG). It is published to provide command and public information about the KSARNG and its Soldiers, at home and deployed. It is published by the 105th Mobile Public Affairs Detachment (MPAD), out of Topeka, Kan.

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The submission of articles, photos, artwork and letters is encouraged. Please address to:

Editor, Kansas Sentinel,
 105th Mobile Public Affairs Detachment,
 2722 SW Topeka Blvd., Topeka, KS 66611.
 Telephone: 785-274-1896, or by e-mail at:
 phillip.witzke@ng.army.mil

Assistant Adjutant General-Land Component:
 Brig. Gen. Eric Peck

Publisher:
 Maj. D. Matt Keane, 105th MPAD Commander

Editors:
 Capt. Michael Sullivan
 Capt. Benjamin Gruver
 Sgt. 1st Class Phillip Witzke
 Sgt. 1st Class Bill McGinnis
 Sgt. Jessica Barnett
 Spc. Jessica Zullig

Graphic Design and Layout:
 Capt. Michael Sullivan
 Sgt. 1st Class Phillip Witzke
 Sgt. Jessica Barnett
 Spc. Jessica Zullig

FROM THE COMMANDER



I have been asked several times over the last few weeks about my leadership philosophy so I thought that you should see some of them here in the Sentinel.

Here are a few thoughts on important values and rules to live by. I share the Army values, as I am sure you do, but these should give you a better perspective on my interpretation of those values and some of my personnel values.

- Safety: I have always felt that safety is not a goal or a priority since both of these can change. Safety must be developed as a value since values determine how we live and inherent choices that we make. I think application of this value is simple, if you think something is unsafe question it, if you know something is unsafe stop it. Your internalization of this value will save each of us heartaches and anguish.
- Honesty: Always tell the truth even when it hurts, good news is always better fresh when we are excited about it - and so is bad news. We all make decisions and adjust our actions based on our situation, so we need to know the correct situation. I expect you to have the courage to tell me what you know to be the truth. Please do not tell me what you think I want to hear. I also expect you to act as you speak, be honest in word and your actions.
- Responsibility: We are each responsible for all that we do or fail to do. If you make a mistake tell me, then present your proposal for fixing it. We all learn from our experiences, both good and bad, I will underwrite your first mistake, but make sure you are not responsible for repeating the same mistake.
- Respect: The "Golden Rule" is an excellent motto; treat others as you would have them treat you. We all come from different backgrounds and have had different experiences. This diversity is what allows us to form great teams. Make allowances by inferring that someone did not intend to offend, rather than assuming that they did.
- Trust: I expect I have or will earn your trust by my actions and you have or will earn my trust in the same way.
- Loyalty: We all have many things to be loyal to: our country, our organization, our mission, our family, our friends, our superiors and our subordinates. I will be loyal to you and I expect the same from you.

I hope this gives you an idea of my background and what is important to me. Think about the following quote about duty by Robert Heinlein, a science fiction writer and former Naval Officer.

"Do not confuse "duty" with what other people expect of you; they are utterly different. Duty is a debt you owe to yourself to fulfill obligations you have assumed voluntarily. Paying that debt can entail anything from years of patient work to instant willingness to die. Difficult it may be, but the reward is self-respect." I continue to look forward to working with each and every one of you, every day, building on our shared values, as we accomplish our individual and collective goals of the Kansas Army National Guard.

Very Respectfully,
Eric Peck
 Brig. Gen. Eric Peck
 Assistant Adjutant General-Land Component



The Institute of Djiboutian Arts in Djibouti has students' artwork on display in its classrooms. The students hope to show the world the Djiboutian culture through this artwork. *Photo by Spc. Michelle Lawrence*

By Spc. Michelle Lawrence
Combined Joint Task Force - Horn of Africa

Servicemembers from Combined Joint Task Force – Horn of Africa communicate daily with Djiboutians, but some CJTF-HOA members communicate via a different medium. The media in particular are music and art, and both are programs now in full swing through collaboration with the Institute of the Djiboutian Arts.

The program gives Djiboutians and Americans a new way to exchange cultures, and enhance music and art skills and knowledge by meeting to paint and play instruments together.

Command Sgt. Maj. Ricky Matticks, 1st Battalion, 161st Field Artillery, said he was given the idea from a civil affairs captain to help bridge the language barrier. The captain introduced Matticks, a high school music teacher in his hometown of Hastings, Neb., to the director of the Institute of Djiboutian Arts, and the program was born.

“That’s when I thought it would be cool to get a group together, like the U.S. Embassy’s English Discus-



Command Sgt. Maj. Ricky Matticks, 1st Battalion, 161st Field Artillery, and Samatar Ali, tenor saxophone player, warm up by playing the Djiboutian national anthem at the Institute of Djiboutian Arts in Djibouti, Jan. 8. Matticks and other service members from Combined Joint Task Force - Horn of Africa visit the institute to share music and art with the local citizens. *Photo by Spc. Michelle Lawrence*

sion Group, but through music,” said Matticks, who is also a member of the Camp Lemonnier Chapel praise band.

A small group of service members began visiting the institute to play with a local Djiboutian

band called “Ardoukoba,” made up of previous and current students from the institute, Matticks said.

Language seemed to be the only barrier between the Djiboutians and Americans, Matticks said. But what he found most interesting was how an Ardoukoba guitarist would begin playing a tune, and the rest of the Djiboutian band would start feeding off of it. Matticks and other U.S. service members would fill in with the band, creating a natural song at that very moment.

“We were in the process with them,” he said. “It was exciting to see that creative process from that group. We couldn’t understand a word they were saying to each other, but we could tell what they were doing by the way they were playing.”

Matticks said he immersed himself in the band with the Djiboutians.

“For me, it was an honor to be involved in that creative process,” he said. “I learned more from them on creativity than they probably learned from me.”

After the service members worked with Ardoukoba for a few

months, the director at the institute wanted to expand the program by involving students.

“The students were very interested in American music,” said Matticks. “They wanted to learn all these songs. It was easy for us to teach it to them, and we wanted to learn how they come up with what they do.”

According to Deck Abdousalam, alto saxophone player at the Institute of Djiboutian Arts, the interest is mutual.

“We asked them to come play with us because we wanted to learn from them,” said Abdousalam. “Our hope is to get a good life from this school and to be experts for this kind of music.”

Music is not the only form of art at the institute. Canvases and paintbrushes are also used to express passion there. Lt. Col. Peter Buotte, CJTF-HOA planning and engagements officer in charge, works beside the students to bring out their culture.

“It shows in the drawings how we share artwork,” said Yassin Hassan, an art student at the institute.

The interaction between all the artists is a mutual exchange, said Buotte. A natural, non-verbal correspondence occurs with each session bringing out various cultures in the drawings and paintings.

“I enjoy interacting with Djiboutian artists on a weekly basis,” said Buotte. “When I make art or music with them, it is not work – I consider it an elevated form of play.”

The outreach between the students and service members has created a prime opportunity for the two cultures to maintain musical and artistic evolution together.

“Musically, everyone is adding to the composition,” said Buotte. “Visually, we frequently improvise on group composition as well.”

Matticks said he hopes the visits will continue between the students and service members to broaden the insight of cultures and break through the language barrier.

“I’m amazed that it works,” said Matticks. “Somehow it just does. We don’t have to be able to talk to each other to make music and art. Music and art really are universal languages.”



Dini Abdi, an art student, shows off his artwork to Lt. Col. Peter Buotte, Combined Joint Task Force - Horn of Africa planning and engagements officer in charge, during a session at the Institute of Djiboutian Arts in Djibouti, Jan. 8, 2012. Buotte works alongside Djiboutian artists while other members of Combined Joint Task Force - Horn of Africa interact with musicians. *Photo by Spc. Michelle Lawrence*



Master Sgt. Charles Davis, Combined Joint Task Force - Horn of Africa communications non-commissioned officer, plays guitar during a session with students at the Institute of Djiboutian Arts in Djibouti, Jan. 8, 2012. Davis joined other U.S. servicemembers from CJTF-HOA for music and art sessions at the institute. *Photo by Spc. Michelle Lawrence*

Kansas Guardsman takes citizenship oath in Africa



U.S. Navy Petty Officer 3rd Class Kelan Scott of Naval Mobile Construction Battalion 5 and U.S. Army Sgt. Joel Lara of Battery C, 1st Battalion, 161st Field Artillery, Kansas Army National Guard, recite the oath of allegiance to the United States in front of fellow Soldiers and Sailors during a naturalization ceremony held Jan. 25, 2012, at Camp Lemonnier, Djibouti.

Homeland Security U.S. Citizenship and Immigration Services Nairobi Field Office Director Sonia Gulati said she has overseen these types of ceremonies for three years and this was the first time she conducted one at Camp Lemonnier.

"Truly this is one of the best parts of my job - clearing individuals for citizenship who are so dedicated to America. I always end up with tears in my eyes," she said.

Lara said he left his respective country for a higher quality living standard as well as education. The two men made serving in the military a top priority when he arrived in the United States and his service was appreciated by many in attendance that day.

Having those other service members in attendance during the ceremony was meaningful to Lara, a native of Panama.

"It feels good and I am happy," he said with a smile. "The people here are my brothers and sisters, and I am an American with them now." *Photo by Staff Sgt. Andrew Caya*

Army updates PT Test, creates new fitness program

By Pfc. Brandon Jacobs
105th Mobile Public Affairs Detachment

It's a virtual marathon in two-minute sections, which all Soldiers know so well. Troops complete as many push-ups as possible in two minutes, sit up for another two and top it off by running for a brisk two miles. Since 1980, Soldiers have been training for and taking the physical fitness test known as the "PT test."

To adapt to a changing battlefield, Lt. Gen. Mark Hertling, deputy commanding general for Initial Military Training, worked in collaboration with Frank Palkoska, director of the Army Physical Fitness School creating, two revised PT tests, according to Kelly Schloesser, of the U.S. Army Training and Doctrine Command.

To prepare for the revised Army Physical Fitness Test, the Army Physical Readiness Training program was created. Last year the APRT went through a pilot phase at eight installations. Soldiers still found themselves doing push-ups, sit ups and running. Added to daily PT were shuttle

runs and exercises designed to build and stretch the bodies core muscles, as well as, increase flexibility and coordination.

"The new fitness program and PT test will be dramatically healthier for the body," said Staff Sgt. Veronica Bartley, drill sergeant of Company A, Recruiting and Retention Battalion, of Topeka, Kan.

The new standard will help Soldiers adapt to a different style of combat on a changing battlefield by testing each Soldier for strength, endurance and mobility. The goal of the APRT is to allow the training to drive the test rather than Soldiers training for the assessment, said Palkoska, according to Schloesser of TRADOC.

Anaerobic exercise has long been used by athletes and body builders to promote strength, speed and greater performance in short duration and high-intensity activities.

During anaerobic exercise the bodies fast twitch muscles are developed and allow for a greater expenditure of energy and strength for a shorter time. Anaerobic exercises also train muscles to recover faster for the next burst of energy.

As with any change, some Soldiers disapproved, citing the old adage of "If it isn't broke, don't fix it." "Another unpopular decision was no more authorized rest positions," said Bartley. "With the time cut in half you really don't have time to stop and rest anyway."

Much like the previous training method, each section of the APRT works a different set of muscles and body strength.

The APRT adds in several stretches and exercises to strengthen the abdominal and lower back muscles, improving overall core strength and flexibility.

This new mix of stretches and exercises works with the more familiar aspects of daily PT to help Soldiers create and maintain the strength, endurance and mobility to succeed at the upcoming APFT.

"Just like any physical fitness program the new one will make Soldiers who are willing to put forth the effort succeed," said Bartley.

Troops will be seeing the new test within the next year, with a goal of Army wide implementation by October 2012.

Kansas area National Guard recruits spread holiday cheer

By Pfc. Brandon Jacobs
105th Mobile Public Affairs Detachment

Seven days before Christmas recruits from 1st Platoon, Company A, Recruit Sustainment Program Battalion, Lenexa, Kan., spent the day helping Kansas City's hungry.

More than 30 Soldiers in training reported to the Salvation Army Harbor Light Village in Kansas City, Kan., Dec. 17, 2011, where they helped sort and stock hundreds of cans and boxes for distribution to food pantries across the Kansas City metro area.

"The National Guard is all about service," said Sgt. 1st Class Steven T. Griffin, a recruiter and organizer of the event. "It's a community based organization."

Over the course of four hours, the recruits sorted four pallets of food and boxed another two pallets by food groups.

"They're a great group of individuals ready to serve their community and country," said Griffin. "Selfless Service, one of the core Army Values, is very important to the National Guard."

Many of the recruits who participated agreed that the event was satisfying.

"It made me feel good seeing how the Soldiers reacted aiding their community," said Spc. Nicholas A. Stewart, a recruit from Lee Summit, Mo., who will be training to become a Black Hawk helicopter mechanic. "I was proud and impressed to see the Soldiers' attitudes."

Harbor Light Village does its part to give back to servicemembers. Through a partnership with the Veterans Affairs Hospital, Harbor Light Village maintains a 42-bed recovery program for veterans with mental health issues, such as substance abuse. Recently they opened two, eight-bed apartments for female veterans to stay.

The recovery program provides veterans with a case worker, schooling and up to a two year stay.

"We provide them with what they need to succeed, as long as they follow the rules and are trying to get better," said Chenault.

Although they weren't there very long, the recruits' presence made an important impact.

"They did a week's worth of work in four hours," said Bryan Chenault, the facilities manager of the Salvation Army Harbor Light Village. "It's so great to see Soldiers helping out at home as well as overseas."



Sgt. 1st Class Steven Griffin, a recruiter with the Recruit Sustainment Program Battalion of Lenexa, Kan., gives instructions to recruits of 1st Platoon, Company A., RSP Bn., prior to lending a helping hand at the Salvation Army Harbor Light Village food bank in Kansas City, Kan., Dec. 17, 2011. *Photo by Pfc. Brandon Jacobs*

National Guard gets seat at Joint Chiefs of Staff

By Staff Sgt. Jim Greenhill
National Guard Bureau

The chief of the National Guard Bureau is now a statutory member of the Joint Chiefs of Staff. With the stroke of a pen, the same month the nation's oldest military institution celebrated its 375th birthday, President Barack Obama signed legislation that includes a provision adding the chief of the National Guard Bureau to the Joint Chiefs.

The provision - part of the fiscal year 2012 National Defense Authorization Act - ushers in a change some National Guard historians have called the most significant development since the Militia Act of 1903 codified the modern day dual-status structure of the Guard.

"We are grateful for the efforts the executive and legislative bodies have gone to in placing the chief of the National Guard Bureau on the Joint Chiefs of Staff," said Air Force Gen. Craig McKinley, the chief of the National Guard Bureau.

"We look forward to working alongside the other Joint Chiefs to provide our nation's senior leaders with a fuller picture of the non-federalized National Guard as it serves in support of homeland defense and civil support missions," McKinley said.

The provision is part of a federal law that has for the last half-century annually specified the Defense Department budget.

The 2012 National Defense Authorization Act authorizes \$670 billion in spending for Defense Department programs and Energy Department nuclear weapons programs.

Other provisions of the bill that affect the National Guard include re-establishing the position of vice-chief of the National Guard Bureau at the three-star level while rescinding the two-star position of director of the NGB's joint staff.

The bill also requires that National Guard general officers be considered for command of Army North and Air Force North and authorizes funding for the National Guard State Partnership Program.

Jenkins to become Kansas National Guard State Chaplain

Chaplain (Lt. Col.) David Jenkins, state chaplain for the Kansas National Guard, address the Guard, family and friends for the first time after having completed the transfer of authority ceremony appointing him the new state chaplain, at the Nickell Armory, Topeka, Kan., Jan. 8, 2012. Photo by Sgt. Jessica Barnett



By Sgt. Jessica Barnett
105th Mobile Public Affairs Detachment

Chaplain (Lt. Col.) William David Jenkins became the state chaplain for the Kansas National Guard at a transfer of authority ceremony, Jan. 8, 2012, at Nickell Armory, in Topeka, Kan.

During the ceremony, Chaplain (Col.) Donald Davidson put on the official state chaplain's stole for the last time as Maj. Gen. (KS) Lee Tafaaneli took it and placed it upon Jenkins' shoulders, signifying the transfer of authority over the Kansas National Guard's Chaplain Corps. Davidson is retiring from the military, having served 28 years in the Kansas National Guard.

"Chaplain Jenkins, we welcome you and your experience to the command team," said Tafaaneli. "I know we have significant challenges ahead, but I can think of no one better equipped to handle those challenges and lead us, and set the force up spiritually to meet our needs in the future as we face some very difficult and challenging times. So again, welcome and congratulations on this assignment and certainly, on behalf of the Kansas National Guard, we all look forward to working with you."

During the ceremony, Jenkins thanked Davidson for his efforts in strengthening the Chaplain Corps during his time as the state chaplain.

"The Kansas National Guard chaplaincy is stronger than it has been in years," said Jenkins. "Chaplain Davidson has left a solid legacy to build upon. I hope to use my experience from multiple deployments in ways that will continue to strengthen our chaplaincy as

we care for Kansas Guard servicemembers and their families."

Jenkins was born and raised in Fredonia, Kan., and was the command chaplain of the 35th Infantry Division, Kansas Army National Guard.

Jenkins resides in Topeka, where he serves as bereavement coordinator for Grace Hospice. As a pastor of the Disciples of Christ, he has served churches in South-eastern Kansas. He is currently a candidate for Holy Orders in the Episcopal Church.

Jenkins received his Bachelor of Arts degree in Bible Ministries from Manhattan



Maj. Gen. (KS) Lee Tafaaneli, adjutant general, places the official state chaplain's stole over Chaplain (Lt. Col.) David Jenkins' shoulders as he entrusts to him the Kansas National Guard's Chaplain Corps during a transfer of authority ceremony at Nickell Armory, Topeka, Kan., Jan. 8, 2012. Photo by Pfc. Anna R. Laurin

Christian College in 1978 and his Master of Divinity degree from Phillips Graduate Seminary in Enid, Okla., in 1984. He completed clinical pastoral education in 1983 and received certification in family systems therapy at the Menninger Institute in 1986.

He is currently a Doctor of Ministry student at the University of the South at Sewanee, Tenn., and will graduate from the U.S. Army War College in July 2012.

Prior to his current assignment, Jenkins served the 1st Battalion, 635th

Armor; 1st Battalion, 108th Aviation Regiment and was brigade chaplain for the 35th Division Artillery and the 635th Regional Support Group.

Jenkins was deployed in support of Stabilization Force 13 and 14 as the deputy command chaplain in Bosnia-Herzegovina. He later served as deputy command chaplain for the 377th Theater Support Group in Kuwait and in 2007-2008 was the command chaplain for Kosovo Force 9.

Jenkins' military awards include the Meritorious Service Award with three oak leaf clusters, the Army Commendation Medal with one oak leaf cluster, the Army Achievement Medal with three oak leaf clusters, and several other medals and ribbons.

Jenkins is an avid gardener and can be seen in his neighborhood on daily runs with the family basset hound, Penelope.

Jenkins is married to Mary Anna. They have two grown children, Tim, a graphic designer who resides in Wichita, Kan., and Anna, a teacher with the Auburn-Washburn School District in Topeka.

The day Jenkins was announced to be the next state chaplain will forever be a highlight of his career.

"I felt honored to be asked to be the state chaplain. As a chaplain, it is the pinnacle in terms of being able to serve, to maximize experience," said Jenkins, "especially in terms of training and mentoring of the younger chaplains, subordinate chaplains and chaplain assistants, and to build a strong state National Guard, Army and Air. I feel very honored to be given that opportunity."

On Mission: 170th Maintenance Company deploys

By Gary Demuth
Salina Journal

The grandchildren of Staff Sgt. David Jermark know why grandpa is going away for a year, and they're all right with it.

"They know grandpa has to go serve his country," said Jermark, who has five children and seven grandchildren. "They've handled it well. They know I'm always going to be there for them."

Jermark, a Green resident in Clay County, is a member of the Kansas National Guard 170th Maintenance Company, a subordinate unit of the 287th Special Troop Battalion of Hays.

Headquartered in Norton, with a subordinate unit in Colby, the 170th is preparing to send about 80 men and women to Kuwait on a base security mission for Operation Enduring Freedom.

It's the second time Jermark has been deployed overseas. In 2008, he was sent on a security mission to Iraq.

"That was an eye-opening experience, and it taught me how an entire brigade can come together to make a mission successful," he said. "I'm very glad to see the troops in Iraq come back home to their families. But we still have to keep our guard up and be continually aware of our surroundings."

Jermark's unit will depart for Kuwait in April for nine months after first completing about two months of training at Camp Shelby Joint Forces Training Center in Hattiesburg, Miss. The unit has been in Salina during the last two weeks for annual routine training at the Great Plains Regional Training Center.

A deployment ceremony for the unit was staged at 10 a.m. Feb. 19, 2012, in Hangar 600 at the Salina Airport Authority, 2720 Arnold.

Joining the soldiers, their commanders and family and friends at the ceremony were members of the American Legion Riders, who honored the soldiers with a flag line, and Sen. Jerry Moran, R-Kan., and Kansas Lt. Gov. Jeff Colyer, each of whom made remarks to the departing unit.

"I'm joining all of you today to wish these soldiers well," Moran told the several hundred people gathered for the cer-

emony. "It's amazing to me that throughout the history of the nation, we have individuals willing to raise to the needs of their nation. Too often our political leaders get bogged down in unimportant matters. We all have a responsibility to do good for our country."

Colyer said the National Guard in Kansas has had a great impact on the state in their critical commitment to American security overseas.

"As Kansans, we support every soldier's sacrifice -- they provide freedom for us and most of the rest of the world," he said. "There are millions of Kansans, and these are among our very best. On behalf of Gov. Sam Brownback, I want to thank everyone in this unit for your service and to thank all of your families for the sacrifices they have made and will make to support you through the next year."

The 170th was among the first units to be deployed during the first Gulf War more than 20 years ago, said Maj. Gen. (KS) Lee Tafaaneli, the adjutant general, and this is their first deployment since then.

"You made us proud then and you make us proud today," he said. "The

National Guard is critical to our nation's security. We have strong leadership in this unit, who have worked hard and diligently for this mission. I know you are ready."

Capt. Scott Weber, commander of the 170th Maintenance Company, had a direct message to the families and friends of the departing unit.

"I ask that you love them, support them and believe in them," he said. "This is a great company. They will be well-trained in the task ahead of them. They'll make you proud."

The unit will be able to spend a few days with their families before leaving for Mississippi, which Sgt. Cody Breon plans to enjoy to the fullest.

Breon, a Phillipsburg native now living in Abilene, has been a member of the National Guard for seven years. Like Jermark, Breon also did a tour of duty in Iraq.

"It was a good experience for me to get over there and see it firsthand," he said.

Breon said he's glad to be going to Kuwait with the men and women of the 170th.

"This was my original unit when I joined," he said. "There's a lot of support



Staff Sgt. David Jermark, a member of the 170th Maintenance Company, of Green, kisses his granddaughter Maizy Gurney, 2, of Clay Center, as he holds another granddaughter, Kaylee Liby, 1, of Abilene, after the 170th Support Maintenance Company's deployment ceremony in Salina, Kan., Feb. 19, 2012. Photo by Tom Dorsey

Kansas state chaplain retires after 28 yrs



By Pfc. Anna Laurin
105th Mobile Public Affairs Detachment

There was standing room only Jan. 8, 2012, as retired Chaplain (Col.) Don Davidson gave his last speech as the State Chaplain for the Kansas National Guard, at the Joint Forces Headquarter, Topeka, Kan. His wife, retired Master Sgt. Marcella Davidson, Kansas Air National Guard and family, friends and co-workers were present to show their appreciation for the time Davidson has spent as a compassionate chaplain dedicated to helping his fellow service members. The atmosphere was full of gratitude, endearment and a sense of sadness knowing that a beloved chaplain has retired and would no longer be serving in uniform.

Davidson retired with more than 25 years severed as a chaplain in the Kansas National Guard. Along the way he made many friends, to include members from his first battalion the 2nd Battalion, 130th Field Artillery. Davidson believes that the best years of a chaplain's career are the years of being a battalion chaplain.

"The battalion chaplain is the guy who is most closely associated with soldiers and has an opportunity to meet with and to spend time, one on one, with as many Soldiers as possible," said the newly retired chaplain. "That's the best ministry in the Army, is on that battalion level. My first eight years were with the 2-130th in Hiawatha. I really loved being with them and still consider myself to be a part of that family. That's my first battalion, always will be. I had very strong connection and still do."

While serving with Soldiers of the 2-130th may have been one of Davidson's favorite memories, but he has lots of memorable moments from over the years.

"A long, long time ago I got the opportunity to lead a single Soldier's retreat to Berchtesgaden, in Bavaria, Germany," said Davidson. "I remember having the chance to lead a very short prayer service on the top of Eagle's Nest which was Hitler's hideaway in the Austrian Alps. You really feel like you're on top of the world, because the scenery is just absolutely unbelievable.

I remember just stopping there and thinking to myself, 'Ok does it get any better than this?' That was just a wonderful experience being clear up there, the air is so clean and it's so beautiful. There were a lot more meaningful moments with Soldiers, at extreme times in lives, families, and babies being born, and people dying and all the things that happened in the cycle of life, but for me that was just a real meaningful moment."

Davidson dedicated his career to being a supportive figure in each and every Soldier's life. From the beginning for Davidson, being a chaplain was all about serving Soldiers, being with Soldiers, being with units, and having a purpose.

"With the added aspect of being a chaplain, it's about bringing to that, the spiritual religious perspective," said Davidson.

Even in the scariest of situations Davidson strived to be that fellow Soldier in whom servicemembers could come to when they needed a friend. During deployments, Davidson saw this position as a supportive friend more important than ever.

"I'm there too," said Davidson. As a chaplain working with fellow chaplains on deployments about how important it is for a chaplain to be a fellow Soldier, they wanted others to realize the concept of looking at their feet.

"The concept was, we wear the same boots, and we go the same places. How much does that mean to a Soldier who has been deployed, to talk to a chaplain who has literally walked in the same steps, who has been to the same places, who understands what it's like to be away from family?"

Being a Soldier, and also being a chaplain, means a lot to Davidson. He enjoys being a supportive role in fellow servicemember's lives, and is constantly there for anyone who needs someone to listen. When counseling a Soldier or giving advice, Davidson is passionate about pastoral care, and knows that there is one quote that gives hope to those in doubt.

"Anybody that knows me will probably tell you that when it all comes down to pastoral care there is only one quote or one comment that makes any sense to anybody," said Davidson. " 'There, there, it will be alright.' "

Davidson understands the relationship Soldiers have between having religious or spiritual beliefs and being a Soldier on the frontline, and how having those beliefs can ease the mental stresses of being a Soldier.

"If you really believe in the benevolence and grace of an almighty God, if you really believe that we are not alone in this world, that there is a higher power looking over our shoulder and helping us, if you really believe in that kind of grace, then to say to somebody in the worst moment of their life, 'There, there it will be alright,' says all that you need to say."

As Davidson handed over his authority and acknowledges his retirement, family, friends and co-workers gave a standing ovation. The Kansas National Guard welcomed a new chapter, as Chaplain (Lt. Col.) William Davidson Jenkins takes over as State Chaplain.

Maj. Gen (KS) Lee Tafanelli, adjutant general, takes the official state chaplain's stole from Chaplain (Col.) Donald F. Davidson to represent his retirement as the state chaplain. Davidson served more than 25 years as a chaplain in the Kansas National Guard. Photo by Pfc. Anna R. Laurin

Soldier Spotlight Nominations

Do you know of a Kansas Soldier who should have their story told? Tell us about them.
Telephone: 785-274-1896, or by e-mail at:
phillip.witzke@ng.army.mil

By Sgt. Jessica Barnett
Public Affairs Office

Soldiers and Airmen of the Kansas National Guard gathered, Dec. 13-14, 2011, at the Nickell Armory in Topeka, Kan., for Applied Suicide Intervention Skills Training.

ASIST training helps Guardsmen feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide in the military. Approximately 30 Guard members and civilians participated in this two-day, highly interactive, practice-oriented workshop.

The ASIST workshop overall teaches suicide first aid, on helping a person at-risk stay safe and seek further help.

“We are providing immediate suicide prevention,” said Sgt. Shawn Evans, ASIST instructor for the Kansas National Guard and Tricare Reserve Select manager for Joint Forces Headquarters. “One of the examples we use in class is if you come across someone having a heart attack, you’re not going to do heart surgery, you are going to do CPR to sustain them until you can link them to permanent resources.”

ASIST goes beyond the annual ACE training all Soldiers and Airmen receive which teaches the basics of knowing the signs and symptoms of someone who might be contemplating suicide. Through the workshop students are taught to implement a suicide intervention model which goes more in-depth than ACE training.

In the two day, 15-hour workshop students learned to look for the invitations for help and the proper ways in responding. The three-step model helps the students perform an intervention of a person at-risk by connecting, understanding and then assisting the person considering suicide instead of jumping straight in.

The main goal is to try and have them admit they are having suicidal thoughts by exploring the reasons they want to die, helping them see the reasons to live, coming up with a safe plan and escorting them to professionals.

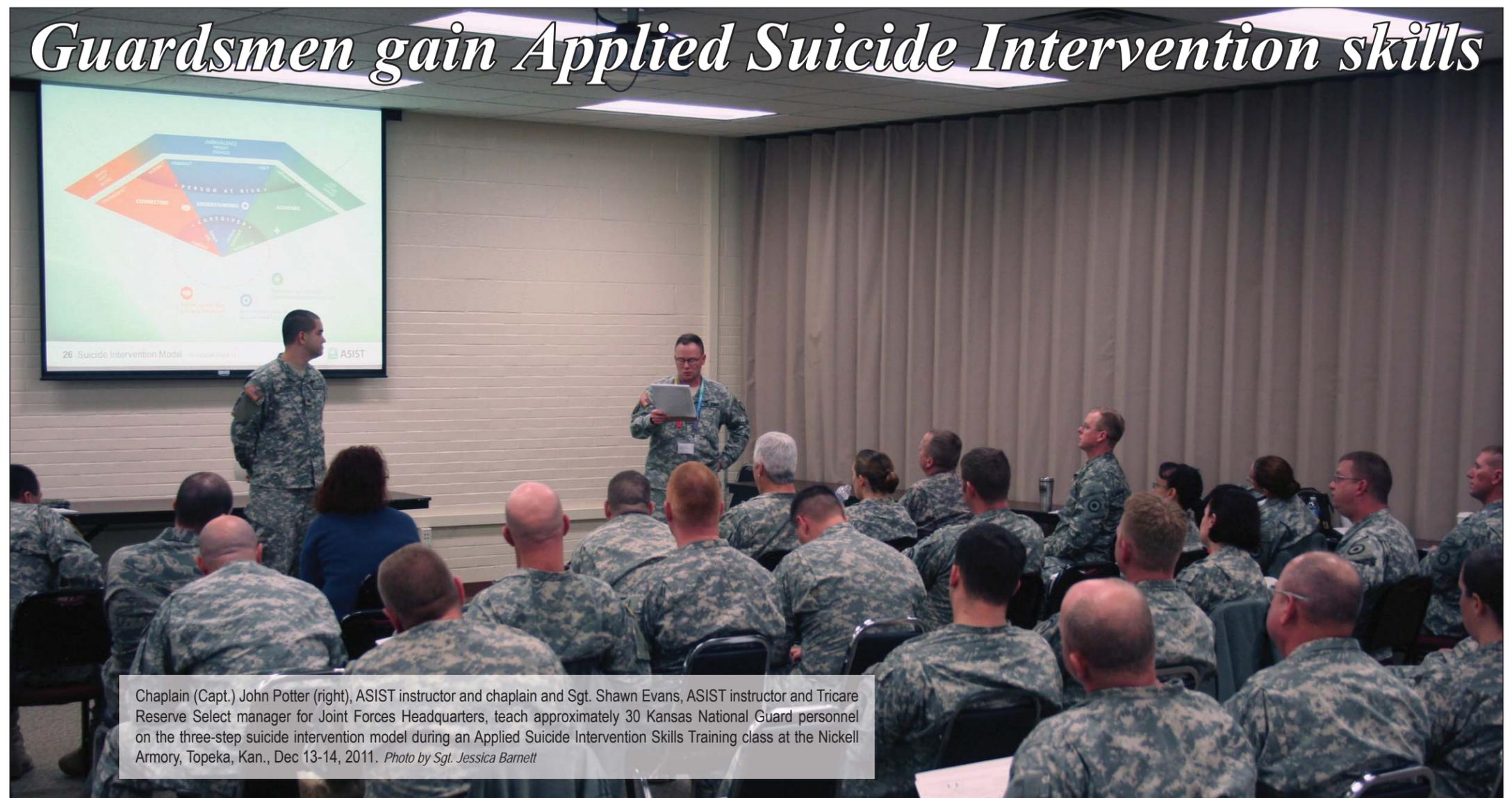
ASIST is a vital tool in training first responders. In 2010, the Army National Guard surpassed active duty suicide rates. The Kansas Army National Guard lost three Soldiers in 2010 to suicide. Since 2001, statistics show a significant increase in suicides within society, not just the military.

“Suicide numbers are continuing to grow in the military,” said Chaplain (Capt.) John Potter, ASIST instructor and chaplain. “One thing that isn’t always brought out in those figures is the large number of people that have never deployed and are suicidal. It’s not always a deployment-related issue or a combat-related issue. Many reasons people are suicidal are common things at home, regarding a relationship that is no longer in existence, someone having financial problems, losing a job or can’t find a job. That’s actually at the very high end of why people are suicidal.”

“Two years ago, 60 percent of the people in the Army that completed suicide had never deployed,” said Potter. “Last year, it was still 55 percent versus 45 percent. So, there is still a majority of people that have never gone down range, but are having normal stresses of life. So again, it can happen to anyone. Suicide is an equal opportunity offender.”

By completing the ASIST course, students are able to help bridge the gap between people at risk and mental health professionals. The people around each other in everyday setting are going to be the first to notice any trends or changes that might lead toward suicidal thoughts. Having servicemembers that are trained to be more cognizant of such behaviors will help the Kansas National Guard.

“I have gotten positive feedback from the students that are now ASIST certified,” said Potter. “Because it changes how you see things, it changes how you hear things. So a comment that could be made during drill weekend, now all of a sudden is that person at risk? Yes or no. They



Chaplain (Capt.) John Potter (right), ASIST instructor and chaplain and Sgt. Shawn Evans, ASIST instructor and Tricare Reserve Select manager for Joint Forces Headquarters, teach approximately 30 Kansas National Guard personnel on the three-step suicide intervention model during an Applied Suicide Intervention Skills Training class at the Nickell Armory, Topeka, Kan., Dec 13-14, 2011. Photo by Sgt. Jessica Barnett



As part of the Applied Suicide Intervention Skills Training, Sgt. 1st Class Mark Young, a readiness noncommissioned officer for Company B, 2nd Combined Arms Battalion, 137th Infantry Regiment, talks to Capt. Courtney Langley, commander of Headquarters and Headquarters Detachment, Readiness Support Group, about possible wanting to commit suicide as part of a training scenario at the Nickell Armory, Topeka, Kan., Dec. 14, 2011. Photo by Sgt. Jessica

might be more willing now to find that Soldier and pull them aside and ask them questions and find out what is going on. I hear that more frequently once people do take the class.”

Many of the servicemembers chose to attend the class due to previous experiences they have encountered in the military or their civilian life.

“Most of them have had some experience, whether it’s another Soldier in their unit that has attempted or completed suicide or a family or friend in the same situation,” said Evans.

After learning how to implement the three-step intervention model, students had to role-play different scenarios to get a feel for what they might encounter in a real situation. Many times this helps get the classic mistakes out of the way, like

wanting to get someone off the bridge before understanding their mind-set and thoughts. It is human instinct to want to fix things and stop them right away.

“Role playing was the best part,” said Chief Master Sgt. Lynn McConnell, a personnel systems manager for Human Resources in Joint Forces Headquarters. “It makes me start to think, ‘Okay yeah, this actually can happen.’ There are some good steps to take and things to think about when you are trying to talk somebody down at such an emotional level of that magnitude. It’s helped me realize that, if we follow the steps in the model, we would be most successful.”

A State Suicide Prevention Program policy will be in effect in the near future stating a new additional duty for a staff sergeant or above as a suicide prevention

officer for each Kansas Army National Guard company along with a requirement of two ASIST-certified personnel at minimum per company.

Currently, the Kansas National Guard has certified 100 people since the fall of 2010 and has five ASIST trainers. A follow-on refresher course will be conducted this year for those already certified. It is recommended every two years.

Four to five ASIST courses will be conducted in the 2012 fiscal year. If you are interested in having a course conducted at your unit during drill or annual training or to attend one already scheduled, please contact Sgt. Michael McClellan at (785) 274-1514 or mike.mcclellan@us.army.mil. All state and federal employees of the Adjutant General’s Department and Kansas National Guard are welcome to attend.

HELP US TELL YOUR STORY

Is your unit's story being told? Do you know a Soldier with a unique story? The 105th MPAD wants to give you the exposure you deserve. If you have stories that you would like to see in the *Kansas Sentinel*, then

we want to hear from you!

Editor, Kansas Sentinel,
105th Mobile Public Affairs Detachment,
2722 SW Topeka Blvd., Topeka, KS 66611.
Telephone: 785-274-1896, or by e-mail at:
phillip.witzke@ng.army.mil

Military families board 'Holiday Express'



Capt. Jeff Howell, a KSARNG Soldier, and his family celebrate the holiday season together by spending time on the BNSF "Holiday Express" train ride in Topeka, Kan., Dec. 9, 2011. BNSF provided this train ride for military members and their families to show their appreciation for their service and sacrifices. *Photo by Sgt. Jessica Barnett*

By Sgt. Jessica Barnett
Public Affairs Office

More than 230 Kansas National Guard members and their families rode on the holiday-themed vintage passenger train known as the "Holiday Express" which departed from the Amtrak depot in Topeka, Kan., Dec. 9, 2011.

As a tribute to men and women of the Armed Forces, the Burlington Northern-Santa Fe Railway offered a "Holiday Express" train ride to military members and their families to show their appreciation for their service and sacrifices. This year, the train toured six states including the Dakotas, Illinois, Kansas, Minnesota and Wisconsin.

The train took them for a 90-minute train ride. During the ride, refreshments were served and children had a chance to visit with Santa, who handed out a special Holiday Express ornament.

"We recognize the sacrifice and service that the men and women in uniform make," said Andrew Johnsen, assistant



Janelle Hood, president of the Kansas National Guard Foundation, accepts a \$10,000 check for the foundation from a BNSF representative after taking a 90-minute train ride on the "Holiday Express," as thanks to the men and women in the service, at the Amtrak Depot, Topeka, Kan., Dec. 9, 2011, hosted by BNSF. *Photo by Sgt. Jessica Barnett*

vice president, State Government Affairs for BNSF. "But we also recognized that, sadly, the families of those men and women that are in service wearing the uniform overseas make a tremendous sacrifice and, unfortunately, their sacrifices

are all too often overlooked. So, this is a way for our railroad to acknowledge the sacrifices those families make, to hold our heads high and proud to say "Thank you" to the troops."

Special guests on the train also included Gov. Sam Brownback and Brig. Gen. Eric Peck, commander of the Kansas Army National Guard and commander of the Great Plains Joint Training Center, who visited with the servicemembers and their families.

Following the return, Janelle Hood, president of the Kansas National Guard Foundation, accepted a check from BNSF for \$10,000 to the nonprofit foundation.

"We appreciate the many years of support from BNSF," said Maj. Gen. (KS) Lee Tafanelli, adjutant general of the Kansas National Guard. "The \$10,000 donation will go toward programs to assist our Guardsmen and their families, and the train ride was a very special treat for everyone able to participate. Thank you to BNSF for going the extra mile this holiday for our troops and families."

Hazing doesn't have a place in the Army



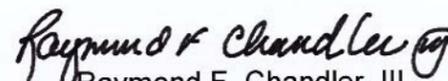
You should be aware of recent allegations of hazing within the ranks of our Armed Forces, and we want to take this opportunity to clearly address these troubling reports. We echo the emphasis that Secretary of Defense Panetta and Chairman Dempsey have placed on this matter. Every Army professional has a personal obligation to prevent hazing and ensure that we treat all of our comrades in arms with dignity and respect.

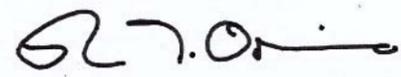
Hazing is not compatible with Army Values. The very foundation of what we do depends on trust, and trust depends on the treatment of all Soldiers with dignity and respect by fellow Soldiers and leaders. Without this, our profession is placed in jeopardy, our readiness suffers and our mission success is at risk.

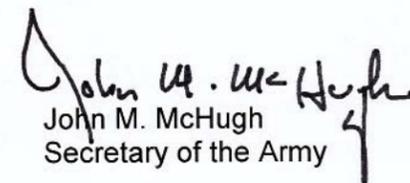
Hazing, in any form, has no place in our Army and will not be tolerated. This applies at all levels to all Active, Guard and Reserve Soldiers, Civilians and contractors. This is not new. Hazing has been explicitly prohibited by Army Regulation 600-20 and the Uniform Code of Military Justice for many years. Individuals who participate in, allow or condone hazing may be subject to disciplinary action that may include nonjudicial punishment or court-martial.

We recognize that leaders must enforce standards and exercise strong leadership and that this may include organizing team-building activities. This does not, however, allow for any activity that crosses the line and results in an abuse of power and deliberate humiliation. Effective leaders must never participate in, allow or condone hazing. We expect every member of the Army, military and civilian, to vigilantly guard against any form of hazing and to report any incident of hazing to the chain of command.

As stated by Secretary Panetta, this has a direct impact on force readiness. At this point in our Nation's history, the stakes are simply too high for us to fail. Our professional values are one of the essential components that make us who we are – the best Army in the world and the Strength of the Nation. Army Strong!


Raymond F. Chandler, III
Sergeant Major of the Army


Raymond T. Odierno
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army